



How To Stay Healthy When

24 Weeks Pregnant



Drink plenty of fluids and stay hydrated.

Try not to stress and avoid fear.



Prefer home-cooked meals over restaurant foods.

Include fish rich in omega-3 fatty acids, fruits, and vegetables, whole grains, and fiber-rich foods.



Take supplements for vitamins, iron, calcium, and folic acid.

Try to get as much rest as you can.



Do moderate exercises to strengthen pelvic muscles.

Do not lift heavy objects.



Wear loose, breathable clothes and comfortable shoes.