

Helpful Eating Habits for Pregnancy Discomforts

Staying Healthy While You Are Pregnant

Do you have questions?

Call our 24-hour Nurse Advice Line.

We are here to help you.



English:

(888) 275-8750

Español:

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711

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Your Extended Family



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Discomfort	Cause	What You Can Do
MORNING SICKNESS (NAUSEA)	Hormones	<ul style="list-style-type: none"> • Get up slowly in the morning. • Eat a few crackers or another light snack before you get out of bed. • Eat five or six small meals each day. • Eat high protein snacks, like nuts and peanut butter. • Drink fluids often during the day. Good choices are broth, cola and Gatorade®. • Get plenty of fresh air. • Avoid unpleasant smells. • Avoid fatty foods. • Avoid drinking fluids with meals.
HEARTBURN	Hormones	<ul style="list-style-type: none"> • Eat small, low-fat meals and snacks. • Eat slowly. • Drink fluids mainly between meals, not with meals. • Avoid spicy foods, acidic fruits and juices. • Wait 1 to 2 hours after eating or drinking before lying down. • Wear loose-fitting clothing. • Ask your health care provider if you can take an antacid.
CONSTIPATION (HARD TO HAVE A BOWEL MOVEMENT)	Hormones, pressure in your intestines	<ul style="list-style-type: none"> • Drink 6-8 glasses of water, juice or milk daily. • Eat high fiber cereal, fruits and vegetables. • Eat dried fruits. • Increase your activity level.
HEMORRHOIDS (SWOLLEN VEINS IN THE ANAL CANAL)	Pressure from constipation	<ul style="list-style-type: none"> • Apply ice packs. • Talk to your provider about over the counter creams. • Keep the anal area clean by using moist towelettes and white, unscented toilet paper.
LEG CRAMPS	Lack of calcium and potassium	<ul style="list-style-type: none"> • Eat dairy and soy products for extra calcium. • Eat white beans, bananas, spinach and dried apricots for extra potassium.

A healthy diet helps you in many ways during your pregnancy. You can avoid some of the common aches and pains of pregnancy by picking the right foods.

A diet rich in fruits and vegetables will help you enjoy your pregnancy.

