

# Pregnancy Discomforts

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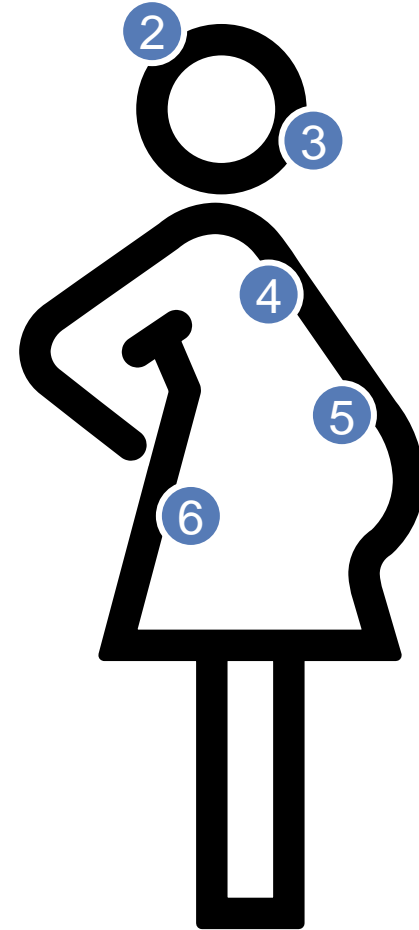
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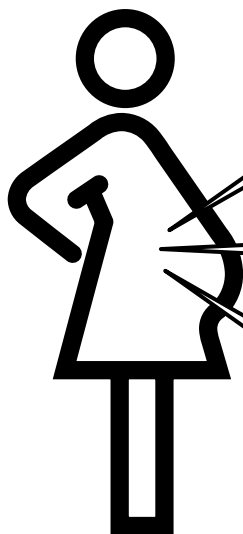
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# Pregnancy Discomforts

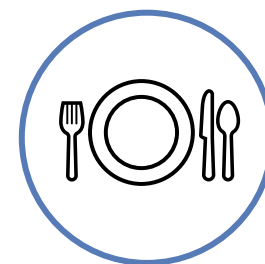


Many changes occur in a mother/pregnant parent's body during pregnancy.

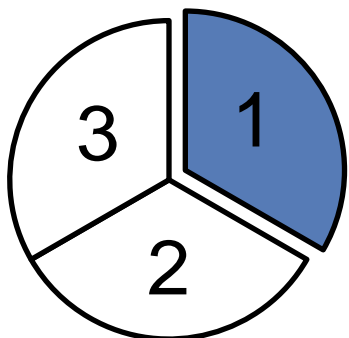
Discomforts related to pregnancy are common.

Nutrition can play an important role in treating these discomforts.

Let's learn more about common pregnancy discomforts and the **Food And Nutrition Tools** we can use to help provide support.

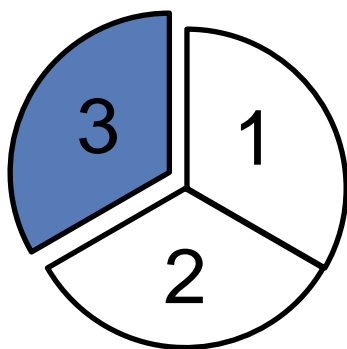


# Fatigue



## First Trimester:

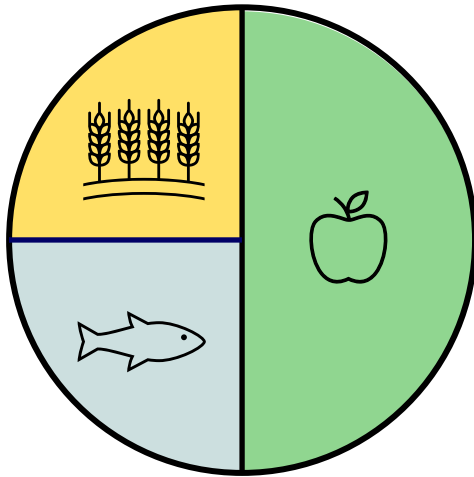
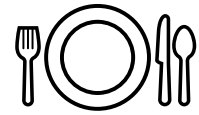
Tiredness is most commonly due to large changes in hormones.



