



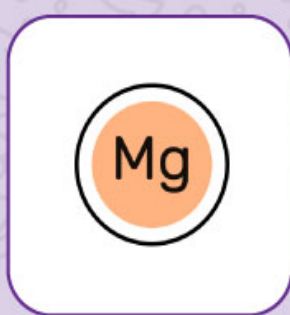
Advantages Of Grapes During Pregnancy



Have **anti-inflammatory properties** that may control arthritis and asthma during pregnancy.



High in antioxidants that boost immunity and prevent infections.



Contain **magnesium** that may relieve cramps.



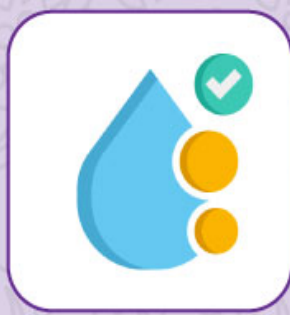
Have **dietary fiber** that acts as a laxative.



Red grapes contain **resveratrol compounds** that help control cholesterol.



Consuming grapes rather than grape juice **preserves the fiber** and avoids consuming concentrated sugars.



Grapes contain **organic acids** that help neutralize bacteria in the mouth.



The **polyphenols** in grapes support heart health.