

# COMMON COMPLAINTS OF PREGNANCY

## Nausea and Vomiting

Nausea and vomiting, often called hyperemesis or morning sickness, may occur in the early months of pregnancy. It is a result of your body adjusting to the higher hormone levels of pregnancy. If you experience this discomfort, there are some things you can try.

- Before you get out of bed in the morning, eat a few low-fat crackers, like saltines, or a piece of dry toast. Try to stay in bed for about 30 minutes. Then get up slowly, and avoid sudden movements. It is helpful if you can put the crackers or toast by your bedside the night before.
- Eat 5 or 6 small meals a day - never go for long periods without food.
- When nauseated, drink small amounts of ginger ale, clear soup or apple juice.
- Avoid fried and greasy foods.
- If aromas from preparing foods make you nauseous, open a window or use a fan. If someone else is cooking, stay out of the kitchen until the meal is served.
- Easy to tolerate foods include baked, skinless chicken, noodles, baked potatoes, applesauce, and gelatin. If you find something that works for you, stay with it.

**Remember, the nausea will pass!**



## Heartburn

This can be a problem in the last month of pregnancy. As your baby grows, there is more pressure on the stomach, which may cause stomach acids to be pushed upwards.

The following tips may help:

- Try eating several smaller, nourishing meals instead of three big ones. This may prevent extra unnecessary pressure.
- Limit fried foods and fatty foods, such as butter, mayonnaise, cream sauces, gravies. Try lower fat or skim milk, as this may also help reduce heartburn.
- Limit foods that cause gas, like rich spicy foods.
- Sit upright for at least one hour after a meal.

# Constipation

The hormones associated with pregnancy can slow down the movement of your intestinal system. Also, near the end of pregnancy your growing baby can put pressure on your intestines and cause them to slow down. To prevent this, you should:

- Try to consume 8 to 10 cups of liquids each day. Include water, vegetable soups, and fruit juice such as prune, pineapple or apple juice.
- Use whole grain cereals and breads like oatmeal, 100% whole wheat bread, bran cereals, etc.
- Try to eat meals at regular times each day.
- Exercise can help move food through the intestine. Walking is best but talk with your doctor before beginning any exercise program.
- Eat more raw fruits and vegetables, including skins. Eating foods high in fiber can prevent constipation. Try increasing the amount of fiber in your diet slowly. Too much fiber at one time can cause bloating and gas pain. Try adding 1 or 2 new fiber-rich foods each week. See the list below for foods high in fiber.



## Fiber-Rich Foods



**Apple (with skin)**  
**Almonds**  
**Apricot**  
**Broccoli**  
**Baked beans**  
**Bran Chex®**  
**Brussels sprouts**  
**Carrots**  
**Corn**  
**Corn Bran**  
**Figs**  
**Kiwi fruit**  
**Kidney beans**  
**Lentil beans**

**Lima beans**  
**Navy beans**  
**Orange**  
**Pear (with skin)**  
**Peas**  
**Prunes**  
**Peanuts**  
**Peach (with skin)**  
**Pineapple**  
**Potato (with skin)**

**Raisins**  
**Raisin Bran**  
**Raspberries**  
**Strawberries**  
**Shredded Wheat**  
**Sweet potatoes**  
**Sunflower seeds**  
**Split peas**  
**Turnip greens**  
**Whole wheat pasta**  
**Wheaties®**  
**100% Bran Flakes**

