



Nutrition Tips to Help Prevent Nausea and Vomiting

This handout offers tips for preventing nausea and vomiting. Be sure to talk to your doctor or health care provider if your symptoms do not ease after trying these tips.

At Mealtimes

- Eat small, frequent meals and snacks.
- Eat and drink slowly.
- Eat only until you are satisfied.
- Drink liquids 30 to 60 minutes before or after meals if vomiting is a problem.
- Try a variety of foods.
- Start with easily digested, bland foods.
- Avoid greasy and fried foods.
- Eat lightly-seasoned foods. Limit strong-flavored and spicy foods.
- Rest after eating, since activity may stimulate vomiting.

At Times Other than at Meals

- Avoid brushing your teeth right after eating.
- Drink small amounts of apple juice or carbonated beverages (ginger ale or lemon lime soda) if you feel nauseated between meals.
- Minimize activities or surroundings that make your nausea worse.
- If the smell of food bothers you, stay away from cooking areas and let someone else cook, or use an exhaust fan to get rid of odors.

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Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

Dietitian/Diet
Technician:

- Open a window or take a walk outside if cooking smells are overpowering.
- Be sure to have plenty of fresh air in the room when you sleep.
- If morning nausea is a problem, eat a few crackers, a handful of dry cereal, or a piece of toast before getting out of bed.
- Try activities that help to keep your mind occupied so you are not thinking about food.

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