

Foods for alleviating Nausea

1. Introduction:

- Nausea can be triggered by various factors such as motion sickness, pregnancy, or digestive issues. Certain foods can help soothe the stomach and alleviate nausea by calming the digestive system.

2. Key Nutrients to Focus On:

- **Ginger:** Known for its anti-nausea properties, it can soothe the stomach.
- **Peppermint:** Helps relax the muscles of the gastrointestinal tract, reducing nausea.
- **Electrolytes:** Replenishing electrolytes can help prevent nausea caused by dehydration.
- **Carbohydrates:** Easy-to-digest carbs can help stabilize an unsettled stomach.

3. Top Foods:

Spices:

- **Ginger (e.g., ginger tea, ginger ale):** A well-known remedy for nausea, ginger has been shown to reduce nausea and vomiting.
- **Fruits:**
- **Bananas:** Easy to digest and packed with potassium, which helps replenish electrolytes.
- **Plain Crackers:** Simple carbs that are easy on the stomach and help absorb excess stomach acid.
- **Applesauce:** A mild and easily digestible option that soothes the stomach.

Beverage:

- **Peppermint Tea:** Helps relax the muscles in the digestive tract, easing nausea.
- **Water:** Staying hydrated is essential, especially after vomiting, to replenish fluids and electrolytes.

Grains:

- **Oatmeal:** A bland, easily digestible carb that can settle the stomach.
- **Rice:** Plain, white rice can absorb stomach acid and help alleviate nausea.

4. Scientific Backing:

- A study in the journal Supportive Care in Cancer suggests that ginger can reduce chemotherapy-induced nausea.
- Research published in the British Journal of Nursing highlights peppermint's effectiveness in reducing nausea symptoms.
- Link: <https://www.healthline.com/nutrition/foods-to-eat-when-nauseous#1>

5. Fun Fact/Tip:

- **Fun Fact:** Ginger has been used for centuries in traditional medicine to treat nausea and other digestive issues.
- **Tip:** If you're feeling nauseous, sipping on ginger tea or chewing on ginger candy can provide quick relief.

6. Related Lifestyle Changes:

- Eating smaller, more frequent meals, staying hydrated, and avoiding strong smells or rich foods can help prevent nausea.

7. External Links & References:

- Healthline: [Read these - foods to eat when nauseous](#)

CTA: Stay informed with expert tips to alleviate nausea