

Healthy Moms, Healthy Babies

Oklahoma Cooperative Extension Service • Oklahoma State University



Morning Sickness

Why is morning sickness a problem especially during the first three months of pregnancy? Doctors don't know what causes morning sickness, but they think hormone changes and anxiety are part of the problem. The signs of morning sickness, a queasy stomach and/or vomiting, can occur anytime but are more common in the morning. Morning sickness is usually not a major problem. It is important to try to ensure you and your baby are getting adequate nutrition. Take the prenatal vitamin supplement recommended by your doctor.

Try these tips to avoid morning sickness:

Food

- Eat a few crackers, dry cereal or a piece of bread before getting out of bed in the morning.
- Eat 4 or 5 frequent small meals throughout the day.

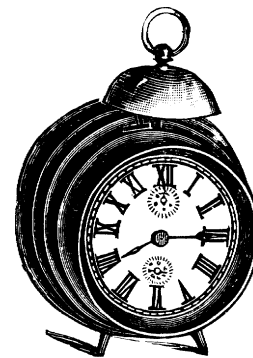
- Don't skip meals. An empty stomach may make nausea worse.
- Eat nutritious foods following the *Food Guide Pyramid*.
- Skip the greasy or fatty foods, spicy foods, and strongly flavored vegetables such as peppers and onions.

Liquids

- Drink liquids between meals.
- Drink small amounts of juice.
- Cut down or eliminate caffeine in coffee, tea, soda pop and chocolate.

Daily Living

- Make sure you are well rested and get out of bed slowly, avoiding sudden movements.



- Get plenty of fresh air. Make sure to have good air circulation when cooking food.

If you continue to have trouble with morning sickness be sure to tell your doctor.

Suggested Readings:

Dairy Council of California (1990). *Pregnancy: A special time for nutrition and good health*. Sacramento, CA: Author.

Maternal and Infant Health, Department of Public Health, City of Philadelphia (1990). *Healthy foods, healthy baby*. Maternal and Infant Health, Philadelphia Department of Public Health, 500 South Broad Street, Philadelphia, PA 19146.

Smith, P., and Coats C. (1988). *How to be perfectly pregnant*. Orlando, FL: Carolyn Coats' Bestsellers.

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DilOrio, C. (1985). First trimester nausea in pregnant teenagers: Incidence, characteristics, intervention. *Nursing Research, 34*, 372-374.

Eisenberg, Arlene, Murkoff, Heidi E., and Hathaway, Sandee. E. (1986) *What to eat when you're expecting*. New York: Workman Publishing Company, Inc.

Gong, E. (1990). Discomforts of pregnancy. In M. Story (Ed.) *Nutrition management of the pregnant adolescent* (pp. 85-89). Washington, DC: National Clearinghouse.

Schulman, P. (1982). Hyperemesis gravidarum: An approach to the nutritional aspects of care. *Journal of the American Dietetic Association, 80*, 577-578.



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County Extension Center:***



Prepared by:

Donna-Jean Hunt, M.S., R.D./L.D., EFNEP
Nutritionist

Emily Joyce, M.S., R.D./L.D., Nutrition
Education Programs Nutritionist

Beth Ann Fulgenzi, editor and graphic designer

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