

Gastrointestinal (GI) Modified Diet for Gastroparesis

This GI modified diet reduces symptoms and provides good nutrition to people who suffer from gastroparesis. Gastroparesis is a disorder in which the stomach takes too long to empty its contents into the small intestines. This results in the symptoms of nausea, vomiting, weight loss, abdominal discomfort, and an early feeling of fullness when eating.

General Guidelines

- **Eat small, frequent meals.** Many people find that frequent small meals (5 to 6 meals each day) produce fewer symptoms than large meals.
- **Liquids are often better tolerated than solids with active symptoms.** Begin with a liquid or pureed diet which may be better tolerated. Liquids can pass through the stomach more easily and quickly than solids. Try sipping on liquids throughout the day. Liquid nutritional supplements such as Ensure, Boost, Boost Glucose Control or Glucerna may help you achieve adequate calories and protein. Advance your diet to soft foods as symptoms improve. Remember to chew your foods well.
- **Reduce fat intake.** Fat naturally slows digestion; however, it is better tolerated if present in liquid form. Avoid all fried, fat or greasy foods if they cause active symptoms.
- **Reduce fiber intake.** Fiber also slows digestion. Avoid all raw fruits and vegetables and whole grain products.
- **Hyperglycemia (high blood sugar).** Keep your blood sugar under control as drastic changes in blood sugar can change how your stomach empties food.
- **Medicines.** Talk to your doctor about your medicines. Some medicines can affect your gastric health. Other medicines can be started to improve your symptoms.

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General Guidelines

	Foods to Consume	Foods to Avoid
Milk and Milk Products	Skim milk, low-fat or fat-free yogurt or pudding, low-fat cheeses	2 % and whole milks, sour cream, light or heavy whipping cream, half and half, regular cheeses
Soups	Soups made from skim milk or fat-free broths	Soups made with cream, whole milk or broths containing fat
Fruits	Fruit juices, canned fruits without skins (applesauce, peaches, pears)	All raw and dried fruits, canned fruits with skins (apricots, cherries, plums, blueberries, fruit cocktail, oranges, grapefruit, pineapple, persimmons)
Meats and Meat Substitutes	Egg whites, creamy low-fat peanut butter, poultry with skins removed, lean fish, lean beef	Bacon, sausage, bologna, salami, hot dogs, goose, duck, canned beef, spareribs, organ meats, fish packed in oil, regular peanut butter, fibrous meats (steaks, roasts, chops), dried beans, lentils
Fats and Oils	Consume all fats and oils in moderation (butter, margarine, cooking oil)	Regular salad dressings, nuts, olives, avocados, coconut, lard
Breads and Grains	White breads, low fiber cereals, cream of wheat, pasta, white rice, egg noodles, low-fat crackers	Oatmeal, whole grain starches, egg bagels, Chinese noodles, croissants, donuts
Vegetables	Tomato juice, well-cooked vegetables without skins (acorn squash, beets, carrots, mushrooms, potatoes, spinach, summer squash, strained tomato sauce, yams)	All raw vegetables, cooked vegetables with skins (broccoli, Brussels sprouts, cabbage, cauliflower, celery, corn, eggplant, onions, peas, peppers, pea pods, sauerkraut, turnips, water chestnuts, zucchini, beans (green, wax, lima)
Condiments	Fat-free gravy, mustard, ketchup, barbecue sauce	Gravies, meat sauces, mayonnaise
Sweets and Desserts	Low-fat desserts such as angel food cake, fat-free frozen yogurt and Jell-o	Cakes, pies, cookies, pastries, ice cream, fruit preserves
Beverages Note: Calorie-free beverages should be limited if you cannot eat solid foods because they may cause unwanted weight loss.	Gatorade, diet soft drinks, coffee, tea, water	Milk shakes, alcoholic beverages