

Gastroparesis

- Sometimes your stomach empties food **too slowly**, which can make you feel sick.
- You may feel nausea, bloating, stomach pain, or full too fast.
- Food changes can help you **feel better**. Everyone is different, and symptoms can change
- On bad days, try **liquids**. As you feel better, add **soft foods** slowly

The following are tips can help prevent flare-ups:



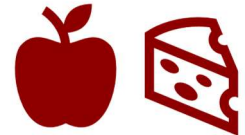
- Try to eat **small meals more often**.
- Try to eat **earlier in the day**.



- Drink **fluids throughout the day**.
- Avoid **gulping** drinks.



- Choose foods that are **soft and easy to digest**



- Limit foods high in **fat and fiber**.
- Choose foods that are **low fat**.



- Chew your food **slowly**.
- Try to chew it until it is **very soft, like mashed potatoes**.



- Do **gentle movements** to help your stomach.
- A short walk is a good place to start.



- Sit up while you eat.
- Wait **at least 1 hour** before going to bed.



- Avoid alcohol and fizzy drinks.
- They can make your stomach empty **more slowly**.

Food Swap List

- Below are foods to **choose more often** and foods to **have less of**.
- Everyone is different. You may do better with some foods than others.

Food Types	Foods to Choose	Foods to Limit
Milk & Milk Products	• Choose low-fat or fat-free dairy foods. • This includes milk, cheese, sour cream, and cream cheese.	• Limit 2% and whole milk dairy foods. • Avoid dairy with added berries, nuts, or seeds.
Soup	• Soups made with low sodium broth and/or nonfat or low-fat milk. • Homemade soups are often better so you know what the ingredients are.	• Limit soups made with cream, whole milk, or cheese. • Avoid soups with vegetables that have skins, like corn, peas, cabbage, or potatoes.
Fruits	• Try canned fruits with no skins, like applesauce, peaches, pears, or mandarin oranges. • You can also have cooked fruit with no skin, like apples.	• Limit raw and dried fruits. • Avoid fruits with skins or seeds. • This includes canned or frozen fruits with skins, as well as rhubarb, coconut, and fruit juice.

Food Types	Foods to Choose	Foods to Limit
Meat and Meat Substitutes	- Choose protein foods like eggs, egg whites, chicken (no skin), fish, and lean meats. - You can also use peanut butter or powdered peanut butter. - Try ground meats. They are often easier on your stomach.	Limit these foods. These can be hard on your stomach - Fatty meats like bacon, sausage, ribs, and hot dogs - Tough meats like steak, roast, or chops - Fish packed in oil - Regular or chunky peanut butter - Beans
Fats and Oils	- Choose fat-free or low-fat dressings and spreads. - Use small amounts of oils or fats. - Ask for dressings on the side so you can use less.	- Limit regular dressings and mayonnaise. - Avoid lard and shortening.
Breads and Grains	- Choose grains that are soft and easy to eat. - Try breads or rolls without seeds or nuts, cereal like Cream of Wheat or grits, and foods like pasta, rice, or noodles. - You can also have unsalted pretzels, crackers, or rice cakes.	Try to limit these foods. These can be hard on your stomach. - High-fiber grains like oatmeal and bran cereal - Popcorn - Sweet or fried breads like donuts or croissants - Heavy breads like bagels - Pizza and cheese-filled pasta
Vegetables	- Choose vegetables that are soft and easy to eat. - Try well-cooked vegetables no skins. - Canned low-salt vegetables with no skins are also a good choice.	- Avoid all raw vegetables. - Avoid cooked vegetables with skins.
Condiments	Try mustard, ketchup, barbecue sauce, or small amounts of sweet spreads like jelly or honey.	- Limit foods high in fat. - This includes creamy gravies, butter sauces, cream, and full-fat mayo. - Also limit nuts, olives, seeds, and fruit spreads like preserves or marmalade.
Desserts*	- Choose lighter sweets like: - Angel food cake, Vanilla wafers, Animal crackers	- Limit sweets that are high in fat. - This includes cakes, pies, cookies, pastries, full-fat frozen treats, and fruit preserves.
Liquids	- Choose drinks like water, tea, or coffee. - You can also have low-fat frozen treats like sorbet or gelatin.	Alcohol, bubbly drinks
High-Fiber Powders	Acacia fiber, Benefiber, Citraucel, Fiber Choice, Konsyl, Metamucil, Perdiem	

*If you have Diabetes, remember, these food groups are considered carbohydrate sources and should be included as part of your carbohydrate budget for the day.



For general nutrition coaching, education, and referral support only; not for nutrition diagnosis or individualized therapeutic nutrition planning.