

### Gastroparesis diet information

- With gastroparesis, your stomach empties very slowly. This happens when the nerves to the stomach are damaged or do not work properly.
- This can cause bloating, nausea, vomiting, or feeling full after eating only a small amount of food.
- Patients may need a gastroparesis diet if their stomach does not empty as fast as it should, causing nausea, vomiting, weight loss, poor appetite, reflux, bloating, or abdominal discomfort. The doctor may also call this delayed gastric emptying.

### Starting a gastroparesis diet

- Eat small, frequent meals (6 or more per day) and avoid large meals.
  - By eating smaller meals, the stomach may empty faster.
- Avoid foods high in fat.
  - High-fat foods may delay the emptying of your stomach.
- Avoid foods high in fiber.
  - Fiber also delays your stomach from emptying.
- Chew foods well before swallowing. Solid foods in the stomach do not empty well.
  - Solid food such as meat may be tolerated if ground or pureed.
  - If solid foods are not passing well, try consuming more liquid or pureed foods.
- Almost all liquids, even those that are high in calories, will empty from the stomach. Some foods to try including milk, instant breakfast, yogurt, milkshakes, puddings, custard, smoothies, pureed foods, and soup
- Drink fluids throughout the meal and sit upright while eating. Be sure to sit upright or walk for at least 1 hour after meals.
- All these practices together will help to empty the stomach.
- If you have diabetes, it is important to keep your blood sugar under control.

### Gastroparesis diet basics

- Use bread, crackers, cereal, and pasta made with refined wheat and rice rather than whole-grain or bran products.
- Use ripe, canned, or cooked fruits without skin or seeds.
- Use pureed/tender cooked vegetables without skin or seeds.
- Use well-cooked, tender meats.
- Avoid seeds, nuts, coconut, popcorn, dried fruit, dried peas, beans, and lentils.

### Gastroparesis treatment options

Treating gastroparesis depends on the frequency and severity of symptoms. Four stages of treatment are outlined but work with your provider and dietitian for a specific recommendation.

Stage 1 liquids:

- Liquids usually leave the stomach quickly by gravity alone. Consume any tolerated liquids slowly throughout the day with plain saltine crackers.

Stage 2 pureed (blended):

- You can puree stage 3 and stage 4 foods in your blender. You may need to add some liquid when blending solid foods.

Stage 3 soft, low-fat, and low fiber:

- This stage allows for a small amount of fat, less than 40 grams per day.

Stage 4 solid, low-fat, and low fiber:

- This is intended for long term maintenance. Fats are limited to 50 grams per day, and fibrous foods are avoided.

<b>Food for Stage 3:</b>		
<b>Food Group</b>	<b>Foods Allowed</b>	<b>Foods to Avoid</b>
Breads or Starches	Cream of Wheat, pasta, white rice, egg noodles, and low-fat crackers. Soft grain products made with refined white flour	Oatmeal and whole-grain rice, cereals, and breads.
Fruits	Canned fruits without skins, apple juice, cranberry juice, grape juice, and prune juice.	All fresh and dried fruits, canned fruits with skins, citrus juices and Prune juice
Vegetables	Vegetables juice and well-cooked vegetable without skins.	All raw vegetables, cooked vegetables with skins, broccoli, brussel sprouts, cabbage, cauliflower, celery, corn, onion, peas, and sauerkraut.
Milk Products	Yogurt, low-fat cheese, skim milk, and products made with skim milk.	Whole milk, creams, and half and half.
Soups	Fat-free bouillon, soups made from skim milk, and broths with pasta, noodles, and allowed vegetables.	Soups made with heavy cream or whole milk and broths containing fat.
Desserts and Sweets	Sugar Free Hard candies, sugar free low-fat pudding, frozen yogurt, fruit ice, sugar free gelatin, ice milk	High-fat desserts such as cakes, pies, cookies, pastries, ice cream, and fruit preserves.
Fats and Oils – use in moderation	<ul style="list-style-type: none"> <li>- Canola oil, olive oil</li> <li>- Margarine spreads, squeeze, or spray bottle (water or liquid oil listed as the first ingredient, no partially hydrogenated oils, and 2 grams of saturated fat or less per serving)</li> <li>- Margarine spreads containing plant sterols or stanols</li> <li>- Salad dressing made with a recommended oil, or a low or non-fat salad dressing, and recommended ingredients</li> </ul>	<ul style="list-style-type: none"> <li>- Non-dairy creamers containing coconut or palm oil</li> <li>- Whipped toppings</li> <li>- Commercially fried foods</li> <li>- Salad dressings made of unknown oils, sour cream, or cheese, such as blue cheese</li> <li>- Real mayonnaise</li> <li>- High fat packaged sauces or gravies, chip dips</li> <li>- Cream, all kinds: half &amp; half, light, heavy, or whipping</li> <li>- Sour cream or cream cheese</li> <li>- Solid fats and shortenings such as butter, lard, salt pork,</li> </ul>

