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Feeding during pregnancy is not a joke of satisfying your cravings but feeding not only yourself but also the growing fetus inside of you. The foods you eat are an important during pregnancy. Despite the fact that Indian food is rich in nutrients when taken during pregnancy.
there is the possibility of taking dangerous food stuffs. These changes will help in protecting your health as well as the health of the baby and ensure that you give him or her the best start in life. In this blog post, we are going to discuss about the Indian foods that should be avoided during pregnancy so that you can make better and healthy choices.
Starting from what fruits to exclude from the diet, such as raw papaya, to being careful with spices that are used daily, such as fennel seeds and fenugreek, this article will help you understand the decisions one must make when they are diagnosed with kidney disease. Knowing which Indian food Pregnant to avoid when pregnant will help you make
an informed decision as you take your meals knowing that you are doing the best for the baby. Here is everything that you need to know about while pregnant in regard to Indian food. Key Takeaways Be Cautious with Certain Indian Foods: A few foods are not good for pregnant women including unripe papaya, certain spices and
foods that are sold on the streets. Watch Out for Spices and Seeds: The Indian spices and seeds like sesame, fennel and fenugreek should be avoided or taken in limited quantity since they are hot stuff or have some tendency to cause uterine contractions. Consult Your Doctor: It is always recommended that you should seek advice from your doctor
                                                                                                                                                                                                                           It's important for pregnant women to steer clear of papaya, especially when it's not fully ripe. This is because papaya contains papain, which
before you decide on changing your meal habit as you are pregnant since you are not only choosing for yourself but for your unborn child as well. List of Indian Foods To Avoid During Pregnancy Papaya:
can cause the muscles in the uterus to tighten and possibly lead to a miscarriage. If the papaya is completely ripe, it's safer to eat, but it's still a good idea to be careful and talk to your doctor about it. Check out: Foods to eat during pregnancy Sesame Seeds and Jaggery
                                                                                                                                                                                                                                                                                                 Sesame seeds and jaggery are often used to make tasty snacks and sweets
in India. They are both nutritious, but they can make your body feel boiling. Too much heat during pregnancy can cause problems, so it's best to eat them in small amounts. Choose other sweets and snacks that are safe for pregnant women instead. Ajinomoto (Monosodium Glutamate)
                                                                                                                                                                                                                                                                                                                Monosodium Glutamate which is commonly referred to as
Ajinomoto is usually used in fast foods, processed food, and the prepared dishes such as Chinese and Indo-Chinese foods. As it contributes to flavor it has some side effects that are dangerous for pregnancy such as headaches
nausea and bloating. As a result, you and your baby should avoid foods with artificial flavor enhancers and rather ingest foods is a common custom among the people of India and a lot of tasty foods are available here. But when pregnant, it is
very important to be very careful on the sources of foods that you take. This is because preparation of street foods is often done under poor hygienic conditions whereby the food is likely to be contaminated with water, inadequately cooked and or poorly handled. Food borne diseases such as food poisoning can result from taking contaminated foods
and these are dangerous especially to the mother and the growing baby. To avoid the contamination of listeria or salmonella, avoid consuming processed foods that are stored in the refrigerator for long time. Fennel seeds are considered to have properties to improve digestion and are used as a mouth freshener in Indian
foods. Fennel seeds are good for digestion and can help in easing stomach upsets; however, pregnant women should be avoided in the third trimester of pregnancy. Therefore, it is recommended that one should not take fennel seeds in large amounts for digestion as it
poses certain risks as well. In moderation, fennel seeds, like those that might be eaten as a digestif after dinner, appear to be safe, but it's always advisable to check with your physician if you have qualms about your consumption of fennel seeds. Fenugreek Seeds
                                                                                                                                                                                                                                                                                         Fenugreek seeds taste a little bitter, and they are used in Indian cooking. People
think they have good things in them, like helping with sugar levels and making more milk for moms who are breastfeeding. When you're pregnant, it's okay to have a bit of fenugreek, but don't eat a lot because it might cause your tummy to squeeze too much. Eggplant: It is a good vegetable to eat during pregnancy.
many essential nutrients, like fiber, vitamins, and minerals. Folate, a mineral in eggplant, is especially important during pregnancy, as long as it is washed, cooked, and handled properly. Excessive Caffeine
should not drink too much caffeine, even though chai is popular in India. Too much caffeine can cause premature birth and low birth weight. It is better to drink decaffeinated or herbal teas while pregnant. High Mercury Fish
                                                                                                                                                                                                                                                  Despite being a valuable source of omega-3 fatty acids, certain types of fish, including shark, swordfish, and king
mackerel, contain high levels of mercury. This toxic substance can negatively impact the developing nervous system of infants. Opting for fish with low mercury levels like salmon, tuna, and sardines offers a safer and healthier choice. Tulsi leaves

In India, Tulsi is considered sacred for religious purposes and is known for its medicinal benefits
However, it's important for pregnant women to avoid Tulsi leaves due to their high mercury content, which is believed to induce uterine contractions. Additionally, Tulsi has blood-thinning properties that can lead to excessive bleeding in individuals with clotting issues. Therefore, doctors often advise pregnant women to refrain from consuming Tulsi
throughout their pregnancy to prevent potential complications. Aloe vera isn't a good fit for pregnant women. It might make your tummy muscles tighten up and your blood sugar go down too much. It can also make you feel sick or have loose stools, which can wash away important nutrients. So, best to skip aloe vera in any form, like drinks,
snacks, or even spices. It's just not worth the risk for you and your little one. Unripe Papaya is a fruit that is consumed by many households in India but pregnant women should be very careful. It is also important not to consume unripe papaya because it has a powerful enzyme known as papain, which has the potential of contracting the
uterus hence causing complications that include miscarriage as well as preterm labor. Although fully ripe papaya may be more safe to eat it is recommended that one should seek the advice of a doctor before using it. During pregnancy it is safer to avoid the specific fruits that have been listed above and instead take other healthier fruits like bananas
or mangoes that also have similar nutritional values as those of the prohibited fruits. Pineapple
                                                                                                         Pineapple is a tasty fruit, mostly served in regions with tropical climates, unfortunately, it contains an enzyme called bromelain which can cause the cervix to soften, and this may result to early labor or even miscarriage. However, even small
quantities of pineapple should not be consumed because during the first trimester, it is safe to avoid certain foods that could have an adverse effect on the fetus. So it is better to choose other fruits such as apples, oranges or berries which do not have any negative impact, but contain lots of vitamins and minerals. Raw or Undercooked Eggs
Food that should not be taken raw or undercooked are eggs and this is dangerous to anybody, but pregnant ladies. Raw and undercooked eggs contain a bacterium called salmonella whose symptoms are nausea, vomiting and diarrhea. In order to minimize this risk pregnant women should make sure that eggs are cooked until the white part and the
yolk are solid. Do not consume foods such as mayonnaise made at home, mousse, certain desserts that include raw eggs and go for other foods. Indian Herbs to Avoid During Pregnancy, a woman and her baby share the same blood, which is why it is so important to take good care of yourself. It is noteworthy that however many
herbs are known for their curative values for the body and other natural healing effects, it is not all that can be used during pregnancy. A number of Indian households as home remedies or in preparations consumed daily. Some herbs may
have the ability to cause the uterus to contract or hinder absorption of nutrients or may cause complications. Lets learn about some of the Indian herbs that are not safe to consume during pregnancy include: Cotton root: Can over-stimulate the womb Clove:
May lead to liver issues and or coagulation of the blood. Jasmine: May lead to abortion or preterm labor Aloe vera: Can cause birth defects Peppermint: Should be taken carefully because has hypoglycemic effect and stimulate secretion of oxytocin.
