



## How To Ensure A Healthy And Safe Third Trimester During Pregnancy?

### DOS



Track your weight gain  
and go to your  
scheduled prenatal visits



Stay hydrated and  
eat well-balanced  
meals



Continue taking your  
prenatal vitamins and  
supplements



Stay active but  
take adequate rest

### DON'TS



Limit or avoid the  
consumption of  
caffeinated and  
carbonated beverages



Avoid doing  
high-intensity and  
strenuous exercises



Avoid eating raw  
seafood, high-mercury  
fish, and unpasteurized  
products



Take prescription  
medications upon  
medical  
recommendations only