

Hyperemesis Diet

Purpose: Provide a diet, bland, low in fat and soft fluids restricted to one or two hours before or after a meal.

Nutritional: This diet is inadequate or deficient in most vitamins.

Adequacy: Vitamin and mineral supplementation is recommended.

Summary: Small frequent feeding/separate liquids and solids.

Recommended Foods:

Meats: Lean meat, fish and poultry, broiled or roasted; crisp bacon

Eggs: Hard cooked

Cheese: American, cheddar, swiss

Breads: Toasted, enriched white bread, and saltines

Cereals: Thick cooked cereals and dry ready-to-eat cereals

Potatoes: Baked, broiled or mashed

Fats: Butter, margarine or peanut butter in limited amounts (as tolerated)

Desserts: Arrowroot cookies, sponge cake, pound cake, angel food cake, baked custard, vanilla ice cream (if tolerated)

Sugar: Sugar, jelly, jam or honey

Liquids: Initially, all liquids are served only between meals

Vegetables: As tolerated

Fruits: As tolerated

Fruit juices and skim milk may be included as liquids between meals.

Fats and fluids may be gradually added to the diet, as tolerated.

Food preferences/tolerances are very individualistic. This list is simply a suggestion to you of foods that usually cause limited gastric distress.

