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