

Relief from Common Problems of Pregnancy

Nausea and Vomiting

In pregnancy, nausea and vomiting are sometimes called “morning sickness,” but it can occur any time of the day. It is caused by the sudden increase in hormones during pregnancy. It usually occurs in the first weeks of pregnancy and goes away after about 3 months. The tips below may help reduce morning sickness:

- ♥ Before getting out of bed in the morning, eat a couple of crackers, dry cereal or a dry piece of toast. Sit on the side of the bed for a few minutes and then get up slowly.
- ♥ Get plenty of fresh air. Take a short walk or try to sleep with a window open.
- ♥ Eat 5 or 6 small nourishing meals a day instead of 2 or 3 large ones. Never go for long periods without food.
- ♥ Skip foods with strong flavors or aromas. Avoid fried and greasy foods.
- ♥ Eat foods that are low-fat and easy to digest such as: plain pasta, crackers, potatoes, rice, lean meats, fruits and vegetables, fish, poultry, and eggs.
- ♥ Stay hydrated. Try sucking on ice chips or ice pops. Drink small amounts of ginger ale, clear soup, or apple juice.



Try to increase resting periods and take more naps during the day.

Heartburn and Indigestion

Heartburn and indigestion may be a problem, especially in the last three months of pregnancy. As the baby grows, there is more pressure on the digestive organs. This may cause stomach acids to be pushed upwards. To relieve your discomfort:

- ♥ Eat many smaller meals and have snacks during the day. Eat slowly and chew food well.
- ♥ Don't drink a lot of liquids with meals. Sit upright for at least 1 hour after a meal.
- ♥ Limit greasy, fried, and fatty foods.
- ♥ Limit caffeinated and carbonated drinks, citrus fruits, and juices.
- ♥ Don't eat or drink shortly before bedtime. Sleep with your head elevated.
- ♥ Wear clothes that are loose around your waist.

Constipation

Pregnant women may become constipated because of hormonal changes. Also, near the end of pregnancy the growing baby puts pressure on the intestines. Some other causes of constipation are not enough physical activity or fiber or liquids in the diet. If you experience this discomfort, there are some things you can try:



- ♥ Drink plenty of liquids - especially water. Aim for eight, 8-ounce glasses a day. Drinking fruit juice can also help.
- ♥ Eat high-fiber foods. Raw fruits, vegetables, beans, 100% whole grain breads, and bran cereal are good choices.
- ♥ Try to eat meals at regular times each day.
- ♥ Be physically active every day. Walking or doing another safe activity every day helps with normal bowel function.
- ♥ Note: Laxatives are not recommended during pregnancy.

Fiber-Rich Foods

Breads/Cereals

Whole wheat bread
Bran breads and cereals
Oatmeal
Shredded wheat
Bran flakes
Whole wheat P\pita bread
Whole wheat pasta

Grains

Barley
Bulgur
Cornmeal, whole grain
Oat bran
Brown rice
Wheat bran

Fruits

Apple, with skin
Apricots, dried
Figs, dried
Kiwi fruit
Prunes
Raisins
Raspberries
Strawberries

Vegetables

Beans
Broccoli, raw
Brussels sprouts
Cabbage
Carrots

Cauliflower
Corn
Potatoes, with skin
Peas
Sweet potatoes
Tomatoes, raw
Turnip greens

Other

Nuts
Almonds
Coconut
Hazelnuts
Peanuts



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