**VOMITING AND NAUSEA/POOR APPETITE MANAGEMENT**

A. **Nutrition Recommendations to Manage Vomiting**

<table>
<thead>
<tr>
<th>Time</th>
<th>Recommendations</th>
<th>Examples</th>
</tr>
</thead>
</table>
| When vomiting stops         | ✓ Drink small amounts of clear liquids | • Apple or cranberry juice  
• Chicken, beef or vegetable broth  
• Fruit slushie without fruit pieces  
• Gatorade or other sports drink  
• Electrolyte beverage  
• Clear sodas: Ginger Ale, Sprite or 7-Up  
• Plain jello desserts  
• Popsicles  
• Herbal Teas (peppermint, ginger, etc.) |
| 8 hours after vomiting      | ✓ Slowly introduce plain, soft, solid foods | • Eat small amounts of food every few hours  
• Avoid having an empty or overly full stomach  
• Begin eating odorless foods that are low in fat and fibre  
• After eating, sit upright and rest for an hour  
• Continue to drink clear liquids (see above)  
• Using a straw for fluids can reduce gas |

After vomiting has stopped for 8 or more hours **slowly** increase portions of food listed below to get back to a normal diet:

**Grains & Starches**
- Dry toast  
- Crackers  
- Pretzels  
- White rice or rice cereal  
- Cream of wheat or quick oats  
- Potatoes: boiled or mashed  
- White noodles

**Meats & Eggs**
- Clear broths or blended soups without cream  
- Baked chicken without skin  
- Tofu baked or broiled not fried  
- Scrambled or boiled eggs

**Fruit and Vegetables**
- Juices  
- Bananas  
- Applesauce  
- Canned fruit in juice  
- Canned vegetables  
- Pureed fruits  
- Cooked, non-gas producing vegetables (see below)
After successfully introducing foods from the above food groups, gradually re-introduce these foods into your normal diet:

### Gas producing foods
- e.g. beans, legumes, vegetables, onions, broccoli, garlic

### High fibre foods
- Whole grains
- Nuts/seeds
- Beans/lentils
- Whole fruit and vegetables

### High fat foods
- Beef
- Nuts/nut butter
- Fish

When nauseous or vomiting try to avoid:
- High fat, fried, greasy and oily foods
- Foods with strong odors
- Spicy foods
- Caffeine and alcohol
- Carbonated drinks
- High-fibre foods (e.g. whole grains, raw fruit and vegetables, nuts/seeds, beans/lentils)
- Foods that give you gas e.g. dried beans, peas and lentils, baked beans, asparagus, broccoli, cabbage

## B. Nutrition Recommendations to Manage Nausea/Poor Appetite

<table>
<thead>
<tr>
<th>Recommendations</th>
<th>Examples</th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>✓ Sip fluids often throughout the day to stay hydrated</td>
<td>Gingerale or cola (carbonated drinks are sometimes better tolerated once flattened by shaking)</td>
<td></td>
<td>Iced Tea</td>
<td>Weak tea with honey</td>
</tr>
<tr>
<td></td>
<td>Gatorade or similar sports drink</td>
<td></td>
<td>Sorbet</td>
<td>Frozen yogurt bar*</td>
</tr>
<tr>
<td></td>
<td>Lemonade</td>
<td></td>
<td>Low-fat cold milk*</td>
<td>Yogurt*</td>
</tr>
</tbody>
</table>
| | Popsicles | | Milk pudding* | *
| | 100% fruit juices | | some individuals may not tolerate dairy products well | |
| | Clear soups | | | |
| | Jello* | | | |
| ✓ Eat small amounts of food every 1-2 hours | Crackers |  | Plain white noodles | |
| | White rice or rice cereal |  | Crumpets | |
| | Plain white bagels |  | White toast or English muffins | |
| | Digestive, Lifestyle cookies or Belvita |  | Plain white rice cakes | |
| | Pretzels |  | Boiled potatoes (no added fat) | |
| | Bread sticks |  | | |

Once nausea has subsided, **slowly** return to your normal diet. Try starting out with these food choices:

- ✓ Cereal with low fat milk
- ✓ Plain pancakes or waffles
- ✓ Creamed soups
- ✓ Pasta with sauce
- ✓ Canned fish
- ✓ Chicken or turkey (white meat)
- ✓ Cooked eggs
- ✓ Peanut butter

**Please speak with your Sports Dietitian for further information**