



FIRST TRIMESTER

What to Eat When Everything Makes You Nauseous

The first trimester can be rough, but you're not alone. Use these focused strategies to help manage nausea and stay well-nourished during this tricky time.

A free guide from maternity.app

The first trimester can be a daily battle with your stomach. Rest assured, you are not alone, and your baby is safe. Here's how to manage nausea and ensure you're eating well.

Snack strategically throughout the day.

Eating smaller meals more frequently can help keep nausea at bay. Here are some ideas for what to snack on.

- **Eat in bed.** Munch on plain crackers immediately upon waking to neutralize gastric acids.
- **Choose cold & bland.** Skip cooking odors. Lean on chilled watermelon, yogurt, or protein shakes.
- **Separate liquids.** Sip water 30 minutes before or after meals to avoid overfilling your stomach.

Create a nausea-friendly eating plan.

- ☐ Munch on plain crackers right when you wake up.
- ☐ Incorporate ginger in tea or snacks.
- ☐ Eat small portions of BRAT-P: Bananas, Rice, Applesauce, Toast, Potatoes.
- ☐ Avoid strong cooking odors as much as possible.
- ☐ Shift your prenatal vitamin to bedtime or switch to a gummy formula.
- ☐ Snack on chilled fruits like watermelon and cantaloupe.

Recognize when to reach out to your provider.

Your health is a priority. Know the signs to look for so you can take action.

STAY AWARE OF SIGNS OF DEHYDRATION

Contact your provider if you cannot keep liquids down for 24 hours, show dehydration signs, or lose over 2 pounds.

Remember: You're not alone.

Managing nausea can be challenging, but with these tips, you can navigate this phase with confidence. You're doing great!