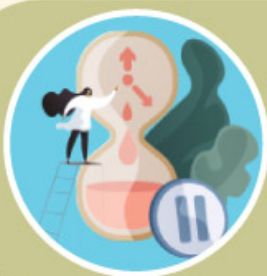




# Why Have Pistachios During Pregnancy?

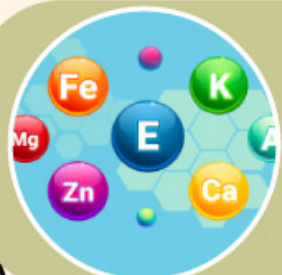


They contain protein and regulate blood sugar levels, aiding in the tissue and muscle development of the baby.



They contain monounsaturated fatty acids that balance cholesterol levels.

They are rich in antioxidants that boost immunity.



They contain iron and other essential minerals that prevent anemia.

They are high in fiber, aiding digestion and providing relief from constipation.



They have anti-inflammatory properties that help with joint pain and swelling.

They contain omega-3 fatty acids that support baby brain development.

