

THE ULTIMATE

morning *sickness relief*

7 DAY NUTRITION GUIDE

INCLUDES:

13 Tips For Surviving Morning Sickness

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Balancing blood sugars is an important aspect of managing morning sickness during pregnancy.

When you're pregnant, your body's metabolism changes, and fluctuations in blood sugar levels can contribute to symptoms such as nausea, vomiting, and fatigue.

Balancing blood sugars is essential to managing morning sickness, as fluctuations in blood sugar levels can contribute to the above pregnancy symptoms.

Maintaining stable blood sugar levels can help reduce symptoms and improve your overall health and well-being during pregnancy. **Making it a more enjoyable experience!**

A nutritious diet that balances protein, carbohydrates, and healthy fats can help regulate blood sugar levels and provide the essential nutrients for a healthy pregnancy.

This includes lean protein sources, whole grains, fruits, vegetables, and healthy fats such as avocado, nuts, and seeds.

In addition to helping manage morning sickness, a balanced diet can help support your baby's healthy development and reduce the risk of complications such as gestational diabetes and pre-eclampsia.

It's helpful to work with your nutritionist and create a personalized meal plan that meets your individual needs and helps manage morning sickness for YOU.





Morning Sickness

Pregnancy Induced Sickness

Although it's referred to as "morning sickness" nausea & vomiting can occur at any time of the day or night. It's often more common in the morning when blood sugar and blood pressure is at the lowest.

Typically Starts

Around the 4th to 6th week of pregnancy, morning sickness typically starts, and between 65 to 80% of pregnant women will experience this during the first trimester. Around half will see an improvement by 14 weeks, but others may take a little longer to manage their symptoms.



Snacking can play an important role in managing morning sickness

In addition to following a nutritious meal plan, snacking can also help manage morning sickness by helping to regulate blood sugar levels.

It's common for women to crave carbohydrates during pregnancy, especially with morning sickness. If you're experiencing these cravings, it can be helpful to eat the carbs first and then follow up with some protein and healthy fats once your nausea has settled.

For example, if you're craving crackers, you can have a few to help settle your stomach and then follow up with a serving of cheese to provide protein and healthy fats.

Going too long without eating can cause blood sugar levels to drop, contributing to nausea and morning sickness symptoms. Eating small, frequent meals and snacks can help regulate blood sugar levels and alleviate symptoms.

Snacking can play a crucial role in managing morning sickness by providing the necessary nutrients and energy to sustain you throughout the day.

Listening to your body and choosing snacks that balance nutrients and help you feel satisfied is essential. By incorporating healthy "balanced" snacks into your diet, you can help regulate your blood sugar levels and manage symptoms of morning sickness during pregnancy.





Here is a 7-day morning sickness GUIDE to help alleviate your symptoms:

Day 1:

- Breakfast: Scrambled eggs with whole grain toast and avocado
- Snack: Greek yoghurt with fresh fruit
- Lunch: Teriyaki Chicken Wrap (see p.6)
- Snack: Rice crackers with hummus
- Dinner: Baked salmon with steamed vegetables and brown rice

Day 2:

- Breakfast: Banana pancakes (see p.7)
- Snack: Apple slices with peanut butter
- Lunch: Turkey sandwich on whole grain bread with lettuce, tomato, and mayonnaise
- Snack: Carrots with ranch dressing
- Dinner: Grilled chicken with roasted sweet potatoes and green beans

Day 3:

- Breakfast: Oatmeal with almond milk, walnuts, blueberries, and honey
- Snack: Rice crackers with cheese
- Lunch: Mediterranean Tuna Sandwich (see p.6)
- Snack: Yoghurt with granola
- Dinner: Baked chicken with roasted vegetables and quinoa

Day 4:

- Breakfast: Blueberry Pancakes (see p.7)
- Snack: Rice crackers with peanut butter
- Lunch: Grilled chicken salad with mixed greens, cherry tomatoes, and a light vinaigrette
- Snack: Apple slices with cheese
- Dinner: Baked salmon with steamed vegetables and brown rice





Here is a 7-day morning sickness **GUIDE** to help alleviate your symptoms:

Day 5:

- Breakfast: Tropical Smoothie (see p.7)
- Snack: Rice crackers with hummus
- Lunch: Southwest Chicken Wrap (see p.6)
- Snack: Carrots with ranch dressing
- Dinner: Grilled chicken with roasted sweet potatoes and green beans

Day 6:

- Breakfast: Scrambled eggs, bacon with whole grain toast and avocado
- Snack: Yogurt with fresh fruit
- Lunch: Spicy Tuna Sandwich (see p.6)
- Snack: Rice crackers with cheese
- Dinner: Baked cod with roasted vegetables and quinoa

Day 7:

- Breakfast: Green Smoothie (see p.7)
- Snack: Apple slices with peanut butter
- Lunch: Grilled cheese sandwich with roasted sweet potatoes and green beans
- Snack: Yogurt with granola
- Dinner: Baked salmon with steamed vegetables and brown rice



SANDWICH & WRAP OPTIONS



Mediterranean Tuna Sandwich: Mix canned tuna with hummus, kalamata olives, and lemon juice. Spread the mixture on whole grain bread and add mixed greens and cherry tomatoes.