Other herbs to avoid during pregnancy include: Barberry, black cohosh, blue cohosh, dong quai, feverfew, goldenseal, juniper, wild yam and motherwort. There are many deem best when taken in moderation, but when taken in large quantities their effects are unknown. Some Important Points That Every Mother Should Know? 1.Can I Eat Indian Food
While Pregnant? One common question that pregnant women often ask is can I take Indian food while pregnant women eat foods such as lentils, whole grains and a number of vegetables.
However, some of the meals that are rich in fats, fried or heavily spiced may not be very suitable for the health. They are foods that one should be controlled. 2. What are the Indian Spices to Avoid During Pregnancy? Spices are used a lot in Indian
cooking but not all spices should be used during pregnancy. Indian Spices to avoid in pregnancy are Indian spices such as fenugreek, ajwain and hing (asafoetida) because they can lead to digestive discomfort and if taken in large quantities they can lead to uterine contractions. Fennel seeds which are found in most of the mouth fresheners are also
prohibited. However, these spices are known to enhance the flavor, but their consumption should be regulated to reduce the existence of threats. 3. List of Indian Foods to Avoid in the First Trimester of Pregnancy? The first trimester is also considered as the dangerous stage of pregnancy when a baby is at the most risky stage of its formation. There
are some foods that pregnant women should avoid during the first trimester they include; unripe papaya due to the enzymes that may lead to the contraction of the uterus. Another fruit that should be consumed carefully is pineapple, because of the bromelain that may lead to the enzymes that may lead to the enzymes that may lead to the contraction of the uterus. Another fruit that should be consumed carefully is pineapple, because of the bromelain that may lead to the enzymes t
pregnancy requires strict moderation and no hot or spicy foods and hence, sesame seeds are traditionally excluded from pregnancy Indian Vegetables to Avoid During Pregnancy Indian Vegetables are very good for health especially when taken in their raw form, however, some vegetables to be
avoided during pregnancy include; brinjal and bitter melon. Eggplant or brinjal as it is called in some parts of the world is considered to have a heating effect on the body which could be detrimental to pregnant women. Although bitter melon has so many health benefits, it should not be taken in large quantities because it has the ability to cause
contractions. 5. Is Indian Food Safe During Pregnancy? Most pregnancy? Most pregnancy? Most pregnancy? The answer is yes but only if the food is prepared under clean and hygienic conditions and some of the potential hazard ingredients are not used. The Craving Indian food Pregnancy has a wide variety of foods which are rich
in nutrients such as dals, chickpeas and spinach which are rich in iron, protein and folic acid respectively. However, preparations that are cooked in excess oil, ghee or hot spices may lead to heart burns or indigestion which are relatively rife in pregnant women. Choose the foods that are complex, healthy and good for the digestive system. 6. Can You
Eat Indian Food When Pregnant? A common question pregnant women eat indian food?. Yes, that is true but everything depends on the right decisions to be made. Poor pregnant women eat indian food? Yes, that is true but everything depends on the right decisions to be made.
dense foods like daals, green vegetables and whole grains. Some of the foods which are very spicy such as heavily spiced up curries may have to be despired to avoid situations such as acid reflux or indigestion which are very spicy such as heavily spiced up curries may have to be despired to avoid situations such as acid reflux or indigestion which are very spicy such as heavily spiced up curries may have to be despired to avoid situations such as acid reflux or indigestion which are very spicy such as heavily spiced up curries may have to be despired to avoid situations such as acid reflux or indigestion which are very spicy such as heavily spiced up curries may have to be despired to avoid situations such as acid reflux or indigestion which are very spicy such as heavily spiced up curries may have to be despired to avoid situations such as acid reflux or indigestion which are very spicy such as heavily spiced up curries may have to be despired to avoid situations such as acid reflux or indigestion which are very spicy such as acid reflux or indigestion which are very spicy such as acid reflux or indigestion which are very spicy such as acid reflux or indigestion which are very spicy such as acid reflux or indigestion which are very spicy such as acid reflux or indigestion which are very spicy such as acid reflux or indigestion which are very spicy such as acid reflux or indigestion which are very spicy such as acid reflux or indigestion which are very spicy such as acid reflux or indigestion which are very spicy sp
you actually consume Indian takeaway food? Yes, although it is not without a few conditions. As much as possible, one should order from recognised restaurants, with well maintained hygiene measures. Avoid dishes that are too spicy and oily and rather opt for tandoori items since they are baked and hence contain less oil. Do not eat foods such as
chaat or samosas since they are normally fried foods that are hard for pregnant women to digest. 8. Indian Breakfast to Avoid When Pregnant women to digest. 8. Indian Breakfast is the most crucial meal in a day. But some of them which should be avoided in traditional Indian breakfasts are fried products, such as puris or oily parathas which
cause swelling and poor digestion. Avoid fried foods instead prefer low calorie foods such as peanuts in poha. 9. Can I Have Indian Food While Pregnant? If you're wondering whether it is safe for you to eat Indian foods
during pregnancy or not, then the answer is yes. To answer your question, the simple answer is yes. This is a fact because Indian food can be healthy as long as you remember to make well balanced meals. Baked, boiled, steamed, grilled or very lightly stir fried dishes are better than fried dishes. On the other hand, it is important to include foods that
are rich in iron, calcium and folate, which are found in spinach, legumes and whole grain respectively. 10. Is Indian Food Safe for Pregnancy? This can be realized when one asks, is Indian food safe for pregnancy to many expectant mothers. The answer is yes but as with all foods moderation and balance are important when it comes to consuming
foods from the oriental cuisine. Do not take any foods that are sold on the streets, very spicy meals or any meal that you are not very sure of its cleanliness. Pay attention to preparing fresh food for yourself and your baby since you need to provide you need to provide your baby since you need to provide your baby since you need to provide your baby since you need to provide you need to pr
careful about what you eat when you are pregnant. Avoid these 13 Indian foods to reduce the risk of problems for you and your baby: raw papaya, sesame seeds and jaggery in excess, Ajinomoto, street food, and too much caffeine. Talk to your doctor about what foods are best for you during pregnancy is a delicate time for women.
