

# Easing the Discomforts of Pregnancy

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## *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.

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Released by Gail M. Hanula, MS, RD, LD, Family Nutrition Program Specialist  
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