



Signs Of Protein Deficiency And Protein-Rich Foods For

Pregnancy

Signs



Strained muscles



Weight loss



Recurring infections

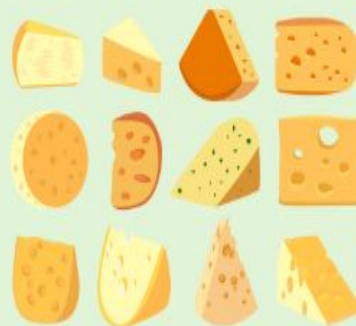


Severe fluid retention

Protein-Rich Foods



Eggs



Cheese



Chickpeas



Fish