

# Gastroparesis



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**Florida Medical Clinic**

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# What is it?

For most people their stomach motility works fine and they happily go about their day munching on food. For some, this gastric motility is slowed, meaning the stomach contracts and empties too slowly into the small intestines. This is called gastroparesis.

Those that have diabetes or are on long term pain medication are more likely to develop gastroparesis, but it can occur in a variety of other disease states or as a side effect of certain medications. For some, the cause of the disorders is unknown. For all, though, it can have a major impact on the quality of life, which is why it is important to understand the disease and follow your provider's instructions.

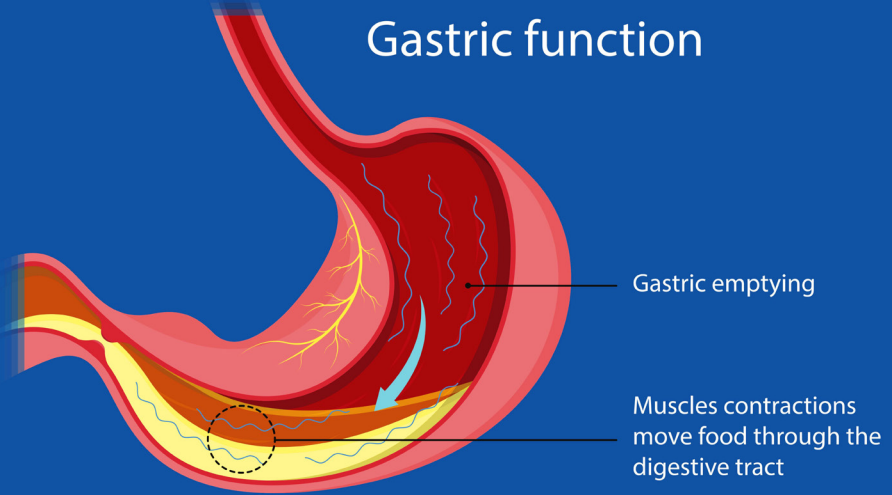
## Common Symptoms

- Nausea
- Vomiting
- Weight Loss
- Poor Appetite
- Reflux
- Abdominal Pain/Bloating
- Early Satiety (*feeling full quickly when eating*)

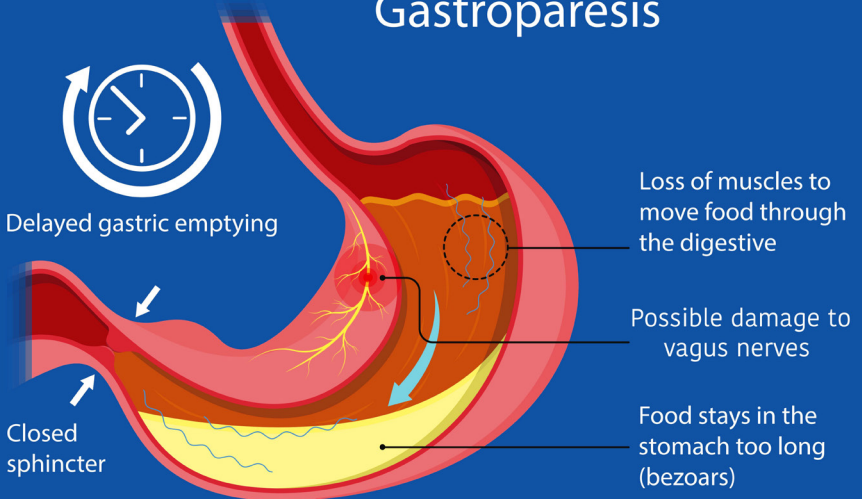
## General Principals

1. Dietary changes are a mainstay treatment for gastroparesis. Dietary recommendations are more likely to be beneficial to those who suffer from mild to moderate disease. Those with severe disease may benefit from the addition of medications to complement their dietary changes. The addition of medications can be discussed with your provider.
2. If you have **Diabetes, Kidney Disease, Parkinson's Disease, Multiple Sclerosis** or have more questions we recommended talking with a Registered Dietician who specializes in gastroparesis to help individualize your gastroparesis diet.
3. It is important to seek help if you feel dietary and medication interventions are not helping as prolonged symptoms can lead to dehydration and malnutrition.

## Normal Gastric function



## Gastroparesis



# Guidelines for a Gastroparesis Diet

## 1. Fluid Intake

- a. Ensure adequate hydration throughout the day. Dehydration can increase the symptom of nausea. Sip on water throughout the day to a goal of 8-10 cups which is equivalent to 1800-2400mL of water/day.

*\*\* Liquids pass easier and quicker through the stomach. If you are having difficulty obtaining enough calories, supplemental nutrition in the form of Ensure or Boost may help you achieve your nutritional and caloric goal. These are typically well tolerated.*

## 2. Reduce Fiber Intake

- a. Fiber slows gastric emptying.
  - i. High fiber foods are difficult to digest and pass slowing through the stomach and can cause a blockage if your diet has too much fiber.
  - ii. Tolerance varies but aim for 10-12 gram of fiber/day

## 3. Eat Small, Frequent Meals

- a. Smaller more frequent meals are well tolerated. Try to aim for a goal of 5-6 small meals throughout the day.

