

Tips to ease nausea at breakfast time

For many, mornings can be when nausea feels the most concerning. When morning nausea affects our ability to eat, it can be a slippery slope for losing our appetite as well.

- ✓ **Nibble on starchy foods** such as dry toast, crackers, or cereal before getting up and moving. It can help to absorb acid in our stomach, which contributes to nausea.
- ✓ **Give yourself time and space** to get up slowly and eat breakfast in small bites.
- ✓ **Try meditation, relaxation and breathing techniques** before getting out of bed. Anxious thoughts at this time may be associated with nausea.
- ✓ **Try eating half of your usual sized breakfast** and finishing the rest as a morning snack later (within 2-3 hours).
- ✓ **Try to have something, even if it's only a few bites.** Skipping breakfast can increase nausea and can affect overall appetite.
- ✓ **Choose cold or room temperature foods.**
- ✓ **Try having small glasses/sips of fluid during the day.** Keeping hydration up can help with nausea.
- ✓ **Include more nourishing beverages throughout the day,** such as dairy or plant milks, to help with overall nutrition.
- ✓ **If prescribed, take nausea medication** as indicated before eating.
- ✓ **Stay upright for 1 hour** after eating to help with digestion.
- ✓ **Try preparing breakfast foods ahead of time** when you have more energy such as overnight oats, baked oatmeal, waffles, smoothies, etc.

Nourish Spotlight

NAUSEA



Ginger Overnight Oats

Make a few and keep in fridge for 3 days

Ingredients (1 serving)

- ½ cup oats
- ½ cup milk of choice
- ½ tsp grated ginger (or pinch of ground ginger)
- 1 tbsp hemp hearts
- ½ - 1 tsp honey or maple syrup (optional)
- 1 tbsp nut butter — such as almond or peanut butter
- ½ cup berries

Preparation

1. Spread the nut butter on the bottom of a mason jar or other container with a lid.
2. Combine oats, milk, ginger, sweetener, and hemp hearts and pour over nut butter.
3. Leave in the fridge overnight and top with berries.

Pineapple & Ginger Smoothie

Ingredients (2 servings)

- 1 banana, frozen (if tolerated)
- 1 cup pineapple, fresh, frozen or canned
- ¾ cup Greek yogurt
- ½ cup milk of choice
- ¾ tsp freshly grated ginger or ¼ tsp ground ginger

Preparation

Mix in blender until smooth.

Substitute additional banana or canned peaches if experiencing mouth sores.



Food ideas

- Eggs (easy to digest)
- English muffin, nut butter and banana
- Cold cereal with yogurt and/or milk of choice
- Lower-fat yogurt
- Cottage cheese and berries
- Adding a small cup of ginger lemon tea to your breakfast
- Smoothie with fresh or ground ginger
- Oatmeal



When nausea is more severe

- Toast and egg
- Cream of wheat
- [Congee](#)

Recipe links

- [Meditation](#)
- [Congee](#)
- [Spinach Frittata Muffins](#)

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DISCLAIMER

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Nourish Spotlight is a publication of the *Nourish: Canada's Nutrition Companion for Oncology Patients and Caregivers* series: a free resource developed by registered dietitians, available in print and online www.nourishonline.ca

Made possible through an educational grant provided by

