

## HEALTHY HINTS FOR THE MOM-TO-BE

There is nothing beautiful or fulfilling about pregnancy discomforts. Considering all the changes taking place in your body, it is normal to experience an occasional problem. Here are ways to relieve some of the discomforts. If the problem persists consult your doctor.



### SOME COMMON DISCOMFORTS & POSSIBLE SOLUTIONS

#### NAUSEA AND VOMITING

- Eat frequent, small meals.
- Avoid spicy, greasy, and fried foods and foods with a lot of butter or fat.
- Before going to bed eat a snack, such as peanut butter and crackers and a glass of milk or cereal and milk.
- Before you get out of the bed, eat crackers, dry toast, or dry cereal to start the digestive processes and remove acid from your stomach.
- Get up slowly.
- Drink beverages between meals rather than with meals.
- Eat easy-to-digest carbohydrates like plain pasta, crackers, potatoes, rice, fruit, and vegetables.

#### HEARTBURN

- Eat small meals every few hours.
- Reduce the amount of highly seasoned, rich, and fried foods you eat.
- Take a walk after you eat to improve digestion.
- Do not lie down after eating.
- Do not bend down from the waist or do vigorous exercise.
- Sleep with your head elevated.
- Do not take antacids without consulting your doctor

#### CONSTIPATION

- Drink at least 8 glasses of liquids-water, juice, and milk each day.
- Eat high-fiber foods (bran, whole-grain bread and cereals, fruit, vegetables, and dried beans).
- Take part in daily physical activity, such as walking.
- Drink prune juice or eat prunes, they contain a natural laxative.
- Do not take laxatives unless prescribed by your doctor.

#### HEMORRHOIDS

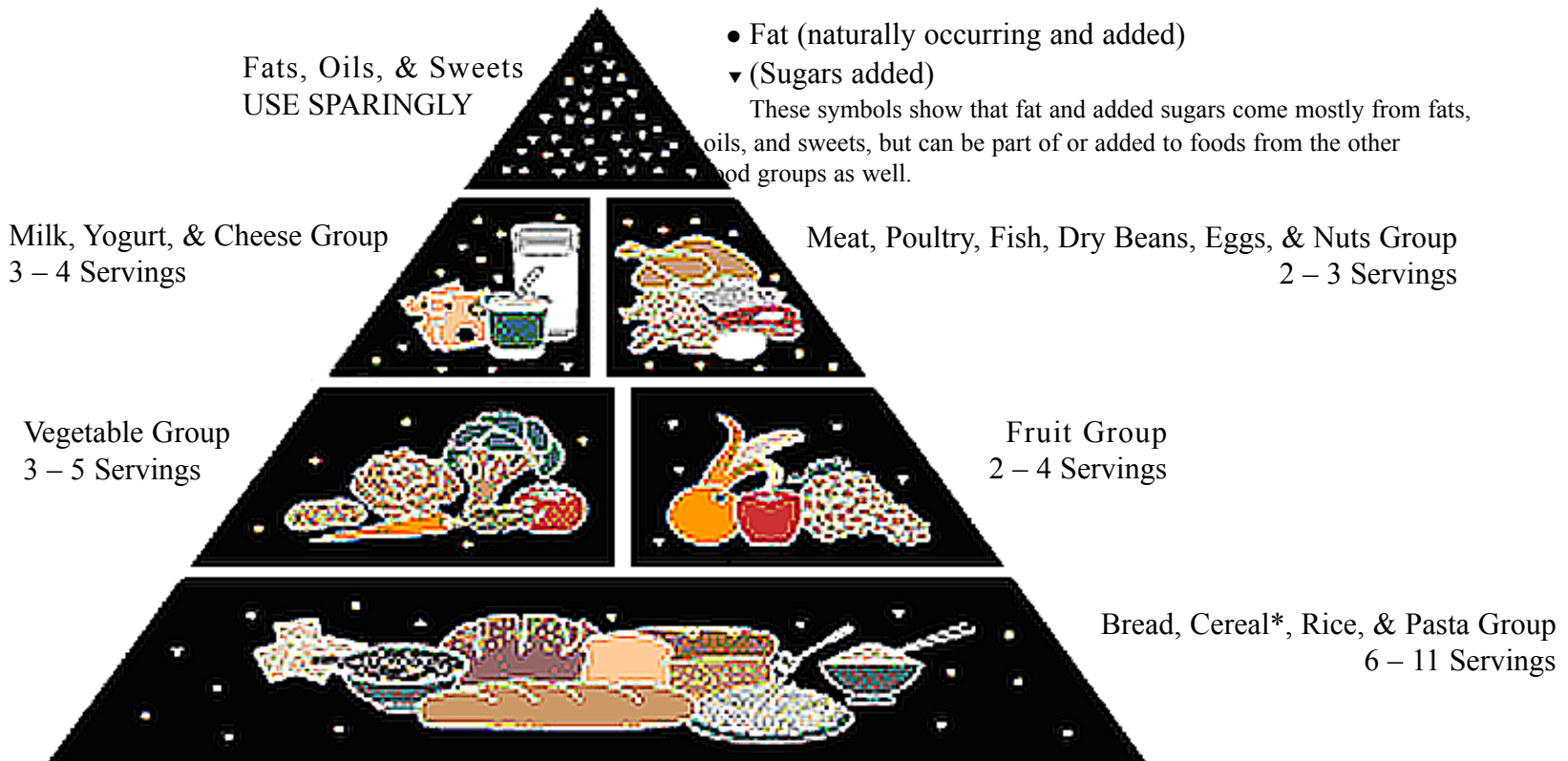
- Avoid constipation.
- Drink plenty of liquids.
- Eat high fiber foods (bran, fruits, peas, whole grain foods, vegetables, and dried beans).
- Ask your doctor to recommend a safe suppository or ointment.

#### SWELLING

- Some swelling is normal during the last 3 months of pregnancy.
- Drink more, not less, water.
- Do not limit salt. Use iodized salt.
- Continue physical activity.
- To relieve swelling put feet up when sitting.
- Rest on your left side to aid circulation.
- Wear larger shoes

Pregnancy is an exciting time. Changing your diet now can have lifelong positive effects on your health and the health of your child. Good prenatal care, avoiding known risks, and a healthy diet will increase your chances of having a healthy new baby.

# FOOD GUIDE PYRAMID, A GUIDE TO DAILY FOOD CHOICES FOR PREGNANT OR BREASTFEEDING WOMEN



SOURCE: U.S. Department of Agriculture/U.S. Department of Health and Human Services

\* To continue to meet your Recommended Daily Allowance (RDA) for folic acid, eat 100% folic acid fortified ready-to-eat cereal.

## WHAT COUNTS AS A SERVING?

Bread, Cereal, Rice, & Pasta – 1 slice of bread, ½ bun or bagel, ¾ cup dry cereal, ½ cup hot cereal, rice, or pasta, 4 – 6 individual crackers

Vegetables – 1 cup raw or leafy green vegetables, ½ cup other kinds of cooked vegetables

Fruits – 1 medium size piece of fruit, ½ cup fresh, cooked, or canned fruit, ¾ cup fruit juice

Milk, Yogurt, & Cheese – 1 cup milk, 8 oz yogurt, 1 slice cheese, ½ cup ice cream or sherbet

Meat, Dry Beans, Eggs, Nuts, & Seeds – total 5 – 7 oz of cooked lean meat, poultry, or fish each day,

1 oz of meat equals ½ cup cooked beans, 1 egg, 2 Tbsp peanut butter

