

Diet Advice for Gastroparesis

Gastroparesis is when food moves through and out of your stomach more slowly than normal. Changing your diet may help reduce symptoms.

Symptoms can include

- Feeling full after only a few bites
- Belching or burping
- Bloating
- Abdominal pain
- Nausea and vomiting
- Heartburn

These symptoms can lead to

- Eating less and weight loss
- Dehydration
- Constipation
- Blood sugar fluctuations with diabetes

Dietary tips to help manage gastroparesis

Tip	Reason
Eat 6 small meals per day.	Larger meals take longer to digest and can increase discomfort.
Chew foods well.	This decreases the work the stomach needs to do.
Eat a lower fat diet.	Fat slows stomach emptying.
Eat a lower fiber diet.	Fiber slows stomach emptying.
In the case of diabetes, try to minimize blood glucose fluctuations.	Fluctuations can worsen symptoms. Speak with your Diabetes Educator.
Rely on high energy liquids during difficult times.	Fluids are often better tolerated than solids.
Try pureeing your food during difficult times.	This decreases the work the stomach needs to do.
Avoid alcohol.	Alcohol can also slow digestion
Sit upright after meals.	This position helps the stomach to empty faster.

Consider following a lower fiber diet

- Avoid popcorn, nuts and seeds (walnuts, almonds, pumpkin, etc.).
- Avoid the seeds and skins of fruit
- Avoid dried fruit and berries. Fruit juices and canned or cooked fruits are often better tolerated
- Avoid all raw and stringy vegetables. Vegetable juices, tomato sauces, squash and well-cooked carrots, green beans, and potato (no skin) are often better tolerated.
- Avoid legumes (chickpeas, kidney beans, lentils, split peas, etc.).
- Avoid whole grains – choose white bread, white rice, and pasta and low fiber cereals instead

Consider following a lower fat diet

- Avoid fried and greasy food.
- Avoid most baked goods - pastries, cakes, donuts, pies, chocolate, cookies, store bought muffins.
- Choose lower fat dairy products including lower fat cheese, milk, yogurt, cottage cheese.
- Use only small portions of added fats (margarine, butter, salad dressing, oil, etc.)
- Trim excess / visible fat from meats and remove skin from poultry.

Label Reading – Fat and Fiber

Reading the Nutrition Facts table is the best way to find out how much fat and fiber a food has.

The numbers refer to one serving.
The serving size is found near the top of the label.

Look for foods with 0 - 2grams fat for milk, grains, fruits, vegetables products and snack foods.

Meats, cheese and added fats will have higher numbers so choose small portions.

Look for foods with 0-1 gram of fiber per serving

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Food lists to help follow a low fiber and low fat diet

Food Groups	Recommended	Avoid
Vegetables	<p>Well cooked soft vegetables (no skins) –asparagus, beets, carrots, potatoes, sweet potatoes, squash, turnip, parsnips, eggplant, cauliflower, broccoli, pumpkin</p> <p>Tomato sauces</p> <p>Vegetable juices</p>	<p>Raw vegetables, salads</p> <p>Stringy vegetables - brussel sprouts, celery, corn, okra, peas, radish, sauerkraut, spinach, swiss chard, bok choy, bamboo shoots, cabbage)</p> <p>Vegetable skins (potato, tomato)</p>
Fruits	<p>The following without skins – apple, banana, cantaloupe, peaches, nectarines, mangoes, melons, papayas</p> <p>Canned or cooked fruits (no skins)</p> <p>Fruit juices</p>	<p>Berries</p> <p>Citrus with pulp</p> <p>Dried fruit (coconut, figs, raisins)</p> <p>Other - persimmons, pears, pineapple, rhubarb, cherries, grapes</p>
Grain Products	<p>Bread, bagels, pitas, buns, lower fat muffins, English muffins, pancakes, tortillas made with white flour</p> <p>Barley, waffles, quick oats, cream of wheat</p> <p>Refined cereals such as Cheerios, Rice Krispies, Special K, Corn Flakes</p> <p>Low fat / fiber crackers such as melba toast, saltines, pretzels</p> <p>White pasta, white rice,</p> <p>Plain cookies</p>	<p>Bread, bagels, buns, pitas, muffins, English muffins, pancakes, tortillas made with wholegrain flour</p> <p>Steel cut oats, large flake oats</p> <p>Bran flakes, bran buds, all bran, cereals with nuts and raisins or dried fruit, granola</p> <p>High fat or fiber crackers</p> <p>Pastries, donuts, most cookies and most store-bought muffins</p> <p>Whole grain pasta, brown or wild rice</p>

