

FOODS TO MANAGE NAUSEA



Crackers



Yogurt



Fruits



Toast



**Water &
Caffeine-Free
Beverages**



Tea



Baked Chicken



Eggs



**Ginger Chews/
Ginger Hard Candy**



Broth & Soup



Potatoes & Rice



Popsicles

—
Eat 6 to 8
**SMALL
MEALS**
or snacks per day.

—
Stay well
HYDRATED
by sipping
throughout
the day.

—
Choose
**BLAND
FOODS**
instead of
spicy foods.