



## 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

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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
- 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

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- 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

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

- ❶ Salty foods can help – try toast, clear soups, chips or crackers
- ❷ Cold foods are sometimes better tolerated
- ❸ Choose 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
- ❹ Avoid fried or fatty foods and highly spiced foods. e.g. Fish and chips, sausages, curries
- ❺ 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

