



DR. EVELINE ASSAD, M.D. P.C.

6 CORNWALL COURT SUITES A & B EAST BRUNSWICK, 08816

TEL#: (732) 390-5550

FAX#: (732) 390-0550

Suggestions To Reduce Nausea During Pregnancy

- Avoid High Fat Foods
 - Gravies
 - Cream Sauce
 - Mayonnaise
 - High Fat Cheese
 - Butter or Margarine
 - Whole Milk Products
 - Regular Salad Dressing
 - Fried or Greasy Food
- Avoid Liquids at Meal Times
 - Limit liquids or soups to 1 cup with meal or have ice chips available while eating
 - Drink fluids either 30 minutes before or 1 hour after a meal
 - Sip on juices, water, milk, ice chips decaffeinated beverages between meals to prevent dehydration
- Avoid Foods That May Cause Gas
 - Cabbage
 - Broccoli
 - Onions
 - Turnips
 - Radishes
 - Dried Beans
 - Brussel Sprouts
 - Collard Greens
- Avoid Highly Seasoned Foods
 - Garlic
 - Onion
 - Pepper
 - Chili Powder
- Avoid Large Meals
- Avoid Unpleasant Odors
- Avoid Sudden Movements When Getting Out of Bed



- Eat Several Small Meals, 5 or 6 Times a Day
- Practice Good Oral Hygiene.
- Before Going to Bed, Place Some Dry Cereal, Toast or Crackers within Reach of the Bed.
- Before Getting Up in the Morning, Eat Some Dry Cereal, Toast or Crackers.
- Get Up Slowly; Take Five or Six Minutes.

Please consult with your physician regarding any possible side effects and food allergies.