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HYPEREMESIS DIET

Nausea and vomiting is common in about half of all pregnancies. It often occurs between the second and fourth month and usually disappears by the fifth. The cause is not known. It may be due to hormonal changes taking place in the body. However, stress, anxiety, and tension are also related to nausea and vomiting.

The following tips may be helpful in dealing with nausea and vomiting.

1. Do not skip meals. This will only deprive your body and baby of needed nutrients. In addition, lack of certain nutrients like potassium can actually cause you to vomit even more. Nausea and a general run-down feeling can also be caused by low blood sugar, which in turn is caused by not eating.
2. Eat small, frequent meals – every two to three hours. An empty stomach will contract more violently when empty. Examples of between meal snacks are vanilla pudding, custard, cottage cheese, and fruit.
3. Do not take liquids with meals. Liquids take too much room in your stomach and are less likely to stay down. Save your juice, milk or soup for between meals.
4. Eat dry crackers (such as soda or saltines) before getting out of bed or when you begin feeling nauseous.
5. Do not eat greasy, fried, or spicy food (this includes fast food). Particular spices to avoid are pepper, cinnamon, chili, and peppermint. Other food to stay away from are: chocolate, coffee, decaffeinated coffee, sodas (non-caffeine containing sodas are allowed – check the label) and citrus juices although many people tolerate these.
6. Eat foods at room temperature and eat slowly. Try to eat in a quiet, non-stressful area.

Feeling happy and unhappy about being pregnant is normal. If you do not feel physically well however, these feelings will tend to be even more confusing. Talking about these mixed up feelings can sometimes help. A social worker is available to you if you would like to talk.

The following list of foods may be helpful for choosing foods at home.

TYPE OF FOOD	USE	DO NOT USE
MILK AND MILK PRODUCTS	Milk, milk beverages Other milk products.	Any containing chocolate or caffeine such as coffee
CHEESE	All except as noted.	Any containing pepper or hot spices.
MEAT, FISH OR POULTRY	All except as noted. Baked, broiled or boiled.	Any spiced with pepper such cold cuts, fatty cuts of meat.
MEAT SUBSTITUTES	Peanut butter, tofu	
EGGS	All cooked without fat are better tolerated	
Vegetables	All except noted	Spicy vegetables or juice, such as brussel sprouts, broccoli, cauliflower, cucumbers, radishes, green pepper.
FRUITS AND JUICES	ALL	
CEREALS & STARCHES	ALL	
BREADS	ALL	
SOUPS	Broth or cream soups made with allowed foods, do not eat with meals.	Any highly spiced, especially made with pepper.
FATS	All, if tolerated.	Spicy dressings.
DESSERTS	All except as noted	Any containing caffeine, Chocolate, pepper or hot spices.
BEVERAGES	Postum, Vanilla Ovaltine	Coffee, tea, cocoa or other caffeinated beverages, alcohol & caffeine-free sodas.

MISCELANEOUS

Spices, herbs sweets and
Condiments except as noted

Highly seasoned foods such
as those with chili powder,
peppers, cumin, horseradish
mustard, cinnamon, peppermint,
any form of chocolate.

HYPEREMISIS- SAMPLE MENU

UPON RISING

DRY TOAST OR SODA CRACKERS

BREAKFAST

**_ CUP PLAIN CREAM OF WHEAT
_ CUP LOWFAT MILK
1 SLICE TOAST
2 TSP SUGAR
2 TSP JELLY**

MORNING SNACK

**1 SLICE OF TOAST
2 TSP JELLY**

LUNCH

**_ CUP LOWFAT COTTAGE CHEESE
2 CANNED PEACH HALVES
4 PIECES MELBA TOAST
_ INCH SLICE ANGELFOOD CAKE**

AFTERNOON SNACK

1 CUP VANILLA PUDDING

DINNER

**3 OZ BAKED FISH WITH LEMON
_ CUP PLAIN MASHED POTATOES
_ CUP STEAMED ZUCCINE, LIGHTLY BUTTERED
1 SLICE BREAD
_ CUP SENECA APPLESAUCE**

EVENING SNACK

1 CUP CUSTARD