

What are some important points to remember?

- Help is available
- See a dietitian
- Eat slowly
- Eat small frequent meals throughout the day
- Chew foods thoroughly
- Puree foods
- Eat baby food
- Sit up while eating and at least one hour after eating
- Don't fill-up on empty calories
- Maintain adequate nutrition
- Supplement diet with protein powders and/or liquid nutrition
- Check with your doctor or pharmacists about any medications you are taking that might be contributing to slow emptying of your stomach
- Contact your physician to discuss any questions or concerns regarding your symptoms, treatments, or diagnosis

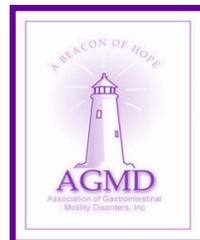
### Additional Helpful Resources

- Association of Gastrointestinal Motility Disorders, Inc. (AGMD): <http://www.agmd-gimotility.org>
- American Dietetic Association: <http://www.eatright.org/>
- American Diabetes Association: <http://www.diabetes.org/>
- University of Virginia Health System Digestive Health Center: <http://healthsystem.virginia.edu/internet/digestive-health/nutrition/patientedu.cfm>

The information contained in this educational brochure should be used as a reference only. Patients are urged to contact their physician regarding any concerns or questions relating to their health or the material presented in this publication.

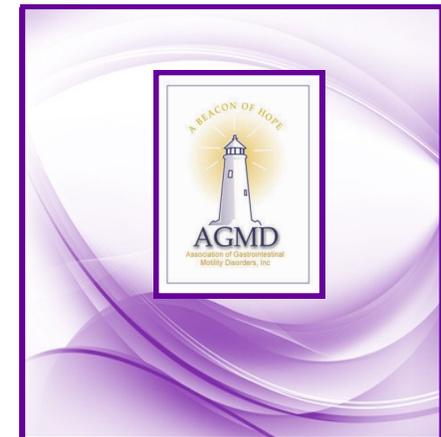
The content of this publication has been reviewed by members of the AGMD Medical, Scientific, and Nutrition Advisory Board.

For further information concerning the Association of Gastrointestinal Motility Disorders, Inc. (AGMD) and digestive motility diseases and disorders, contact the AGMD International Corporate Headquarters.



## Answers To Some Dietary Questions For Gastroparesis Patients

### Part One



### Association of Gastrointestinal Motility Disorders, Inc. (AGMD)

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### **What is Gastroparesis (GP)?**

Gastroparesis is a digestive motility disorder affecting the stomach.

In normal digestion, peristalsis or the wavelike contractions, move food and liquid content through the digestive tract in a well coordinated rhythmic manner. With gastroparesis, the peristalsis or movement of food and liquid through the stomach to the duodenum (small intestine) is delayed in the absence of a mechanical obstruction. As a result, normal digestion is impaired.

### **How frequently should you eat when you have gastroparesis?**

It is best to eat small and frequent meals throughout the day in order to allow the stomach to empty.

### **What about eating more fiber?**

In some patients, fiber may cause the stomach to empty slower. It may also fill them even faster. It is best to consume foods that are lower in fiber.

### **What are some examples of low fiber foods?**

Some examples are squash, white rice, plain pasta, white bread, strained vegetables, pretzels, apple sauce, cream of wheat, bananas, strained fruits, yogurt, broth, and juices.

### **What about bezoar formation?**

A bezoar occurs when food turns into a solid mass (similar to a hair ball in cats). In order to avoid having a bezoar form, it is best to avoid high fiber medications/supplements and high fiber foods such as legumes, bran, seeds, figs, apples, Brussel sprouts, coconuts, oranges, green beans, sauerkraut, berries, and vegetable peels, etc.

### **Should you consume solids as well as liquids?**

In some patients, solid foods are better tolerated earlier in the day and liquid meals later in the day. Liquid meals can include blenderized or pureed foods.

### **What about eating fats?**

Foods high in fat can delay stomach emptying even more so, however, for those who are malnourished or are having nutritional problems, fat consumption is important. Avoid eating fried foods and foods cooked with a heavy batter, however, milkshakes, whole milk, and ice cream may be well tolerated.

### **What if you have Diabetes Mellitus?**

It is important that glycemic control be managed. In order to do so, you should be sure to aggressively monitor your glucose, eat small and frequent meals con-

sistent in carbohydrate content and adjust insulin to the carbohydrate content of the meal.

### **What about drinking liquid nutritional supplement drinks?**

Many patients consume liquid nutrition supplements such as Ensure and Boost. Some patients find that they can sip on these drinks throughout the day in order to obtain nutrients.

### **How can you increase your calorie intake?**

Try adding ice cream or sherbet to nutritional liquid supplements such as Ensure or Boost. If tolerated, use whole milk or evaporated milk. Consider consuming high calorie fruit juice drinks. Add instant breakfast powder, dry milk powder or other flavored powders to whole milk.

### **Should you take a multivitamin?**

It may be beneficial to take a daily multivitamin.

### **What if you are unable to eat?**

If you are unable to eat, then tube feeding may be required in order to provide a consistent and balanced source of nutrition.