

Pros And Cons Of

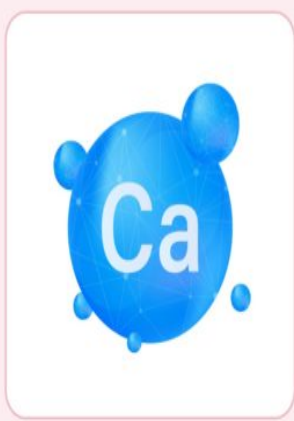
Eating Spinach During Pregnancy



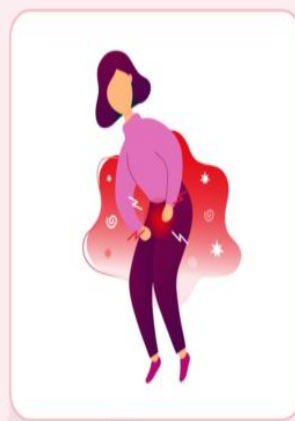
Helps to meet daily iron requirements.



Might increase the risk of kidney stones.



Calcium's bioavailability helps maintain blood pressure levels.



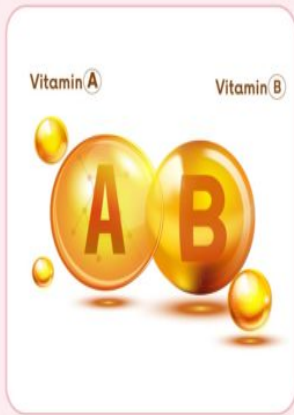
Might cause urinary tract infections.



Vitamins A and C boost the expectant mother's immune system.



Might cause salicylate allergies, leading to bleeding and prolonged labor.



Vitamins A and B promote healthy fetal development and the nervous system.



Might cause diarrhea, especially when leaves are not washed or cooked properly.