

Nausea & Vomiting

Many women experience some nausea/vomiting in the early stages of pregnancy. These symptoms are thought to be related to the rising levels of pregnancy hormones. Despite the common designation of “morning sickness,” general malaise, nausea and vomiting can occur at any time of the day. This fairly common problem is usually temporary and symptoms typically disappear by the end of the third month. Severe or persistent vomiting should be reported to your physician or midwife.

Try some of these suggestions to help you through this temporary uncomfortable period:

1. Try not to go more than two to four hours without eating something. Small, frequent meals are best.
2. Eat something with protein at every meal and snack. This will help prevent hunger and nausea for a longer time.

Protein foods

- milk
- cheese
- yogurt
- peanut butter
- meat
- fish
- eggs
- nuts/seeds
- chicken
- beans/peas
- cottage cheese
- tuna

3. Limit your intake of fat. Choose lean meats and low-fat or nonfat dairy products. Do not cook with fat or add fat to your food.
4. Drink liquids between meals rather than with meals. Sips of 100% fruit juice or lemonade may help settle a queasy stomach.
5. Choose cold foods whenever possible.
6. Avoid unpleasant and strong smells as much as possible.
7. Eat a few plain saltine crackers or a piece of dry toast before getting out of bed. Get up very slowly.
8. Make mealtimes a relaxing experience. Try to eat very slowly.

If you have questions, a nutrition education specialist is available to help at 508-852-6175 or 1-888-392-0183.