

# GASTROPARESIS

This is a condition in which the stomach does not empty food into the small intestine fast enough. This can occur because either the muscles or the nerves to the stomach do not work properly. This condition can occur for a variety of reasons, and is best explained to you by your physician. Gastroparesis can usually be treated by a combination of diet and medications. Listed below are our suggestions for a diet, which may allow your stomach to empty more efficiently, and improve symptoms associated with gastroparesis.

## Gastroparesis Diet

1. Small frequent meals – 5 to 6 small meals per day.
2. Avoid fatty foods/greasy foods – these delay stomach emptying.
3. Avoid raw vegetables such as broccoli, cauliflower, cabbage, and celery.
4. Avoid raw fruits – especially those with skins on them.
5. Avoid red meats.
6. High protein foods such as lean turkey, chicken (skin off), broiled or baked fish are good.
7. Liquids almost always empty better than solid foods. If you feel like you are having problems switch to more of a liquid diet. This includes Gator Aid, Power Aid, bouillon, broth, Jell-O, popsicles, fruit and juice bars, and juices.
8. If maintaining your weight is a problem you may want to use Ensure. Please check the fat content however as some of the Ensure brands contain a lot of fat, which can slow stomach emptying. In addition you may want to substitute Carnation Instant Breakfast and skim milk. If you are lactose intolerant use Lactaid 100 (low fat), soy milk, or rice milk.
9. Applesauce, pear sauce, low fat yogurt and baby foods are usually well tolerated.
10. Tofu, egg white omelets, and eggbeaters are a good source of protein.
11. Clear soups (not cream), miso soup or wonton soup are generally well tolerated.
12. Angel food cake.