

# Dos And Don'ts For Third Month Of Pregnancy

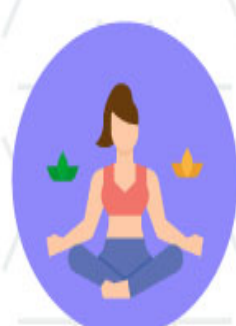
## Dos



Continue taking folic acid supplements and prenatal vitamins



Drink enough water and eat a healthy and well-balanced diet



Regularly indulge in low-intensity exercises



Enroll in childbirth education classes



## Don'ts



Lifting heavy objects or performing stressful activities



Eating spicy and greasy foods



Smoking and drinking alcohol



Wearing tight clothing and uncomfortable footwear

