

## COPING WITH MORNING SICKNESS:

### 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 peppers.
- Stay away from foods that make nausea worse, like high-fat, fried foods, and dishes with heavy spicy foods & acidic foods:

Fried eggs	Sausage
Pizza	Bacon
French fries	Cream
Gravy	Butter
Fried chicken	Oils
Cream sauces	Lard
Onions	Pepper
Chili	Orange Juice

### *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

Try to cut back on these once nausea is gone.

### Ideas to Help You Feel Better

- Get plenty of fresh air. Open windows and use fans. Take a walk outdoors.
- In the morning, get up very slowly, taking 5 to 6 minutes. Avoid sudden movements when getting out of bed. Try placing some dry cereal or dry bread within reach of your bed. Toast, dry biscuits or crackers work as well. Take a few bites before getting up.
- Drink fluids at least 1 ½ hours before or after mealtime.
- Sip small amounts of liquid as often as you can. Try to drink at least 8 glasses of liquids every day.
- 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, fruit juices, and hard lemon candies.
- Eat small amounts every 2 or 3 hours, day or night. Eat, even if you are not hungry.
- Decide which foods sound good to you. Try some of these snacks:

Ice cream	Breads	Cottage Cheese
Popsicles	Crackers	Berries
Yogurt	Dry Cereal	Lemonade
Melon	Popcorn	Sour candies
Toast		

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