Hyperemesis Diet

Hyperemesis is a severe form of morning sickness. It happens during the first trimester of pregnancy. It is characterized by a frequent and severe vomiting. It is associated with a 5% weight loss of pre-pregnancy weight.

It possibly occurs because of rapid hormone changes with pregnancy. Hyperemesis may occur between weeks 6 and 12 and disappears by the twentieth week of pregnancy. Some women may experience worsening symptoms between weeks 15 and 17.

The hyperemesis diet may be used to lessen symptoms of nausea and vomiting.

EATING GUIDELINES:

- Eat 5-6 small meals daily instead of 3 large meals.
- Avoid foods with strong smells.
- Avoid drinking 30 minutes before and after meals.
- Avoid fried or high fat foods such as butter and cream sauces.
- Starchy foods are usually well tolerated. This includes foods such as cereal, toast, bread, potatoes, pasta, rice, and pretzels.
- Eat crackers before you get out of bed in the morning.
- Avoid spicy foods.
- Continue to take your prenatal vitamin as prescribed.
- Ginger may help with nausea. Add ¼ tsp to hot tea or choose ginger tea.
- Other odors such as perfumes, soaps, and chemicals may worsen symptoms.

SAMPLE MEAL PLAN

- **Breakfast**

1/2 cup oatmeal
1 slice toast
1 tsp heart healthy margarine
1 tsp jelly
1 scrambled egg

Beverage between meals

- **Midmorning Snack**

1 cup low-fat yogurt

- **Noon Meal**

Plain ham sandwich
Carrot or celery sticks
1 small apple
3 graham crackers

Beverage between meals

- **Midafternoon Snack**

Cheese and crackers

- **Evening Meal**

4 oz. pork tenderloin
1 small baked potato
1 tsp margarine
1/2 cup broccoli
1/2 cup grapes

- **Evening Snack**

1 cup pudding

Beverage between meals

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