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How to Choose Sour Food for Pregnant Women by Anita

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Core tip: From the aspect of nutrition, eating sour food is both beneficial to pregnant women themselves and fetal development. A sour taste can stimulate the secretion of gastric acid, increase the activity of digestive enzymes, increase the appetite of pregnant women and reduce the reaction of early pregnancy.

Maternal health: choosing what sour foods is more useful

Many pregnant women in particular like to eat sour food. The sour taste can stimulate the secretion of gastric juice, improve the activity of digestive enzymes, promote gastric motility, and help digestion and absorption of various nutrients. Therefore, eating sour food after being in pregnancy is beneficial to the fetus and maternal health.

After 2 to 3 months of pregnancy, the fetus begins to form bones. Acid substance may promote calcium absorption and bone growth, and it also helps iron absorption and promotes blood production. But it is not the fact that as long as the food is sour, it is good food. The nutritional sour foods mentioned here include fresh fruits, yogurt and other nutritious foods.

A lot of fresh fruits are sour, and these foods are rich in vitamin C, which can enhance the mother's immunity and promote normal growth and development of fetus. Therefore, pregnant women who like to eat sour foods had better choose some fresh fruits with sour taste, such as tomatoes, green apples, oranges, strawberries, grapes, jujube, plum, etc. You can also put a small amount of vinegar, tomato sauce in food to add some sour taste.

The fruits include wild jujube, grapes, cherries, bayberry, pomegranates, oranges, tomatoes, etc. However, hawthorn is not suitable for pregnant women to eat, because hawthorn has a contractive effect on the uterus of pregnant women. If pregnant women eat more hawthorn products, it will stimulate uterine contractions, and even cause miscarriage. The artificial pickled sauerkraut, pickles, etc., contain almost no nutrients but carcinogenic nitrite, which is not suitable for pregnant women to eat. Yogurt not only is nutritious, but also has some treating effects on symptoms of anorexia. Yogurt is rich in calcium, high-quality protein, various vitamins and carbohydrates, and it also helps the body absorb nutrients and excrete toxic substances.

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