## Third Trimester:

Tiredness is due to the physical weight of carrying a baby

# Fatigue: Food & Nutrition Tools



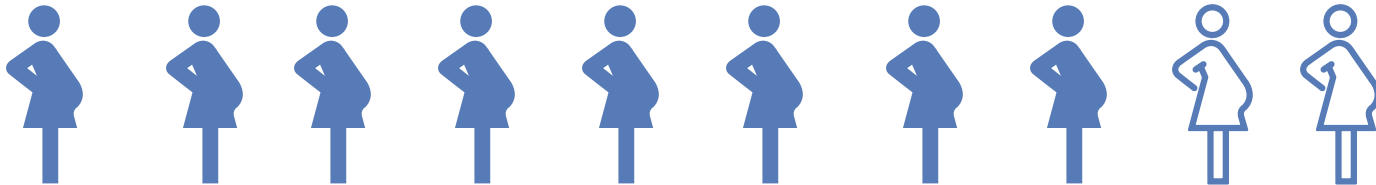
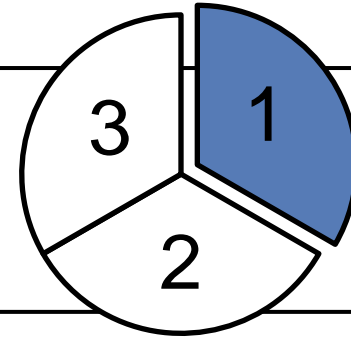
Eat a balanced diet for adequate energy  
(vegetables, fruits, grains, and protein)



Drink plenty of water

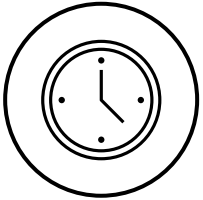
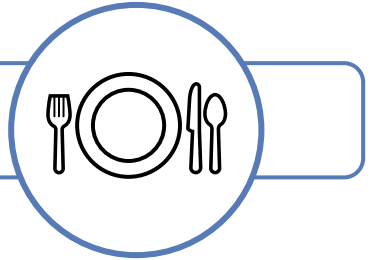
# Nausea & Vomiting

**Nausea and vomiting** are most common in the first trimester because of large changes in hormones.



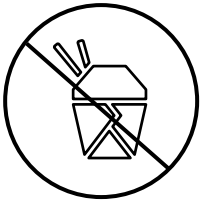
50-80% of individuals have nausea or vomiting during pregnancy

# Nausea & Vomiting: Food & Nutrition Tools



Eat small meals every **1-2 hours**

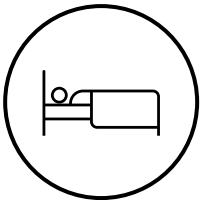
Eat foods that are appealing



Choose **dry, bland, high protein** snacks and meals

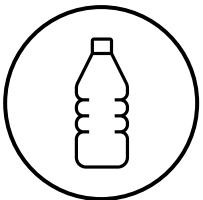
Limit fatty or fried foods

Reduce exposure to strong smells



Get out of bed slowly and eat soon after

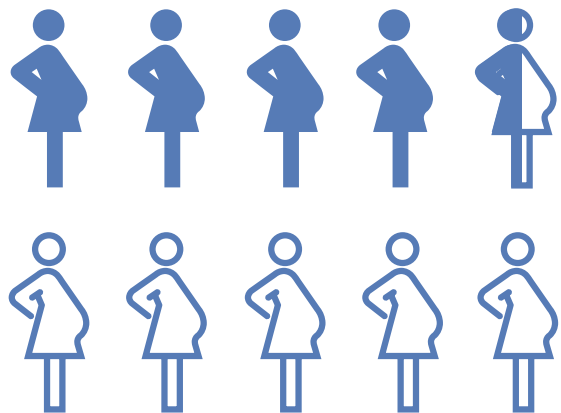
Eat before or as soon as you are hungry to **avoid an empty stomach**



