

Three Phase Dietary Plan for Gastroparesis

Gastroparesis is a delay in emptying of stomach contents into the small intestine. This may cause symptoms such as bloating, nausea, vomiting, and feelings of fullness after eating only a small amount of food. Changing your eating habits may help to control the severity of symptoms. The diet plan below consists of three phases and is designed for people with gastroparesis to help improve the way food passes through the stomach. Talk to your healthcare provider before making any dietary changes.

Summary of the 3 Phase Dietary Plan:

Phase 1 – Liquid diet

Phase 1 consists primarily of liquids and semi-solid foods that are easily digested.

Phase 2 – Soft diet

Phase 2 builds on Phase 1 by incorporating a small amount of fat and fiber fat into the diet. Foods high in fat tend to empty the stomach slowly so fat intake should be limited to 40 grams per day.

Phase 3 – Maintenance diet

Phase 3 is meant to be a long-term diet for gastroparesis. This phase includes all the foods allowed in Phase 2 and incorporates additional fat and fibrous foods into the diet. Fibrous foods should be cooked well so they are tender and easy to digest and fat intake should be limited to 50 grams per day.

Duration:

The severity and frequency of your symptoms will determine the duration of each phase of the diet. Due to the low nutrition content of Phase 1, it should not be used for more than three days without additional nutritional support. If your symptoms are still active, check in with your healthcare provider for direction.

Phases 2 & 3 may be used for 4-6 weeks at a time as long as you are checking in with a Dietitian or your healthcare provider every 2-4 weeks.

Tips:

- During each phase of this diet eat small, frequent meals (4-6 meals per day).
 - This will help the stomach empty faster and ensure a constant source of nutrition.
- Limit foods high in fat and fiber.
 - These foods are digested slowly and delay your stomach from emptying.
- Chew foods well and sit upright for 1-2 hours or take a walk after meals as this may help to empty the stomach.

MNGI recommends that all Gastroparesis patients start slowly and keep a food journal to track the day, time and quantity of all foods and beverages consumed. Monitor your body's response to each phase. Record success and challenges you experience. Over time, this journal will help you to see the progress you are making towards managing your Gastroparesis. A Tracking Chart is included in your packet.

Phase 1

Food Group	Recommended	Avoid
Milk & Dairy products	<ul style="list-style-type: none"> Skim milk Fat-free non-dairy milk substitutes Fat-free yogurt without fruit/seeds (plain, lemon, vanilla, etc.) 	<ul style="list-style-type: none"> All others
Vegetables	<ul style="list-style-type: none"> Vegetable juice: V-8, tomato 	<ul style="list-style-type: none"> All raw and cooked vegetables
Fruits & Juices	<ul style="list-style-type: none"> Juices without pulp: apple, cranberry, grape 	<ul style="list-style-type: none"> Citrus juices, juice with pulp, prune juice All fresh, frozen, canned and dried fruits
Breads, Cereals & Grains	<ul style="list-style-type: none"> Cooked, refined cereals: Cream of rice, cream of wheat, grits, farina Plain saltine, oyster, graham and animal crackers 	<ul style="list-style-type: none"> All others
Meat & Meat Substitutes	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> All
Fats & Oils	<ul style="list-style-type: none"> None 	<ul style="list-style-type: none"> All
Sweets & Desserts	<ul style="list-style-type: none"> Gelatin (Jell-O) Popsicles, fruit ice Sugar, honey, sugar substitutes Fat-free custard and pudding Milkshakes made with skim milk or fat-free non-dairy substitutes Fat free ice cream and sherbet 	<ul style="list-style-type: none"> All others
Beverages (Sipped slowly throughout the day)	<ul style="list-style-type: none"> Gatorade/Powerade Carbonated beverages/soda Crystal Light, Vitamin water, Propel Coffee and tea Nutrition supplements such as Boost, Ensure, Carnation Instant Breakfast 	<ul style="list-style-type: none"> All others
Soups	<ul style="list-style-type: none"> Fat-free broth & bouillon (beef, chicken, vegetable) Fat-free strained cream soup made with skim milk or water (cream of chicken, cream of mushroom, cream of celery, tomato) 	<ul style="list-style-type: none"> Broths containing fat Soups made with cream or whole, 2%, or 1% milk

Sample Menu – Phase 1		
Breakfast	Lunch	Dinner
4 oz juice 1 cup cooked cereal 4 oz skim milk 8 oz coffee or tea	4 oz juice 1 cup fat-free broth 4 plain saltine crackers ½ fat-free pudding	4 oz juice 1 cup strained cream soup made with skim milk 4 plain saltine crackers ½ cup gelatin
Morning snack	Afternoon snack	Evening snack
6 oz fat-free yogurt	8 oz nutritional supplement such as Boost or Ensure	½ cup fruit ice

