



GASTROPARESIS DIET

Step 1: Sports drinks and Bouillon:

- For severe nausea and vomiting: Small volumes of salty liquids

Step 2: Soups

- Soup with noodles or rice and crackers, peanut butter, cheese and crackers in small amounts. Caramels or other chewy confection.
- Ingest above foods in at least six small volume meals per day.

Step 3: Starches, Chicken, Fish

- Noodles, pastas, potatoes (mashed/baked) rice, baked chicken breast, fish.
- Ingest solids in at least six small volume meals per day.

AVOID the following foods:

Citrus drinks of all kinds, highly sweetened drinks, creamy milk based liquids, fatty foods, red meats and fresh vegetables, pulpy fibrous foods