



**GASTRO CARE INSTITUTE**

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# Gastroparesis

Gastroparesis is the medical term for delayed stomach emptying. It happens when the nerves to control the stomach are damaged or stop working. Gastroparesis may be caused by diabetes, nervous system disorders, or certain drugs. For some people, the cause is unknown. The symptoms are nausea, vomiting, and an early feeling of fullness, weight loss, abdominal bloating and discomfort.

**Changing your eating habits can help control gastroparesis. It is recommended to:**

- Eat six or more small meals per day
- Avoid foods high in fat and with too much fat added, which slow digestion
- Avoid high-fiber foods, which may form bezoars (a mixture of food residue)
- Chew foods well to start the digestion (ground or puréed meat may be better tolerated)
- Sit up during and after meals
- For persons with diabetes, maintain good glucose control
- Take a multivitamin/mineral supplement

When the symptoms do not allow you to tolerate solid foods, a liquid diet may be required to supply fluid, electrolytes, and energy in a form that allows for minimal digestion and stimulation of the digestive tract.

## Clear Liquid Diet

Group	Recommended	Avoid
<b>Beverages</b>	Gatorade®, soft drinks, clear fruit juices, pulp-free juices, coffee or tea	All others, nectars, milk, cream, juices with pulp, cocoa
<b>Soups</b>	Bouillon or clear broth	All others
<b>Sweets and Desserts</b>	Clear, fruit-flavored or unflavored gelatin, fruit ice made from clear fruit juice, plain hard candy, sugar honey, sugar subs, frozen popsicles	All others
<b>Miscellaneous</b>	Commercially prepared low-residue, lactose-free nutritional supplements	

## Gastroparesis Diet

Group	Recommended	Avoid
<b>Milk and Milk Products</b>	Skim milk, foods made with skim milk, low-fat cheese, cottage cheese and yogurt	Whole milk, cream (sour, light, heavy, whipping), half and half
<b>Meat and Meat Alternatives</b>	Eggs, peanut butter, poultry, fish, lean ground meat	Fibrous meats (steaks, roasts, chops) dried beans, peas, lentils

# Gastroparesis Diet (continued)

Group	Recommended	Avoid
<b>Fruit</b>	Fruit juices, canned fruit without skins, (pears, peaches, applesauce), bananas	Raw or dried fruits, canned fruits with skins (apricots, cherries, plums, blueberries, fruit cocktail, oranges, grapefruit, pineapple, persimmons)
<b>Vegetables</b>	Vegetable juices, cooked vegetables without skins (beets, carrots, mushrooms, potatoes, spinach, squash, strained tomato sauce, yams)	Raw vegetables, cooked vegetables with skins (beans, Brussel sprouts, cabbage, cauliflower, celery, corn, eggplant, onions, peas, peppers, pea pods, potato peels, sauerkraut, turnips, water chestnuts, zucchini)
<b>Breads and Grains</b>	Refined breads and cereals, pasta, white rice, low-fat crackers, bagels, English muffins, tortillas, rolls, pretzels (no more than 1 gram of fiber per serving)	Whole grain breads, cereal, pasta, and rice
<b>Soups</b>	Broth or bouillon, soups made from low-fat milk or broth containing pasta, white rice, and allowed vegetables	
<b>Fats and Oils</b>	Any type of fat in small amounts	Fried foods, excessive fat
<b>Snacks, Sweets, and Beverages</b>	Hard candies, caramels, low-fat pudding and custard, frozen yogurt, ice milk, gelatin, popsicles, vanilla wafers, jelly, honey, syrup	High-fat desserts (cakes, pies, ice cream, cookies, pastries)

## Sample Menu

### Breakfast

Skim milk: ½ cup  
 Dry cereal: ½ cup  
 White toast: 1 slice  
 Margarine: 1 tsp.  
 Orange juice: ½ cup

### Mid-morning Snack

Low-fat yogurt: 1 cup

### Lunch

Turkey: 2oz.  
 Low-fat mayonnaise: 1 tbsp.  
 Hamburger bun: whole  
 Canned peaches: ½ cup  
 Lemonade: 1 cup

### Mid-afternoon Snack

½ sandwich on white bread with allowed foods  
 Vegetable or fruit juice: ½ cup

### Supper

Baked chicken: 2oz.  
 Mashed potatoes: ½ cup  
 Cooked carrots: ½ cup  
 Dinner roll: whole  
 Margarine: 1 tsp.  
 Skim milk: 1 cup

### Evening Snack

Pretzels: 1 oz.  
 Canned fruit: ½ cup



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