



Post-Gastrectomy and Anti-Dumping Diet

For those who have lost part of their stomach due to surgery, it is often helpful to eat smaller meals more often due to the smaller stomach holding capacity. Some patients experience something called “dumping syndrome.” This can happen when stomach contents emptying too quickly into the intestine causing cramping and diarrhea. Other symptoms of dumping syndrome include nausea, vomiting, weakness, and dizziness.

Guidelines

- **Eat small, more frequent meals.** Try to eat 6-8 small meals throughout the day.
- **Eat more slowly**
- **Eat a source of protein at each meal.** Poultry, red meat, fish, eggs, tofu, nuts, milk, yogurt, cheese, and peanut butter are good choices.
- **Soft, ground or pureed foods may be better tolerated** in some than solids that require more break-down in the stomach.
- **Limit concentrated sugars.** Avoid sweets and sugary foods such as: candies, cookies, soda, juice and syrup.
- **Eat more complex carbohydrates.** Whole grains, pastas, potatoes, rice, breads, bagels, and unsweetened cereals are excellent choices.
- **Choose foods high in soluble fiber.** This includes apples, oats, beets, Brussels sprouts, carrots, spinach and beans.
- **Try adding a serving of fat** to meals and snacks. Fats slow stomach emptying and may help prevent dumping syndrome. Butter, margarine, gravy, vegetable oils, salad dressings and cream cheese are good choices.
- **Don't drink liquids with meals.** Instead, drink 30-60 min before or after meals.

Food Groups	Better Tolerated Foods	Less Tolerated Foods
Breads and Grains	Whole-wheat breads, buns, pasta, and crackers; unsweetened cereals, rice, pasta	Sweetened cereals, donuts, cakes, sweet rolls, pastries
Meats and Protein	Any meat, poultry, deli meats, eggs, tofu, peanut butter	None
Milk and Dairy	Milk, yogurt, cheese, cottage cheese, sugar-free ice cream	Chocolate milk, any flavored milk, ice cream
Fruits	Fresh Fruit, canned fruit <u>without</u> heavy syrup/added sugar, fresh-frozen fruit	Dried fruit, fruit canned in sugar/heavy syrup, sweetened fruit juice, canned pie fillings
Vegetables	Fresh, frozen, or canned vegetables	None
Drinks	Water, tea, coffee, diet soda, sugar-free beverages such as Crystal Light®, and “Light” Juices	Soda, chocolate milk, Koolaid®, fruit drinks, juice

Sample Diet

Breakfast

1/2 grapefruit
1/2 whole wheat bagel
1 tablespoon cream cheese
* 4oz milk 30 minutes after the meal

Snack

2 slices cheese and six crackers
Apple slices

Lunch

2 oz. grilled chicken
1/2 c. green beans
Fruit cup
* Sugar-free tea 30 minutes after meal
(may use sugar substitute)

Snack

1/2 turkey sandwich with mayonnaise

Dinner

2 oz. hamburger on small bun
Small salad with 2 tablespoons salad dressing
* Crystal Light® 30 minutes after the meal

Snack

2 tablespoons peanut butter on graham crackers

Weight maintenance

If you are having difficulty maintaining your weight:

- Try sugar-free nutritional supplements such as sugar-free Carnation® Instant Breakfast™, sugar-free Nutra-Shakes®, or Glucerna®.
- Avoid regular Boost®, Ensure®, and Scandishake® products or other liquid supplements with added sugar.
- Discuss with your physician and/or dietitian if you have on-going trouble maintaining your weight.

Other nutritional considerations

Individuals who have had part or all of their stomach removed (partial or complete gastrectomy) may experience other nutritional issues. Nutrients such as B₁₂, folate, iron, vitamin D, and calcium, as well as other vitamins and minerals, are important for overall health. Deficiencies of these nutrients may have severe consequences. Discuss with your physician and/or dietitian to determine your individual nutrient needs.

Resources

- ◆ International Foundation for Functional Gastrointestinal Disorders (IFFGD):
www.aboutgimotility.org
- ◆ University of Virginia Health System, Digestive Health Center:
www.GInutrition.virginia.edu

Click on "Articles in Practical Gastroenterology" then scroll down to:

- Dumping Syndrome (February 2006 article)
- Post-Gastrectomy_(June 2004 article)