

Many women have nausea or “morning sickness” during the first few months they are pregnant. It is caused by the pregnancy-related hormone changes in your body. Although it is most common in the morning, it can go on all day.

**Here are a few ways you can help feel better.**

**Do not use coffee, cigarettes, or alcohol.**

- They can upset your stomach
- They can also harm your baby

**You may want to stay away from:**

- Stale odors
- Strong cooking odors
- Smoke
- Cleaning fluids or paints
- Perfumes or other smells
- Crowded places
- Places with no fresh air

Stay away from foods that make your nausea worse such as high fat foods, fried foods, and dishes with strong spices.

**Listen to what your body wants. Eat foods that:**

- Taste good to you
- Keep you from having nausea and vomiting

**Get plenty of fresh air.**

- Open windows, use fans
- Take brisk walks outdoors

**Get up slowly in the morning.**

- Put crackers, fruit, or fruit juices near your bed
- Take a few bites before getting up

**Drink fluids at least one-half hour before or after mealtime.**

- Sip small amounts of liquid as often as you can
- Add lemon to water and add water to juices like apple, grape, or mixed juices
- Make broth or noodle soups



**Eat snacks or small meals every two or three hours when awake.**

- Try snack foods like nuts, cheese, crackers, dried fruits, trail mix, sandwiches, fruit juices, and hard lemon candies
- Eat a little bit every 2 or 3 hours even if you are not hungry
- Just before you go to bed, eat a protein food, like eggs, cheese, meat, peanut butter, or yogurt

**Decide which foods sound good to you. Try some of these snacks:**

- Gelatin desserts like Jell-O®
- Fruity foods: popsicles, melons
- Salty pretzels or potato chips, broth
- Dairy foods: ice cream, yogurt
- Soft foods: breads, noodles, mashed potatoes, rice, gelatin desserts like Jell-O®
- Dry foods: crackers, dry cereal
- Yogurt
- Tart foods: lemonade, pickles, sour candies
- Crunchy foods: celery sticks, apple slices, nuts, popcorn
- Liquids: juice, seltzer, sparkling water, ginger ale

Ask your health care provider for other ideas that may help. Discuss the use of any herbal remedies, medications or alternative therapies with your provider to make sure they are effective and safe for you and your baby.



Tips I can try:

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