



## **Digestion in Pregnancy.**

### **Sickness**

- Avoid an empty stomach, try dry bread, biscuits, cereal in bed when you wake up in morning
- Have small meals and snacks if required throughout the day, don't miss a meal – keeping blood glucose levels steady will reduce risk of nausea
- Avoid strong smells or flavours
- Avoid fatty foods and spicy ones
- Eat room temperature foods but avoiding cold meat and seafood
- Drink in between meals not with them
- Try ginger, grated or paste in food or biscuits
- Try basil, mint, fennel, lemon or lime in hot water
- Consult GP about Vitamin B6

### **Heartburn**

- Have small meals and eat slowly – too much food and eating fast can increase heartburn
- Avoid fatty foods, acidic foods, spicy foods, chocolate, coffee, caffeine, tobacco and alcohol
- Try eating ginger or putting in a drink
- Avoid peppermint and spearmint
- Drink in between meals not with them
- Keep upright after eating and perhaps sleep propped up
- Go for a gentle walk after eating
- Don't eat late, or even drink lots late, leaving up to 3 hours before bed if heartburn is severe
- Wear loose clothes
- Consult GP about antacid or H2 blocker

### **Bloating**

- Sip water regularly
- Have small meals and eat slowly
- Reduce salt consumption
- Reduce artificial sweeteners like soft drinks
- Go for a gentle walk after eating

## Constipation

- Increase fibre - fruit (berries, kiwi, pears, lemons, banana, apple, apricot), dried fruits (prune, figs), veg (potatoes, broccoli, cabbage, sprouts, leafy greens, beetroot), beans and grains (oats, quinoa, wholemeal flour). Avoid refined foods (made from white flour). Increase slowly!
- Plenty of water and introduce prune juice
- Introduce good fats like those from avocado, salmon, tuna, mackerel, olive oil
- Get moving! Walking and gentle exercise.
- Consult GP about iron intake.