

The "Zero Brainpower" Hyperemesis Gravidarum Survival Guide

Print this. Stick it on the fridge. Hand it to your partner.

When you have HG, decision fatigue is real. You don't need a gourmet meal plan; you need a survival strategy. This one-pager is your daily cheat sheet to keep your blood sugar stable, your stomach calm, and your sanity intact.



The 4 Golden Rules of HG Eating

1. **An empty stomach is a nausea factory.** Eat a little bit *before* you feel hungry. Aim for 5-6 "micro-meals" a day.
2. **Never eat a carb naked.** Always pair a carb with a protein or fat (e.g., crackers + peanut butter). This stops your blood sugar from spiking and crashing, which is a massive hidden trigger for nausea.
3. **Cold and room-temp foods are your best friends.** Hot food releases aromas, and aromas trigger the gag reflex. Let your food cool down before eating.
4. **Separate your solids and liquids.** Don't wash your food down. Eat your bite, wait 20-30 minutes, then sip your fluids. Overfilling your stomach is a one-way ticket to throwing up.



The "Keep It Down" Checklist (Safe Foods)

Check off what sounds good today. Your safe foods might change daily—that's normal!

Dry & Bland Carbs (Keep on the nightstand)

- ☐ Saltine crackers / Water crackers
- ☐ Dry toast / Plain bagels
- ☐ Plain pretzels
- ☐ Plain white rice
- ☐ Plain pasta (no sauce)
- ☐ Dry cereal (Cheerios, Rice Krispies)

Cold & Soothing (Low smell, high comfort)

- ☐ Applesauce (chilled)
- ☐ Plain or vanilla yogurt
- ☐ Popsicles (look for real juice)
- ☐ Cold watermelon or honeydew
- ☐ Ice chips / Frozen grapes

Sour & Tangy (Natural gag-reflex suppressors)

- ☐ Lemon drops / Sour hard candies
- ☐ Sour gummy bears
- ☐ Pickles / Pickle juice
- ☐ Lemon water

Stealth Proteins (To stabilize blood sugar)

- ☐ Peanut butter / Almond butter
- ☐ Cold hard-boiled eggs
- ☐ Plain edamame
- ☐ String cheese / Cottage cheese
- ☐ A small handful of almonds
- ☐ Basic protein shake



The "Hard Pass" List (Common Triggers)

Keep these out of the house until you're in the clear.

- **Fried, greasy, or heavy foods** (They sit in your stomach for hours).
- **Spicy foods** (They irritate an already raw esophagus).
- **Strong-smelling foods** (Broccoli, cauliflower, onions, garlic, strong cheeses).
- **High-sugar foods on an empty stomach** (Causes a nausea-inducing blood sugar crash).



Your "Survival Day" Micro-Meal Plan

The goal isn't perfection; it's keeping something in your stomach.

- **Before sitting up:** 3 saltine crackers + 2 sips of room-temp water.
- **Mid-Morning:** 1 tbsp peanut butter on a small piece of dry toast.
- **Lunch-ish:** A small bowl of cold, plain pasta tossed with a tiny drizzle of olive oil and a pinch of salt.
- **Afternoon:** 1 popsicle + a few sips of bone broth.
- **Dinner-ish:** 1/2 cup plain white rice with a few cubes of cold tofu OR a small handful of almonds.
- **Before Bed:** A handful of dry cereal. (Keep crackers by the bed for 3 AM wake-ups).



The Hydration Strategy

If plain water makes you gag, stop forcing it. Try these hacks:

- **The Straw Method:** Drink through a straw to bypass your front taste buds.
- **Sip, Don't Gulp:** Take just **1 teaspoon** every 10 minutes. Gulping stretches the stomach and triggers vomiting.
- **Chew Your Water:** Suck on ice chips or frozen fruit if liquids are failing.
- **Safe Fluids:** Electrolyte powders (dilute with extra water if too sweet), coconut water, weak ginger tea (cooled to room temp), or diluted apple juice (50/50 with water).

When to Call the Doctor

HG is a medical condition, not a test of your willpower. Seek immediate care if:

- You cannot keep *any* liquids down for 12 to 24 hours.
- Your urine is very dark, or you haven't peed in 8+ hours.
- You feel dizzy, confused, or faint when standing up.
- You see blood in your vomit.
- You have lost more than 5% of your pre-pregnancy body weight.

You are doing an incredibly hard thing, mama. Be gentle with yourself. This season will pass. Keep saving your energy, and whenever you need more 12-minute survival recipes, come find us at HomeBumpMeals.com