



## The Nutritional Management of Nausea and Vomiting During Pregnancy

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:

4-6 saltine crackers  
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

Registered Dietitian: \_\_\_\_\_

905-378-4647 ext. \_\_\_\_\_

### HOW ARE WE DOING?

You can provide feedback  
or suggestions for  
Niagara Health Clinical  
Nutrition services at:

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

The following information was adapted from the following sources:  
Dietitians of Canada: Practice Based Evidence in Nutrition,  
Pregnancy-Hyperemesis, 2009  
Government of Canada: The Sensible Guide to a Healthy  
Pregnancy, 2012 The Society of Obstetricians and Gynaecologists of  
Canada: Nausea and Vomiting in Pregnancy, 2002