

A few ways to reduce swelling during pregnancy

1. Put your feet up-gently circling your ankles and feet and pushing them up and down as though you're pushing the pedals in a car.
2. Lie on your left side-this helps the blood drain more easily as the major vein draining the legs is less compressed in this position.
3. Avoid salt. Salt makes you retain fluid.
4. Increase your potassium intake. (see list below)
5. Avoid liquorice
6. Drink plenty of water
7. Get regular exercise-helps the muscles work with the veins to move fluid out of the tissues and back to the heart.
8. Stay Cool.

Foods High in Potassium

Beans (white, lima, kidney, great northern, pinto, soy)

Dark Leafy Greens (spinach, kale, chard, collards)

Baked potatoes with skin (sweet potatoes as well)

Dried apricots (prunes, raisins, peaches)

Mushrooms

Bananas

Avocado

Lentils

Yogurt (milk)

Carrot juice

