

## Nausea and Vomiting of Pregnancy

More than half of all pregnant women suffer from nausea and vomiting during their pregnancy. Since each woman is different and each pregnancy is different, the severity of nausea and vomiting of pregnancy (NVP) will vary from woman to woman

No one knows exactly what causes NVP. Most researchers believe it's a combination of the many physical changes taking place in your body such as the high levels of hormones. NVP usually begins around the 6<sup>th</sup> week. Although common in the morning, "morning sickness" can actually happen at any time of the day.

### Helpful Tips to Control NVP:

- When you first wake up, eat a few crackers and then rest for 15 minutes before getting out of bed
- Get up slowly and do not lie down right after eating
- Eat small meals or snacks often
- Avoid cooking or eating spicy, fatty and fried foods
- Try eating cold food instead of hot (cold food may not smell as strongly as hot food)
- Eating salty potato chips can help settle the stomach

### Food Ideas to Help Relieve Nausea:

|         |   |
|---------|---|
| Salty   | Chips, Pretzels                             |
| Tart    | Pickles, Lemonade                           |
| Earthy  | Brown rice, mushroom soup, peanut butter    |
| Crunchy | Celery sticks, apple slices, nuts           |
| Bland   | Mashed potato, gelatine, broth              |
| Soft    | Bread, noodles                              |
| Sweet   | Cake, sugary cereals                        |
| Fruity  | Fruity popsicles, watermelon                |
| Liquid  | Juice, seltzer, sparkling water, ginger ale |
| Dry     | Crackers                                    |