

Your baby is getting bigger and is pushing on your stomach. This may cause indigestion and heartburn. Indigestion can be a simple upset stomach. Heartburn is burning in the chest and can be very painful.

Here are Some Tips That May Help:

- Eat 5 or 6 mini-meals per day.
- Eat less fried and fatty foods. Ice cream, pizza, and other high fat foods can cause discomfort.
- Drink small sips of water or milk between meals. Limit colas, coffee, and spicy foods. Chocolate can sometimes cause problems.
- Eat slowly, chew well, and try to avoid stress at meals.
- Warm drinks can be soothing and help with stress.
- Do not lie down or bend over right after you eat. If you do lie down, prop yourself up on pillows.
- Wear clothes that are loose.
- Stay active! Walk after you eat.
- Stop smoking.



Limit These Foods and Drinks That Can Cause Problems:

- Any foods that bother you.
- Fried and greasy foods like fast food, sausage, bacon, and pepperoni.
- Fatty foods like pizza, cake, cookies, ice cream, and gravy.
- Spicy foods.
- Soda, coffee, tea, or energy drinks with caffeine.
- Carbonated drinks.

What Tips Will You Try?

Do not take antacids, home remedies, herbs, or any medicine without talking with your doctor first! If you still have indigestion or heartburn after trying these tips, talk to your doctor.



**Department of
Health**

Women, Infants, and
Children Program (WIC)

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