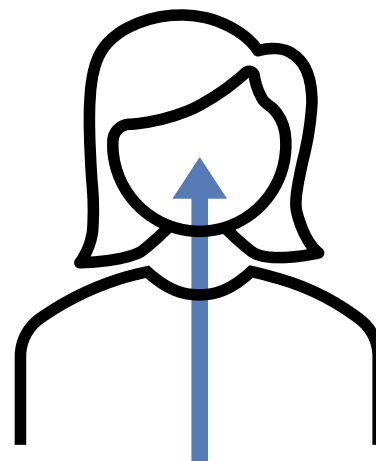
Take small sips of a cold drink **between** meals and snacks  
(20-30 minutes after eating)

Drink fluids with electrolytes if dehydration is a concern

# Heartburn



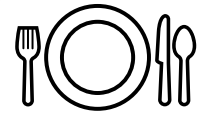
Heartburn is common in pregnancy  
(17-45% of individuals)



Pressure from the growing  
baby can cause stomach acid  
to move up through the throat

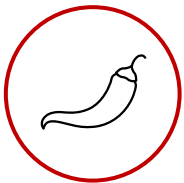


# Heartburn: Food & Nutrition Tools

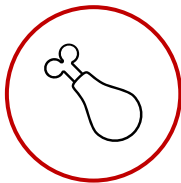


- Eat small frequent meals
- Eat slowly and chew food well
- Drink fluids between meals
- Do not lie down right after eating or use a pillow to support yourself upright
- Consult doctor before taking antacids

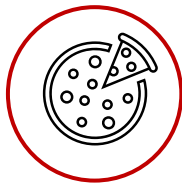
## Try Avoiding:



