



HUTT maternity

Hutt Valley Maternity Care

Nausea during pregnancy

Information for women

The term 'morning sickness' does not always apply, as nausea can hit at any time anywhere. Different things work for different people so work out what suits you best.



Guidelines

- Eat 6 small meals per day rather than 2 or 3 larger meals
- Avoid going longer than 2-3 hours without eating something. Getting hungry and having an empty stomach can increase nausea

- Use low fat, high carbohydrate foods (bread, crackers, pasta, rice)
- Use high protein, low fat foods (eggs, chicken, pulses/legumes)
- Sip on fluids regularly
- Choose fluids that contain some calories / carbohydrate (fruit juice, cordial, fizzy drink left to go flat)
- Cold foods may be better tolerated than hot foods
- Eat dry snacks before getting out of bed
- Avoid strong smelling / strongly flavoured food
- Try salty food/snacks (crackers, pretzels, marmite/vegemite on toast/crackers)
- Try ginger/ginger flavoured products (flat ginger ale, ginger biscuits, crystallized ginger)
- Suck on ice, ice blocks, peppermints, barley sugars
- Try sitting upright after meals to help reduce reflux
- Rest regularly and get plenty of fresh air
- Brush your teeth directly after eating

Additional Information

You can find more information on www.moh.govt.nz in the Healthy Eating for Pregnancy Women booklet, Folic Acid and Neural Tube Defects & Iodine and Iodine Deficiency booklets, or ask your LMC for a copy.

The New Zealand Food Safety Authority www.nzfsa.govt.nz also provide a book with

information on Food Safety in Pregnancy, again ask your LMC for a copy.



Summary

- Avoid foods or environments that trigger nausea or vomiting
- Eat and drink regularly, avoid getting hungry and thirsty
- Choose foods that you tolerate well, these are often high carbohydrate, high protein and low fat foods

Nutrition & Dietetic Service

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