Prepared For:		**Date:**	
Prepared By:		**Contact:**	

Gastroparesis Nutrition Therapy

Your stomach empties very slowly. This happens when the nerves to the stomach are damaged or do not work properly. This can cause bloating, nausea, vomiting, or feeling full after eating only a small amount of food.

- If you have diabetes, you may have problems with high and low blood glucose levels.
- It is important to control your blood glucose well.
- If symptoms are severe, semi-solids or liquids may need to be your primary food sources.

Tips

- Eat small, frequent meals (4 to 6 per day). By eating smaller meals, the stomach may empty faster.
- Avoid foods high in fat.
  - High fat foods may delay the emptying of your stomach.
  - However, liquids that contain fat, such as milkshakes, may be tolerated and can provide needed calories.
- Avoid foods high in fiber. Fiber also delays your stomach from emptying.
- Chew foods well before swallowing. Solid foods in the stomach do not empty well.
- Drink fluids throughout the meal, and sit upright or walk after meals. These practices may help empty the stomach.

Foods Recommended

Some foods to try include:

- Milk
- Instant breakfast
- Milkshakes and smoothies
- Yogurt
- Puddings and custard
- Pureed foods
- Soup

Gastroparesis Sample 1-Day Menu

Breakfast	1 cup cooked farina (2 carbohydrate serving) 1/2 cup nonfat milk (1/2 carbohydrate serving) 1/2 cup orange juice (1 carbohydrate serving 1 scrambled egg
Morning Snack	1 packet instant breakfast mix (1.5 carbohydrates) 1 cup skim milk (1 carbohydrate serving)
Lunch	1 cup vegetable soup (1 carbohydrate) 6 soda crackers (1 carbohydrate) 1/2 cup applesauce (1 carbohydrate) 1/2 cup nonfat milk (1/2 carbohydrate)
Afternoon Snack	6 oz plain yogurt (1 carbohydrate serving) 1 small banana (1 carbohydrate serving)
Evening Meal	3 oz baked fish 1/2 cup mashed potatoes (1 carbohydrate serving) 1 teaspoon margarine 1 cup cooked carrots (1 carbohydrate serving) 1/2 cup skim milk (1 carbohydrate serving) 1/2 cup canned fruit, in juice (1 carbohydrate)
Evening Snack	1 cup pudding (2 carbohydrate servings)

Notes