

Points To Remember

When You Are

18 Weeks Pregnant



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



Make sure to practice good oral hygiene

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



Avoid high-fat and greasy foods to prevent heartburn

Do not take any medications without consulting a doctor



Eat foods high in fiber to avoid constipation

Try to reduce stress



Get enough sleep