

Milk From Different Sources And Their Benefits



- Amino acids: Builds cells in the mother's and baby's bodies.
- Vitamin E: Controls free radical damage.
- Vitamin A: Enhances immunity.



Cow milk



Soy milk

- Calcium: Overall development of the fetus.
- Antioxidants: Help in fighting cancer and its effects.

- Rich in fiber, folic acid, vitamins B and E, protein, calcium, and iron: Overall health of the mother and the baby

- Antioxidants: Boosts immunity



Almond milk



Oat milk

- High fiber content: Prevent constipation during pregnancy.
- Beta-glucan: Helps maintain blood glucose levels.