Easing the Discomforts of Pregnancy

Eating Right For Two

Morning Sickness

❖ Try to figure out which smells bother you. Then avoid those smells.
❖ Open windows and doors to let fresh air in. Or stuff towels under doors to keep smells out.
❖ Don’t smoke. Avoid smokey rooms.
❖ If you feel so sick that you cannot eat (or keep food down), tell your doctor or clinic.

Heartburn

❖ Eat small frequent meals. Avoid large meals.
❖ Avoid foods that give you problems such as spicy or fatty foods.
❖ Don’t lie down right after eating
❖ Wear loose-fitting clothing.
❖ Do not drink liquids with your meals.

Constipation

❖ Get some exercise - maybe a daily walk.
❖ Drink plenty of liquids, especially water, milk and juices.
❖ Include plenty of fiber in your diet by eating fruits, vegetables, dry peas and beans and whole grains.

Caution

Do not take any drugs or medications without first asking your doctor about them. This includes laxatives, antacids and aspirin.