



Veröffentlicht auf Nestlé Babyservice (<https://www.babyservice.de>)

[Startseite](#) > Section

## Section

How to deal with morning sickness

- Keep topped up with plenty of fluids to stay hydrated.
- Eat bland starchy foods little and often. Dry crackers usually go down well.
- Try eating cold meals if the smell of hot ones causes pregnancy nausea.
- Avoid spicy or rich foods.
- Steer clear of foods that smell unpalatable.

**Quell-URL:** <https://www.babyservice.de/section-0>