

## Foods To Avoid During Pregnancy

You should make sure your diet is very carefully planned when you are pregnant. You and your baby need the right amount of food to gain the needed nutrients. Furthermore, you have to avoid certain foods during your pregnancy as well. Visit Fetomat Foundation, the best pregnancy care clinic in Kolkata.

Read more <a href="https://bit.ly/3tc9Y6h">https://bit.ly/3tc9Y6h</a>