Phase 2

Food Group	Recommended	Avoid
Milk & Dairy products	<ul style="list-style-type: none"> Skim and 1% milk Fat-free and low-fat non-dairy milk substitutes Fat-free and low-fat yogurt without fruit/seeds Low-fat cheeses & cottage cheese 	<ul style="list-style-type: none"> Whole and 2% milk and milk products Full fat non-dairy substitutes
Vegetables	<ul style="list-style-type: none"> Vegetable juice: V-8, tomato Well-cooked vegetables without skins/seeds/hulls (potatoes without skin, carrots, beets, green beans, squash, asparagus, etc.) 	<ul style="list-style-type: none"> Raw vegetables Cooked vegetables with skins/seeds/hulls (corn, peas, broccoli, cauliflower, etc.)
Fruits & Juices	<ul style="list-style-type: none"> Juices without pulp: apple, cranberry, grape Canned fruits without skin Fresh ripe banana and seedless melon 	<ul style="list-style-type: none"> Juice with pulp and prune juice Canned fruits with skins All other fresh and dried fruits
Breads, Cereals & Grains	<ul style="list-style-type: none"> White bread, English muffins, bagels, biscuits, and other refined bread products Pancakes, waffles, refined dry cereals (Rice Krispies, Corn Flakes, Special K, etc.) Cooked, refined cereals: Cream of rice, cream of wheat, grits, farina White rice, white pasta & egg noodles Saltine, oyster, graham and animal crackers Pretzels 	<ul style="list-style-type: none"> Whole grain breads and bread products made with bran, rye with seeds, or whole wheat Oatmeal, bran cereals, granola, shredded wheat Brown rice, wild rice, oats, barley, and quinoa, whole wheat pasta Popcorn Breads or rolls with nuts, seeds, or fruit
Meat & Meat Substitutes	<ul style="list-style-type: none"> Eggs Creamy peanut butter - limit to 2 tbsp/day Tofu 	<ul style="list-style-type: none"> Beef, poultry, pork, lamb, fish Dried beans, peas & lentils Nuts, seeds & crunchy peanut butter
Fats & Oils	<ul style="list-style-type: none"> Any tolerated - limit to 2 tbsp/day 	<ul style="list-style-type: none"> None
Sweets & Desserts	<ul style="list-style-type: none"> Gelatin (Jell-O), Popsicles, fruit ice Sugar, honey, sugar substitutes, jelly and seedless jams, hard candy Fat-free and low-fat custard, pudding, ice cream, sherbet, and frozen yogurt Milkshakes made with skim milk or low-fat milk products/non-dairy substitutes 	<ul style="list-style-type: none"> Full-fat desserts (cakes, cookies, pies, ice cream) Desserts, jams and candies containing nuts, seeds, coconut, dried fruits, or fruits with skins
Beverages	<ul style="list-style-type: none"> All 	<ul style="list-style-type: none"> None
Soups	<ul style="list-style-type: none"> Fat-free or low-fat broth & bouillon Broth soups with rice/noodles and allowed vegetables Cream soups made with skim or 1% milk 	<ul style="list-style-type: none"> Broths containing fat Soups made with cream, whole or 2% milk

Sample Menu—Phase 2		
Breakfast	Lunch	Dinner
1 cup dry cereal 4 oz skim milk 1 small ripe banana 8 oz coffee or tea	1 cup tomato soup made with skim milk 4 plain saltine crackers ½ cup gelatin 4 oz juice	1 cup Campbell's chicken noodle soup 4 plain saltine crackers ½ cup canned fruit (in juice) 4 oz skim milk



Morning Snack	Afternoon Snack	Evening Snack
1 slice white toast 2 tbsp smooth peanut butter	1 string cheese 1 oz pretzels	½ cup fat-free sherbet

Phase 3

The following foods may be added to the foods allowed in Phase 2:

Food Group	Recommended	Avoid
Vegetables	<ul style="list-style-type: none"> Raw vegetables without skins/seeds/hulls 	<ul style="list-style-type: none"> Raw and cooked vegetables with skins/seeds/hulls
Fruits & Juices	<ul style="list-style-type: none"> Juices Fresh and canned fruits without skins 	<ul style="list-style-type: none"> Fresh fruit with skins Dried fruit
Meat & Meat Substitutes	<ul style="list-style-type: none"> Lean, tender cuts of beef, pork, poultry, and lamb Fish, canned tuna 	<ul style="list-style-type: none"> Fatty cuts of beef, poultry, pork, lamb
Fats & Oils	<ul style="list-style-type: none"> Any tolerated – limit to 2 tbsp/day 	<ul style="list-style-type: none"> None
Soups	<ul style="list-style-type: none"> Fat-free or low-fat broth & bouillon Soups with allowed foods 	<ul style="list-style-type: none"> Broths containing fat Soups made with cream or whole milk

Sample Menu—Phase 3		
Breakfast	Lunch	Dinner
1 slice white toast with 1 tbsp seedless jelly 2 eggs scrambled 4 oz juice 6 oz fat-free Greek yogurt 8 oz coffee or tea	3 oz canned tuna (packed in water) 2 tbsp light mayonnaise 2 slices white bread ½ cup canned fruit (in juice) 4 oz skim milk	3 oz baked chicken breast 1 medium skinless baked potato 1 tbsp fat-free sour cream ½ cup cooked carrots 1 white dinner roll with 1 tbsp margarine 4 oz juice
Morning Snack	Afternoon Snack	Evening Snack
2 large graham cracker squares 4 oz skim milk	1 string cheese 1 small ripe banana	½ cup low-fat vanilla frozen yogurt