



Managing Nausea, Vomiting, and Poor Appetite

These symptoms are common side effects from cancer and cancer treatment. Certain medications, anxiety, dehydration or odors can also contribute. Uncontrolled nausea and vomiting can lead to loss of electrolytes, dehydration, loss of appetite and weight loss. It is important to eat as well as you can to maintain strength and energy, be able to tolerate the side effects of treatment better, and to recover and heal as quickly as possible.

Tips to help you eat

... if you have nausea:

- Take your prescribed anti-nausea medicine 30 to 60 minutes before you eat.
- Eat small portions of foods that are easy to digest. This includes low-fat, low-fiber foods.
- Eat slowly and chew well.
- Avoid fried, spicy, very sweet or fatty foods.
- Stay upright at least 2 hours after eating.
- Try not to skip meals. Having an empty stomach can worsen nausea. Instead, try a light meal or snack every 2-3 hrs.
- Hot foods emit more odors, which can trigger nausea. Choose cold or room temperature foods.
- Ginger has been shown to help improve symptoms of nausea. Try ginger tea, ginger ale, ginger candies, ginger soups, or add freshly grated ginger to chicken or fish
- Try adding lemon to your diet: sip on lemonade, lemon drops, lemon ice, or even try smelling a fresh lemon (lemon aromatherapy)
- Try a small portion of potato chips or french fries. The sodium and potassium can sometimes help reduce nausea.
- Sometimes people can get nauseous just thinking about treatment. This is called anticipatory nausea. It can be decreased with relaxation techniques such as meditation or acupuncture (ask your doctor for a referral)

...if you do not have an appetite:

- Eat smaller amounts of food but more frequently. Aim for 5 or 6 smaller meals a day instead of 3 large meals.
- Schedule times to eat. Instead of relying on appetite, set an alarm to let you know its time for a small meal or snack.
- Separate fluids from your meal times, as they can make you feel full.
- Keep snacks readily available.
- Sip on supplements throughout the day. It may be easier for you to drink rather than eat something.
- Take advantage of the times when you feel well enough to eat. Choose foods that are high in protein and calories. See nutrition supplement drinks below.

	Recommended Foods	Foods that may cause nausea
<i>Grains</i>	<ul style="list-style-type: none"> • Dry toast • White rice • Plain pasta • English muffins • Plain bagels • Cold cereal <ul style="list-style-type: none"> ○ Corn Flakes ○ Rice Crispies ○ Cheerio's 	<ul style="list-style-type: none"> • Donuts • Pastries • Pancakes • Waffles • Muffins
<i>Fruits and vegetables</i>	<ul style="list-style-type: none"> • Mashed potatoes • Tender, well-cooked vegetables • Bananas • Applesauce • Canned fruit (peaches, pears, mixed fruit) • French fries (small amount)* 	<ul style="list-style-type: none"> • Creamed or fried vegetables • Vegetables with strong odor
<i>Protein</i>	<ul style="list-style-type: none"> • Baked or broiled poultry or fish • Scrambled eggs • Hardboiled eggs • Cold meat, fish or egg salad • Yogurt • Cottage cheese (nonfat or 2%) • String cheese • Sliced mild cheese • Peanut or almond butter • Juice-type nutrition supplement drinks 	<ul style="list-style-type: none"> • Fatty and fried meats (sausage, bacon, fried chicken) • Fried eggs
<i>Desserts and snacks</i>	<ul style="list-style-type: none"> • Angel food cake • Pretzels • Saltines • Potato Chips (small amount)* • Gelatin • Pudding • Popsicles • Lemon Italian ice • Vanilla wafers • Low fat or light ice cream 	<ul style="list-style-type: none"> • Cakes • Cheese cake • Full-fat ice cream • Milkshakes (unless made with low-fat milk)
<i>Drinks and soups</i>	<ul style="list-style-type: none"> • Low-fizz, caffeine-free sodas • Diluted fruit juices • Clear broth • Decaf iced tea • Gatorade • Crystal Light • Water • Lemonade • Ginger ale • Ginger tea 	<ul style="list-style-type: none"> • Coffee • Alcohol • Cream

<i>Others</i>	<ul style="list-style-type: none"> • Salt • Cinnamon • Ginger 	<ul style="list-style-type: none"> • Spicy salad dressings • Pepper, chili powder, onion, seasoning mixtures • Hot sauce • Olives
---------------	--	---

**Your dietitian may recommend Potato chips or French fries because they are high in potassium and sodium, which can sometimes help reduce nausea if eaten in small portions.*

Oral liquid supplements available as needed:

