

Gastroparesis Meal Planning

- You may also have discomfort from eating spicy foods, fried foods, and foods that cause gas.
- Foods that cause more gas include:
 - › Onions
 - › Green peppers
 - › Garlic
 - › Turnips
 - › Cauliflower

Resources

University of Virginia Health System: Gastroparesis Diet Tips

- › <https://med.virginia.edu/ginutrition/wp-content/uploads/sites/199/2023/12/Gastroparesis-Diet-Tips-2023.pdf>

This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:
www.nshealth.ca/patient-education-resources

Connect with a registered nurse in Nova Scotia any time:
Call 811 or visit: <https://811.novascotia.ca>

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Gastroparesis Meal Planning

- **Gastroparesis** means stomach paralysis. This means the stomach empties too slowly. This can cause:
 - › Nausea (feeling sick to your stomach)
 - › Vomiting (throwing up)
 - › Bloating
 - › Gas
 - › Stomach pain
 - › Weight loss
 - The following guidelines may help you to lower your symptoms and keep up good nutrition.
 - If you have other medical conditions, like diabetes or kidney disease, ask your dietitian if any foods listed in this pamphlet are not right for you.
1. The amount of food you eat at 1 time matters.
Eat 6 or more small meals and snacks every day. Do not eat large meals.
 2. Chew your food very well. Think of chewing as pureeing your food before swallowing.
 3. Sit up while eating. Stay sitting up for 1 to 2 hours after eating.
 4. **If you have diabetes, controlling your blood sugar level is very important.** This helps to keep your symptoms from getting worse. Talk with your dietitian or diabetes specialist about this.

Dairy products and alternatives

Best choices (low fibre)	Avoid (high fibre)
• All dairy products (if you know you can digest them) • Milk alternatives (like soy, almond, or rice milk)	• Dairy products and alternatives with nuts, seeds, or dried fruit

Protein foods

Best choices (low fibre)	Avoid (high fibre)
• All meat, fish, seafood, poultry • Eggs • Smooth peanut butter • Tofu	• Legumes • Nuts and seeds • Chunky peanut butter

Other

Best choices (low fibre)	Avoid (high fibre)
• Jellies • Seedless strained jams • Smooth condiments (like ketchup, yellow mustard, BBQ sauce)	• Jams, marmalades • Pickles, relish, grainy mustards • Popcorn • Coconut • Fibre medications like Metamucil®

Grain products

Best choices (low fibre)	Avoid (high fibre)
• Plain white and light rye breads, rolls, and bagels • Baked goods made with white flour • Pasta made with white flour • White rice • Refined, cooked, or dry cereals • Cream of Wheat® farina • Quick-cooking oatmeal • Corn Flakes® • Puffed rice • Cheerios™ • Special K® • Rice Krispies®	• Whole wheat, multigrain, or dark rye breads, rolls, and bagels • Baked goods made with whole-grain flour • All cereals with more than 2 grams of fibre a serving (check the food label), like: All-Bran® • All-Bran® Buds • Bran Flakes® • Raisin Bran® • Red River® • Shredded Wheat® • Breads and cereals with nuts, seeds, or dried fruit • Pasta made with whole-grain flour • Brown rice, wild rice, barley, bulgur, quinoa

5. Liquid and pureed foods are often digested more easily than solids. If your symptoms get worse during the day, try solid foods in the morning, then have more liquid or pureed meals later in the day. Ask for pamphlet 0624, *How to Puree Foods*:
- › www.nshealth.ca/patient-education-resources/0624

Scan the QR code on your smartphone (open the camera on your smartphone, point the camera at the code, and tap the banner or border that appears



6. If changing from solids to pureed or liquid foods during the day does not work, you may want to try just pureed or liquid foods.
7. Fat in liquids are digested easier than fat in solid foods. For example, the fat in a smoothie would give you less symptoms than the fat in a sausage or a pastry.
- › **Do not** avoid all fats since they are important in keeping your brain healthy.

8. You can use liquid meal replacements like Boost®, Ensure®, Glucerna®, Resource® Diabetic, Carnation® Breakfast Essentials™, or other generic meal replacements. Most large pharmacies, grocery, and department stores have their own brands.
9. Take a chewable or liquid multivitamin/mineral supplement daily. Many liquid and gummy vitamins do not have all essential vitamins. Ask your dietitian or pharmacist for help.
10. Low Vitamin D levels may make your symptoms worse. Talk to your doctor to check your levels, or take 1000 units Vitamin D daily.
11. Avoid carbonated drinks (like pop), which can cause bloating. Avoid alcohol, which can slow stomach emptying.
12. Fibre slows down stomach emptying and may cause more pain and nausea. Fibre is the part of a plant that your body cannot digest (break down). Check with your primary health care provider (family doctor or nurse practitioner) to make sure your medications do not have fibre.
13. Avoid over-the-counter fibre medications, like Metamucil® and others.
14. Some foods may raise your risk for **bezoars**. A bezoar is a mixture of food fibres that can get stuck in the stomach (like a hairball in a cat).

Avoid apples, berries, coconut, figs, oranges, persimmons, brussels sprouts, green beans, legumes (dried beans, peas, and lentils), potato skin, celery, pumpkin, prunes, sunflower seed shells, and sauerkraut.

The following tables will help you make low-fibre food choices:

Vegetables and fruit

Best choices (low fibre)	Avoid (high fibre)
- Well-cooked vegetables, except those listed under “Avoid” - Canned peaches, pears, and applesauce - Ripe bananas - Pulp-free fruit juices - Tomato and vegetable juices - White and sweet potatoes, without skin - Squash, turnips, carrots, beets - Tomato sauce - Mushrooms	- Raw vegetables - Sauerkraut, kimchi - Cooked Brussels sprouts, broccoli, corn, peas - Potatoes with skin - All raw or cooked greens (like spinach and kale) - Stringy vegetables (like snap peas, string beans celery, and fennel) - Raw fruit (except bananas) - Dried fruit (like currants, dates, figs, raisins, and prunes) - Pineapple - Any juice with pulp