



جامعة الإمام عبد الرحمن بن فيصل  
IMAM ABDULRAHMAN BIN FAISAL UNIVERSITY

مستشفى الملك فهد الجامعي  
King Fahad Hospital The University

# Nausea and Vomiting



# What is nausea and vomiting?

Nausea:

Is feeling a desire to vomit.

Vomiting:

Is emesis the contents of the stomach up through the esophagus and out of the mouth.

## What food is recommended to eat?



- Drink insignificant amounts of clear liquids, after vomiting stops. For example, apple juice or gelatin.
- And after eight hours, begin eating solid foods.
  - Begin with one type of food in small amounts.
  - Start with low fat/fiber foods that are odorless



## What food is recommended to eat?



- Example of solid foods that are helpful after vomiting stopped
  - Rice.
  - Juices.
  - Potato.
  - Yogurt.
  - Pretzels.
  - Banana.
  - Crackers.
  - Sherbet.
  - Dry toast.
  - Rice cereal.
  - Applesauce.
  - Clear broths.
  - Baked chicken.
  - Egg cooked without fat.



## What food is not recommended to eat?



When you feel nauseous or start vomiting, try to avoid:

- Gassy food.
- High-fiber foods.
- Strong odors food.
- High fat or fried foods.



## How to Minimize Nausea?

- Avoid cooking strong odors food. And try to eat foods that are at room temperature.
- Eat salty, dry, starchy foods, for instance pretzels and potatoes.
- Try frequent small meals.
- Separate liquids and solid foods by at least an hour.
- Liquid should be cold.
- Try ginger or other ginger foods.



## How to Minimize Nausea?

- In case, nausea offer toast, broth, yogurt, popsicles, pretzels, cereal, or clear liquids.
- Stay upright 1 to 2 hours after eating, and keep head elevated.
- Avoid fatty food.
- Avoid acidic or spicy food.
- Drink a small amount of clear liquids every 10–15 minutes after vomiting episodes cease.











Sources and references:

Academy of Nutrition and Dietetics  
nutrition care manual 2021 – 2022

All pictures used are from Canva.com

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**Clinical nutrition Departement**

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**Health Awareness unit**

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