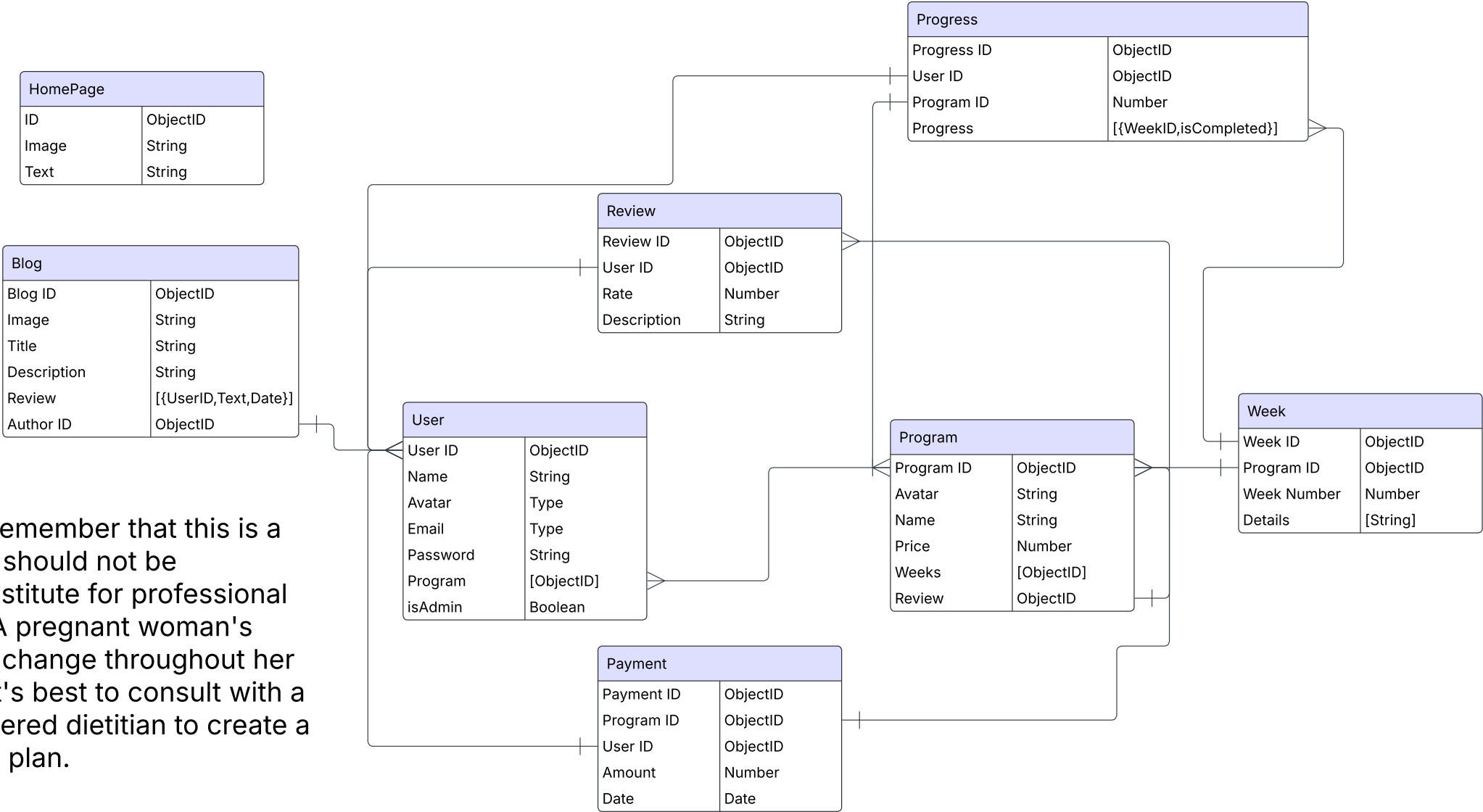


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it's important to remember that this is a generic plan and should not be considered a substitute for professional medical advice. A pregnant woman's nutritional needs change throughout her pregnancy, and it's best to consult with a doctor or a registered dietitian to create a personalized diet plan.