



Diet for Gastroparesis

The basics

This handout provides basic diet information for people with gastroparesis. It gives general guidelines to follow and a list of foods to choose or avoid.

This is basic information. At your next clinic visit, schedule an appointment with a dietitian, who will give you more detailed information about the diet and guidelines for gastroparesis.

Here are some general guidelines to follow:

- Eat 6 or more small meals per day.
- Do not eat foods high in fat or eat too much fat added to foods.
- Chew foods well – cut meat into very small pieces.
- Avoid foods high in fiber.
- Sit up while you eat, and for 1 hour after eating.
- Use the tables in this handout to help you choose the foods you eat.

Choose These Foods

Starches			
Breads <ul style="list-style-type: none">• White bread• Bagels• English muffins• Plain rolls• Pita bread• Flour tortilla• Pancakes• Waffles	Cereals <ul style="list-style-type: none">• Quick oats (plain)• Grits• Cream of Wheat, Cream of Rice• Puffed wheat or rice• Cheerios, Sugar Pops, Kix, Fruit Loops, Special K, Cocoa Crispies, Rice Krispies	Grains and Potatoes <ul style="list-style-type: none">• Rice (plain)• Pasta (plain)• Bulgur wheat• Barley• Potatoes (plain, no skin)• Sweet potatoes• Yams• French fries (baked)	Crackers <ul style="list-style-type: none">• Arrowroot• Breadsticks• Matzoh• Melba toast• Oyster crackers• Pretzels• Saltines• Sida• Zwieback

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Meat and Alternatives			
Beef <ul style="list-style-type: none"> • Baby beef • Chipped beef • Flank steak • Tenderloin • Skirt steak • Round rump 	Pork <ul style="list-style-type: none"> • Lean pork • Tenderloin • Chops • 97% fat-free ham 	Wild Game <ul style="list-style-type: none"> • Venison • Rabbit • Pheasant (no skin) • Duck (no skin) • Goose (no skin) 	Cheese <ul style="list-style-type: none"> • Cottage cheese • Grated parmesan
Veal <ul style="list-style-type: none"> • Leg • Loin • Rib • Shank • Shoulder 	Poultry <ul style="list-style-type: none"> • Chicken (no skin) • Turkey (no skin) 	Fish and Shell Fish <ul style="list-style-type: none"> • Crab • Lobster • Shrimp • Clams • Scallops • Oysters • Tuna (in water) 	Other <ul style="list-style-type: none"> • Eggs (not fried) • Egg whites • Egg substitute • Tofu • Strained babyfood meats
Vegetables, Fruits, and Fruit Juices			
Vegetables <ul style="list-style-type: none"> • Beets • Carrots • Mushrooms • Strained vegetables • Tomato juice • Tomato puree and sauce 	Fruits <ul style="list-style-type: none"> • Applesauce • Bananas • Peaches (canned) • Pears (canned) • Strained babyfood fruits 	Juices <ul style="list-style-type: none"> • Apple, apple cider • Cranberry (sweetened or low-cal) • Grape • Nectars (apricot, peach, pear, and papaya) • Orange, grapefruit • Pineapple, pineapple/orange • Prune 	
Other			
Dairy <ul style="list-style-type: none"> • Buttermilk • Yogurt (plain) • Evaporated milk • Milk powder • Milk (as tolerated) • Cream cheese 	Soups <ul style="list-style-type: none"> • Broth • Bouillon • Strained • Creamed (with milk or water) 	Fats <ul style="list-style-type: none"> • Mayonnaise • Margarine • Butter • Fat-free gravies • Vegetable oil spray 	Beverages <ul style="list-style-type: none"> • Hot cocoa (with milk or water) • Kool-Aid • Tang • Gatorade • Soft drinks • Coffee • Tea

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

Roosevelt Clinic:
206-598-4005 or
206-598-8750

UWMC Food and
Nutrition Services:
206-598-6004

Other			
Sauces and Flavorings <ul style="list-style-type: none"> • Cranberry (smooth) • Butter buds • Mustard • Ketchup • Soy sauce • Teriyaki sauce • Tabasco • Vanilla extract • Vinegar 	Crackers and Cookies <ul style="list-style-type: none"> • Animal crackers • Ginger snaps • Graham crackers • Vanilla wafers 	Desserts <ul style="list-style-type: none"> • Angel food cake • Custard/pudding • Gelatin • Popsicles • Sherbet (plain) 	Sweets <ul style="list-style-type: none"> • Gum • Gumdrops • Hard candy • Jelly beans • Lemon drops • Rolled candy (such as Lifesavers) • Marshmallows • Seedless jams and jellies

Avoid These Foods

The following foods have been associated with *bezoars*. A bezoar is a mixture of food residues that can accumulate in a stomach that does not empty well.

Do Not Eat			
Fruits <ul style="list-style-type: none"> • Apples (raw) • Berries • Coconuts 	<ul style="list-style-type: none"> • Figs • Oranges • Persimmons 	Vegetables <ul style="list-style-type: none"> • Brussels sprouts • Green beans • Legumes 	<ul style="list-style-type: none"> • Potato peels • Sauerkraut

At your next clinic visit, please ask to see the dietitian to learn more about the diet for gastroparesis and how it can fit into your lifestyle.

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Food and Nutrition

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