



Be Regular, Feel Good

Q: I never had any problems going to the bathroom before, how come I do when I'm pregnant?

A: Constipation is a typical complaint of women when they're pregnant. It is caused by normal changes in your body that come with pregnancy.

Q: I have heard lots of thoughts on what helps with problems going to the bathroom during pregnancy, but I am unsure what really works. What are some things I can try?

A: You can try...

- High fiber foods — whole grains, fruit and vegetables.
- More liquids — water, low fat milk and 100% fruit juices are good choices.
- Exercise! Try walking, swimming or stretching.

Q: And what if these suggestions don't work?

A: Talk to your doctor. Don't take laxatives or other medications or stop taking iron pills or prenatal vitamins without your doctor's ok.



8 HIGH FIBER FOODS

- Beans
- Raspberries
- Whole Wheat Bread
- Pears
- Broccoli
- Apples
- Avocado
- Oatmeal



Relieving Morning Sickness & Heartburn

What to do when you feel “green.”

“Morning sickness” can occur at any time of the day throughout pregnancy. Usually morning sickness will go away after the third month.

7 “Dos” for Relieving Nausea

You can try these tips to help relieve your nausea:

1. Drink liquids between meals instead of during meals.
2. Eat starchy foods like whole wheat bread, pasta, potatoes, rice and crackers.
3. Eat slower and eat smaller meals, more often.
4. Add fresh ginger root, peeled and sliced when you brew your tea.
5. Identify triggers and avoid them.
6. Chew gum or suck on peppermint or sour candies.
7. Take your prenatal vitamin with food or before bed.



COOL THE BURN

“Heartburn” is a common complaint during pregnancy.

Seven Ways to Help Ease Your Heartburn:

- 1 Drink less while eating.
- 2 Eat slower and eat smaller meals, more often.
- 3 Don't lie down after eating.
- 4 Wear comfortable loose-fitting clothing.
- 5 Eat yogurt or drink a glass of milk.
- 6 Try a tablespoon of honey in a glass of milk.
- 7 Talk to your doctor.

