

4 True or False? myths about what pregnant women can and can't eat

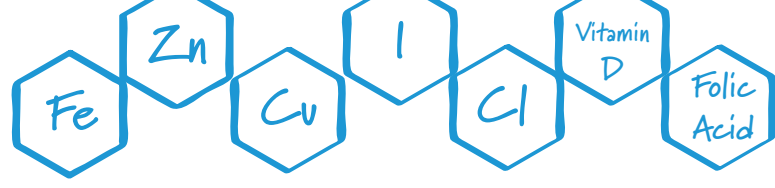


Myth #1

Herbs and tonics will boost your baby's intellect

Fact

While the health benefits of herbs and tonics are widely discussed, there's no evidence to support this claim.



However many herbs – raspberry leaf, stinging nettle, ginkgo biloba – do contain a variety of essential **micronutrients** vital for brain development.



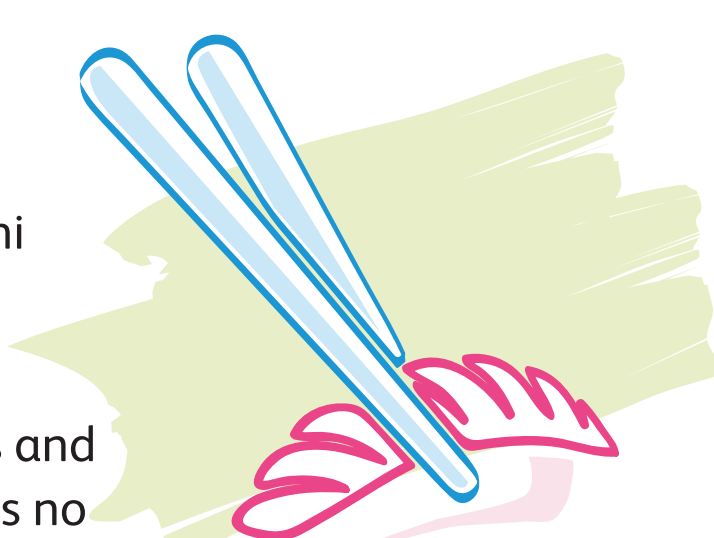
So go ahead and consult your doctor for the green light before taking them, ensuring you have enough proteins, carbs and essential fats too. But don't expect a baby genius (unless it's in your genes!).

Myth #2

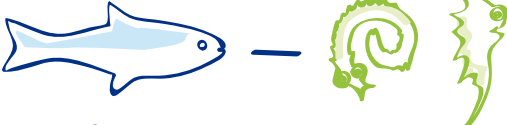
You should avoid sushi and sashimi

Fact

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Raw fish



Parasitic worms and bacteria that make you ill.

Raw shellfish



Viruses and bacteria that induce food poisoning



Mercury



Interferes with baby's brain development

But you don't need to cut out sushi and sashimi completely since fish offers many health benefits.

Be cautious:

Opt for freshly prepared, well-cooked fish; avoid mercury-rich fish such as tuna, mackerel, sea bass and yellowtail.

Myth #3

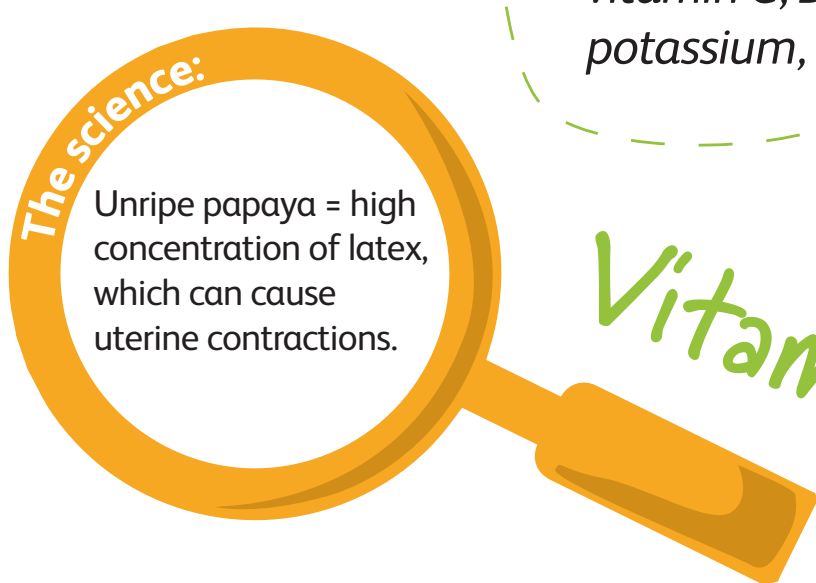
Papayas can cause you to miscarry

Fact

Eating excessive amounts of green papaya can be unsafe in pregnancy, but small amounts of the ripened fruit are fine.