Pregnant women are told to eat healthy foods and give up on junk food completely for the healthy growth of their babies. If you are pregnant, you must be wondering how you will ever give up those delicious foods that you absolutely love! It seems rather hard to suddenly quit coffee, pizza, pasta, doesn't it? But
you can do it, trust us! Most of the foods that are otherwise safe to consume may not be safe during pregnancy. Therefore, it is important that you learn about the foods that should be avoided during pregnancy. Video: 10 Indian Foods You Must Avoid During Pregnancy Indian Foods That Can Be Harmful During Pregnancy Whatever you put into your
mouth during pregnancy will be shared with your baby too. So it is important that you make healthy choices. What is good for you may not be exactly for that tiny one growing inside your womb. So make wise choices; avoid these foods during pregnancy and keep your baby safe. 1. Raw Papaya You already know that papaya should be avoided during
pregnancy, but do you know why is that? Raw papaya or unripe papaya or semi-ripe papaya or semi-ripe papaya or unripe papaya or semi-ripe papaya contains papain and pepsin, which impact the
development of the foetus leading to many birth defects. 2. Tulsi Leaves We often eat Tulsi leaves when suffering from a cold or a cough. If you have a cold or consumption during pregnancy, but you can eat 1-2 leaves a day. 3. Aloe Vera and Aloe
Vera Juice Aloe vera is known for curing skin problems, but it might be harmful during pregnancy. Aloe vera could also trigger contractions such as vomiting and diarrhoea, which can cause an imbalance in the electrolyte levels of the
body. 4. Fenugreek Laddoo Fenugreek, known as methi dana in Hindi forms a core part of a woman's diet once she delivery, but they should be avoided during pregnancy as they can have adverse effects on the health of the mother and the
baby. 5. Pineapple Some women tend to have pineapple as their due date approaches, which is fine as long as they have consulted their doctor about the same. But eating pineapple in the first trimester of pregnancy is a strict 'no'. Pineapple contains bromelain enzyme, which softens the cervix and helps induce labour. Thus it may lead to unwanted
contractions and lead to a miscarriage. 6. Raw Eggs Eggs are a versatile food and without a doubt taste delicious. But can you enjoy them during pregnancy? Yes, you can but not in all forms! You can eat boiled eggs if you like, they are safe to include in your pregnancy diet. But you should never consume them raw. Raw eggs are used in various food
preparations as well such as mousse, mayonnaise, various desserts, and sauces. Raw eggs have a high risk of containing the salmonella virus, which is well-known to cause multiple pregnancy complications. So, you should avoid eating them raw! 7. Salty Foods Salty and spicy foods taste yummy. You might crave for them during pregnancy and they
may satiate your hunger and taste buds, but it is highly recommended to avoid foods that are high in salt. These include you with high water retention and cause a host of issues. So avoid these too! 8. Street Food Yes, we know it is a piece of sad news
for you, but if you want to keep your baby happy and safe, avoid eating street food. For a while, forget about delicious chaat and Chinese food. Yes, you will crave for these foods, more so in pregnancy, because street vendors don't usually adhere to the standard hygienic procedure while preparing food. Thus eating street food during pregnancy may
put you and your baby at the risk of infections and diseases. You may have an upset stomach or indigestion, which can cause heartburn and a burning feeling in your stomach. So avoid eating it as much as possible. 9. Seafood Sushi might be one of
your favourite foods, but scratch that off your list of favourite foods while you are pregnant. Raw meat of any kind, especially fish, is extremely unhealthy as the raw meat may have parasites and other microbes in them. Eating cooked fish should also be avoided. Yes, fish do have a number of important nutrients that a woman needs
considered safe for consumption by pregnant women but you should confirm with your doctor first before making them a part of your diet. 10. Fennel seeds are known to stimulate uterine contractions. Fennel seeds, just like fenugreek seeds, are
given to women post-delivery as they stimulate the production of milk and cleanse the uterus. These seeds can be consumed in pregnancy in small amounts, after consulting with the doctor. 11. Maida Food Items Processed foods, especially maida-based products like bread, mathri, biscuits, pasta, cookies, etc., should be avoided. 12. Eggplant Based
fertilised. 14. Grapes Many Indian women avoid grapes in the final stages of pregnancy as grapes are found to hike up the body temperature leading to unnecessary complications. Grapes also contain some toxic compounds that can create hormonal imbalances in pregnant women. 15. Raw Sprouts Raw sprouts made using mung bean, radish, clover,
and alfalfa sprouts may be contaminated with the bacteria. As a result, it is best to avoid consuming raw sprouts altogether. 16. Chicken Having chicken during pregnancy is not recommended for pregnant women as it carries a host of bacteria and other parasites that may lead to health issues in the newborn. 17. Cornflour High starch-content foods,
is therefore not recommended. 19. Radish Uncooked radish is not safe when consumed by pregnant women, as raw radish is difficult to digest. Eating raw radish can also lead to gastrointestinal issues due to a lot of harmful germs present on its surface. 20. Peach Peach is considered to be a hot fruit, and consuming it in the early weeks of pregnancy
might produce excessive heat in the body that can cause internal bleeding or miscarriage. What Herbs and Spices You Should Avoid During Pregnancy? Following are the herbs apart from food not to eat during pregnancy in India. Asafoetida Ajinomoto Coriander Peppermint Not being able to eat what you crave for will obviously make you sad, but
remember you are doing it for you and your baby. These are some Indian foods that should not be eaten during pregnancy, but there are lot of other food items that are recommended during pregnancy and are tasty too. So enjoy them! Focus on staying healthy and keeping your baby safe and you will have a healthy baby! References/Resources: 1.
