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## Tips for Pregnancy Cookie Cravings

### 1. Choose Quality Ingredients

Pregnancy is a great time to become more intentional about your food choices. Look for treats baked with unrefined butter, organic eggs, real sugar, and natural chocolate. Avoid cookies loaded with oils, preservatives, syrups, or artificial sweeteners. These heavier ingredients and chemicals may not sit well with your digestive system.



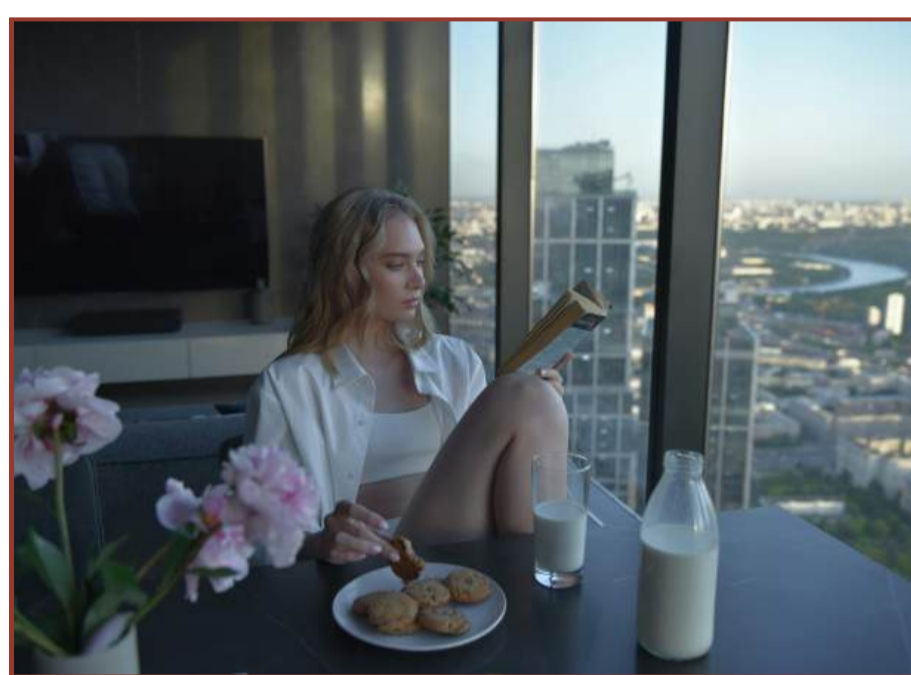
### 2. Watch Out for Sugar and Caffeine

During pregnancy, pay attention to what's inside your cookie, particularly sugar and caffeine. Most experts recommend keeping your daily caffeine intake under 200 milligrams, so one or two treats likely won't push you over the edge. Pair a cookie with protein-rich foods, such as a handful of nuts or a glass of milk, to help regulate your blood sugar.



### 3. Focus on Portion Size

Rather than giving up the comforting cookies you love, focus on portion awareness. Eating smaller portions mindfully can help you meet both your cravings and your nutritional goals. You'll also avoid the discomfort of heartburn or nausea that can come from eating too much sugar at once.



### 4. Listen to Your Cravings And Your Body

You're doing incredible work growing a new life, and your body usually tells you what you and your baby need. Let your cravings guide your snacking, as long as you pay attention to how your body feels after each snack. Permitting yourself to enjoy a cookie here and there can actually support your well-being through your journey.

### 5. Consider Your Emotional Comfort Too

There's a reason cookies are so beloved. The soft, sweet cookie evokes nostalgic childhood memories and feelings of love and joy. Food is a form of connection. Sharing a chocolate cookie with your existing family during your pregnancy can lift your spirits and build new memories as you prepare for the latest addition.



### 6. Satisfy Your Sweet Tooth the Smart Way

You don't need to completely cut sweets out of your life just because you're pregnant. Being intentional is the key. Quality chocolate cookies made with care and enjoyed in reasonable portions can add an element of comfort and satisfaction to your pregnancy diet.

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