

Nausea, which occurs in 50% of all pregnancies, can be a vicious cycle. The more nauseous you get, the less you eat. The less you eat, the more nauseous you get. Once the cycle is stopped, you will feel better. In most cases, nausea stops between the third and fourth month of pregnancy.

COMBATING 'MORNING SICKNESS'

Breads & other starches can help with morning sickness—They are easy to digest and give you energy.

It is important to eat when you wake up in the morning. If you do not eat, acid will flow into your empty stomach and will increase the nausea. The old cracker trick does work. Keep crackers by your bedside, and eat a few before getting out of bed, preferably after lying in bed an additional 5–10 minutes. Sit up slowly.

- Toast with jelly (no butter)
- Cereal
- Graham crackers
- Vanilla wafers
- Thin or stick pretzels
- Dry popcorn
- Baked/mashed potatoes (no butter or gravy)
- Rice
- Plain pasta

Decreasing Instances Of Nausea

Do not fry. If you can tolerate meat, try broiling, baking or stewing meat using your grill, slow cooker or oven.

Fresh vegetable salads may work better than cooked vegetables to relieve nausea. Fresh fruits, such as bananas, oranges or grapes, and canned fruits, like peaches, applesauce and fruit cocktail, may be tolerated.

When drinking juice, citrus juices may bother you. Minimize this by diluting the juice with water and ice, or by mixing them with other juices, such as pineapple or apple. Do not drink orange juice in the morning on an empty stomach. Milder juices include apple, grape, peach, apricot or pear nectar.

Eat small amounts of food at least every two to three hours during the day so your stomach is never empty. Some women may need a small snack in the middle of the night. Try drinking fluids 30-60 minutes after meals so you will not feel so full.

Stop smoking and stay away from those who smoke. Smoking increases the secretion of stomach acids and increases nausea.

If all else fails, keeping a peppermint candy, lemon drop or even a marshmallow in your mouth may make the nauseated feeling subside.

Staying Hydrated

Daily vomiting can lead to dehydration. You must keep down some fluids. Try plain Jell-O®, weak tea, diluted fruit juice, plain soup or broth. Sodas like ginger ale, 7-Up and room temperature, flat Coca-Cola® may help.

Before Bed

You must eat a protein-filled snack before bed. Try cheese and crackers, a peanut butter sandwich or hard-boiled eggs.