Hannah G Lunkenheimer, Oskar Burger, Santosh Akhauri, et.al; Tradition, taste and taboo: the gastroecology of maternal diet; National Library of Medicine; July 2021 2. Food and pregnancy; mpi.govt.nz; 3. Beliefs and Practices about Food during Pregnancy: Implications for Maternal Nutrition; jstor.org; September 1994 4. Pregnancy Diet
Plan: Every Woman Should Know; nanavatimaxhospital.org; 5. DIET CHART FOR WOMEN IN WEST INDIA; wcd.nic.in; 20Chart%20For%20West%20India.pdf Also Read: Fruits to Avoid during Pregnancy Healthy Indian Diet During Pregnancy Foods that can Cause Miscarriage in Early Pregnancy When it comes to pregnancy, maintaining a healthy
and balanced diet is paramount. Indian cuisine offers a wide array of flavorful dishes that are not only delicious but also beneficial for both the expectant mother and her baby. In this comprehensive guide, we will explore the benefits of incorporating Indian food,
recommended dishes for pregnant women, the therapeutic properties of Indian spices and herbs, making healthy food choices while managing cravings, addressing out at Indian restaurants. Benefits of Incorporating Indian Food in Pregnancy Diet Indian
cuisine is known for its rich and diverse flavors, and it also offers numerous benefits for pregnant women. Firstly, Indian food is packed with essential nutrients that promote maternal and fetal health. From lentils and legumes to fresh vegetables and whole grains, these ingredients provide a wide range of vitamins, minerals, and antioxidants
necessary for a healthy pregnancy. Additionally, Indian food is known to be a great source of proteins and vitamins required for the development of the baby. Including foods like paneer (Indian cottage cheese), dal (lentils), and yogurt in your diet can help fulfill your nutritional needs during pregnancy. Moreover, Indian spices such as turmeric,
cumin, and fenugreek aid in digestion and prevent common pregnancy discomforts like constipation and bloating. These spices also add flavor to your meals, making them more enjoyable. Key Considerations when Consuming Indian Food During Pregnancy While Indian cuisine can be a healthy choice during pregnancy, there are a few important
considerations to keep in mind. It is crucial to practice food safety by ensuring that all ingredients are fresh, cooked properly, and stored at the correct temperatures. Avoid consuming raw or undercooked food, as it may pose a risk of foodborne illnesses. Managing spice levels is another consideration. While Indian food is known for its bold flavors,
it's important to be mindful of your tolerance and adjust spice levels accordingly. Pregnant women who have sensitive stomachs may want to opt for milder versions of dishes or request the chefs to use less spice. Furthermore, it is advisable to avoid certain ingredients during pregnancy. Some Indian dishes may contain raw or undercooked eggs one to the chefs to use less spice.
seafood, which should be avoided due to the risk of salmonella or other bacterial infections. High-mercury seafood, such as king mackerel or shark, should also be avoided. Lastly, consulting with healthcare professionals is always recommended, especially if you have any specific dietary restrictions or concerns related to your pregnancy
Recommended Indian Dishes for Pregnant Women Indian cuisine offers a variety of nutritious and balanced meal options for pregnant women. Traditional recipes such as khichdi (a mix of rice and lentils cooked together), spinach curry, and vegetable biryani are not only delicious but also provide essential nutrients. For vegetarian options, dishes like the cooked together in the cooked toge
palak paneer (spinach and cottage cheese), aloo gobi (potato and cauliflower curry), and dal makhani (creamy lentils) are excellent choices. Non-vegetarian options like chicken tikka masala or fish curry can also be included in moderation, ensuring they are thoroughly cooked. Indian Spices and Herbs Beneficial During Pregnancy Indian spices are
not only flavorful but also have therapeutic properties that can benefit pregnant women. Turmeric, known for its anti-inflammatory properties, is commonly used in Indian cuisine and can aid in promoting overall well-being during pregnancy. Cumin, another commonly used spice, can help with digestion and relieve bloating. Fenugreek, often used in
lentil dishes, is known to regulate blood sugar levels and promote lactation postpartum. Many other spices and herbs like cardamom, coriander, and ginger also offer various health benefits and add delightful flavors to your meals. However, it's important to consume them in moderation and be mindful of any allergies or sensitivities. Making Healthy
Indian Food Choices While Managing Cravings Pregnancy often comes with cravings, and managing them while maintaining a healthy diet can be a challenge. With Indian food, you can strike a balance by choosing healthier cooking methods such as grilling, roasting, or steaming instead of deep-frying. This helps in reducing excess oil and maintaining a healthy diet can be a challenge. With Indian food, you can strike a balance by choosing healthy diet can be a challenge.
the nutritional value of the dishes. Opting for homemade meals allows you to control the ingredients and avoid unnecessary additives or preservatives. Experimenting with spices and herbs can also help satisfy your cravings while adding flavor and nutritional value to your meals. Addressing Common Pregnancy-Related Concerns through Indian Food
Indian food can be particularly beneficial in managing certain pregnancy-related concerns. For women with gestational diabetes, incorporating Indian recipes that are low in sugar and carbohydrates, such as vegetable stir-fries or grilled chicken, can help keep blood sugar levels stable. To combat morning sickness, ginger-based dishes like ginger tea
or ginger-infused soups can provide relief. Including foods rich in iron, such as spinach, lentils, and dates, can help combat fatigue and low energy levels commonly experienced during pregnancy. Incorporating Indian Snacks and Beverages into a Pregnancy Diet Snacking between meals is a common practice during pregnancy, and Indian cuisine
offers a variety of nourishing and tasty options. Snacks like roasted chickpeas, vegetable cutlets, or fruit chaat (a mix of fruits with spices) provide essential nutrients and keep hunger at bay. When it comes to beverages, hydrating and refreshing options like fresh lemonade, coconut water, or lassi (a yogurt-based drink) are excellent choices. These
drinks not only help quench your thirst but also provide vitamins and minerals. Eating Out at Indian Restaurants during Pregnancy, it's important to make informed menu selections. Look for dishes that are made with fresh ingredients and cooked thoroughly. Vegetable-based curries and cooked thoroughly.
