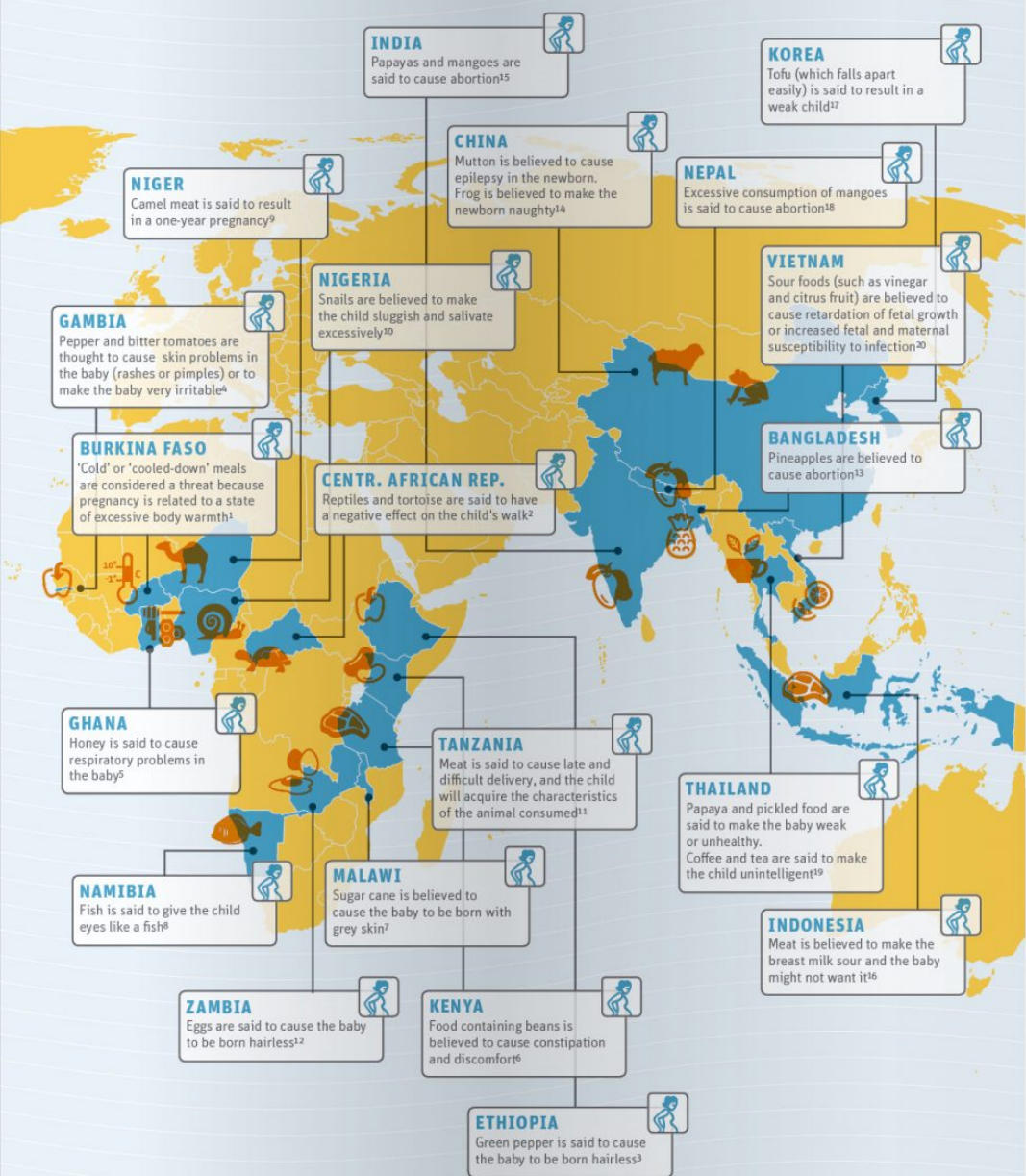


Food Taboos During Pregnancy and Lactation Across the World

In many countries, women have to deal with food restrictions during their pregnancy or lactation. Many of these food taboos are related to animal-source foods or fruits and vegetables. Restriction of these foods during pregnancy and lactation can be very harmful for both the mother and fetus, as essential nutrients such as protein and vitamins are lacking in the diet²⁵



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