

Nausea



Tips to help you manage your food when you're feeling ill

Feeling sick (nausea) often occurs as a result of illness, during pregnancy or as a side effect to your medication. It is important that you continue to try to eat. The following suggestions may help:

- Keep meals small and frequent throughout the day.

If the smell of food makes you feel sick try:

- Eating cold foods such as cold meats and salad, sandwiches, cereals, fruit.
- Avoid strong smelling foods e.g. fish or curries until you feel better.
- Use convenience foods which are cooked in the oven or microwave.
- Ensure pot lids are on when cooking to keep the smell contained.
- Try to casserole or bake in the oven as this reduces the smell.
- Soups may be tolerated better from a beaker or lidded cup.
- If possible ask someone else do the preparation and cooking.
- Try eating dry foods, such as toast or crackers, first thing in the morning before you get up.
- Sip a fizzy drink such as lemonade, ginger ale or mineral water.
- Avoid rich sauces, fatty or fried foods until you feel better.
- Try to eat at a table and remain in an upright position for at least 30 minutes after a meal.
- Take drinks in between meals, rather than with meals.
- Eat and drink slowly.
- If possible, take a gentle short walk to get some fresh air or try to eat in a well ventilated room.

Managing your food



If you are sick:

- Take frequent sips of fluids.
- Try to have drinks which contain calories rather than plain water
e.g. fruit juice, lemonade, ginger beer.
- If your sickness persists consult with your doctor.

Returning to a normal diet:

When your sickness settles try more nourishing drinks e.g. Horlicks, milk shakes.

Then start with small frequent snacks and gradually build back to your normal meals.



Note: if you have Diabetes or High Cholesterol, speak with your doctor or Dietitian before starting.

If you feel there has been no improvement after trying these suggestions, contact your GP.