

# what are the foods not to eat during pregnancy

What Are the Foods Not to Eat During Pregnancy: A Guide to Safe Eating for Expecting Moms

**what are the foods not to eat during pregnancy** is a question that often comes up when a woman discovers she is expecting. Pregnancy is a beautiful journey filled with excitement, but it also means being extra cautious about what goes onto your plate. Certain foods can pose risks to both the mother and the developing baby, so understanding which items to avoid is crucial for a healthy pregnancy. This article will explore in detail the foods not to eat during pregnancy, why they should be avoided, and some helpful tips to maintain a nutritious and safe diet.

## Why Is Diet Important During Pregnancy?

Pregnancy requires a well-balanced diet because the nutrients you consume directly affect your baby's growth and development. At the same time, some foods carry bacteria, parasites, or high levels of substances that can be harmful to the fetus or even cause complications for the mother. Knowing what are the foods not to eat during pregnancy helps reduce the risk of infections, food poisoning, and exposure to harmful chemicals, ensuring both mother and baby stay healthy.

## What Are the Foods Not to Eat During Pregnancy?

When thinking about what are the foods not to eat during pregnancy, it's essential to focus on those that might carry dangerous bacteria, toxins, or excessive amounts of certain nutrients. Here are the main categories of foods pregnant women should steer clear of:

### 1. Raw or Undercooked Seafood and Meat

Raw fish like sushi, sashimi, or oysters can harbor harmful bacteria and parasites such as *Listeria*, *Salmonella*, or *Toxoplasma gondii*. These infections can lead to miscarriage, premature birth, or severe illness in newborns. Similarly, undercooked or raw meats—including rare steaks or cold cuts—pose similar risks.

- Avoid raw shellfish and refrigerated smoked seafood.
- Ensure all meats are cooked thoroughly to safe internal temperatures.
- When eating out, opt for well-cooked dishes to reduce the risk of foodborne illness.

### 2. Unpasteurized Dairy Products

Dairy products made from unpasteurized milk can contain dangerous bacteria like *Listeria*, which can

cross the placenta and infect the baby. Soft cheeses such as Brie, Camembert, feta, and blue cheese are commonly made from unpasteurized milk and should be avoided unless you are sure they are pasteurized.

- Choose pasteurized milk, cheese, and yogurt.
- When in doubt, check labels or ask your healthcare provider.

### **3. Certain Fish High in Mercury**

Fish is an excellent source of omega-3 fatty acids, which are beneficial during pregnancy. However, some fish contain high levels of mercury, a heavy metal that can impair a baby's developing nervous system. It's important to limit or avoid high-mercury fish.

Common high-mercury fish to avoid include:

- Shark
- Swordfish
- King mackerel
- Tilefish

Instead, opt for safer choices like salmon, sardines, and trout, which are lower in mercury and still packed with nutrients.

### **4. Raw Eggs and Foods Containing Them**

Raw or lightly cooked eggs can carry Salmonella bacteria. This risk extends to homemade mayonnaise, raw cookie dough, or certain desserts like mousse or tiramisu made with raw eggs. Pregnant women should ensure eggs are cooked until the whites and yolks are firm.

### **5. Excessive Caffeine Intake**

While a moderate amount of caffeine is generally considered safe, too much can increase the risk of miscarriage or low birth weight. The general guideline is to limit caffeine intake to about 200 mg per day, roughly equal to one 12-ounce cup of coffee.

- Remember that caffeine is also found in tea, chocolate, energy drinks, and some sodas.
- Drinking plenty of water and herbal teas can help reduce caffeine consumption.

### **6. Alcohol**

Alcohol is one of the most critical substances to avoid during pregnancy. No amount of alcohol has been proven safe, and consuming it can lead to fetal alcohol spectrum disorders (FASDs), which cause lifelong physical, behavioral, and cognitive issues.

