Gastroparesis-Friendly Juicing & Blending

PRESENTED BY:
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Gastroparesis Educator & Author
In this class, we’ll cover...

...the benefits of juicing and blending for gastroparesis.

...choosing the right equipment.

...how to make GP-friendly juices.

...how to make GP-friendly smoothies.

...troubleshooting tips.

...your questions.

The Benefits of Juicing & Blending for GP

- Easy way to incorporate more color
- Increases overall variety
- Allows you to incorporate foods that may otherwise be poorly tolerated or off-limits
- Provides additional nutrients
- Enhances absorption of nutrients
- Introduces different flavors
- Crowds out empty foods
- Can help with weight maintenance
- Decreases cravings for processed/junk foods
Differences Between Juicing and Blending

- Fiber
- Volume
- Absorption
- Balance
Getting Started

JUICERS
BLENDERS
OTHER TOOLS
Choosing the Right Equipment

When choosing a juicer or blender consider...

- your needs.
- your budget.
- the quality of the machine.
- the quality of the juice/puree produced.
- ease of use.
- ease of clean-up.
- warranty options.
Centrifugal Juicers

Pros:
- Easy to use
- Easier to clean
- Less expensive

Cons:
- Faster oxidation
- Juice doesn’t last as long
- Less juice overall

Note: I am not affiliated with Breville. I just like their products.

Breville Ikon Multispeed ($199)

Breville Elite Juice Fountain ($299)

Breville Compact Juice Fountain ($99)
Masticating Juicers

Pros:
- Run slower
- Preserves more nutrients
- Juice lasts longer

Cons:
- Harder to clean
- Take longer to use
- More expensive

Champion Commercial Juicer ($299)

Omega J8006 ($299)
High-Powdered Blenders

Pros:
- Increases options in the GP-friendly diet
- Multi-use (smoothies, soups, purees, sauces, nut butters, milks, flours)
- Quality & warranty

Cons:
- Price

Vitamix
($449-$649; free shipping code: 06-007170)

Blendtec
($399-$649)
Less Expensive Blenders

**Pros:**
- Price

**Cons:**
- Less powerful
- Fewer options for smoothies, purees, etc.
- Likely to wear out over time

Breville Blender ($199)

Waring ($99)
Other Tools

To make juicing/blending easier, I recommend:

- A good knife and peeler
- Dedicated cutting board
- Very fine mesh strainer
- Mason jars
- Freezer-safe containers
- Debbie Meyer Green Bags
Getting Started

CHOOSING FRUITS & VEGETABLES
When Choosing Produce Consider...

- Variety
- Quality
- Health goals
- Health concerns
<table>
<thead>
<tr>
<th>Organic (Dirty Dozen)</th>
<th>Conventional (Clean 15)</th>
<th>When to Buy Organic</th>
</tr>
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<tbody>
<tr>
<td>Apples</td>
<td>Avocado</td>
<td></td>
</tr>
<tr>
<td>Bell Peppers</td>
<td>Asparagus</td>
<td></td>
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<tr>
<td>Blueberries (domestic)</td>
<td>Cabbage</td>
<td></td>
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<tr>
<td>Celery</td>
<td>Cantaloupe (domestic)</td>
<td></td>
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<tr>
<td>Grapes (imported)</td>
<td>Eggplant</td>
<td></td>
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<tr>
<td>Kale and collard greens</td>
<td>Grapefruit</td>
<td></td>
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<tr>
<td>Lettuce</td>
<td>Kiwi</td>
<td></td>
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<tr>
<td>Nectarines (imported)</td>
<td>Mangoes</td>
<td></td>
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<tr>
<td>Peaches</td>
<td>Mushrooms</td>
<td></td>
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<tr>
<td>Potatoes</td>
<td>Onions</td>
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<tr>
<td>Spinach</td>
<td>Pineapple</td>
<td></td>
</tr>
<tr>
<td>Strawberries</td>
<td>Sweet corn</td>
<td></td>
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<tr>
<td></td>
<td>Sweet peas</td>
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<tr>
<td></td>
<td>Sweet potatoes</td>
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<td></td>
<td>Watermelon</td>
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</tbody>
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### Fruits/Veggies to Avoid (for some people!)