	<i>Description</i>	<i>Flavors</i>
Ensure (8 oz)	High calorie, high protein shake	Chocolate, Vanilla, Strawberry
Ensure Active Clear (11 oz)	Clear fruit juice with extra calories and protein	Pomegranate Blueberry, Mixed Fruit, Peach
Stonyfield Smoothie (10 oz)	Fruit-flavored yogurt-based smoothie	Peach, Berry
MightyShakes (6 oz)	High calorie, high protein shake in a small package	Chocolate, Vanilla, Strawberry
Glucerna (8 oz)	High calorie, high protein shake for better glucose control	Chocolate, Vanilla, Strawberry

Nausea Management 3 Day Sample Menu

BREAKFAST	SNACK	LUNCH	SNACK	DINNER
1 slice white toast 1 Tbsp peanut or almond butter ½ banana	1 cup of ginger tea 5 saltines	¾ cup cold chicken, egg, or tofu salad ½ cup vegetable or cream soup (try ginger carrot)	1 small bag of potato chips ¾ cup lemonade	4 oz baked haddock with lemon juice ¾ cup mashed potatoes 1 cup cooked carrots
1 cup peach ginger tumeric smoothie (see recipe on next page)	1 small bag pretzels ¾ cup coconut water	2 slices deli turkey 1 oz low fat cheese 2 slices bread 1 tbsp mayonnaise	½ cup peaches ½ cup low fat Greek yogurt 1 cup lemonade	1 slice vegetable quiche ½ cup low fat vanilla ice cream
1 cup Cheerios ½ cup skim milk 1 banana	1 cup low fat lemon yogurt 1 oz cashews	1 cup of chicken noodle soup 4 saltine crackers	2-3 gingerbread protein balls (see recipe on next page) 6 oz gingerale	3 oz baked chicken breast, 1 cup cooked broccoli, ¾ cup plain pasta with drizzle of olive oil

Recipes Using Ginger

Ginger Ale with Frozen Grapes

4 cups water
2 cups sliced unpeeled fresh ginger
2 tablespoons freshly squeezed lemon juice
2 tablespoons honey
Frozen seedless grapes
sparkling water
mint sprigs, for garnish

Bring the water and ginger to a boil in a saucepan, then lower the heat, cover, and simmer for 1 hour. Uncover and continue to simmer for 30 minutes.

Strain the infusion through cheesecloth and discard the ginger. Stir in the lemon juice and honey and let cool to room temperature.

For each serving, add 1/4 cup of the ginger syrup to a glass with frozen grapes, then fill the glass with sparkling water and garnish with a sprig of mint.

*Source: The Cancer-Fighting Kitchen: Nourishing, Big-Flavor Recipes for Cancer Treatment and Recovery, Rebecca Katz.

Peach Ginger Turmeric Smoothie

1 cup coconut water
1 – 2 peaches (canned or frozen)
1 banana (fresh or frozen)
1/2 in piece of fresh turmeric
1/2 in piece of fresh ginger
1 handful of ice

Place all ingredients in a blender and mixed well.

Gingerbread Protein Balls

Makes 12

1 c almond meal or ground almonds
1 scoop vanilla protein powder or powdered milk
1 tsp cinnamon
1/8 tsp cloves
1 Tbsp finely grated fresh ginger root
2 Tbsp pure maple syrup or honey
1 Tbsp molasses
1 Tbsp milk

Pulse dry ingredients together in a food processor or blender. Add wet ingredients and process until dough comes together. Roll mixture into 12 balls. Store in the refrigerator or freezer.

Mango Mango Ginger Granita

4 cups mango juice, room temperature
2 cups water
2 limes, juiced
2-inch piece peeled ginger, grated with microplane
1/2 cup superfine sugar

Whisk together all the ingredients in a large baking dish. Freeze overnight until solid. Scrape with fork to serve.

Ginger Carrot Soup

4 cups low-sodium vegetable broth, divided
1 yellow onion, chopped
3 cloves garlic, finely chopped
2 teaspoons freshly grated ginger
1 pound carrots, coarsely chopped
1 medium Yukon Gold potato, peeled and cut into 1-inch chunks
1 teaspoon lemon juice
1 tablespoon sliced fresh chives

Heat 1/2 cup broth to a simmer in a medium saucepan over medium-high heat. Add onion and garlic and cook until tender, about 6 minutes, stirring occasionally. Stir in ginger, carrots, potato and remaining broth and heat to a boil. Reduce to a simmer, cover and cook 25 minutes or until vegetables are tender. In batches, carefully puree in a blender. Add water or broth if needed to thin to desired consistency. Reheat soup if necessary. Stir in lemon juice and garnish with chives.

*Source: Whole Foods Market

Homemade Ginger Tea

1 piece of fresh ginger (about the size of a nickel)
1 cup water
Lemon slices

Peel and slice a piece of fresh ginger. Put this small piece of ginger in 1 c. of boiling water. Add a fresh lemon slice. Sip throughout the day.