



REASONS WOULD-BE MOMS SHOULD STAY WARY OF CERTAIN – Chinese Foods –



Chinese dishes, especially sauces, are often high in sugar.

Traditional Chinese foods, such as noodles and soups, contain too much starch.



Dishes may contain herbs and spices that may be unsafe for expecting moms.

Several dishes, such as sushi, contain raw or undercooked meat, seafood, and poultry.



Some dishes may have high levels of salt and other high-sodium ingredients like MSG (monosodium glutamate).

References

1. Food and Drink; Cuisine; Cultural Heritage of China
2. Eating Out Wisely; California Department of Public Health
3. Herbs and Pregnancy; American Pregnancy Association
4. Foods to Avoid When Pregnant; American 'Pregnancy Association'
5. Sodium content of restaurant dishes in China: a cross-sectional survey; NCBI
6. Effects of maternal oral administration of mono sodium glutamate at a late stage of pregnancy on developing mouse fetal brain; NCBI
7. Sodium Intake During Pregnancy, but Not Other Diet Recommendations Aimed at Preventing Cardiovascular Disease, Is Positively Related to Risk of Hypertensive Disorders of Pregnancy; NCBI