

## 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®)

# full liquids

## Foods that Help with Nausea or Vomiting

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

Hot Cereals
Cream of Wheat®
Cream of Rice®
Grits
Instant Oatmeal

Soups
Broth
Soup, strained or put through a blender

Sweets and Snacks
Custard (baked)
Frozen Yogurt
Fruit Puree
Ice Cream, with no chunks (cookie or nut pieces)
Ice Milk
Pudding
Sherbet
Sorbet
Yogurt, plain or vanilla (no fruit pieces)

Drinks
Carbonated Beverages
Decaffeinated Tea
Fruit Drinks
Fruit Punch
Milk
Milk Alternatives (soy milk or nut milk varieties)
Milkshakes
Smoothies
Sports Beverages
Tomato Juice
Vegetable Juice
Water

Meal Replacements
<b>Instant Breakfast Drinks:</b>
Carnation Instant Breakfast®
<b>Liquid Meal Replacements:</b>
Boost®
Ensure®
<b>Clear Nutritional Supplements:</b>
Ensure Clear®

## easy on the stomach

### Foods that Help with Nausea or Vomiting

When you're feeling nauseous it can be challenging to eat. Certain foods can help to calm nausea and some just feel easier sitting in the stomach. Below are foods to eat to stay nourished, even when your stomach is feeling queasy. If you're throwing up, it is best to wait until your vomiting has stopped before eating.

Beverages
Caffeine-Free Tea
Clear, Flat Carbonated Beverages
Cranberry Juice
Fruit Punch
Sports Drinks
Vegetable Juice
Water

Fruits and Vegetables
Bananas
Canned Fruit - applesauce, peaches, pears
Potatoes – baked or broiled, no skin

Meal Replacements
Instant Breakfasts – Carnation Instant Breakfast®
Liquid Meal Replacement - Ensure®
Clear Nutritional Supplements – Resource Breeze®, Carnation Instant Breakfast Juice®, Ensure Clear®

Other
Ginger and Ginger-Favored Foods – ginger chews, ground ginger, ginger gum, etc.

Proteins
Chicken or Turkey – baked without skin
Eggs
Fish – poached or broiled

Desserts and Sweets
Angel Food Cake
Jell-O®
Low-Fat Ice Cream
Lemon Drops
Popsicles
Sherbet
Sorbet

Grains
Crackers - plain
Noodles – plain
Pretzels
Refined, Cold Cereals – Corn Flakes®, Rice Krispies®, Rice Chex®
Rice
Toast – plain