tandoori dishes, and biryanis are generally safe options. Additionally, ensure that the restaurant follows proper hygiene and food safety practices. If you have any concerns or dietary restrictions, don't hesitate to communicate with the staff and ask questions about the preparation methods. In conclusion, incorporating Indian food into your pregnancy
diet can be both enjoyable and beneficial for your health and the development of your baby. From the variety of nutritious and balanced dishes to the therapeutic properties of spices and herbs, Indian cuisine offers a wealth of options to suit all taste preferences. By making informed choices, managing cravings, and consulting with healthcare
professionals, you can embrace the flavors of Indian food and have a healthy and satisfying culinary experience during your pregnancy is a delicate time for women. Pregnant women are told to eat healthy foods and give up on junk food completely for the healthy growth of their babies. If you are pregnant, you must have been told the
same and you must be wondering how you will ever give up those delicious foods that you absolutely love! It seems rather hard to suddenly quit coffee, pizza, pasta, doesn't it? But you can do it, trust us! Most of the foods that are otherwise safe to consume may not be safe during pregnancy. Therefore, it is important that you learn about the foods
that should be avoided during pregnancy. Video: 10 Indian Foods You Must Avoid During Pregnancy will be shared with your baby too. So it is important that you make healthy choices. What is good for you may not be exactly for that tiny one
growing inside your womb. So make wise choices; avoid these foods during pregnancy, but do you know why is that? Raw papaya or unripe papaya is not safe to consume during pregnancy. Green papaya contains latex in
 high concentration, which can be particularly harmful as it can lead to uterine contractions, which could even lead to a miscarriage. It also contains papain and pepsin, which can be particularly harmful as it can lead to uterine contractions, which could even lead to a miscarriage. It also contains papain and pepsin, which impact the development of the foetus leading to many birth defects. 2. Tulsi Leaves We often eat Tulsi leaves when suffering from a cold or a cough. If you have a cold or cough,
you can eat Tulsi leaves, but eat them in moderation. Tulsi leaves may not be completely safe for consumption during pregnancy, but you can eat 1-2 leaves a day. 3. Aloe Vera and Aloe Vera and trigger contractions. It is
not beneficial for the foetus as well. At the same time, aloe vera could also trigger reactions such as vomiting and diarrhoea, which can cause an imbalance in the electrolyte levels of the body. 4. Fenugreek Laddoo Fenugreek, known as methi dana in Hindi forms a core part of a woman's diet once she delivers her baby as it stimulates the production
of milk. Women are usually given methi laddoos after their delivery, but they should be avoided during pregnancy as they can have adverse effects on the health of the mother and the baby. 5. Pineapple Some women tend to have pineapple as their due date approaches, which is fine as long as they have consulted their doctor about the same. But
eating pineapple in the first trimester of pregnancy is a strict 'no'. Pineapple contains bromelain enzyme, which softens the cervix and helps induce labour. Thus it may lead to unwanted contractions and lead to a miscarriage. 6. Raw Eggs Eggs are a versatile food and without a doubt taste delicious. But can you enjoy them during pregnancy? Yes, you
can but not in all forms! You can eat boiled eggs if you like, they are safe to include in your pregnancy diet. But you should never consume them raw. Raw eggs have a high risk of containing the salmonella virus, which is well-known to
cause multiple pregnancy complications. So, you should avoid eating them raw! 7. Salty Foods Salty and spicy foods taste yummy. You might crave for them during pregnancy and they may satiate your favourites such as samosas and pakoras
and even the usual potato wafers. High salt can leave you with high water retention and cause a host of issues. So avoid these too! 8. Street Food Yes, we know it is a piece of sad news for you, but if you want to keep your baby happy and safe, avoid eating street food. For a while, forget about delicious chaat and Chinese food. Yes, you will crave for
these foods, more so in pregnancy, because street vendors don't usually adhere to the standard hygienic procedure while preparing food. Thus eating street food during pregnancy may put you and your baby at the risk of infections and diseases. You may have an upset stomach or indigestion, which can cause discomfort. Street food is also spicy
which is why you should avoid it. Consuming spicy food can cause heartburn and a burning feeling in your stomach. So avoid eating it as much as possible. 9. Seafood Sushi might be one of your favourite foods, but scratch that off your list of favourite foods while you are pregnant. Raw meat of any kind, especially fish, is extremely unhealthy as the
raw meat may have parasites and other microbes in them. Eating cooked fish curry or fried fish should also be avoided. Yes, fish do have a number of important nutrients that a woman needs during pregnancy but stop yourself from eating it. The problem is not with the fish but with water. The water tends to have a large number of pollutants,
including mercury, which is consumed by the fish. This inevitably can find a way into your body and can cause multiple problems. Certain varieties such as shrimp, salmon, and catfish, are generally considered safe for consumption by pregnant women but you should confirm with your doctor first before making them a part of your diet. 10. Fennel
Seeds Fennel seeds are known to have traces of phytoestrogens in them which act like female oestrogen and are known to stimulate the production of milk and cleanse the uterus. These seeds can be consumed in pregnancy in small
amounts, after consulting with the doctor. 11. Maida Food Items Processed foods, especially maida-based products like bread, mathri, biscuits, pasta, cookies, etc., should be avoided. 12. Eggplant Based on its property, some people believe that having eggplant is dangerous during pregnancy. However, you can have it once in a while in small
quantities. 13. Sesame Seeds Dry seeds like sesame are a part of natural medicine to stimulate the uterine muscles and trigger contractions that lead to the expulsion of the fertilised. 14. Grapes Many Indian women avoid grapes in the final stages of pregnancy as grapes are found to hike up the body temperature
leading to unnecessary complications. Grapes also contain some toxic compounds that can create hormonal imbalances in pregnant women. 15. Raw Sprouts made using mung bean, radish, clover, and alfalfa sprouts may be contaminated with the bacteria. As a result, it is best to avoid consuming raw sprouts altogether. 16. Chicken
Having chicken during pregnancy is not recommended for pregnant women as it carries a host of bacteria and other parasites that may lead to health issues in the newborn. 17. Cornflour High starch-content foods, like corn flour, are best avoided during pregnancy. Food items with a high content of packed corn flour can cause harm to the growth
and development of the growing foetus. 18. Drumsticks Drumsticks are rich in iron and vitamin but contain alpha-sitosterol, which can hurt a baby's development and growth. Consuming drumsticks during pregnant women, as raw radish is difficult
to digest. Eating raw radish can also lead to gastrointestinal issues due to a lot of harmful germs present on its surface. 20. Peach Peach is considered to be a hot fruit, and consuming it in the early weeks of pregnancy might produce excessive heat in the body that can cause internal bleeding or miscarriage. What Herbs and Spices You Should Avoid
During Pregnancy? Following are the herbs apart from food not to eat during pregnancy in India. Asafoetida Ajinomoto Coriander Peppermint Not being able to eat what you crave for will obviously make you sad, but remember you are doing it for you and your baby. These are some Indian foods that should not be eaten during pregnancy, but there
are lot of other food items that are recommended during pregnancy and are tasty too. So enjoy them! Focus on staying healthy and keeping your baby! References/Resources: 1. Hannah G Lunkenheimer, Oskar Burger, Santosh Akhauri, et.al; Tradition, taste and taboo: the gastroecology of maternal perinatal diet.
