



### Tips for maintaining weight and strength with nausea and vomiting

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- Try eating small, frequent meals throughout the day.
- Eat your largest meal of the day at the time when you feel your best.
- Limit or avoid greasy, fatty, and/or spicy food, very sweet food like cake, candy, and cookies, food with strong odors (onions, broccoli, cauliflower, fish, etc.), and hot (temperature-wise) food.
- Ask your healthcare professional about medications that help control nausea and vomiting.
- Try eating cold, clear food and liquids such as flavored gelatin, Popsicles<sup>®\*</sup>, ice chips, juice, and lemon-lime soda. Other foods to try include dry crackers, pretzels, toast, yogurt, sherbet, and canned fruit.
- Sit upright for meals and snacks and do not lie down immediately after eating.
- Record when nausea occurs and the causes for it (specific foods, events, etc.).
- Drink an oral nutritional supplement such as Ensure Complete<sup>™</sup> twice a day to provide a convenient source of extra nutrition.



## Proper nutrition is a vital part of cancer treatment – especially when eating is the last thing you feel like doing

Nausea and vomiting can deplete your body of nutrition, calories, and strength. That's where Abbott Nutrition can help. These products provide convenient and trusted solutions for fueling your body with what it needs to help withstand the effects of cancer.



Look for **Ensure®/Glucerna®** products at major retailers. **Juven®** is available at Walgreens and Rite Aid.



Find products online at [abbottstore.com/nutrition4cancer](http://abbottstore.com/nutrition4cancer) and get free ground shipping for orders over \$50.



Order products by calling **1-800-258-7677.†**



Visit [Ensure.com](http://Ensure.com) and [Glucerna.com](http://Glucerna.com) for recipes and sample meal plans.

Use under medical supervision  
\*Popsicle® is a registered trademark of Unilever.  
†\$5.95 handling charge applies for all phone orders.

## Abbott Nutrition products have the right nutrition to help keep you strong during treatment

Ask your healthcare professional which product is right for you.



COMING SOON



### Ensure® Clinical Strength is becoming Ensure Complete™

Helps rebuild and maintain muscle and strength, which may be lost during cancer treatment.



### Ensure Clear™

Good source of protein and nutrition in a clear, refreshing, fruit-flavored drink.



### Glucerna®

Nutrition to help patients with diabetes minimize blood sugar spikes.

Also available in bars.



### Juven®

Targeted nutrition to help build lean body mass, which supports wound healing.