

## Morning Sickness

Congratulations! You are pregnant! Unfortunately, you may not be feeling on top of the world, rather crippled over with pregnancy-related nausea and/or vomiting. Nausea and vomiting is common in most normal pregnancies, with 80-90% of women experiencing these symptoms at any time of day, particularly during the first trimester of their pregnancy.

### What is Nausea and Vomiting of Pregnancy (NVP)?

Nausea and Vomiting of Pregnancy (also known as NVP or morning sickness) is caused by the hormonal changes that occur during pregnancy and generally ceases after the first trimester. Although it is often known as 'morning sickness', symptoms such as nausea can occur at any time of the day.

For the most part, women with NVP may also experience vomiting. This is not usually a concern for the mother or unborn baby. When vomiting is severe and ongoing, it is important to consult your doctor.



### Dietary Management of Nausea

Nausea is difficult to stop completely but it can be managed with some simple strategies. It is important to remember that every pregnancy is different, so it is important to figure out what works for you. Some of the following approaches may be useful:

- Eating dry toast, slices of apple or crackers before rising in the morning may settle nausea
- Avoid large serving sizes and try to eat 6-8 small bread & butter plate-sized meals throughout the day
- Sip on water, diluted juice, milk, fruit-flavoured water between meals
- Limit spicy, fatty and fried foods
- Avoid foods that have a strong aroma (cold foods may be better tolerated)
- Try eating a healthy snack before bed at night
- Ask your partner or friend to assist with meal preparation or prepare meals at times of the day when you feel most well
- Avoid missing meals completely as this can make nausea worse, and
- Add ginger to stir fries or freshly squeezed juices.



### Foods to Include

Different people tolerate different foods with NVP, and the foods that you can tolerate may change from day to day, or even hour to hour. Healthy snack options that may be appealing when you have NVP include:

- Toast (wholemeal/wholegrain)
- Dry biscuits (wholegrain if possible)
- Fresh, tinned or dried fruit
- Vegemite or hummus
- Hard cheeses such as cheddar cheese
- Mixed nuts
- Muesli bars
- Yoghurt

Some easy nourishing meals to prepare in advance and freeze include:

- Zucchini slice
- Dahl
- Fried rice
- Salmon or Tuna patties
- Fish
- Frittatas



### Managing Vomiting

Vomiting can lead to dehydration. Even if you do not feel like drinking, it is important to continue consuming fluids. If you do not feel like drinking water, diluted juice, try lemonade, cordial, clear soups, crushed ice or slushies instead. Even fresh or frozen fruit will contribute to your fluid intake. Jelly may also be easier to tolerate.

If NVP is severe it can cause dehydration and weight loss and may impact your nutrition and the nutrition of your baby. If nausea and vomiting does not stop, or you have any concerns, it is best to consult your doctor and dietitian. Your dietitian may be able to assist by recommending specialty nutritional supplements and fine-tuning dietary recommendations to help get you through the pregnancy.

### Remember

- At the end of the day, do what you need to do to get through
- If you need individualised, tailored dietary advice, come and see an Accredited Practicing Dietitian at Fitwise.
- It can be a really tricky time to get nutrition right and we are here to help.