

## ***Pregnancy Time Food Guide Malayalam***

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### **A guide to your pregnancy month by month - Health promotion**

The objective of this nationwide campaign against malnutrition is to address issues of status of women, the care of pregnant mothers and children under two, breastfeeding and the importance of balanced nutrition and health.

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Foods to avoid during pregnancy. Swordfish, shark and king mackerel are among these. Raw fish may contain listeria, a bacteria that can cause food poisoning. While canned seafood is considered safe, skip smoked or frozen seafood like oysters, sushi, sashimi, and smoked salmon. Unpasteurised milk may contain listeria,...

### **Foods to avoid during pregnancy - Kerala Women**

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The Pregnancy Book, including the mothers and fathers, medical and health professionals, and the many individuals and organisations. In particular, the Department extends thanks to: Community Practitioners' and Health Visitors' Association Department for Children, Schools and Families Department for Work and Pensions Food Standards Agency NCT

### **The Pregnancy Book - St George's Hospital**

Get off to a good start with these pregnancy super foods. Whole grains Enriched, whole-grain breads and cereals are fortified with folic acid and iron and have more fiber than white bread and rice.

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