

Nausea

Nutrition Fact Sheet

Causes of Nausea: HIV or other infections, side effects of medication, skipping meals, dehydration, overeating, food and odor sensitivity, migraine headaches, foodborne illness, and food allergies.

Consequences of Nausea: Nausea can result in loss of appetite, reduced food intake, weight loss, and interruption of daily activities. It can be serious. Make sure your doctor knows you have nausea. In the meantime, these tips may help control it.

Try These Tips:



- Avoid skipping meals
- Carry snacks and eat small meals frequently
- Eat and drink slowly. Drink small frequent sips, rather than large amounts at a time.
- Eat more when you are feeling better, but try not to overeat
- Avoid drinking large amounts of sugary beverages (i.e. juices, soda, Kool-Aid and supplements like Ensure or Boost)

- Drink fluids, including soups, between meals rather than with the meal
- Eat dry toast, saltine crackers, or melba toast before getting out of bed
- Avoid overly sweet, greasy, hot, or spicy foods. Salty foods may be well tolerated.
- Avoid strong smelling foods and cooking odors. Cooler foods, like sandwiches, have less of an odor
- Eat in a well-ventilated area. For example, open the windows or eat outside
- Avoid getting overtired
- If taking any dietary supplements (i.e. multi-vitamins, minerals, herbs) take with food
- Try drinking ginger tea, ginger ale, ginger-honey tonic or club soda
- Take nausea medications as directed by your doctor and pharmacist



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