Spicy  
Foods



Fried  
Foods



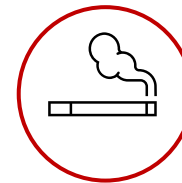
Greasy  
Foods



Coffee



Alcohol



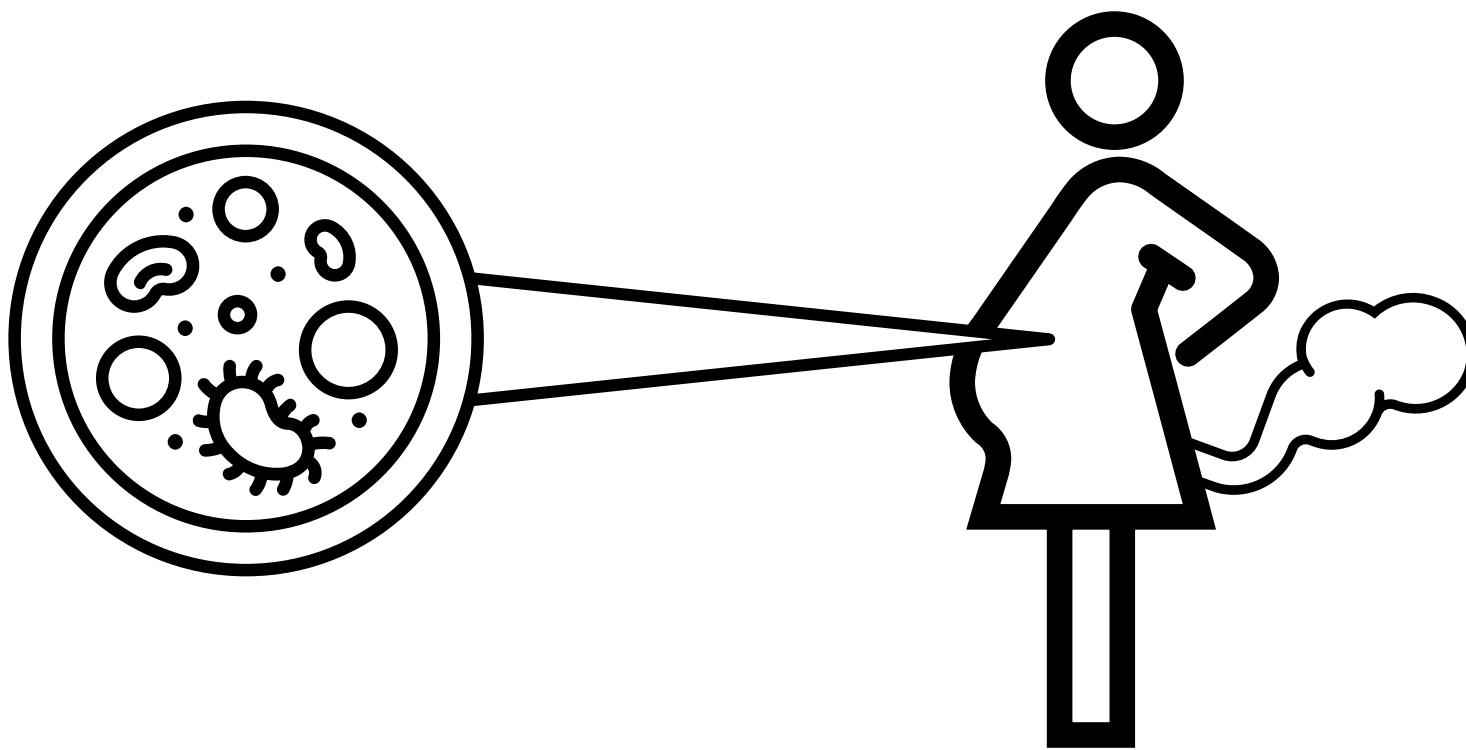
Smoking



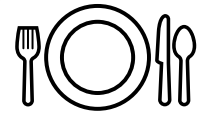
Bubbly  
Drinks

## Bloating & Gas

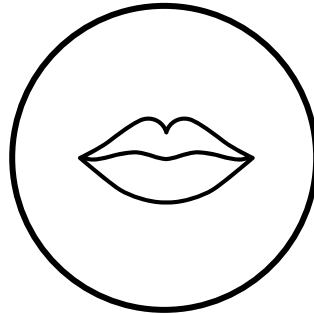
- Digestion slows down during pregnancy because of hormone changes
- Slower digestion gives bacteria more time to make gas



# Bloating & Gas: Food & Nutrition Tools



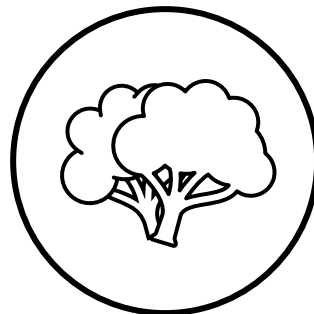
Regular exercise



Chew food well



Limit large meals



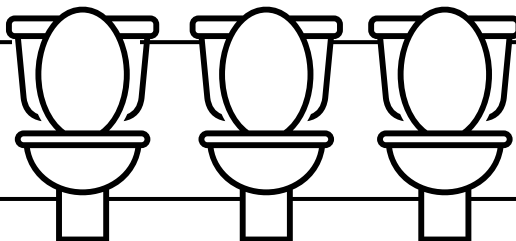
Limit gas producing foods  
*based on tolerance*

Fried foods  
Beans  
Broccoli  
Brussels sprouts  
Cabbage  
Cauliflower  
Onions  
Raw potatoes  
Melons  
Bananas  
Raw apples  
Wheat  
Wheat bran

# Constipation

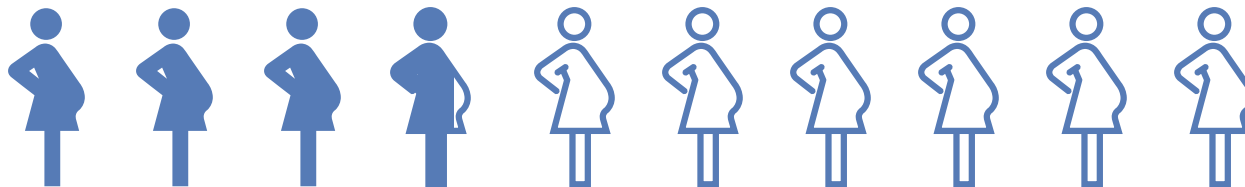
Fewer than three bowel movements per week

Less than



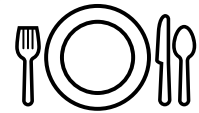
in 1 week

Constipation occurs in 11-38% of individuals during pregnancy



Changes in digestion and hormones cause food to slow down when passing through the body

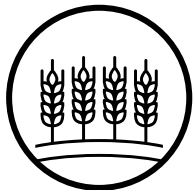
# Constipation: Food & Nutrition Tools



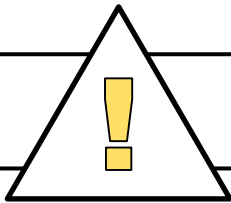
Participate in regular physical activity



