

Nausea

Nausea and/or vomiting are common reasons for not being able to eat well. While this might be ok for a short time, continuing not to eat can make the feeling of nausea worse.

Practical Tips to Help

An empty stomach can make nausea worse. Eating may make you feel better and break the cycle of not eating and feeling unwell.

- Eat little and often try six or eight small meals and snacks at regular times
- Eat when you feel well if morning is your best time of day, try a boiled or poached egg or a lightly cooked breakfast
- In Try nibbling on a cracker or plain biscuit before you get out of bed
- A good fluid intake is important. Drink small sips of fluids between meals, rather than with meals
- Cold food may be easy to tolerate as they have milder tastes and smells.
- Try serving food on a side plate a little is better than nothing!
- If you don't feel hungry set the alarm clock for every hour to hour and a half and have a little something to eat!



Anti- Nausea Medications

- If you have anti nausea medications take them as instructed.
- If they are not working talk with your Doctor. It may be better to have them prescribed to be taken regularly.

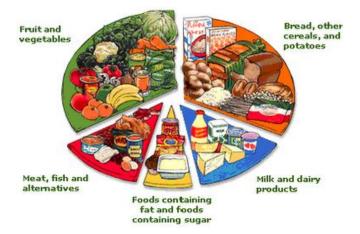
Foods to Try

Eating well can help you cope with the effects of nausea and vomiting. Often you need to make a deliberate effort to eat.

- Salty foods can help try toast, clear soups, chips or crackers
- Cold foods are sometimes better tolerated
- Ochoose light foods that are easy to digest but give good nutrition
 - breakfast cereal and milk
 - toast with jam/honey/peanut butter
 - plain dry biscuits e.g. crackers, wine biscuits
 - sandwiches
 - soups
 - yoghurt, creamed rice, custard or mousses
 - ➢ ice cream & jelly
- Avoid fried or fatty foods and highly spiced foods. e.g. Fish and chips, sausages, curries

As nausea and vomiting settles, gradually increase the food you eat. Try and choose foods from the four main food groups each day.

- Fruit and vegetables
- Breads and cereals
- Meat and meat alternatives
- Milk and dairy products



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