



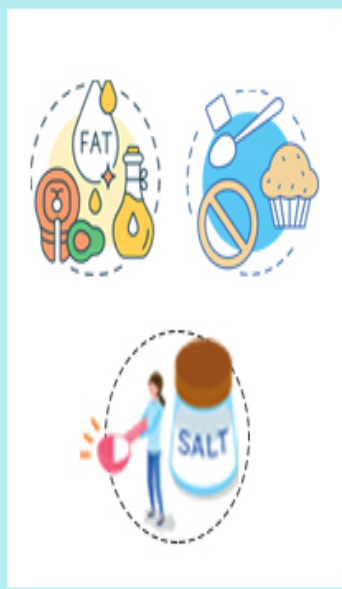
Tips For A Healthy Diet During Third Trimester



Eat small, frequent meals and include all healthy food groups.



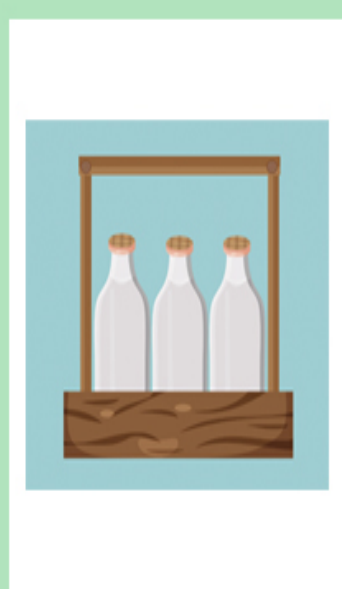
Stay hydrated and avoid caffeine and alcohol.



Limit salt, sugar, and fat intake.



Avoid certain types of fish with high mercury content.



Do not consume unpasteurized milk.



Avoid spicy, greasy, and fried foods.