



## Diet and Gastroparesis

This handout will help you choose foods to reduce the symptoms of gastroparesis. Symptoms of gastroparesis occur when your food takes a long time to digest in your stomach and empties into your intestine much slower than normal. Changing your diet may reduce your symptoms so that you can avoid weight loss and poor nutrition.

The **symptoms** of gastroparesis include:

- Feelings of fullness, bloating after only a few bites of food
- Belching or burping
- Nausea and vomiting
- Regurgitation of food or fluids into the mouth
- Decreased appetite, poor eating and weight loss

**Dietary tips** for gastroparesis:

1. Eat **6-8 small meals** per day. Large meals take longer to digest and the stomach will empty more slowly.
2. **Chew** your foods very well.
3. **Avoid** using straws or drinking carbonated beverages as they may increase gas and belching.
4. **Avoid** lying down after meals. Stay in a seated position for at least 1 hour after meals. Walking or light activity may also help your stomach to empty faster.
5. Choose foods that are **low in fibre**. Fibre requires more time in the stomach to digest. Avoid bulk-forming fibre supplements such as Metamucil, Benefibre or Normacol.
6. Choose foods that are **low in fat**. High fat foods take a longer time to empty from the stomach however, high fat liquids may be tolerated well. Do not limit the higher fat liquids if you tolerate them well and need fat as a source of calories.
7. Change the texture of your food to assist with digestion. **Purees or liquids** are often better tolerated than solids.

Food Groups	Foods that are Better Tolerated	Foods to Avoid
<b>Fruits</b> If necessary cook, blend and strain	Whole fruit <u>without skins, seeds or membranes</u> : bananas, cantaloupe, peaches, nectarines, mangoes, melons, papayas, apricots Any canned fruit or cooked fruits Fruit juices and nectars	<u>Skins and seeds</u> in fruits – raspberries, strawberries, blueberries, blackberries, persimmons, figs, apples, pears, oranges, pineapple, rhubarb, cherries, grapes, dates, raisins
<b>Vegetables</b> Remove skins Cook and if necessary, blend/strain	Asparagus, beets, tomato sauce, carrots, potatoes, sweet potatoes, squash, turnip, rutabagas, parsnips, eggplant, cauliflower, broccoli, pumpkin  All vegetable juices	<u>Skins and seeds</u> in vegetables – tomatoes, potato skins, brussel sprouts, celery, corn, mushrooms, okra, peas, radish, sauerkraut, spinach, swiss chard, romaine, salads, bok choy, bamboo shoots, cabbage
<b>Grain Products</b>	Bread, bagels, pitas, buns, muffins etc made with white flour Plain or corn tortilla, barley, English muffins, pancakes, waffles, quick oats, cream of wheat, low fibre cereals such as; Cheerios, Rice Krispies, Special K, Corn Flakes, low fat crackers made from white flour, melba toast, muffins made from white flour, pasta, white rice, plain cookies	Bread, bagels, buns, pitas, muffins etc made from wholegrain flour Whole wheat pasta, brown rice Bran flakes, bran buds, all bran, cereals with nuts and raisins or dried fruit, granola cerea High fat crackers, pastries, donuts, cookies and muffins
<b>Milk and Alternatives</b>	All milk and milk alternative products should be well tolerated avoid nuts, skins and seeds in yogurt and ice cream, cottage cheese, parmesan cheese	Avoid milk and milk products with <u>nuts, skins and seeds</u> High fat cheese
<b>Meats and Alternatives</b> Ground or pureed if necessary	Lean cuts of beef, veal, pork, chicken, turkey, tuna (packed in water), seafood, eggs (not fried), , peanut butter (smooth, low fat)	Coconut, nuts, seeds, crunchy peanut butter, legumes, dried beans and lentils, split peas, hummus
<b>Other foods</b>	Low fat or fat free gravies, condiments, low fat broth based soups, seedless jams and jellies	Alcohol, carbonated beverages

## If you require blenderized foods:

1. Remember to always clean your blender well. Any food left in the blender for more than 1 to 2 hours should be discarded.
2. Solid foods need to be thinned with some type of liquid such as broth, water, milk, vegetable juice, tomato sauce or gravy.
3. Avoid fruits with seeds or thick skins, or strain them after the pureeing process.
4. Vegetables need to be well cooked before pureeing.



