



## Pregnancy: Managing Morning Sickness & Eating Right for You and Baby

**Pregnancy** is an exciting journey, but it also comes with challenges—especially morning sickness and food restrictions. Knowing how to manage nausea and what foods to embrace (or avoid) can help you feel your best while supporting your baby's growth.

### Morning Sickness: Why It Happens & How to Manage It

Morning sickness, characterized by nausea and sometimes vomiting, is common during the first trimester due to hormonal changes. While it usually eases by the second trimester, here are some ways to keep it under control:

- ✓ **Eat Small, Frequent Meals** – An empty stomach can make nausea worse. Try eating every 2-3 hours.
- ✓ **Choose Bland, Easy-to-Digest Foods** – Crackers, toast, bananas, and rice can help settle your stomach.
- ✓ **Stay Hydrated** – Sip on water, ginger tea, or electrolyte-rich drinks to prevent dehydration.
- ✓ **Try Ginger & Lemon** – Ginger candies, tea, or even lemon slices in water may help ease nausea.
- ✓ **Avoid Strong Smells** – Certain odors, like fried or spicy foods, can trigger nausea. Identify and avoid your triggers.
- ✓ **Rest & Reduce Stress** – Fatigue and stress can make morning sickness worse. Listen to your body and rest when needed.

If vomiting is severe and persistent (hyperemesis gravidarum), consult your healthcare provider for guidance.

### What Can I Eat While Pregnant?

Eating a well-balanced diet ensures your baby gets the nutrients needed for healthy development. Prioritize:

- ✓ **Fruits & Vegetables** – Rich in vitamins, minerals, and fiber to support digestion.
- ✓ **Protein Sources** – Lean meats, poultry, fish (low in mercury), eggs, beans, and tofu help with baby's growth.
- ✓ **Dairy Products** – Milk, yogurt, and cheese provide calcium for strong bones.
- ✓ **Whole Grains** – Brown rice, whole wheat bread, and oats keep energy levels steady.
- ✓ **Healthy Fats** – Avocados, nuts, seeds, and olive oil are essential for brain development.



### What Should I Avoid While Pregnant?

Some foods can pose risks during pregnancy, so it's best to be cautious:

- ❌ Raw or Undercooked Meat, Eggs, & Seafood – May contain harmful bacteria. Always cook thoroughly.
- ❌ Unpasteurized Dairy & Juices – Can carry bacteria that may cause infections.
- ❌ High-Mercury Fish (Shark, Swordfish, King Mackerel) – Mercury can affect your baby's nervous system.
- ❌ Deli Meats & Soft Cheeses (Unless Heated) – Risk of listeria, which can be harmful during pregnancy.
- ❌ Too Much Caffeine – Limit to 200 mg/day (about one small cup of coffee). Excess caffeine can affect fetal growth.
- ❌ Alcohol – Avoid completely, as it can harm fetal development.



### Nourishing Yourself & Baby

Pregnancy is a time to focus on balance, nourishment, and self-care. Eating well and managing morning sickness can make this special journey more comfortable. If you're ever unsure about a food or struggling with symptoms, reach out to your healthcare provider for personalized advice.

Your body is doing an amazing job—nourish it with love and care! ❤️