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20Chart%20For%20West%20India.pdf Also Read: Fruits to Avoid during Pregnancy Foods that can Cause Miscarriage in Early Pregnancy Foods that can affect the child's growth and development, especially the food
During pregnancy, women often crave mouth-watering dishes. But controlling the diet based on the proper knowledge about different food types is essential. Indian Foods to Avoid During Pregnancy are the foods that shouldn't be consumed during pregnancy. Pineapple Pineapple Contains a compound called bromelain that causes softening of
the cervix. Consuming pineapple during pregnancy, especially in the last months, can induce contractions, leading to premature birth. 2) Chicken meat carries a host of bacteria and other parasites that may lead to health issues in the newborn. Blindness, epilepsy,
disability, etc., are common problems that can affect a woman's health.3) Fenugreek fenugreek during pregnancy. But one should avoid the consumption of fenugreek during pregnancy. But one should avoid the consumption of fenugreek during pregnancy. But one should avoid the consumption of fenugreek during pregnancy. But one should avoid the consumption of fenugreek during pregnancy. But one should avoid the consumption of fenugreek during pregnancy. But one should avoid the consumption of fenugreek during pregnancy. But one should avoid the consumption of fenugreek during pregnancy. But one should avoid the consumption of fenugreek during pregnancy. But one should avoid the consumption of fenugreek during pregnancy. But one should avoid the consumption of fenugreek during pregnancy. But one should avoid the consumption of fenugreek during pregnancy. But one should avoid the consumption of fenugreek during pregnancy. But one should avoid the consumption of fenugreek during pregnancy. But one should avoid the consumption of fenugreek during pregnancy. But one should avoid the consumption of fenugreek during pregnancy are should avoid the consumption of fenugreek during pregnancy. But one should avoid the consumption of fenugreek during pregnancy are should avoid the consumption of fenugreek during pregnancy. But one should avoid the consumption of fenugreek during pregnancy are should avoid the consumption of fenugreek during pregnancy are should avoid the consumption of fenugreek during pregnancy are should avoid the consumption of fenugreek during pregnancy are should avoid the consumption of fenugreek during pregnancy are should avoid the consumption of fenugreek during pregnancy are should avoid the consumption of fenugreek during pregnancy are should avoid the consumption of fenugreek during pregnancy are should avoid the consumption of fenugreek during pregnancy are should avoid the consumption of fenugreek during pregnancy are should avoid the consumption of fenugreek during pregnancy are should avoid the co
regarding pregnancy? Book a Free Doctor Consult with Be Bodywise & speak to an expert from the comforts of your home, hassle-free!4) Raw eggs, are the most common foods that cause miscarriage in the second trimester. They have a high risk of containing the salmonella virus, which can cause multiple pregnancy
complications.5) Alcohol Alcohol is among the drinks that can cause abortion. Consumption of alcohol has adverse effects on the mother and the child. Alcohol is even capable of causing miscarriage in the early stages of pregnancy.6) Unpasteurized milk The consumption of unpasteurized milk should be avoided while pregnant in the first trimester
One should always boil milk before consuming it as it helps in killing germs. Pregnant women should never drink raw milk.7) Hing In India, hing is a standard part of everyday food consumption. But, overdose and regular addition of hing during pregnancy in food can cause vomiting, nausea, throat infection, swollen lips, burping, gas forming, and
other related problems for the expecting mother. 8) Salty foods You might crave salty and spicy foods during pregnancy. Consuming salty foods during pregnancy may satiate your hunger, but the high salt content will increase water retention, which will ultimately lead to complications during pregnancy. 9) Cornflour Maintain a distance from items
with high starch content, such as corn flour during pregnancy. Also, food items with a high content of packed corn flour can cause harm to the growth and development of the growing baby. Still have doubts regarding pregnancy? Book a Free Doctor Consult with Be Bodywise & speak to an expert from the comforts of your home, hassle-free!10)
Seafood Many seafood dishes contain high levels of mercury, which is harmful to your child. Scratch these food items off your list. If you love these dishes, consult your doctor before consumption of Ajinomoto can majorly affect
the development of the brain in the fetus. Consult your doctor about how much Ajinomoto is safe during pregnancy. 12) Grapes are not recommended for women pregnancy. It also causes stomach-related problems. 13) Street Food
Among the Indian foods to avoid during pregnancy, street food tops the list. One should control the excessive cravings for these types of foods during pregnancy. A pregnant woman's body is vulnerable, and hence they need to be careful about what they eat.14) Organ MeatOrgan meat is full of rich nutrients and proteins. But a bad diet can affect the
health of both mother and child. Consumption of organ meat during pregnancy can cause liver toxicity and defects in the baby. They are on the list of foods to avoid when pregnant first trimester. 15) Animal LiverAnimal liver, otherwise, is nutritious and rich in iron. However, it can contain high toxins, especially if obtained from an infected animal.
