Nausea with or without vomiting is common during pregnancy. It can affect up to 50-85% of pregnant women. Changes in your hormones can make you feel sick to your stomach. These symptoms usually occur in the first 3 months of pregnancy. Hyperemesis Gravidarum is the most severe form of nausea and vomiting. If you are vomiting multiple times a day and/or are unable to keep fluids down or you are losing weight, you should contact your doctor or midwife right away.

**Dietary changes may help improve some of your symptoms:**

- Eat foods that appeal to you.
- Avoid feeling too hungry or too full as this can increase feelings of nausea.
- Avoid an empty stomach by eating small meals every 2-3 hours. Do not skip meals.
- Sip on clear fluids such as water, juice, clear broth or ginger ale between meals to keep you hydrated. Avoid drinking fluids with your meals as this can contribute to feeling full or bloated at meal times.
- Try eating a piece of bread or a few crackers before getting up in the morning to reduce nausea. It is important to get out of bed slowly and avoid sudden movements.
• Have a snack before bed or during the night. It is best to try to include some protein in this snack. For example, cheese and crackers, yogurt, toast with peanut butter.

• Do not lie down right after eating.

• Avoid high fat or fried foods. Use only a small amount of oil, dressings, margarines or spreads. Try to choose lean meat, chicken and fish.

• Carbohydrate rich foods like breads, cereals, rice and potatoes may be better tolerated.

• You may find cold foods better than hot foods. Try sandwiches, fruit and yogurt or a glass of milk.

• Avoid strong food smells and cooking odours by opening windows to freshen the air. Try to have others cook when possible.

• Avoid highly seasoned foods, coffee, garlic and other spices.

• The scent of lemons or ginger can help settle an upset stomach.

• Avoid brushing your teeth immediately after eating. Avoid brushing your tongue.

• Stay well rested. Try napping during the day. Feeling very tired can make nausea worse.

• Avoid cigarette smoking.
The following foods might ease the nausea:

- Tart/sweet: pickles, lemonade
- Earthy: brown rice, mushroom soup, peanut butter
- Crunchy: celery or carrot sticks, apple slices, nuts
- Bland: mashed potatoes, broth
- Salty: potato chips (low fat or baked if possible), pretzels
- Soft: bread, noodles
- Sweet: cake, sugary cereal
- Fruity: watermelon, fruity popsicles
- Wet: juice, spritzer juice (spritzer is ½ cup of any juice with club soda)
- Dry: crackers

Watch for signs of becoming dehydrated:
- Concentrated urine or not urinating as often
- Feeling weak or lightheaded
- Dry mouth

Try to drink more when you are not nauseous. Try things like popsicles and freezies, jello, broth, sports drinks to give you extra fluid. *Call your doctor or midwife if you think you are becoming dehydrated.*

Supplements:
Ask your doctor or midwife about using B vitamins or ginger supplements to help with nausea.
## SAMPLE MEAL PLAN

**Once awake**

### BREAKFAST
- 8:00 am: Toast with peanut butter or poached egg
- 9:00 am: ½ cup juice or 1 cup of milk

### SNACK
- 10:00 am: crackers and cheese or plain cookies
- 11:00 am: water

### LUNCH
- 12:00 pm: Fresh greens with cucumber, tomatoes, peppers, lean chicken, melba toast crackers and fresh fruit
- 1:00 pm: 1 cup of milk

### SNACK
- 3:00 pm: Cottage cheese and fresh fruit
- 4:00 pm: water or ginger ale or tea

### SUPPER
- 5:30 pm: grilled chicken or meat or fish, vegetables and potatoes or rice and fresh fruit
- 6:30 pm: juice spritzer and water

### SNACK
- 7:30 pm: Low-fat yogurt and fruit or handful of nuts
- 8:30 pm: 1 cup of milk or water

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Registered Dietitian: __________________________

905-378-4647 ext. __________________________

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The following information was adapted from the following sources:
- Dietitians of Canada: Practice Based Evidence in Nutrition, Pregnancy-Hyperemesis, 2009
- The Society of Obstetricians and Gynaecologists of Canada: Nausea and Vomiting in Pregnancy, 2002

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[www.niagarahealth.on.ca/en/clinical-nutrition](http://www.niagarahealth.on.ca/en/clinical-nutrition)