Cranberry Juice in Pregnancy Key Points

This summary explains what is said about cranberry juice, UTI prevention and sugar during pregnancy.

1. Cranberry juice is described as safe during pregnancy, with advice to consult a doctor first.
2. It may help prevent urinary tract infections but cannot treat an infection that has already started.
3. The risk of urinary tract infection increases during pregnancy.
4. Effectiveness depends on consistent use, and studies cited support 150 mL of juice twice a day.
5. Cranberries provide antioxidants, fiber, vitamins C, E and K, and minerals such as manganese and copper.
6. Fiber from cranberries may help prevent constipation during pregnancy.
7. Some cranberry juice is high in sugar, which can raise the risk of gestational diabetes.
8. Unsweetened cranberry juice is the recommended choice to avoid extra sugar.
9. Supplements with 72 mg of PACs are mentioned as an option, but their effectiveness needs medical confirmation.
10. Symptoms of a urinary tract infection or any concerns during pregnancy call for a doctor.

Notes

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/nutrition/is-cranberry-juice-good-for-pregnancy/