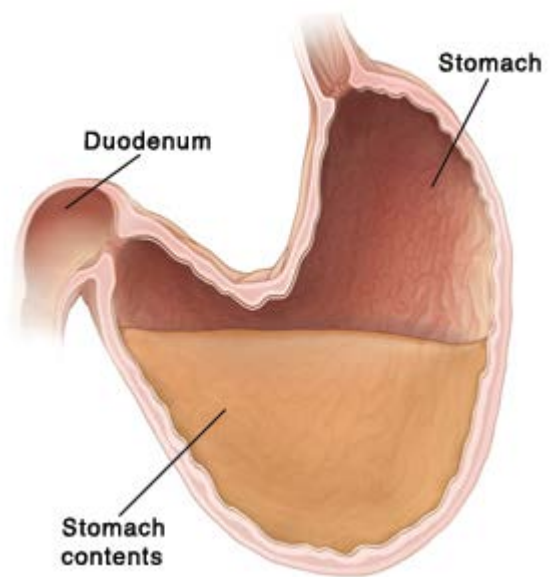


Gastroparesis: Nutrition Tips

What is Gastroparesis?

- Gastroparesis (also called delayed gastric emptying) occurs when the stomach takes longer than normal to empty food. This is due to a problem with motility (the movement of the muscles in the digestive tract). Gastroparesis means that food and fluids move too slowly out of the stomach into the small intestine.
- Gastroparesis is more common in people with: diabetes, surgery to stomach/bowels, use of certain medications (strong pain narcotics), and certain conditions such as systemic scleroderma, Parkinson's disease, and thyroid disease. However, in many cases the cause of gastroparesis cannot be determined.
- Gastroparesis can cause nausea, vomiting, abdominal pain, and/or bloating. Often, there is a quick feeling of fullness after eating. People with gastroparesis can be at high risk of losing weight from not eating enough.
- For many people, gastroparesis is a lifelong condition, but treatment can help relieve symptoms and prevent complications. This handout discusses how to manage gastroparesis through diet adjustments.



General Guidelines:

- Eat smaller more frequent meals and snacks. The larger the meal, the slower the emptying.
- Consume carbohydrate-rich foods (starches, fruits, sweets) before eating foods higher in fat and protein (oils, meat, dairy). This may help avoid undesirable drops in blood sugar (hypoglycemia) soon after eating.
- Chew foods well. Liquid or pureed foods may be better tolerated than solid foods, especially later in the day. Meats may be better tolerated if they are ground or pureed.
- Sit up while eating and for at least 1-2 hours after eating. Also drink fluids throughout the meal.
- Avoid gas-promoting habits such as drinking carbonated beverages, chewing gum, using sugar-free products containing sugar alcohols (sorbitol, mannitol, xylitol), and gas-producing vegetables such as dried beans, broccoli, onions, and cabbage.
- High blood sugars slow stomach emptying. In addition, gastroparesis can make it harder to manage blood sugars. If you have diabetes, work closely with your physician and diabetes educator to get your blood sugars in a desired range.
- Alcohol use is not recommended.

Dietitian: _____

Phone: _____

Facility: _____



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- If symptoms persist, be cautious with fatty foods and high fiber foods. Fat can slow digestion, and too much fiber can contribute to stomach discomfort (gas, cramping, bloating) as well as bezoar formation.* Liquids that contain lower fat such as skim milk and smoothies may be better tolerated.
- A food diary can help to determine individual tolerances/intolerances.
- You may be at risk for loss of the following vitamins and minerals: iron, vitamin B12, vitamin D, and calcium. Discuss monitoring and replacement of these nutrients with your physician. Chewable, liquid, or smaller doses of supplements may be better tolerated.
- Check with your physician or pharmacist about the medications you take. Many drugs can slow stomach emptying and should be avoided. There are also medications that can improve stomach emptying that can be considered. Antibiotics may be helpful if there is any bacterial overgrowth in the stomach.
- Walking or other light exercise after meals may help food empty from the stomach.

*Bezoar formation (a mixture of non-digested food retained in the stomach) is associated with the following foods and medicines, which should be avoided:

- Oranges, persimmons, coconut, berries, green beans, figs, apples, sauerkraut, Brussel sprouts, potato peels, and legumes.
- Metamucil, Peridium, Benefiber, Fibercon, Citrucel, etc.

