

Feeling Comfortable

While Pregnant



Nausea & Vomiting

Nausea and vomiting, sometimes called morning sickness is common during pregnancy. It can happen at any time of the day. It usually gets better around the 3rd or 4th month of pregnancy.

Try these tips

- Eat 2-3 plain crackers or a little dry cereal before getting out of bed.
- Eat small frequent meals. Don't go a long time without eating.
- Avoid strong smells like cooking meats, coffee, cigarette smoke and alcohol.
- Find a smell that you like such as a scented candle or a lemon to sniff when you feel sick.
- Avoid fried foods like french fries, or greasy meats.
- Sip on small amounts of liquids throughout the day.
- Get plenty of fresh air. Go for a walk outside. Open windows.
- Take prenatal vitamins with food at the time of day when you are not feeling sick.



Talk to your doctor if

- You have been vomiting constantly for 24 hours.
- You are not urinating at least every 6 hours.

Leg Cramps

Leg cramps are common during pregnancy, especially in the last few months. They occur the most at night.

Try these tips

- When you feel a cramp, straighten your leg, stretch your heel out and pull your toes toward you. If possible have someone gently massage the muscle. Place a warm damp cloth on the muscle if it still hurts.
- Gently stretch your leg muscles before going to bed. Stretch your heel out and pull your toes toward you.

- Take a warm bath before bed to relax your muscles.
- Take short walks. Try not to stand or sit in one spot for long periods. Don't sit with your legs crossed.
- Drink plenty of water during the day.

Talk to your doctor if

- Your cramps are often and very painful.
- You notice any redness, tenderness, or swelling in your leg.



Heartburn

As your baby grows, there is more pressure on your stomach. This may cause stomach acids to move up and cause a burning feeling in your chest. This is known as heartburn.

Try these tips

- Eat small frequent meals. Don't go a long time without eating.
- Avoid greasy or spicy foods and drinks with caffeine or carbonation.
- Avoid drinking large quantities of liquids when eating a meal.
- Wait 30 minutes after eating before lying down.
- Prop the head of your bed up 2-3 inches so your head is higher than your stomach when sleeping.



Talk to your doctor if

- You continue to have frequent heartburn after trying these tips.

Constipation

Hormone changes during pregnancy may make women constipated.

Try these tips

- Eat foods that are high in fiber. Many high fiber foods are available with your WIC benefits.

High Fiber Foods	Examples
Whole Grain Products	Whole grain bread, corn tortillas, whole grain pasta, oatmeal, brown rice, whole grain breakfast cereal
High Fiber Vegetables	Green peas, lima beans, corn, broccoli, cauliflower, winter squash
High Fiber Fruits	Pears, apples, berries, mangos, raisins, and dried plums.
Beans and Nuts	Dried beans (like pinto, black, navy, kidney) , lentils, and nuts

- Eat meals at regular times. Include a high fiber food at each meal.
- Drink more water and other fluids.
- Be active every day. Walking is especially good, but do whatever you enjoy.
- Allow enough time to use the toilet. Relax and do not rush.

Talk to your doctor if

- Your constipation continues or becomes painful.





On-the-Go Trail Mix Recipe



Directions

- Combine 2 cups of bite-sized WIC whole grain cereal such as Mini Wheats or Oatmeal Squares with $\frac{1}{4}$ cup raisins and $\frac{1}{4}$ cup peanuts.
- Divide mixture into 4 bags or reusable containers.
- Enjoy as a healthy high fiber snack.



California Department of Public Health, California WIC Program

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