

SUGGESTIONS TO REDUCE NAUSEA DURING PREGNANCY

Avoid high fat foods

- gravies
- cream sauces
- mayonnaise
- high fat cheese
- butter or margarine
- whole milk products
- regular salad dressing
- fried or greasy foods

Avoid liquids at meal times

- Limit liquids or soups to 1 cup at each meal or have ice chips available while eating.
- Drink fluids either 30 minutes before or 1 hour after a meal.
- Sip on juices, water, milk, ice chips, decaffeinated beverages between meals to prevent dehydration

Avoid foods that may cause gas

- cabbage
- broccoli
- onions
- turnips
- radishes
- dried beans
- Brussels sprouts
- collard greens

Avoid highly seasoned foods

- garlic
- onion
- pepper
- chili powder

Avoid large meals

Avoid unpleasant odors

Avoid sudden movements when getting out of bed

Eat several small meals, 5 or 6 times a day

Practice good oral hygiene

Before going to bed, place some dry cereal, toast or crackers within reach of the bed

Before getting up in the morning, eat some dry cereal, toast or crackers

Get up slowly, take five or six minutes