

Facts and Fallacies About Pregnancy



IF YOU WANT TO HAVE A FAIRER BABY, EAT LOTS OF TOFU AND SOYA BEAN PRODUCTS.

Consuming soya beans products will provide you with proteins, fibre and anti-oxidants but making your baby fairer isn't one of them. Skin colour is genetic, and we can't change that through soya beans.



IF YOU WANT TO HAVE A BABY BOY, EAT BANANAS.

It may seem impossible but scientists at Oxford and Exveter Universities found that eating bananas and having a high potassium intake was associated with having a boy, as was a high sodium intake.¹



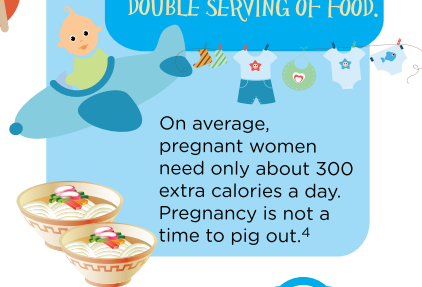
IF YOU DO NOT WANT A WEAK BODY DURING PREGNANCY, AVOID EATING COLD FOOD OR ICE.

The doctor would tell you that there's nothing wrong with eating cold food². Cold food won't wreck your bodily functions. But you might want to know that the craving for ice during pregnancy indicates a lack of iron in the body.³



IF YOU ARE EATING FOR TWO, YOU NEED THAT DOUBLE SERVING OF FOOD.

On average, pregnant women need only about 300 extra calories a day. Pregnancy is not a time to pig out.⁴



¹ <http://www.theguardian.com/science/2008/apr/23/medicalresearch.children>
² <http://pregnant.sg/articles/pregnancy-myths-no-cold-drinks-in-the-first-trimester/>
³ <http://www.theguardian.com/science/2014/nov/14/papophagia-ice-craving-psychology-study>
⁴ <http://www.webmd.com/baby/features/pregnant-eat-for-two-right>