<table>
<thead>
<tr>
<th>High FODMAP</th>
<th>Other</th>
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</thead>
<tbody>
<tr>
<td>Apples</td>
<td>Broccoli, spinach, kale, radishes, cauliflower - hypothyroid</td>
</tr>
<tr>
<td>Beets</td>
<td>Citrus, tomatoes, mint - GERD</td>
</tr>
<tr>
<td>Blackberries</td>
<td>Grapefruit – variety of medications</td>
</tr>
<tr>
<td>Broccoli</td>
<td></td>
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<tr>
<td>Cauliflower</td>
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<tr>
<td>Cherries</td>
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<tr>
<td>Fennel</td>
<td></td>
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<tr>
<td>Garlic</td>
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<tr>
<td>Green Bell Pepper</td>
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<td>Mangoes</td>
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<td>Onion</td>
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<td>Pears</td>
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<td>Peaches</td>
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<td>Plums</td>
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<td>Watermelon</td>
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Juicing Basics

Juicing removes the majority of the fiber from fruits and vegetables.

Most of the vitamins, minerals, and enzymes are retained in the juice.

Fresh juice contains enzymes and nutrients that are not found in pasteurized juices.

It’s best to drink juices right away, as it loses nutrients over time.
To obtain optimal nutrition, juice a variety of fruits and vegetables throughout the week. Think about the RAINBOW!

Just because it’s a liquid, doesn’t mean it will be well-tolerated. Slow and careful experimentation is still necessary, especially when getting started with juicing.

Start with 4-6 ounces of juice, diluted with an equal amount of water.

Start with simple combinations of produce (1 fruit + 1 veggie, for example) until you’ve determined what you do and do not tolerate.
<table>
<thead>
<tr>
<th>Fruits/Veggies for GP-friendly Juices</th>
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</thead>
<tbody>
<tr>
<td><em>Apples</em></td>
</tr>
<tr>
<td><em>Arugula</em></td>
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<tr>
<td><em>Beets</em></td>
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<tr>
<td><em>Blood orange</em></td>
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<tr>
<td>Blueberries</td>
</tr>
<tr>
<td>Cantaloupe</td>
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<tr>
<td>Carrots</td>
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<tr>
<td>Celery</td>
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<tr>
<td>Chard</td>
</tr>
<tr>
<td>Cucumbers</td>
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<tr>
<td>Grapes</td>
</tr>
<tr>
<td>Honeydew</td>
</tr>
<tr>
<td><em>Kale</em></td>
</tr>
<tr>
<td><em>Kiwi</em></td>
</tr>
<tr>
<td>Lettuces</td>
</tr>
<tr>
<td>Mango *</td>
</tr>
<tr>
<td>Papaya *</td>
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<tr>
<td>Peaches *</td>
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<tr>
<td>Pears *</td>
</tr>
<tr>
<td>Pineapple</td>
</tr>
<tr>
<td>Spinach</td>
</tr>
<tr>
<td>Watermelon *</td>
</tr>
</tbody>
</table>

*high in FODMAPs*
## Juicing “Add-ins”

<table>
<thead>
<tr>
<th>To Improve Taste</th>
<th>For Symptom Management</th>
</tr>
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<tbody>
<tr>
<td>• Mint</td>
<td>• Mint: <em>may alleviate pain, cramping, and heartburn</em> (not appropriate for GERD)</td>
</tr>
<tr>
<td>• Lemon</td>
<td>• Ginger: <em>anti-nausea; pro-motility</em></td>
</tr>
<tr>
<td>• Lime</td>
<td>• Coriander/cilantro: <em>enhances peristalsis; increases digestive juices</em></td>
</tr>
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GP-Friendly Blending

THE BASICS

BEST PRACTICES

COMMON INGREDIENTS
Blending Basics

Blending pulverizes fruits and veggies decreasing the workload of the stomach.

