



WELLNESS CENTER

Lake Shore Campus • Granada Center 310
6439 N. Sheridan Road • Chicago, IL 60626
P 773.508.2530 • F 773.508.2505 • W LUC.edu/wellness

Water Tower Campus • Terry Student Center 250
26 E. Pearson St. • Chicago, IL 60611
P 312.915.6360 • F 312.915.6362

LOW APPETITE/NAUSEA

Nausea and low appetite can make eating difficult. Low appetite and nausea can be caused by many factors such as stress, depression, medications, illness/infection, digestive issues, food intolerances, or hormone imbalances. It is important for students to maintain fluid and nutrition intake as much as possible, even when experiencing nausea or decreased appetite, in order to prevent fatigue, weight loss, and/or muscle wasting.

Treatment:

- Eat small, frequent meals. Try eating small snacks throughout the day instead of having less frequent, larger meals. Keep meal times consistent as much as possible every day.
- Eat food cold or at room temperature. This helps to reduce the smell and taste of foods.
- Do not eat in a warm room to prevent feelings of being stuffy and/or stale.
- Rinse your mouth before and after meals to get rid of any bad tastes in the mouth. Try to avoid brushing your teeth until after your first meal/snack of the day.
- Sit up or lie back with your head raised for a least an hour after eating, if you need to rest.
- Ask someone to cook for you and leave the room or house while they cook. Alternatively, order takeout. Stay out of the kitchen when feeling nauseated to avoid strong smells.
- Don't force yourself to eat if you're nauseated or vomiting. Try drinking small sips of water or flat ginger ale. Once your stomach settles down a bit, try sipping on an electrolyte rich fluid (such as broth or sports drink). Find foods that you enjoy eating, this may change day to day!

Foods to eat when nauseated/experiencing low appetite:

- Dry foods: crackers, toast, dry cereal, bread sticks, pretzels
- Bland, soft, easy-to-digest foods: poached egg, unseasoned chicken breast, plain noodles, rice, baked/boiled/mashed potatoes, low-fat pudding
- Poultry or soy instead of red meat. Having a sudden aversion to red meat is common. Get protein from alternative sources.
- Fluids: water, flat ginger ale, chicken or vegetable broth, sports drinks, small bites of gelatin
- Try drinking calories in the form of a smoothie. For a simple recipe, blend together 1 banana, 1/3 cup Greek yogurt, ¼ cup water or milk, 1 handful strawberries, 2 Tbsp nut butter.
- Avoid foods that are very sweet, greasy, or fried. Try avoiding foods with a strong smell (like fish).

When to seek medical treatment:

- If you are drinking only clear liquids for more than 2 days in a row, please seek medical treatment, as these are not providing enough nutrients.
- If you experience complete loss of appetite, vomiting, inability to keep liquids down, pain when trying to eat, or irregular urination for one or more days please seek medication help.

If symptoms worsen, please return to the Wellness Center for re-evaluation. To book an appointment call Dial-A-Nurse at (773) 508-8883 or go online to <https://www.luc.edu/wellness/>.