

Diet for Gastroparesis

What is Gastroparesis?

Gastroparesis is a chronic (long term) condition where the stomach cannot empty the food it contains in the normal way. The stomach muscles control how food moves through your digestive system and these muscles are controlled by nerves. Sometimes these nerves get damaged or do not work correctly and this affects how food moves through your digestive system.

What are the causes?

In many cases the cause of gastroparesis is not known, this is called idiopathic gastroparesis. Sometimes the cause is as a result of high blood glucose levels over a long period of time. Nerves can be damaged by constant high levels of glucose (sugar) in the blood, it is therefore important to maintain good diabetes control.

Surgery can also result in gastroparesis e.g stomach surgery. Other causes might be medications, long term neurological conditions such as Parkinson's disease and multiple sclerosis; rarer connective tissue conditions such as scleroderma and amyloidosis

Can I change my diet to help?

Making changes to the types of food and the way that you eat can sometimes help.

Try to change your lifestyle and incorporate the following advice

1. Eat slowly and chew your food thoroughly.
2. Have 5-6 smaller meals instead of 3 larger ones.
3. Sit up during mealtimes.
4. Avoid fizzy drinks.
5. Keep drinks separate from meal times.
6. Walking around after meals can help.
7. Avoid eating at least 2 hours before going to bed.
8. If you are overweight try to lose weight
9. Avoid clothing that fits tightly around the abdomen
10. Solid foods may be better tolerated earlier in the day. Switch to liquid meals later in the day.

What about the food that I eat?

Foods high in fats and high in fibre will take longer to leave the stomach. It is therefore advisable to reduce the amount of these food groups from your diet. Low Fibre Low fat diets can sometimes help.

Low Fibre and Low Fat

Choose the following:

Starchy Foods

Low fibre breakfast cereals e.g. Cornflakes, Rice Krispies, Puffed Rice, Special K. White bread, white pitta bread, crumpets, plain naan bread, chapattis made with white flour, plain scones, rice cakes, white crackers.

White rice, white pasta, noodles, and oven chips.

Fruit and vegetables

Have fruit and/or vegetables according to tolerance. Avoid skins, seeds, pith and pips. Peeled apples, pears, bananas, tinned fruit (in natural juice if you have diabetes,) melon, fruit juice (no bits)

Vegetables should be peeled and well cooked – potatoes, carrots, parsnip, turnip, courgette, beetroot, aubergine and marrow (without seeds). Skinned and de-pipped tomato and peppers, onion (chop finely), cucumber (peeled with no seeds).

Puddings desserts and biscuits* (with no fruit or nuts)

Milk puddings, jelly, ice cream, custard, mousse, plain or set yoghurt.

Plain sponge cake, plain lower fat biscuits e.g. rich tea, morning coffee.

Meat, Fish and alternatives

All plain meat, offal, poultry or fish (fresh tinned or frozen.)

Eggs, grilled bacon (trim the fat), grilled low fat sausages, plain grilled burgers, ham (trim the fat)

Quorn and Tofu. Cook meat thoroughly – stew till very tender or choose minced or ground meats.

Sauces and flavourings

Salt, pepper, stock cubes, vinegar, Worcester sauce, soy sauce, spices (powdered). Low fat mayonnaise, low fat salad cream, tomato sauce and brown sauce.

Miscellaneous

Jelly*, Jam* and smooth marmalade*, honey*, lemon curd*, Marmite or Bovril. Baked crisps, small portion (30g) of low fat soft cheeses. Low fat olive spread.

Drinks

Drinks higher in fat can sometimes be tolerated better, so choose nutritious drinks such as milky coffee, milky tea or malted milk drinks made with full cream milk. Milk shake with flavouring* or blended with an allowed portion of fruit, or smoothies made with fruit juice and fruit from the allowed list.

Soups

Smooth soups may be better tolerated.

Sip feeds

Discuss supplement drinks (or sip feeds) with your dietitian if you have been losing weight unintentionally. These can be helpful to maintain your weight or help you gain weight if you are underweight.

Weight Management

If you are overweight, aiming to reduce your weight to a healthy BMI may help improve your symptoms.

What should I avoid?

- Weetabix, porridge oats, Muesli, and Granola.
- Wholemeal, wholegrain, granary or high fibre white breads.
- Wholegrain crackers and biscuits such as digestives or Hobnob, garibaldi and cereal bars.
- Brown rice, wild rice and wholegrain pasta.
- Potato wedges or potato with skins.
- Berry fruits, fresh citrus fruit, dried fruit, kiwis, nuts, seeds and coconut. Smoothies with berries or citrus fruits
- Pulses legumes e.g. beans or sweetcorn.
- Celery, broccoli and other tough vegetables.
- Soups containing whole vegetables.
- Pickles, chutneys and relishes.
- Nut containing products popcorn and Bombay mix.

This list is not exclusive ask you dietitian if you need more advice. Diet sweet foods can contain sorbitol, mannitol and xylitol which can make bloating worse it might be useful to reduce your intake of sugar free sweets and gum.

Menu plan

Breakfast

- Small glass of smooth orange juice
- Cornflakes or Rice Krispies with milk
- White toast with low fat spread
- Low Fat yoghurt
- Grilled bacon and Low fat grilled sausage
- Scrambled egg with slice of toast

Snack

- 2 crackers with low fat cheese spread
- Slice of Toast
- 2 plain biscuits
- Packet of baked crisps
- Rice pudding* or custard pot*
- Smooth low fat* or diet yoghurt

Lunch – smaller portion

- Macaroni cheese made with low fat cheese sauce
- Fish / cottage / Shepherd's pie with vegetables from the allowed list
- Omelette with ham
- Lasagne (choose 'healthy option' ready meals)
- Curry with white rice (choose low fat 'healthy option' ready meals and sauces)
- Meat/fish/meat alternative with peeled boiled potato and allowed vegetables
- Sandwich filled with meat or fish

Snack

- 2 crackers with low fat cheese spread
- Slice of Toast
- 2 plain biscuits
- Packet of baked crisps
- Rice pudding* or custard pot*
- Smooth low fat* or diet yoghurt

Evening meal – smaller portion

- Smooth soup (cream of chicken/tomato/oxtail) with white bread or toast
- Jacket potato (don't eat the skin) with tinned tuna (in spring water)
- Egg on toast
- Omelette with ham
- Mash with casseroled meat/baked fish in sauce

Snack - eat at least 2 hours before bed

- 2 crackers with low fat cheese spread
- Slice of Toast
- 2 plain biscuits
- Packet of baked crisps
- Rice pudding* or custard pot*
- Smooth low fat* or diet yoghurt

Supper drink – milky coffee, tea or malted drink.

People with Diabetes

*These foods may not be a suitable to choose on a regular basis for people with diabetes, discuss with your dietitian. Monitor your blood glucose as your doctor or nurse has advised. Contact your diabetes team if you are experiencing low or high blood glucose for a review of your treatment or for a referral to a diabetes specialist dietitian.

If you are taking fixed doses insulin, day to day consistency in the amount of carbohydrate is advisable. If you are on a flexible insulin regimen you may need to adjust the time of your meal time insulin, sometimes taking it up to 30 minutes after your meal to ensure the food stays down to prevent hypoglycaemia.

The information contained within this leaflet is intended for your specific needs and should not be passed on to anyone else.

If you have any comments about this leaflet or the service you have received you can contact :

Nutrition and Dietetics
Huddersfield Royal Infirmary Telephone No. (01484) 342749
or
Calderdale Royal Hospital Telephone No. (01422) 224267

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

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ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

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Leaflet No: cssd0063 v2 review date 12/23 page 4 of 4

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