theGYN
nextdoor

Can I Eat This?

The question almost every pregnant woman asks.



Congratulations on your pregnancy!

One of the most common questions I hear is,
"Doctor, can I eat this?"

From coffee and sushi to papaya and cheese, pregnancy often comes with confusing advice from family, friends, and the internet.

The good news is that most foods are **completely safe during pregnancy.** You only need to be cautious about a few foods that carry a genuine risk of food-borne infections or contain high levels of mercury.

This handbook will help you make informed food choices based on current medical **evidence—not myths.**

The Gyn Next Door Tip

Every meal doesn't have to be perfect. Focus on making healthy choices most of the time—not every single time.

Evidence-based | Easy to Understand | Trusted Guidance | Made for You

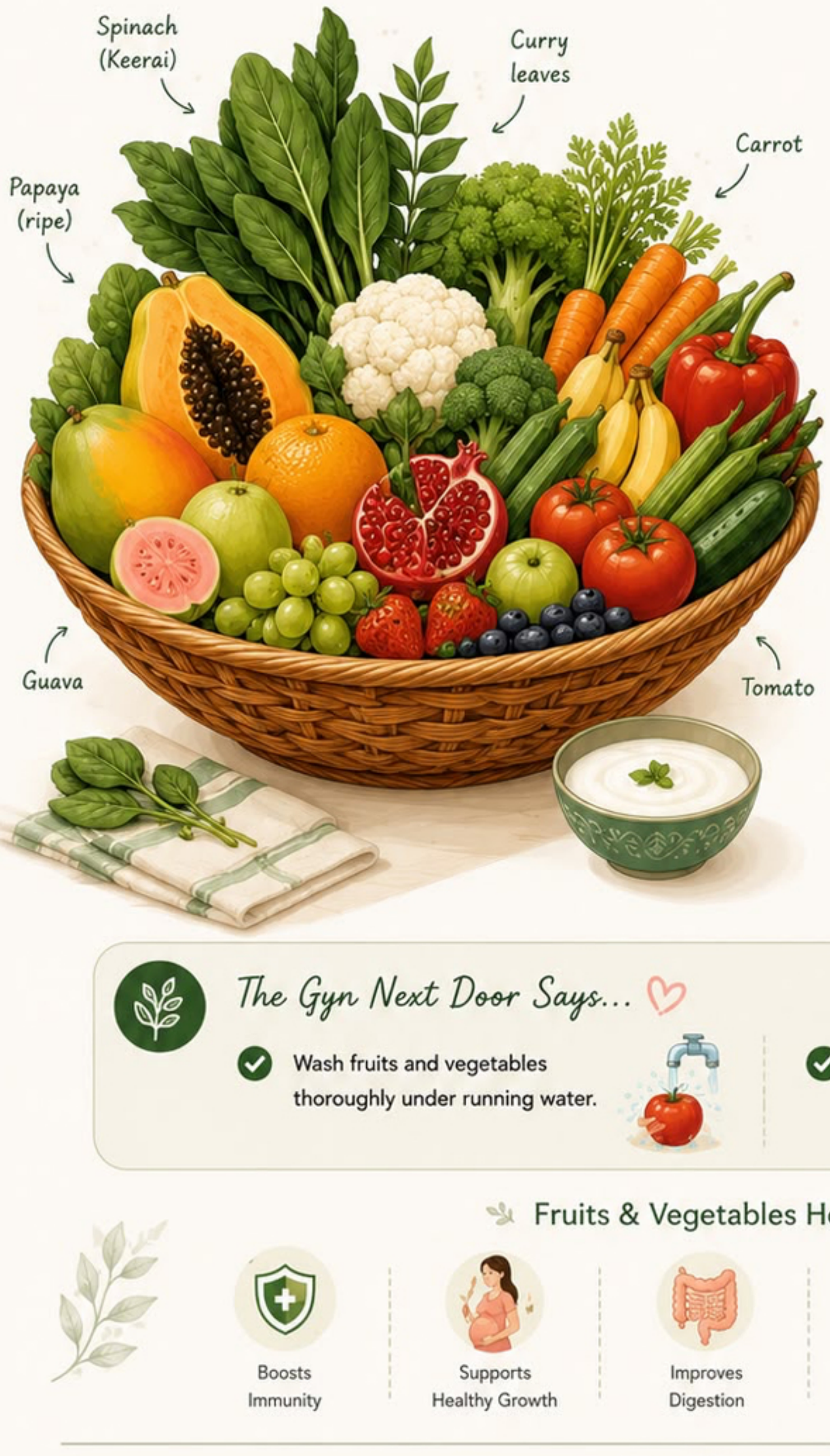
Eat with confidence, not confusion.

