

Taking Care of Yourself During Pregnancy

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Tips for Nausea

- Eat dry cereal or crackers before getting out of bed
- Drink milk or water between meals instead of with meals
- If spicy or greasy foods are tolerable, go ahead and enjoy them
- Try taking your prenatal vitamin with food before bedtime
- Try salty or sour combos
- Try lemon in water, or eat or suck on ginger
- Eliminate odors or take steps to decrease certain smells that trigger nausea (opening a window for example)
- If brushing teeth is a trigger, opt for a different fluoride toothpaste

Tips for Heartburn

- If foods with onions, garlic, caffeine, chocolate, coffee, peppermint, carbonation, grease were fried, or spicy are tolerable, go ahead and enjoy them
- Avoid laying down after a meal
- Sip water between meals
- Elevate our head when sleeping
- Take a walk after you eat
- Wear looser fitting clothes
- Try 5 or 6 smaller meals instead of 3 larger meals

Tips for Constipation

- Drinking more water
- Eat at least one food higher in fiber with every meal (beans, nuts, fruits, veggies, or whole grains)
- Try going on a daily walk
- Go to the bathroom right away when you get the urge to



Did you know that enjoying 3 cups of dairy per day helps with building baby's brain development?



Do not take any antacids, medication, or home remedies until you check with your health care provider.



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