



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

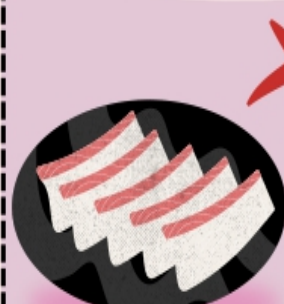
Don'ts

Limit caffeine intake



Avoid alcohol and tobacco consumption

Avoid consuming unpasteurized dairy products



Avoid eating high-mercury seafood and raw fish