

The 'face point' of the foods that pregnant women should avoid should not harm them

These are the seven types of mother-elected foods, even if they are craving to avoid them, to prevent the risk of losing children and to ensure a comprehensive development for the baby.

Food for pregnant mothers during pregnancy is something that every mother needs to care about, especially the list of foods that should not be eaten. Below TipsMake.com has listed 7 types of mother gourd food, even if they want to avoid it, to avoid the risk of losing children and ensure the comprehensive development of the baby.

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1. Potatoes sprout

Not only is it dangerous for pregnant women, solanine (also called alkaline organism) in sprouts potatoes also affects the development of the fetus, making pregnant women more likely to miscarry. Therefore, mothers need to stay away from this type of food absolutely, it is best to limit eating potatoes and paying attention to supplementing nutrients for the body.



Potato germination is a powerful abortion pill.

2. Vegetables and cheeks

Vegetable cheeks is a fairly benign vegetable that helps purify the body like a "medicinal" medicine in beautifying the skin. However, during pregnancy you should be careful if you intend to use cheeks. Because pregnant women who eat cheeks or drink water from cheeks can miscarry, bloating and chill the abdomen. Therefore, limit eating this vegetable to avoid unwanted harms.



Cheeks are not recommended for pregnant mothers.

3. Pineapple

You have read the information somewhere that drinking pineapple juice will help with birth, but this should only be done at the weekend of pregnancy or for mothers who have exceeded the expected delivery date. Bromelain in pineapples can soften the uterus, contract contractions and lead to miscarriage if the mother eats too much pineapple or drinks pineapple juice in pregnancy. For added safety, in the first 3 months, pregnant mother should pay attention not to eat pineapple or pineapple juice. The following months can be eaten, but only with a moderate amount.



Pregnant mother should carefully eat pineapple when pregnant.

4. Peaches

Peach is a sweet fruit, but it is hot so the pregnant mother can eat a lot of blood, and the peach shell also has hair that easily causes itching and irritation of the throat. The pregnant mother can still enjoy it without "being excellent" with this fruit, but it needs a reasonable and scientific way to protect her health.



Digging is also listed as one of the foods to avoid during pregnancy.

5. Aloe

Add a "medicinal drug" for the beauty of the women that is aloe vera, like cheeks, pregnant mothers should not eat or drink water from aloe vera because it can cause pelvic hemorrhage, danger more dangerous than miscarriage.



Misusing mothers will leave unbelievable consequences.

6. Green enough

Green papaya is also among the most dangerous foods for pregnant women, because green papaya contains enzymes that can cause constriction and lead to unwanted miscarriage. In fact, many pregnant women use green papaya to supplement their daily menu without knowing that this is a food that should limit eating during pregnancy. "Abstaining from good health" from today you should avoid papaya, especially green papaya.



In order to avoid harming the fetus's health, pregnant mother should "refuse" to eat green papaya.

7. Unpasteurized milk

Pregnant women should drink milk to supplement calcium, protein, and vitamin D to help their babies grow better, but mothers should be careful not to drink milk when not yet sterilized. Because this type of milk may contain a bacteria that causes early miscarriage, it is Listeria. Listeria bacteria are able to cross the placenta and make babies infected, resulting in blood infection and threatening the life of the fetus. So pregnant mother always be sure to drink sterilized milk.



The pregnant mother should not drink unpasteurized milk.

These 7 foods are the "culprits" that make mothers lose their children, the wise mothers need to be careful to stay away and remember to provide enough nutrients for your child with a healthy diet.

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