



FOODS TO MANAGE NAUSEA

<input type="checkbox"/>  Crackers	<input type="checkbox"/>  Yogurt	<input type="checkbox"/>  Fruits
<input type="checkbox"/>  Toast	<input type="checkbox"/>  Water & Caffeine-Free Beverages	<input type="checkbox"/>  Tea
<input type="checkbox"/>  Baked Chicken	<input type="checkbox"/>  Eggs	<input type="checkbox"/>  Ginger Chews/ Ginger Hard Candy
<input type="checkbox"/>  Broth & Soup	<input type="checkbox"/>  Potatoes & Rice	<input type="checkbox"/>  Popsicles

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Eat 6 to 8
**SMALL
MEALS**
or snacks per day.

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Stay well
HYDRATED
by sipping
throughout
the day.

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Choose
**BLAND
FOODS**
instead of
spicy foods.