

The Gastroparesis Diet

The best approach to the diet is to change the food intake based on the severity of gastroparesis symptoms. When the symptoms are severe, you may only be able to tolerate liquids. As the symptoms improve, the diet can be changed slowly to include more foods. There are certain foods that should be avoided at all times. No matter which diet is used, the best way is to eat very small frequent meals to avoid overfilling the stomach. The following information shows the food intake recommended for various stages of gastroparesis symptoms.

Stage One: You have severe symptoms but are tolerating liquids.

Choose two to three of these types of beverages:

- ❖ Gatorade®
- ❖ PowerAde®
- ❖ Soft drinks
- ❖ Bouillon

Drink $\frac{1}{2}$ cup at most six to eight times per day. You may add saltine crackers if tolerated.

Stage Two: You have moderate symptoms and have tolerated Stage One items.

Continue Stage One and add:

- ❖ Skim milk products
- ❖ Fat-free broth with noodles
- ❖ Cream of Wheat®
- ❖ Scrambled eggs,
- ❖ Vegetable (V-8®) and fruit juices
- ❖ Canned fruits without skins
- ❖ Well-cooked and soft vegetables without skins
- ❖ Puddings and custards made from skim milk

Avoid:

- ❖ Raw vegetables or cooked vegetables with skins
- ❖ High-fat desserts
- ❖ Oatmeal
- ❖ Whole milk and products made from whole milk
- ❖ Beans
- ❖ Breads

Stage Three: You have mild symptoms have tolerated Stage Two items.

Continue Stage Two and add:

- ❖ Blended foods
- ❖ Poultry
- ❖ Lean meats (ground)
- ❖ Peanut butter

Increase the amount of the Stage Two foods at each meal. Still eat 6-8 times per day.

Stage Four: You have minimal to no symptoms.

Begin to eat solid foods. This diet is long-term. Limit high-fiber foods and fat (50 grams per day).

Foods for Stage Three

Food group	Recommended	Limited
Starches	Cream of Wheat [®] , pasta, white rice, egg noodles, low-fat crackers	Oatmeal, whole-grain rice, cereals, and breads
Fruits	Canned fruit without skin, apple juice, cranberry juice, grape juice, prune juice	Canned fruit with skin, all fresh and dried fruit, citrus juices
Vegetables	Vegetable juice, most well-cooked vegetables without skin	Raw vegetables, any vegetables with skin, sauerkraut, cooked broccoli, Brussels sprouts, cabbage, celery, corn, peas, onion
Milk products	Yogurt, low-fat cheese, skim milk, and products made with skim milk	Whole milk, cream, half and half
Soups	Fat-free bouillon, soups made with skim milk, broths with pasta and allowed vegetables	Soups made with heavy cream, whole milk, or broths made with fat
Desserts and sweets	Hard candies, caramels, puddings, and custards made from skim milk, frozen yogurt, fruit ice, ice milk, gelatin, jelly, honey, syrups	High-fat desserts (cakes, pies, cookies, pastries, ice cream), fruit jams
Fats and oils	Any fat in small amounts	None
Proteins	Eggs, peanut butter (2 tablespoons per day)	Beef, poultry, pork; dried beans, peas, and lentils

Foods for Stage Four

Food group	Recommended	Limited
Starches	All breads, cereals, and pastas not listed at right	High-fiber, whole-grain breads and cereals
Fruits	All fruits and juices not listed earlier	Fruits with skin, raspberries, strawberries, blackberries, figs, coconut
Vegetables	Vegetable juice, most well-cooked vegetables, raw vegetables not listed earlier	Vegetables with skins, raw or cooked cabbage, broccoli, Brussels sprouts, celery, pea pods
Milk products	Yogurt, low-fat cheese, skim milk, and products made with skim milk	Whole milk, cream, half and half
Soups	All soups that agree with you	None
Desserts and sweets	Hard candies; caramels; puddings and custards made from skim milk; frozen yogurt; fruit ice; ice milk; gelatin; jelly; honey; syrups	High-fat desserts (cakes, pies, cookies, pastries, ice cream), fruit jams
Fats and oils	All fats that agree with you (in small amounts)	None
Proteins	Eggs, peanut butter, poultry, fish, lean ground beef	Tough meats (steaks, roasts, chops); dried beans, peas, and lentils

Index #15976

This information is not intended to replace the medical advice of your doctor or health care provider. Please consult your health care provider for advice about a specific medical condition.



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