

Pregnancy Nutrition

Apples in Pregnancy: 10 Potential Benefits



Merrion Fetal Health

Apples in pregnancy-10 potential benefits



1. Apples contain calcium

Calcium can be found in apples. During pregnancy calcium is vital for your baby's healthy bone development. Apples provide a rich source of calcium.

2. Apples in pregnancy may aid digestion

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3. Help build your immune system

We all know the saying of “An apple a day keeps the doctor away...” and in pregnancy apples can help building a strong immune system for you and your developing baby. As mentioned apples contain vitamin C which is an important vitamin for the immune system.

4. Asthma possible protection

Although the actual reason for this is not entirely clear, it has been shown that eating apples when pregnant may protect your unborn child against having asthma attacks later in her childhood. Apples also reduce the chance of wheezing. Here you can read what the BBC say about [apples in pregnancy](http://news.bbc.co.uk/2/hi/health/6669173.stm).

5. Anti-anaemic properties

iron.

6. Apples during pregnancy may promote a healthy heart

7. Detoxification

Apples are known to help cleanse and detoxify lead and mercury, which is especially important during pregnancy.

8. Apples along with fish may help prevent allergies

Also eating apples and fish during pregnancy may help prevent allergies. Learn more about how [apples in pregnancy may prevent allergies over at ABC News](http://abcnews.go.com/Health/Healthday/story?id=4507189).

9. Power Food

Apples are a power food. They provide quick energy to your body, because of their carbohydrate content. On top of this they are low in calories.

10. Apples may help prevent cancer

Some medical studies have revealed that eating apples frequently can help prevent cancer by as much as up to 42%.

Disclaimer

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