

Abstract

Cultural food taboos can significantly influence dietary habits and the health of pregnant women. While some studies suggest that food taboos may have adaptive functions, the majority of research indicates that adherence to these taboos generally has a negative impact on maternal and fetal health. Research also shows that, in some cases, cultural taboos target the same foods as aversions. Findings from studies exploring the relationship between aversions and taboos suggest that these may represent two protective mechanisms that operate independently but complement each other. Future studies should encompass a broader geographical scope and interdisciplinary approach to better understand the complex relationships between physiological and culturally conditioned phenomena during pregnancy. Improving awareness of nutrition and respecting cultural traditions may contribute to better health outcomes for mothers and their children.

Keywords: nutrition in pregnancy, food taboos during pregnancy, cultural myths, adaptive functions, aversions, nausea and vomiting, protective mechanisms