



LIVING WITH

# GASTROPARESIS

## DIET TIPS & GUIDANCE

Gastroparesis is the slow or delayed emptying of the stomach where stomach muscles are not working well or at all leading food to stay in the stomach longer.

### CAUSES AND CONTRIBUTING FACTORS:

1. Diabetes (due to nerve damage)
2. Viruses
3. Medications (narcotics, some diabetic medications)
4. Prior stomach or chest surgeries (from nerve damage)
5. Neurologic conditions (Parkinson's, multiple sclerosis, prior stroke or brain injury)
6. Thyroid disease, autoimmune disease, anorexia nervosa, bulimia
7. Idiopathic (there are times when the cause is not known)

### SYMPTOMS

- Nausea
- Vomiting
- Bloating
- Early satiety (feeling full quickly after only a small amount of food)
- Heartburn/indigestion
- Upper abdominal pain (often worse after eating)
- Poor appetite



### TREATMENTS

Medications called prokinetics are helpful but diet changes are a major part of treatment.

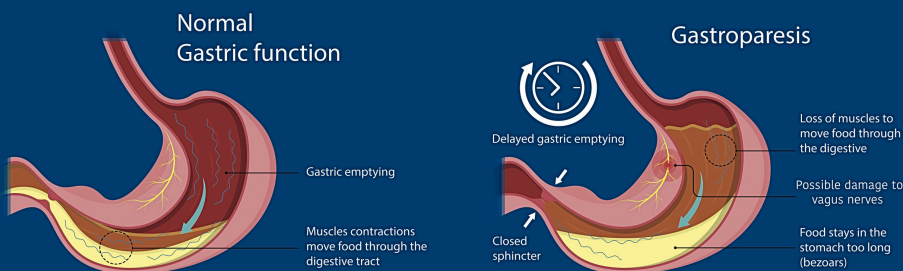
- If you have diabetes, keep your blood sugars under good control
- Exercise
- Avoid alcohol

#### Diet changes:

- Eat smaller, more frequent meals
- Chew your food well
- Eat healthy or nutritious foods first
- Sit up while eating and for at least 1 hour finishing eating
- Minimize high fiber foods
- Avoid red meats, raw fruits, raw vegetables
- Avoid high fat foods, especially fried or greasy foods
- If symptoms are severe, you may need to go on a liquid or pureed/blenderized diet for a while

#### If you are having trouble getting in enough calories:

- Drink high calorie drinks instead of water (fruit juice, sports drinks, whole milk)
- Add ice cream, sherbet or sorbet to nutritional supplements like Boost or Ensure
- Add instant breakfast, protein powders or dry milk powder to milk or juices



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715.847.2558 or [giassoc.org](http://giassoc.org)

CATEGORY	FOODS TO CONSUME	FOODS TO AVOID
Milk	<ul style="list-style-type: none"> <li>• Fat free or low-fat/reduced-fat versions of milk, yogurt, cottage cheese, pudding, cream cheese &amp; sour cream</li> </ul>	<ul style="list-style-type: none"> <li>• 2% or whole milk, whipping cream, half &amp; half, regular cheeses, regular yogurt and pudding, regular sour cream</li> </ul>
Fruits	<ul style="list-style-type: none"> <li>• Fruit juice</li> <li>• Canned fruit without skins (applesauce, peaches, pears, mandarin oranges)</li> <li>• Seedless melons</li> <li>• Ripe bananas</li> <li>• Peeled cooked fruit</li> </ul>	<ul style="list-style-type: none"> <li>• All raw or dried fruit</li> <li>• Canned fruit with skins (apricots, cherries, plums, fruit cocktail, kiwi, coconut, figs, pineapple)</li> </ul>
Vegetables	<ul style="list-style-type: none"> <li>• Cooked vegetables</li> <li>• Vegetable juice</li> <li>• Tomato sauce, juice, paste or puree</li> <li>• Strained baby food vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• All raw vegetables</li> <li>• Cooked vegetables with skins</li> </ul>
Meat	<ul style="list-style-type: none"> <li>• Egg &amp; egg whites</li> <li>• Reduced fat creamy peanut butter</li> <li>• Poultry with skins removed</li> <li>• Lean fish</li> <li>• Lean beef</li> <li>• Lean pork</li> <li>• Pureed beans</li> </ul>	<ul style="list-style-type: none"> <li>• Bacon, sausage, bologna, hotdogs, salami</li> <li>• Organ meats</li> <li>• Regular peanut butter</li> <li>• Steaks, roasts, chops</li> <li>• Dried beans</li> <li>• Non-pureed beans (baked beans, kidney beans, etc.)</li> </ul>
Starches	<ul style="list-style-type: none"> <li>• White bread</li> <li>• Low fiber cereal (&lt;2gm per serving)</li> <li>• Cream of wheat, grits</li> <li>• White rice</li> <li>• Noodles/pasta</li> <li>• Pretzels</li> <li>• Low fiber crackers</li> <li>• Seedless breads, rolls or crackers</li> <li>• Potatoes (no skin)</li> </ul>	<ul style="list-style-type: none"> <li>• Oatmeal</li> <li>• Whole grains</li> <li>• Croissants</li> <li>• Donuts</li> <li>• High fiber cereals (bran, grape-nuts, shredded wheat)</li> <li>• Granola</li> </ul>
Other	<ul style="list-style-type: none"> <li>• Jelly, seedless berry jam, honey, syrup, apple butter</li> </ul>	<ul style="list-style-type: none"> <li>• Nuts, olives, pumpkins seeds, popcorn, chunky nut butters, marmalade, preserves</li> </ul>