

Gastroparesis Diet Tips

In gastroparesis, there is slow emptying of the stomach. Symptoms that may occur from this slow emptying of food include bloating, nausea, vomiting and feeling full quickly.

There is little research in diet and gastroparesis and recommendations are made on experiences rather than studies. What works for one person may not work for another. The following diet modifications may improve symptoms by allowing the stomach to empty more easily.

Basic Diet Guidelines

- Eat small frequent meals (6-8 or more) per day. Larger amounts of food will empty more slowly. Smaller amounts of food may decrease bloating and symptoms. With smaller meals, more frequent meals are needed to meet nutritional needs.
- Eat a low fiber diet. Fiber delays stomach emptying and causes a feeling of fullness. Some fibrous foods and over-the-counter fiber supplements may bind together and cause blockages of the stomach (bezoars).
- Avoid solid foods high in fat. Fat can delay emptying of the stomach. High fat liquids such as milkshakes may be tolerated. If foods containing fat are tolerated, they do not need to be limited.
- Chew foods well, especially meats, and avoid foods that may not be easily chewed. Meats may be better tolerated if they are ground or blenderized.
- Eat nutritious foods before filling up on empty calories such as cakes, candies, pastries and sodas.
- Sip liquids throughout the meal, and sit upright during and for an hour or two following meals to help with emptying of the stomach.
- On days when symptoms are worse, consume liquids or thinned, blenderized and strained foods. Solid foods may be better tolerated earlier in the day with transition to more liquid calories later in the day.
- If you have diabetes, control your blood sugar. Consult your doctor if blood sugars are regularly above 200.

Food Suggestions for Gastroparesis

Food Recommended	Foods That May Cause Distress
Starches Breads <ul style="list-style-type: none"> • Bagels (plain, egg) • Biscuits • Bread: Refined/white, French bread, Italian bread • English muffin • Flour tortilla • Muffins made with allowed ingredients • Pancakes, waffles • Pita bread (white) • Tortilla (flour) 	Starches <ul style="list-style-type: none"> • Bread and bread products with whole grain flour, graham flour, bran, nuts, seeds, raw or dried fruits • Cornbread • Whole grain breads

<p>Cereals</p> <ul style="list-style-type: none"> • Cooked wheat, corn or rice cereals: Cream of Wheat, Cream of Rice • Refined ready-to-eat wheat and rice cereals: Cheerios, Corn Flakes, Fruit Loops, Kix, Puffed Wheat, Puffed Rice, Rice Krispies, Special K, Sugar Pops • Grits • Quick Oats (plain) <p>Grains/Potatoes</p> <ul style="list-style-type: none"> • Barley • Bulgur • Pasta (plain) • Potatoes without skin: any kind, white, red, sweet, yams • White Rice • White Pasta <p>Crackers</p> <ul style="list-style-type: none"> • Animal crackers • Arrowroot • Breadsticks • Matzoh • Melba toast • Oyster crackers • Pretzels • Saltines • Soda crackers • Zwieback 	<ul style="list-style-type: none"> • Bran cereals • Cereals with seeds, nuts, coconut or dried fruit • Granola • Oatmeal • Whole wheat or grain cereals <ul style="list-style-type: none"> • Brown rice • Potato skin* • Wild rice <ul style="list-style-type: none"> • Graham crackers • Popcorn • Whole grain crackers
<p style="text-align: center;">Meats</p> <p style="text-align: center;">Ground, pureed or well cooked</p> <ul style="list-style-type: none"> • Beef (tender lean cuts): Baby beef, chipped beef, flank steak, tenderloin, round, rump • Fish, fresh or frozen (no breading) • Lamb • Pork (lean): Tenderloin, pork chops, lean ham • Poultry: Chicken and turkey (no skin) • Shellfish (no breading) • Tuna • Veal 	<p style="text-align: center;">Meats</p> <ul style="list-style-type: none"> • Breaded fish, meat and poultry • High fat meat • Fried meat, fish and poultry
<p style="text-align: center;">Other Protein Foods</p> <ul style="list-style-type: none"> • Cottage cheese • Mild cheeses • Eggs/Egg substitute • Peanut butter (smooth) • Strained baby meats • Tofu 	<p style="text-align: center;">Other Protein Foods</p> <ul style="list-style-type: none"> • Baked Beans • Dried Beans • Legumes* • Lentils • Soy beans

<p style="text-align: center;">Vegetables</p> <p>Cooked, blenderized/strained if needed</p> <ul style="list-style-type: none"> • Beets • Carrots • Mushrooms • Pumpkin • Spinach • Squash: acorn no seeds • Tomato juice, sauce, paste, pureed • Strained baby vegetables 	<p style="text-align: center;">Vegetables</p> <ul style="list-style-type: none"> • Beans* (green, waxed) • Brussels sprouts* • Lettuce • Peas (green) • Raw vegetables • Sauerkraut* • Winter squash • Vegetables with seeds
<p style="text-align: center;">Fruit</p> <p>Canned or cooked, blenderized/strained if needed</p> <ul style="list-style-type: none"> • Applesauce • Apricots • Bananas (ripe) • Fruit cocktail • Peaches (canned) • Pears (canned) • Pureed plums • Strained baby fruits (all) • Strained fruit juices 	<p style="text-align: center;">Fruit</p> <ul style="list-style-type: none"> • Apples* • Berries* • Coconut* • Figs* • Juices containing pulp • Oranges* • Persimmons* • Prune juice
<p style="text-align: center;">Fat</p> <p>If tolerated</p> <ul style="list-style-type: none"> • Butter/margarine • Cream cheese • Gravies (plain) • Mayonnaise • Salad dressing • Vegetable oils 	<ul style="list-style-type: none"> • Coconut* • Nuts • Seeds
<p style="text-align: center;">Dairy</p> <p>If tolerated</p> <ul style="list-style-type: none"> • Buttermilk • Custard • Evaporated milk • Frozen yogurt • Milk—any type tolerate • Milk powder • Pudding • Ice cream • Yogurt without fruit pieces 	

<p style="text-align: center;">Sweets</p> <ul style="list-style-type: none"> • Angel food cake • Chocolate • Gelatin • Gum • Gum drops • Hard candy • Jams/jellies without seeds • Marshmallows • Popsicles • Plain sherbet • Vanilla wafers 	<p style="text-align: center;">Sweets</p> <ul style="list-style-type: none"> • Desserts containing nuts, seeds, coconut*, dried fruit • Jams/jellies with seeds
<p style="text-align: center;">Beverages</p> <ul style="list-style-type: none"> • Carbonated beverages • Coffee • Crystal Light Pure Fitness • Electrolyte enhanced water • Gatorade, Gatorade G2 • PowerAde, PowerAde Zero • Propel • Tea • Vitamin Water 	
<p style="text-align: center;">Seasonings/Gravies</p> <ul style="list-style-type: none"> • Cranberry sauce (smooth) • Fat-free gravies • Honey • Jams/Jellies (without seeds) • Ketchup • Molly McButter, Butter Buds • Mustard • Olive Oil Spray • Pepper • Salt • Soy sauce • Spices • Sugar • Syrup • Teriyaki sauce • Vanilla and other extracts • Vinegar 	<p style="text-align: center;">Seasonings/Gravies</p> <ul style="list-style-type: none"> • Coconut* • Jams/jellies with seeds • Nuts • Popcorn • Seeds

*Foods that have been associated with bezoar formation. Avoid if you have been told you have a bezoar.