

Coping with Nausea

How to Prevent Nausea

- Do not use coffee, cigarettes, and alcohol since they can upset your stomach and harm your baby.
- Keep away from stale odors, strong cooking odors, smoke, cleaning fluids, paints, perfumes, or other scents.
- Stay away from crowded places and areas with poor air circulation.
- Do not eat foods that can cause gas like garlic, oregano, onion, and bell pepper.
- Stay away from foods that make nausea worse. High-fat, fried foods and dishes with heavy spicy sauces such as:

Fried eggs	Sausage
Pizza	Chips
French fries	Cream
Soups	Butter
Fried chicken	Oils
Cream sauces	Lard

Listen to your body's food cravings

If the only foods that taste good or keep you from vomiting are "junk foods," then eat them:

Potato chips	Plain burgers
Pickles	Lemonade
Hot dogs	French Fries

You may need to cut back on these once nausea is gone.

Ideas to Help You Feel Better

- Get plenty of fresh air. Open windows, use fans. Take a brisk walk outdoors.
- Get up slowly in the morning. Put crackers, fruit, or fruit juices near your bed. Take a few bites before getting up.
- Drink fluids at least one half hour before or after mealtimes.
- Sip small amounts of liquid as often as you can.
- Add water to juices (apple, grape, mango, punch, lemonade), or make broth or noodle soups.
- Try snack foods like nuts, string cheese, crackers, dried fruits, trail mix, sandwiches, 100% fruit juices, and ginger candies.
- Eat small amounts every two or three hours, day or night. Eat, even if you are not hungry.
- Eat a bedtime snack which contains a protein food such as egg, cheese, meat, peanut butter, or yogurt.
- Decide which foods sound good to you. Try some of these snacks:

Ice cream	Bread (whole grain)
Cottage cheese	Popsicles
Crackers	Berries
Yogurt	Dry Cereal
Lemonade	Melon
Sour candies	Popcorn (plain)

Make an appointment with our
nutritionist by calling

822-1385