

Snacks and small bites

Carrying snacks with you can prevent hunger, which can help you to feel less nauseated. Snacks or small bites also provide some extra calories when you don't feel like eating.

Your eating times and patterns may look different than they used to and that is okay. The goal is to keep something light in your stomach every 2-3 hours. Keep reading for meals and snacks that may be well tolerated with mild nausea. There is no one size fits all. Try what works best for you!

BUILDING THE RIGHT SNACK FOR YOU

1

CHOOSE A CARBOHYDRATE

like toast, pita, cereal, rice crackers

2

PICK ONE PROTEIN

like nut butter, plain hummus, Greek yogurt, cheese

3

COMBINE THEM

to make a great snack to keep you satisfied

Nourish Spotlight

NAUSEA

Energy Bites

Ingredients

- ½ cup peanut butter
- ½ cup pasteurized liquid honey
- 1 teaspoon vanilla extract
- ¼ cup ground flax seeds
- 2 cups rice crisp cereal

Preparation

1. To a mixing bowl, add peanut butter, honey and vanilla. Microwave for 30 seconds.
2. To the same mixing bowl, add ground flax and rice crisp cereal.
3. Mix well to combine.
4. Chill rice crisp mixture for 10 minutes in the freezer.
5. Roll into 16 balls.
6. Place in a container and cover. Refrigerate.



MILD NAUSEA MEAL PLAN

MORNING

Slices of bread (toast, English muffin, pita) with butter or lightly spread peanut butter and jam, ginger tea

MID-MORNING

Rice crackers, handful of trail mix, ginger tea

MID-DAY

Scrambled eggs, toast with jam, [Ginger Pumpkin Soup](#)

AFTERNOON

Plain muffin (i.e., lemon, apple) with peppermint tea

EVENING

Baked tofu, basmati rice or noodles, steamed carrots and fruit cup (berries, watermelon), ginger ale

LATE EVENING

Frozen fruit pop

TRY THESE SIMPLE BUT NOURISHING SNACKS

- ✓ Rice crackers with slice of cheddar cheese
- ✓ Fruit smoothie with milk or nondairy beverage like soy milk
- ✓ Trail mix with roasted nuts, dried fruit, seeds and granola
- ✓ Pretzels and peanut butter
- ✓ Apple slices with almond butter
- ✓ Bagel with cream cheese and cucumber slices
- ✓ Toast with avocado and hemp hearts



Recipe links

- [Ginger Pumpkin Soup](#)
- [Almond Ginger Cookies](#)
- [Miso Soup](#)

There is some research to support that ginger can relieve nausea so adding it to your tea, soup, or water may be a good option for you

ENDORSED BY

 InspireHealth
Supportive Cancer Care

AUTHORS

Megan Morrison RD, Princess Margaret Cancer Centre, Toronto, Ontario

Stéphanie Pasaman RD, University of Montreal Health Centre (CHUM), Montreal, Quebec

Erin Roman RD, InspireHealth Supportive Cancer Care, Victoria, British Columbia

DISCLAIMER

The information in this publication is not intended as medical advice nor should it replace advice, expertise and information given by a member of your healthcare team.

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