



Post-Gastrectomy and Anti-Dumping Diet

If you have lost all or part of your stomach due to surgery, you may find it helpful to eat smaller meals more often. This is because you now have less room to hold food. You may experience something called “dumping syndrome.” This happens when food empties too quickly into the intestine, causing cramping and diarrhea. Other symptoms of dumping syndrome are nausea, vomiting, weakness, and dizziness.

Dumping syndrome is unpleasant, but there are ways to change how you eat to help you avoid it. This handout will guide you, and your Registered Dietitian can help.

Basic Guidelines to Avoid Dumping Syndrome
Eat small, more frequent meals. Try to eat 6-8 small meals or snacks throughout the day instead of 3 large meals.
Eat more slowly and chew your food thoroughly.
Eat a source of protein at each meal. Poultry, red meat, fish, eggs, tofu, nuts, milk, yogurt, cheese, and peanut butter are good choices. Avoid processed meats, such as hot dogs and bologna that contain sugar, starches, and other fillers.
Soft, ground, or pureed foods may work better for you.
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 great 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. A modest amount of fat will slow stomach emptying and may help prevent dumping syndrome. Too much fat at one time, however, can have the opposite effect. Butter, margarine, gravy, vegetable oils, salad dressings, cheese, and cream cheese are good choices.
Do not drink liquids with meals. Instead, drink 30-60 minutes before or after meals.

Keeping a Healthy Weight after Your Stomach Surgery

Dumping syndrome can make it hard to keep weight on. If you are losing too much weight too quickly:

- 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.
- Eat protein foods and fats first. If you can't eat everything at your meal, leave the lower calorie foods.
- Make every bite count: use full fat dairy products, add butter, oil, gravy, cheese sauce, and dressing to foods.
- Drink beverages with calories. While soda and sweet tea will likely make dumping syndrome worse for you, whole milk, egg nog, and unsweetened juices are great sources of calories to sip. Look for lactose-free versions if needed.
- Discuss your weight loss with your physician and Registered Dietitian.

Food Group	Good Choices	Foods to Avoid
Breads and Grains	Whole wheat breads, buns, pasta, crackers, unsweetened cereals, rice, pasta	Sweetened cereals, donuts, cakes, sweet rolls, pastries
Meats and Other Protein Foods	Any meat, poultry, deli meats, eggs, tofu, peanut butter	Hot dogs, bologna, salami, liverwurst, deviled ham, and other processed meats with added sugars and starches
Dairy Foods	Milk, yogurt, cheese, cottage cheese, sugar-free ice cream	Chocolate milk, any flavored milk, milk shakes, ice cream
Fruits	Fresh fruit, drained canned fruit <u>without</u> heavy syrup or added sugar, unsweetened frozen fruit	Dried or candied fruit, fruit canned in sugar/heavy syrup, sweetened fruit juice, canned pie fillings
Vegetables	Any fresh, frozen, or canned vegetables	None
Fats and Condiments	Butter, margarine, cream, oil, and salad dressings; herbs and spices	Sweet pickles or relish
Snacks, Sweets, and Desserts	Sugar-free gelatin, sugar-free pudding, sugar-free candy, sugar substitutes	Sugar, honey, syrup; candy, chocolate, cakes, cookies, ice cream, sherbet; sugar alcohols such as sorbitol, xylitol, and mannitol
Drinks	Water, unsweet tea, tea made with artificial sweetener, coffee, diet soda, sugar-free beverages such as Crystal Light®, and "Light" juices.	Soda, chocolate milk, Koolaid®, fruit drinks, juice, sweet tea, all beverages at meals.

Other Nutrition Issues after Stomach Surgery

Your body may not be able to use all of the vitamins and minerals that you eat after a partial or complete stomach removal. These are B₁₂, folate, iron, vitamin D, calcium, and sometimes others. You need all of these to stay healthy. Your doctor or Registered Dietitian may tell you to take vitamin and/or mineral supplements after your surgery, and it is very important that you follow these instructions. Ask your doctor or Registered Dietitian if you have questions about your nutrition needs.

More 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 "PG articles by TOPIC" and scroll down to:
 - Bariatric Surgery (topic)
 - Dumping Syndrome (February 2006 article)
 - Post-Gastrectomy (June 2004 article)

Post Gastrectomy Sample Diet

Breakfast

½ grapefruit
½ whole wheat bagel
1 tablespoon cream cheese
4 oz milk 30 minutes after the meal

Snack

2 slices cheese and six crackers
Apple slices

Lunch

2 oz grilled chicken
½ cup green beans
Fruit cup
Sugar-free tea 30 minutes after meal (may use sugar substitute)

Snack

½ 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