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?

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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.