

## Morning Sickness Diet

Hyperemesis Diet

High Carbohydrate-- Low Fat

### Principle:

The Hyperemesis diet is a high carbohydrate, low fat diet that is indicated for pregnant women experiencing nausea and vomiting during the first trimester of pregnancy. The diet is planned to include frequent small feedings throughout the day. This may prevent distention of the abdomen. It is recommended that beverages be consumed between meals instead of with meals.

### Allowed

**Beverage:** (Drink between meals) Carbonated beverages, fruit flavored drinks, tea, decaffeinated coffee

**Bread:** Enriched white bread, rye bread, whole grain bread, raisin bread, English muffins, bagels, rolls, melba toast, rusk, zwieback, saltines and soda crackers, graham crackers

**Cereals:** All except those listed to void

**Desserts:** Fruit, gelatin, pudding or junket made with skim milk (except chocolate), angel food cake, plain cookies, fruit whips, meringues, fruit ice, plain hard candy, fondant, divinity or sea form made with nuts, sugar, jam, jelly, preserves, molasses, syrups

**Fats:** Butter, margarine, salad dressings, cooking fat limited to 3 tsp per day

**Fruits and Juices:** All except those listed to avoid

**Meat, Fish, Poultry, Eggs, and Cheese** All meat must be baked or broiled and trimmed of fat. Limit intake to 5 ounces per day.

**Beef:** Beef round, ground round, round roast, rump roast, sirloin tip, tenderloin, flank steak, trimmed T-bone, porterhouse, sirloin, rib eye

**Veal:** Arm steak, sirloin, roast and steak, rump roast, loin chop

**Poultry:** Chicken, turkey, Cornish hen (trimmed of skin)

**Fish:** bass, brook trout, catfish, cod, crappie (sunfish), flounder, haddock, water packed tuna and salmon, mackerel, oysters, halibut, perch, poke, swordfish, whitefish

**Organ Meat:** Liver

**Cheese:** All cheese made with skin milk, camembert, cottage cheese (1% or 2% fat), edam, mysost, mozzarella part-skim, parmesan, any cheese containing less than three grams of fat per ounce.

**Eggs:** Boiled, poached scrambled (limit to 1 per day)

**Potatoes or Substitutes** White or Sweet, baked, mashed, boiled; macaroni, noodles, rice, spaghetti

**Seasonings** Salt, herbs, lemon, parsley, pimento, vinegar, vanilla flavoring

**Soups** Clear, fat-free broth, cream soups made with skim milk and vegetable soup made from allowed vegetables

**Vegetables** All except those listed to avoid

**Miscellaneous** Catsup, mild mustard, skimmed natural gravy

### Avoid:

**Beverages:** Chocolate and cocoa flavored beverages, excessive amounts of coffee

**Bread:** Butter rolls, biscuits, muffins, quick breads, hot pancakes, waffles, sweet rolls, donuts, high fat party crackers

**Cereals:** Cocoa flavored cereals

**Desserts:** Desserts made with chocolate, cocoa, cream, egg yolks, shortening, whole milk or nuts, ice cream, pie, pastries, and heavy cakes with icing

**Fats:** Gravy

**Fruits and Juices:** Avoid if they cause distress -- raw apples and melons; avocado

**Meat, Fish, Poultry, Eggs, and Cheese:** Fatty meats, meat canned or frozen with gravy, fried meat, luncheon meat, cold cuts, hamburger, frankfurters, sausage, spareribs, pork, bacon, corned beef, beef brisket, poultry skin, goose, duck, caviar, veal cutlets, lamb chops. All other cheeses.

Peanut butter

**Potatoes or Potato Substitutes:** Potato chips, fried potatoes, creamed potatoes, or fried in any way with whole milk or cream

**Seasonings:** Black pepper, red pepper, garlic, chili powder

**Soups:** Any containing fat, cream, or whole milk

**Vegetables:** Avoid if they cause distress: broccoli, brussels sprouts, cabbage, cauliflower, cucumbers, corn, dried peas and beans, mushrooms, onions, peppers, parsnips, radishes, sauerkraut, turnips

**Miscellaneous:** Olives, peanut butter, gravy, nuts

## **Suggested Meal Plan**

**Breakfast:** Fruit, Cereal with Milk (1/2 cup), Egg, Toast with Jelly, Beverage

**10 am:** Skim milk -- 1/2 cup

**Lunch:** Lean Meat, Potato or Substitute, Vegetable, Bread/Jelly, Fruit or Dessert, Skim milk (1/2 cup)

**2PM:** Skim milk, plain cookie, fruit ice

**Dinner:** Lean Meat, Potato or Substitute, Vegetable, Bread/Jelly, Fruit or Dessert

**8PM:** Skim milk, Saltines with Jelly

## **Morning Sickness Helpful Hints**

### **A) Motion Sickness Wrist Bands**

1. Wrist band can be purchased at most pharmacies.
2. 75% of women have been found to respond with relief of nausea
3. If you are going to respond, you will notice relief of nausea within 3-4 hours.
4. Place the wristband with the little ball on the palm side of your wrist between the two tendons, about three fingerbreadths down from your hand.
5. If you do not notice relief in 2-4 hours, place the little ball 2 fingerbreadths down from your hand.
6. If you do not notice relief in 2-4 hours, place the little ball 4 fingerbreadths down from your hand.
7. If you do not experience relief within 2-4 hours, it won't work for you.
8. Leave the band in place 24 hours a day, if able, to achieve the best control.

## B) Non-Medicinal Therapies

1. Eat frequent, small carbohydrate rich meals.
2. Avoid foods and smells that trigger nausea and vomiting.
3. Avoid caffeine and alcohol.
4. Try to take your liquids in between meals instead of with meals.
5. Keep dry toast, crackers, Cheerios at your bedside to take first thing in the morning.
6. Flat Coca-cola, ginger ale, or 7-up are often will tolerated fluids.
7. Refer to the Hyperemesis Diet

## C) Over the Counter Medication

1. Unisom (doxylamine) 25mg every 4-8 as needed with Vitamin B-6 (pyridoxine) 10-25 mg every 4-8 hours as needed. Be aware that Unisom will make you sleepy!
2. Emetrol 1-2 tablespoons every 3-4 hours as needed. This is well be tolerated with minimal to no side effects.
3. Bonine or Antivert (both aka meclizine) 25-50 mg every 12-24 hours as needed. These medications will make you sleepy!

*There are a number of prescription medications that can be utilized for nausea and vomiting that your doctor would need to prescribe. It is generally better to try to avoid medication during pregnancy, but if you do need something prescription to relieve your symptoms, your doctor will prescribe something safe for pregnancy.*