Gastrointestinal Nutrition Guide

Proper gastrointestinal (GI) function plays a vital role in individuals' overall health, and there are several disorders that can affect GI health and may contribute to a lower quality of life. However, with proper guidance and nutrition, individuals can help manage occasional symptoms of GI discomfort and thrive. Orgain® offers a variety of delicious, high-quality products that can support gastrointestinal health.

Gastroparesis

Gastroparesis, also known as delayed gastric emptying, involves an abnormal amount of time required to move food from the stomach to the small intestine due to a damaged vagus nerve.[1] While the most common cause of gastroparesis is diabetes, gastroparesis can stem from other conditions including autoimmune diseases or prior gastric surgery.[2] It is estimated that over 4 million individuals are affected by gastroparesis and its symptoms in the United States.[2]

Gastroparesis is often characterized by nausea, vomiting, bloating, abdominal pain, weight loss, loss of appetite, and early satiety. However, there are nutritional interventions that can help improve abnormal gastric function.[2] Since research has shown that many individuals with gastroparesis are deficient in calories, carbohydrates, protein, vitamins and minerals, it is important for health care providers to provide appropriate dietary guidance.[3]

Gastroparesis continued

To help with the daily nutritional needs of treatment, individuals are advised to choose foods that are lower in fat and fiber, with a soft consistency or in liquid form.[1] Additionally, it is recommended to eat small frequent meals to help maintain a healthy weigh.[1] Oral nutritional supplements may be supportive to the nutritional status and healthy weight for individuals living with gastroparesis.

> I have been using the Orgain beverages for over two years in my GI practice. These products are a good fit for my GI compromised patients as well as anyone looking for a high quality, clean protein, calorie dense liquid beverage. The flavors are wonderful."
>
> **Lori, Gastroenterology Dietitian**

Irritable Bowel Syndrome

Irritable bowel syndrome (IBS) is a complex disorder characterized by a number of symptoms including chronic abdominal pain, cramping, bloating, gas, and constipation, diarrhea, or both.[4] Individuals with IBS may also develop disordered eating, weight loss, emotional distress, sleep disturbances and fatigue.[5,6] People with IBS are at risk for nutrient deficiencies which can result in poor clinical outcomes and diminished quality of life.[7]

There is not one perfect diet for those living with IBS, however, to help mitigate symptoms, it is recommended that individuals reduce consumption of any foods that could trigger symptoms, including, but not limited to cabbage, onions, peas, beans, fried and smoked foods and spicy dishes.[8] Some individuals experience relief from IBS symptoms by following a diet low in fermentable oligo-di-and monosaccharides and polyols (FODMAPs); one of which, is the disaccharide, lactose.[1] Additionally, research has shown that probiotics may help IBS symptoms over a period of time.[9] It is also recommended to slowly increase fiber intake as tolerated to help encourage regular bowel movements in individuals with IBS.[1] Oral nutrition supplements can help support the nutritional needs of individuals with IBS when incorporated into their daily routine.

Inflammatory Bowel Disease

Crohn's disease (CD) and ulcerative colitis (UC) are the two most common types of Inflammatory Bowel Disease (IBD), a group of conditions causing swelling and inflammation of the GI tract.[10] Typical symptoms, that can range from mild to life threatening, include stomach pain, diarrhea, rectal bleeding, lack of energy and weight loss.[10] CD involves deep layers of inflammation that are spread out in patches, usually across the small intestines.[11] UC is characterized by continuous areas of inflammation contained to the colon and rectum lining.[11]

Those with IBD must manage their diet because inflammation and certain medications may impact the ability to properly digest food and absorb nutrients.[12] This can put an individual at risk for micronutrient deficiencies and potentially malnutrition which may require practitioner interventions and careful consideration of oral nutritional supplementation support.[12]

To help minimize inflammation, it is recommended to limit foods that are associated with triggering inflammation in those living with IBD such as foods high in lactose, saturated and trans fats.[13] For those with UC, research shows it may be beneficial to reduce red and processed meat intake.[13] It is also found that increasing consumption of anti-inflammatory foods, such as omega-3 fatty acids for those with UC and fruits and vegetables for those with CD, may help decrease inflammation.[13]

It remains important to monitor for foods that trigger a flare of IBD, these triggers are unique to the individual, but often include foods high in fiber, sugar or fat, and/or contain lactose and sugar alcohols.[14] When experiencing a flare of symptoms patients have increased protein needs from the active disease, increased fluid needs from bowel irregularity, and a risk of lower appetite.[14] In this case it is often helpful to consume small/frequent meals and snacks to ensure adequate nutrition.[14]

> "I had a young patient with a new diagnosis ulcerative colitis who presented underweight and has since achieved ideal body weight using Orgain supplements between meals."
>
> **Wendy, Registered Dietitian**