Amount of Food	Amount of Liquid
½ cup (125 mL) cooked chicken or turkey breast	4 - 6 Tbsp (60-90 mL)
½ cup (125 mL) cooked roast beef, lean & trimmed	3 - 5 Tbsp (45-75 mL)
½ cup (125 mL) cooked ham	3 - 4 Tbsp (45-60 mL)
7 ½ ounces (225 mL) canned salmon	2 - 3 Tbsp (30-45 mL)
6 ½ ounces (184 mL) canned flaked ham	5 - 6 Tbsp (75-90 mL)
½ cup (125 mL) cottage cheese	0 - 2 Tbsp (0- 30 mL)
1 cup (250 mL) cooked carrots, parsnip, peas	2 - 3 Tbsp (30-45 mL)
1 cup (250 mL) cooked broccoli, spinach	0 - 2 Tbsp (0 - 30 mL)
1 cup (250 mL) canned fruit	0 - 2 Tbsp (0- 30 mL)

**If you are unable to meet your nutritional needs and are losing weight, you may need to consider commercial nutritional supplements.**

**Powdered Mixes (mix with milk to drink):**

- Carnation Breakfast Essentials
- Slim Fast

**Clear, fruit-flavoured beverages:**

- Boost fruit flavoured beverage
- Oasis, Nutrisolution, (*Shopper's drug mart*)

**Low lactose, milk-like beverages:**

- Boost, Boost High Protein, Boost Plus
- Ensure, Ensure Plus, Ensure High Protein
- Resource, Resource Plus
- Boost Diabetic, Glucerna (for individuals with Diabetes)
- Twocal, Resource 2.0
- President's Choice Ultrashake, President's Choice Ultrashake Plus
- Truly Nutrition Supplement, Truly Nutrition Supplement Plus
- Life's Super Shake, Life's Super Shake Plus (*Shopper's Drug Mart*)
- Equate Nutritional Shake, Equate Nutritional Shake Plus, Equate Nutritional Shake–High Protein (*Walmart*)
- Equate Meal Replacement, Equate Meal Replacement Plus, Equate Meal Replacement–High Protein (*Walmart*)
- Rexall, Rexall Plus Calories (*Pharma Plus Drugmart*)



**Puddings:**

- Boost pudding
- Ensure pudding

**Protein Powders:**

- Beneprotein powder



## Sample Meal Plan for Gastroparesis

### Breakfast

$\frac{3}{4}$  cup cream of wheat  
1 cup 1% milk  
 $\frac{1}{2}$  cup applesauce  
Coffee or tea

### Mid morning Snack

$\frac{1}{2}$  cup cottage cheese  
 $\frac{1}{2}$  cup canned fruit  
3 arrowroots

### Lunch

2 oz tuna with low fat mayonnaise  
1 slice white bread or small bun or 6 crackers  
1 cup blended vegetable soup  
Beverage of choice

### Mid afternoon Snack

2 tbsp of low fat smooth peanut butter  
4 melba toast  
 $\frac{1}{2}$  cup orange juice

### Supper

2 oz chicken breast with seasonings or low fat gravy or sauce  
 $\frac{1}{2}$  cup squash  
 $\frac{1}{2}$  cup mashed potatoes or 1 small potato  
Beverage of choice

### Evening Snack

$\frac{3}{4}$  cup rice krispies  
 $\frac{1}{2}$  cup milk  
 $\frac{1}{2}$  banana



**Dietitian:** \_\_\_\_\_

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Adapted from: UVA Nutrition Services “Gastroparesis Diet Tips” and Hamilton Health Sciences Patient Education “Diabetes and Gastroparesis”