



## Gastroparesis Diet

Gastroparesis, also known as delayed gastric emptying, is a condition in which food moves too slowly through the digestive tract. The muscle contractions of a normally functioning stomach mechanically breakdown food, propelling it into the small intestine for absorption. With gastroparesis, these muscles are dysfunctional, preventing the stomach from emptying properly. Common symptoms include nausea, vomiting, early satiety, bloating, abdominal pain, weight loss and malnutrition. While there is currently no cure for gastroparesis, the dietary and lifestyle modifications may help with signs and symptoms:

### **Dietary and Lifestyle Modifications:**

- Eat small, frequent meals.
- Choose low-fat foods.
- Reduce fiber intake. Avoid fibrous fruits and vegetables like oranges and broccoli. Choose well-cooked fruits and vegetables without seeds and skins.
- Modify the consistency of foods by replacing solid foods with purees and soups.
- Drink water with meals.
- Try gentle exercise after eating.

Consult a dietitian to ensure that you are getting adequate nutrition. Additionally, speak with your doctor about medications, surgeries and experimental therapies available that may be appropriate for you.