- Abstaining from alcohol completely during pregnancy is the safest choice.
- This includes beer, wine, spirits, and any foods containing alcohol.

## **7. Processed Junk Foods and High-Sugar Snacks**

While not necessarily dangerous in the same way as contaminated foods, processed junk foods, sugary snacks, and sodas should be limited. Excess sugar and unhealthy fats can contribute to excessive weight gain, gestational diabetes, and other complications.

- Focus on nutrient-dense foods that support baby's development.
- Choose fresh fruits, vegetables, whole grains, lean proteins, and healthy fats.

## **8. Unwashed Fruits and Vegetables**

Fruits and vegetables are essential during pregnancy, but they must be thoroughly washed to remove dirt, pesticides, and potential parasites like *Toxoplasma gondii*. Eating unwashed produce can increase the risk of infection.

- Rinse all fresh produce under running water.
- Consider peeling fruits like apples or cucumbers if you're unsure about cleanliness.

## **9. Certain Herbal Teas and Supplements**

Not all herbal teas and supplements are safe during pregnancy. Some herbs can stimulate contractions or have other adverse effects. Always consult your healthcare provider before incorporating herbal products into your diet.

Examples of herbs to avoid include:

- Licorice root
- Pennyroyal
- Sage (in medicinal quantities)

## **Tips to Maintain a Healthy Pregnancy Diet**

Understanding what are the foods not to eat during pregnancy is only part of the picture. Maintaining a balanced, nutrient-rich diet is equally important to support your baby's growth.

### **Focus on Variety and Nutrient Density**

Incorporate a range of foods to ensure you get essential vitamins and minerals, such as folic acid, iron, calcium, and DHA. Fresh fruits, vegetables, whole grains, lean meats, dairy, nuts, and legumes

all play vital roles.

## **Practice Food Safety Habits**

- Store perishable foods properly.
- Avoid cross-contamination by using separate utensils for raw and cooked foods.
- Cook foods to safe temperatures.
- Stay hydrated with plenty of water.

## **Consult Healthcare Providers**

Every pregnancy is unique, and your doctor or midwife can provide personalized advice, including any necessary dietary restrictions or supplements.

## **Understanding Food Labels and Ingredients**

Reading labels can help you avoid hidden risks. For example, some deli meats or hot dogs might not be heated enough to kill bacteria, and some cheeses might not specify pasteurization. When in doubt, err on the side of caution or prepare your own meals at home.

## **Enjoying Pregnancy Safely**

Pregnancy doesn't mean you have to give up delicious, satisfying meals. It's about making informed choices and being mindful of certain foods that could pose risks. By understanding what are the foods not to eat during pregnancy, you can nourish your body and your baby, reduce anxiety around eating, and enjoy this special time with confidence.

Remember, your body is doing incredible work growing new life, and the food you choose plays a crucial role. Prioritize safety, listen to your body, and don't hesitate to ask for support or advice from nutrition experts or healthcare providers along the way. Eating well during pregnancy is an act of love—for yourself and your little one.

## **Frequently Asked Questions**

### **What types of seafood should pregnant women avoid?**

Pregnant women should avoid high-mercury fish such as shark, swordfish, king mackerel, and tilefish because mercury can harm the developing baby's nervous system.

## **Why is it important to avoid raw or undercooked meats during pregnancy?**

Raw or undercooked meats can contain harmful bacteria like *Listeria* or *Toxoplasma*, which can cause infections leading to miscarriage, stillbirth, or severe illness in newborns.

## **Are there any dairy products that pregnant women should not consume?**

Pregnant women should avoid unpasteurized dairy products like certain soft cheeses (e.g., Brie, Camembert, blue cheese) because they may harbor *Listeria* bacteria, which can be harmful during pregnancy.

## **Is it safe to eat raw eggs during pregnancy?**

No, raw or undercooked eggs can contain *Salmonella* bacteria, posing a risk of food poisoning. Pregnant women should consume only fully cooked eggs.

