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## 10 Great Ways to Fight Morning Sickness

Here are 10 great ways to help you conquer your morning sickness. You may find that some of these suggestions work great, but others won't work at all. Everyone is different, and it's important to experiment and figure out what works best for you.

- Try eating first thing in the morning. Some people find it helpful to keep crackers or dry cereal next to their bed. Try to eat a few bites before you get out of bed.
  
- Try to figure out what foods, odors or situations make your nausea worse and do your best to avoid them.
  
- It's important to get lots of rest. If you find that at certain times of the day, your nausea is worse, plan on taking a nap during that time. If you figure out what time of day you feel the best, try to get the most done during this time, and let yourself rest when you feel sick.
  
- Basically, eat what you can and what appeals to you.
  
- Here are some foods that help some women feel better: salty foods, lemonade, and watermelon.
  
- Here are some foods that are known to make nausea worse: spicy foods, fatty foods and greasy foods.
  
- Try to eat 6-8 small meals per day instead of 3 large ones. It helps to keep food in your stomach for most of the day because nausea can be worse on an empty stomach.
  
- Some women find that sucking on lollipops, mint candies or chewing gum helps with their nausea.
  
- It's important to drink lots of fluids so you don't get dehydrated. Try not to eat and drink at the same time, this is known to increase nausea.
  
- It might help to eat a high carbohydrate snack right before bedtime.