



Ways To Include Peanuts In Your Pregnancy Diet



Roasted peanuts have an increased antioxidant value.



Add peanuts to chutneys, dips, salads, sandwiches, and other dishes to enhance their flavor.



Use peanuts as a topping for oatmeals and other cereals.



Boiled or fried peanuts.



Peanut butter.



Salted peanuts could be used as a light snack.