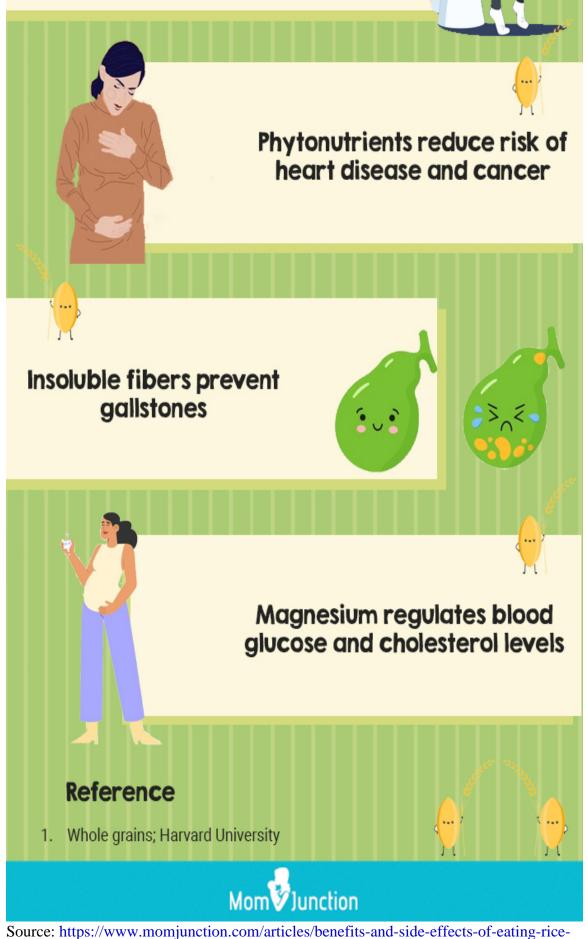
## BENEFITS OF Whole Grain Rice DURING PREGNANCY

Carbohydrates increase energy

## Magnesium and calcium help maintain bone health

Fiber prevents constipation



Source: <u>https://www.momjunction.com/articles/benefits-and-side-effects-of-eating-rice-</u> during-pregnancy\_00353831/