



Diet for Nausea during Pregnancy

Many women have nausea (upset stomach) with or without vomiting (throwing up) during early pregnancy. Even though you may not be able to eat your regular food, your baby will still get nutrients from you. These ideas may help until you feel better:

- ▶ Eat small amounts of food every 1-2 hours during the day (six or more times daily). Try not to eat too much at one time or leave your stomach too empty as this may make you feel worse.
- ▶ Have a protein food at meals and snacks if you can as this may help you feel better (look at the “Protein Foods” list on the back of this pamphlet).
- ▶ You may feel worse if you are not drinking enough fluids. Aim for at least 2 litres (8 cups) of fluids daily in small amounts taken more often. Mixing food and drinks can make your nausea and vomiting worse. Try drinking fluids on their own instead of with food, if that works better for you. Try some choices from the “Fluids” list if drinking water makes you feel sick. Choose fluids with more calories if you are losing weight.
- ▶ If your prenatal vitamin is making you feel sick, try taking it at bedtime with food instead of in the morning. If it still makes you feel sick, stop taking the prenatal vitamin until after the first three months of pregnancy. Instead, take a folic acid supplement or an iron-free multivitamin that has folic acid in it.
- ▶ If you have heartburn and/or gas as well as an upset stomach, ask your doctor what is safe to use to treat heartburn and/or gas; not treating them can make your upset stomach worse.
- ▶ Vitamin B6 (10-25 mg three times daily) may be used to treat your nausea and vomiting. The anti-nausea drug called Diclectin also has vitamin B6 in it. **Ask your healthcare worker before starting any vitamins or supplements.**
- ▶ Ginger root supplements (250 mg ginger powder in capsules, one to four times daily) may help ease your upset stomach. **Do not take any other herbal supplements as they may be unsafe during pregnancy.**

▶ For more information:



- BC Women's Hospital Dietitian
604-875-2330
- Healthlink Dietitian Call 8-1-1
- Motherisk Helpline
1-800-436-8477



www.motherisk.org – “How to Survive Morning Sickness Successfully” (free online publication)

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Eat and drink whatever appeals to you. Some ideas are listed below.

STARCHY FOODS

- Bread (e.g. white or sourdough bread)
- Toasted bagel or English muffin
- Roti or tortilla
- Plain cookies
(e.g. arrowroot, ginger, graham wafers)
- Potato (Boiled, mashed or baked)
- Rice or congee
- Noodles
- Dry cereal (e.g. Cheerios)
- Instant hot cereal (e.g. oatmeal)
- Granola bars
- Pancakes or waffles
- Macaroni and cheese

PROTEIN FOODS

- Peanut or almond butter
- Cheese (e.g. cheddar)
- Custard/pudding/dessert tofu
- Greek yogurt
- Nuts and seeds (e.g. almonds)
- Beans and lentils (e.g. dal)
- Meal replacement drinks
(e.g. Instant Breakfast or Ensure or Boost)
- Milkshake
- Eggs (e.g. hard boiled, omelet)
- Edamame (soy beans)

FRUITS & VEGETABLES

- Fresh or frozen fruit
(e.g. apple, watermelon, grapes, berries)
- Canned fruit (peach, pear)
- Applesauce
- Dried fruit (e.g. apricots, raisins)
- Raw vegetables
(e.g. carrots, celery, cucumber)

FLUIDS

- Ice cubes made from juice or lemonade
- Jell-O
- Flavored mineral water
- Lemonade or iced tea
- Ginger ale
- Fruit juice, diluted (e.g. ½ water and ½ cranberry juice)
- Ice cream or frozen yogurt
- Popsicle or frozen fruit bar
- Gatorade or coconut water
- Milkshake or smoothie
- Boost Fruit Beverage
(ask pharmacy to order if not in store)
- Hot tea (e.g. green, black)
- Soup (e.g. broth, mushroom)

SALTY FOODS

- Soda crackers (e.g. saltines, SkyFlakes)
- Potato chips or tortilla chips
- Pickles
- Pretzels

Notes:
