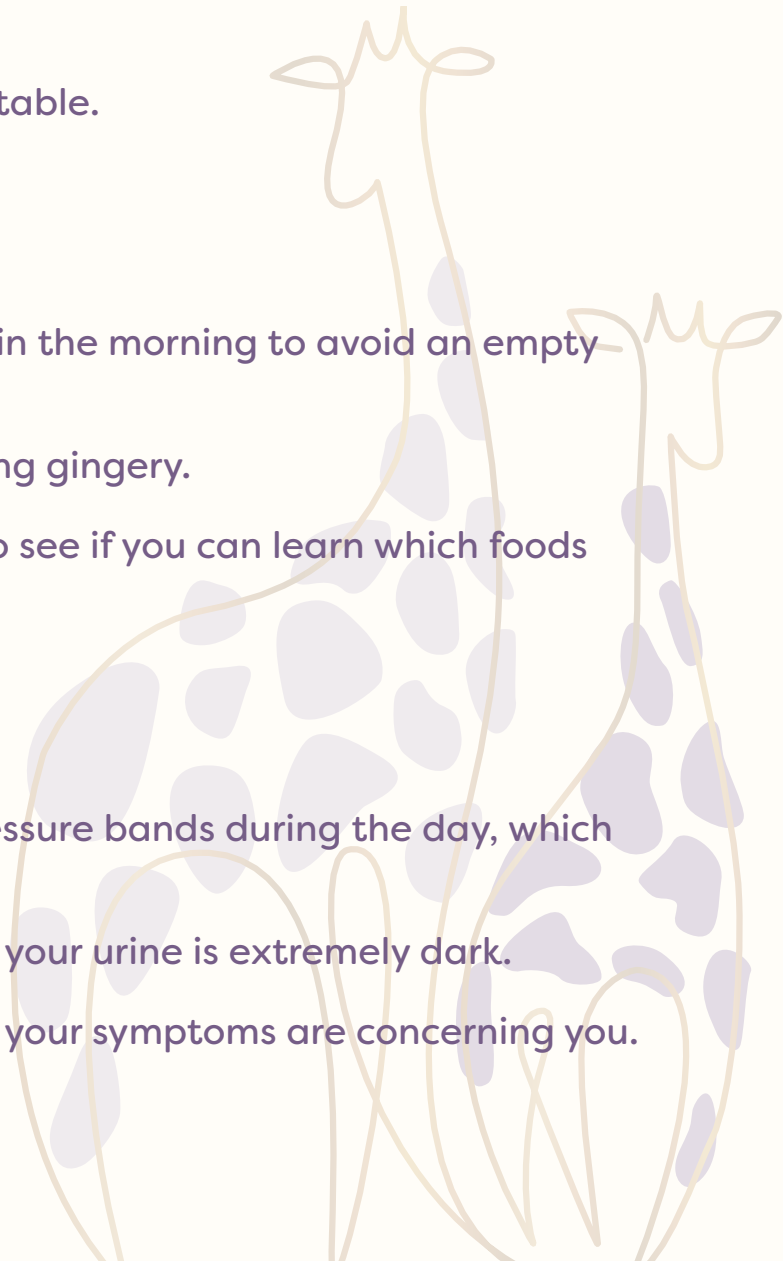
sma Nutrition

Coping with morning sickness

Morning sickness can rear its ugly head day or night. Especially at the start of pregnancy. Here's a few things that could help make the first, delicate trimester a little easier to stomach.

- Drink lots of fluids to stay hydrated.
- Eat bland starchy foods little and often. Dry crackers usually go down well.
- Eat cold meals if the smell of hot ones causes pregnancy nausea.
- Avoid spicy or rich foods.
- Avoid foods that smell unpalatable.
- Eat carbs with meals.
- Eat little and often.
- Have a small snack first thing in the morning to avoid an empty stomach.
- Drink ginger tea or eat anything gingery.
- Take a note of what you eat to see if you can learn which foods trigger nausea.
- Try getting some fresh air.
- Try getting some rest.
- You should try wearing acupressure bands during the day, which may help.
- Speak to your GP or midwife if your urine is extremely dark.
- Speak to your GP or midwife if your symptoms are concerning you.