

## Gastroparesis Diet Tips

### Getting Started

- Eat at least 6 small meals per day. Avoid large meals.
- Avoid solid foods that are high in fat. Avoid adding too much fat to foods.
- Liquid beverages containing fat are often well tolerated.
- Eat nutritious foods first before filling up on “empty” calories such as candy, cakes, pastries, and so on.
- Chew foods well, especially meats. Meats may be better tolerated if ground or pureed.
- Avoid high-fiber foods. These can be more difficult for your stomach to empty.
- Sit up while eating and for at least 1 hour after finishing. Consider taking a walk after eating.
- If you have diabetes, monitor blood sugar regularly and seek advice from your RD/CDE.

### Blenderized Foods

Any food can be pureed or blenderized, but solid food will need to be thinned with liquid.

- Meats, fish, poultry, and ham: Blend with broths, water, milk, vegetable or V8 juice, tomato sauce, gravies.
- Vegetables: Blend with water, tomato juices, broths, strained baby vegetables.
- Starches: Blend potatoes and pasta with soups, broth, milk, water, or gravies; add strained baby meats for protein if needed. Consider using hot cereals such as cream of wheat or rice as your starch at meals.

- Fruits: Blend with their own juices, other fruit juices, water, or strained baby fruits.
- Hot cereals: Prepare with nutritious liquids such as whole milk, soy milk, Boost or Ensure, or another caloric beverage instead of water. Add smooth style nut butters for extra calories, protein, and nutrients.
- Mixed dishes: Add liquid of your choice to lasagna, macaroni and cheese, spaghetti, chili, stews, hearty soups, or Shepherd’s pie. Blend well and strain.

### Getting Enough Calories

If getting enough calories is challenging for you:

- Choose high-calorie beverages rather than water.
- Use whole milk or evaporated milk instead of low-fat or skim milk.
- Add instant breakfast, protein powder, or flavored powders or syrups to whole milk or juice.
- Make custards and puddings using eggs or egg substitutes.
- Add ice cream, sherbet, or sorbets to liquid nutritional supplements.

The following foods have been associated with bezoar\* formation. Avoid these foods if you have been told that you have had a bezoar: apples, berries, coconut, figs, oranges, persimmons, Brussels sprout, green beans, legumes, potato peels, and sauerkraut

*\*A bezoar is a mixture of food residues that can accumulate in a stomach that does not empty well.*