

# NAUSEA, VOMITING, AND POOR APPETITE DIET TIPS

Want to work with a Dietitian? Schedule a free 30-minute discovery call with Danielle Starmer, RD LDN at [www.starmernutrition.com](http://www.starmernutrition.com)

Certain aspects of dialysis treatment, medications, and anxiety can lead to nausea, vomiting, and poor appetite. Uncontrolled can lead to dehydration, loss of appetite, and weight loss. It is important to eat as well as you can to maintain strength and energy, be able to tolerate dialysis treatment, and to promote better digestion and a better immune system. **If your nausea, vomiting, or loss of appetite is persistent, notify your doctor, as it may be a sign of an underlying issue.**

## Tips for Nausea

- Eat smaller more frequent meals that are easier to digest. This includes lower fat, lower fiber foods.
- Eat slowly and chew well.
- Avoid fried, spicy, very sweet or fatty foods.
- Try not to skip meals as an empty stomach can worsen nausea. Try a light meal or snack every 2-3 hours.
- Choose cold or room temperature foods if food odors bother you.
- Try adding lemon or ginger to your drinks and meals.

## Tips for Poor Appetite

- Aim for 5-6 smaller meals per day instead of 3 large meals.
- Set an alarm to let you know it is time for a small meal or snack instead of relying on your appetite.
- Drink fluids between, not with meals.
- Sip on a high protein drink throughout the day.

## Lifestyle Changes That May Help

- **Being on dialysis makes you more susceptible to foodborne illness.** Prevent vomiting by washing your hands frequently and properly with soap. Wash before and after handling and preparing food. Store and cook food properly and never eat undercooked meat.

***Remember that what works for others may not work for you. For personalized nutrition counseling and support, schedule a free discovery call with Registered Dietitian Danielle Starmer today at [www.starmernutrition.com](http://www.starmernutrition.com)***