

Eating and Nutrition Strategies for NAUSEA & VOMITING

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Amber provides 1:1 online nutrition coaching to men and women who have faced a cancer diagnosis and want to:

- set and achieve goals for nourishment and healing during and after treatment
- use compassionate mindset work to reduce food fears and gain confidence in their nutrition after treatment

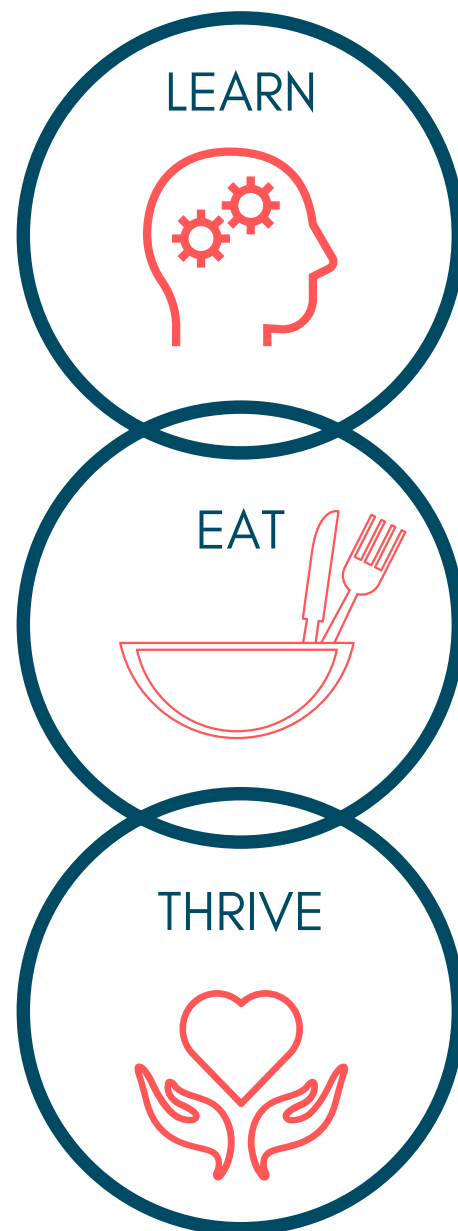
Visit www.cancernutritionolutions.com to learn more

DISCLAIMER

The information contained in this handout is created for informational and educational purposes only.

The content is not intended to substitute for professional medical advice, diagnosis, or treatment.

Always seek the advice of your physician or other qualified health provider with any questions you may have about your medical condition.



HELPFUL FOOD IDEAS

WHEN YOU AREN'T FEELING WELL:

- try light, cool foods with little smell
- limit greasy or fried foods
- eat small meals more often
- save low to no-calorie liquids (like broth, water, juice) for between meals

Dry Foods

can help first thing in the morning, taking medications

- crackers
- toast
- dry cereal
- bread sticks

Bland Foods

foods that are too sweet or rich can increase nausea

- mashed potatoes
- eggs
- pasta with light sauce

Cold Foods

foods without a lot of smell may be better tolerated

- egg or chicken salad
- cheesecake
- yogurt



NON-FOOD STRATEGIES

CONSIDER TALKING WITH YOUR TREATMENT TEAM ABOUT:

- acupuncture
- acupressure
- relaxation techniques
- using ginger



GIVE YOURSELF PERMISSION TO EAT THE FOODS YOU TOLERATE

- strict eating plans limit your choices
- certain foods may not be well-tolerated
- all foods provide nourishment

EATING AS A FORM OF SELF-CARE

- schedule mini-meals
- plan your hydration schedule