## **Why should pregnant women limit caffeine intake and avoid certain foods with caffeine?**

Excessive caffeine can increase the risk of miscarriage and low birth weight. Pregnant women are advised to limit caffeine to about 200 mg per day and avoid foods and drinks with high caffeine content like energy drinks.

## **Additional Resources**

What Are the Foods Not to Eat During Pregnancy: An In-Depth Review

**what are the foods not to eat during pregnancy** is a question that often arises among expectant mothers seeking to ensure the health and safety of their developing babies. Nutrition plays a pivotal role during pregnancy, not only in supporting the mother's wellbeing but also in fostering optimal fetal development. However, certain foods can pose risks, ranging from mild discomfort to serious health complications such as infections, developmental abnormalities, and even miscarriage. Understanding which foods to avoid can help mitigate these risks and promote a healthier pregnancy.

## **Understanding the Risks Behind Certain Foods During Pregnancy**

Pregnancy induces significant physiological changes, including alterations in the immune system, which can make women more susceptible to foodborne illnesses. Additionally, the fetus is particularly vulnerable to toxins, bacteria, and other harmful substances that might not affect the mother as severely. Consequently, the list of foods not to eat during pregnancy often relates to those that pose risks of bacterial contamination, high mercury levels, or contain substances that could interfere with fetal development.

# Foodborne Illnesses and Pregnancy

*Listeria monocytogenes*, *Salmonella*, *Toxoplasma gondii*, and other pathogens present in contaminated food can cause infections that are more severe in pregnant women. Listeriosis, for example, is known to potentially cause miscarriage, stillbirth, or severe neonatal illness. This underscores the importance of avoiding foods that are commonly associated with these pathogens.

## Harmful Substances and Fetal Development

Certain foods may contain heavy metals like mercury, or compounds such as caffeine and alcohol, which can cross the placental barrier and affect fetal brain development and growth. Understanding which foods have high levels of these substances is essential for dietary planning during pregnancy.

## Comprehensive List of Foods Not to Eat During Pregnancy

Addressing the query of what are the foods not to eat during pregnancy requires an examination backed by scientific evidence and guidelines from health authorities such as the Centers for Disease Control and Prevention (CDC), American Pregnancy Association, and the Food and Drug Administration (FDA). Below is a categorized analysis:

### 1. Raw and Undercooked Seafood and Meat

Raw fish and shellfish such as sushi, sashimi, oysters, clams, and mussels carry a high risk of bacterial or parasitic infections. Parasites like *Toxoplasma gondii* and bacteria like *Listeria* can be present in uncooked or undercooked meat and seafood.

- **Risks:** Listeriosis, toxoplasmosis, salmonellosis
- **Why avoid:** These infections can lead to miscarriage, stillbirth, preterm labor, or severe neonatal infections.

### 2. Deli Meats and Hot Dogs

Processed meats can be contaminated with *Listeria*, even when refrigerated. Unless properly heated until steaming hot, deli meats and hot dogs pose a risk to pregnant women.

- **Recommendation:** Avoid cold cuts or deli meats unless reheated thoroughly.

### 3. Unpasteurized Dairy Products

Unpasteurized milk, cheeses such as Brie, Camembert, Roquefort, feta, and blue-veined cheeses may harbor *Listeria* bacteria.

- **Why problematic:** Pasteurization kills harmful bacteria; unpasteurized products increase the risk of listeriosis.
- **Safe alternatives:** Pasteurized milk and cheese varieties.

### 4. High-Mercury Fish

Mercury is a neurotoxin that can impair fetal brain development. Certain large predatory fish tend to accumulate high levels of mercury.

- **Fish to avoid:** Shark, swordfish, king mackerel, tilefish
- **Safer options:** Salmon, shrimp, canned light tuna (in moderation)

### 5. Raw or Undercooked Eggs

Raw eggs may contain *Salmonella*. Foods with raw eggs such as homemade mayonnaise, hollandaise sauce, certain dressings, and desserts like mousse or tiramisu should be avoided unless made with pasteurized eggs.

