

# Amazing

## Health Benefits

### Of Yam During Pregnancy



Regulates blood pressure



Treats and prevents anemia



Eases nausea and vomiting



Relieves constipation



Boosts energy



Improves bone health



Mom Junction

Source: [https://www.momjunction.com/articles/benefits-of-eating-yam-during-pregnancy\\_00328124/](https://www.momjunction.com/articles/benefits-of-eating-yam-during-pregnancy_00328124/)