

Why You Should Include Lentils In Your Pregnancy Diet



They have an anti-inflammatory nature

May help maintain blood sugar levels



Help in the development of muscles in babies

Support in combating intestinal tract disorders



May help keep the energy levels up

Control obesity and cholesterol levels



Support in overcoming constipation

May help improve heart health



Reference

- 1 Lentils: The Big Health Benefits of Tiny Seeds; Cleveland Clinic