

Dry Diet for Nausea and Vomiting (Hyperemesis Diet)

Important Rules:

- Do not drink liquids with meals.
- Eat small amounts of dry, solid foods at mealtime.
- Drink liquids only between meals. Fruit juice and carbonated beverages are easy to digest.
- Forced feedings should be avoided.
- Avoid fried, spicy or gassy foods, plus any food with a great deal of butter or fat.
- Eat a soft diet.
- Eat a high protein snack, such as a milkshake with an egg in it before going to bed to stabilize blood sugar.
- Before arising in the morning, eat dry toast or crackers with jelly.
- Get up slowly. Sudden movement aggravates nausea.
- Have fresh air in the room where you sleep.
- Have breakfast after the nausea subsides.
- Avoid cooking odors. Let someone else prepare breakfast for the family.
- Cold foods and beverages may be easier to take than hot foods.

<i>Food Groups</i>	<i>Foods Recommended</i>	<i>Foods That May Cause Distress</i>
Milk and milk products 2 cups daily*	All milk and milk drinks between meals only. Yogurt	No liquids with meals.
Vegetables 2 or more servings daily	Cooked vegetables as tolerated; i.e. asparagus, beets, carrots, green beans, peas, squash, spinach. All vegetable juices between meals only.	No raw or gassy vegetables; i.e. broccoli, brussel sprouts, cabbage, cauliflower, green pepper, cucumber, onions, radishes, sauerkraut. No vegetable juices with meals.
Fruits 2 or more servings daily	Canned fruits, bananas. All fruit juices between meals only.	No raw fruits, except banana. No liquids with meals.
Breads and Cereals 4 or more servings daily	Enriched breads and cereals.	Very course cereals, such as bran, shredded wheat, granola. Breads with seeds, nuts, or dried fruits. Fried breads, such as sopapillas, french toast, pancakes, doughnuts.
Potato or substitute	Potatoes. Enriched rice, barley, noodles, spaghetti, macaroni, and other pastas	Potato chips, fried potatoes, french fries, potato skins, fried rice, wild rice.
Meats or substitutes 6 oz. or more daily	Beef, fish, lamb, pork, poultry, eggs, crisp bacon, mild cheeses, cottage cheese, smooth peanut butter.	No fried or spicy meats; corned beef, frankfurters, sausage, crunchy peanut butter.
Fats	Butter or fortified margarine, all fats and oils (do not fry with these products). Mild salad dressings such as mayonnaise, French or vinegar and oil, cream	Highly seasoned salad dressings.
Soups	Mildly seasoned meat stock or cream soups between meals only	No liquids with meals.
Sweets and desserts	Sugar, syrup, honey, jelly, seedless jam, hard candies, plain chocolate candies, molasses, marshmallows, cakes, cookies, pies, puddings, custard, made from allowed foods. Jello between meals only	All sweets and desserts containing nuts, coconut, or fruit not allowed. Fried pastries such as doughnuts.
Beverages Miscellaneous	All beverages, between meals only Iodized salt, flavorings; mildly flavored gravies and sauces; herbs, catsup, mustard and vinegar in moderation.	Alcoholic beverages. No liquids with meals. Strongly flavored seasonings such as barbecue sauce, garlic, chili sauce, chili sauce, red and green chili, chili peppers, horseradish, spices, pepper, pickles, popcorn, nuts, olives and coconut.

*Note: If this diet is used for nausea and vomiting during pregnancy, four cups of milk should be consumed daily. If four cups of milk cannot be consumed, 1/3 cup of powdered skim milk powder could be blended into each 8 ounce glass of milk. Skim milk powder could be added to puddings and cream soups.