

Eating Nuts During Pregnancy Can Help Prevent Allergies

CBS News

A new study suggests that pregnant women can reduce the chance that their kids will have nut allergies by eating nuts during their pregnancy. According to the research, women who ate nuts more than five times a week had children with a 30 percent reduction in the risk of developing nut allergies.

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<http://www.foodmanufacturing.com/videos/2014/01/eating-nuts-during-pregnancy-can-help-prevent-allergies>