

Safe And Unsafe

FOODS

For The 8th Month Of

Pregnancy

Foods To Eat



Iron-rich foods such as beans, green leafy vegetables, meat, and lentils.



Protein-rich foods such as lean beef, lamb, chicken, tofu, nuts, legumes, and thoroughly cooked seafood.



Calcium-rich foods such as eggs, tofu, almonds, salmon, milk, and cabbage.



Carbohydrate-rich foods such as potatoes, rice, pasta, oats, noodles, and maize.

Foods To Avoid

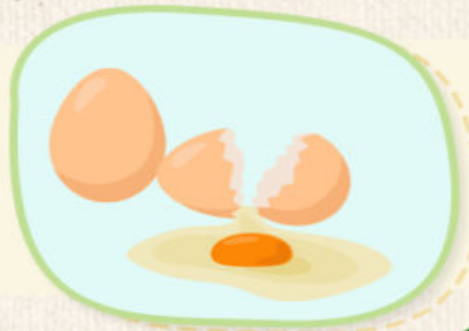
Unpasteurized dairy products such as soft cheeses. They may carry the risk of foodborne illnesses such as listeriosis.



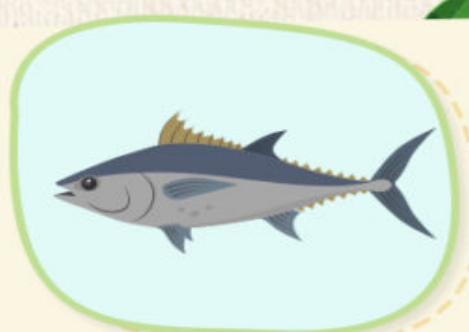
Alcohol. It can be harmful to the baby's growth and development.



Raw and undercooked eggs. They may carry harmful salmonella bacteria.



Fish with high mercury content. High mercury levels may damage the baby's nervous system and impair their vision and hearing.



References

1. 10 foods to eat and avoid in pregnancy; UC Davis Health
2. Have a healthy diet in pregnancy; NHS UK
3. What to eat when pregnant; UNICEF Parenting