

Top Anti-Nausea Foods

Feeling a little queasy? Here's what to eat to find relief

When you're feeling nauseated, the last thing you want to do is chow down on a hamburger and fries. And you certainly shouldn't. However, believe it or not, eating the right kinds of food can help alleviate queasiness and help your stomach find relief. In addition, it's important to replenish nutrients and liquids if you're vomiting. Running on an empty stomach may actually cause more nausea.



You may not have much of an appetite, but when your stomach is feeling unsettled, try reaching for these calming foods.

Crackers - Dry, starchy snacks such as pretzels or animal crackers, can help absorb nausea-inducing stomach acid. Plus, they're bland, so they will go down more easily than strongly-flavored foods or ones that give off a strong smell.



Ginger - This root has been shown to reduce some types of nausea, whether eating pickled ginger, a piece of ginger candy or sipping on a glass of ginger ale.

"White" foods - "White" foods with no pigment, such as white rice, oatmeal, toast, boiled potatoes and plain yogurt, have little flavor and odor, making them more soothing on the stomach than others. These foods are also easy to digest.

Apples - The fiber in this juicy fruit may help reduce nausea-related elements in your system. If you're not up for the whole fruit, go for the soft stuff like applesauce or apple juice. Or, if you're not a fan of apples in general, pears or pear juice may help soothe your belly in the same way.

Bananas - This potassium and magnesium-loaded fruit can work to stimulate the production of mucus from the stomach lining, which may block what's causing your nausea. However, bananas can fill you up quickly, so cut one into pieces or just eat half to avoid getting too full too quickly.

Simple beverages - Drinks such as water, electrolyte-induced sports drinks like Gatorade, tea or coconut water qualify as nausea-stopping sips. And as a bonus, liquid

will help you prevent dehydration if you're throwing up. One thing to keep in mind: "Drink between, rather than during, meals—ingesting fluids on top of food may fill you up faster and cause nausea," advises Michael Stafford, RD, CSO, LD, oncology dietitian at the Medical University of South Carolina's Hollings Cancer Center.

Popsicles - Too queasy to drink a whole glass of water? Sucking on a popsicle may help alleviate queasiness. You could also try sucking or chewing on an ice cube, which can not only help nix nausea, but help you take the focus off the uncomfortable feeling.

Just like some foods will keep nausea at bay, others may do just the opposite. If your stomach is acting up, avoid foods that are overly spicy, sweet, greasy or fried. Also, skip foods with a strong odor, which may trigger nausea. Keep these tips in mind (and food on hand), and you'll feel better in no time.

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