



卑詩癌症局 營養部 Oncology Nutrition

控制噁心的食物選擇

Food Choices to Help Control Nausea

藥物是可以控制噁心(作嘔)。**遵照醫生的指示服用這些處方藥物是很重要的。**如果你對這些藥物有疑問，請詢問你的藥劑師、護士或醫生。

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.

有些食物和飲品是可以減輕噁心的情況。你可嘗試以下建議：

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

整天保持飲用流質飲料。嘗試以一天內喝 1½ - 2 公升(6 - 8 杯) 飲料為目標。除了清水外，還可飲用以下飲料：

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:

薑汁汽水** gingerale**	嗜哩(果凍)jello®	冰條 popsicles	好立克 Horlicks®
薑茶 ginger tea	果汁 fruit juices	凍檸檬茶 iced tea	杏仁霜 Almond milk
檸檬汁 lemonade	清湯 clear soups	淡茶加蜂蜜 weak tea with honey	
牛奶 milk	乳酪 yogurt	布甸 pudding	

** 沒有汽的飲品會較容易接受

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

整天每隔 1 - 2 小時進食少量食物；多吃澱粉類食物，如：

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

餅乾 crackers	多士(烘麵包) toast	米餅(米通) rice cakes
白飯 rice	麵包條 bread sticks	餐包(饅頭) plain buns
米粉 rice noodles	消化餅 digestive cookie	

能紓緩噁心及有營養的食物：

Other nourishing foods that are generally well tolerated include:

蘇打餅乾浸牛奶 Soda crackers soaked in milk	
粥加入少量肉鬆或雞肉 Congee with small amounts of dry minced meats or chicken	
熟雞蛋 cooked eggs	蛋撻 egg tart
忌廉湯 cream soups	花生醬多士 toast with peanut butter
蒸飽(饅頭、雞肉或吞拿魚飽) Chinese buns (plain or with chicken/tuna)	

此資料並不取代你的註冊營養師或醫生的個人建議。該資料只可以其全文使用

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

如果食物的氣味使你噁心，你可進食冷凍或室溫下的食物，如：

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

新鮮或罐裝水果 fresh or canned fruit

花生醬餅乾 Peanut butter and crackers

豆腐花 tofu puddings

乳酪加入水果 yogurt with fruit

燉奶 / 燉蛋 egg / milk custards

避免吃太辛辣、太甜、油膩或油炸的食物。

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

其他方法:

Other ideas:

- 整天以蘇打粉加水漱口多次（把 1/4 茶匙蘇打粉與 1 杯水混合）；在餐前和餐後漱口尤其重要。

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.

- 慢慢地飲用流質飲料。

Sip liquids slowly.

- 當你感到噁心時，不要進食你最喜愛的食物，避免日後對這些食物產生反感。

Avoid eating your favorite foods at this time as you could develop a dislike for them later.

- 吮吸薑糖或啜飲薑茶。

Suck on ginger candies or sip ginger tea.

- 在輕鬆的氣氛下進食（如播放柔和音樂或與親友一同進食）。避免在悶熱或太暖和的房間裡吃餐。

Eat in a relaxing environment (e.g. soft music or eat with your friends and family). Also avoid eating in a stuffy or warm room.

- 穿著寬鬆的衣服。

Wear loose clothing.

- 用一塊凍毛巾蓋在臉上。

Place a cold cloth on your face.

- 考慮其他方法，如鬆弛技巧（請向病人及家屬輔導部查詢）。

Ask about other methods such as relaxation techniques (see Patient and Family Counseling).

如果噁心的情況持續，請告訴你的護士、營養師、放射治療師或醫生。如果你有噁心同時有胃抽筋或腹瀉的症狀，你須立即與醫生聯繫。

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.

其他營養問題？

Other Nutritional Problems?

如果你有其他問題，如食慾不振、體重減輕、口腔或咽喉疼痛、咀嚼困難或味覺改變，請向卑詩癌症局的營養師查詢。

If you have other problems with eating such as a lack of appetite, weight loss, sore mouth or throat, difficulty chewing or taste changes, please ask your dietitian for more information.

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省內可免費至電 Toll free in BC 1-800-663-3333 ext. 672013

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溫哥華島中心 Vancouver Island Center 250-519-5525
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Revised February 2015