

Nausea/Vomiting:

- Encourage consumption of plenty of fluids to prevent dehydration. Drink things like water, broths, hot tea, and sports drinks throughout the day. Ginger and peppermint often help with nausea.
- Encourage your child to eat easy-to-digest foods, such as clear liquids, crackers, bread, gelatin, dry cereal, Cream of Wheat, chicken noodle soup and plain toast.
- Avoid foods that have a strong odor or taste (very sweet, greasy, fried or spicy foods)
- Offer cool foods instead of hot foods.
- Use nutrition supplement drinks (like Pediasure) to replace meals skipped and get in good calories and protein when it is difficult to eat.

Diarrhea:

- Avoid high fat foods, such as fried or greasy food.
- Encourage extra fluid intake to prevent dehydration, but stay away from carbonated and sugary beverages.
- Increase foods high in soluble fiber, such as white rice, apples without the skin (or apple sauce with no sugar added), white bread, and bananas.
- Avoid gas producing items, such as carbonated beverages, cabbage, broccoli, beans, onions, garlic, Brussels sprouts, etc.

Constipation:

- Ensure adequate hydration. As a rule of thumb, you should drink $\frac{1}{2}$ to 1 ounce of fluid for every pound of bodyweight. If your child weighs 50lbs, they should drink 25-50 ounces of water daily.
- Get plenty of fiber containing foods, like fresh fruits and vegetables. Choose whole grains (whole grain bread, brown rice) instead of refined grains (white bread, white rice).
- Be as physically active as possible. Going for walks after meals and decreasing the amount of time you are sitting are great, easy ways to be more active.

Poor Appetite:

- Offer small meals and snacks throughout the day, instead of three large meals.
- Eat meals together, sometimes the social setting will promote food intake.
- Listen to your child's food preferences and provide foods they find appealing.
- If possible, involve your child in grocery shopping and let them choose items they want. Involve your child in cooking foods when safe.
- Offer nutritional supplements, such as Ensure, Pediasure, Boost Kid Essentials, and Carnation Breakfast Essentials, if your child does not want to eat.