Six Common Superfoods For Your Pregnancy Diet

It’s a no-brainer that one of the prerequisites to a healthy and smooth pregnancy is a wholesome diet. To contribute to the holistic development of the little one in your womb, you must ensure that your food choices are rich in essential nutrients. A poor diet during pregnancy can lead to fatal issues such as abnormal brain development, increased risk for obesity, heart diseases, and diabetes, among many other health problems in your baby. In the midst of battling your food cravings and aversions, it is also important that certain health-boosting superfoods find a permanent place in your daily diet. These nutrient-rich powerhouses don’t just help enhance your overall wellbeing, they also support your baby’s growth. Here are six superfoods that must form a part of your pregnancy diet chart:

1. **Broccoli –**Preparing a nutritious salad for supper? Don’t forget to add broccoli to it! This delightful vegetable is one of the best pregnancy superfoods that houses numerous nutrients like folic acid, calcium, iron and vitamin C – all of which contribute to a healthy pregnancy. Foods rich in folic acid are essential for all expectant mothers as they reduce the risk of neural tube defects in the fetus. Calcium contributes to the development of the baby’s healthy bones while iron ensures proper oxygen supply to the fetus. Vitamin C helps lower the risk of pre-eclampsia reports a study conducted by BJOG: An International Journal of Obstetrics & Gynaecology.
2. **Avocado –**Looking for the perfect sandwich spread that offers a blend of great taste and good health? Guacamole is just what you need! Avocados contain heart-healthy omega-3 fats that aid the development of the fetal brain. They are also high in fiber, folic acid, vitamins

K, C, B6, and potassium. During pregnancy as your gastrointestinal tract slows down, you face an increased risk of developing indigestion and hemorrhoids. Fiber helps prevent these problems. Vitamin K helps in healthy blood clotting and your baby's bone development. Vitamin B6 provides relief from the symptoms of pregnancy nausea and vomiting.

3. **Salmon –**If you are a fish lover, salmon is the variety you should be indulging in! A study conducted by the American Journal of Nutrition found that pregnant women who eat oily fish like salmon twice a week increase the status of EPA and DHA in their fetus. This helps reduce the risk of poor visual and neural development in the baby. It is important to remember, however, that some fish such as lobster, oyster, prawns, shrimps, mussels, and crabs may contain harmful bacteria. If not cooked well, they can lead to food poisoning and even miscarriage.
4. **Berries –**These antioxidant-packed fruits add a lot more than delightful flavor to your morning cereal! They also make it a lot more nutritive. Berries are rich in potassium that aids blood pressure control, lowering the risk of pre-eclampsia that can lead to life-threatening complications concerning the brain, kidney, and liver. The antioxidants contained in berries help improve immunity and fight infections. Berries also contain vitamin C, calcium, folate, and fiber.
5. **Chia Seeds –**Sprinkling chia seeds on your daily salad and smoothie can remarkably amp up their salutary benefits. Chia seeds are rich in omega-3 fats that help reduce the symptoms of pregnancy depression. They also help lower sugar absorption, thus preventing blood sugar spikes. They are good sources of energy-giving carbs, too.
6. **Eggs –**You must sure know that eggs are a great source of protein – the building blocks of body cells, both for you and your baby. It also contains a micronutrient

called choline that contributes to the fetus' brain and cell development. Eggs are even rich in iron and omega-3 fats that are both beneficial to you and your baby.

You must note that your healthy food choices during pregnancy will also determine your baby's food preferences in future, apart from contributing to his good health. Along with enriching your pregnancy diet with these delightful and healthy foods, don't forget to drink plenty of water to keep yourself well hydrated and to boost your energy levels. Take good care of yourself and the soon-to-arrive angel.

Sources:

- *Intake of vitamin C and E in pregnancy and risk of pre-eclampsia:* prospective *study among 57 346 women.* – Pub Med
- *13 Preventive Measures To Avoid Food Poisoning During Pregnancy* – Mom Junction
- *Does a woman's diet during pregnancy influence her baby's food preferences? – The Glow*