

Diet Progression for Gastroparesis (Delayed Stomach Emptying)

The purpose of this diet is to reduce symptoms and maintain adequate fluids and nutrition. This diet should only be followed at the recommendation of your doctor. **Your doctor will tell you when to go to the next step of the diet.** Eat 6 or more small meals daily. Sit up while eating and for 1 hour after finishing.

First Step – Clear Liquid Diet This step is used only for persons with severe nausea and vomiting in order to prevent dehydration. This diet should be followed for no longer than 3 days. If you must follow this diet for 3 or more days, talk to your doctor about adding a low fiber supplement like Ensure to your diet.

Food Group	Recommend	Not Recommended
Fruit and juice	Apple, grape and cranberry juice	All other fruits and vegetables, juices with pulp
Bread, cereal, pasta	None	All
Beverages	Clear carbonated beverages, Gatorade, clear fruit drinks, coffee, tea (hot and iced)	All others including milk
Soup	Fat-free broth or bouillon	All others
Sweets	Clear fruit-flavored gelatin, popsicles, clear hard candy	All others
Meat, nuts and cheese	None	All

Second Step – Low Fat, Low Fiber, Full Liquid Diet Fat, fiber and solid foods slow down stomach emptying. However, some people tolerate liquids high in fat such as milkshakes, whole milk and cream soup. You should see a registered dietitian if you need to follow this diet for more than 1-2 weeks or if you are losing more than two pounds a week. Avoid foods with fiber added.

Food Group	Recommend	Not Recommended
Dairy	Skim or 1% Milk; low-fat smooth yogurt without solids such as fruit	Whole and 2% milk; yogurt with solids such as fruit, nuts or granola; cheese; cottage cheese
Vegetables	Tomato and vegetable juice	All raw and cooked vegetables
Fruit	All fruit juice and nectar without pulp	All fresh, frozen or canned fruit
Bread/starch	Cooked refined cereal such as cream of wheat, cream of rice, grits	All other breads and cereals
Meat/protein	None	All
Fat	Butter, margarine, cream (limit to 1 teaspoon)	More than 1 teaspoon per meal
Sweets/desserts	Sherbet, sugar, hard clear candy, plain flavored gelatin, fruit ice, popsicles, honey, syrup, fat-free ice cream without solids such as nuts or fruit; pudding made with low-fat milk	All others including ice cream with solids such as nuts or fruit; milkshakes
Beverages	Clear carbonated beverages, Gatorade, clear fruit drinks, coffee, tea (hot and iced)	
Soups	Fat-free broth or bouillon; strained cream soups made with low-fat milk	All others

Third Step – Low Fat, Low Fiber Diet

Fat and fiber slow down stomach emptying. However, some people tolerate liquids high in fat such as milkshakes, whole milk and cream soup. Chew foods well. If you are unable to tolerate solid foods, talk to a registered dietitian about using blenderized foods. Avoid foods with fiber added.

Food Group	Recommended	Not Recommended
Milk	Skim or 1% milk, low-fat smooth yogurt, fat-free or low-fat cheese; fat-free or 1% cottage cheese.	Whole or 2% milk; cheese or cottage cheese made with whole or 2% milk; yogurt with solids such as fruit, nuts or granola
Meat or Protein Foods	Eggs and egg substitutes, skinless baked chicken breast, canned tuna in water	All other beef, pork, fish, poultry; dried beans and peas
Breads, Cereals & Starches	White bread, rolls, pasta and rice; refined cereals including cream of wheat & Rice Krispies; soda crackers	Whole grain breads, cereals, pasta; wild & brown rice; quinoa, graham crackers; bran; muffins, biscuits, pancakes, cornbread, waffles, croissants, donuts
Fruits & Juices	Choose cooked or canned fruits without skin or seeds (e.g. applesauce, peaches or pears); ripe banana or melons; fruit juice without pulp	Fresh fruit except ripe banana or melon; dried fruits; canned fruit with skin or seeds; juice with pulp; jam, marmalade
Vegetables	Choose canned or well-cooked vegetables except those listed under not recommended. Vegetables without skins or seeds; mashed potatoes; tomato juice, sauce & paste.	Raw, deep-fried and lightly cooked vegetables; creamed vegetables; tomato seeds and skins; avocado, broccoli, Brussels sprouts, corn, green beans, peas, potato skins, sauerkraut, dried beans and peas; cooked spinach and greens.
Desserts, Sweets, Miscellaneous	Plain pudding made with skim milk, gelatin, fat-free ice cream, sherbet, popsicles, angel food cake, sugar, brown sugar, clear jelly, honey, syrup, marshmallows, hard candy, coffee, tea, soft drinks, catsup, mustard, lemon juice, vinegar	High fat desserts (cake, pie, cookies, pastries), desserts with coconut, nuts, raisins; seeds, popcorn, pickles, whole spices
Fat	Butter, margarine, mayonnaise, oil (1 teaspoon) Cream, salad dressing, cream cheese (1 Tbsp) Sour cream (2 Tbsp) May use fat-free condiments as desired	May need to limit to 1 serving per meal or snack if not tolerated.
Beverages	Clear carbonated beverages, Gatorade, clear fruit drinks, coffee, tea (hot and iced)	
Soup	Fat-free broth or bouillon, soups made with skim milk, broth soup made with allowed vegetables and pasta	Soups made with whole milk or cream; soups made with vegetables not allowed

Final Step – Low Fat, Low Fiber

This is the same as the third step, except more meats are allowed.

Food Group	Recommended	Not Recommended
Meat or Protein Foods	Choose tender lean meats which are baked, broiled or grilled. Beef (93% lean ground beef; round, flank and loin cuts), pork (loin), ham, skinless chicken and turkey; fish, eggs, egg substitutes, 97% fat-free deli meats. If not tolerated, try ground meat. Smooth peanut butter (2 Tbsp/day)	Tough, gristly, deep fried meats, bacon, sausage, frankfurters, ribs, pork steak, prime rib, luncheon meats, sardines. Crunchy peanut butter

Please call the St. Luke's Nutrition Center if you have questions – 319/369-7440.