

FOOD CHOICES FOR PATIENTS WITH GASTROPARESIS

One of the biggest challenges for patients with gastroparesis is finding foods that are enjoyable and satisfying and also easy to tolerate.

Gastroenterologists who spoke with *Gastroenterology & Endoscopy News* said that the following food choices are safe for patients with diabetes, provided that they do not consume amounts of any one specific item, or combinations of items, that will endanger their health. Gastroparesis renders it necessary for patients to eat only specific foods they are able to safely digest.

DAIRY PRODUCTS:

Recommended:

Skim milk
Skim milk cheese
Whole milk

Avoid:

Cream (sour and heavy)
Half and Half
Nonfat yogurt
Whole milk cheese
Whole milk yogurt

FRUITS AND VEGETABLES

Recommended:

Canned fruits w/out skins
Cooked vegetables w/out skins
Fruit juices
Vegetables juices

Avoid:

All fresh and dried fruits
All raw vegetables
Beans, Broccoli, Cabbage, Celery
Cauliflower, Corn, Peppers, Turnips,
Sauerkraut
Canned fruits w/skins
Cooked vegetables w/skins

BREADS AND GRAINS:

Recommended:

Cream of Wheat
Egg noodles
Low-fat crackers
Pasta
White rice

Avoid:

Brown rice
Oatmeal
Whole grain breads
Whole grain cereals

MEATS/PROTEIN

Recommended:

Eggs
Fish
Peanut butter
Poultry

Avoid:

Pork chops
Fatty ground beef
Roasts
Steaks

DESERTS

Recommended:

Caramels
Frozen yogurt
Fruit ice
Gelatin
Hard candies
Skim milk puddings

Avoid:

Fruit based pies, cakes and cookies
High fat pastries
Ice cream

BEVERAGES

Recommended:

Citrus juice
Pulpy fruit juice

Avoid:

Coffee, tea (small amounts)
Soft drinks
Sports drinks (e.g. Gatorade)
Alcohol