

clear liquids

Foods that Help with Nausea or Vomiting

The following foods and beverages may help if you're experiencing vomiting, diarrhea, constipation, or appetite loss. If experiencing vomiting, wait until it subsides before eating anything.

Soups
Fat-Free Bone Broth
Fat-Free Chicken Broth
Fat-Free Vegetable Broth

Drinks
Apple Juice
Caffeine-Free Tea
Clear, Carbonated Beverages
Fruit-Flavored Drinks
Fruit Punch
Water with Lemon
Water, Plain
Sports Beverages

Sweets
Fruit Ice, without milk or fruit pieces
Popsicles
Sorbet, without fruit pieces
Jello-O®

Meal Replacements
Clear Nutritional Supplements (Carnation Instant Breakfast Juice®)