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Gastroparesis Diet Tips

Gastroparesis is a disorder in which the stomach takes too long to empty its food contents into the small intestines. This results in the symptoms of nausea, vomiting, weight loss and abdominal discomfort and early satiety (feeling of fullness when eating). The purpose of the diet for Gastroparesis is to reduce symptoms and maintain adequate nutrition.

It is recommended that anyone with gastroparesis, but especially those with combined medical problems (such as diabetes or kidney disease) seek diet counseling by a registered dietitian to maximize nutritional benefits. To locate a registered dietitian near you, call the American Dietetic Association at 800-366-1655 or visit their website at www.eatright.org.

- **Eat small, frequent meals.** Reducing the meal size reduces distortion of stomach from the meal. By eating small meals, patient may not feel as full or bloated and the stomach empties faster. With the reduction of meal size, increase the number of meals to 4-6 per day is needed to maintain adequate nutrition intake.
- **Avoid foods high in fat.** However fat containing liquids such as milkshake may be tolerated and provide needed calories.
- **A diet low in fiber is suggested.** Ex: include oranges, green beans, potato peels, apples, sauerkraut, brussel sprouts. Fiber supplements for constipation should also be discontinued if possible.
- Chew food well before swallowing.
- **Taking fluids throughout the meal** and sitting upright or walking for 1-2 hours after meals may help in the emptying of the meal from the stomach.
- **Daily multivitamin/mineral supplement** can be taken if dietary intake is inadequate.
- **If the measures are ineffective,** the patient may be advised to consume the bulk of their meals as semi-solids or liquids such as pureed foods or soups.
- **Ask your doctor** if any of the medications you are taking could be slowing down your stomach emptying.
- **If gastroparesis is due to diabetes,** an important goal is to achieve or maintain good glucose control.
- **If you have kidney disease,** follow additional dietary advice.
- **Monitor your weight** twice a week.

Gastroparesis Diet General Food Guidelines

| | Foods to Consume | Foods to Avoid |
|----------------------------------|--|--|
| Milk and Milk Products | Skim milk, low-fat, or fat-free yogurt or pudding, low-fat cheese | 2% and whole milk, sour cream, light or heavy whipping cream, half & half, regular cheese |
| Soups | Soups made from skim milk or fat-free broths | Soups made with creams, whole milk or broths containing fat |
| Fruits | Fruit juices, canned fruits without rinds (applesauce, peaches, pears) | All raw & dried fruits, canned fruits with skin (apricots, cherries, plums, blueberries, fruit cocktail, oranges, grapefruit, pineapple, persimmons) |
| Meat and Meat Substitutes | Egg whites, creamy low-fat peanut butter, poultry with skin removed, lean fish, lean beef | Bacon, sausage, bologna, salami, hot dogs, goose, duck, canned beef, spare ribs, organ meats, fish packed in oil, regular peanut butter, fibrous meats (steak, roasts, chops), dried beans and lentils |
| Fats and Oils | Consume all fats and oils in moderation (butter, margarine and cooking oil) | Regular salad dressings, nuts, olives, avocados, coconut, lard |
| Breads and Grains | White breads, low-fiber cereals, cream of wheat, pasta, white rice, egg noodles, low-fat crackers | Oatmeal, whole grain starches, whole wheat bagels, Chinese noodles, croissants, doughnuts |
| Vegetable | Tomatoe juices, well-cooked vegetables without skins (acorn squash, beets, carrots, Mushrooms, potatoes, strained tomato sauce, yam) | All raw vegetables, cooked vegetables with skin (broccoli, brussel sprouts, Cabbage, cauliflower, celery, corn, eggplant, onions, peas, peppers, peapods, suerkraut, turnips, water chestnuts, zucchini, beans, green, was and lima) |
| Condiments | Fat-free gravy, mustards, ketchup, barbecue sauce | Gravies, meat sauces, mayonnaise |

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| Sweets and Dessert | Low-fat desserts such as puddings and custards made from low-fat milk, angel food cake, fat-free frozen yogurt and jello | Cakes, pies, cookies, pastries, ice cream, fruit preserves |
| Beverages-Should be sipped slowly throughout the day | Gatorade, diet soft drinks, coffee, tea, water | Milk shakes, alcoholic beverages |

Options While on a Clear Liquid Diet

- All tea and plain coffee
- Clear juices such as apple, cranberry, grape
- Fruit-flavored drinks
- Carbonated beverages/soda (may cause gas and bloating/distension in some patients, can let sit until flat)
- Sports drinks (Gatorade, All-Sport, ect.)
- Broth, bouillon, consommé
- Plain, flavored gelatins (such as Jell-O)
- Fruit ices (Italian ice), sorbets
- Popsicles without added fruit pieces (can also make your own with juices, Gatorade, ect.)
- Clear liquid nutritional supplements (see contact information on supplement table 5): Boost Breeze, Enlive, Resource Fruit Beverage

Note: Sometimes clear liquids are more tolerated if small amounts of plain rice, potatoes, saltines, ect. are taken with them.

Options While on a Full Liquid Diet

- All fruit juices/fruit nectars
- any fruit beverages
- Vegetable, tomato or V-8 juice
- Milks: Chocolate milk, Buttermilk, Lactaid milk, Soy or rice milk, Flavored milks: Carnation instant breakfast (or equivalent), Ovaltine, Nesquik, ect., Flavored syrups such as strawberry
- Milkshakes, Eggnog
- All tea and coffee drinks
- Flavored coffees: Add whole milk, cream or flavored creamers such as hazelnut, vanilla cream, ect., Starbuck's Frappaccinos, ect.
- Smoothies
- Hot or cold cocoa
- Kefir (liquid yogurt), Yoplait Nouriche, Go-gurts, etc.
- Creamy type yogurt (vanilla, lemon, key lime, etc.)
- Custard, puddings
- Smooth ice creams (no nuts, etc.)
- Hot cereal (low in fiber) such as: grits, cream of wheat, cream of rice, farina
- Strained creamed soups
- Thinned down strained vegetables, fruits, meats (such as strained baby foods)
- Consider adding strained baby foods to broths or cream soups to increase nutritional value
- To add calories to liquids: Butter, margarine, sugar, honey, maple or other syrups
- Hard candy (such as butterscotch, lemon drops, peppermint, etc.)

Commercial Nutritional Supplements

- Ensure, Ensure Plus, Enlive
 - www.ross.com
- Resource, Resource Plus, Resource Fruit Beverage, Boost, Boost Plus, Boost Breeze
 - www.novartisnutrition.com/us/home
 - www.walgreens.com/store/novartis
- Nutra/SHAKE
 - www.nutra-balance-products.com/
- NuBasics, NuBasics Plus, NuBasics Juices
 - www.nestleclinicalnutrition.com
- Scandishakes
 - www.cysticl.org/handbook/html/scandiphar.htm
- Slim Fast
 - www.slim-fast.com
- Atkins Advantage Ready-To-Drink Shakes
 - www.atkins.com/shop/products/ReadyToDrinkShakes.html