Food Groups	Recommended	Avoid
Milk and Alternatives	Skim, or 1% milk Low fat soy, almond, rice milk Low fat yogurt, cottage cheese, sour cream, cream cheese, pudding Low fat cheese with less than 20% MF	2%, Whole milk, regular soy milk Regular yogurt or yogurt with nuts Ice cream, whipping cream, full fat sour cream and cream cheese High fat cheese (20% or more MF)
Meats and Alternatives	Eggs, egg whites Poultry – no skin Fish / shellfish, canned fish in water Low fat deli meats Lean cuts of beef, veal, pork Low fat peanut butter (smooth) Well pureed hummus	Coconut, nuts, seeds, crunchy peanut butter Legumes - dried beans, lentils, split peas, baked beans Hummus Canned fish packed in oil Organ meats Most deli meats
Fats and Oils	Small amounts of added fats (margarine, butter, oils) Spray oils Low fat mayonnaise	Larger amounts of added fats Full fat mayonnaise Avocado Coconut milk / coconut meat
Other	Tea, coffee, Gatorade, lemonade, hot cocoa, milkshakes , coconut water Condiments Seedless jams and jellies	Alcohol Carbonated drinks

What if my Symptoms get worse?

- If the lower fat and fiber diet does not improve your symptoms, the next step is to adjust the texture. Consider pureed or blended foods and / or consuming mostly fluids. Fluids tend to exit the stomach better than solid foods.
- It may be helpful to use nutritional supplements to help meet your nutritional needs. Homemade smoothies can also be useful.
- Consider taking a multivitamin until symptoms and oral intake improve.
- Your Doctor may prescribe medications to help with your symptoms.
- If you find yourself becoming dehydrated or having extreme high or low blood glucose results, contact your doctor.

Nutrition Supplement Information

- Nutrition supplements may help you meet your nutritional needs if you are losing weight or experiencing worsening symptoms.
- Your Dietitian can help you select the most appropriate supplement in terms of fat and fibre content and nutrient concentration.
- Supplement types include
 - Powdered Mixes which are mixed with milk (Carnation Breakfast Essentials, Slim Fast)
 - Fruit-flavoured juice-like beverages: (Boost fruit flavoured beverage)
 - Low lactose, Milk-like Beverages: (Boost, Ensure)
 - Diabetic options (Boost Diabetic, Glucerna, Resource Diabetic) Note - these products contain fiber.
 - Puddings: (Boost pudding, Ensure pudding)

Pureed / Blenderized Foods

- Solid foods need thinning with some type of liquid such as broth, water, milk, vegetable juice, tomato sauce or gravy. Most meats require at least ¼ cup liquid per ½ cup meat.
- Avoid fruits with seeds or thick skins, or strain them after the pureeing process.
- Vegetables need to be well cooked before pureeing.

Sample Meal Plan for Gastroparesis

<p>Breakfast</p> <p>¾ cup (cream of wheat ½ cup 1% milk ½ cup applesauce Coffee or tea</p>	<p>Mid-Morning Snack</p> <p>¾ cup smoothie or nutrition supplement</p>
<p>Lunch</p> <p>2 ounces of tuna with low fat mayonnaise Small bun or one piece of white bread 1 cup blended vegetable soup Beverage of choice</p>	<p>Mid-afternoon Snack</p> <p>2 tbsp. low fat peanut butter 4 crackers ½ cup orange juice</p>
<p>Supper</p> <p>2 ounces chicken breast with low fat gravy ½ cup squash ¾ cup mashed potato with low fat sour cream Beverage of choice</p>	<p>Evening Snack</p> <p>¾ cup Rice Krispies ½ cup 1% milk ½ banana</p>

Registered Dietitian: _____

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