

TIPS TO TAKE CARE OF YOUR VAGINAL HEALTH IN PREGNANCY



Foods That Promote Vaginal Health

Include the following foods containing compounds that promote the growth of healthy vaginal bacteria.



Whole grains and cereals such as oatmeal

Fruits including bananas, leafy greens, and asparagus



Fermented foods such as pickles

Foods rich in probiotics, such as yogurt



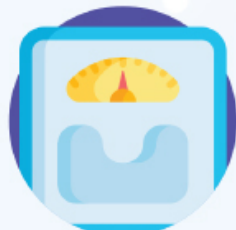
Care Tips For Vaginal Health



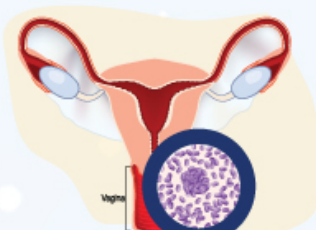
Keep yourself hydrated



Use natural lubricants



Optimize your weight



Get screened for infections regularly

References

1. Easy Ways To Improve Vaginal Health; Jefferson Health
2. 9 Tips To Keep Your Vagina and Vulva Healthy; Cleveland Clinic
3. Preventing Vaginal Yeast Infections With Lifestyle and Diet Changes; Intermountain Healthcare