



Pros and Cons Of Including Almond In Your Pregnancy Diet

Advantages

Prevents neural tube defects in the fetus

Improves overall metabolism

Improves stamina and provides strength

Strengthens bones

Helps regulate bowel movements

Disadvantages

Excessive consumption might lead to weight gain

Mixing with a high-fiber diet might cause gastrointestinal issues

Some women might develop an allergic reaction

Might pose a risk of preterm delivery

Excessive consumption may cause harmful vitamin E overdose