

5 HEALTHY PREGNANCY EATING TIPS

Meet the needs of your body and help avoid common discomforts by following these eating tips for a healthy pregnancy diet...

Eat breakfast every day. If you feel sick to your stomach in the morning, choose dry whole-wheat toast or whole-grain crackers when you first wake up – even before you get out of bed. Eat the rest of your breakfast (fruit, oatmeal, cereal, milk, yogurt, or other foods) later in the morning.

Eat high-fiber foods. Eating whole-grain cereals, vegetables, fruits, beans, whole-wheat breads and brown rice, along with drinking plenty of water and getting daily physical activity, can help you prevent the constipation that many women have during pregnancy.

Keep healthy foods on hand. A fruit bowl filled with apples, bananas, peaches, oranges and grapes makes it easy to grab a healthy snack. Fresh, frozen and canned fruits and vegetables make healthy and quick additions to meals, as do canned beans. Choose canned fruits packed in their own juices. Also, rinse canned beans and vegetables with water before preparing, which helps remove excess salt.

If you have heartburn during your pregnancy, eat small meals more often. Also, eat slowly, avoid spicy and fatty foods (such as hot peppers or fried chicken), drink beverages between meals instead of with meals, and don't lie down soon after eating. Put a list of foods to avoid during pregnancy somewhere in your kitchen.

If you have “morning sickness,” or hyperemesis, talk with your health-care provider. You may need to adjust the way you eat and drink, such as by eating smaller meals more frequently and drinking plenty of fluids. Your health-care provider can help you deal with morning sickness while keeping your healthy pregnancy diet eating habits on track.