Children and infants are particularly sensitive to these toxins since they can harm the nervous system and cause brain damage.16) Sesame Seeds were used to stimulate abortion in the early period. Ingestion of sesame seeds causes the ovum to be ejected from the uterus. During the first three to
four months of pregnancy, all pregnant women should avoid eating sesame seeds. In fact, even raisins aren't very safe. They can, however, have almonds, groundnuts, and other such nuts.17) PapayaAn abortion can be induced by papaya. Consuming papaya during pregnancy, therefore, is dangerous. Primain - a chemical in papaya that is
responsible for uterine contractions - is present in raw papaya. Primain strongly inhibits fetal growth. The consumption of raw papaya during pregnancy is strictly prohibited.18) CaffeineAlthough caffeine is abundantly present in most of the things we consume, pregnant women need to stay two steps away from it. Not only coffee but some popular
soft drinks and certain varieties of green tea also contain caffeine. Ensure that you are consuming any of these during pregnancy? Book a Free Doctor Consult with Be Bodywise & speak to an expert from the comforts of your home, hassle-free! Vegetables to Avoid During Pregnancy1. Aloe VeraAlthough aloe vera
has numerous skin benefits, it is harmful to consume during pregnancy. Aloe vera contains anthraquinones, a laxative that can cause bleeding and miscarriage. Eggplant households. Amenorrhoea and premenstrual disorders can be treated with eggplant. If
you have had any complications in the past with brinjal, your gynecologist may strictly prohibit its consumption during pregnancy. 3. Drumsticks Despite being rich in iron and vitamin, drumsticks during pregnancy is therefore harmful. 4. Green
consumed during pregnancy. Raw radish is difficult to digest and also leads to gastrointestinal issues due to a lot of harmful germs present on its surface. If cooked, pregnancy to avoid in early pregnancy: 1. Soft CheeseThe bacteria found in
soft cheese can cause food poisoning since the cheese is made from unpasteurised milk. Therefore, avoiding soft cheese while pregnant is a good idea. 2. Packaged and Processed Foods often contain preservatives and empty calories. They may also contain bacteria that
cause food poisoning.3. CaffeineAn excess of caffeine can cause sleeplessness, irritability, and nervousness in early pregnancy. Miscarriage risk is also increased.4. Alcoholic BeveragesAlcohol can cause severe birth defects in a developing foetus.5. Sugary FoodsTo support the growth of the baby, pregnant women need 300 additional calories every
day. Overindulging in sweets, however, causes weight gain and gestational diabetes. Foods to Avoid During Pregnancy's first trimester is basically the first 3 months of that period. During this time, your body undergoes a lot of changes because your baby is slowly starting to grow and take form in your womb. During
 pregnancy, things can get difficult for moms-to-be. Here are a few food items to avoid during the first trimester to avoid pregnancy complications: 1. Raw or Undercooked Meat and Seafood Uncooked meat or seafood contain many harmful bacterias that cause nasty infections and even food poisoning. Such infections can easily pass on to the bab
during pregnancy. Consuming undercooked or raw eggs contain a germ called salmonella. You must avoid eating undercooked or raw eggs. Avoid eating these foods:Raw cake batterRaw cookie dough
or batterSoft or mushy scrambled eggs3. Unpasteurized milk or Dairy Before consumption, milk is always pasteurized and heated to kill bacteria and germs. This also improves its shelf life. Milk that is unpasteurized milk can contain bacteria such as listeria. Having unpasteurized milk
causes dangerous sicknesses like food poisoning or even listeriosis. These conditions can severely affect you and even your baby. In fact, sometimes, these conditions can lead to a miscarriage or stillbirth.4. Raw SproutsRaw sprouts and beans contain a lot of harmful bacteria inside. These are quite difficult to wash away. Hence cooking or boiling
them is the best way to kill these germs. Avoiding raw sprouts can help pregnant women prevent nasty bacterial infections. If you're fond of eating deli sandwiches or other packed foods, make sure that they don't have raw sprouts can destroy
the infection-causing germs, and you can consume them guilt-free. Still have doubts regarding pregnancy? Book a Free Doctor Consult with Be Bodywise & speak to an expert from the comforts of your home, hassle-free! Things to Avoid in Early Pregnancy and you can consume them guilt-free. Still have doubts regarding pregnancy? Book a Free Doctor Consult with Be Bodywise & speak to an expert from the comforts of your home, hassle-free! Things to Avoid in Early Pregnancy and you can consume them guilt-free.
healthy and to be able to protect the baby. Many lifestyle habits need to be stopped or avoided during pregnancy, such as undercooked meat, fish or eggs, raw sprouts, etc. Here are some foods to avoid during the first month of pregnancy:1
Avoid Cigarettes and E-cigarettes and E-cigarettes and E-cigarettes pregnant woman should quit smoking at once because smoking increases heart rate and increases blood pressure too. 2. Avoid Alcohol Consumption of alcohol is a strict no-no during pregnancy. Even the slightest
amount of alcohol can cause miscarriage, birth defects, and even stillbirth. It can also cause intellectual and behavioral disabilities such as Fetal Alcohol Spectrum Disorders (FASDs). 3. Avoid Excessive Caffeine up to 200 mg or approximately 2 cups of coffee) is alright. But any amount more than that is severely harmful. Caffeine
can cross through the placenta and severely affect a baby's heart rate4. Avoid Hot BathsA pregnant woman at risk of dehydration, overheating, and even fainting. ConclusionIt is essential to consult your doctor during pregnancy to acquire
knowledge about the foods to avoid when pregnant and the consumption of different food items to ensure the health of both you and your baby. Eat Healthy and Stay Healthy! Also Read: Guava in Pregnant? Certain food items like pineapple, alcohol, meat, raw food,
unpasteurized food, etc., can kill a baby when pregnant if consumed carelessly. What Vegetables Should be Avoided during Pregnancy? Eggplant, radish, clover, and mung beans are among the few vegetables which should be avoided during pregnancy? Eggplant, radish, clover, and mung beans are some fruits to be
avoided. Raw papaya during pregnancy should also be avoided. Is Banana Good for Pregnancy? Yes, they are a good source of potassium and Vitamin B12. Can Lemon stop Pregnant women. What Food can Abort a Month Pregnancy? Raw eggs,
unpasteurized milk, and sprouted potatoes can abort a month pregnancy? Yes, Mangoes indeed are a great addition to anyone's pregnancy diet. However, you
must eat them in moderation and combine them with a variety of other nutritious fruits. Can We Eat Pineapple During Pregnancy? No. Since black grapes
contain many resveratrol compounds present in their skin, they are toxic and can be harmful to pregnant woman's digestive system is quite weak, and fruits like black grapes are slightly difficult to digest. Hence consuming black grapes in pregnancy is not advisable. Can We Eat Walnut in Pregnancy? Yes, you can eat walnut in
pregnancy. Nuts are indeed a great source of nutrition during pregnancy. Can We Eat Strawberries During Pregnancy? Yes, you can eat Strawberries during pregnancy. Can We Eat Strawberries During Pregnancy? Yes, you can eat Strawberries during pregnancy.
