



## Anti-Dumping Post-Gastrectomy Diet

This diet helps to prevent a condition called “dumping syndrome,” which occurs in some patients who have undergone stomach surgery. The symptoms include bloating, nausea, diarrhea, dizziness, weakness, and rapid heartbeat. They may occur 30 to 60 minutes after eating a meal and then again, 2 to 3 hours after eating. Depending on the type and extent of gastric surgery performed, poor absorption of nutrients, vitamins and minerals may occur to a significant degree. Some patients may become deficient in iron, calcium, folate and B-12.

### Special Instructions

- A conservative diet is recommended during the first few weeks after surgery. “New foods” should be added one at a time in small amounts. Eventually, a normal diet that is low in fat and simple sugars may be resumed.
- Relax at mealtime and eat slowly.
- Initially, foods high in fiber content are avoided.
- Chew foods well.
- Milk, as a beverage, must be added with caution, beginning with small amounts. Fermented milk products such as cheese, yogurt, and lactase treated or lactose free milk and buttermilk are sometimes better tolerated than fluid milk.
- Drink hot or cold fluids slowly. Warm fluids are sometimes tolerated better than cold fluids.
- Include a protein source with each meal.
- Stomach surgery is performed for different reasons, so calorie requirements may vary from patient to patient. For example, a patient who has had surgery for severe obesity will need to be on a weight reduction program. A very thin patient who has had ulcer or cancer surgery will need extra calories.
- Eat six small meals daily to avoid overloading the stomach.
- Avoid sweets and sugars. They aggravate the dumping syndrome.
- Limit fluids to 4 oz (1/2 cup) during mealtimes. This prevents the rapid movement of food through the upper gastrointestinal tract and allows adequate absorption of nutrients.
- Rest or lie down for 15 minutes after a meal to decrease movement of food from the stomach to the small intestine. This decreases the severity of symptoms.
- Drink liquids 30 to 45 minutes before eating and 1 hour after eating, rather than with meals.

### Food Groups

Food Group	Recommended	Avoid
Meat, Poultry, Fish	All, except those listed as not allowed	Fried meats
Eggs	All	Fried eggs
Cheeses	Milk cheese, cottage cheese	
Fats	Butter, cream, margarine, oils, fats, mayonnaise, salad dressing, crisp bacon in moderation	Poppy seed dressings, sweetened whipped toppings, sweetened salad dressings
Breads	Enriched white or wheat bread, rolls, crackers, melba toast, graham crackers	Sweetened breads
Cereals	All cooked and ready-to-eat cereals except those not allowed	Cereals containing dried fruit, raisins or coconut, cereals coated or flavored with sugar or honey
Potatoes & Substitutes	Potatoes without skins, macaroni, noodles, rice, spaghetti, grits prepared without sugar	Potato skins or those prepared with sugar
Vegetables	All except those listed as not allowed	Any to which sugar has been added, fried vegetables
Soups (consider as fluids, consume 30 minutes after meals)	Soups made from allowed foods	Soups made from ingredients not allowed
Fruits & Fruit Juices	Unsweetened fruits and fruit juices	Persimmons, apple skins, berries, figs, grapes, citrus fruit, dried fruit, canned fruits, frozen fruits, fruit cooked with sugar
Desserts	Unsweetened yogurt, pudding or baked custard made without sugar, artificially	Milk products if not tolerated, ice cream and all other desserts



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	sweetened or plain gelatin, desserts made without concentrated sweets	
Beverages (consider as fluids, consume 30 minutes after meals)	Low fat milk, buttermilk (tolerance to milk & milk products should be tested), tea, coffee, decaffeinated beverages, sugar free carbonated or powdered beverages	Milk in all forms, if not tolerated, sweetened beverages, chocolate, cocoa, alcoholic beverages
Miscellaneous	Peanut butter, salt, artificial sweeteners, condiments, gravy, cream sauce, seasonings and spices, unsweetened pickles and relishes, olives, nuts, horseradish	Candies, coconut, popcorn, sweetened pickles, relishes, honey, jams, jellies, marmalade, molasses, syrup

### Sample Menu Plan

Suggested Meal Plan	Sample Menu	Your Menu
Breakfast Fruit Meat/High Protein Food Bread/Cereal Margarine/Dietetic Jelly Multivitamin (MVI) Beverage (30 minutes after meal)	1/2 Grapefruit Poached Egg Toast Margarine/Diet Grape Jelly MVI Coffee	
Mid-Morning Snack Meat/High Protein Food Bread	American Cheese Crackers	
Noon Meal Meat/High Protein Food Bread Vegetable Fat Fruit/Dessert Calcium Supplement Beverage (30 minutes after meal)	Sliced Chicken Sandwich 2 slices Bread Tomato Mayonnaise 1/2 Unsweetened Pear Calcium Supplement Iced Tea	
Mid-Afternoon Snack Meat/High Protein Food Bread	Cottage Cheese Melba Toast	
Evening Meal Meat/High Protein Food Starch Vegetables Fruit/Dessert Beverage (30 minutes after meal)	Broiled Fish Buttered Rice Green Peas Sliced Banana Iced Tea	
Bedtime Meat/High Protein Food Bread Fat Calcium Supplement Beverage (30 minutes after meal)	Sandwich/Roast Beef 1 slice of Bread Mayonnaise Calcium Supplement Chicken Broth	