



## Hyperemesis Diet in Pregnancy

The following are guidelines and suggested foods to help manage symptoms:

- Once vomiting decreases to less than 2 to 3 times a day, start a Hyperemesis diet instead of clear liquids.
- Try to eat small frequent meals with snacks between meals and at bedtime. This helps to get in more calories, vitamins and minerals.

**Suggested foods** (in 1 to 2 ounce or  $\frac{1}{2}$  cup measure portions)

- \_ Bagels
- \_ Baked potatoes
- \_ Bananas (small)
- \_ Breads, toast
- \_ Crackers
- \_ Cream of wheat
- \_ Dry cereals
- \_ Mashed potatoes
- \_ Oatmeal
- \_ Pears
- \_ Plain pasta, noodles
- \_ Plain rice

- May add salt to taste
- Avoid added fats such as oils and butters as they often worsen symptoms.

## Fluids

- \_ Fruit juices (diluted)
- \_ Ginger ale, Sprite, Cola
- \_ Skim milk
- \_ Weak tea

- Wait 15 to 30 minutes after eating before drinking fluids and drink majority of liquids between meals.
- Limit to  $\frac{1}{2}$  to 1 cup portions for better tolerance.
- After 2 to 3 days of little or no vomiting, add these foods for extra protein and calories:
  - \_ Baked chicken (without skin)
  - \_ Broiled, baked fish
  - \_ Eggs
  - \_ Fruit cocktail
  - \_ Jell-O
  - \_ Lean meats
  - \_ Low fat mild cheese
  - \_ Low-fat cottage cheese
  - \_ Sherbet
  - \_ Soups
  - \_ Yogurt

## Sample Menu

- \_ Bagel
- \_ Dry cereal
- \_ Hot tea
- \_ White bread
- \_  $\frac{1}{2}$  baked potato
- \_ Crackers
- \_ Apple juice
- \_ White bread
- \_ Whipped potatoes
- \_ Crackers
- \_ Skim milk
- \_ Banana
- \_ Crackers
- \_ Sprite
- \_ Cream of wheat or oatmeal

## General Guidelines

- Eat slowly and chew your food well.
- Do not lie down for at least 2 hours after eating.
- Avoid heavily spiced, high-fat foods such as fried foods, Mexican dishes, etc.
- Avoid foods that have a strong smell. Cold foods may be tolerated well since they have less smell.
- Avoid mixing hot and cold foods at the same meal.
- Eat foods you feel you can handle.
- Drink liquids between meals.
- When cooking, open windows or use exhaust fans to get rid of strong odors. Stay out of the kitchen when food is being prepared.
- Using ginger for the treatment of hyperemesis has been common in recent years. Taking 250 mg of a ginger supplement has been proven to reduce symptoms of hyperemesis. Always talk to your doctor before adding any herbal supplements to your treatment plan. Finger cookies, ginger ale and candies may also help your symptoms.