

Hummus



And Its

Pregnancy-Benefiting

Nutrients



Fiber

It can help with pregnancy-related constipation and keep the digestive system healthy.

Folate

It can aid in the healthy growth of the baby and minimize the risks of neural tube defects.



Calcium

It can support the development of bones, teeth, muscles, nerves, and heart of the baby.

Carbohydrates

It can keep your blood glucose levels in control.



Protein

It can aid in fetal tissue growth and your breast and uterine tissue growth.

References:

1. Pregnancy Nutrition; American Pregnancy Association