Nutritional guidelines if you have nausea or if you are vomiting
Disclaimer
This is general information developed by The Ottawa Hospital. It is not intended to replace the advice of a qualified health-care provider. Please consult your health-care provider who will be able to determine the appropriateness of the information for your specific situation.
Nutritional guidelines if you have nausea

1. Nausea can be caused by an empty stomach...eating small amounts of the foods suggested below can help. Try a few crackers as soon as you start feeling nauseated.

2. Do not drink and eat at the same time; drink your liquids 30 to 60 minutes before or after your meals.

3. If you have an antinausea medication, take it as directed, usually at least 30 minutes before your meals.

4. Try eating several small meals (six to seven meals per day) instead of three large meals.

5. Eat and drink slowly.

6. Try resting after your meals. Do not lie down; a sitting position is ideal.

7. Try cold foods as they tend to be better tolerated. These foods have less odours than hot foods.

8. The odours of certain foods may cause nausea. If possible, stay out of the kitchen and ask someone else to prepare meals or purchase already prepared meals which only require reheating.

9. Avoid fatty foods, fried foods, and spicy foods.

10. Avoid very rich and sweet foods.

11. Do not try your favourite foods when you are nauseous. Wait until you are feeling better to enjoy those foods.

12. Foods which are better tolerated:
    • soda crackers, toast, cereals, dry plain cookies
    • cold foods: cheese, cold deli meats, sandwiches, eggs
    • potatoes, rice, pasta
    • juice, “flat” soft drinks, bouillon, tea
    • jello, popsicles
NOTE:
Tolerance to certain foods and beverages vary with individuals. If a certain food causes you nausea, avoid it for a short period of time then reintroduce it later.

Nutritional guidelines if you are vomiting

1. Avoid food and fluids for one to two hours after vomiting.
2. Gradually start with fluids like ice chips, gingerale, tea, broth and popsicles.
3. Progress with jello, dry toast, or crackers as tolerated.

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