



Patient & Family Guide
2020

Gastroparesis Meal Planning



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Gastroparesis Meal Planning

Gastroparesis means stomach paralysis. This means the stomach is slow to empty. This can cause nausea (feeling sick to your stomach), vomiting (throwing up), bloating, gas, stomach pain, and 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. Volume matters. **Eat 6 or more small and more frequent meals and snacks every day.** Do not eat large meals.
2. Chew your food very well. Think of chewing as pureeing your food.
3. Sit up while eating. Stay sitting up for 1 to 2 hours after eating.
4. If you have diabetes, good blood sugar control is very important. Poor control will make symptoms worse. Talk with your dietitian or diabetes specialist about this.

5. Liquid and pureed foods are often better tolerated than solids. If your symptoms get worse during the day, try solid foods in the morning, then switch to more liquid or pureed meals later in the day. Ask for the pamphlet “*How to Puree Foods*”.
6. If switching from solids to pureed or liquid foods during the day doesn’t work, you may want to try just pureed or liquid foods.
7. Fat in liquids is better tolerated than fat in solid foods. For example, the fat in a smoothie would give you less symptoms than the fat in a sausage or pastry. Do not avoid all fats as they are important in keeping your brain healthy.
8. You can use liquid meal replacements such as 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. Avoid carbonated beverages (like pop), which can increase symptoms of bloating. Avoid alcohol, which can slow stomach emptying.
11. Fibre slows down stomach emptying and may cause more pain and nausea. Fibre is the part of a plant that your body cannot digest. Check with your primary health care provider to make sure none of your medications have fibre in them.
12. Avoid over-the-counter fibre medicines like Metamucil® and others.
13. Some foods have been associated with causing bezoars. A bezoar is a mixture of food fibres that may get stuck in the stomach, like a hairball in a cat. Avoid apples, berries, coconut, figs, oranges, persimmons, Brussels sprouts, green beans, legumes, potato skin, celery, pumpkin, prunes, sunflower seed shells, and sauerkraut.

What are your questions?

Please ask. We are here to help you.

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

Best choices (low fibre)	Avoid (high fibre)
<p>Vegetables and fruit:</p> <ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • 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

Best choices (low fibre)	Avoid (high fibre)
<p>Grain products:</p> <ul style="list-style-type: none"> • 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® 	<ul style="list-style-type: none"> • 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 per serving (read the label), such as: 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

Best choices (low fibre)	Avoid (high fibre)
<p>Milk and alternatives:</p> <ul style="list-style-type: none"> • All milk and milk products, as tolerated • Milk alternatives, like soy, almond, or rice milk 	<ul style="list-style-type: none"> • Milk products and alternatives with nuts, seeds, or dried fruit
<p>Meat and alternatives:</p> <ul style="list-style-type: none"> • All meat, fish, seafood, poultry • Eggs • Smooth peanut butter • Tofu 	<ul style="list-style-type: none"> • Dried peas, beans, and lentils • Nuts and seeds • Chunky peanut butter
<p>Other:</p> <ul style="list-style-type: none"> • Jellies, seedless strained jams • Smooth condiments, like ketchup, yellow mustard, BBQ sauce 	<ul style="list-style-type: none"> • Jams, marmalades • Pickles, relish, grainy mustards • Popcorn • Coconut • Fibre medicines like Metamucil®

Spicy, fried, and gas-forming foods may also cause discomfort. Gas-forming foods include onions, garlic, cauliflower, green peppers, and turnips.

For more info, visit:

University of Virginia Health System

**Digestive Health Center: Diet Intervention for
Gastroparesis**

- › [https://med.virginia.edu/ginutrition/
wp-content/uploads/sites/199/2014/04/
Gastroparesis-Long-Version-02.23.17.pdf](https://med.virginia.edu/ginutrition/wp-content/uploads/sites/199/2014/04/Gastroparesis-Long-Version-02.23.17.pdf)

Dietitian: _____

Phone: _____

Looking for more health information?

Find this pamphlet and all our patient resources here: <http://library.nshealth.ca/PatientEducation>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

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

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.

Please do not use perfumed products. Thank you!

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The information is not intended to be and does not constitute health care or medical advice.

If you have any questions, please ask your health care provider.

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The information in this pamphlet is to be updated every 3 years or as needed.