



## How To Relieve Nausea

Nausea is a common side effect of hormone shifts that happen during pregnancy. It is most commonly experienced in the first trimester, but it can extend further. In addition to getting sufficient sleep and resting during bouts of intense nausea, here are a few other tips to find relief from nausea while still staying nourished.

### NAUSEA RELIEF TIPS

Avoid getting too hungry or too full by eating smaller, more frequent meals.

- This includes when you first wake up—nibble a bland snack like crackers or salted cashews that you can keep by your bed.

Avoid strong smells that can trigger nausea.

- If raw foods are problematic, ask your partner to cook.

Make sure you are hydrating adequately and getting electrolytes, especially if you're vomiting.

Craving carbohydrates is normal, but consider more mindful, nutrient-dense options.

- Try less processed carbs like sweet potatoes and other root vegetables, or whole grains if tolerated.

Eating protein or fat with your carbohydrates can help prevent nausea related to bloodsugar swings.

- Tip: add nut or seed butter on whole-grain bread, crackers, or fruit.

Salty, sour, or cold foods may also help.

- Yogurt, or coconut yogurt if dairy-free, is typically a well-tolerated protein in the first trimester.

Go for ginger

- Sip ginger tea (naturally caffeine-free) or try ginger chews (just in moderation as they are higher in sugar).

Research shows that vitamin B6-rich foods—if tolerated—can help alleviate nausea during pregnancy.

- Vitamin B6-rich foods are: pork, poultry, salmon, avocados, bananas, cooked spinach, pistachios, and sunflower seeds.
- If those foods aren't well-tolerated and nausea continues, consider taking 10 to 20 mg of vitamin B6, 1-2 times/day.

This guide was created in collaboration with perinatal nutritionist Janine Higbie, MS, CNS for Expectful, Inc.