Celiac Disease

Celiac disease is a chronic digestive and immune disorder that damages the small intestine that is associated with diarrhea, fatigue, weight loss, boating, abdominal pain, nausea, and vomiting whenever gluten is consumed. Individuals diagnosed with celiac disease are required to permanently eliminate gluten from their diet. When gluten is removed from the diet, symptoms abate, however there are several health concerns related to celiac disease and following a gluten-free diet.[17]

Individuals diagnosed with celiac disease are at risk for nutritional deficiencies including calcium, iron, magnesium, folate, vitamin B6, vitamin B12, vitamin A, vitamin D, vitamin E, vitamin K, zinc, and copper. Individuals following a gluten-free diet are also at risk of unintentional weight loss.[18] Additionally, it is common among this population to be lactose intolerant and in these cases, individuals experience relief when following both a gluten-free and lactose-free diet.[19] These modified diets can eliminate certain micro and macronutrients and oral nutrition supplements may be helpful to ensure that these individuals receive adequate nutrition.[20]

> "I have a patient with Crohn's and Celiac with multiple resections and malabsorptive issues. She tolerates Orgain well and I appreciate a product that contains "clean" ingredients."
>
> **Sarah, Oncology Dietitian**

Food Intolerances

Food Intolerances, are non-immunological adverse food responses, reportedly affecting up to 20% of the population.[21] Intolerances can range in symptoms such as gas, diarrhea, abdominal distention and pain and vary in causing mechanisms such as pharmacological, enzyme deficiencies, or non-specific GI functioning causes.[21,22] Some of the most common sensitivities are foods that contain lactose, wheat, and histamines.[22] There are tests for few sensitivities but many will try an elimination diet to see if removing the food decreases or eliminates symptoms.[22] Individuals with food intolerances can tolerate small amounts of the food but minimizing food groups may pose a risk of nutritional deficiencies.[22] Due to the number of people who struggle with food intolerances, it is important for healthcare professionals to provide individually tailored nutritional interventions that may include oral nutritional supplements to support their unique nutritional needs and status.

> "Orgain is a great product that is easy for my clients to find. I use Orgain for my highly sensitive patients who have food sensitivities."
>
> **Felicia, Registered Dietitian**

GI Friendly Products

Orgain® is proud to offer a variety of products that may be appropriate for individuals living with GI intolerances. Below are some popular Orgain® options that you may want to consider for your patients or clients.

Nutritional Attributes* (Click on product images to learn more about each product.)	Product Name	Good Source Protein	Caloric Energy Support	Fiber	Suitable for Lactose Intolerance	Gluten-Free	Made with Organic Fruit & Vegetable Powder Blend	Made with 20+ Vitamins & Minerals
	Orgain Organic Nutrition Plant Protein Shake	✔	✔	2g per serving	✔	✔	✔	✔
	Orgain Organic Nutrition Shake	✔	✔	1g per serving	✔	✔	✔	✔
	Orgain 20g Plant-Based Protein Shake	✔	✔	2g per serving	✔	✔	✔	
	Orgain 20g Clean Protein Shake	✔	✔	2g per serving	✔	✔		
	Orgain 30g Protein Shake	✔	✔	2g per serving	✔	✔		

*Nutritional values subject to change and may vary by flavor. Visit https://orgain.com/collections/products for full nutritional information per product.

GI Friendly Products continued

Nutritional Attributes* (Click on product images to learn more about each product.)	Product Name	Good Source Protein	Caloric Energy Support	Fiber	Suitable for Lactose Intolerance	Gluten-Free	Made with Organic Fruit & Vegetable Powder Blend	Made with 20+ Vitamins & Minerals
	Orgain Simple Organic Plant-Based Protein Powder	✔	✔	3g per serving	✔	✔		
	Orgain Organic Protein Plant-Based Powder	✔	✔	3g per serving	✔	✔		
	Orgain Organic Protein & Superfoods Plant-Based Powder	✔	✔	10g per serving	✔	✔	✔	
	Orgain Organic 30g Plant-Based Powder	✔	✔	6g per serving	✔	✔	✔	
	Orgain Protein Bar	✔	✔	4g per serving	✔	✔		

*Nutritional values subject to change and may vary by flavor. Visit https://orgain.com/collections/products for full nutritional information per product.

Disclaimer: This guide is for informational purposes only and is not intended to be medical advice. The material presented in this guide, and displayed on the associated webpage(s), is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified healthcare provider with any questions you may have regarding a medical condition or treatment and before undertaking a new nutrition and/or health regimen.

The Orgain® products featured in this guide are those suggested by Orgain® and/or those used most commonly amongst clinicians for individuals in this specific population.

Testimonials in this guide are created from unpaid Orgain® Healthcare Ambassadors.

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