



TIPS FOR REDUCING NAUSEA AND VOMITING DURING PREGNANCY

- Avoid bad odors.
- Eat some soda crackers in the morning.
- Eat when you can.
- Eat small meals often (for example, every 2 hours), instead of three big meals.
- Don't overeat at meals.
- Separate solid and liquid food by at least 2 hours.
- Eat bland foods. Avoid rich, fatty foods.
- Try to eat foods cold or at room temperature.
- The BRATT diet (bananas, rice, applesauce, toast and tea) may help

Foods which appeal to pregnant women and are likely to be tolerated	
Juices Fruity popsicles Gelatin desserts Chicken broths Ginger ale (non diet) Sugared decaffeinated teas Lemonade Mushroom soup	Chips Pretzels Pickles Brown rice Celery sticks Apples Mashed potatoes Bread Noodles Cake Sugary cereal Dry crackers
Foods unlikely to be tolerated.	
Foods cooked with grease or oil Fatty meats Butter, or margarine Gravy Mayonnaise or salad dressing Acidic foods (like citrus fruits and tomatoes) Fried foods Bacon or salt pork Spicy foods	

- Sit upright for 45 minutes after eating.
- Avoid caffeine, alcohol and tobacco.
- If you think your morning sickness is related to your vitamins, talk with your doctor about prescribing another vitamin (Usually an enteric coated vitamin with less or no iron).
- Ginger 250 mg four times daily may help.
- Motion sickness bracelets (Sea Bands) have helped a few women.