



Patient Education Material

Hyperemesis Gravidarum Diet

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

EATING GUIDELINES

- Eat 5 to 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, such as cereal, toast, bread, potatoes, pasta, rice, and pretzels.
- Eat crackers before you get out of bed in the morning.
- Avoid spicy foods.
- Ginger may help with nausea. Add ¼ tsp ginger to hot tea or choose ginger tea.
- Continue to take your prenatal vitamins as directed by your caregiver.

SAMPLE MEAL PLAN

Breakfast

- ½ cup oatmeal
- 1 slice toast
- 1 tsp heart-healthy margarine
- 1 tsp jelly
- 1 scrambled egg

Midmorning Snack

- 1 cup low-fat yogurt

Lunch

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

Midafternoon Snack

- Cheese and crackers

Dinner

- 4 oz pork tenderloin

- 1 small baked potato
- 1 tsp margarine
- ½ cup broccoli
- ½ cup grapes

Evening Snack

- 1 cup pudding

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