

Nutrition

Vitamins

Alcohol

Carb

Spicy
food

Heartburn

Caffeine

Sugary
Foods

Nausea

Bananas

Protein

Sucrose

Water

FREE

Beans

Fiber

Fruit

Spinach

Grain

Colostrum

Lactose

Carrots

Breast
feeding

Prenatal
Vitamin

Yogurt

Calcium

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