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Fruits & Vegetables

Nature's best for you and your baby.

Fruits and vegetables provide essential vitamins, minerals, fibre and antioxidants that support a healthy pregnancy.



EAT FREELY

- Apples
- Bananas
- Oranges
- Mangoes
- Guavas
- Grapes
- Watermelon
- Pomegranate
- Berries
- Seasonal fruits
- Leafy greens (keerai)
- Tomatoes
- Carrots
- Broccoli
- Beans
- Cucumbers

EAT WITH CARE

- Pre-cut fruits from outside
- Raw salads from places with poor hygiene
- Unwashed fruits and vegetables

AVOID

- Unripe or semi-ripe papaya

The Gyn Next Door Says...

- Wash fruits and vegetables thoroughly under running water.

- Ripe papaya is safe. Only unripe papaya should be avoided.



Fruits & Vegetables Help

- Boosts Immunity
- Supports Healthy Growth
- Improves Digestion
- Keeps You Hydrated
- Promotes Healthy Skin & Hair

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Grains, Healthy Fats & Hydration

Fuel your body the right way,
every single day.

CHOOSE WHOLE GRAINS

For steady energy, fibre and better digestion.



Brown rice



Millets
(ragi, bajra, jowar, foxtail, little millet)



Quinoa



Whole wheat roti



Oats



Daliya

♡ Prefer unpolished, less processed options.

LIMIT REFINED GRAINS

Low in nutrients, high in empty calories.



White rice



Maida noodles



White bread



Biscuits & pastries



Cakes & donuts



Corn flakes

♡ Limit frequency and portions.

HEALTHY FATS

Essential for your baby's brain development and hormone balance.



Nuts
(almonds, walnuts)



Seeds
(flaxseeds, chia, pumpkin, sunflower)



Avocado



Peanut butter



Olive oil



Ghee



Coconut
(in moderation)

♡ Good fats help absorb vitamins and keep you full for longer.

HYDRATE & FLUIDS

Stay hydrated for better circulation, digestion and amniotic fluid balance.



Water
(8–10 glasses daily)



Tender coconut water



Buttermilk
(chaas)



Soups



Herbal teas
(ginger, tulsi, cumin)

♡ Sip through the day. Don't wait till you're thirsty!

HOW MUCH WATER?

- 8–10 glasses (about 2–2.5 litres) a day
- Increase in hot weather or with more activity
- Pale yellow urine is a good sign of hydration

The Gyn Next Door Says... ♡

Small, **consistent choices** today build a healthier tomorrow for you and your baby.

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Dairy, Eggs & Protein

Protein supports your baby's growth and helps your body adapt to pregnancy.

DAIRY

Safe Choices



Pasteurized milk



Curd



Yogurt



Paneer



Cheese (pasteurized milk)

Avoid

- Unpasteurized milk
- Cheese made from unpasteurized milk



EGGS

Safe Choice



Fully cooked eggs

Avoid

- Raw eggs
- Half-cooked eggs



PROTEIN

Safe Choices



Dal



Rajma



Chole



Soy products (Tofu)



Chicken



Fish



Lean meat



Sprouts



Nuts & Seeds

Avoid

- Undercooked meat



Build Your Plate



½ Plate Vegetables

Fill half your plate with a variety of colourful vegetables.