### 6. Excessive Caffeine

High caffeine intake has been linked to increased risk of miscarriage and low birth weight. While moderate caffeine consumption (up to 200 mg per day) is generally considered safe, excessive amounts should be avoided.

- **Caffeine sources:** Coffee, tea, energy drinks, some sodas, and chocolate.

### 7. Alcohol

Alcohol consumption during pregnancy is universally discouraged due to its association with fetal alcohol spectrum disorders (FASDs), which can cause physical and cognitive disabilities.

- **Recommendation:** Complete abstinence is safest.

### 8. Certain Herbal Teas and Supplements

Some herbal teas and supplements may contain compounds that stimulate uterine contractions or

have unknown effects on pregnancy.

- **Examples to avoid:** Licorice root, pennyroyal, and certain others without medical approval.

## Additional Considerations: Foods That Require Caution

While the above food categories are widely documented as risky, some other foods require careful consideration and moderation.

### Raw Sprouts

Raw alfalfa, clover, radish, and mung bean sprouts can harbor bacteria such as Salmonella or E. coli. Cooking sprouts thoroughly eliminates these risks.

### Unwashed Fruits and Vegetables

Toxoplasma gondii, a parasite associated with miscarriage and congenital infections, can be present on unwashed produce. Thorough washing is essential.

### Processed Junk Foods and Excess Sugar

Though not strictly hazardous, excessive consumption of processed foods and sugar can contribute to gestational diabetes, excessive weight gain, and nutritional deficiencies.

## Practical Tips for Safe Eating During Pregnancy

Understanding what are the foods not to eat during pregnancy is only part of the picture. Practical strategies can help pregnant women maintain a safe and balanced diet.

- **Always check food labels:** Look for pasteurization and expiration dates.
- **Cook foods thoroughly:** Use a food thermometer where possible to ensure internal temperatures are safe.
- **Practice good hygiene:** Wash hands, utensils, and surfaces regularly to prevent cross-contamination.
- **Limit fish intake:** Consume low-mercury fish no more than two to three times per week.
- **Consult healthcare providers:** Seek advice on safe herbal supplements and caffeine

consumption.

## The Role of Nutrition Counseling and Public Health Messaging

Despite clear guidelines, many pregnant women remain unclear about dietary restrictions, often due to misinformation or cultural practices. Healthcare professionals play a crucial role in educating expectant mothers about safe foods and those to avoid. Prenatal visits present opportunities to tailor nutritional advice based on individual health status, dietary preferences, and risk factors.

Public health campaigns also contribute to disseminating evidence-based information, emphasizing the importance of avoiding high-risk foods during pregnancy. Ongoing research continues to refine these recommendations, considering emerging data on food safety and maternal-fetal health.

Recognizing the delicate balance between nutritional adequacy and food safety is essential. While avoiding certain foods is necessary, ensuring sufficient intake of nutrients like folic acid, iron, calcium, and protein remains vital to support fetal growth and maternal health.

As dietary science evolves, so do the recommendations on what are the foods not to eat during pregnancy. Staying informed through reliable sources and open communication with healthcare providers is the best approach for expectant mothers navigating these decisions.

## What Are The Foods Not To Eat During Pregnancy

**what are the foods not to eat during pregnancy: Eat This and Live for Kids** Don Colbert, 2010 Based on the key principles for healthy eating in The Seven Pillars of Health, this practical guidebook for parents includes Dr. Colbert-approved foods and restaurant menu choices, along with helpful tips, charts, and nutrition information.

