



## 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.

Revised October 2003

<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>
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