

PREGNANCY CRAVINGS



Pregnancy cravings are when you have a strong desire to eat a certain food.



The cravings could be common foods or foods you don't typically enjoy.



Additionally, you may begin to dislike certain foods that have strong flavors or smells.



It's ok to give in to the cravings, as long as it's in moderation.



Be careful with sugary cravings though, as too much could lead to excessive weight gain, dental problems, or make gestational diabetes worse.



Here are a few tips to manage the cravings:

- Regular, healthy meals can prevent sudden moments of hunger.
- Eating low glycemic index foods will keep you full and energized for longer.
- Drink lots of water

Something else to be aware of is a condition called Pica: craving dirt, clay, and other non-food items.



If you are experiencing these non-food cravings, talk to your healthcare provider just to ensure everything in your body is balanced!

