

How **OKRA** Helps With A *Healthy Pregnancy*



Vitamin C in okra aids in iron absorption, which in turn helps with the baby's growth.



Vitamin C also helps to increase the mother's immunity and in the healthy development of the baby's bones, skin and capillaries.



Rich in folate, this veggie can reduce the risk of birth defects and enhance carbs, fats, and protein metabolism.



A healthy intake of okra can reduce the chances of infections and cardiovascular issues in both the mother and baby.



Okra has insoluble and soluble fiber, which can help deal with the digestion problems typical to pregnancy.

