

## nourishment notes

Cancer – Nausea/Vomiting

### Nourishment Notes



#### **Applesauce**

Applesauce is mild in flavor and low in fiber. Applesauce is part of the “BRAT” diet that is often used to help fight nausea. “BRAT” stands for, bananas, rice, applesauce and toast.



#### **Bananas**

Bananas are mild in flavor, low in fiber and help to absorb water. Bananas are part of the “BRAT” diet that is often used to help fight nausea. BRAT stands for, bananas, rice, applesauce and toast.



#### **Biscuits**

Biscuits are a mild tasting and low-odor food that is typically well tolerated during episodes of nausea.



#### **Blueberries**

Cool or room temperature foods, such as fresh fruit, may be better tolerated when experiencing nausea. Blueberries contain high amounts of various nutrient compounds such as flavonoids and resveratrol. Both may help to decrease the growth of various types of cancer cells.



#### **Carrots**

Well-cooked vegetables, such as carrots, are mild in flavor and odor and typically tolerated with nausea.



#### **Chicken Broth**

Liquids are often better tolerated than solid foods when feeling nauseous. Chicken broth also provides electrolytes and helps to hydrate the body.

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#### ♥ Club Soda

Some may find that slightly fizzy beverages, like club soda, ease nausea better than other liquids and are hydrating as well.



#### ♥ Ginger

Ginger has long been used as a remedy to fight against nausea. Gingerol, the bioactive ingredient in ginger, may also be beneficial as an antioxidant and anti-inflammatory agent.



#### ♥ Ginger Beer

Ginger beer, ginger ale and ginger tea are all proven to help reduce feelings of nausea. Consuming liquids between meals rather than with meals can help reduce episodes of nausea and help maintain hydration. Consuming cool, light foods and beverages with little odor can help with nausea.



#### ♥ Ginger Green Tea

Ginger has long been used as a remedy to fight against nausea. The green tea contains antioxidants to help protect healthy cells.



#### ♥ Lemon

Tart or sour foods may be easier to consume when feeling nauseous.



#### ♥ Mint

Mint can be helpful in relieving an upset stomach or nausea. The leaves contain menthol which may act as a natural pain reliever.

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#### **Oatmeal/Oats/Old Fashioned Oats/Rolled Oats**

Oats are bland in flavor and mild in odor making them a well-tolerated food option during episodes of nausea.



#### **Popsicles**

It may be easier to tolerate cold foods, rather than warm foods, when feeling nauseous. Warm foods often have stronger odors which can trigger nausea.



#### **Potatoes**

Potatoes, in most forms, are often well tolerated when nauseous due to their low odor and mild flavor.



#### **Rice**

Bland and gentle on the stomach, rice is a key component of the BRAT diet (bananas, rice, applesauce and toast) for nausea and vomiting.



#### **Sweet Potatoes**

Potatoes, in most forms, are often well tolerated when nauseous due to their low odor and mild flavor.