10 Nutrition Tips

to Feel Better with Gastroparesis

Less Volume = More Comfort

- Eat small frequent meals throughout the day.

Chew Your Food Well

- Chewing your food properly starts the digestion process and helps to reduce the work your stomach needs to do.
- Avoid distractions while eating, sit and chew by counting to 30 in your head before swallowing.

Take Advantage of Gravity

- Avoid lying down during or after meals, instead take advantage of gravity and stay upright for 1-2 hours after eating.
- Take a walk after eating.
- Avoid eating within 1-2 hours of bedtime.

Modify Textures

- Chopped, ground, mashed, pureed or liquid foods may be easier to tolerate.
- It may also be helpful to eat solid foods in the morning then switching to liquids later in the day.

Try Meal Replacements

- Kate Farms renal formula, Novasource Renal and Nepro are all kidney-friendly, or make your own dialysis friendly smoothie.

Enjoy safe drinks

- Water and low-sugar, non-carbonated drinks are best. Carbonated beverages can increase bloating and alcohol can slow down gastric emptying.

Keep protein lean

- Lean proteins such as eggs, lean meats, fish, poultry, tofu are easier to digest than high fat proteins.
- Consider IDPN or IPN therapy for an extra protein intake while you're on dialysis.

Look for lower fiber

- High fiber foods can slow gastric emptying and lead to bezoar formation, bezoars are masses of undigestible materials that can get stuck in the stomach.
- For carbs, suggestions include white breads, white rice and pasta, cream of wheat/rice, corn flakes, flour tortillas.
- Enjoy well cooked vegetables, canned and cooked fruits remember to choose lower potassium options like green beans, mandarin oranges, carrots, and applesauce.
- Stay away from over-the-counter fiber supplements such as Metamucil and Benefiber.

Strive for good blood sugar control

- Poor control can make symptoms worse. Maintain the right portion size for carbohydrates, get regular physical activity, and avoid sweets, juice, and added sugars like white sugar, honey, and high fructose corn syrup.

Make your diet work for you!

- Avoid any aggravating foods which may include spicy, fatty and acidic foods.

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Sample Meal Plan

BREAKFAST
White toast
with eggs

SNACK
Applesauce

LUNCH
2 to 3 oz salmon with
1/4 cup rice and low-sodium
canned green beans

SNACK
kidney-friendly smoothie,
recipes below

DINNER
Low sodium blended soup

BEDTIME SNACK
Kate Farm's
Renal Support

Renal-Friendly Smoothie Recipes

Peach Raspberry Smoothie

Ingredients:

- 1 cup frozen raspberries
- 1 medium peach, pit removed and sliced, or 5-6 frozen peach slices
- 1 carton Kate Farm's Renal Support 1.8
- ½ cup tofu

Directions:

Mix all ingredients in blender until smooth.
Enjoy!

Adapted from the Kidney Foundation:
https://www.kidneycommunitykitchen.ca/kkcookbook/recipes/peach-raspberry-smoothie/.

Strawberry Pineapple Protein Smoothie

Ingredients:

- 1/2 cup canned pineapple in juice
- 2 tablespoons Just Whites® (powdered egg whites)
- 1/2 cup strawberries (fresh or frozen)
- 1 tablespoon sugar (or sugar substitute)
- 1 tablespoon smooth nut butter

Directions:

1. Place fruit in blender and blend until smooth.
2. Add all remaining ingredients and blend until completely mixed
3. Enjoy!

Adapted from Davita Recipes: https://www.davita.com/diet-nutrition/recipes/beverages/strawberry-pineapple-high-protein-fruit-smoothie