



Best Health Tips for Pregnant Women

Women need to avoid white rice, watermelon, potatoes, fries and add oats, quinoa, brown rice, etc. in diet to improve reproductive health. Include folic acid into your diet because it will help reduce the risk of giving birth to a child with a neural tube defect and develop the child's brain. Approach a [gynecologist in Bopal](#) if you wish to take your reproductive health seriously.

Source: [4 Easy-to-Follow Best Practices to Ensure Healthy Reproductive Health During Pregnancy](#).