Heartburn

Heartburn is sometimes a problem during the last months of pregnancy. As your baby grows, there is increased pressure on your stomach.

If you have heartburn, try the following:

- Eat 5 or 6 small meals a day.
- Limit fatty and fried foods.
- Avoid spicy foods.
- Wear clothes which are loose around your waist.

Over-the-counter drugs may be harmful to your baby. Never take a medication before talking to your doctor.

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Developed by the California WIC Program
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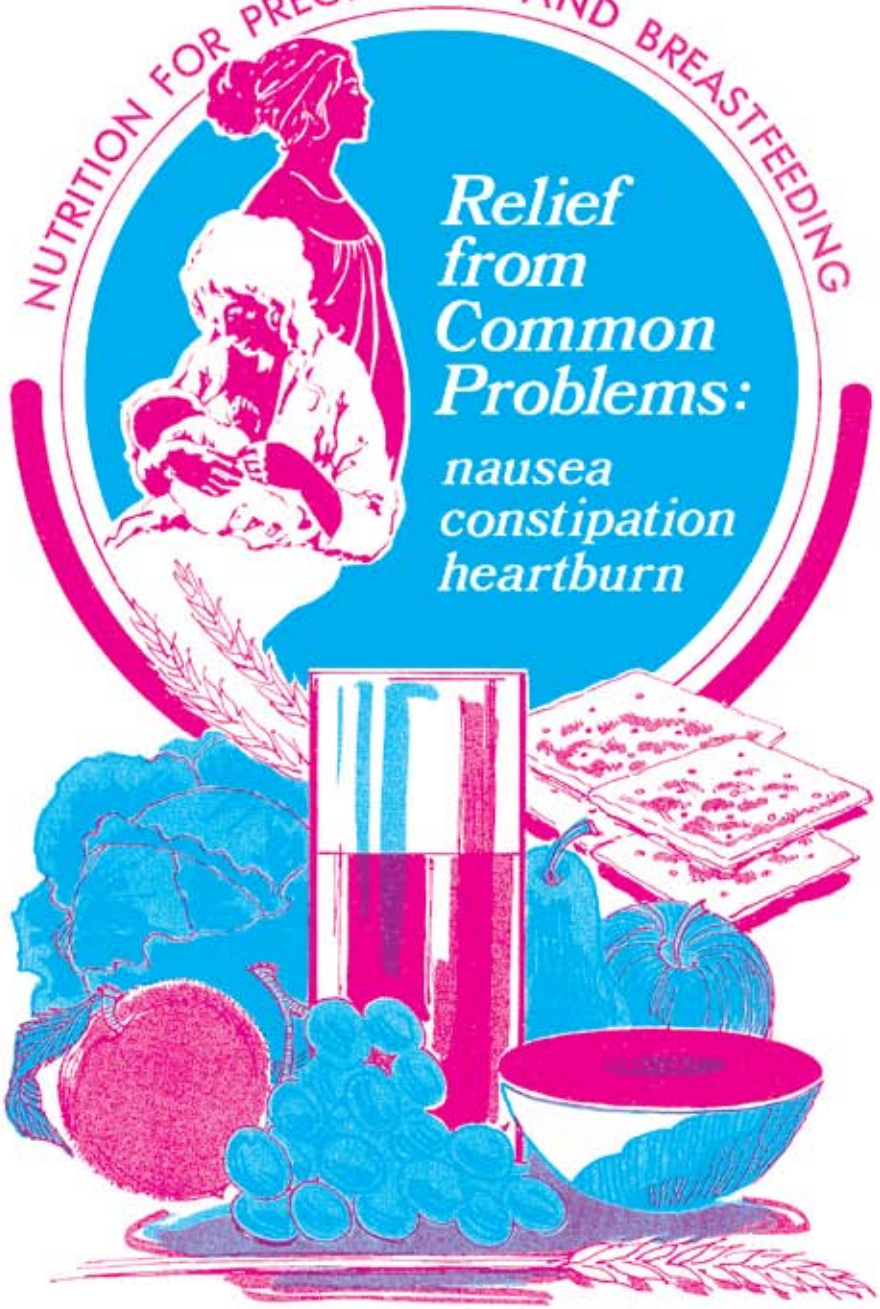
IC#910026

05/09

NUTRITION FOR PREGNANCY AND BREASTFEEDING

Relief from Common Problems:

nausea
constipation
heartburn



Nausea

Nausea or vomiting, sometimes called morning sickness, may occur during the early months of pregnancy. It usually disappears after the third month. If you have this problem, try the following:

- Before you get out of bed in the morning, eat a few crackers, a handful of dry cereal, or a piece of toast or dry bread. Put these within reach of your bed the night before.
- Get up slowly in the morning. Avoid sudden movements.
- Eat 5 or 6 small meals a day. Never go for long periods without food.
- Drink fluids, including soups, between rather than with meals.
- When you feel nauseated between meals, drink small amounts of apple juice, grape juice, or carbonated beverages.
- Avoid greasy and fried foods. These include butter, margarine, mayonnaise, bacon, gravies, pie crusts, pastries, fried meats, and french fries.
- Eat lightly seasoned foods. Avoid foods cooked with pepper, chili, and garlic.
- When you cook, open windows or use the exhaust fan to get rid of odors.
- Be sure to have plenty of fresh air in the room when you sleep.

Constipation

Certain changes which take place in your body during pregnancy may make you constipated. Little exercise or not enough fiber and liquids in your diet may also cause this problem.

The food guide in **Give Your Baby a Healthy Start** contains enough fluids and bulk to aid in elimination. If you are still constipated, the following may help:

- Eat more raw fruits and vegetables, including skins. Also try dried fruits, stewed prunes and apricots, and prune juice.
- Use whole grain cereals and breads such as oatmeal, whole wheat bread, and brown rice. Try wheat germ on your cereal or have a bran muffin.
- Drink more liquids. Include water, milk, cocoa, fruit juices, and soups. A glass of warm water as soon as you get up may help.
- Eat meals at regular times.
- Exercise regularly.

If constipation continues, talk to your doctor. Do not take any over-the-counter drugs or home medications such as mineral oil.