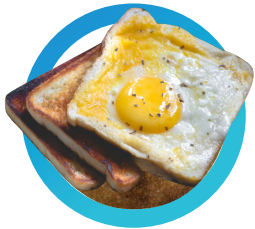


# Diabetic Gastroparesis and Diet

## Changes that may help you manage your symptoms

Diet plays an important role when it comes to managing the symptoms of diabetic gastroparesis. In fact, making changes to your diet is usually the first step a healthcare professional will suggest to help with symptom relief and blood sugar control. If you have diabetic gastroparesis, discuss the tips below with your healthcare professional to find out which of these changes may be most helpful for you.

## Think about texture



**Eat solids in the morning and move to semi-liquid or liquid meals as the day goes on**



**Increase the amount of calories you're getting from liquids**



**Choose more pureed foods**

## Timing matters



**Eat smaller, more frequent meals**



**Change the timing of your meals to help keep your blood sugar under control**



**Take your time. Chew your food well and eat slowly**

- Allow at least 30 minutes to finish your meal

## Know what foods and habits to avoid

- Caffeine, alcohol, and tobacco
- Peppermint, chocolate, and foods heavy in fat, which can cause other issues, like heartburn or reflux
- Chewing gum (it causes you to swallow more air)
- Lying down immediately after eating
- Eating too much high-fiber food in one sitting



## A dietitian can help!

**“My number one concern is getting the patient’s nutritional status improved in a way that they can tolerate.”**  
—Linda Lockett Brown, RDN\*

Working with a dietitian can make some of these changes easier for you. A dietitian can

- Assess your overall nutritional health
- Help you figure out which foods you can and can't tolerate
- Create a nutrition plan that works for you

**To find a dietitian near you, ask your healthcare professional for a recommendation.**

### Did you know?

It's important to keep track of what changes you make to your diet and whether you still have symptoms after making them. This will help your healthcare professional understand what is and isn't working for you so that they can adjust your management plan if needed.



Visit [ManagingDGP.com](https://www.ManagingDGP.com) for more helpful information about diabetic gastroparesis and treatment options.

\*Linda Lockett Brown is a licensed dietitian in the state of Florida.