

BENEFITS OF PLANTAIN FOR

PREGNANT

Women



Promotes healthy digestion with its high fiber content



Provides sufficient energy thanks to its starch content



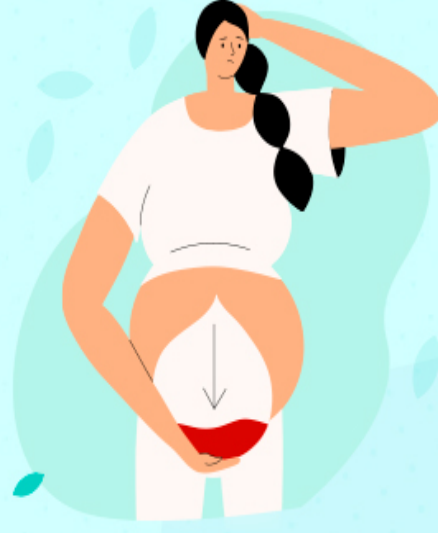
Boosts immunity with its high vitamin C content



Improves maternal vision due to its vitamin A content



Prevents urinary infections due to its diuretic effect



Reduces the risk of anemia thanks to its vitamin B6 and folate content

References

- 1 Plantains, yellow, raw; USDA
- 2 Have a healthy diet in pregnancy; NHS UK
- 3 Vitamin A Requirements in Pregnancy and Lactation; NCBI
- 4 Plantain; Kaiser Permanente
- 5 Vitamin B6; National Institutes of Health