

# 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.

| <b>FOOD GROUPS</b>                | <b>ALLOWED</b>   | <b>AVOID</b>   |
|-----------------------------------|--|--|
| Beverage<br>(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<br><br>All beef, veal, poultry, fish<br><br>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<br><br>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   |  |