

DIETARY ADVICE FOR NAUSEA

It is common to feel sick during your treatment. This can make eating unpleasant and difficult, but it is important to try to eat as well as you can.

The following ideas may help:

- If you feel sick first thing in the morning, try some plain biscuits or crackers or unbuttered toast before getting up
- Eat “little and often”. Aim to eat something 6 times a day if you can, even if it is just a plain biscuit and a glass of milk, or a small sandwich
- Avoid drinking whilst eating. Have drinks between or after meals
- Try to keep away from cooking smells. If possible, ask relatives or friends to prepare meals. Consider foods that don’t require much cooking, e.g. ‘ready meals’ heated up thoroughly in the microwave
- Don’t be over-faced by the food on your plate. Start with a small portion – you can always go back for more. This is very important if someone else is serving your food. Your small portion and their small portion may be very different!
- A short walk in the fresh air can help to reduce sickness
- Try foods containing ginger, e.g. ginger ale, ginger biscuits, ginger tea
- Cold foods have less smell than hot foods and may therefore be better tolerated. Try sandwiches, cold meats, crackers with cheese and cold puddings such as mousse, yoghurts and ice cream
- Very fatty foods (e.g. crisps, chips, fried foods) can cause nausea. If this is the case, try to avoid them and cut visible fat off food
- If very sweet foods cause nausea:
 - try sharp tasting fruits, e.g. unsweetened stewed apple or rhubarb with custard
 - plain chocolate is less sweet than milk chocolate
 - try tangy yoghurt drinks, fruit smoothies or lemon and lime cordials
- If your nausea does not settle, ask your doctor or nurse about anti-sickness tablets. If these are prescribed, ensure that you take them regularly as advised to prevent you from feeling sick