

Hyperemesis Diet (Dry Diet)



THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER

The hyperemesis diet is used for people who need help with nausea and vomiting. Certain diseases and conditions can make it hard at times to eat a regular diet. Pregnant women often have these symptoms the first trimester of pregnancy. These are guidelines and suggested foods to help manage symptoms.

- When vomiting decreases to less than 2 to 3 times a day, switch to a hyperemesis diet instead of clear liquids.
- Try to eat small frequent meals with snacks between meals and at bedtime. This helps you get in more calories, vitamins and minerals.

Suggested foods

The standard portion for each food is 1 to 2 ounces or ½ cup.

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| <input type="checkbox"/> Bagels | <input type="checkbox"/> Dry cereals |
| <input type="checkbox"/> Baked potatoes | <input type="checkbox"/> Mashed potatoes |
| <input type="checkbox"/> Bananas (small) | <input type="checkbox"/> Oatmeal |
| <input type="checkbox"/> Breads, toast | <input type="checkbox"/> Pears |
| <input type="checkbox"/> Crackers | <input type="checkbox"/> Plain pasta, noodles |
| <input type="checkbox"/> Cream of wheat | <input type="checkbox"/> Plain rice |

You may add salt to taste, but avoid added fats, such as oils and butters, as they often worsen symptoms.

Suggested fluids

- Fruit juices diluted
- Ginger ale, Sprite, Cola
- Fat free, skim milk
- Weak tea

Limit fluids to ½ to 1 cup portions for better tolerance.

Wait 15 to 30 minutes after eating before drinking fluids. Drink most of your fluids between meals.

After 2 to 3 days of little or no vomiting, add these foods for extra protein and calories

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| <input type="checkbox"/> Baked chicken, without skin | <input type="checkbox"/> Low fat mild cheese |
| <input type="checkbox"/> Broiled, baked fish | <input type="checkbox"/> Low-fat cottage cheese |
| <input type="checkbox"/> Eggs | <input type="checkbox"/> Sherbet |
| <input type="checkbox"/> Fruit cocktail | <input type="checkbox"/> Soups |
| <input type="checkbox"/> Jell-O | <input type="checkbox"/> Yogurt |
| <input type="checkbox"/> Lean meats | |

Sample menu

Breakfast	Snack
<ul style="list-style-type: none"> • Bagel • Dry cereal • Hot tea 	<ul style="list-style-type: none"> • Banana
Lunch	Snack
<ul style="list-style-type: none"> • White bread • ½ baked potato • Crackers • Apple juice 	<ul style="list-style-type: none"> • Crackers • Sprite
Dinner	Snack
<ul style="list-style-type: none"> • White bread • Whipped potatoes • Crackers • Fat free, skim milk 	<ul style="list-style-type: none"> • Cream of wheat or oatmeal

General Guidelines

- Eat slowly and chew your food well.
- Do not lie down for at least 2 hours after eating.
- Avoid heavily spiced, high-fat foods, such as fried foods, Mexican dishes, etc.
- Avoid foods that have a strong smell. Cold foods may be tolerated well since they have less smell. For example, scrambled eggs may make you feel nauseous but cold, hard boiled eggs may not.
- Avoid mixing hot and cold foods at the same meal.
- Eat foods you feel you can handle.
- Drink fluids between meals.
- When cooking, open windows or use exhaust fans to get rid of strong odors. Stay out of the kitchen when food is being prepared.
- Using ginger for the treatment of hyperemesis has been common in recent years. Taking 250 milligrams (mg) of a ginger supplement has been proven to reduce symptoms of hyperemesis. Always talk to your doctor before adding any herbal supplements to your treatment plan. Finger cookies, ginger ale and candies may also help your symptoms.
- In pregnancy, vitamin B6 alone or combined with certain medicines may also be helpful in reducing symptoms. Talk to your doctor about your options.

Talk to your doctor or health care team if you have any questions about your care.

For more health information, contact the Library for Health Information at **614-293-3707** or e-mail **health-info@osu.edu**.