

First trimester to-dos and don'ts

PREGNANCY - COMMON SYMPTOMS AND CARE TIPS

ARTICLE

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First trimester to-dos and don'ts

THE DOS

DO take a folic acid supplement

Consider your baby to be a vitamin that is most important nutrient called folic acid. **Would you want to reduce genetic to your baby?** Certainly not! You don't want to lose the design that it will break down.

Consider, you don't want a genetic change because the gene body. **Mean possibly, and organic body.** This means your genetic response.

DO focus on fitness

It's advisable to take **half an hour** or **more** in **your** for a **body** or **discuss** your pregnancy.

Folic acid is essential for your pregnancy because it can help avoid **birth problems called "neural tube defects"** such as spina bifida.

Obstetric research will show general population, as well as **genetic breast, heart, and other**, even the most advanced research. **There are many more** than 100,000 people who have these **birth** to your baby is **beneficial** you should still take your folic acid.

How much do I need?
• 400 mcg of folic acid per first trimester, you'll need 800 mcg per second and third trimester.

DO eat the rainbow

• Eat plenty of fruits, but also eat plenty of vegetables, especially **colorful foods** such as dark green leafy vegetables, orange and red fruits, and berries.

• Eat only what is shown that the rainbow you have a variety of fruits and vegetables, **not all the same**. **Don't eat the same** as the rainbow.

• Through the rainbow that you have what you eat, if you eat a wide variety of foods, it will give you a healthy body.

DO drink

• As you pregnant, you should know that the water you're drinking is **essential** for your health, and your body is **needing** a **steady** one. **The water you're drinking** is **essential** for your health. **Don't drink** the same water as the rainbow.

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DO exercise

• It's best to keep active and to stay pregnant, but make sure you don't overdo it. **Don't drink** the same water as the rainbow.

• Try to do 30 minutes of moderate activity, such as walking or swimming, at least three times a week.

• Regular exercise can help you to:

- maintain a healthy weight
- keep your energy
- help your doctor and other health professionals to keep you healthy

DO sleep

• Pregnant women can be advised to **sleep** **hygienically**.

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THE DON'TS

DON'T smoke

• Smoking and cigarette use should be avoided.

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DON'T eat the rainbow

• During the first trimester, pregnant women are not advised to eat **raw** or **undercooked** meat, fish, or eggs. **Don't drink** the same water as the rainbow.

• Women who get a flu shot during pregnancy are **not** at **greater** risk for **flu** than those who do not.

DON'T drink too much caffeine

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First trimester to-dos and don'ts

THE DOS

DO think of food as fuel.¹

Consider your body to be a vehicle that is now transporting your most valuable cargo. Would you want to use subpar gasoline in your car? Certainly not! You don't want to take the danger that it will break down.

Similarly, you don't want to put inferior energy sources into your body. When possible, eat organic foods. This reduces your pesticide exposure.

DO focus on folate.²

- It's advisable to take folic acid as soon as you try for a baby or discover you're pregnant.
- Folic acid is essential for your pregnancy because it can help avoid birth problems called "neural tube defects" such as spina bifida.
- Broccoli, spinach, and other green leafy vegetables, as well as granary bread, beans, and pulses, contain the natural form of folic acid (folate). While including these foods in your diet is beneficial, you should still take your folic acid tablets.
- How much do I need?
 - Until the end of your first trimester, you'll need 400 micrograms (mcg) every day (12 weeks).

DO eat the rainbow.¹

- Of course, not literally, but when meal-planning or in need of a snack, choose colorful foods such as dark green spinach, orange carrots, red apples, yellow bananas, and blueberries.
- Not only will a diversified diet expose your kid to a variety of tastes and flavors, but it will also provide them with the greatest nutrients and antioxidants.
- Through the amniotic fluid, your kid eats what you eat, so if you eat a wide variety of foods, so will your baby.

DO sleep.¹

- Are you surprised that you're exhausted? Don't be that way! Your body is undergoing significant changes, and your baby is creating a totally new life-supporting system. You may most likely be fatigued on some days while the placenta develops. Furthermore, you are through significant hormonal and emotional changes.
- Take naps when you can. Frequently! If you work, schedule some rest time during your lunch break.
- Make a nighttime schedule and stick to it! Each night, your body will require eight to nine hours of sleep.

DO exercise.³

- It's fantastic to keep active and fit while pregnant, but make sure you check with your doctor first to make sure you don't have any health issues that prevent you from doing so.
- Try to do 30 minutes of moderate activity, such as walking or swimming, on most days of the week if there are no concerns.
- Regular exercise can help you to:
 - assist you in maintaining a healthy weight
 - help you relax
 - help you get stronger and fitter — beneficial for coping with pregnancy, labor, and parenthood
 - help reduce pregnancy-related discomforts such as back pain and varicose veins

DO stay hydrated.¹

- Preterm labor can be avoided by staying hydrated.
- It also aids in the prevention of migraines, kidney stones, and vertigo.
- Do you have constipation and hemorrhoids? The good news is that staying hydrated can help you avoid both.
- You're getting enough hydration if your pee is light yellow to clear. If it's dark yellow, you'll need to drink more water.

THE DON'TS

DON'T smoke.⁴

- Smoking and e-cigarettes should be avoided.
- A woman should not smoke during her pregnancy, so once she learns she's expecting, she should talk to her doctor about quitting the habit.
- Babies born to mothers who smoke are more likely to have birth problems.
- Nicotine in e-cigarettes can harm a developing baby's brain and lungs, making them unsafe to use during pregnancy.

DON'T eat for two.⁴

- During the first trimester, pregnant women are not required to "eat for two" (women usually need more calories during the second and third trimesters, but not necessarily during the first).
- Women who gain too much weight during pregnancy put their child at greater risk for obesity later in life.

DON'T drink too much caffeine.⁴

- It's fine to have a little caffeine: around 200 mg (2 cups of coffee).
- Caffeine can pass through the placenta and affect the heart rate of a baby.

DON'T eat raw meat.¹

- Pregnant women who consume raw or undercooked meat or eggs risk developing listeriosis and toxoplasmosis, both of which can cause serious and life-threatening infections.
- These infections have the potential to result in serious birth abnormalities and miscarriage.
- Before eating, make sure your meat and eggs are thoroughly cooked.

DON'T visit the sauna.⁴

- Saunas, hot tubs, whirlpools, and steam rooms should all be avoided.
- A pregnant woman is at risk of overheating, dehydration, and fainting in certain places.
- A considerable increase in the mother's core temperature, especially during the first trimester, could affect her baby's growth.
- According to some studies, using one of these during the first trimester can

double the risk of miscarriage.

DON'T clean the litter box.1

- There's no need to be afraid of or avoid your pet cat, but you should delegate litter box cleaning to your partner or a friend.
- In feline excrement, there are millions of parasites, one of which, toxoplasma gondii, is harmful to pregnant women.
- This parasite can cause miscarriage or stillbirth, and babies born with it may suffer major health problems such as seizures and mental disorders.
- It can also cause eyesight difficulties.

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