

Gastroparesis Diet

Gastroparesis (gas-trō-pə-'rē-səs) is also known as delayed stomach emptying. The stomach moves food to the small intestine where digestion and absorption take place. When gastroparesis occurs, the movement of food is slowed or stopped because nerves in the stomach are damaged.

What causes gastroparesis?

- Diabetes
- Thyroid disease
- Infection
- Radiation treatment to the chest or abdomen
- Some chemotherapy medicines
- Surgery involving the esophagus, stomach, or small intestine

What are the common signs and symptoms of gastroparesis?

Signs and symptoms of gastroparesis are listed below. Be sure to let your healthcare team know if you have any of these symptoms:

- Bloating
- Burping
- Abdominal pain
- Feeling full quickly while eating
- Nausea
- Vomiting
- Heartburn
- Decreased appetite
- Weight loss
- Feeling tired
- Changes in blood sugar levels

How can gastroparesis be treated?

Your healthcare team may prescribe you medicine to help treat gastroparesis. One medicine, metoclopramide (Reglan), can help relieve symptoms of nausea and vomiting by increasing the movement of your stomach muscles. This medicine can also help you feel less full after eating. Be sure to review your medication list with your healthcare team since some medicines can slow down digestion.

What is the diet for gastroparesis?

Another way gastroparesis can be treated is through diet. Making changes to your diet will help reduce any symptoms you have and help empty your stomach. Some of these diet changes include the following:

- Sit in an upright position during meal time.
 - Remain upright for at least one hour after eating.
 - Do not eat 2-3 hours before bedtime.
- Eat at least 4-6 small meals throughout the day.
- Take small bites of food and chew well before swallowing.
- Drink liquids with your meals.
- Avoid foods that are high in fat.
 - Liquids that contain fat, such as nutrition supplement shakes and milkshakes, may be tolerated without any problems. Drink these liquids if you are losing weight.
- Choose foods that are **low** in fiber.
 - See the Low Fiber Diet handout included for more information.
- Avoid smoking, alcohol, caffeine, and spicy foods, as these can irritate the lining of your stomach and increase heartburn.
- Go for a walk after meals.

Sample Menu

Meal	Sample
Breakfast	1 cup cooked farina ½ cup nonfat milk ½ cup orange juice 1 scrambled egg
Snack	1 packet instant breakfast mix 1 cup skim milk
Lunch	1 cup vegetable soup 6 crackers ½ cup applesauce ½ cup nonfat milk
Snack	6 oz. plain yogurt 1 small banana
Dinner	3 oz. baked fish ½ cup mashed potatoes 1 tsp margarine 1 cup cooked carrots ½ cup skim milk ½ cup canned fruit, in juice
Snack	1 cup pudding

If you are in need of immediate assistance, please call 732-235-2465 and select the option that best meets your needs.