

Can Symptoms Predict If You Are Having A Boy?



Morning Sickness

Myth

The absence of morning sickness indicates a baby boy.



Fact

Morning sickness is caused by hormonal changes, affecting about 70 to 80 percent of pregnant women. Thus, it is not related to the baby's gender.

Heart Rate

If the baby's heart rate stays under 140 beats per minute, it may be a boy.



There is no difference between the first-trimester heart rate of a baby boy and a girl. A regular fetal heart rate fluctuates between 120 bpm to 160 bpm.

Food Cravings

Sour and salty food cravings could indicate a boy.



Pregnancy cravings occur due to nutritional deficiencies, cultural and psychosocial factors, hormonal changes, and pharmacologically active substances in food.

Mood Changes

The absence of mood swings during pregnancy could indicate you're carrying a boy.



Mood swings are yet another pregnancy symptom due to hormonal changes and are unrelated to the baby's gender.

Cold Feet

Icy cold feet during pregnancy may be a sign of a baby boy.



Cold feet in pregnancy may indicate diabetes or poor blood circulation, or it might be due to freezing weather.