

# BENEFITS OF Whole Grain Rice DURING PREGNANCY

**Carbohydrates increase energy**



**Magnesium and calcium help maintain bone health**



**Fiber prevents constipation**



**Phytonutrients reduce risk of heart disease and cancer**



**Insoluble fibers prevent gallstones**



**Magnesium regulates blood glucose and cholesterol levels**



## Reference

1. Whole grains; Harvard University