



◀ Tips On ▶ Consuming

Vinegar

– In Pregnancy –

Choose a safe vinegar

Apple cider is the most commonly consumed vinegar during pregnancy, as it is considered safe in moderation.



Avoid vinegar shots

Some people recommend taking vinegar shots for various health benefits, but not during pregnancy.

Mix vinegar with other ingredients

To make vinegar more palatable, try mixing it with other ingredients such as honey or lemon juice.



Consult with a healthcare professional

It is always best to consult with a healthcare professional before consuming any new substance during pregnancy.