

Nutrition Tips for Nausea and Vomiting

Nausea and vomiting could be a common side effect to a variety of medical conditions, medications, and medical treatment. Work with your doctor to help you find the cause and resolve your symptoms. Take anti nausea/vomiting medications as directed by your doctor. Try these general nutrition tips as well; however, nutritional treatment of your nausea and vomiting may change depending on the cause.

Tips for Nausea:

- Eat dry saltine crackers, toast, pretzels
- Keep crackers at your bedside if nausea is a problem in the morning or after a nap
- Include foods that are easy on your stomach, such as:
 - cream of wheat, cream of rice or oatmeal
 - boiled or mashed potatoes, white rice, pasta or noodles
 - protein foods such as baked chicken without skin or tofu that is baked or broiled, not fried
 - canned fruits and vegetables, gelatin, pudding
 - clear liquids such as apple juice, broth, cranberry juice, carbonated clear sodas, white grape juice, water
 - herbal teas such as ginger and peppermint
- Avoid fried, greasy and oily foods
- Stay away from odors. Limit spicy and odorous foods that are made with peppers, garlic and onion. Try foods that are cold or at room temperature as the smell of hot foods may worsen nausea.
- Have someone else cook if possible. Keep windows open to clear out odors. Eat in the dining room or any other room other than the kitchen.
- Sip on water and clear liquids throughout the day to stay hydrated
- Avoid caffeine and alcohol
- Eat small frequent meals every few hours. Do not skip meals as an empty stomach may worsen nausea.
- Track your nausea with a food diary to identify triggers (example-specific foods, events, surroundings). See if there is a pattern and if so, try to change that pattern.
- Sit upright and rest quietly for about an hour after your meal (watch TV, read a magazine, talk with a loved one or enjoy your pet)
- Don't force yourself to eat your favorite foods when you feel nauseated as you may develop a dislike for these foods

Tips for Vomiting

- Do not eat or drink anything until you have the vomiting under control
- Try tiny amounts of clear liquids. Stay hydrated.
 - apple or cranberry juice
 - chicken, beef or vegetable broth
 - fruit ices without fruit pieces
 - Gatorade or Pedialyte
 - clear sodas such as Ginger Ale, Sprite or 7-Up
 - plain gelatin desserts
 - popsicles
 - teas
 - water
- Once these liquids are tolerated, try soft and bland foods such as:
 - angel food cake
 - applesauce
 - bananas
 - blended soups without cream
 - chicken without skin (baked, tender, without spices)
 - fruit nectars
 - hot cereals
 - mashed potatoes
 - pureed fruits
 - smoothies
 - toast
 - white rice
 - yogurt
- Eat foods and drink beverages that are rich in potassium and magnesium to help replenish electrolytes that could be lost with vomiting. Potassium-rich foods include bananas, potatoes, melons and tomatoes. Magnesium-rich foods include peanut butter and grains (breads, pastas, crackers etc).