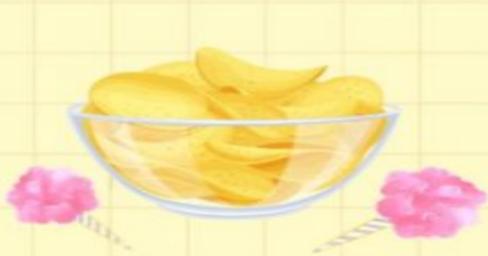




Common Pregnancy Cravings

And Reasons Behind Them

Common food cravings



Salty and sugary foods



Spicy and hot foods



Citric foods



Specific food items, such as pickles, peanut butter, or tomato sauce

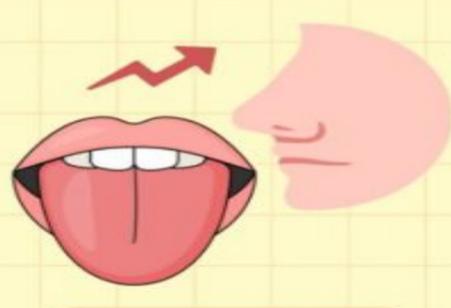
Possible causes



Nutritional deficiencies



Hormonal changes



Increased sense of smell and taste



Psychosocial factors

