



### **NAUSEA DIET FOR PREGNANCY**

The nausea you experience during pregnancy is temporary. It usually diminishes rapidly after the end of the first trimester. However, you may experience nausea occasionally throughout your pregnancy. The following advice has worked for others and may be of help to you. Here are some general guidelines to follow:

- Eat several small, frequent meals. Even a few bites can help
- Keep a source of dry carbohydrates near your bed (such as saltines). Eat a few prior to arising if morning sickness is a problem
- Carry some crackers with you
- Take liquids between meals. Don't wash your food down
- Keep yourself well hydrated. At least 64 oz. of water daily
- Avoid spicy, fried and fatty food
- Take your prenatal vitamins after you have eaten

Don't be alarmed by the amount of food in the diet that follows. When your nausea has improved, we will give you general nutritional guidelines for pregnancy. Simply remember the concepts above, avoid the foods known to cause problems and stick with those substances easily digested. Eat what you can. We want to hear from you if you have not been able to keep down any fluids for more than 24 hours.

### **FOODS ALLOWED**

- Beverages: Skim milk or fat free buttermilk, coffee, tea, unsweetened carbonated beverages
- Cheese and other milk products: Cheddar cheese, cottage cheese, plain yogurt
- Eggs: Must be fully cooked, prepared anyway except fried
- Meat, fish or poultry: Lean cuts prepared any way except fried or with gravy
- Fruits: Fresh, unsweetened canned, cooked or frozen. Some easily tolerated are applesauce, apples, grapes, pears, bananas, berries, rhubarb, cantaloupe, watermelon. Try to include citrus foods as soon as tolerated.
- Vegetables: Fresh, frozen or canned. Try to include both yellow and green vegetables.
- Potato or substitute: May replace bread at meals. Mashed, baked or boiled potato, rice, noodles or plain pasta
- Cereal: Hot or unsweetened cold
- Bread: Whole grain or enriched plain bread, crackers
- Sweets: White, brown or maple sugar, honey, molasses, jelly and jam, cream mints, gum drops or hard candy

- Miscellaneous: Clear broth, fat free bouillon, jello
- Prenatal Vitamins

### **FOODS TO AVOID**

- Beverages: All beverages other than those listed under Foods Allowed
- Cheese: All other than those listed under Foods Allowed
- Eggs: Fried or not fully cooked
- Meat, fish or poultry: Fatty or fried
- Fruit: Avocado, dried fruit, sugar-sweetened canned, cooked or frozen
- Vegetables: Any other than those listed under Foods Allowed
- Potato or substitute: Fried potato, potato chips, creamed or scalloped
- Cereal: Sugar coated cereal
- Bread: Quick breads, coffee cake, pancakes, waffles, and sweet rolls
- Sweets: Any other than those listed under Foods Allowed
- Misc: gravies, pastries, rich desserts, whipped cream, highly seasoned foods, fats, fatty foods, nuts, olives, doughnuts, buttered popcorn, rich stews and soups

### **SAMPLE MEAL PLAN FOR NAUSEA**

#### **When you get up in the morning:**

- 2 saltines

#### **Breakfast:**

- Citrus fruit – ½ grapefruit
- Egg – 1 soft boiled egg
- Bread - 1 slice wheat bread
- Cereal ½ cup oatmeal
- Prenatal Vitamin

#### **One Hour Later:**

- Milk or beverage, as tolerated – 8 oz. skim milk

#### **Mid Morning:**

- Bread or crackers – 2 wheat crackers
- Jelly – 1 tsp.

#### **Lunch:**

- Meat – 2 oz. cold, sliced lean beef
- Vegetable – 2/3 cup broccoli, 1 small sliced tomato
- Fruit – ½ cup unsweetened apricots
- Bread – 1 slice whole wheat bread

#### **One hour later:**

- Milk or beverage , as tolerated – 8 oz. skim milk

#### **Mid Afternoon:**

- Bread or crackers – 2 whole wheat crackers
- Cheese – 2 oz. cheddar cheese

#### **Dinner:**

- Meat - 4 oz. baked, skinned chicken
- Potato – ½ cup mashed potato
- Vegetable – ½ cup carrots, ½ cup green salad
- Fruit – ½ cup unsweetened applesauce

#### **One hour later:**

- Milk or beverage, as tolerated – 8 oz. skim milk

#### **Bedtime**

- Bread with jelly – 1 slice toast with 1 tsp. jelly