

Oncology Nutrition



Managing GI Side Effects



Nutrition Tips for Nausea and Vomiting

- **Eat small, more frequent meals.**
 - Try to eat a snack every 2-3 hours.
- **Choose bland foods that are easy to eat:**
 - Toast, saltines, gelatin, plain yogurt, peanut butter and crackers, sandwich, crackers and cheese.
- **Avoid foods that are acidic, greasy, fried or spicy.**
- **Sip on beverages throughout the day to keep hydrated.**
- **If smells bother you:**
 - Try eating foods that are cold or at room temperature.
 - Avoid the kitchen during meal preparation and avoid cooking methods that take a lot of time
 - Eat in cool, well-ventilated rooms that don't have any strong smells.
 - Cover an open cup with a lid and drink through a straw.
- **Ginger and Lemon can help with nausea.**
 - Try ginger or lemon candies or ginger root tea.
 - Sip on lemonade or lemon flavored drinks.
- **Active vomiting:**
 - Clear liquids such as broth, gelatin, ginger ale, and popsicles.



Nutrition Tips for Nausea and Vomiting

Nausea Medications

- Anti-nausea medication on a schedule
- Medications with food instead of on an empty stomach
- If one anti-nausea treatment does not work for you, another one might. Your health care team can help you find a treatment that makes you feel better



Nutrition tips for Diarrhea

- Talk with your doctor about anti diarrheal medication
- Eat smaller, more frequent meals or snacks
- Drink lots of liquids throughout the day
- **Limit**
 - High fiber foods
whole wheat bread, bran cereals, fruits and vegetables, nuts, and beans
 - Greasy or spicy foods
 - Dairy (if you have lactose intolerance)
 - Drinks with caffeine
- **Choose:**
 - Bland foods, low fiber/white flour grains
 - Foods with sodium such as broth, saltines, and sports drinks
 - Bananas, applesauce, white rice, and oats

Talk with your healthcare team if you have more than 6 loose stools per day and if diarrhea lasts for more than 1 day.

Nutrition Tips for Constipation and Gas/Bloating

- Try to drink at least 8 cups per day.
 - Water, juice, milk, non caffeinated drinks.
 - Popsicles, ice cream, gelatin, and soups.
- Try drinking warm fluids in the morning.
- Include more fiber in your diet such as fruits, vegetables, and whole grains.
- Try to eat around the same time every day.
- Go for a walk or try some activity.
- Limit foods that can cause gas and bloating:
 - include dairy and
 - beans/legumes and
 - cruciferous vegetables (broccoli, cauliflower, Brussel sprouts, cabbage, kale)



Test your knowledge: Question 1

What is one food to avoid with nausea?

- a. Greasy pizza
- b. Lemon
- c. Ginger tea

Test your knowledge:

Question 2

What foods can be used to bulk up Stool?

- a. Bananas, Oat, White rice, Applesauce
- b. Chips, Cookies, Cakes, and Sugary Drinks
- c. Apples, Grapes, Spinach, and Kale

Test your knowledge:

Question 3

What can help prevent constipation?

- a. Going for walks
- b. Eating foods with fiber
- c. Getting enough fluids
- d. All the above

Thank You!



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