

## Nutrition & Lifestyle “Basics” for Gastroparesis

There is no exact “diet” for gastroparesis that will relieve all symptoms, we must work to determine “root cause”. However, there ARE “basics” that will help begin to provide relief. Together we will work to tailor a plan that helps to both relieve your symptoms of gastroparesis while also meeting your personalized nutrition needs to promote overall health.

- Take small bites and chew all food well! (Think “apple-sauce consistency”)
- Pause, breathe, and consider prayer or meditation to relax prior to eating.
- Sit upright when eating (no slouching;) and eat in a *relaxed, positive, stress free environment*.
- Take a light 2-5 minute walk after each “meal” – this will help move food through the gut more efficiently.
- On days you are struggling with nausea/vomiting, excessive bloating, or pain... *take a day of liquid meals/shakes to allow your stomach to rest*. It is important to still meet nutritional needs for protein, calories, and carbohydrates to maintain good energy. (see shake recipes)
  - We will also consider digestive enzymes, DGL, apple cider vinegar or other to support digestion on a case by case basis.
- Avoid large meals but do eat or “drink” at regular times through the day.
  - Typically eat at least every 3-5 hours
- Avoid fatty foods & “fats” that slows down the emptying of the gut, such as fried foods, fatty meats, creams, sauces, butter, high fat dairy (*Suggest you avoid all dairy for 4 weeks and reintroduce slowly to determine tolerance*).
  - You DO want to select “healthy” liquid fats since that do not delay emptying of the gut but are important for overall health - *cold-pressed olive oil, coconut, walnut, or grapeseed oil. Also avocado and natural “nut butters” are typically tolerated well.*
- Obtaining enough protein to meet your specific needs is necessary but often not met due to avoiding many protein rich foods like beef, chicken, pork, etc. that often delay digestion. Try choosing the following most often (*remember, there are varying degrees of gastroparesis - some may tolerate some foods better than others*)
  - *Flaky white fish, salmon, tuna, soft shredded chicken, eggs (scrambled, poached, HB), chix/egg/ tuna salad, thin sliced turkey, non-GMO tofu/tempeh, whey protein isolate or vegan protein powder (Julie can help you select one right for you!)*

- Fiber, especially in the form of raw fruits and veggies, grainy and seedy breads, crackers, ect can often cause problems. However, fiber is essential to good health and often if not taken enough in can cause other problems such as constipation, low intake of B vitamins, magnesium, potassium, and other essential nutrients. Everyone is different in how much they can tolerate...here are suggestions that work well!
  - *Sweet/ regular baked potato (no skin); quinoa and rice; cooked zucchini, carrots, spinach, beets.*
  - **High fiber foods to specifically avoid:** *skins of apples, berries (but OK in a shake), brussel sprouts, popcorn, coconut, corn, legumes, oranges, potato skins, sauerkrout, tomato skins, bran cereals.*

*\*\*Creating a plan specifially for you is essential! This will take several (or more) sessions to ensure we have the right foods, supplements, and lifestyle plan that works best. Be patient, you will have good days and not so good days. Listen to your gut and body. In time your signs/symptoms should begin to improve. Food journaling the foods you eat, the amount, time you eat, degree of stress/anxiety, and how fast you eat... can be effective to pinpoint effective treatment!*