

Prepared For:		Date:	
Prepared By:		Contact:	

Gastroparesis Nutrition Therapy

Gastroparesis means that your stomach empties very slowly. This happens when the nerves to your stomach are damaged or do not work properly. This can cause bloating, stomach discomfort or pain, feeling full after eating only a small amount of food, nausea, or vomiting.

- If you have diabetes in addition to gastroparesis, it is important to control your blood glucose. This will help the stomach empty.

Tips

- Following these tips may help your stomach empty faster:
- Eat small, frequent meals (4 to 6 times per day).
- Do not eat solid foods that are high in fat and do not add too much fat to foods. See the Foods Not Recommended table for foods that are high fat.
 - High-fat solid foods may delay the emptying of your stomach.
 - Liquids that contain fat, such as milkshakes, may be tolerated and can provide needed calories.
- Do not eat foods high in fiber. Do not take fiber supplements or fiber bulking agents for constipation.
- Do not eat foods that increase acid reflux:
 - Acidic, spicy, fried and greasy foods
 - Caffeine
 - Mint
- Do not drink alcohol or smoke
- Do not drink carbonated beverages, as they increase bloating.
- Chew foods well before swallowing. Solid foods in the stomach do not empty well. If you have difficulty tolerating solid foods, ground foods may be better.
- If symptoms are severe, semi-solid foods or liquids may need to be your main food sources. Choose liquid nutritional supplements that have less than or equal to 2 grams fiber per serving.
- Sit upright while eating and sit upright or walk after meals. Do not lie down for 3 to 4 hours after eating to avoid reflux or regurgitation.
 - If you wish to nap during the day, nap first and then eat.
- Drinking fluids at meals can take up room in your stomach, and you might not get enough calories. At every meal, first eat a grain food and a protein food or dairy product if your body can tolerate it. Drink fluids with calories. It may be better to delay fluids until after the meal and drink more between meals.

Foods Recommended

Food Group	Foods Recommended
Grains	Choose grain foods with less than 2 grams of fiber per serving; these will be made with white flour Crackers: saltines or graham crackers Cold cereal: puffed rice Cream of rice or wheat Grits (fine ground) Gluten free low fiber foods Pretzels White bread, toasted White rice, cook until very soft
Protein Foods	Lean meat and poultry: well-cooked, very tender, moist, and chopped fine Fish: tuna, salmon, or white fish Egg whites, scrambled Peanut butter (limit to 1 tablespoon at a time)
Dairy	Milk*, drink 2% if tolerated to get more nutrients or lactose-free 2% milk Fortified non-dairy milks: almond, cashew, coconut, or rice (be aware that these options are not good sources of protein so you will need to eat an additional protein food) Fortified pea milk or soymilk (may cause gas and bloating for some) Instant breakfast* (pre-made lactose-free is sold in bottles) Milkshakes* (try blending in ¼ to ½ cup canned fruit) Ice cream* (low-fat may be tolerated better; use in milkshakes to increase calories) Frozen yogurt Yogurt* Puddings and custard* Sherbet Liquid nutritional supplements with less than or equal to 2 grams fiber per 1 cup serving *Use lactose-free varieties to reduce gas and bloating
Vegetables	Canned and well-cooked vegetables without seeds, skins or hulls Carrots, cooked Mashed potatoes (white, red or yellow) Sweet potato
Fruit	Canned, soft and well-cooked fruits without seeds, skins or membranes Applesauce Banana, mashed may be tolerated better Diced peaches/pears fruit cups in juice Melon, very soft, cut into small pieces Fruit nectar juices
Oils	When possible choose oils rather than solid fats Canola or olive oil Margarine
Other	Clear soup Gelatin Popsicles