Fully ripe papaya, however, is packed with many vitamins and minerals – vitamin C, B vitamins, folate, potassium, copper and magnesium.



The science:
Unripe papaya = high concentration of latex, which can cause uterine contractions.

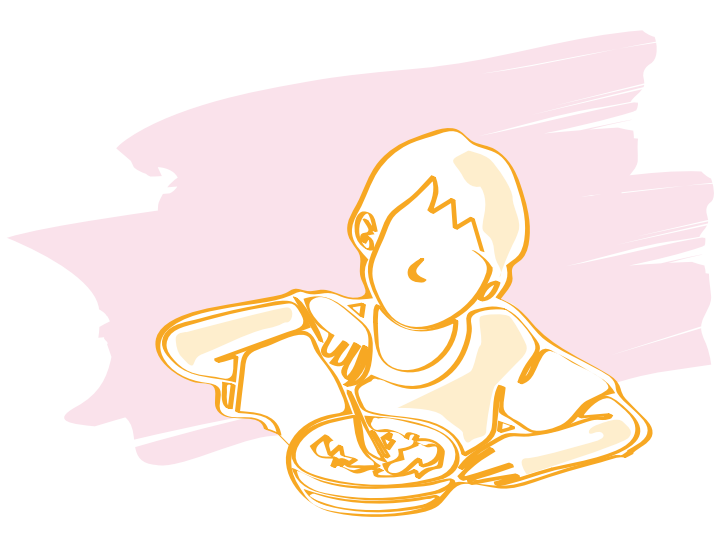
Vitamins B C

Myth #4

Eating dark foods will make your baby's skin darker

Fact

Your baby's skin tone is determined by genetics.



Child's Skin Colour

Babies have dark skin due to higher levels of melanin, so don't stop enjoying the dark stuff – soy sauce, coffee, tea, chocolate, dates and more.

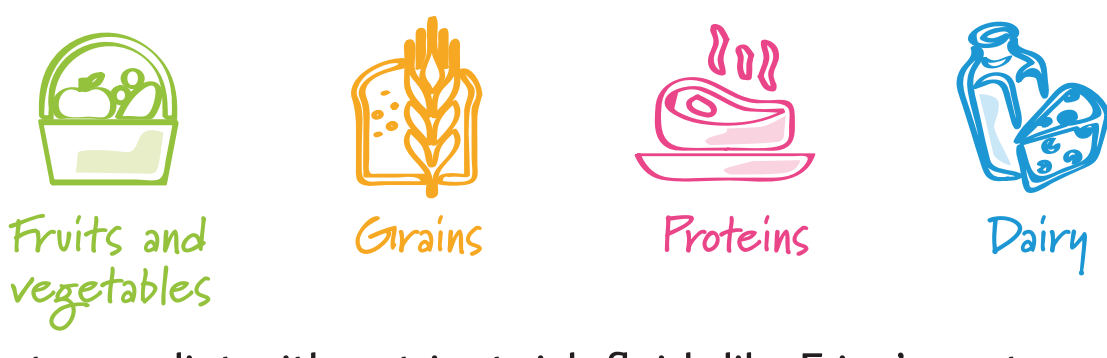
PS: Bird's nest, tofu and soya milk will not lighten your baby's skin pigmentation, either!



When it comes to the foods you should be eating during pregnancy, don't believe everything you hear. Enjoying a healthy, well-balanced diet – with added vitamins – is the best way to go.

Pregnancy diet tips:

Ensure every meal includes foods from the 4 main groups:



Boost your diet with nutrient-rich fluids like Friso's maternal milk, Frisomum which contains essential nutrients for both mum and baby.

Disclaimer

Breastfeeding is the best nutrition for healthy growth and development of babies.

Sources

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