Points To Remember When You Are 18 Weeks Pregnant

Participate in moderate exercises, such as walking, as they can increase your energy levels

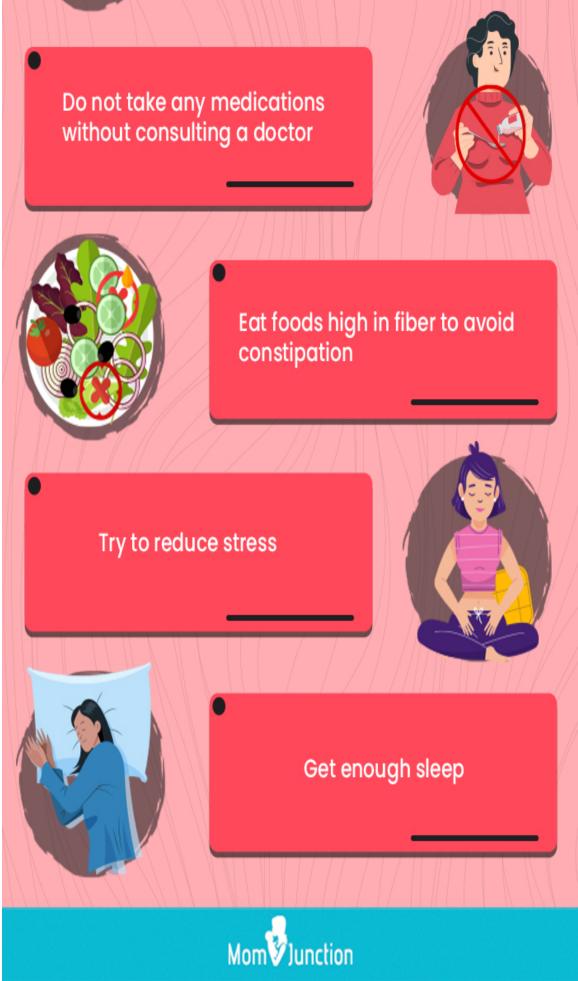


Avoid smoking and alcohol, as they can harm the baby's development





Avoid high-fat and greasy foods to prevent heartburn



Source: https://www.momjunction.com/articles/18th-week-pregnancy-symptoms-babydevelopment-tips-body-changes_0015874/