

Pregnancy Guide For A Healthy

First Trimester

Dos

Take your prenatal vitamins and supplement on time



Do mild exercises regularly

Drink plenty of fluids and water for hydration





Eat a healthy and balanced diet

Don'ts

Limit caffeine intake

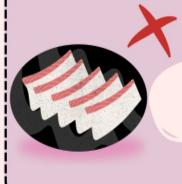




Avoid alcohol and tobacco consumption

Avoid consuming unpasteurized dairy products





Avoid eating high-mercury seafood and raw fish

Mom Junction

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