the center
For Naturopathic Medicine & Functional Nutrition

Nausea

Nausea is a common digestive issue and is typically defined as a feeling of discomfort or sickness, accompanied by a distaste for food and an urge to vomit. Common causes of nausea include motion sickness, food poisoning, infections like the stomach flu, pregnancy, certain medications such as GLP-1 medications, and certain treatments such as cancer treatment.

Nutrition Strategies to Manage Nausea

Ginger

- **Why it helps**: Ginger is well-known for its anti-nausea properties.
- **Examples**: Ginger tea, ginger chews, or adding fresh ginger to smoothies or meals.



Small, Frequent Meals

- **Why it helps**: Eating smaller portions reduces the chance of feeling overly full, which can worsen nausea.
- **Examples**: Light meals or snacks like oatmeal, Greek yogurt, or applesauce.



Cold or Room-Temperature Foods

- **Why it helps**: Cold foods are often more tolerable when feeling nauseous.
- **Examples**: Smoothies, yogurt, cold sandwiches, salads.



Bland, Easy-to-Digest Foods.

- **Why it helps**: These foods are gentle on the stomach and less likely to trigger nausea.
- **Examples**: Plain toast, crackers, rice, bananas.



Hydration

- **Why it helps**: Staying hydrated with small sips throughout the day prevents dehydration, which can worsen nausea.
- **Examples**: Water, diluted fruit juices, clear broths.



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Nutrition Strategies to Manage Nausea

Protein-Rich Snacks



- **Why it helps**: Protein stabilizes blood sugar, which can help reduce nausea.
- **Examples**: Greek yogurt, boiled eggs, cottage cheese.

Peppermint



- **Why it helps**: Peppermint can help relax the stomach muscles and reduce nausea.
- **Examples**: Peppermint tea or candies.

Avoid Large, Rich, or Greasy Meals



- **Why it helps**: Heavy, greasy, or rich meals are harder to digest and can trigger or worsen nausea.
- **Examples to Avoid**: Fried foods, creamy sauces, large portions of meats, and fast food.

Mindful Eating Techniques

Mindful eating techniques help you recognize early signs of fullness, which can help prevent overeating and reduce nausea.

To eat more mindfully, try:

- **Pausing Between Bites:** Take a moment between bites to assess whether you're still hungry.
- **Eating Smaller Portions:** Serve yourself smaller portions and go for seconds if you are still hungry.
- **Savoring Each Bite:** Focus on the flavors and textures of your meal, which can make the meal more satisfying and prevent overeating.

Note

Be sure to speak to your healthcare provider about your nausea, especially if you are experiencing it for an extended period of time, the reason is unknown, or it is accompanied by other symptoms.