Tips to Manage Hunger Pangs In Pregnancy

Incorporate nutritious homemade foods into your diet

Consume ample amounts of water throughout the day

Follow a fiber-rich diet to avoid digestive issues

Make dates and dry fruits a part of your morning meal

Eat slowly and split your meals into several short ones













Source: https://www.momjunction.com/articles/hunger-pangs-duringpregnancy_00357262/