



Gastroparesis Diet Education

What is gastroparesis?

Gastroparesis is a condition in which your stomach is slow to empty the food you eat.

Causes

Include, but not limited to, diabetes, kidney disease, thyroid disease, surgery and certain medications.

Symptoms

Include, but not limited to, bloating, nausea, vomiting, and feeling full after eating or after lying down too close to the time food was eaten. Even a small amount of food can cause symptoms if the foods are high in fat or fiber. Foods high in fat and fiber slow down how quickly food can leave your stomach.

Treatment

Involves changing what and how you eat, as well as using medicine to help the stomach empty faster.

Tips

- Eat small, frequent meals (4-6 per day) to help reduce the distention of the stomach from the meal. This may help you not feel as full and/or bloated after eating, as well as helping the stomach empty faster.
- Drink oral nutrition supplements if you are having a difficult time consuming solid foods. Liquids empty out of the stomach faster than solid foods even when the liquids contain fat.
- Drinking fluids throughout the meal and sitting upright or walking for 1-2 hours after eating to help emptying the meal from the stomach.
- If you are not eating well, a daily multivitamin supplement can be taken

Avoid/Limit

- High fiber foods (>2g per serving). Limit fiber intake to ≤ 15 g per day
- High fat foods. Limit fat intake to ≤ 50 g per day
- Lying down within 2 hours of eating
- Eating large meals as this may increase symptoms due to it taking longer for your stomach to empty.

Food Group	RECOMMENDED	NOT RECOMMENDED
Dairy	<p>Milk ($\leq 2\%$)</p> <p>Fortified non-dairy milks - Note pea milk and/or soymilk (may increase gas and bloating)</p> <p>Milkshakes</p> <p>Ice cream</p> <p>Frozen yogurt</p> <p>Yogurt</p> <p>Puddings/custard</p> <p>Sherbet</p> <p><i>*Use lactose-free or low-fat varieties if you are unable to tolerate</i></p>	<p>Dairy products made with nuts, seeds, coconut, dried or glazed fruits (like ice cream with nuts or seeded fruits)</p>
Protein	<p>Lean meat and poultry that is well-cooked, very tender, moist, and chopped fine</p> <p>Fish: tuna, salmon, or white fish</p> <p>Egg whites, scrambled</p> <p>Peanut butter (limit to 1 tablespoon at a time)</p>	<p>Fatty meat: Steak, pork chops or have gristle</p> <p>Fried meat, poultry, or fish</p> <p>Seafood with a tough or rubbery texture, such as shrimp</p> <p>Luncheon meats such as bologna and salami</p> <p>Sausage, bacon, or hot dogs</p> <p>Dried beans, peas, or lentils</p> <p>Nuts and chunky nut butters</p>
Grains	<p>Refined grains:</p> <p>White bread</p> <p>Refined wheat bread</p> <p>Bagels</p> <p>English muffins</p> <p>Flour tortillas</p> <p>Plain or white rice</p> <p>Pasta</p> <p>Corn-flakes</p> <p>Rice Krispies</p> <p>Cheerios</p> <p>Fine ground grits</p> <p>Pretzels</p>	<p>Whole grains:</p> <p>Bran</p> <p>Rye</p> <p>Whole wheat</p> <p>Cracked wheat</p> <p>Brown rice</p> <p>Wild rice</p> <p>Popcorn</p> <p>High fiber granola bars</p>

	Baked chips Crackers	
Vegetables	Vegetable juice w/o pulp Well-cooked/tender vegetables: Asparagus Beets Carrots Cauliflower Green beans Green pepper Seedless tomatoes Spinach Squash Mushrooms Potatoes w/o skin	Vegetable juice with pulp Raw or fried vegetables All other vegetables like: Corn Lima beans Broccoli Brussel sprouts Pickles Potato skins Peas
Fruits	Strained fruit juices Banana Canned or stewed fruits without the skin Honeydew, Cantaloupe	Fruit juice with pulp Prunes and prune juice Berries Fruits with seeds or pulp Fresh fruit (except bananas) Dried or glazed fruits
Beverages	Fruit flavored drinks, tea, coffee, water, Gatorade/PowerAde, skim milk, milk alternatives	Whole fat milk, heavy creams (if not tolerated), soda/carbonated drinks
Desserts/Sweets	Low-fat, plain ice cream Sherbet/Sorbet Gelatin desserts Low-fat pudding Jelly Honey Low-fat syrup	Desserts made with: Nuts Seeds Coconut Dried or glazed fruits Jam/Marmalade w/ seeds High-fat bakery products: Doughnuts, biscuits, croissants, Danish pastries, pies, and cookies
Fats/Oils	Vegetable/Olive oil, avocado oil, margarine *Use in moderation*	Fried food, lard, butter
Condiments	Ketchup Mustard Salt Vinegar Herbs Spices Low fat gravy, marinara with lean meat or meatless	High fat gravies Meat sauce Creamy sauces (alfredo) Mayonnaise Miracle Whip

Oral Nutrition Supplements

Try:

If you are losing weight unintentionally and are unable to meet your nutritional needs through meals and snacks, you may need to start taking oral nutrition supplements for additional calories and protein for adequate nutrition

Pre-made Shakes

- Boost Original, Boost Plus, Boost Glucose Control, Boost High Protein, Boost VHC, Boost MAX
- Ensure Enlive, Ensure High Protein, Ensure Max Protein, Ensure Original, Ensure Plus, Glucerna
- Equate, Equate Original, Equate Plus, Equate High Protein, Equate Diabetic
- Meijer Nutrition Shake Regular, Meijer NutriSure Plus, Meijer Plus
- Soylent
- Kate Farms
- Carnation Instant Breakfast (pre-made)
- Orgain (pre-made)

Powder Mixes

- Carnation Breakfast Essentials
- Ensure Original Powder
- Orgain

Clear Liquid Supplements

- Boost Breeze
- Ensure Clear

Other Supplements:

- Boost pudding
- Ensure pudding
- Magic Cups

***If you are having trouble tolerating supplements, try a lower fat alternative.*

***If you have diabetes and are having trouble with blood glucose control, try choosing a lower sugar supplement, such as Glucerna or Boost Glucose Control.*

Digestive and Liver Disorders
Neurogastroenterology and Motility Center

IU Health University Hospital
550 N University Boulevard, Suite 1710
Indianapolis, IN 46202

Scheduling: 317-944-0980
Nurse Line: 317-944-0980