

# REDUCING NAUSEA

NUTRITION TIPS TO MANAGE NAUSEA & VOMITING

## Nausea

### Common Side Effect

Many treatments, medications or specific cancers can lead to nausea

### How it feels

Queasy, sour stomach, dull ache, doesn't always include vomiting

## Tips & Tricks

### Avoid an empty stomach

Small, frequent meals are best when facing nausea. An empty stomach or a large meal can be a symptom trigger. Aim to eat every 2-3 hours.

Eat and drink slowly  
Serve food on small plates/cups

### Bland, soothing flavors & temperatures

Avoiding extreme or intensive flavors and food or beverage temperatures can make eating easier.

Lemon & ginger both have anti-nausea properties

### Gentle movement & hydration

Easy walking can help reduce nausea

Try adding 100% juice or fresh fruit to water if plain isn't palatable.,  
Try sipping on electrolyte beverages or broth

### Carbs are your friend!

Easy to digest carbohydrates are the quickest form of energy and perfect to help settle nausea. Crackers, bananas, toast, baked or roasted potatoes, pasta, white rice are best. Pair these with simple proteins like baked chicken or smooth peanut butter.

ALWAYS FOLLOW YOUR DOCTOR'S DIRECTIONS FOR MEDICATIONS