

For more information on staying healthy in pregnancy, please visit our **Healthier Together website**.

www.abbhealthiertogether.cymru.nhs.uk



The **Foodwise in Pregnancy App** has tips and tools for healthy eating, recipes and step by step exercise videos.



If you get universal credit or child tax credits, you may be able to get help to buy healthy food and milk and free vitamins.

Apply for **The Healthy Start Scheme** online at

www.healthystart.co.uk.



Bwrdd Iechyd Prifysgol
Aneurin Bevan
University Health Board



HEALTHY PREGNANCY

Pregnancy symptoms and diet

Constipation and Heartburn



Constipation

Some women find they become constipated during pregnancy, this may be because of hormone changes or because they are eating differently or being less active.

To prevent or treat constipation it is important to:

- **Drink plenty of fluids** - aim for 1.9l/day in pregnancy
- **Eat a diet that contains plenty of fibre**
- **Be active** - aim for at least 30 minutes of physical activity on 5 days of the week (e.g. walking, swimming, yoga, aqua natal)

Tips to increase fibre:

- Have fresh, dried or tinned fruit (in natural juice) for dessert e.g. prunes, oranges or kiwi fruit
- Choose a higher-fibre breakfast cereal such as plain wholewheat biscuits (like Weetabix), plain shredded wheat, or porridge.
- Go for wholemeal or seeded breads, and choose wholegrain pasta or brown rice.
- Leave the skins on potatoes, such as a baked potato or boiled new potatoes.
- Add pulses like beans, lentils or chickpeas to stews, curries and salads.
- Include plenty of vegetables with meals, either as a side dish or added to recipes like bolognaise, soups and curries.
- For snacks, try fresh fruit, vegetable sticks, rye crackers, oatcakes and unsalted nuts or seeds



When adding more fibre to your diet, do this gradually and also increase your fluid intake.



Laxatives are intended as a short term measure to alleviate constipation and always speak with a pharmacist or midwife before taking medication.

As a first line measure, try to eat more fruit and vegetables and wholegrain foods, as well as having more fluid and doing more activity.



Heartburn

Heartburn can be a problem for some women towards the end of pregnancy as the baby takes up more space in the abdomen. It is caused by stomach acid leaking out of the top of the valve into the stomach and feels like a burning sensation in the chest.

The best way to avoid heartburn is to:

- Eat little and often throughout the day and avoid large meals, particularly in the evening.
- Some women find avoiding spicy foods can help with heartburn and a milky drink can help to alleviate the burning sensation.

Avoid eating on the go. Chew your food well and eat slowly, keeping good posture during and after meals can also help

Health care professionals may recommend you take medication to help with these symptoms.

If the information in this leaflet does not help or if you have any concerns remember to discuss this with your GP or midwife.

