



PREGNANCY ANTINAUSEA DIET & LIFE-STYLE

A. TWO MAIN RULES

Rule 1: Don't go more than 4 hours without eating.

Reason: Your body's metabolism increases tremendously so you use up your calories more quickly.

Rule 2: Eat a combination of sugar and protein each time you eat a meal or snack.

Reason: Rapid rises and falls of your blood sugar can make you nauseated, irritable, fatigued, headachy. This will keep your blood sugar stable.

Examples of protein and sugar combinations:

- 1) Peanut butter, crackers and Sprite.
- 2) Cheese toast on whole grain bread with fruit juice.
- 3) A slice of cheese with an apple.
- 4) Sliced turkey sandwich and low fat chocolate milk.
- 5) Dry roasted nuts and 7-Up.
- 6) Ice cream, pudding, or custard.
- 7) Homemade milkshake or Wendy's "Frosty".
- 8) Cottage cheese with sliced peaches or pears.
- 9) High protein cereal with fresh berries or raisins and milk.
- 10) Trail mix and fruit juice.

B. OTHER RULES

- 1) Eat small amount frequently, including first thing in the morning and a bedtime snack.
- 2) Avoid greasy, spicy, fried, or oily foods including butter and margarine. Use jam, jelly or honey instead.
- 3) Avoid all sodas except Sprite, Gingerale or 7-Up. The others contain phosphoric acid which can make you queasy, including Coke!
- 4) Sleep in a room with good ventilation (window open, fan on).
- 5) Do not let anyone smoke in the bedroom.
- 6) Avoid cooking if the odors bother you. Frozen foods and casseroles are fine until you feel better.

C. IF YOU ARE NAUSEATED IN THE MORNINGS

- 1) Place dry crackers at your bedside when you get your bedtime snack. Do not choose a cracker which leaves a buttery stain or greasy mark on a paper towel or napkin (ex. Ritz, Waverly Wafers, Captains Cracker or Wheatworth). Choose instead pretzel sticks, Melba toast, saltines or soda crackers.
- 2) When you first wake up, do not get out of bed for any reason (neither for the cat nor a full bladder!) Turn over and eat your crackers. After a few minutes, sit on the side of the bed and let your legs dangle. Then get up slowly.
- 3) Take your prenatal vitamin pill with your bedtime snack.