

HYPEREMESIS DIET

Principle:

The hyperemesis diet is a high carbohydrate, low fat diet that is indicated for pregnant women experiencing nausea and vomiting during the first trimester of pregnancy. The diet is planned to include frequent small feedings throughout the day to prevent distension of the abdomen. It is recommended that beverages be consumed **between** meals instead of with meals.

FOOD GROUPS	ALLOWED	AVOID
Beverage (drink between meals)	Carbonated beverages, fruit-flavored drinks, tea, coffee	Chocolate/Cocoa flavored beverages, excessive amounts of coffee or tea
Bread	Enriched white bread, rye bread, whole grain, raisin bread, English muffins, bagels, rolls, melba toast, saltines, soda crackers	Butter rolls, biscuits, muffins, quick breads, pancakes, waffles, sweet rolls, donuts
Cereals	All except those listed to avoid	Cocoa flavored cereals
Desserts	Fruit, gelatin, pudding made with skim milk (except chocolate), angel food cake, plain cookies, fruit ice, hard candy	Desserts made with chocolate, cocoa, cream, egg yolks, shortening, whole milk, or nuts. Ice cream, pie, heavy cake with icing, pastries
Fats	Butter, margarine, salad dressings	Gravy
Fruits and Juices	All except those listed to avoid	Avoid if they cause distress or heartburn
Meat, Fish, Poultry, Eggs, Cheese	All must be baked or broiled and trimmed of fat All beef, veal, poultry, fish All cheese made with skim milk, cottage cheese, edam, mozzarella—part skim, parmesan	Fatty meats, meat with gravy, fried meats, cold cuts, hamburgers, hot-dogs Sausage, spareribs, pork, bacon, corned beef, beef brisket, poultry skin, goose, duck, veal cutlets, lamb chops, peanut butter
Potato or Substitute	White or sweet, broiled, mashed, baked, noodles, rice	Potato chips, fried potatoes, creamed potatoes
Seasonings	Salt, herbs, lemon, parsley, pimento, vinegar, vanilla	Black pepper, red pepper, garlic, chili powder
Soups	Clear, fat-free broth, cream soups made with skim milk, vegetable soup	Any containing fat, cream, or whole milk
Vegetables		Avoid if they cause distress: broccoli, brussel sprouts, cabbage, cauliflower, cucumbers, corn, onions, peppers, radishes, sauerkraut
Miscellaneous	Catsup, skim or low-fat milk, mustard, Tums, Roloids, Pepcid, Zantac	Olives, gravy, nuts
Vitamins	B-complex vitamins	