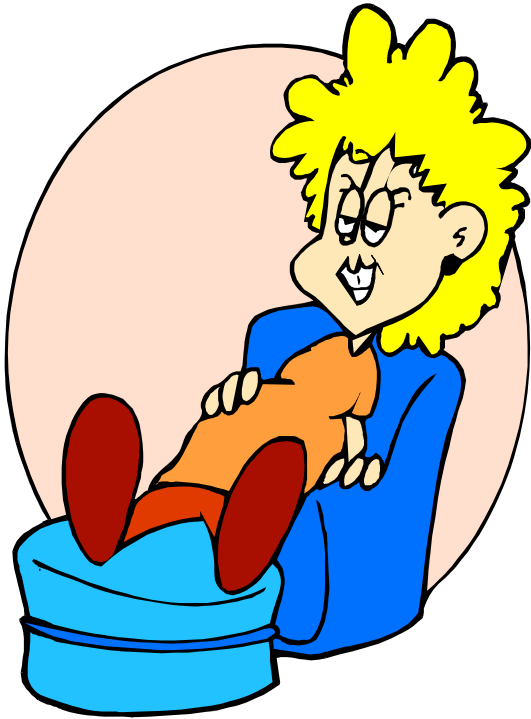




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# The Nutritional Management of Hyperemesis:

## Nausea and Vomiting During Pregnancy

**Name:** \_\_\_\_\_  
**Date:** \_\_\_\_\_  
**Dietitian:** \_\_\_\_\_  
**Phone:** \_\_\_\_\_



The following information was made available from Health Canada's Nutrition for a Healthy Pregnancy, 2000.

Although pregnancy can be a wonderful time in life, the symptoms of pregnancy may not be so wonderful. Some women suffer from

nausea with or without vomiting during pregnancy. Often a few diet and lifestyle changes can improve some of these symptoms.

#### Helpful tips:

- ♥ Eat small meals every 2-3 hours. Do not skip meals. Try to avoid being hungry.
- ♥ Drink fluids in between meals rather than with meals. This helps to avoid stomach fullness at meal times.
- ♥ Have a snack before bedtime or during the night. It is best to try to include some protein in this snack. For example, cheese, yogurt, milk and peanut butter with crackers or bread.
- ♥ 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.
- ♥ Avoid high fat or fried foods. Use a small amount of oil, dressings, margarines and spreads. Try to choose lean meat, chicken and fish. Try to eat carbohydrate rich foods like fruit, breads, cereals, rice and potatoes.
- ♥ You may find cold foods better than hot foods. Try sandwiches, cheese and crackers, fruit or a glass of milk.
- ♥ Avoid strong food smells and cooking odours by opening windows to freshen the air and try to have others cook when possible.
- ♥ Avoid highly seasoned foods, coffee, garlic and other spices.
- ♥ Avoid brushing your teeth immediately after eating. Avoid brushing your tongue.
- ♥ Keep well rested. Avoid fatigue as this can make nausea worse.
- ♥ Avoid cigarette smoking.



Eat foods that appeal to you. The following foods might ease the nausea:

- Tart/sour: pickles, lemonade
- Earthy: brown rice, mushroom soup
- Crunchy: cereal, carrot sticks, apples
- Bland: mashed potatoes
- Salty: potato chips (low fat or baked if possible), pretzels
- Soft: bread, noodles
- Sweet: cake, sugary cereal
- Fruity: juice, fruity popsicles
- Wet: juice, spritzer juice (spritzer is  $\frac{1}{2}$  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 to give you extra fluid.

**Call your doctor or obstetrician if you think you are becoming dehydrated.**

Supplements:

- Ask your doctor or obstetrician about using B vitamins or ginger supplements to help with nausea.





## SAMPLE MENU

### **BREAKFAST**

- 8:00 am: whole grain toast or low fat muffin or bagel or cereal  
9:00 am: ½ cup juice or 1 cup of milk or low fat yogurt (without any artificial sweeteners)

### **SNACK**

- 10:00 am: crackers, melba toast and peanut butter or plain cookies  
11:00 am: water

### **LUNCH**

- 12:00 pm: a sandwich, raw vegetables and fresh fruit  
1:00 pm: 1 cup of milk

### **SNACK**

- 3:00 pm: raisin bread or crackers and cheese  
4:00 pm: water or gingerale or tea

### **SUPPER**

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

### **SNACK**

- 7:30 pm: crackers or bread or cheese or cereal  
8:30 pm: 1 cup of milk or yogurt or tea