**what are the foods not to eat during pregnancy: The 100 Healthiest Foods to Eat During Pregnancy** Jonny Bowden, Allison Tannis, 2009-12-01 Eat the best foods for your baby's development! Nutrition is never more critical than during pregnancy. What you choose to put on your plate affects you and your baby's health not just in utero but for years to come. However, many nutritional guidelines for pregnancy are complex, confusing, and offer an uninspiring list of things to eat for the next nine months. Backed up by the latest nutritional research, this guide debunks pregnancy food myths and uncovers a number of surprising food choices that are superfoods for expectant mothers. ·Anchovies are a high-protein, naturally salty snack—a great food for avoiding feelings of nausea; and they contain high amounts of omega-3 fatty acids, which foster baby's brain development during the first trimester. ·Leeks are the vegetable equivalent of a super multivitamin-mineral tablet containing high amounts of vitamin A, vitamin C, and iron, plus fiber, B vitamins, and other minerals. Their mild, slightly sweet flavor makes them appealing if you're suffering from morning sickness. ·Cherries contain melatonin, an antioxidant hormone that promotes healthy sleep for you and stimulates cell growth in your growing baby. ·Celery is a healthy snack rich in silica, a mineral which tones and firms your skin—the perfect nutritional support for your stretching and expanding breasts and belly. This one-of-a-kind nutrition reference guide is also

packed with helpful quick-reference charts and sidebars, highlighting healthy (but no less delicious!) substitutes for commonly craved foods like ice cream and potato chips. You'll also discover the most up-to-date research regarding pregnancy dilemmas, such as how to get more omega-3s from fish in your diet while avoiding mercury. It's pregnancy nutrition made easy!

**what are the foods not to eat during pregnancy:** Nutrition In Pregnancy RD king, Nutrition in Pregnancy - Caring For You And Your Baby! From the minute you find out you are pregnant most moms-to-be have a number of questions relating to pregnancy nutrition. What foods you should be eating and which foods should you be avoiding as the next nine months progress. Some foods are even better completely avoided. Then there is all those old wives' tales to sort through and figure out truth from fiction. Let's try to simplify things at least a little for you in this article. When you are pregnant, you should try to avoid, even better cut out, sugar and artificial sweetener from your diet. Don't make the mistake of replacing sugar with Sucralose, aspartame or other artificial sweeteners, which are potent chemicals with questionable health concerns. In fact, there affect on the fetes is not yet established and there is a belief they could pose a health risk to your baby.

**what are the foods not to eat during pregnancy:** Chinese Health Care Secrets Henry B. Lin, 2000 Discover how you can heal yourself and others and achieve optimum health, when you practice the techniques in Chinese Health Care Secrets by Henry B. Lin. Grounded in Taoist principles (Nature's Way), the age-old wisdom of China teaches that by living your daily activities in accordance with the laws of nature you can achieve and maintain ultimate health and wellness. Chinese Health Care Secrets is a comprehensive reference to the history and practices of Chinese health care. It offers highly effective techniques that are completely natural and easy to use. Many have never before been published and are considered secrets even in China. Easy to read and fully illustrated, Chinese Health Care Secrets explains: --Secrets of sexual vitality --Qigong: breathing, meditation, and energy exercises --Dharma: massage and gentle physical movements --Secrets of rejuvenation and longevity --Over sixty of nature's most potent healers --Acupressure: learn techniques and the locations of over 100 acupoints (with full illustrations) so you can perform this powerful healing system --A handy, A to Z reference guide to common ailments, with their treatments and therapies Never before has so much information about Chinese healing been available in one location. Learn about nutrition? Yes. Learn the secrets of exercise? Of course. Walk the road to immortality? Naturally. Discover the inner health secrets of sleep and rest? Correct. It's all presented in a way that is clear and easy to understand, in Chinese Health Care Secrets.