½ Plate Whole Grains

Choose whole grains like brown rice, millets or whole wheat.

½ Plate Protein

Pick one source of protein – dal, paneer, egg, chicken, fish, beans or tofu.



Add a side of curd and fresh fruit for extra nutrition.

The Gyn Next Door Says...



Aim to include **one source of protein** with every meal.



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Coffee, Tea & Sweet Cravings

Enjoy mindfully, choose wisely.



200 mg DAILY CAFFEINE LIMIT



They all contribute to your daily caffeine intake.



COFFEE | TEA | CHOCOLATE | COLA

DRINK MORE

Hydrate, nourish, feel your best.



WATER
Stay hydrated throughout the day.



MILK
Great source of calcium and protein.



BUTTERMILK
Aids digestion and keeps you cool.



COCONUT WATER
Naturally hydrating and refreshing.



SOUPS
Warm, comforting and nourishing.

ENJOY IN MODERATION

It's okay to indulge, just not daily.



COFFEE
1 small cup (100–120 ml)



TEA
1–2 cups a day



CHOCOLATE
A small piece is enough



SWEETS
Occasional treats are fine



SOFT DRINKS
Occasional, not regularly

AVOID

Not safe for you or your baby.



ALCOHOL
No safe amount during pregnancy.



ENERGY DRINKS
High caffeine and stimulants.



UNPASTEURIZED MILK
May carry harmful bacteria.

When in doubt, *choose safe.*



The Gyn Next Door Says...

One dessert won't harm your pregnancy.
A balanced diet over time matters
far more than one indulgence.



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Fish, Seafood & Eating Out

Make wise choices for you and your baby.

SAFE CHOICES

- Always eat fish **well cooked**.



Salmon



Sardines



Rohu



Catla



Tilapia



Pomfret (occasionally)

AVOID

- High in mercury or may carry harmful bacteria.



Shark



Swordfish



Marlin



Sushi made with raw fish

EATING OUT



FRESHLY COOKED FOOD

Choose places that prepare food fresh and to order.

FOOD SERVED HOT

Ensure your food arrives hot and steaming.

STREET FOOD WITH POOR HYGIENE

Avoid food from stalls that look unclean or crowded.

BUFFETS

Avoid buffets where food has been sitting out for long periods.

The Gyn Next Door Says...

If you're unsure about hygiene, **skip it.**
Food poisoning is far more concerning than missing one meal.

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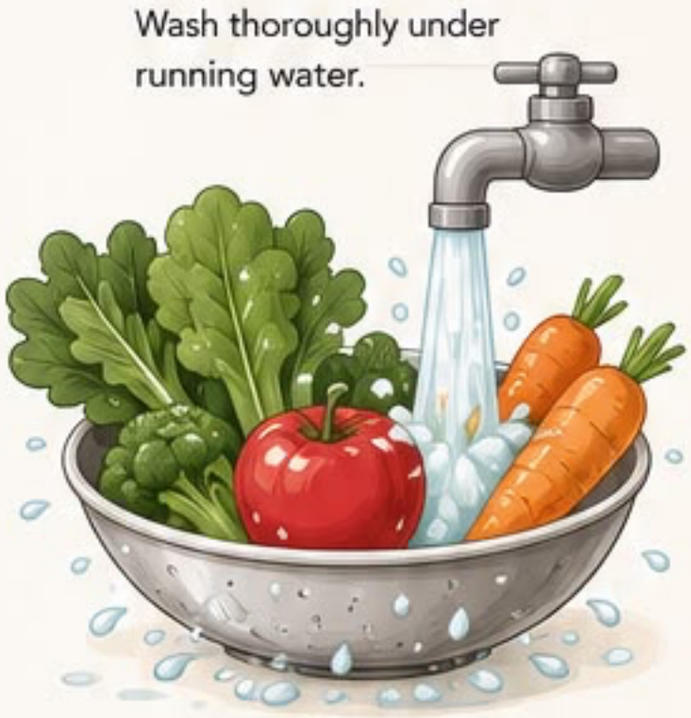
Food Safety

Small steps today, a healthier pregnancy tomorrow.