FOOD GROUP	FOODS RECOMMENDED	FOODS TO AVOID
<p>Starches, Breads, Grains</p> 	<ul style="list-style-type: none"> • White bread (including French/Italian) • Bagels • English muffins • Dinner rolls • Pita bread • Tortillas • Waffles • Pancakes • Breadsticks • Quick oats (plain) • Grits • Cream of wheat • Cream of rice • Puffed wheat and rice • Cereals such as Cheerios, Kix, Rice Krispies, Special K • White rice • Pasta • Bulgar • Barley • Saltine crackers • Oyster crackers • Pretzels • Matzoh 	<ul style="list-style-type: none"> • Whole-grain breads, • Breads with nuts and seeds • Fry bread • Any Bran Cereal (such as Fiber One, Kashi, Raisin Bran) • Any cereal with nuts or seeds • Brown rice • Whole-grain pasta • Couscous • Quinoa • Potato chips • Popcorn
<p>Fruits Cooked, and if necessary blenderized/strained</p> 	<ul style="list-style-type: none"> • Bananas • Canned fruits • Applesauce • All fruit juices • Nectars • Apple cider 	<ul style="list-style-type: none"> • Oranges • Persimmons • Coconut • Berries • Figs • Apples

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FOOD GROUP	FOODS RECOMMENDED	FOODS TO AVOID
<p>Vegetables Cooked, and if necessary blenderized/strained</p> 	<ul style="list-style-type: none"> • Beets • Carrots • Mushrooms • Strained baby vegetables • Potatoes (no skin) • Baked French fries • Tomato sauce, paste, or puree • Vegetable juices 	<ul style="list-style-type: none"> • Green beans • Brussels sprouts • Potato skins • Green peas • Lettuce • Kale • Spinach • Corn • Broccoli
<p>Milk and Dairy Products</p> 	<ul style="list-style-type: none"> • 1% or skim milk • Low-fat yogurt with appropriate fruit • Low-fat cottage cheese • Parmesan cheese • Strained cream soups 	<ul style="list-style-type: none"> • Whole or 2% milk • Greek yogurt • Other cheeses
<p>Meats and Meat Substitutes Ground or pureed</p> 	<ul style="list-style-type: none"> • Beef: tenderloin, rump, round • Pork: lean pork, tenderloin, pork chops, 97% fat free ham • Poultry (skinless): chicken, turkey • Fish/shellfish: tuna (in water), shrimp, clams, crab, scallops, lobster, oysters • Eggs: eggs (not creamed or fried), egg whites, egg substitutes • Other: tofu, veal, duck, goose, pheasant 	<ul style="list-style-type: none"> • Legumes • Beans, • Baked beans • Soy beans • Fried eggs • Any meat that is fried, breaded, or has skin
<p>Fats and Oils</p> 	<ul style="list-style-type: none"> • Butter • Oil • Margarine • Mayonnaise • Cream cheese • Sour cream • Gravies 	<p>If not tolerated, limit the amount of fat you eat</p>
<p>Beverages</p> 	<ul style="list-style-type: none"> • Fruit juices • Vegetables juices • Kool-Aid • Lemonade • Tang • Gatorade • Coffee • Tea • Hot chocolate • Broth • Bouillon 	
<p>Sweets and Desserts</p> 	<ul style="list-style-type: none"> • Gelatin • Graham crackers • Gingersnaps • Vanilla wafers • Angel food cake • Pudding • Custard • Smooth ice cream • Popsicles • Sherbet • Sweets without nuts • Gumdrops • Hard candy 	<ul style="list-style-type: none"> • Fried desserts such as donuts • Sweets with nuts

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Sample Meal Plan

Six small meals throughout the day

Breakfast	1 cup cream of wheat cereal ½ cup skim milk ½ cup grape juice 1 hardboiled egg
Snack	10 ounce banana shake: 1 vanilla yogurt 1 banana Milk until desired consistency
Lunch	½ cup vegetable soup ½ turkey sandwich 1 tablespoon mayonnaise ½ cup applesauce ½ cup skim milk
Snack	½ cup pretzels ½ cup low fat cottage cheese
Dinner	2-3 ounces baked chicken or fish ½ cup mashed potatoes 1 teaspoon margarine ½ cup cooked carrots ½ cup skim milk ½ cup fruit cocktail
Snack	½ cup pudding, custard, gelatin, or sherbet

Other resources:

International Foundation for Functional Gastrointestinal Disorders: www.iffgd.org

Gastroparesis and Dysmotilities Association (GPDA): www.digestivedistress.com

Association of Gastrointestinal Motility Disorders, Inc: www.agmd-gimotility.org

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