



Gastroparesis

Gastroparesis is a condition when your stomach is slow to empty food into your intestine and causes a bloated feeling after you eat. Other symptoms are nausea and vomiting. There are some helpful changes you can make to how you eat.

1. Eat small meals. Large meals take longer to empty your stomach. Eat snacks if you need to get enough calories.
2. Choose low fiber foods:
 - Eat white bread instead of whole wheat.
 - Avoid bran based cereal.
 - Choose canned fruit instead of fresh fruit with peeling or seeds.
 - Choose cooked vegetables instead of raw vegetables.
 - Avoid dried beans and legumes
3. Limit fat.
 - Avoid fatty meats such as brats, hotdogs, breaded and fried/greasy meats.
 - Limit cheese
 - Go easy on gravy, butter, margarine, cream based sauces, dips, sour cream and dressings.
 - Limit nuts and nut butters.
 - Limit/avoid rich sweets/snacks such as cake, cookies, chips and rich snack crackers
4. Help your body in digestion by chewing foods very well. Try going for a gentle walk after eating. Stay upright for a couple hours after eating.
5. Control blood sugars if you have diabetes. High blood sugar makes gastroparesis worse.
6. If small, low fiber, low fat meals/snacks don't work then it may be necessary to eat a more liquid-like diet.
 - Puree your food in a blender or food processor.
 - Eat baby food items.
 - Drink liquid nutritional drinks such as Ensure, Boost, Equate and/or Carnation Instant Breakfast.

