



MORNING SICKNESS AND FOOD SAFETY

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MORNING SICKNESS:

What is morning sickness?

Morning sickness is the nausea and vomiting some women suffer in pregnancy. It is thought to be caused by the sudden increase in hormones during pregnancy. Other changes such as neurologic, metabolic, or psychosomatic factors may also play a part. Although morning sickness is more common in the morning, it may last all day.

How long will morning sickness last?

Morning sickness is very common in early pregnancy. It tends to diminish later in pregnancy, and usually ends by the second trimester (fourth month).

Will morning sickness hurt my baby?

Morning sickness should not hurt your baby. Many doctors believe morning sickness is a good sign because it means the placenta is developing well. Morning sickness may be a problem if you are unable to keep any foods or fluids down and begin to lose weight. The tips below may help reduce morning sickness.

Tips to relieve morning sickness:

- Eat saltine crackers and other bland food with the onset of nausea.
- Changing the type of vitamins you are taking may help. The amount of iron in prenatal vitamins may bother some women. If you think your morning sickness is related to your vitamins talk with your doctor. Different prenatal vitamins contain different amounts of iron.
- Eat small meals throughout the day, so you are never too full or too hungry.
- Avoid rich foods
- Eat low fat protein foods—lean meat, broiled or canned fish, poultry without skin, eggs, boiled beans.
- Eat more carbohydrates—plain baked potato, white rice, pasta, cereals, dry toast, fruit, fruit juices.
- Try gelatin desserts (Jell-O), flavored frozen desserts (Popsicles), broth, non-diet ginger ale, decaffeinated or herbal teas, and pretzels.

Keep in mind that your symptoms should end soon, and morning sickness does not mean that your baby is sick.

This information provides a general overview on morning sickness and may not apply in each individual case.

FOOD SAFETY:

RAW/UNDERCOOKED FOODS:

- **The Issue:** Some raw foods can cause listeriosis, salmonellosis, and other illnesses that may lead to miscarriage or serious health problems for your baby.
- **What's Okay:** Well-done meats, poultry, fish, vegetarian sushi, deli meats (cold cuts) and hot dogs that have been reheated to steaming in a microwave; canned or shelf-stable pates and meat spreads.
- **What to Avoid:** Any of the above items that have not been cooked to the proper temperature, raw sprouts (including radishes), raw shellfish and raw eggs.

FISH:

- **The Issue:** Certain fish may contain high levels of mercury which can contribute to developmental delays. Farm-raised fish may be contaminated with PCB's (cancer causing agents) and other toxins.
- **What's Okay:** Fish are a healthy source of protein. You should consume a minimum of two twelve ounce servings each week.
- **What to Avoid:** Swordfish, shark, king mackerel, tilefish and fresh as well as albacore tuna, raw sushi, raw shellfish, refrigerated smoked seafood such as lox, trout, and whitefish (unless cooked as an ingredient in another dish).

CHEESE AND DAIRY PRODUCTS:

- **The Issue:** Raw and unpasteurized dairy products can cause listeriosis, salmonellosis, and other foodborne illnesses
- **What's Okay:** Pasteurized milk and yogurts, well cooked (that is, not runny) eggs, hard cheeses.
- **What to Avoid:** Raw milk and any dairy product (cheese, yogurt) made with raw milk, soft cheeses such as brie, feta, camembert, danish blue, roquefort, and Mexican-style queso blanco and queso fresco (unless clearly marked as pasteurized), uncooked foods made with raw eggs (such as salad dressings and protein shakes).

CAFFEINE/HERBAL TEAS:

- **The Issue:** Caffeine can cross the placenta and affect fetal heart rate and respiration. Certain herbs cause adverse reactions and some teas are not regulated so you can't be sure of the herb's concentration.
- **What's Okay:** Up to 300 mg of caffeine a day (an 8-ounce cup of coffee has about 150 mg, a 12-ounce can of soda has 35 to 50 mg and an 8-ounce cup of black tea has about 40 mg), flavored decaffeinated teas in filtered bags (citrus, ginger, peppermint).
- **What to Avoid:** Teas made with goldenseal, black or blue cohosh, ephedra, dong quai, feverfew, juniper, pennyroyal, Saint-John's wort, rosemary or thuja.

ARTIFICIAL SWEETENERS:

- **The Issue:** They cause no known harm to babies in utero. Still, some experts caution against them.
- **What's Okay:** Saccharin, aspartame and Splenda in moderate amounts.
- **What to Avoid:** Drinking lots of nutritionally void diet drinks instead of healthier ones like water and juice.