**what are the foods not to eat during pregnancy:** Your High-Risk Pregnancy Diana M. Raab, 2009-11-17 This useful book gives sound, straightforward advice about prenatal care, analyzing and diagnosing high-risk factors, and describing the tests, medications, and procedures necessary for a healthy pregnancy. The authors offer specific ways to cope with the rollercoaster of emotions and medical issues that arise during this process. Beginning with a general guide to successful conception, the book explains the risks and addresses the most pressing concerns. Throughout the text, the authors check in with the men and women involved, showing them how to explore their feelings about the pregnancy, their emotions toward the baby, and how to build a solid support system. Each chapter contains journaling exercises, which are extremely important given the amount of bed-rest required in difficult pregnancies. Here too are informed discussions of natural birth versus C-section, the use of antibiotics and painkillers, and how to cope with miscarriages and premies. Your High-Risk Pregnancy is a complete, caring companion during pregnancy and beyond.

**what are the foods not to eat during pregnancy:** Foundations of Maternal-Newborn and Women's Health Nursing - E-Book Sharon Smith Murray, Emily Slone McKinney, Karen Holub, Renee Jones, Kristin L. Scheffer, 2022-10-06 Make sure you fully understand how to care for women and newborns! Foundations of Maternal-Newborn and Women's Health Nursing, 8th Edition integrates essential maternity information into the overall continuum of nursing care to show you how to provide safe care in the clinical setting. With easy-to-understand language, this updated text uses evidence-based guidelines and step-by-step instructions for assessments and interventions to

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**what are the foods not to eat during pregnancy: Maternal-Child Nursing** Emily Slone McKinney, MSN, RN, C, Susan R. James, PhD, MSN, RN, Sharon Smith Murray, MSN, RN, C, Kristine Nelson, RN, MN, Jean Ashwill, MSN, RN, 2012-09-24 Ideal for accelerated maternity and pediatrics courses, *Maternal-Child Nursing, 4th Edition* is filled with user-friendly features to help you quickly master essential concepts and skills. It offers completely updated content that's easy to read and understand. Plus, active learning tools give you the chance to practice applying your knowledge and make learning fun! Critical Thinking Exercises allow you to apply your knowledge to realistic clinical situations. Nursing care plans assist you with applying the nursing process to plan individualized care for the most common maternity and pediatric conditions. Critical to Remember boxes summarize and highlight essential, need-to-know information. Communication Cues provide practical tips for effective verbal and nonverbal communication with patients and families. Clinical Reference sections in pediatric chapters present information relevant to each body system, including anatomy and physiology, differences in the pediatric patient, and related laboratory and diagnostic tests. Integrated electronic features match icons in the text, so you can use print and electronic resources more effectively together. Using Research to Improve Practice boxes help you determine proper care to reinforce best practice. Spanish translations are included for phrases commonly encountered with maternity and pediatric patients. Improved design makes the text easier to read, and up-to-date photos ensure accuracy.

**what are the foods not to eat during pregnancy: Human Nutrition, 2Ed** Mary Barasi, 2003-08-29 *Human Nutrition: A Health Perspective, Second Edition* presents a comprehensive introduction to the basic principles of nutrition, together with their application through the life cycle and in a variety of life situations. Topics covered are relevant to students in a variety of courses that include nutrition. The book is also ideal for health-related courses that address how nutrition is related to the development of diseases that afflict Western populations, and what can be done to minimize the risks of developing such diseases. To facilitate learning, the book involves readers in thinking about their own nutrition for the protection and promotion of health. Topics include food allergy, fluid intakes, sports nutrition, functional foods, and nutrients sold as supplements. The text is interspersed with study questions and diagrams to engage and maintain readers' attention. Scientific explanations are provided in an accessible manner to help in understanding and to clarify principles. The flow of the information builds from methods of studying nutrition and essential principles about the structure of diet through an exploration of the functions of all the nutrients. The basic knowledge is applicable to a study of the major life stages and the challenges that might

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**what are the foods not to eat during pregnancy:** A Handbook of Philippine Folklore Mellie Leandicho Lopez, 2006 The voluminous book provides a range of international theories and methodologies in analytical folklore investigations, and a classification scheme based on genre is

offered as the system of taxonomy for Philippine traditional materials. Lopez counts on the regional folklorists to refine the classification according to the texts of their respective areas. The different genres, too, are explained and examined in another part of Lopez's study. The reader will definitely find interesting and useful, the illustrative examples for each genre.

