

## **Gastroparesis**

- Gastroparesis is a disorder in which the stomach empties into the small intestines at a slow or delayed rate. There are many causes of Gastroparesis which include Diabetes mellitus, medication-induced, idiopathic, post-viral syndrome, or post-surgical.
- Symptoms of gastroparesis include nausea, vomiting, bloating, belching, abdominal pain, weight loss, regurgitation, and early satiety (feeling full quickly when eating). Symptoms range from mild to severe.
- Lifestyle and dietary modifications are recommended to reduce Gastroparesis symptoms



## **Gastroparesis Lifestyle Recommendations**

- Avoid alcohol and smoking.
- There are many medications that can slow emptying time. Ask your healthcare provider if there are any medications you are currently taking that may need to be stopped or changed.
- If you have diabetes, it is important to keep your blood glucose under control.

## **Gastroparesis Diet Recommendations**

- Eat 4-6 small meals per day. Large meals cause symptoms to be worse.
- Choose foods that are low-fiber and low-fat. High-fiber and high-fat foods take longer for your stomach to empty. High-fat liquids however may be tolerated. Examples include nutritional supplements such as Boost or Ensure.
- Chew all foods well and drink fluids throughout meals.
- Minimize use of straws and drinking carbonated beverages which may cause more bloating or belching.
- Sit upright while eating and do not lay down for at least 30 minutes after meals. Walking after meals may help to accelerate stomach emptying time.
- If unable to tolerate solid foods, then try a liquid diet or pureed foods.
- Consider asking for referral to a Registered Dietitian

# Gastroparesis Diet Guidelines

Food Groups	 Foods to Eat	 Foods to Avoid
Fruits	<p>Fruits without seeds or skin.</p> <p>Bananas</p> <p>Cantaloupe</p> <p>Melons</p> <p>Applesauce</p> <p>Canned fruit without skin (pears, peaches)</p> <p>Cooked fruit (apples and pears)</p>	<p>Fruits with seeds or skin. Strawberries</p> <p>Blueberries</p> <p>Blackberries</p> <p>Grapes</p> <p>Apples</p> <p>Raspberries</p> <p>Pineapple</p> <p>Oranges</p> <p>Dried fruit (including raisins)</p>
Vegetables	<p>Cooked vegetables</p> <p>Carrots</p> <p>Pureed or strained vegetables</p> <p>Tomato juice and tomato sauce</p> <p>Mushrooms</p>	<p>Raw vegetables</p> <p>Spinach</p> <p>Cabbage</p> <p>Brussel Sprouts</p> <p>Beans</p> <p>Lettuce</p> <p>Corn</p>
Grains Starches Cereals	<p>White or low-fat breads/ bagels/ buns</p> <p>English muffins (made with white flour)</p> <p>Pita bread (made with white flour)</p> <p>White rice</p> <p>Pasta (made with white flour)</p> <p>Low-fat crackers (made from white flour)</p> <p>Tortillas (corn or flour)</p> <p>Cheerios</p> <p>Rice Krispies</p> <p>Sweet potatoes (no skin)</p> <p>Potatoes (no skin)</p>	<p>Whole grain breads</p> <p>Multigrain breads</p> <p>Whole wheat breads</p> <p>Multigrain crackers/muffins</p> <p>Whole wheat crackers/muffins</p> <p>Brown rice</p> <p>Shredded wheat</p> <p>Granola</p> <p>Bran</p> <p>Whole grain cereals</p> <p>Potato skins</p>
Protein Meats Fish	<p>Lean fish (baked or grilled)</p> <p>Shellfish</p> <p>Lean chicken (baked or grilled)</p> <p>Lean veal (baked or grilled)</p> <p>Lean beef (baked or grilled)</p> <p>Lean pork (baked or grilled)</p> <p>Eggs (not fried)</p> <p>Refried beans</p> <p>Fat-free or reduced-fat peanut butter</p>	<p>Fried meats or skin on meats. Processed meats/ Deli meats</p> <ul style="list-style-type: none"> <li>- Pepperoni</li> <li>- hot dogs</li> <li>- bologna</li> <li>- cured bacon</li> <li>- beef jerky</li> <li>- salami</li> </ul>
Dairy	<p><b>Fat-free or low-fat/reduced-fat</b> dairy products (milk, yogurt, pudding, cottage cheese, cheeses, sour cream)</p>	<p><b>2% or whole</b> dairy products (milk, cheese, cottage cheese, or sour cream)</p> <p>Half and half</p> <p>Whipping cream</p>
Other	<p>Low-fat or fat-free condiments, gravies, gelatin, jellies.</p> <p>Broth</p>	