

The Taboos Of Eating Snails In Pregnancy



Eating snails during pregnancy makes the baby drool excessively.



Snail meat facilitates fetal movement, thus aiding in a smooth delivery.



A male baby born to a mother who ate snails while pregnant may be abused by his wife later in life.



Eating a snail when pregnant can make the baby cowardly.



Consuming snails while pregnant may make the baby lazy.

Note: Snails may be safe for consumption during pregnancy when cooked properly. Consult your doctor before consuming snails in case of any concerns.

References:

1. Food beliefs and practices during pregnancy in Northern Ghana: Implications for nutrition counseling ; The Journal of Global Health
2. Women and Land Snails Consumption in the Southwest Region of Cameroon; Bridgewater State University
3. Food taboos and myths in South Eastern Nigeria: The belief and practice of mothers in the region; NCBI