

# Health Benefits Of Corn During Pregnancy

Helps relieve constipation as it has a high fiber content.

Reduces the risks of birth defects in the fetus due to the presence of folic acid.

Helps in the proper functioning of the nervous system.

Helps improve the functioning of the immune system due to the presence of beta-carotene.

Helps prevent the risks of macular degeneration due to the presence of carotenoids.