



## **NAUSEA AND VOMITING DIET DURING PREGNANCY**

1. Eat every 2–3 hours, small amounts.
2. Do not eat and drink at the same time.
3. Take your prenatal vitamin at night, right before bed.
4. Try Ginger Tea, Canned Ginger, or real ginger ale.
5. Try Starchy foods: Rice, Pasta, Potatoes, Breads, and Crackers.
6. Hydration is most important—Water, Gatorade, Ice Chips, Jell-O, Popsicles.
7. Try Peppermint candies or tea.
8. Try Lemons and lemon drops can help if you have continuous saliva.
9. Try to eat some protein throughout day-Peanut butter, broiled chicken, soy or dairy sources, nuts, canned fruits, eggs if tolerated.
10. Try canned peaches in HEAVY syrup-if not diabetic-sip chilled liquid 1–2 tablespoons at a time- try hydrating after 15 min.
11. Get fresh air during the day.
12. “Sea Bands” motion sickness wrist bands from any pharmacy.
13. Avoid fried, fatty and spicy foods.
14. Avoid strong odors.
15. Make slow deliberate movements.
  - Usually resolves around 12 weeks.
  - Sometimes medication may be needed.
  - Call our office if you feel it is more than morning sickness.