	<ul style="list-style-type: none"> <li>- Nondairy creamers made with a recommended oil, fat free half &amp; half</li> <li>- Fat free whipped topping</li> <li>- Non-fat sour cream and cream cheese</li> </ul>	bacon drippings and gravy containing meat fat, shortening, or suet
Meats, Eggs, and Legumes	Eggs and peanut butter (2 tablespoons per day), lean tender ground beef, poultry, and fish	High-fat beef, high fat pork such as bacon and sausage, dried peas, dried beans, and dried lentils.
<b>Food for Stage 4:</b>		
Breads or Starches	All grain products made with refined white flour, pancakes, waffles, pretzels, white rice, pasta, non-bran muffins, White/French bread, baked white flour chips and tortilla shells	High fiber, whole-grain breads and cereals.
Fruits	Canned fruits, peeled, skinless, seedless fruit such as applesauce, ripe bananas, peaches without skin, ripe pineapple, pureed plums	Fruits with skins, raspberries, strawberries, blackberries, coconut, figs, grapes, cherries, oranges, and raw apples
Vegetables	Vegetable juice and well-cooked vegetables, raw vegetables not listed in avoid column, peeled potatoes, tomatoes, tomato sauce	Raw vegetables with skins, broccoli, Brussel sprouts, cabbage, celery, and peas.
Milk Products	Yogurt, low-fat cheese, skim milk, and products made with skim milk.	Whole milk, creams, and half and half.
Soups	Any tolerated.	None
Desserts and Sweets	Sugar free hard candies, sugar free low-fat pudding, frozen yogurt, fruit ice, sugar free gelatin, ice milk	High-fat desserts such as cakes, pies, cookies, pastries, ice cream, and fruit preserves.
Fats and Oils – use in moderation	<ul style="list-style-type: none"> <li>- Canola oil, olive oil</li> <li>- Margarine spreads, squeeze or spray bottle (water or liquid oil listed as the first ingredient, no partially hydrogenated oils and 2 grams of saturated fat or less per serving)</li> <li>- Margarine spreads containing plant sterols or stanols</li> <li>- Salad dressing made with a recommended oil or a low or non-fat salad dressing and</li> </ul>	<ul style="list-style-type: none"> <li>- Non-dairy creamers containing coconut or palm oil</li> <li>- Whipped toppings</li> <li>- Commercially fried foods</li> <li>- Salad dressings made of unknown oils, sour cream, or cheese, such as blue cheese</li> <li>- Real mayonnaise</li> <li>- High-fat packaged sauces or gravies, chip dips</li> <li>- Cream, all kinds: half &amp; half, light, heavy, or whipping</li> <li>- Sour cream or cream cheese</li> </ul>

	<p>recommended ingredients</p> <ul style="list-style-type: none"> <li>- Nondairy creamers made with a recommended oil, fat free half &amp; half</li> <li>- Fat free whipped topping</li> <li>- Non-fat sour cream and cream cheese</li> </ul>	<ul style="list-style-type: none"> <li>- Solid fats and shortenings such as butter, lard, salt pork, bacon drippings, and gravy containing meat fat, shortening, or suet</li> </ul>
Meats, Eggs, and legumes	Eggs, peanut butter (2 tablespoons per day), lean, tender ground beef, poultry, and fish	Tough fibrous meats with gristle (steak, chops) dried beans, dried peas, and dried lentils.