

Benefits And Precautions When Eating **Apricots** in *Pregnancy*



Health Benefits

Boosts immunity.



Helps in the development of fetal vision, immunity, and cell-tissue.



Provides energy.



Precautions

Avoid eating apricots if you experience gas and bloating.



Do not chew on kernels of apricots as they contain cyanide, which may affect pregnancy adversely.



Consult your doctor before consuming the fruit.

