



Features Of A Nutritious Cereal For Pregnancy

Be high in fiber to promote digestion



Contain a high amount of folic acid for overall health

Be fortified with essential vitamins and minerals



Be low in sugar to maintain a healthy blood sugar level

Be made from whole grains for added nutrition



Have a balanced ratio of carbohydrates for energy

Be low in sodium to maintain healthy blood pressure



Not contain artificial colors and preservatives

Reference:

1. How To Choose Nutritional Cereals; Montana GOV