

Gastroparesis Diet

Purpose: Gastroparesis is a problem in which the stomach takes too long to empty food into the small intestines. This results in the symptoms of nausea, vomiting, weight loss, abdominal discomfort and early satiety (fullness when eating). The purpose of the diet is to reduce symptoms and eat foods that do not delay stomach emptying.

General Guidelines

- **Eat small frequent meals**
- **Liquids are often better tolerated than solids.** Liquids pass through the stomach more easily and quickly than solids. Sip on liquids throughout the day. Liquid supplements such as Ensure, Boost, Glucerna may help you achieve adequate calories and protein. Advance to soft foods when tolerated.
- **Reduce fat intake.** Fat naturally slows digestion; however it is tolerated in liquid form such as canola, olive and safflower oils. Avoid all fried, fat or greasy foods if they cause active symptoms.
- **Reduce fiber intake** Fiber also slows digestion. Avoid all raw fruits and vegetables and whole grain products.
- **High blood sugar .** Keep your blood sugar under control as drastic changes in blood sugar can impair gastric emptying.
- **Medicines.** Some medicines can be started to improve your symptoms. Talk with your Doctor.

Gastroparesis Diet

	Foods tolerated	Foods to avoid
Milk and milk products	Skim milk, low fat or fat free, yogurt, pudding, low fat cheese	2% milk and whole, sour cream, light or heavy whip cream, half and half, regular cheese
Soups	Soups made from skim milk or fat free broth	Soups made from cream, whole milk, or broths with fat.
Fruits	Fruit juices, canned fruits without skin (applesauce, peaches, pears)	All raw and dried fruits, canned fruits with skins (apricots, cherries, plums, blueberries, oranges, grapefruit, pineapple, persimmons).
Meat and meat substitutes	Egg whites, creamy low fat peanut butter, poultry with skins removed, lean fish, lean beef	Bacon, sausage, bologna, salami, hot dogs, goose, duck, canned beef, spareribs, organ meats, fish packed in oil, regular peanut butter, fibrous meats (steaks, roasts, chops) dried beans, lentils
Fats and oils	Consume all fats and oils in moderation (butter, margarine, cooking oil)	Regular salad dressing, nuts, olives, avocados, coconut, lard
Breads and grains	White breads, low fiber cereal, cream of wheat, pasta, white rice, egg noodles, low fat crackers, pretzels, baked french fries, plain bagel, English muffin, flour tortilla, plain roll, pancake, waffle, Cherrios, Sugar pops, Rice Krispies, Fruit Loops, Special K, Cocoa Krispies	Oatmeal, whole grain starches, Chinese noodles, croissants, donuts
Vegetables	Well cooked vegetables without skin (acorn squash, beets, carrots, mushrooms, potatoes, spinach, summer squash, yams, tomato sauce)	All raw vegetables, cooked vegetables with skin (broccoli, Brussels sprouts, cabbage, cauliflower, celery, corn, eggplant, onions, peas, peppers, pea pods, sauerkraut, turnips, water chestnuts, zucchini, beans (green, wax, Lima))
Condiments	Fat free gravy, mustard, ketchup, barbeque sauce	Gravies, meat sauces, mayonnaise
Sweets and desserts	Low fat: angel food cake, frozen yogurt, Jello	Cakes, pies, cookies, pastries, ice cream, fruit preserves
Beverages	Gatorade, diet soft drinks, coffee, tea, water	Milkshakes, alcoholic beverages