

clear liquids

Foods that Help with Nausea or Vomiting

The following foods and beverages may help if you're experiencing vomiting, diarrhea, constipation, or appetite loss. If experiencing vomiting, wait until it subsides before eating anything.

| Soups |
|--------------------------|
| Fat-Free Bone Broth |
| Fat-Free Chicken Broth |
| Fat-Free Vegetable Broth |

| Drinks |
|-----------------------------|
| Apple Juice |
| Caffeine-Free Tea |
| Clear, Carbonated Beverages |
| Fruit-Flavored Drinks |
| Fruit Punch |
| Water with Lemon |
| Water, Plain |
| Sports Beverages |

| Sweets |
|---|
| Fruit Ice, without milk or fruit pieces |
| Popsicles |
| Sorbet, without fruit pieces |
| Jello-O® |

| Meal Replacements |
|---|
| Clear Nutritional Supplements (Carnation Instant Breakfast Juice®) |

full liquids

Foods that Help with Nausea or Vomiting

The following foods and beverages may help if you're experiencing vomiting, diarrhea, appetite loss, or weight loss. If experiencing vomiting, wait until it subsides before consuming anything.

| Hot Cereals |
|-----------------|
| Cream of Wheat® |
| Cream of Rice® |
| Grits |
| Instant Oatmeal |

| Soups |
|---|
| Broth |
| Soup, strained or put through a blender |

| Sweets and Snacks |
|--|
| Custard (baked) |
| Frozen Yogurt |
| Fruit Puree |
| Ice Cream, with no chunks (cookie or nut pieces) |
| Ice Milk |
| Pudding |
| Sherbet |
| Sorbet |
| Yogurt, plain or vanilla (no fruit pieces) |

| Drinks |
|--|
| Carbonated Beverages |
| Decaffeinated Tea |
| Fruit Drinks |
| Fruit Punch |
| Milk |
| Milk Alternatives (soy milk or nut milk varieties) |
| Milkshakes |
| Smoothies |
| Sports Beverages |
| Tomato Juice |
| Vegetable Juice |
| Water |

| Meal Replacements |
|---------------------------------------|
| Instant Breakfast Drinks: |
| Carnation Instant Breakfast® |
| Liquid Meal Replacements: |
| Boost® |
| Ensure® |
| Clear Nutritional Supplements: |
| Ensure Clear® |

easy on the stomach

Foods that Help with Nausea or Vomiting

When you're feeling nauseous it can be challenging to eat. Certain foods can help to calm nausea and some just feel easier sitting in the stomach. Below are foods to eat to stay nourished, even when your stomach is feeling queasy. If you're throwing up, it is best to wait until your vomiting has stopped before eating.

| Beverages |
|----------------------------------|
| Caffeine-Free Tea |
| Clear, Flat Carbonated Beverages |
| Cranberry Juice |
| Fruit Punch |
| Sports Drinks |
| Vegetable Juice |
| Water |

| Fruits and Vegetables |
|---|
| Bananas |
| Canned Fruit - applesauce, peaches, pears |
| Potatoes – baked or broiled, no skin |

| Meal Replacements |
|---|
| Instant Breakfasts – Carnation Instant Breakfast® |
| Liquid Meal Replacement - Ensure® |
| Clear Nutritional Supplements – Resource Breeze®, Carnation Instant Breakfast Juice®, Ensure Clear® |

| Other |
|---|
| Ginger and Ginger-Favored Foods – ginger chews, ground ginger, ginger gum, etc. |

| Proteins |
|--|
| Chicken or Turkey – baked without skin |
| Eggs |
| Fish – poached or broiled |

| Desserts and Sweets |
|---------------------|
| Angel Food Cake |
| Jell-O® |
| Low-Fat Ice Cream |
| Lemon Drops |
| Popsicles |
| Sherbet |
| Sorbet |

| Grains |
|--|
| Crackers - plain |
| Noodles – plain |
| Pretzels |
| Refined, Cold Cereals – Corn Flakes®, Rice Krispies®, Rice Chex® |
| Rice |
| Toast – plain |