

PregSource resource library: Answers to pregnancy questions at your fingertips

[PregSource®: Crowdsourcing to Understand Pregnancy](#) includes a resource library where users can search keywords and find answers to their pregnancy questions from trusted health resources like NIH; CDC; the American College of Obstetricians and Gynecologists; and the Association of Women's Health, Obstetric, and Neonatal Nurses. Here are some of the topics you can learn more about through the library:

Morning sickness

[One article](#) from the National Center for Complementary and Integrative Health explains that ginger helps reduce mild nausea and vomiting associated with pregnancy.

Eating for two

Although the Institute of Medicine recommends that expectant mothers need to eat more during pregnancy, most women only need [roughly 300 extra calories](#) a day—about the same caloric content as a plain bagel with cream cheese.

Breastfeeding

Breastfeeding is beneficial for babies and can reduce the risk of [sudden infant death syndrome](#) (SIDS), as well as [obesity in childhood and adulthood](#). But the [Eunice Kennedy Shriver National Institute of Child Health and Human Development](#) says it benefits moms, too. Breastfeeding can help the uterus heal and reduce the risk of postpartum depression.

