

FOOD FOR MORNING SICKNESS

- Cheese and crackers
- Crackers (by themselves)
- Graham Crackers
- Banana
- Pretzels
- Plain Chips
- Pita Chips
- Salsa and Tortilla Chips
- Baked potato
- French Fries
- Thinly Sliced and Baked Potatoes with olive oil, salt, and garlic
- Corn
- Cold Apple Sauce
- Cranberry Sauce
- Watermelon
- Yogurt
- Berries
- Apples with Cinnamon
- Baked Apples
- Apples with peanut butter
- Oranges
- Grapefruit
- Plain Rolls (with butter) or biscuits
- Popsicles
- Peppermints (like candy canes)
- Molasses Cookies
- Sorbet
- Plain toast (or add some butter/cinnamon/sugar, jam, or peanut butter)
- Dry Cereal
- Cereal with Milk
- Bagels with Butter or Cream Cheese
- Waffles
- Crepes
- PB&J
- Mac and Cheese
- Couscous
- Pasta with Marinara Sauce
- Pizza
- Tortilla Pizza
- English Muffin Pizza
- Bagel Pizza
- Simple Quesadillas
- Soup
- Water
- Cranberry Juice
- Water with lemon
- Orange Juice
- Ginger ale
- Gatorade
- Smoothies or Green Juices
- PB and Chocolate Smoothie
- Crystallized Ginger
- Hard Ginger Candy
- Sour Candy to suck on

For more info on what to eat during morning sickness [check out this post!](#)