

What To Have And What Not To During The Fourth Month Of Pregnancy?



To Have

Iron-rich foods such as meat, tofu, eggs, soybean



Calcium-rich foods, including kale, broccoli, yogurt, milk

Fiber-rich foods such as flaxseeds, raspberries, almonds, figs



Vitamin C foods including cabbage, tomatoes, broccoli

Zinc-rich foods, including pumpkin seeds, spinach, lamb, squash



Foods rich in omega fatty acids, including walnuts, chia, almonds, sardines

To Avoid



Refined flour

Soft cheeses (Brie) and blue cheese (camembert)



Undercooked or raw eggs

Overconsumption of tea and coffee



Ocean fish such as king mackerel, swordfish, and white tuna

Foods that are spicy, fried, or contain excessive amounts of salt and sugar

