



Possible Health Risks Of Consuming Lamb During Pregnancy

Consuming too much lamb meat may cause undesirable side effects in pregnant women as it may pose a risk of certain health conditions.

High cholesterol levels and increase in body weight



Elevated blood pressure

Increased risk of gestational diabetes



Allergies such as eczema

Higher risk of heart disease



Other side effects such as cough and nasal congestion

Reference

1. Potential health hazards of eating red meat; Wiley Online Library