

High Carbohydrate Dry Diet

(Wet & Dry Diet)

Dietary Habits may be a contributing factor in the development of nausea and vomiting in pregnancy. Small, frequent meals, fairly dry and high in easily digested carbohydrates are more readily tolerated. Liquids are best taken between the meals. The diet is served in small feedings.

FOODS TO AVOID

1. Beverages with meals
2. Soups, Jell-O, ice cream, sherbet or popsicles with meals
3. Melons- watermelon, cantaloupe or honeydew
4. Gas forming vegetables – broccoli, brussel sprouts, cabbage, cauliflower, dried beans and peas, onions, pumpkin, rutabagas, sauerkraut and turnips
5. Pies and pastries
6. Jams and preserves
7. Highly seasoned foods

SAMPLE MENU

Crackers at bedside

Breakfast: Banana
Egg, scrambled or poached
Toast
Jelly

Lunch: Sandwich with mayonnaise and lean meat
Peaches

Dinner: 2 oz. lean meat
Potato, rice or noodles
Pears (canned)
Roll

Snack: Mid-Morning Jell-O, Beverage

Snack: Mid-Afternoon Sherbet, Beverage

Snack: Late-afternoon Peanut Butter, Crackers

Snack: Evening Beverage

Snack: Bedtime Sandwich