

# The Pregnancy Pantry

Fresh Rx Weekly Newsletter Vol. 12



**FRESH RX FOR MOMS**  
FOR MOTHERS-TO-BE ON MEDICAID



FRESH. LOCAL. LIVELY.

## ***Managing Heartburn During Pregnancy***

### **What is heartburn?**

It is a burning or pain in your chest that is caused by acid reflux. Acid reflux is when the lower esophagus sphincter, LES, (a muscle between stomach and esophagus) does not close properly and allows stomach acid to move from your stomach up to your esophagus (the tube that carries food, liquids, saliva to your stomach).

### **Why is heartburn common during pregnancy?**

Changes in hormones and body shape can lead to heartburn. Hormones can cause LES to relax resulting in acid reflux. As your baby grows, your uterus can crowd your stomach and push stomach acid upward, into your esophagus. This is why heartburn is most common in the third trimester.

### **What are common symptoms associated with acid reflux and heartburn?**

- Burning or pain in your chest
- Feeling bloated or full
- Frequent burping
- Bringing up food

### **How to get heartburn relief?**

- Eat yogurt or drink milk
- Speak to your healthcare provider about taking antacids or medications for managing acid reflux

### **How to prevent heartburn during pregnancy?**

- Eat smaller more frequent meals instead of 3 large meals
- Eat slowly
- Drink between meals instead of with meals
- Avoid fried, spicy, or fatty foods
- Avoid citrus fruits and juices (orange, lemons, limes, grapefruits, etc.)
- Limit caffeine
- Try to avoid eating late at night
- Don't lie down right after eating. Try to sit up straight for at least 30 minutes after eating.

# Seasonal Recipe



## Fruit Smoothie

**Servings: 2   Prep time: 15 mins   Cook time: 0 mins**

### INGREDIENTS

- 1 medium banana**
- 1/2 cup of ice cubes**
- 1 cup of low-fat plain yogurt**
- 1/2 cup of frozen fruit**
- 1/4 -1/2 cup of kale**
- 1/2 cup of water**
- 1 tspn of honey**

### DIRECTIONS

- 1. Peel banana. Place in blender.**
- 2. Add remaining ingredients to blender.**
- 3. Cover and blend until smooth.**

**Chef's notes: For added protein and creamier texture, substitute milk for the water. For a frozen treat, pour smoothie into popsicle molds and freeze for 24 hours.**

**FreshRx for Mothers-to-Be provides pregnant women with Medicaid \$24 each week to buy fresh fruits and vegetables at the Franklin County Farmers Market. To learn more, stop by the Market on Tuesdays or Saturdays, 8:30 am - 12 noon, or visit [www.fcmarket.org](http://www.fcmarket.org).**

**FreshRx for MOMs is a collaboration of the Franklin County Farmers Market and Community Farm Alliance, funded by a USDA/NIFA GusNIP grant.**