



Diet for Gastroparesis

Gastroparesis is a disorder in which the stomach has a delay emptying into the small intestine. This can often cause nausea, vomiting, abdominal bloating/pain, and early fullness with eating. Symptoms may vary from day to day and will have good and bad days. When symptoms are worse then stay with a liquid diet and advance to soft food as tolerated.

The following suggestions can help minimize symptoms:

1. Drink enough fluids to prevent dehydration. Dehydration can increase symptoms of nausea. Sip liquids steadily throughout the day. Liquid nutritional supplements such as Ensure® or Boost® may help you achieve adequate calories and protein.
2. Eat small, frequent meals (5-6 meals per day) can produce fewer symptoms.
3. Some people may find that they can tolerate solid food better earlier in the day. Start with solid food earlier in day and finish with light or liquid meal in the evening.
4. Reduce fat and fiber intake. Fat and fiber can slows stomach emptying.
5. Chew foods well. Chew all food to a mashed potato or pudding consistency. Solid foods such as meat may be tolerated if ground or pureed.
6. Sit up while eating and for at least 1 hour after finishing your meal; don't lay down.
7. If you have diabetes, keep your blood sugar under control. High blood sugars directly interfere with normal stomach emptying.
8. Alcohol should be avoided as it can slow stomach emptying.
9. Exercise has been shown to increase stomach emptying in healthy individuals and might improve symptoms. Walking after meals is recommended.

Common food modifications include the following:

FOOD ITEMS	FOODS TO CONSUME	FOODS TO AVOID
MILK & MILK PRODUCTS	Choose fat-free or low fat/reduced-fat versions of: milk, yogurt, pudding, cottage cheese, cheeses, sour cream and cream cheese	2% or whole milk, light or heavy whipping cream, half and half, regular cottage cheese and regular cheeses, regular yogurt and puddings, sour cream, cream cheese

		Dairy products with berries, nuts, seeds, whole spices
SOUPS	Soups made from fat-free/low fat milk or broth	Soups made with cream, whole milk, cheese. Any soup containing vegetables with skin-corn, peas, cabbage, potato skins
FRUITS	Fruit juices, canned fruits without skins (applesauce, peaches, pears), mandarin or canned orange or grapefruit sections without membranes; seedless melons, ripe banana. Peeled cooked fruit – such as baked apple or pears.	All raw and dried fruits, canned fruits with skins (apricots, cherries, plums, blueberries, fruit cocktail, oranges, grapefruit, pineapple, persimmons, figs, blackberries, raspberries, apples, strawberries, kiwi, coconut), rhubarb
MEAT & MEAT SUBSTITUTES	Eggs and egg whites, reduced-fat creamy peanut butter, powdered peanuts, poultry with skins removed, lean fish, lean beef, lean pork, lean veal, lean lamb Pureed beans: example fat free refried beans, or cooked lentils or split peas pureed in a soup, or hummus; try small amounts for tolerance	Bacon, sausage, bologna, salami, hot dogs, goose liver, duck, canned beef, spare ribs, organ meats, fish packed in oil, regular peanut butter, fibrous meats (steaks, roasts, chops), dried beans, garbanzo beans, soy beans, fava beans, navy beans, kidney beans, baked beans, black-eyed beans, black beans, pinto beans, northern beans, lentils
FATS & OILS	Fat-free or low-fat (< 3 gm fat per serving) salad dressings, mayonnaise; light margarine and spreads	Use fats and liquid oils (butter, margarine, cooking oils) as tolerated and in moderation, regular salad dressings, regular mayonnaise, lard, shortening
BREADS & GRAINS	White breads, low-fiber cereal (<= 2 gm fiber per serving), Cream of Wheat®, grits, pasta, white rice, noodles, low-fat low-fiber crackers, seedless breads, rolls or crackers; pretzels, rice cakes	Oatmeal, whole grain starches, Chinese noodles, croissants, donuts, bran cereals, Grape-Nuts®, shredded wheat, granola, whole grain crackers. Dense, compact starches such as bagels, dumplings, cavatelli, fettuccine, gnocchi, tortellini, fried dough, or thick pizza crust are often not tolerate and should be avoided.
VEGETABLES	Tomato juice, smooth tomato sauce or puree, well-cooked vegetables without skins (acorn squash, beets, carrots, mushrooms, potatoes, spinach, summer squash, strained tomato sauce, yams), leeks, onions, roasted skinless peppers, well-cooked and mashed cauliflower,	All RAW vegetables, cooked vegetables with skins; broccoli, Brussels sprouts, cabbage, celery, corn, eggplant, onions, peas, peppers, pea pods, sauerkraut, turnips, water chestnuts, beans (green, wax, lima), potato skins, tomato skins, asparagus stalks

	asparagus tips, finely chopped onion, mashed avocado, pureed dry beans as tolerated	
CONDIMENTS	Fat-free gravy, mustard, ketchup, barbeque sauce	Gravies, meat sauces, mayonnaise, cream, or butter sauces
SWEETS & DESSERTS	Fat-free and low-fat desserts such as angel food cake, fat-free/low-fat ice cream, frozen yogurt, Italian ice, sorbet, and gelatin	Alcoholic beverages, carbonated beverages if bloated or feeling full
MISCELLANEOUS	Jelly, seedless berry jams, honey, syrup, apple butter	Nuts, olives, pumpkin seeds, soy nuts, popcorn, chunky nut butters, marmalade, preserves
HIGH-FIBER MEDICATIONS/ BULK-FORMING AGENTS		Acacia fiber, Benefiber®, Citrucel®, Fiber Choice®, FiberCon®, Konsyl, Metamucil®, Perdiem®

The following suggestions can help minimize symptoms during symptom flare up:

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

