

What to eat with morning sickness

A one-page guide for pregnancy. General information, not personal advice, and not a replacement for your GP, midwife or obstetrician.

What is worth knowing

- Morning sickness can happen at any time of day and is most likely between weeks 6 and 14.
- It is common and not a sign you are doing anything wrong.
- What you can keep down is personal and changes week to week.
- A Cochrane review found no trials of diet or lifestyle changes for nausea, and limited, inconsistent evidence for ginger.

Why one list does not fit everyone

When only a few foods feel possible, keeping fluids up and covering your nutrients takes planning. A dietitian builds a plan around what you can actually face.

Questions to bring to your dietitian

- Which foods and drink can I realistically manage this week?
- How do I keep my fluids up when water makes me feel sick?
- My prenatal vitamin makes it worse. What should I ask my doctor?
- How do I cover my nutrients while my diet is so limited?

See your doctor or midwife if you are vomiting often, cannot eat and drink enough, are losing weight, or have very dark urine, blood in your vomit or extreme tiredness. **If you cannot keep fluids down at all, see your doctor straight away or go to your emergency department.**

Want help that fits your pregnancy?

The Morning Sickness Mini Consult is 20 minutes with an Accredited Practising Dietitian, by telehealth from anywhere in Australia, for \$39.

ausclin.com.au/morning-sickness-dietitian
02 4091 9889

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