

HOW YOGURT MAY BENEFIT Pregnant Women's HEALTH



A good form of probiotics and convenient to add to the diet



An excellent source of calcium and helps develop strong bones and teeth



High in protein content, essential for cell growth and repair mechanisms



Rich in folate, zinc, phosphorus, and B vitamins, crucial for pregnant women



Reduces the risk of pre-eclampsia and gestational diabetes



Helps in managing constipation, inflammatory responses, and infections

