



ONCOLOGY NUTRITION

FOOD CHOICES TO HELP CONTROL NAUSEA

Nausea can usually be controlled with medications. **It is important to take these medications as prescribed by your doctor.** If you are unsure how to take your medication, ask your pharmacist, nurse or physician.

Some food choices may help to relieve nausea. Try the following suggestions:

Sip fluids often throughout the day. Aim for 1 ½ -2 litres (6-8 cups) of fluid daily. Good choices in addition to water include:

gingerale**	popsicles	jello®
gatorade	fruit juices	iced tea
lemonade	clear soups	weak tea with honey
milk	yogurt	sherbet
ice milk	pudding	frozen yogurt bar

**carbonated drinks are sometimes tolerated better after they go flat

Eat small amounts of food every 1-2 hours throughout the day. Try starchy foods such as:

crackers	pretzels	toast
rice	bread sticks	potato chips
bagel	plain noodles	rice cakes
digestive cookie	crumpet	plain cake

Other nourishing foods that are generally well tolerated include:

cereal with milk	tuna or chicken sandwich
pancakes	cooked eggs
cream soups	toast with peanut butter
pasta with a small amount of sauce	

If the smell of foods makes your nausea worse, choose cold foods or foods at room temperature such as:

fresh or canned fruit	cheese and crackers	vegetables and dip
yogurt with fruit	cottage cheese and fruit custard	

Avoid overly spicy foods, sweet desserts and greasy or fried foods.

Other ideas:

- Rinse your mouth often throughout the day with a baking soda and water mouth rinse (1/4 tsp baking soda to 1 cup water), especially before and after meals/snacks.
- Sip liquids slowly.
- Avoid eating your favorite foods at this time as you could develop a dislike for them later.
- Nibble on crystallized ginger or sip ginger tea (ask your dietitian for a recipe).
- Eat in a relaxing environment (e.g. dim lighting and soft music may help). Also avoid eating in a stuffy or warm room.
- Wear loose clothing.
- Place a cold cloth on your face.
- Ask about other methods such as relaxation techniques (see Patient and Family Counseling).

If nausea remains a problem, tell your nurse, dietitian, radiation therapist or physician. Contact your doctor immediately if you have cramping or diarrhea along with the nausea.

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<p>This information is not meant to replace the medical counsel of your doctor or individual consultation with a registered dietitian. This information may only be used in its entirety.</p>
