

A Review of Risks at Different Gestational Stages: Teratogenic Effects of Dietary Intake During Pregnancy

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Abstract: Advice for pregnant women on food avoidance, dangerous exposures, and inappropriate behavior is in large quantity on the internet and through various information sources. This reviews the evidence base for such advice and clarifies issues where common advice is not supported by credible data. Foods containing potential teratogens, mutagens or toxicants that need consideration include liver (high vitamin A), some herbal teas, contaminated grains, predatory fish, caffeine-containing foods, and various sources of foodborne infections. Restrictive diets and unusual dietary cravings need to be properly managed. Evidence for harm from personal care products is generally weak, but pregnant women may choose to avoid some unnecessary exposures. The basis of this review was 'to implicate the teratogenic effects of foods. That is the behavior or functional variation of the offspring to its environment.

Keywords: Teratogenic foods , pregnancy , fetal damage , teratogens , growth retardation , maternal consumption, trimester, malformation, congenital disabilities