

When Nausea Gets in the Way of Eating

Nausea and vomiting are a problem for many people during breast cancer treatment. When you aren't feeling well, try these tips for eating and staying hydrated:

- Sip water, juices and other clear, calorie-containing liquids throughout the day.
- Try foods that are easy on your stomach such as clear liquids (e.g., gelatin or broth), crackers and plain toast.
- Eat several small meals throughout the day instead of three large ones.
- Try foods that don't have a strong smell.
- Avoid foods that are overly sweet, greasy, spicy or rich.
- Ask your doctor about medications to help with nausea.
- Rinse your mouth before or after meals.
- Suck on hard candy, such as peppermint or lemon, if there is a bad taste in your mouth.
- Sit up or recline with your head raised for at least one hour after eating if you need to rest.
- Eat dry foods such as crackers, toast, dry cereals or pretzels when you wake up and every few hours during the day.
- Avoid hot spicy foods and instead try cool, bland foods.
- Eat soft, bland foods on treatment days such as Cream of Wheat® or chicken noodle soup.