Teriyaki Chicken Wrap: Fill a whole grain wrap with grilled chicken, mixed greens, carrot sticks, and a teriyaki sauce.

Spicy Tuna Sandwich: Mix canned tuna with sriracha sauce, mayonnaise, and lime juice. Spread the mixture on whole grain bread and add lettuce, tomato, and pickled jalapenos.

Southwest Chicken Wrap: Fill a whole grain wrap with grilled chicken, black beans, corn, avocado, lettuce, and salsa.



BREAKFAST OPTIONS



Blueberry Pancakes:

Mix fresh or frozen blueberries into the pancake batter for a fruity twist. Serve with maple syrup, a dollop of Greek yoghurt and sliced almonds.

Banana Pancakes:

Mix mashed ripe bananas into the pancake batter for a sweet and nutritious option. Top with nut butter to serve.

Tropical Smoothie:

Blend together frozen pineapple, mango, banana, coconut milk, and orange juice for a tropical twist.

Green Smoothie:

Blend together spinach, kale, banana, almond milk, and a scoop of protein powder for a nutritious and energizing option.



13 Tips

FOR SURVIVING
MORNING SICKNESS

01

Avoid foods that trigger nausea

Identifying and avoiding foods that worsen your symptoms can be helpful in reducing the frequency and intensity of nausea. Common trigger foods include spicy or fatty foods, caffeine, and strong-smelling foods like garlic or onions.



02

Eat small, frequent meals

Eating smaller, more frequent meals can help stabilise your blood sugar levels and prevent large swings that can trigger nausea. It's also helpful to avoid having an empty stomach-this can aggravate nausea.



03

Keep snacks by the bed

Having a few easy-to-digest snacks like crackers or dry cereal by your bed can help settle your stomach if you experience nausea first thing in the morning.



04

Hydrate

Staying well-hydrated is important for overall health and can help reduce symptoms of nausea. Aim to drink at least 8 glasses of water per day, and consider adding electrolyte-rich fluids like coconut water or consider a brand like [LMNT](#).



05

Try popsicles and smoothies

If you just can't eat and the smell of food cooking is triggering your nausea, try sipping on liquids like popsicles, smoothies, or clear broths. These can provide some of the nutrients your body needs without irritating your stomach.



06

Try ginger

Ginger has been used for centuries to treat nausea and vomiting, and there is some evidence to suggest it can be effective for morning sickness. Try ginger tea, ginger chews, or adding freshly grated ginger to hot lemon & water.



07

Stay cool

Overheating can worsen symptoms of nausea, so try to keep your environment cool and comfortable.

Wear lightweight, breathable clothing, and consider using a fan, cold pack on the back of your neck or air conditioning.



08

Acupressure wristbands

Acupressure wristbands apply pressure to the P6 (or "nei-kuan") acupressure point on the inside of the wrist, which has been shown to help reduce symptoms of nausea.

Sea Band Mama is a popular brand to check out!



09

Include vitamin b6 in a prenatal

Including vitamin B6 in your prenatal vitamin or taking an additional B6 supplement can be an effective strategy for combating morning sickness.

Vitamin B6 has been shown to help reduce symptoms of nausea in some people.

It's important to talk to your doctor, midwife, or nutritionist before including vitamin B6 to help you determine the right dose.



10

Iron in prenatal vitamins may worsen nausea

Some forms of iron in prenatal vitamins can worsen symptoms of nausea. If this is the case for you, talk to your nutritionist about switching to a different prenatal vitamin and taking iron separately from your vitamin.



11

Get plenty of rest and reduce stress

Adequate sleep and reducing stress can help regulate hormones and reduce symptoms of nausea. Try to get at least 7-8 hours of sleep per night, and find stress-reducing activities that work for you, such as yoga, meditation, or deep breathing exercises.



12

Avoid strong smells

Strong smells, such as perfumes, scented candles, plug-in air fresheners, cooking aromas, and cigarette smoke, can trigger or worsen symptoms of nausea.

Try to avoid these triggers and consider keeping a window open for fresh air.



13

Consider essential oils

Aromatherapy with essential oils like peppermint or lemon can help stimulate your senses and reduce symptoms of nausea. Try adding a few drops of essential oil to a diffuser, or inhale the scent directly from the bottle. BUT be careful with essential oils, because they're not all safe for pregnancy. Speak with someone qualified with the safety of essential oils in pregnancy.

