

Preventing Morning Sickness

During pregnancy, your nutritional needs change quite a bit and even continue to change throughout your pregnancy. Your need for protein, fat, and calories will fluctuate. One way your body will communicate its needs to you is through morning sickness and nausea.

As your body increases its needs for calories, it begins to process food faster. This results in blood sugar levels dropping, often causing nausea. To prevent nausea, and make sure you're getting all necessary nutrients, we recommend eating more protein-rich snacks. Protein takes longer to digest (compared to carbohydrates), helping your blood sugar level remain higher for longer. This is definitely essential during the first trimester when your caloric needs may or may not have increased, yet. Protein-rich snacks should be eaten in small doses every hour. This way, you'll get more *bang* for your caloric buck!

Snack Attack!

Items that need to be refrigerated can be grabbed every hour when you get up to go to the restroom or grab some water. Other items can be carried in your purse or kept at your desk so you can grab them quickly. We have included our snacking suggestions below and included the amount of calories each item has.

- 2 tablespoons of yogurt (snack on a cup all morning) *30 calories*
- 4 almonds or nuts *30 calories*
- 1/6th of a cliff bar (cut into pieces and save in a zip lock bag) *40 calories/piece*
- 1/4 of a hard-boiled egg *20 calories*
- 1 cube of cheese *70 calories*
- 1 ounce of turkey breast (not lunch meat) *30 calories*
- 1/4 of a small apple with 1 teaspoon of peanut butter *50 calories*
- 1 tablespoon of hummus on a Triscuit *45 calories*
- 1 tablespoon of peanut butter on a celery stick *35 calories*
- 2 tablespoons of bean dip on 2 chips *75 calories*
- 1/4 pimento cheese sandwich on whole wheat bread (using 2 tablespoons of pimento cheese) *70 calories/piece*

Have questions about your diagnosis or need help planning your meals? Never hesitate to contact us!

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