



Tips and Recipes to Ease Nausea

Nutrition and Food Services Healthy Teaching Kitchen



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Tips for Managing Nausea and Vomiting

Nausea (upset stomach) and vomiting (throwing up) are common side effects of cancer treatment. While this may make it difficult to eat, it is important that you eat to maintain strength and good nutrition during your treatment. In fact, nausea may actually get worse if you are not eating. Here are some tips to help you with nausea and vomiting:

Eat What Sounds Good

- Eat 5 or 6 small meals or snacks, eating every 2-3 hours throughout the day, instead of 2 or 3 large meals. You can try eating more between treatments when your appetite is better.
- Eat simple dry foods (e.g. crackers, dry cereal, toast). Avoid very sweet, spicy, fried, or greasy foods.
- Avoid foods with strong smells and serve foods cold or at room temperature to limit odors. As much as you can, stay out of areas where food is prepared if being around food odors bothers you.

Make Eating Easier

- Have frozen or prepared meals on hand so you do not have to cook when you feel nauseous.
- Keep small portions of your favorite foods on hand.
- Rinse your mouth before and after meals.
- Ask your dietitian if a nutrition supplement is right for you.

Get Comfortable

- Chewing gum or candy, especially tart candy, may help with nausea.
- Try to wait at least two hours after eating before lying down.
- Wear loose-fitting clothing.
- Try slow, deep breathing to calm your stomach.

Stay Hydrated

Staying hydrated is very important, especially if you are vomiting. Try to drink 8 cups of liquid a day, sipping small amounts at a time, plus ½-1 cup for every episode of vomiting to prevent dehydration.



Making Crackers and Toast Go Further

Crackers and toast are often well tolerated when you have an upset stomach. Here are some topping ideas to boost their nutrition, flavor, and texture:

Topping Ideas for Crackers

Start with choosing a cracker that you enjoy. Some crackers will hold up better with toppings than others. A crumbly cracker works best with a sticky topping (peanut butter), while a crisp cracker will work with a dry or wet topping.

- Hard cheeses (e.g. cheddar, swiss) or pasteurized soft cheeses (e.g. cottage cheese, cream cheese)
- Nut or seed butter (e.g. peanut butter, almond, butter, cashew butter, sunflower butter)
- Egg salad, tuna salad, or chicken salad
- Salsa (if your stomach feels up to spice)
- Pesto
- Hummus

Topping Ideas for Toast

Choose a whole-grain bread for added nutrition. If white bread is more appealing, try a white whole-wheat bread. Consider going beyond bread with English muffins, bagels, sandwich thins, wraps, or pita bread.

- Butter with honey or jam
- Nut or seed butter (e.g. peanut butter, almond, butter, cashew butter, sunflower butter) with jam, honey, or sliced banana
- Melted cheese
- Mashed avocado with salt, pepper, and/or lemon juice
- Cream cheese and jam or fresh berries
- Egg salad, tuna salad, or chicken salad
- Hummus and cucumber slices, sprinkled with salt and pepper



Ginger Tea

Prep: 5 minutes | Cook: 15 minutes | Total: 20 minutes

Yield: 2 servings | Serving Size: 1 cup

Ingredients

3 cups (24 ounces) drinking-quality water

1½-inch piece fresh ginger, peeled and sliced

1-2 teaspoons honey, to taste (optional)

Directions

1. Add the water and ginger to a small or medium saucepan.
2. Bring to a boil over high heat, then reduce to a simmer.
3. Cook until the ginger flavor is infused to your liking, about 10-15 minutes.
4. Remove the ginger chunks with a strainer or slotted spoon.
5. Add honey to taste if desired.
6. Sip hot, let cool slightly and sip warm, or chill in the refrigerator or with ice cubes and sip cold.

Nutrition Facts Per Serving: Calories: 40 | Total Fat: 0 g | Saturated Fat: 0 g
Sodium: 0 mg | Total Carbohydrate: 10 g | Dietary Fiber: 0 g | Protein: 0 g

Submitted by Robin LaCroix, RD, CSO

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Gingerbread Muffins

Prep: 10 minutes | Cook: 25 minutes | Total: 35 minutes

Yield: 12 servings | Serving Size: 1 muffin

Ingredients

- 1 cup milk (dairy or non-dairy)
- 1 tablespoon vinegar
- $\frac{3}{4}$ cup dark molasses
- $\frac{1}{3}$ cup canola oil or extra-virgin olive oil
- 1 egg
- $\frac{3}{4}$ cup all-purpose flour
- 1 cup whole-wheat flour
- 1 $\frac{1}{4}$ teaspoons baking soda
- $\frac{1}{2}$ teaspoon salt
- 1 teaspoon ground cinnamon
- 1 teaspoon ground ginger
- $\frac{1}{2}$ teaspoon ground cloves
- $\frac{1}{2}$ teaspoon ground nutmeg
- Nonstick cooking spray

