

# How **POTATOES** Can Support Your *Pregnancy*



**Reduce acidity and gas**



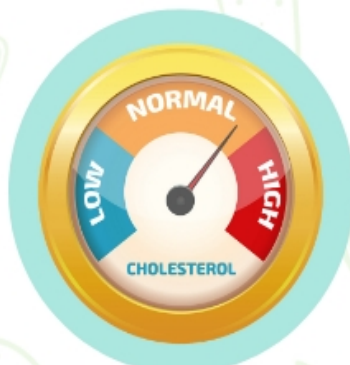
**Promote healthy weight**

**Reduce the risk of neural tube defects**



**Helps in healthy fetal development**

**Fight bad cholesterol**



**Lower the risk of cardiovascular disease**