

## gastroparesis

Gastroparesis, or delayed stomach emptying, is when the stomach empties slower than it's supposed to. This occurs when the nerves that connect to the stomach have become damaged or no longer work properly. Gastroparesis can result in a range of symptoms but the most common include nausea, vomiting and feeling full after eating only a small amount of food. Diet is typically the first line of treatment, as certain foods are more difficult to digest than others. It's always best to work with your health care provider and a registered dietitian for specific diet requirements. Below are general nutrition tips to help you feel your best.

### NUTRITION TIPS

#### Eat 6-10 times a day.

- Small, frequent meals are more easily digested which can help to minimize bloating and other symptoms.

#### Avoid foods that are high in fat.

- Solid foods high in fat, like fried foods, may delay the emptying of your stomach.
- Liquids that are high in fat, such as milkshakes, are typically better tolerated and don't delay stomach emptying.

#### Limit foods high in fiber.

- High fiber foods, such as fruits, vegetables, whole grains and beans, are more challenging to digest and can cause stomach discomfort. **Do not take fiber supplements.**

#### Soft foods help with digestion.

- Be sure to cook fruits or vegetables until soft to help with digestion.

#### Avoid foods that increase acid reflux:

- Fried or greasy foods
- Spicy foods
- Acidic foods, such as tomatoes or citrus
- Caffeine
- Carbonated beverages
- Chocolate
- Fresh mint and mint flavoring

#### Wait to lie down.

- Do not lie down for 3 to 4 hours after eating to avoid acid reflux.

#### Avoid:

- Alcohol
- Carbonated beverages - carbonation can cause additional bloating.

#### Chew foods well.

- Chew foods well before swallowing – solid foods in the stomach can delay emptying.

#### Take walks after meals.

- Try to take a walk after meals to help assist in stomach emptying.

#### Pureed or liquid foods are a good option.

- Pureed or liquid foods may be necessary for patients who have difficulty consuming solid foods.

## nutrition recommendations

### Gastroparesis

Group	Recommended Foods	Foods to Avoid
<b>Grains</b>	<ul style="list-style-type: none"> <li>Choose grain foods with less than 2 grams of fiber per serving – typically made with white flour</li> <li>Crackers: Saltines or Graham Crackers</li> <li>Cold cereal: puffed rice</li> <li>Cream of Rice®</li> <li>Cream of Wheat®</li> <li>Grits</li> <li>Gluten-free or low-fiber foods</li> <li>Pretzels</li> <li>White bread, toasted</li> <li>White rice, cooked until very soft</li> </ul>	<ul style="list-style-type: none"> <li>Bran</li> <li>Grains with more than 2 grams of fiber per serving: barley, brown rice, quinoa</li> <li>Popcorn</li> <li>Whole grain and high-fiber cereals, including oats or granola</li> <li>Whole grain bread or pasta</li> </ul>
<b>Proteins</b>	<ul style="list-style-type: none"> <li>Lean meat and poultry: well-cooked, very tender, moist, and finely chopped</li> <li>Fish: tuna, salmon, white fish</li> <li>Egg whites, scrambled</li> <li>Smooth peanut butter</li> <li>Dehydrated peanut butter</li> </ul>	<ul style="list-style-type: none"> <li>Fried meats, poultry, or fish</li> <li>Sausage, bacon or hot dogs</li> <li>Seafood</li> <li>High-fat meats: steak, roast beef, pork chops</li> <li>Beans, peas or lentils</li> <li>Nuts</li> </ul>
<b>Dairy</b>	<ul style="list-style-type: none"> <li>Fortified, non-dairy milks: nut milk, oat milk, coconut milk, and rice milk</li> <li>Low-fat yogurt</li> <li>Low-fat milk</li> <li>Low-fat ice cream</li> <li>Sherbet</li> <li>Dairy-free or lactose-free dairy products, if milk is bothersome</li> <li>Liquid nutritional supplements with less than or equal to 2 grams fiber per 1 cup serving</li> </ul>	<ul style="list-style-type: none"> <li>Pre-packaged cheese slices</li> <li>Liquid nutritional supplements with more than 2 grams of fiber per serving</li> <li>Pea milk or soymilk (may increase bloating)</li> </ul>
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>Canned and well-cooked vegetables without seeds, skins, or hulls</li> <li>Carrots, cooked</li> <li>Mashed potatoes – without skin</li> <li>Cooked sweet potato – without skin</li> </ul>	<ul style="list-style-type: none"> <li>Raw or undercooked vegetables</li> <li>Alfalfa</li> <li>Asparagus</li> <li>Bean sprouts</li> <li>Broccoli</li> <li>Brussels sprouts</li> <li>Cabbage</li> <li>Cauliflower</li> <li>Corn</li> <li>Green peas or any pea</li> <li>Lima beans</li> <li>Mushrooms</li> <li>Okra</li> <li>Onions</li> <li>Parsnips</li> <li>Peppers</li> <li>Pickles</li> <li>Potato skins</li> <li>Spinach</li> </ul>
<b>Fruit</b>	<ul style="list-style-type: none"> <li>Canned, soft and well-cooked fruits without seeds, skins, or membranes</li> <li>Applesauce – without peels</li> <li>Banana – mashed may be better tolerated</li> <li>Peaches or pears in fruit cups – diced</li> <li>Melon, very soft – cut into small pieces</li> </ul>	<ul style="list-style-type: none"> <li>Fresh fruit (except those listed on the recommended list)</li> <li>Avocado</li> <li>Berries</li> <li>Coconut</li> <li>Dried fruit</li> <li>Fruit skin</li> <li>Grapefruit/grapefruit juice</li> <li>Mandarin oranges</li> <li>Oranges/orange juice</li> <li>Pineapple</li> <li>Tomatoes/tomato juice</li> </ul>

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Group	Recommended Foods	Foods to Avoid
<b>Fats &amp; Oils</b>	<ul style="list-style-type: none"> <li>• Avocado oil</li> <li>• Canola oil</li> <li>• Extra Virgin Olive Oil</li> <li>• Walnut oil</li> </ul>	<ul style="list-style-type: none"> <li>• Fried foods of any kind</li> </ul>
<b>Beverages</b>	<ul style="list-style-type: none"> <li>• 100% Fruit juice</li> <li>• Clear soup broth</li> <li>• Decaffeinated coffee</li> <li>• Decaffeinated tea</li> </ul>	<ul style="list-style-type: none"> <li>• Carbonated beverages</li> <li>• Coffee</li> <li>• Energy drinks</li> <li>• Hot cocoa</li> <li>• Sugar-sweetened beverages</li> <li>• Tea</li> <li>• Vegetable juice</li> </ul>
<b>Other</b>	<ul style="list-style-type: none"> <li>• N/A</li> </ul>	<ul style="list-style-type: none"> <li>• Olives or pickles</li> <li>• Pizza</li> <li>• Salsa</li> <li>• Sushi</li> </ul>

*\*Information modified from the American Academy of Nutrition and Dietetics Nutrition Care Manual*