

## Sample Menu for Gastroparesis

Meal	Menu
Breakfast (~3 ½ carbohydrate choices)	1 cup cream of wheat or rice cereal 1 cup milk (rice, soy, almond, or regular milk) ½ cup cranberry juice 1 scrambled egg
Snack (~2 ½ carbohydrate choices)	Instant breakfast mix in 1 cup milk or 1 serving liquid nutrition supplement (carbohydrate choices may vary)
Lunch (~3 ½ carbohydrate choices)	1 cup vegetable or cream soup ½ egg or tuna sandwich on white or soft wheat bread ½ cup applesauce ½ cup milk of choice or liquid nutrition supplement
Snack (~2 carbohydrate choices)	6 ounces yogurt (plain or Greek sweetened with puree fruit or applesauce) ½ ripe banana
Dinner (~3 ½ carbohydrate choices)	2 – 3 ounces baked chicken, fish, or turkey ½ cup mashed potatoes 1 teaspoon margarine or butter 1 cup cooked or canned carrots or green beans 1 cup milk of choice ½ cup canned fruit
Snack (~2 carbohydrate choices)	1 cup pudding, custard, or ice cream

Review with registered dietitian/nutritionist for individualized nutrient needs, goals, and tolerance.

Small frequent meals of 1 – 1 ½ cups food per meal. Low fat and low fiber foods may be better tolerated.