Drink 10 cups of water daily (2.5 L)

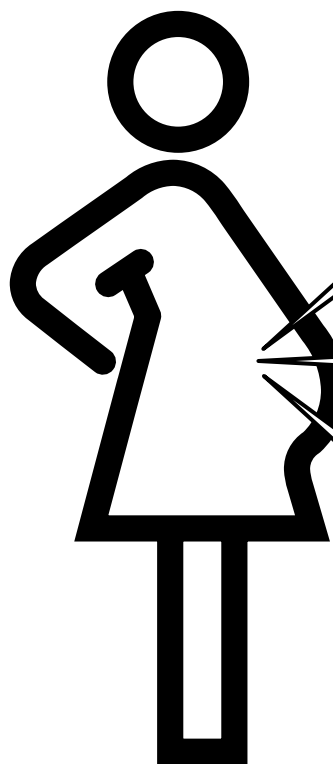


Eat high fiber foods  
(vegetables, fruit, whole grains, lentils, nuts, seeds)



Consult doctor before using medications or laxatives

## Key messages

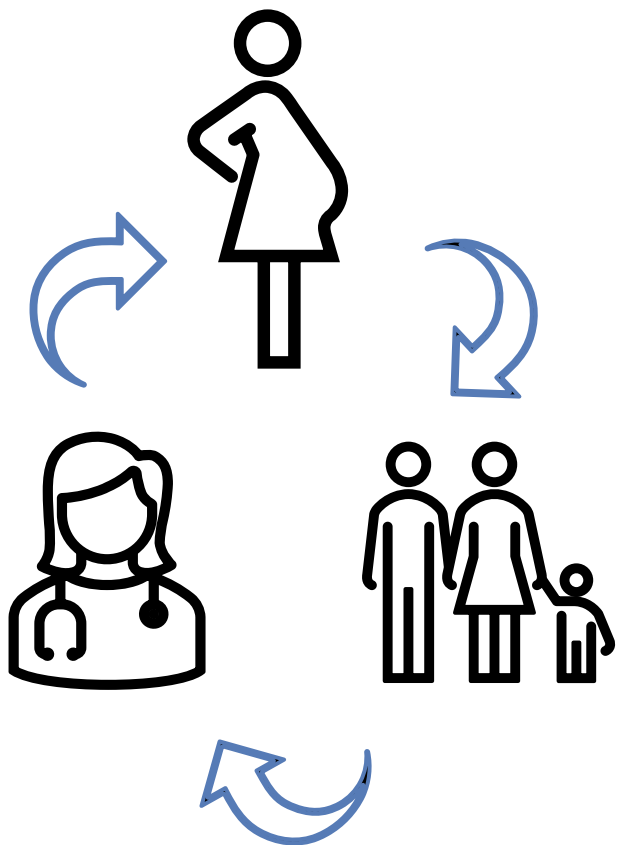


Hormone changes and infant growth cause **many changes** in a mother/ pregnant parent's body during pregnancy

**Fatigue, nausea, vomiting, heartburn, bloating, gas, and constipation** are all common discomforts related to pregnancy

**Nutrition** can play an important role in the treatment of these symptoms

## Important Reminder – Client Centered Care



It is important that we do not minimize any additional food-based strategies families explore to relieve these discomforts related to pregnancy.

If strategies are harmful, inquire further and strategize with the client.

If strategies are not harming the mother/pregnant parent or baby, be curious in order to provide the best support possible to the family.

## Want to Learn More?

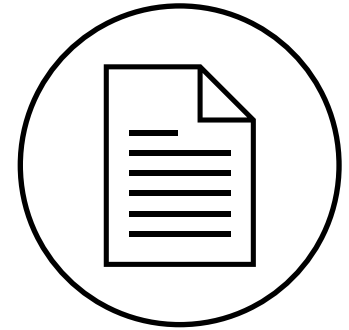
### Professional Resources

Nutrition Guideline: Pregnancy – Alberta Health Services

Healthy Parents, Healthy Children Website – Alberta Health Services

### Client Resource

Your Guide to a Healthy Pregnancy – Public Health Agency of Canada





Thank you