



NUTRITION TIPS FOR NAUSEA DURING PREGNANCY

- Eat small, frequent meals every 2 or 3 hours rather than larger meals.
- Avoid hunger.
- Select low-fat protein foods like lean meat, broiled poultry or fish, eggs and easily digested carbohydrates like juice, rice, pasta, potato, crackers and dry cereal.
- Drink fluids between meals rather than with meals.
- Avoid fried foods.
- Avoid gas forming fruits and vegetables like broccoli, cabbage and greens.
- Cold foods and foods without odor may be better tolerated.
- Drink small amounts of 100% juice like apple or grape juice every 1 or 2 hours.
- Avoid caffeine and alcohol.
- Have a snack before going to bed or during the night if you are awake.
- Although in contrast to traditionally recommended foods, some salty high fat foods like potato chips and some sweet tart drinks like lemonade have relieved nausea in some women.