## 4. Reduce Fat Intake

- a. Fat slows gastric emptying.
  - i. Try to follow a low fat diet, avoid all high fat and fried and greasy foods.
  - ii. \*\*\*LIQUID FAT\*\*\* Fat/oil that remains liquid even when refrigerated is often tolerated well. These fats are often found in liquid supplementation, and are encouraged if there is associated weight loss.

## 5. Eat Calmly And In A Relaxed Manner And Avoid The Following:

- a. Foods/liquids high in fat
- b. Foods that are difficult to chew.

- i. Chew food thoroughly.
- c. Carbonated/fizzy beverages
- d. Alcohol

## **6. Eat Nutritious Foods First**

- a. Eat nutrient dense foods, before filling up on unhealthy snacks and empty calories

## **7. Sit Up While Eating And For At Least 1 hr After**

## **8. Exercise**

- a. If you are healthy enough to exercise, we encourage walking after meals. This has been shown to increase gastric emptying.



# Foods to EAT

## DAIRY

- Skim Milk
- Low-Fat Yogurt
- Low-Fat Cheeses
- Low-Fat Cottage Cheese

## SOUPS

- Fat-free Broths & Bullion
- Low-Fat Milk Based Soups

## BREADS & GRAINS

- Low-Fiber Cereals
- Cream of Wheat
- Seed-Less Breads/Crackers
- Rice Cakes
- White Bread
- Naan Bread
- Rice Cereals
- English Muffins

## VEGETABLES

- Tomato Juice
- Well Cooked Vegetables Without Skins (*Squash, Beets, Carrots, Spinach,*

- Onions, Mashed Asparagus Tips)*
- Mashed Avocado

## FRUITS

- Fruit Juices
- Canned Fruit Without Skins (*Applesauce, Peaches, Mandarin Oranges)*
- Seedless Melons
- Ripe Bananas
- Ripe Pears Without Skin
- Watermelon
- Mango
- Papaya

## MEAT

- Poultry Without Skin
- Lean Fish
- Beef
- Pork
- Veal
- Lamb
- Eggs & Egg Whites
- Reduced Fat Peanut Butter
- Pureed Beans (*Fat-Free Refried Beans)*
- Hummus

- (Small Amounts Sometimes Tolerated)*
- Tofu

## CONDIMENTS FATS & OILS

- Fat Free Gravy
- Mustard
- Ketchup
- Fat-Free/Low-Fat Salad Dressings

## DESSERTS

- Fat-Free/Low-Fat Desserts
- Angel Food Cake
- Fat-Free/Low-Fat Ice Cream
- Low Fat Frozen Yogurt
- Sorbet
- Italian Ice
- Vanilla Wafers

## BEVERAGES

- Water
- Gatorade
- Non-Carbonated/ Sugar Free Drinks

# Foods to **AVOID**

## **DAIRY**

- Whole Milk Products
- Ripened Cheeses

## **SOUPS**

- Soups With Cheese
- Cream
- Whole Milk
- Soups Containing The Skin Of Vegetables

## **BREADS & GRAINS**

- Whole Grain
- Donuts
- Wheat-Based Cereals (*Shredded Wheat*)  
*Bagels/Dumplings/Tortellini/Gnocchi/Pizza Crust (Dense/Compact Starches)*
- Muffins That Contain Bran/Nuts/Seeds

## **VEGETABLES**

### **AVOID ALL RAW VEGETABLES**

- Cooked Vegetables With Skin: Brussel Sprouts/Leeks/

Potato Peelings/  
Pumpkin/Peas/  
Legumes

## **FRUITS**

### **MOST FRESH & DRIED FRUITS**

- Canned Fruits With Skins

## **MEAT**

- Bacon
- Most Any Other Beans (*Black, Pinto, Soy, Lentils*)
- Hot Dogs
- Steak
- Roasts
- Fatty Meats
- Organ Meats
- Salami

## **CONDIMENTS FATS & OILS**

- Mayonnaise
- Butter Sauces
- Cream
- Lard
- Shortening
- Limit Cooking Oils

## **DESSERTS**

- Pies
- Cakes
- Ice Cream
- Frozen Yogurt
- Cookies
- Pastries

## **BEVERAGES**

- Alcoholic Beverages
- Carbonated Beverages





# When Solids Don't Seem To Be Working

## Gastroparesis Flare

At times you may experience a flare of your gastroparesis, which can include abdominal pain, nausea/vomiting that may be severe. You may experience a time where all you can tolerate is liquids. Please notify your provider if you are experiencing a flare or severe symptoms.

### **If you are unable to tolerate solids:**

1. Use oral supplements such as Boost Simply Complete, Ensure, Carnation, Homemade Shakes/Smoothies, Protein Powders, Fruit Juices, Broths, Soups, or Popsicles.
2. Can try baby food, food pouches, low-fat pudding/yogurt, thinned out mashed potatoes, or cream of wheat.
3. Use a Blender to Puree food

