



Sick Day: Nutrition Tips

Complementary Approaches

Try these supplements/teas or methods to alleviate symptoms



- Try eating smaller more frequent meals over larger portions
- Try ginger chews or tea to ease stomach pain
- Drink peppermint or chamomile tea or aloe juice for hydration and relaxation
- Try warm foods and beverages for better digestion
- Limit high fat/fried foods and foods with strong odors
- Limit high fiber and gas-forming foods

Drinks & Hydration



Supporting hydration becomes extra important during illness

- Try coconut water or clear broths for hydration and electrolytes
- Add fruit juice to regular or sparkling water, or dilute fruit juice with water
- Add lemon juice and honey to tea for energy and vitamin C
- Try room temperature or warm water
- Try 100% fruit popsicles or regular popsicles or ice chips



Prioritize Protein

Adequate protein supports recovery during illness

- Add cottage cheese, Greek yogurt, nut butter, eggs, lean meat, fish, cheese, protein shakes (Oral liquid Supplement), and hemp seeds to meals and snacks
- Try adding protein powder, peanut butter powder, or dry milk to hot cereal, mashed potatoes, or smoothies as tolerated



Meal & Snack Ideas & Progressions

Try any of these ideas or progressions to make the most of your nutrition

- Dry toast → toast with peanut butter, banana slices, and hemp seeds OR toast with smashed avocado and egg
- Crackers → crackers with tuna and lime/lemon juice and seasoning of your choice
- Dry cereal or plain oatmeal → cereal or oatmeal with milk, nut butter, and hemp seeds
- Yogurt → Greek yogurt with bananas, nuts, and a drizzle of honey
- Mashed potatoes or white rice → add shredded cheese and beans if tolerated
- Add noodles to broth as tolerated
- Pair lean meat such as turkey, chicken or tuna with cheese
- Add applesauce and gelatin with bananas, progress to pudding/custard or sherbet/sorbet