

Pregnancy

What can I do about Nausea, Vomiting, and Heartburn?

- **Eat**- small, frequent meals, eat 6 to 8 times per day eat and drink slowly, eat saltines daily before rising, hard candy, carbohydrate foods
- **Beverages**- Do not drink with meals, drink after meals, drink cold fluids
- **Avoid**- strong smells, fat, fatty foods ,highly seasoned foods, foods that cause nausea, vomiting, and heartburn; avoid eating one hour before bedtime, reclining 2 hours after eating, elevate body from lower legs up, tight fitting clothes, shoes, be comfortable
- **Carbonated Beverages**- may reduce nausea



Who can I do about Constipation?

- **Increase Fiber**- to 25 to 30 grams/day **See FFF Fiber Foods**
- **Increase Fluid Intake**- water, 9 to 12 cups per day
- **Increase**- physical activity
- **Iron (Fe) Supplements**- contribute to constipation, need < 120 mg./day; always eat before taking a iron supplement



What are the Symptoms?

- **Symptoms**- Nausea, Vomiting, Heartburn, Feeling of Fullness, Constipation

What do I need to do?

- **See a Health Care Provider**- for more information
- **See a Registered Dietitian**- for meal planning, safe weight for pregnancy through all stages, what foods to eat and avoid during the different stages of pregnancy; increasing fresh fruit and vegetables, whole grain breads and cereals, baking or broiling lean meats
 - **Avoid**- high calorie desserts, beverages and combination foods that are also high in sodium
- **See a Registered Dietitian**- on line for help with Meal Planning