Blending does not remove fiber.

Though smoothies and purees are liquids/soft foods, excess fat/fiber may still exacerbate symptoms.

Smoothies can be stored in the fridge or freezer, but taste and consistency is best when consumed right away.
Blending Best Practices

Start with simple fruit smoothies. Fruit plus liquid.

Experiment with various liquids, protein powders, supplements, and other add-ins one at a time to determine what works for you.

Do not add fiber supplements or high-fiber protein powders.

Use GP-friendly fruits and low-fiber veggies without seeds or skins unless you have a high-powered blender (Vitamix/Blendtec).

Focus on the nutrient-quality of smoothies. Avoid adding empty calories and excess sugar.
Fruits/Veggies for GP-friendly Smoothies

- Avocado #
- Bananas
- Blueberries #
- Cantaloupe
- Cucumbers (peeled; seedless)
- Honeydew
- Kiwi #
- Mango *
- Papaya *
- Peaches *
- Pineapple
- Spinach # (raw or steamed)

- Strawberries #
- Sweet potatoes/yams (flesh only; cooked)
- Watermelon *
- Squash/pumpkin (canned/cooked)

*high in FODMAPs
#Vitamix or similar recommended
<table>
<thead>
<tr>
<th>Liquids for GP-friendly Smoothies</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
</tr>
<tr>
<td>Coconut water</td>
</tr>
<tr>
<td>Nut milk</td>
</tr>
<tr>
<td>Rice milk</td>
</tr>
<tr>
<td>Oat milk</td>
</tr>
<tr>
<td>Juice (fresh)</td>
</tr>
</tbody>
</table>
Smoothie “Add-ins”

- Protein powder
- Vitamin/supplement powders
- Nut butters
- Cooked grains (rice, cream of buckwheat, oatmeal)
- Coconut oil
- Cocoa Powder
- Fish oil
- Flaxseed oil
- Greek yogurt/Kefir*
Troubleshooting

WHAT IF MY SYMPTOMS FLARE UP?
Are you...

- drinking too much at one time? Start with 4-6 ounces of juice and about 1 cup of smoothie.
- drinking too much overall? Start with one serving of juice and/or one smoothie per day until you know how much and what you tolerate.
- drinking too fast? Chew your juices and smoothies. Digestion begins in the mouth. Sip slowly over time.
- trying too many things at once? Start basic. Two veggies and a fruit for juices. One fruit and liquid for smoothies.
Are you...

- ...drinking undiluted juice? Try adding an equal amount of water.
- ...adding too much fiber or fat to your smoothies? Check the nutritional content of all powders, liquids, and other add-ins. Choose lower fiber fruits/veggies.
- ...using too many high FODMAP fruits & veggies? Experiment with choosing lower FODMAP options.
- ...using other ingredients that you might not tolerate? Dairy and soy are common triggers.
Additional Resources

MAKING GP-FRIENDLY GREEN JUICE (VIDEO):
HTTP://YOUTU.BE/G31U2EJEHSQ
Questions?

CRYSTAL SALTRELLI, CHC

WWW.LIVINGWITHGASTROPARESIS.COM
WWW.FACEBOOK.COM/LIVINGWITHGASTROPARESIS

BOOKS:
WWW.EATINGFORGASTROPARESIS.COM
WWW.GASTROPARESISBOOK.COM
Gastroparesis 101 for Loved Ones
June 13th at 8pm EDT – FREE

I’ll be talking to family/friends/caregivers to help them better understand gastroparesis, how they can best support the GPer in their life, and how to address the unique challenges that they face due to gastroparesis.

Register now at: http://bit.ly/GPfamily