



Common Concerns During Pregnancy: Morning Sickness

EXTENSION

April 2022

Deana Hildebrand, PhD, RD, LD
Professor & Extension Specialist

Christine Walters, MS, RDN
MS Student in Nutritional Sciences

Tori Compton
Dietetic Intern, Extension Program Assistant

Morning sickness usually occurs in the morning, but it can happen anytime during the day. For many women, it is more common during the first three months of pregnancy. Some women may have some feelings of nausea and vomiting throughout pregnancy. Doctors don't know what causes morning sickness. Most experts think hormone changes and stress are part of the problem. Morning sickness can be uncomfortable, but it usually does not hurt your or the baby's health.

Symptoms of morning sickness

- Upset stomach
- Light-headed, almost feeling faint
- Some vomiting or feeling like vomiting
- Feeling sick
- Feeling queasy from certain smells

Tips for choosing foods

- Eat a few crackers, dry cereal, or a piece of bread before getting out of bed in the morning.
- Eat 5 or 6 small meals throughout the day.
- If you lie down after meals, keep your head slightly elevated.
- Do not skip meals. An empty stomach can make you feel worse.
- Eat foods that are low in fat and easy to digest such as rice or bananas.
- Stay away from spicy and fried foods.
- Drink liquids, such as water, between meals.
- Suck on ice chips or sip on water, weak unsweet tea, or clear soft drinks without sugar.
- Some juices have high amounts of acid so only drink small amounts of juice.
- Cut down on or eliminate caffeine drinks such as coffee, tea, soda energy drinks and chocolate.

Oklahoma Cooperative Extension Fact Sheets
are also available on our website at:
extension.okstate.edu

Tips to decrease stress

- Make sure you get enough sleep. Try to get 7 to 8 hours of sleep each night.
- Get plenty of fresh air and spend time outside.
- Make sure there is good air movement when cooking food. Open a window or turn on a fan.
- When feeling stressed, take a deep breath, go to a quiet place to relax, or take a leisurely walk.
- When lying down, get up slowly. Avoid quick movements that make you feel light-headed.

When to call the doctor

Symptoms of nausea and vomiting usually stop after the first three months of pregnancy. If they continue, or if your symptoms keep you from eating healthful foods for several days, be sure to tell your doctor. Not eating can cause you and your baby to be malnourished.

The Oklahoma Cooperative Extension Service

WE ARE OKLAHOMA

The Cooperative Extension Service is the largest, most successful informal educational organization in the world. It is a nationwide system funded and guided by a partnership of federal, state, and local governments that delivers information to help people help themselves through the land-grant university system.

Extension carries out programs in the broad categories of agriculture, natural resources and environment; family and consumer sciences; 4-H and other youth; and community resource development. Extension staff members live and work among the people they serve to help stimulate and educate Americans to plan ahead and cope with their problems.

Some characteristics of the Cooperative Extension system are:

- The federal, state, and local governments cooperatively share in its financial support and program direction.
 - It is administered by the land-grant university as designated by the state legislature through an Extension director.
 - Extension programs are nonpolitical, objective, and research-based information.
 - It provides practical, problem-oriented education
- for people of all ages. It is designated to take the knowledge of the university to those persons who do not or cannot participate in the formal classroom instruction of the university.
 - It utilizes research from university, government, and other sources to help people make their own decisions.
 - More than a million volunteers help multiply the impact of the Extension professional staff.
 - It dispenses no funds to the public.
 - It is not a regulatory agency, but it does inform people of regulations and of their options in meeting them.
 - Local programs are developed and carried out in full recognition of national problems and goals.
 - The Extension staff educates people through personal contacts, meetings, demonstrations, and the mass media.
 - Extension has the built-in flexibility to adjust its programs and subject matter to meet new needs. Activities shift from year to year as citizen groups and Extension workers close to the problems advise changes.

References

Academy of Nutrition and Dietetics. The Best Foods to Eat During Pregnancy. October 2018. Available at <https://www.eatright.org/health/pregnancy/what-to-eat-when-expecting/the-best-foods-to-eat-during-pregnancy>. Accessed June 2021.

The American College of Obstetricians and Gynecologists. Morning Sickness: Nausea and Vomiting of Pregnancy. May 2020. <https://www.acog.org/Patients/FAQs/Morning-Sickness-Nausea-and-Vomiting-of-Pregnancy?IsMobileSet=false>. Accessed June 2021.

Oklahoma State University, as an equal opportunity employer, complies with all applicable federal and state laws regarding non-discrimination and affirmative action. Oklahoma State University is committed to a policy of equal opportunity for all individuals and does not discriminate based on race, religion, age, sex, color, national origin, marital status, sexual orientation, gender identity/expression, disability, or veteran status with regard to employment, educational programs and activities, and/or admissions. For more information, visit <https://eeo.okstate.edu>.

Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Director of Oklahoma Cooperative Extension Service, Oklahoma State University, Stillwater, Oklahoma. This publication is printed and issued by Oklahoma State University as authorized by the Vice President for Agricultural Programs and has been prepared and distributed at a cost of 40 cents per copy. 04/2022 KG.