



Dr. Denise McHugh
 Dr. Janine Keever
 Dr. Ann Lo
 Joyce Piccirillo, APRN
 Sara Amory, APRN
 Laura Johnson, APRN

Foundation OB/GYN



10 Prospect Street
 Suite 402
 Nashua, NH 03060
 Phone: 603-577-3131
 Fax: 603-577-3132
 admin.fmpevgr@snhhs.org

HYPEREMESIS DIET

Purpose:

Used to decrease episodes of vomiting; to help replenish fluid loss and promote positive electrolyte balance. It also used to alleviate symptoms of morning sickness.

Principles of the Diet:

1. Meals should be small and frequent (5-6 per day, every 2 to 3 hours).
2. Fluids-Allowed in very limited quantities with the meals, depending on individual tolerance. Fluids should be taken 1-2 hours before or after meals.
3. Fatty foods, such as fried foods or gravies, are not recommended.
4. Select foods containing mostly carbohydrates (toast, crackers, dry cereals).
5. Avoid foods which are highly spiced or seasoned.
6. Avoid caffeine.

FOOD GROUP

FOODS ALLOWED

FOODS TO BE AVOIDED

Meat and
 Meat Substitutes

*Lean meats, Fish, Turkey,
 Chicken and Eggs. Low fat
 Cheeses, Peanut Butter in
 limited quantities.
 *Baked or Broiled

Fatty Meats or Fried foods

Bread and Cereal

Potatoes- mashed, broiled
 or baked. Rice, bread,
 Saltines, dry cereals or
 thick cooked cereals,
 Bagels, English muffins

Any potato in creamed
 sauce, Hash brown, French
 fries, Pancakes, Waffles

Beverages

Permitted between meals or
 as individually tolerated
 with meals.

None

Fruits and Vegetables

All except those listed
 under foods to avoid.

Any fried vegetables or
 those in a cream sauce.

Desserts

Plain Low fat cookies,
 Gelatin and Italian Ice

Avoid desserts such as
 Eclairs, Pies, Cakes
 with icing.

Fats

Butter, Margarine in limited
 amounts.

All others.



Dr. Denise McHugh
 Dr. Janine Keever
 Dr. Ann Lo
 Joyce Piccirillo, APRN
 Sara Amory, APRN
 Laura Johnson, APRN

Foundation OB/GYN



10 Prospect Street
 Suite 402
 Nashua, NH 03060
 Phone: 603-577-3131
 Fax: 603-577-3132
 admin.fmpevgr@snhhs.org

HYPEREMESIS DIET
 PROGRESSION SUGGESTED DAILY FOOD PLAN
 2000 CALORIES

	<u>Exchanges</u>	<u>Food Source</u>
Before Rising	1 Starch/Bread	6 crackers or 1 slice bread
Breakfast	1 Meat	1 oz. low-fat cheese
	2 Starch/Bread	2 slices bread or 1 ½ c. cereal
	1 Fat	1 tsp. margarine
A.M. Snack	1 Starch/Bread	¾ c. cereal
	1 Milk	8 oz. low-fat milk or plain yogurt
Lunch	2 Meat	½ c. tuna or 2 oz. turkey or low-fat cheese
	1 Vegetable	1 c. salad or a large tomato
	2 Starch/Bread	2 slices bread or 1 c. pasta or 2/3 c. rice
	1 Fat	1 tsp. mayonnaise or salad dressing
	1 Fruit	1/3 cantaloupe, 1 ¼ c. strawberries or small nectarine
P.M. Snack	½ Milk	4 oz. low-fat milk
	1 Meat	½ sandwich with 1 oz. low-fat meat or cheese or 2 breadsticks with 1 oz. low-fat cheese
	1 Starch/Bread	
Dinner	3 Meat	3 oz. chicken or lean red meat, baked or broiled
	2 Vegetables	1 c. cooked vegetables (not Potatoes, lima beans, peas, or other Starch)
	2 Starch/Bread	2 slices bread or 1 c. pasta or 2/3 c. Rice
	1 Fat	1 tsp. margarine
	1 Fruit	1 small peach
Bedtime Snack	½ Milk	4 oz. low-fat milk
	2 Starch/ Bread	2 slices bread
	1 Meat	1 Tbsp. peanut butter

Sources: American Diabetes Association, Journey DL: Managing Morning Sickness



southern
new hampshire
health

Foundation OB/GYN



Dr. Denise McHugh
Dr. Janine Keever
Dr. Ann Lo
Joyce Piccirillo, APRN
Sara Amory, APRN
Laura Johnson, APRN

10 Prospect Street
Suite 402
Nashua, NH 03060
Phone: 603-577-3131
Fax: 603-577-3132
admin.fmpevgr@snhhs.org

HELPFUL HINTS FOR NAUSEA

Frequent small meals:

Dry toast
Crackers
Social tea cookies

Ice pops-

Welch's juice pops

Juices-

Apple juice
Cranberry juice

Flat soda-

Ginger Ale
7 Up
Coke

Stay away from milk products

Stop vitamins