



Stay hydrated



Follow <mark>a</mark> healthy li<mark>festyle</mark>



Prefer eating home-cooked food



Continue taking prenatal vitamin supplements



Avoid alcohol and tobacco



Main<mark>tain</mark> oral hy<mark>giene</mark>



Engage in moderate physical activities



Avoid stress



Source: https://www.momjunction.com/articles/26th-week-pregnancy-symptoms-baby-development-tips-body-changes_0088386/