Paleo-content

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**Subject** – Things You Should Know About Pregnancy and Paleo

Hey again,

You know what is one of the greatest blessings we have? It is ‘life’ itself. And the greatest of all blessings is being the one to bring another life into this world. Pregnancy, first or not, can be as confusing as blissful.

For women, who have chosen the Paleolithic lifestyle, the question whether paleo is good for them and their child is of utmost importance.

So, here we are with some of the information regarding pregnancy and paleo diet.

First of all, rest assured that paleo diet is completely compatible with your pregnancy needs and requirements. In fact, it contains a healthy amount of essentials such as fatty acids, zinc, iron and minerals that ensure a healthy baby and mom.

Secondly, the cravings you might have may not always be very anti-paleo. Most women crave for meaty food, and as we all know, it’s all paleo. Others often crave for something sweet and that is something fruits and vegetables can take care of.

So, paleo is not only safe, it is actually pretty recommended kind of diet during your pregnancy. For cravings, you can always make small tweaks to satisfy them with paleo food.

We plan to compile and bring a plethora of paleo pregnancy recipes that are easy to make, delicious, and highly nutritional for the mommys-to-be.

Keep your fingers crossed.

Happy pregnancy!

Thanks