

WIC Program Newsletter

Office Hours

Monday, Tuesday,
Wednesday, and Friday:
8:00am – 4:15pm

Thursday:
8:00am – 6:15pm

Site Location & Dates

Hoosick Falls: 8/08 & 9/08
Stephentown: 8/18 & 9/18

Breastfeeding Support Group

Please join us for our breastfeeding support group! **Every third Thursday** of the month from 4:30pm – 6:00pm.

Troy Baby Café at CEO

Breastfeed your baby in a safe, relaxed environment every **Wednesday 12pm - 2pm**

CEO's WIC Program

2328 Fifth Avenue,
Troy, NY 12180

Phone: 518-272-6159

Website:

www.ceoempowers.org/wic

*This institution is an equal opportunity provider.

Heartburn and Upset Stomach During Pregnancy

There may be times when you don't feel well during pregnancy, especially during the third trimester when your baby is growing and pushing on your stomach.

Prevent Heartburn:

1. Eat 5 to 6 small meals or snacks instead of 3 large meals during the day.

- Relax and avoid stress while eating.
- Chew foods well and eat slowly.

2. What upsets your stomach?

Keep track of which foods cause heartburn or an upset stomach.

Avoid spicy foods:

- Spicy foods with chili powder or hot sauce

Avoid fatty foods:

- Bacon, sausage, butter, margarine
- Cheese, white milk, ice cream
- Donuts, sweet rolls
- French fries, onion rings, chips
- Fried chicken and fish

Other food that may upset your stomach:

- Chocolate, spearmint, peppermint
- Spaghetti, pizza
- Foods with tomatoes or oranges

Limit drinks with caffeine

- Coffee, tea
- Soda with caffeine

There may be foods that you enjoyed before pregnancy that will upset your stomach now. Avoid and limit these foods.

****Always check with your health care provider before taking any medications, antacids or home remedies.**



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Photo courtesy of gettyimages.com.

Why am I Having Heartburn?

Heartburn happens when your stomach acid is pushed back into your esophagus, usually because your baby is growing and pushing on your stomach. This causes the burning sensation that you feel in the center of your chest. Many women have heartburn during pregnancy.

Find Ways to Feel Better and Eat a Healthy Diet for Your Baby!

1. Drink Liquids Between Meals, Instead of With Meals.

- Drink small amounts of milk, water, or juice with meals.
- Drink most of your liquids about 1 hour after a meal.

2. Make Yourself Comfortable

- Wear clothes that are loose fitting around the waist
- Wait 1-2 hours after eating before lying down

3. Eat Foods That Comfort Your Stomach

- A glass of milk.
- Yogurt or pudding.
- Crackers or dry breakfast cereal.

4. Be Active - Walk!

- Go for a short walk after eating.
- Walk outside in the fresh air.
- Be active for at least 30 minutes on most days, unless your doctor tells you not to.

5. If you smoke, quit!

Resources to help:

- www.nysmokefree.com

Breastfeeding Support Group
August 17th

Everythird Thursday of the
Month from 4:30pm - 6:00pm