



Gastroparesis Diet

What is gastroparesis?

Gastroparesis is a condition in which your stomach empties slower than it should and can be temporary or long-term. It can be triggered by an illness or long-term diseases, such as diabetes or lupus, disorders of the nervous system, or certain drugs. Symptoms can include nausea, vomiting, bloating, and heartburn.

What is a gastroparesis diet?

A gastroparesis diet focuses on getting the nutrition needed while eating small meals that are low in fat and easy to digest. The most important foods in the diet include high protein foods (such as eggs and creamy nut butter), easy-to-digest vegetables (such as cooked zucchini), and easy to chew and swallow.

What can I eat on the gastroparesis diet?

Foods to Eat	Foods to Avoid
<ul style="list-style-type: none"> • foods low in fat and fiber • eggs • smooth or creamy peanut butter • bananas • white breads, low fiber or refined cereals, and low-fat crackers • fruit juice • vegetable juice (spinach, kale, carrots) • fruit purees 	<ul style="list-style-type: none"> • carbonated beverages • alcohol • beans and legumes • corn • seeds and nuts • broccoli and cauliflower • cheese • heavy cream • excess oil or butter

Why order a three-step gastroparesis diet?

If you are recovering from a gastroparesis flare-up, a multiphase diet is often recommended to gradually reintroduces solid foods.

The three phases are as follows:

- **First phase.** limited to liquids, which usually leave the stomach quickly by gravity alone. Broth or bouillon soups, as well as blended vegetable juice.
- **Second phase.** Provides additional calories by adding a small amount of dietary fat of less than 40 gm each day. Increase intake to soups that contain crackers and noodles, as well as cheese and creamy peanut butter.
- **Third phase.** Allowed to have most soft, easy-to-chew starches, and softer protein sources such as poultry and fish.