

It is still important to eat even when you are not feeling well. Eating small amounts of food may even make you feel better.



Things to Try:

- Sit quietly or lie down when you feel like you might throw up.
- Do not make sudden movements. Get out of bed or a chair slowly.
- Eat! An empty stomach can make you feel worse.
- Eat some dry toast, crackers, or dry cereal about 10 minutes before you get out of bed.
- Remember to eat five or six times per day. If you are on the go, take some food along.
- Open the windows or ask someone else to cook if the smell of food cooking makes you sick. Select foods that do not need to be cooked.
- Stay hydrated with sips of fluids in between meals.
- Avoid fatty foods like fried foods, pastries, pizza, doughnuts, mayonnaise, butter, margarine, and fast food.
- Do not eat fatty meats like bacon, sausage, bologna, and hot dogs.
- Do not smoke. Try not to be around other smokers.
- Limit any foods that bother you.
- Eat as healthy as you can from all of the food groups.



Talk to Your Doctor if:

- You have severe nausea or vomiting.
- You cannot tolerate your vitamin.

What Tips Will You Try?



**Department of
Health**

Women, Infants, and
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