**Patient information**

**Dietary advice for nausea during pregnancy/morning sickness**

Nausea/morning sickness during pregnancy is normal, especially during the early stages. For most women the nausea will improve between weeks 12 and 20, but for some the nausea will persist.

It is vital to drink and eat enough when you are nauseous, because dehydration itself can influence the nausea. It is also important to remember that an empty stomach can make you feel more nauseous.

It is very important that you consume enough fluids. Drink plenty, preferably clear, ice-cold drinks. You can freeze your drink in the form of ice cubes and suck on them. Drink between meals to make more room for your food at mealtimes.

**Examples of drinks that you can try**

Water with lemon  
Plain or flavoured Farris (carbonated mineral water)   
Fizzy drinks (Cola)  
Fruit squash  
Weak tea   
Iced tea   
Broth   
Eplemost (carbonated pure apple juice)  
Smoothie  
Sports drinks   
Nutritional drinks  
A fresh sliced ginger infusion ( soaked in hot or cold water)

An empty stomach worsens nausea, so it is wise to eat several smaller meals during the day, and to eat something preferably before you get hungry. Many pregnant women find that strong food odours trigger nausea, and the same goes for very fatty or spicy foods. Low fat, savoury food, either at room temperature, or cold, often provokes less nausea.

**Examples of food that is often well tolerated when nauseous**

* Dry foods
  + Biscuits, crisp bread, rusks (kavring), rice cakes, flat bread, breakfast cereals, toast, and fine, white bread
* Savoury foods
  + Salted crackers (e.g. Ritz), pretzel sticks, salted nuts, crisps, popcorn, caviar spread, soup, broth, olives
* Tangy/sour food
  + Tangy fruit, sour sweets, lemon juice on food and in drinks, yoghurt, pickles on sandwich fillings
* Cold/room temperature food
  + Lean meat, fish, chicken, sandwich fillings, shrimps, crabsticks, pasta, rice, salad, sandwiches, fruit, eggs, cottage cheese

**Practical tips**

* Avoid nausea triggers such as stuffy air, strong smells, heat, loud noises, and certain body movements (such as driving/riding in cars)
* Always have biscuits/crackers or toast on your bedside table, which you can try to eat before getting up
* Eat several meals during the course of the day, it helps to have something in your stomach at all times
* Eat slowly and chew your food well
* A walk in the fresh air, or airing the room before a meal can help you to avoid nausea
* Use a drinking cup with a lid and straw if the drink's smell bothers you
* Lay down and relax after a meal, preferably with your head elevated
* Avoid tight clothing
* Avoid your favourite foods so that you don't associate them with nausea later on
* Get others to help you prepare food if possible
* Use ready-prepared meals

**Dietary advice for pregnant women**

Updated dietary advice and recommendations regarding physical activity can be found in the Norwegian brochure "*Gravid",* which is issued by the Norwegian Health Directorate, and can be downloaded free from: www.helsedirektoratet.no/gravid.

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