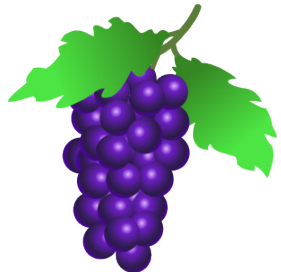


INDIGESTION AND HEARTBURN

Body changes early in pregnancy can cause indigestion and heartburn. Your baby pushing up on your stomach later in pregnancy can cause heartburn, too. Here are some eating tips to try to prevent indigestion and heartburn any time during pregnancy:

- **Eat 5 or 6 small meals each day.**
- **Try drinking only small amounts of liquids with meals.** Drink more of your juice, milk, or water about 1 hour after eating.
- **Eat less fatty foods.** Fried foods, ice cream, pizza, chips, sausage, pastries, salad dressing, butter and margarine are examples of fatty foods that can cause or aggravate heartburn.
- **Drink less coffee and soda pop.**
- **Be aware of foods that cause you heartburn.** Spicy foods, chocolate, spearmint, and peppermint bother some people.
- **Relax, eat slowly, and chew well.**



OTHER TIPS TO TRY

- **Wear loosely fitting clothing.**
- **Don't lie down or bend over for 2 hours after you eat.**
- **Sleep with your head up on pillows or raise the head of your mattress.**
- **Stop smoking or cut way back on cigarettes.**
- **Do not take any medications, antacids, or home remedies until you check with your health care provider first!**



For more ideas, ask to talk with a dietitian.

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