

# Jaggery



For

## Pregnant Women

### Benefits And Side Effects



#### Benefits Of Having Jaggery

#### Possible Side Effects Of Having Too Much Jaggery



Helps prevent pregnancy-induced anemia



Might lead to unwanted weight gain



Maintains the body's electrolyte balance



Might contain impurities (microbes), if not processed well

Provides nourishment for bones and joints



Might raise the levels of blood sugar



Boosts the immune system



Improves digestion