Directions

1. Preheat oven to 375 degrees.
2. In a medium mixing bowl, stir together the milk and vinegar. Let sit until the milk is slightly curdled, about 3-5 minutes.
3. Add the molasses, oil, and egg to the milk mixture. Stir to combine.
4. In a separate medium mixing bowl, whisk together the all-purpose flour, whole-wheat flour, baking soda, salt, cinnamon, ginger, cloves, and nutmeg.
5. Add the flour mixture to the milk mixture, gently stirring just until a batter forms and there is no more dry flour.
6. Spray the inside of a 12-cup muffin tins with cooking spray.
7. Fill each muffin cup about two-thirds full with the batter.
8. Bake until muffins bounce back when pressed on, about 22-25 minutes.
9. Let the muffins cool in the pan for 5 minutes, then use a butter knife to loosen the muffins from the pan and serve.

Recipe Notes

- Enjoy as a snack, or eat with fruit and a cooked egg or Greek yogurt for a complete meal.

**Nutrition Facts Per Serving: Calories: 160 | Total Fat: 7 g | Saturated Fat: 1 g
Sodium: 200 mg | Total Carbohydrate: 22 g | Dietary Fiber: 1 g | Protein: 2 g**

Submitted by Maureen Gallagher, MS, RD

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Gingery Chicken Noodle Soup

Prep: 15 minutes | Cook: 30 minutes | Total: 45 minutes

Yield: 6 servings | Serving Size: 1½ cups

Ingredients

- 1 tablespoon extra-virgin olive oil or canola oil
- 1 medium onion, diced (about 1-1½ cups)
- 2 stalks celery, diced (about ½ cup)
- 2 large carrots, peeled and diced (about 2 cups)
- 1-inch piece fresh ginger, minced or grated (or 1 teaspoon ground ginger)
- 6 cups (48 ounces) chicken broth
- 1 cup shredded or chopped cooked chicken
- 2 cups chopped kale
- 1 cup dry pasta

Directions

1. Heat a large stockpot or Dutch oven over medium-high heat.
2. Add the oil and heat until shimmering.
3. Add the onion, celery, carrots, and ginger. Cook, stirring occasionally, for 5 minutes.
4. Add the chicken broth.
5. Bring to a boil, then reduce heat to medium-low to maintain a simmer.
6. Cook for 10 minutes.
7. Add the cooked chicken and kale. Stir to combine, then continue cooking for 5 minutes.
8. Add the pasta and stir to combine. Continue cooking until the pasta is tender, about 10-12 minutes.
9. Serve warm.

Recipe Notes

- If you are using raw chicken, cut it into bite-sized chunks and add it with the broth.
- Try substituting chicken bone broth for the regular chicken broth. Bone broth provides additional nutrients and protein.

**Nutrition Facts Per Serving: Calories: 170 | Total Fat: 2.5 g | Saturated Fat: 0 g
Sodium: 800 mg | Total Carbohydrate: 22 g | Dietary Fiber: 2 g | Protein: 15 g**

Submitted by Robin LaCroix, RD, CSO

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Simple Lemon Noodles

Prep: 5 minutes | Cook: 10 minutes | Total: 15 minutes

Yield: 2 servings | Serving Size: 1 cup

Ingredients

- 4 ounces dry pasta (about a quarter of a 16-ounce box)
- 1 tablespoon extra-virgin olive oil
- 1 tablespoon butter
- 1 clove garlic, minced (about ½-1 teaspoon)
- 1 lemon, zested and juiced
- ¼ cup minced fresh parsley (or 1 tablespoon dried parsley)
- ¼ teaspoon salt

Directions

1. Cook the pasta according to the package directions. When the pasta is done cooking, reserve ¼ cup of the cooking liquid and then drain the rest of the water from the pasta.
2. While the pasta is cooking, heat the oil and butter in a medium skillet over medium heat, until the oil is shimmering and the butter is melted.
3. Add the garlic, lemon zest, and parsley to the skillet. Cook until fragrant, about 1-2 minutes.
4. Add the cooked pasta, the reserved ¼ cup pasta cooking water, lemon juice, and salt. Toss to combine.
5. Serve warm.

Recipe Notes

- Choose a whole-wheat pasta for more fiber.
- Top with shredded or grated parmesan cheese if desired.

**Nutrition Facts Per Serving: Calories: 290 | Total Fat: 14 g | Saturated Fat: 5 g
Sodium: 350 mg | Total Carbohydrate: 35 g | Dietary Fiber: 1 g | Protein: 7 g**

Adapted from FoodNetwork.com | Submitted by Robin LaCroix, RD, CSO
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