



# WHAT TO EAT

Before, During and After Cancer Treatment

## NAUSEA

**What it is:** Nausea is the feeling of being queasy or sick to your stomach. It can lead to vomiting, but does not always.

**What it does:** Having nausea with or without vomiting can cause you to lose your appetite. Vomiting can lead to dehydration.

**Tips to help:**

- Start with something solid like toast or crackers.
- Eat smaller amounts more often, instead of large meals.
- Sip on water, broth, or diluted juices throughout the day.
- Eat cooler foods that may have a less strong smell.
- Create a restful setting to eat in and sit upright.
- Try ginger tea, ginger chews, or ginger ale.

**What to eat:**

- Dry foods like crackers or toast
- Popsicles or fruit ices
- Cold sandwiches
- Soft cooked eggs – boiled or poached
- White rice or plain pasta
- Muffins
- Potatoes
- Canned fruits