Foods Not Recommended

Food Group	Foods Not Recommended
Grains	<p>Bran</p> <p>Grains foods with 2 or more grams of fiber per serving: barley, brown rice, kasha, quinoa</p> <p>Popcorn</p> <p>Whole grain and high-fiber cereals, including oats or granola</p> <p>Whole grain bread or pasta</p>
Protein Foods	<p>Fried meats, poultry or fish</p> <p>Sausage, bacon or hot dogs</p> <p>Seafood</p> <p>Tough meat, meat with gristle: steak, roast beef or pork chops</p> <p>Beans, peas or lentils</p> <p>Nuts</p>
Dairy	<p>Cheese slices</p> <p>Liquid nutritional supplements that have more than 2 grams fiber per serving</p> <p>Pea milk, soymilk (may increase gas and bloating)</p>
Vegetables	<p>Raw or undercooked vegetables</p> <p>Alfalfa, asparagus, bean sprouts, broccoli, brussels sprouts, cabbage, cauliflower, corn, green peas or any other kind of peas, lima beans, mushrooms, okra, onions, parsnips, peppers, pickles, potato skins, or spinach</p>
Fruit	<p>Fresh fruit except for the ones in the foods recommended table</p> <p>Acidic fruit and juices: oranges/orange juice, grapefruit/grapefruit juice, tomatoes/tomato juice</p> <p>Avocado</p> <p>Berries</p> <p>Coconut</p> <p>Dried fruit</p> <p>Fruit skin</p> <p>Mandarin oranges</p> <p>Pineapple</p>
Oils	Fried foods of any type
Other	<p>Coffee</p> <p>Olives or pickles</p> <p>Pizza</p> <p>Salsa</p> <p>Sushi</p>

Gastroparesis Sample 1-Day Menu

Breakfast	1 slice white toast (1 carbohydrate serving) 1 teaspoon margarine, soft, tub ½ cup egg substitute 1 cup peach nectar (2 carbohydrate servings)
Morning Snack	Smoothie made with: ½ small banana (1 carbohydrate serving) 1/3 cup Greek strawberry yogurt (½ carbohydrate serving) 1 cup 2% milk (1 carbohydrate serving)
Lunch	2 ounces canned chicken 9 saltine crackers (1½ carbohydrate servings) ½ cup applesauce (1 carbohydrate serving) 1 teaspoon mayonnaise
Afternoon Snack	1 slice white toast (1 carbohydrate serving) 1 tablespoon smooth peanut butter
Evening Meal	2 ounces baked fish ½ cup mashed potatoes (1 carbohydrate serving) 1 teaspoon olive oil 1 cup 2% milk (1 carbohydrate serving)
Evening Snack	1 packet instant breakfast (1½ carbohydrate servings) 1 cup 2% milk (1 carbohydrate serving)

Gastroparesis Vegan Sample 1-Day Menu

Breakfast	¾ cup cooked farina (1 carbohydrate serving) 1/3 cup tofu scramble 2 teaspoons olive oil ¾ cup peach nectar (2 carbohydrate servings) ½ cup almond milk fortified with calcium, vitamin B12, and vitamin D
Morning Snack	1 slice white toast (1 carbohydrate serving) 1 tablespoon smooth peanut butter
Lunch	¾ cup vegetable soup (1 carbohydrate serving) 9 saltine crackers (1 carbohydrate serving) ½ cup applesauce (1 carbohydrate serving)
Afternoon Snack	6 ounces plain soy yogurt (1½ carbohydrate servings) ½ small banana (1 carbohydrate serving)
Evening Meal	½ cup baked tofu 2/3 cup white rice (2 carbohydrate servings) 2 teaspoons olive oil ½ cup almond milk fortified with calcium, vitamin B12, and vitamin D
Evening Snack	½ scoop soy protein powder (½ carbohydrate serving) ½ cup almond milk fortified with calcium, vitamin B12, and vitamin D

Gastroparesis Vegetarian (Lacto-Ovo) Sample 1-Day Menu

Breakfast	<ul style="list-style-type: none">¾ cup cooked farina (1 carbohydrate serving)½ cup egg substitute2 teaspoons olive oil¾ cup peach nectar (2 carbohydrate servings)½ cup 2% milk (½ carbohydrate serving)
Morning Snack	<ul style="list-style-type: none">1 slice white toast (1 carbohydrate serving)1 tablespoon smooth peanut butter
Lunch	<ul style="list-style-type: none">¾ cup vegetable soup (1 carbohydrate serving)9 saltine crackers (1 carbohydrate serving)½ cup applesauce (1 carbohydrate serving)½ cup 2% milk (½ carbohydrate serving)
Afternoon Snack	<ul style="list-style-type: none">6 ounces plain yogurt (1 carbohydrate serving)½ small banana (1 carbohydrate servings)
Evening Meal	<ul style="list-style-type: none">½ cup baked tofu2/3 cup white rice (2 carbohydrate servings)2 teaspoons olive oil½ cup 2% milk (½ carbohydrate serving)
Evening Snack	<ul style="list-style-type: none">1 packet instant breakfast (1½ carbohydrate servings)1 cup 2% milk (1 carbohydrate serving)

Notes