

Effects Of Eating Pickles During Pregnancy



Benefits



Balances the electrolytes



Promotes gut health



Regulates blood sugar



Reduces muscle cramps



Reduces the risk of preeclampsia



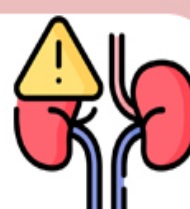
Disadvantages



Listeria growth in pickles can cause infections



High sodium affects kidney function



Inhibits baby's organ development if taken in excess



Reference:

1. What can pickle juice do for your body?; The Ohio State University