

## Gastroparesis

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, 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.

### General Diet Guidelines

- **Eat small, frequent meals.** Many people find that frequent small meals (5 to 6 meals each day) produce fewer symptoms than large meals.
- **Liquids are often better tolerated than solids with active symptoms.**
- Begin with a liquid or pureed diet which may be better tolerated. Liquids can pass through the stomach more easily and quickly than solids. Try sipping on liquids throughout the day. Liquid nutritional supplements such as Ensure, Boost, Boost Glucose Control or Glucerna may help you achieve adequate calories and protein. Advance your diet to soft foods as symptoms improve. Remember to chew your foods well.
- **Reduce fat intake.** Fat naturally slows digestion; however, it is better tolerated if present in liquid form. 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.
- **Hyperglycemia (high blood sugar).** Keep your blood sugar under control as drastic changes in blood sugar can impair gastric emptying.
- **Medicines.** Talk to your doctor about your medicines. Some medicines can affect your gastric health. Other medicines can be started to improve your symptoms.

### General Guidelines

	<b>Foods to Consume</b>	<b>Foods to Avoid</b>
<b>Milk and Milk Products</b>	Skim milk, low-fat or fat-free yogurt or pudding, low-fat cheeses	2 % and whole milks, sour cream, light or heavy whipping cream, half and half, regular cheeses
<b>Soups</b>	Soups made from skim milk or fat-free broths	Soups made with cream, whole milk or broths containing fat
<b>Fruit</b>	Fruit juices, canned fruits without skins (applesauce, peaches, pears)	All raw and dried fruits, canned fruits with skins (apricots, cherries, plums, blueberries, fruit cocktail, oranges, grapefruit, pineapple, persimmons)
<b>Meats and Meat Substitutes</b>	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
<b>Fats and Oils</b>	Consume all fats and oils in moderation (butter, margarine, cooking oil)	Regular salad dressings, nuts, olives, avocados, coconut, lard
<b>Breads and Grains</b>	White breads, low fiber cereals, cream of wheat, pasta, white rice, egg noodles, low-fat crackers	Oatmeal, whole grain starches, egg bagels, Chinese noodles, croissants, donuts
<b>Vegetables</b>	Tomato juice, well-cooked vegetables without skins (acorn squash, beets, carrots, mushrooms, potatoes, spinach, summer squash, strained tomato sauce, yams)	All raw vegetables, cooked vegetables with skins (broccoli, Brussels sprouts, cabbage, cauliflower, celery, corn, eggplant, onions, peas, peppers, pea pods, sauerkraut, turnips, water chestnuts, zucchini, beans (green, wax, lima)
<b>Condiments</b>	Fat-free gravy, mustard, ketchup, barbecue sauce	Gravies, meat sauces, mayonnaise
<b>Sweets and Desserts</b>	Low-fat desserts such as angel food cake, fat-free frozen yogurt and Jell-o	Cakes, pies, cookies, pastries, ice cream, fruit preserves
<b>Beverages</b> Note: Calorie-free beverages should be limited if you cannot eat solid foods because they may cause unwanted weight loss.	Gatorade, diet soft drinks, coffee, tea, water	Milk shakes, alcoholic beverages