

Eating Tips for Morning Sickness

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. 6–8 small meals in a day, about 2 hours apart.

#2: Before getting up in the morning, eat a small amount of dry food. Here are some ideas:

- soda crackers or saltines
- dry toast with jelly
- breadsticks
- dry cereal
- rice cakes
- pretzels
- plain potatoes, rice, noodles
- plain low-fat cookies or cake

#3: Avoid liquids with meals. Drink liquids 30–60 minutes before or after eating. Sip slowly.

#4: Food and drinks should be cool or at room temperature.

You can try:

- flavored gelatin
- sherbert, sorbet, popsicles
- carbonated drinks
- ice cubes made from juice

#5: Avoid hot drinks or foods.

#6: Avoid drinks with caffeine. Coffee, tea, and cola drinks may increase stomach acid.

#7: Avoid very sweet, hot, or spicy foods.

#8: Avoid high-fat foods such as margarine, butter, mayonnaise, bacon, gravies, pastries, and fried foods. They take longer to leave the stomach.

#9: Avoid strong food odors such as fish, cabbage, or broccoli.

#10: Do not lie down after eating. Rest sitting up for an hour after your meals.

#11: Take your prenatal vitamins with food in the evening.

#12: Nausea is often gone by midday. Find the best times to eat for you starting then.

Keep a food diary to help you find foods that work! Don't be afraid to try things that appeal to you.

