



# SEVEN THINGS YOU SHOULD KNOW DURING YOUR PREGNANCY

**1 Get adequate pregnancy monitoring during your pregnancy**



**2 You should take iron and folic acid**

You need to eat oranges, grapes, papaya, cabbage, rice, beans, sweet potatoes, eggs.



**3 Get to know your blood type**



**4 Don't take painkillers without a doctor's prescription**



**5 Adjust your sleep patterns during pregnancy**

You should lie on your left side to increase the flow of food and blood to the fetus.



**6 Don't eat without cooking!**

Avoid sugary and packaged food.



**7 You need to gain enough fat during pregnancy**

