



# WANT TO WIN \$50000?

LIVESTRONG.COM > Parenting > Pregnancy > Pregnancy and Nutrition > Eating Tamarind During Pregnancy

## Eating Tamarind During Pregnancy

Last Updated: Jan 28, 2014 | By [Sara Ipatenco](#)



Tamarind contains small amounts of vitamins A and C. Photo Credit  
Visage/Stockbyte/Getty Images

Native to Asia and northern Africa, tamarind is a fruit that grows in pods, which contain seeds and sour pulp. It's used to lend a sour flavor to certain Asian and African recipes. Tamarind has also been used for medicinal purposes, such as for treating colds, constipation and nausea during pregnancy, according to Charmaine D'Souza, author of "Kitchen Clinic: Good Health Always With Charmaine." The fruit is safe during pregnancy, as