pregnancy. It is a fruit containing a good amount of vitamin C and folic acid, which are essential, especially during early pregnancy, Particularly to protect the fetus against neural tube defects. Can We Eat Ajinomoto in Pregnancy, Particularly to protect the fetus against neural tube defects. Can We Eat Ajinomoto in Pregnancy, Particularly to protect the fetus against neural tube defects.
contains monosodium glutamate, which interferes with brain development during pregnancy? No, the consumption of sesame seeds During Pregnancy? This is an odd food
choice that isn't the healthiest food ingredient anyway. However, there is no sufficient scientific evidence to show any harmful effects of cornflour. If eaten in moderation, it won't cause any specific harm to the pregnancy is a delicate time for women are told to eat healthy foods and give up on junk food completely for the
healthy growth of their babies. If you are pregnant, you must have been told the same and you must be wondering how you will ever give up those delicious foods that you absolutely love! It seems rather hard to suddenly quit coffee, pizza, pasta, doesn't it? But you can do it, trust us! Most of the foods that are otherwise safe to consume may not be
safe during pregnancy. Therefore, it is important that you learn about the foods that should be avoided during pregnancy Whatever you put into your mouth during pregnancy will be shared with your baby too. So it is important that you
make healthy choices. What is good for you may not be exactly for that tiny one growing inside your womb. So make wise choices; avoid these foods during pregnancy, but do you know why is that? Raw papaya or unripe papaya or semi-ripe
papaya is not safe to consume during pregnancy. Green papaya contains latex in high concentration, which can be particularly harmful as it can lead to uterine contractions, which could even lead to a miscarriage. It also contains papain and pepsin, which impact the development of the foetus leading to many birth defects. 2. Tulsi Leaves We often eat
Tulsi leaves when suffering from a cold or a cough. If you have a cold or cough, you can eat them in moderation. Tulsi leaves may not be completely safe for consumption during pregnancy, but you can eat 1-2 leaves a day. 3. Aloe Vera and Aloe Vera and Aloe Vera is known for curing skin problems, but it might be harmful during
pregnancy. Aloe vera not just affects the uterus and trigger contractions. It is not beneficial for the foetus as well. At the same time, aloe vera could also trigger reactions such as vomiting and diarrhoea, which can cause an imbalance in the electrolyte levels of the body. 4. Fenugreek Laddoo Fenugreek, known as methi dana in Hindi forms a core part
of a woman's diet once she delivers her baby as it stimulates the production of milk. Women are usually given methi laddoos after their delivery, but they should be avoided during pregnancy as their due date approaches,
which is fine as long as they have consulted their doctor about the same. But eating pineapple in the first trimester of pregnancy is a strict 'no'. Pineapple contains bromelain enzyme, which softens the cervix and helps induce labour. Thus it may lead to unwanted contractions and lead to a miscarriage. 6. Raw Eggs Eggs are a versatile food and
without a doubt taste delicious. But can you enjoy them during pregnancy? Yes, you can but not in all forms! You can eat boiled eggs if you like, they are safe to include in your pregnancy diet. But you should never consume them raw. Raw eggs are used in various food preparations as well such as mousse, mayonnaise, various desserts, and sauces.
Raw eggs have a high risk of containing the salmonella virus, which is well-known to cause multiple pregnancy complications. So, you should avoid eating them raw! 7. Salty Foods Salty and spicy foods taste yummy. You might crave for them during pregnancy and they may satiate your hunger and taste buds, but it is highly recommended to avoid
foods that are high in salt. These include your favourites such as samosas and pakoras and even the usual potato wafers. High salt can leave you with high water retention and cause a host of issues. So avoid these too! 8. Street Food Yes, we know it is a piece of sad news for you, but if you want to keep your baby happy and safe, avoid eating street
food. For a while, forget about delicious chaat and Chinese food. Yes, you will crave for these foods, more so in pregnancy, because street vendors don't usually adhere to the standard hygienic procedure while preparing food. Thus eating street food during pregnancy may put you and your baby at the risk of infections and diseases. You may have an
upset stomach or indigestion, which can cause discomfort. Street food is also spicy which is why you should avoid it. Consuming spicy food can cause heartburn and a burning feeling in your favourite foods, but scratch that off your list of favourite foods while you
are pregnant. Raw meat of any kind, especially fish, is extremely unhealthy as the raw meat may have parasites and other microbes in them. Eating cooked fish curry or fried fish should also be avoided. Yes, fish do have a number of important nutrients that a woman needs during pregnancy but stop yourself from eating it. The problem is not with the
fish but with water. The water tends to have a large number of pollutants, including mercury, which is consumed by the fish. This inevitably can find a way into your body and can cause multiple problems. Certain varieties such as shrimp, salmon, and catfish, are generally considered safe for consumption by pregnant women but you should confirm
with your doctor first before making them a part of your diet. 10. Fennel Seeds Fennel seeds, just like female oestrogen and are known to stimulate the production of milk and
cleanse the uterus. These seeds can be consumed in pregnancy in small amounts, after consulting with the doctor. 11. Maida Food Items Processed foods, especially maida-based products like bread, mathri, biscuits, pasta, cookies, etc., should be avoided. 12. Eggplant Based on its property, some people believe that having eggplant is dangerous
during pregnancy. However, you can have it once in a while in small quantities. 13. Sesame Seeds Dry seeds like sesame are a part of natural medicine to stimulate the uterine muscles and trigger contractions that lead to the expulsion of the fertilised. 14. Grapes Many Indian women avoid grapes in the final stages
of pregnancy as grapes are found to hike up the body temperature leading to unnecessary complications. Grapes also contain some toxic compounds that can create hormonal imbalances in pregnant women. 15. Raw Sprouts made using mung bean, radish, clover, and alfalfa sprouts may be contaminated with the bacteria. As a result, it is
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