Sample Menu for Gastroparesis

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<th>Meal</th>
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| 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.