

These beverages and foods can help put back into your body what you lose when you vomit. They may help you feel better.

Fluids

- Juices
- Sports drinks
- Caffeine free sodas
- Lemonade
- Noodle soups
- Chicken broth
- Popsicles
- Vegetable juice cocktail
- Soy milk

Snacks

- Pretzels
- Tortilla chips
- Pickles
- Potato chips
- Crackers
- Sunflower seeds
- Peanut butter
- Almonds
- Whole wheat breads
- Bran muffins
- Wheat germ

Fruits and Vegetables

- Avocado
- Banana
- Potato
- Sweet potato
- Winter squash
- Apricots
- Kiwi fruit
- Honeydew melon
- Watermelon
- Cantaloupe
- Spinach