**what are the foods not to eat during pregnancy:** The Art of Not Eating Jessica Hamel-Akré, 2024-08-22 A luminously original exploration of the deep roots of diet culture by an award-winning historian 'A courageous and beautifully written exploration of a vitally important subject' The Herald 'Fascinating' Katherine May 'These books ... deepen our understanding of how our bodies are ourselves, and how we may live...' New Statesman 'Beautifully written, lyrical and unflinching' Charlotte Fox Weber 'Her passion for her topic spills into her writing; the conclusions she draws are troubling and thought-provoking' The Telegraph The day Jessica Hamel-Akré discovered the ideas of George Cheyne - an eighteenth-century polymath and London society figure known as 'Dr Diet' - it sparked an intellectual obsession, a ten-year study of women's appetite and a personal unravelling. In this bold and radical book, Hamel-Akré follows Cheyne through the pages of medical studies, novels and historical scandals, meeting ash-eating mystics, wasting society girls, impoverished female fasters and early feminist philosophers, all of whom were once grappling with nascent ideas around food, longing and the body. In doing so, she uncovers the eighteenth-century origins of both today's diet culture and her own troubled relationship with wanting. Blending history and memoir, *The Art of Not Eating* will change the way we look at appetite, desire, rationality and oppression, and show how it all got tangled up with what we eat.

**what are the foods not to eat during pregnancy:** **Pregnancy Information for Teens, 4th Ed.** James Chambers, 2021-05-01 Consumer health information for teens about maintaining health during pregnancy, preparing for childbirth, and caring for a newborn. Includes index and resource information.

**what are the foods not to eat during pregnancy:** **Midwifery and the Medicalization of Childbirth** Edwin R. Van Teijlingen, 2004 This book provides an introduction to the sociological study of midwifery. The readings have been selected to highlight the interplay between midwifery and medicine, reflecting the medicalization of childbirth. It highlights the major themes in both a historical and a current context, as well as western and non-western societies. Two major themes underlie the organization of this book: that the conception of midwifery must be broadened to encompass a sociological perspective; and that the ongoing trend toward the medicalization of midwifery is crucial to an understanding of the historical, current, and future status of midwifery. By medicalization of childbirth and midwifery the author mean the increasing tendency for women to prefer a hospital delivery to a home delivery, the increasing trend toward the use of technology and clinical intervention in childbirth, and the determination of medical practitioners to confine the role played by midwives in pregnancy and childbirth, if any, to a purely subordinate one.

**what are the foods not to eat during pregnancy:** *Eating Well With Baby Belly* Luke Eisenberg, 2018-05-01 About the book *Eating Well With Baby Belly: Healthy Eating While Pregnant (Pregnancy Nutrition Guide)* Pregnancy is a good introduction to a conscious diet that will benefit parents and children in the long run. With few exceptions, the same recommendations apply as for women who are not pregnant. Eating well-balanced and staying active is good for every phase of life, especially during pregnancy. The baby eats with the umbilical cord and regular exercise provides the baby with oxygen. A balanced and varied diet and an active lifestyle are beneficial for the health of mother and child, preferably long after pregnancy! Your body needs more vitamins and minerals from the beginning of pregnancy than usual, but no extra calories. Only in the last few months of pregnancy do you need a little more energy. This means: No longer eating, but choosing foods rich in vitamins and minerals. In this pregnancy guide you will find out which nutrients you should take care of and consume in sufficient quantities! Learn more about: • optimal nutrition in this special time • calorie requirement and weight gain • important vitamins, trace elements and minerals • food that should be avoided • about artificial and natural food supplements • and about nutrition and maintaining health during breastfeeding Get this book NOW and become a better eater!

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