



## HEARTBURN & UPSET STOMACH DURING PREGNANCY

### WHY DO I FEEL LIKE THIS?

Blame your hormones! They relax the muscles in your body, including the one that keeps acid in your stomach. They also slow down digestion, so food stays in your stomach longer. The result? A feeling of burning in the chest, bloating, fullness, burping, and even nausea or vomiting.

### WHAT CAN I DO?

- Avoid tight clothes. Wearing clothing that are too tight can make heartburn worse.
- Eat mini-meals. Keeping your stomach full (but not too full!) can help prevent heartburn and upset stomach.
- Sip, do not slurp! Drink small amounts of liquid with your meals and have most of your fluids between meals.
- Take a walk after you eat. This can help with digestion and also decrease stress, which can be a trigger for heartburn.
- Try not to lie down right after eating. Lying down causes stomach acid to move up and cause heartburn. Wait two to three hours after eating to lie down.
- Elevate your head when sleeping. Putting your head higher than your body by four to six inches may help.
- Quit smoking.

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



## WATCH OUT FOR THESE COMMON TRIGGER FOODS.

- Caffeinated drinks like coffee and tea
- Greasy and fried foods
- Carbonated drinks like pop or sparkling water
- Acidic foods like orange juice and lemonade, tomatoes, tomato sauce, and ketchup
- Salsa and spicy foods
- Onion and garlic
- Chocolate and peppermint

### HEARTBURN FRIENDLY MENU

#### BREAKFAST:

- 2 eggs
- Apple slices
- Whole wheat toast
- Milk

#### SNACK:

- Yogurt with a sliced peach

#### LUNCH:

- Small corn tortillas with beans, lettuce, low-fat cheese
- Watermelon
- Milk

#### SNACK:

- Carrot and celery sticks with hummus dip
- Whole grain crackers
- Grapes

#### SUPPER:

- Spinach salad with Ranch dressing
- Grilled chicken thigh
- Baked sweet potato
- Water

#### SNACK:

- Cereal with milk, half a banana with peanut butter

