



PRENATAL NUTRITION

Session Four

Managing Common Symptoms

Classes featured: Prenatal Nutrition - Common Symptoms | Prenatal Nutrition - Managing Nausea
Prenatal Nutrition - Headaches, Fatigue, Cravings

OBJECTIVES

- Heartburn
- Nausea
- Headaches
- Fatigue
- Cravings
- Swelling

RESOURCES

- How to build a healthy snack, smoothie recipes



Tips to Manage Common Symptoms

HEARTBURN

- Wait at least **2 hours** after eating before lying down
- Elevate your head pillows when sleeping
- Eat last meal of the day earlier than usual to avoid nighttime heartburn
- Make last meal of the day smaller than other meals
- Figure out if foods or beverages trigger your heartburn
- Avoid drinking liquids when eating meals
- Chew your food thoroughly: **20-30x each bite** before swallowing
Eat smaller portions, more often (you may need to add snacks)

NAUSEA

- Avoid **strong odors**, even if they've never bothered you before
Avoid being around food while it's being cooked (if possible)
Choose foods that require less cooking or are cooler temperature when nauseous
- Stay hydrated (water + electrolytes)
- Eat small meals/snacks **every 3-4 hours** to avoid being overly hungry or full
- Eat a carbohydrate food **FIRST**, then follow with a protein food source
Eat whatever sounds good to you at the moment (most of the time!)

carb + protein + fat at every meal and snack

HEADACHES

Posture & pelvis changes:

- Normal posture changes during pregnancy can contribute to headaches
- Do light stretches every day. Hold each stretch for 30-60 seconds.

Diet:

- Dehydration & low blood sugar can trigger a headache
- Plan ahead each day to make sure you have enough fluids and food with you to meet your increased needs while pregnant.

FATIGUE

- Make sleep a top priority.
- **Take naps** throughout the day if you can & if body is telling you it's needed.
- Make sure you are eating enough food!

Manage your stress levels:

- get rid of as many stressors as possible
- help your body manage stress by doing things that relax you every day, for example: listen to music, take a warm bath, get outside, read a book, talk to friends, do something that makes you laugh

CRAVINGS

- Craving salt? you may need more of it
- Craving processed carbs/sugar? You may need more carbohydrates that are from high-fiber carb sources like fruit, whole grains, beans, veggies)

Call your healthcare provider if you have symptoms of:

- **Pica:** craving non-food items like dirt, clay, laundry detergent, ice, toothpaste, sand, plaster, coffee ground, soap, sand, stones, burnt matches. This can be a sign that you are deficient in iron, zinc, or calcium.

SWELLING

- Hydration is your best step with nutrition to help with normal pregnancy swelling
- If you start swelling drastically, contact your healthcare team right away as this can be a sign of preeclampsia

You are not alone

There are more than 213 million people pregnant at any given time.

How to Build a Balanced Meal/Snack

Choose one of each:

CARB



asparagus
broccoli
carrots
cauliflower
celery
edamame
green beans
peppers
radishes
snap peas
apple
banana
berries
grapefruit
orange
kiwi
peach
pineapple
oatmeal
crackers
rice
bread
tortilla
grits

+

PROTEIN



chia seeds
flax seeds
hemp seeds
sunflower seeds
pumpkin seeds

black beans
lentils
chickpeas
pinto beans
white beans

chicken
turkey
pork
tuna
salmon
beef
venison
sardines
fish
hardboiled egg

Greek yogurt
cottage cheese

+

FAT



avocado
hemp seeds
flax meal
pumpkin seeds
high-quality oils
coconut milk
nut butters
tahini
hummus
olives

walnuts
pecans
macadamia
hazelnuts
almonds
pistachios
cashews

Note: some foods contain multiple types of macronutrients; they are listed under the one they contain the most of.



Blueberry Beet Smoothie With Chia

YIELD: 8 SERVINGS

PREP: 10 MINS

TOTAL: 35 MINS

INGREDIENTS

- 2 cups beet juice
- 1 cup coconut water
- 1 cup blueberries, fresh
- 1 cucumber, quartered
- 1 apple, quartered and cored
- 1 avocado, peeled and pitted
- ¼ cup chia seeds

DIRECTIONS

1. Place all ingredients in a blender and run for about 30 seconds or until all ingredients have broken down and the consistency is smooth.



Mango Ginger Super Smoothie

YIELD: 8 SERVINGS

PREP: 10 MINS

TOTAL: 35 MINS

INGREDIENTS

- 3 cups milk (dairy or non-dairy)
- 2 cups mango, fresh
- 1 cup banana, fresh
- 1 inch fresh ginger root, chopped
- 2 tsp turmeric, ground
- ½ tsp cinnamon, ground
- 2 cups Ice

DIRECTIONS

1. Place milk in the blender first, then add all remaining ingredients except the ice.
2. Run the blender on high until the solid ingredients have broken down, about 30 seconds.
3. Add the ice and run on medium for about 10 seconds or until the ice has been incorporated into the smoothie.