

**For critical nutrients, experts urge pregnant women to eat more fruits.**



Dr Victoria Osamuyi, a doctor in Benin, has recommended pregnant women to eat more fruits since they contain nutrients that are vital throughout pregnancy and help the foetus grow.

Fruits may contain vitamins, folate, fiber, and other nutrients that would keep the mother and baby healthy, according to Osamuyi, who delivered the advise in an interview with Newsmen on Saturday in Benin.

"These supplements can likewise assist with letting a few free from the normal manifestations of pregnancy.

"Settling on quality food decisions is pivotal for ladies when they are pregnant. Their eating regimen will give the baby the supplements fundamental for development and improvement.

"Each nutritious eating routine assumes a significant part in an individual's general wellbeing, assisting the body with working viably and lessen the danger of certain sicknesses.

"The vast majority know that a fortifying eating regimen ought to incorporate a lot of organic products, vegetables, entire grains, lean protein, and energizing fats.

"Nonetheless, they may not understand that particular organic products are especially helpful during pregnancy", she said.

Osamuyi said that eating a sound changed eating regimen was especially significant during pregnancy, as the right supplements can assist the embryo with creating and develop as it ought to.

"As well as supporting the developing child, an expanded admission of nutrients and minerals can assist a pregnant lady with keeping her own body in the most ideal condition", she adde