1 WASH FRUITS & VEGETABLES

Wash thoroughly under running water.



Reduces dirt, germs and pesticides.

2 COOK THOROUGHLY

Cook meat, eggs and seafood completely.



Kills harmful germs that can make you sick.

3 CHOOSE PASTEURIZED DAIRY

Choose pasteurized milk and dairy products.



Avoid unpasteurized (raw) milk and products.

4 STORE FOOD SAFELY

Refrigerate cooked food promptly & reheat leftovers until steaming hot.



Keeps food safe and prevents bacterial growth.

5 PREVENT CROSS-CONTAMINATION

Keep raw and cooked foods separate.



Use separate boards, knives and plates.

6 GOOD KITCHEN HABITS



- Wash your hands before preparing food.
- Keep kitchen surfaces clean.
- Check expiry dates before consuming.

REMEMBER

- Keep hot food hot (>60°C)
- Keep cold food cold (<5°C)
- Don't keep cooked food out for more than 2 hours.
- When in doubt, throw it out!



The Gyn Next Door Says...

Good food choices and safe food habits today help protect you and your baby tomorrow.

A little care goes a long way.

Safe food, healthy you, happy baby.

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Pregnancy Food Cheat Sheet

A QUICK GUIDE TO EAT RIGHT, EVERY DAY!

EAT MORE

Nourish your body and your baby.



PROTEIN
Builds baby's growth & your strength



FRUITS
Rich in vitamins, antioxidants & fibre



VEGETABLES
For vitamins, minerals & immunity



WHOLE GRAINS
Provide energy & keep you full



DAIRY
For calcium, strong bones & teeth



HEALTHY FATS
For brain growth & hormone balance



WATER
Stay hydrated, supports amniotic fluid

Aim for variety, balance and home-cooked meals.

ENJOY IN MODERATION

Okay in small amounts.



COFFEE
Up to 200 mg caffeine/day (about 1 small cup)



TEA
1–2 cups/day



CHOCOLATE
A small piece is fine



SWEETS
Occasional treats are okay



PROCESSED SNACKS
Limit packaged, fried & salty snacks

Balance is key.
It's okay to indulge, just not daily.

AVOID

May harm you or your baby.



ALCOHOL
No amount is considered safe in pregnancy



RAW FISH
Risk of infection & food poisoning



RAW MEAT
Risk of harmful bacteria



RAW EGGS
Risk of salmonella infection



UNPASTEURIZED DAIRY
May contain harmful bacteria



HIGH-MERCURY FISH
Avoid shark, swordfish, king mackerel & tilefish

When in doubt, leave it out.

WHEN TO CALL YOUR DOCTOR

- Severe vomiting or unable to keep food down
- Bleeding
- Severe abdominal pain
- Sudden swelling or rapid weight gain
- Decreased baby movements
- Fever
- Any concern that worries you



The Gyn Next Door Says...

Good food choices today lay the foundation for a healthier you and a stronger baby.

You're doing an amazing job, Mama!



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A Final Note, Mama

You are growing a life.
Every choice you make matters.

Be kind to yourself.

You're doing beautifully.



Remember...

- Focus on balance, not perfection.
- Nourish your body with wholesome foods.
- Listen to your body and rest when needed.
- Your mental well-being is just as important.
- You are not just eating for you, but for your little one too.



The Gyn Next Door Says...

There is no "perfect" diet in pregnancy.
There is only a consistent, balanced, and loving approach.

You don't need to eat everything.
Just the right things, most of the time.

Trust your journey. You've got this, Mama.

A healthy mama builds a healthy tomorrow.

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