

Vitamin B Maintaining a healthy and balanced diet at all stages of life is important, but during pregnancy, women need to take more care of their nutritional habits to ensure healthy fetal development, and vitamin B12 known as cobalamin is one of the most important vitamins for pregnant women. – Benefits of vitamin B12 for pregnant and fetus Development of brain functions, nerves, and blood cells. Improve energy levels, mood, and stress by helping metabolize fats, carbohydrates, and proteins. Maintain neurological functions by regulating the production of myelin and fatty acids. And Vitamin B12 can be obtained from many natural sources, including: Fortified foods such as soy milk or soybeans. The fish Poultry The eggs The milk Oysters –Low vitamin B12 levels in pregnant women also increase the risk of preterm birth, preeclampsia, and pregnancy loss. — — Vitamin C Taking vitamin C to pregnant women in the first months helps to form fetal cartilage and tendons, by increasing collagen production. And Vitamin C deficiency causes many complications for both mother and baby, vitamin C deficiency of pregnant women can be traced through the following symptoms: Fetal brain damage, which cannot be repaired once it occurs. Bleeding and inflammation of the gums due to rupture of blood vessels in them, which develops into scurvy if not treated in time. Slow wound healing. Roughness and dryness of the skin. Fatigue and exhaustion –Good sources of vitamin C Tomato juice: One cup of tomato juice contains 170 milligrams of vitamin C Orange juice: One cup of orange juice contains 124 milligrams of vitamin C Paprika: One cup contains 120 milligrams of vitamin C Strawberry: One cup of chopped strawberries contains 97.6 milligrams of vitamin C Summarized by lakhasly.com