

Eating Tips for Morning Sickness

Hyperemesis Gravidarum

During pregnancy, you need to eat enough food to meet your needs and the needs of your baby. Severe nausea and vomiting (hyperemesis) may lead to weight loss and dehydration (too little fluid in the body).

Follow these tips to help control nausea.

1. Eat small meals often: 6 to 8 small meals in a day, about two hours apart.
2. Before rising in the morning, eat a small amount of dry food. Choose from the list below.
 - soda crackers (saltines)
 - dry toast with jelly
 - breadsticks
 - dry cereal
 - rice cakes
 - pretzels
 - plain potatoes, rice or noodles
 - plain low-fat cookies or cake
3. Avoid liquids with meals. Drink liquids 30 to 60 minutes before or after eating. Sip slowly.
4. Foods and drinks should be cool or at room temperature. Try:
 - flavored gelatin
 - sherbet, sorbet or Popsicles
 - carbonated (fizzy) drinks
 - ice cubes made from juice.
5. Avoid hot drinks and foods.
6. Avoid drinks with caffeine (coffee, tea, cola drinks). They may increase stomach acid.
7. Avoid very sweet, hot or spicy foods.
8. Avoid high-fat foods such as butter, margarine, mayonnaise, bacon, gravies, pie crust, pastries and fried foods. They take longer to leave the stomach.
9. Avoid strong food odors such as fish, cabbage or broccoli. Avoid cooking odors by eating food you do not have to cook or by asking someone else to cook.
10. Do not lie down after eating. Rest sitting up for an hour after meals.
11. Take your prenatal vitamins with food in the evening. Tell your doctor if you cannot take them.
12. Nausea is often gone by midday. You may eat more food in the late afternoon, supper and mid-evening. Find the times best for you.

Keep a food diary to help you find foods that you can eat without problems. Try any food that appeals to you.

Menu Planning Guidelines

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Food groups	Foods recommended	Foods that may cause distress
Soups	Low-fat broth-based and cream soups made with allowed foods.	All other soups.
Meats and substitutes (Six or more ounces daily)	All lean, tender meats, poultry or fish. All should be baked, broiled or boiled. Boiled egg. Low-fat or fat-free cheeses.	Fried meat, poultry or fish; highly seasoned, cured or smoked meat, poultry or fish (i.e., corned beef, luncheon meat, frankfurters, sausages, sardines, anchovies, bacon and strong flavored cheese). Peanut butter.
Fruits (Two or more servings daily; include a vitamin C source daily)	Fruit juices, canned fruits, grapefruit and orange sections (without membrane). Other fresh and dried fruits, if tolerated.	
Vegetables (Three or more servings daily)	Vegetable juices, cooked vegetables (i.e., asparagus, green or wax beans, beets, carrots, peas, pumpkin, winter squash, spinach and mushrooms). Raw vegetables if tolerated.	Gas-forming vegetables (i.e., dried peas and beans, corn, broccoli, onions, cauliflower, Brussels sprouts, cucumbers, cabbage, turnip, rutabagas, sauerkraut, green peppers).
Bread, cereal, potato, pasta and grains (Six or more servings daily)	Enriched breads and cereals, plain crackers, potatoes, enriched rice, barley, noodles, spaghetti, macaroni and other pastas.	Very coarse cereals such as bran; seeds in or on breads, rolls and crackers; breads made with nuts or dried fruits; fried breads and pastries such as doughnuts; fried potatoes, fried rice, wild rice, seasoned rice and pasta mixes.
Dessert fats	Low-fat versions of cakes, cookies, custard, pudding, ice cream, frozen yogurt sherbet; ice pops, gelatin, frozen fruit bars, sorbet.	Desserts containing salad dressings, nuts, coconut; high-fat desserts.
Milk and milk products (Four or more cups daily)	Fat-free and low-fat milk products.	Whole milk, cream.
Beverages (Four or more cups daily)	Water, decaffeinated coffee and tea, fruit drinks, caffeine-free carbonated beverages, weak tea, lemonade, sports drinks.	All caffeine-containing beverages (i.e., coffee, strong tea, cocoa, cola); alcoholic beverages.
Condiments and sweets	Iodized salt, flavorings, low-fat gravies and sauces, herbs and spices as tolerated; sugar, syrup, honey, jelly, seedless jam, hard candies and marshmallows.	Strongly flavored seasonings and condiments (i.e., catsup, pepper, barbecue sauce, chili sauce, chili pepper, horseradish, garlic, mustard and vinegar), olives, pickles, nuts, chocolate candy.