



8 Ways To Stay Healthy During Pregnancy



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Eat Nutrient-Rich Food

More than nutrient types are needed to sustain good health and promote your unborn child's growth and development.

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Take Multivitamins

Taking multivitamins complements the diet when certain health conditions hamper the mother's consumption of nutrient-rich food.

Get Hydrated

The general guideline is eight to ten glasses daily. However, this could vary depending on a person's body type and size.

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Avoid Raw and Unpasteurized Products

Red meats, livers, eggs, and cheeses are excellent sources of nutrients the baby needs. But eating raw and unpasteurised animal products could cause food poisoning.

Stop Smoking and Drinking Alcohol

Cigarette smoke consists of poisonous chemicals like carbon monoxide and ammonia. Consuming alcoholic drinks during pregnancy may affect the development of the foetus

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Stay Physically Active

Research shows that regular physical activity improves



Research shows that regular physical activity improves physical fitness, is associated with incredible health benefits, and enhances mental health.

Get Enough Sleep

Research shows that pregnant women's sleep quality and duration have a marked impact on their blood glucose levels. Poor sleep puts her at higher risk of gestational diabetes.

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Avoid Stress

Prolonged periods of stress during pregnancy have been linked to adverse health consequences for pregnant mothers and growing babies.



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Here are eight tips on how to achieve a healthy pregnancy and a healthy baby. For optimal health, visit [gynecology clinic singapore](https://www.drlawweiseng.com.sg) right from the start. You can count on [Dr. Law Wei Seng](https://www.drlawweiseng.com.sg) to handle your antenatal care. Get the best advise from him about [pregnancy care and delivery](https://www.drlawweiseng.com.sg). He earned his expertise through years of medical education and training.

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