

Prepared For:		Date:	
Prepared By:		Contact:	

Nausea and Vomiting Nutrition Therapy

- This diet can help control nausea and vomiting and prevent complications.
- **Note:** You should also continue to take medicines prescribed by your doctor, including medicines to help manage nausea.

Tips

Tips to Reduce Nausea

- Avoid cooking smells and foods with strong odors. Foods that are cold or at room temperature tend to have fewer odors.
- Try dry, starchy, or salty foods, such as pretzels, saltines, or potatoes.
- Eat small amounts of foods more frequently instead of having large meals.
- Try to relax. Techniques such as guided imagery may help to control nausea.

Foods Recommended

- After vomiting stops, adults and children older than 3 years may suck on ice chips. Start with 1 teaspoon of ice every 10 minutes. Increase to 1 tablespoon every 20 minutes.
- After vomiting stops, you may begin to drink small amounts of clear liquids, such as broth, apple juice, or gelatin.
- Once you have gone at least 8 hours without vomiting, you can start eating solid foods.
 - Start with one food at a time, and eat very small amounts.
 - Begin with odorless foods that are low in fat and fiber.
 - Solid foods to try when vomiting stops:
 - Applesauce
 - Baked chicken
 - Banana
 - Clear broths
 - Crackers
 - Dry toast
 - Egg cooked without fat
 - Juices
 - Potato
 - Pretzels
 - Rice
 - Rice cereal
 - Sherbet
 - Yogurt

Foods Not Recommended

When you are nauseous or vomiting, avoid:

- High-fat or fried foods
- Foods with strong odors
- High-fiber foods
- Foods that give you gas

Notes