

Gastroparesis Recommendations

Aim for 5+ fruits/vegetables daily



Blend berries, mango, bananas, peaches, dates into smoothies. Add spinach, sweet potatoes, avocado, or cauliflower

Cook fruits like pears, apples, peaches, and berries and serve as compote

Cook vegetables into soup (can puree)

Steam vegetables like zucchini, peas, carrots, and spinach

Roast parsnips, beets, sweet potatoes, squash (can puree)

Opt for 100% real fruit and vegetable juice

Fork-tender ripe fresh fruit: kiwi, banana, melon, pears



Eating habits for symptom improvement

Eat small, frequent meals

Opt for more textured food earlier in the day

Short bouts of walking after meals can promote emptying

Use protein shakes to take medications and as coffee creamer to layer calories and protein

Integrate fiber-modified produce at snack time

Close the kitchen 2-3 hours before bedtime. Late night snacks should be liquids, shakes, yogurts and pudding which empty faster

Try for higher fiber whole grains



Oatmeal, quinoa, rice, thin whole wheat pasta, legume-based angel hair pasta
Steep oat or whole wheat-based cereal in milk

Add small doses of nut butters, avocado, or plant-based spreads to whole-grain, white, sourdough toast

Aim for >50 grams lean protein daily



Animal (non-vegan) proteins: poultry (no skin), fish, shellfish, eggs, yogurt, low-fat cheese or cottage cheese



Vegan proteins: Nut butters, seed butters, tofu, soybeans, beans (1/4 to 1/2 cup serving), scoop pea-based protein powder

Aim for 2 or 3 servings of heart-healthy fats daily



Avocado, tahini, extra virgin olive oil, vegetable oil, margarine, nut butters

Less saturated fats including butter, cream, bacon grease