

Diet Plan After Gastrectomy

This diet is for patients who had part or all of their stomach removed. When you have less stomach, you will get full faster and need to eat small frequent meals. The amount you can eat will slowly increase with time. A special diet can also help prevent food from passing through the digestive system too fast.

What is dumping syndrome?

Dumping syndrome is a group of symptoms that occur after stomach surgery. It is caused when food goes into the small intestine too fast. Symptoms include nausea, vomiting, cramps, abdominal pain, diarrhea, and feeling full after eating only a small amount of food. Not everyone will have dumping syndrome and even if you do, it can improve over time.

How do I prevent dumping syndrome?

- Eat at least 6 small meals throughout the day to avoid eating too much at one time.
- Do not drink liquids with meals. Drink liquids 30-45 minutes before meals. Wait for at least 1 hour after meals to drink liquids.
- Avoid sugars and alcohol. Try sugar-free foods.
- Eat foods high in fiber.

- Eat foods with more fat.
- Do not eat very hot or cold foods.
- Chew foods well and eat slowly.
- Rest after eating.
- Try lactose-free products or lactase enzymes (Dairy Ease[®]) with meals if Lactose is causing diarrhea or cramping.

Do I need any nutritional supplements?

If most or all your stomach is removed, you will need to take vitamin and mineral supplements. Common doses are listed below but please talk to your doctor.

- Children's chewable multivitamin with iron twice daily
- Sublingual B12 500 mcg daily
- Vitamin D 1000 IU daily adjust depending on your level
- Iron sulfate 325 mg daily adjust depending on your level
- B Complex daily

What foods should I eat?

A diet high in protein and low in sugar is best. Foods and drinks affect everyone in different ways. Look for the more tolerant foods in the table on the next page in the "Foods to Eat" list. Stay away from the "Foods to Avoid." These may cause dumping symptoms.

Food Group	Foods to Eat	Foods to Avoid
Starches	Breads, unsweetened cereals, plain rolls, rice, pasta, potatoes, pretzels, crackers	Donuts, sweet rolls, sugary cereals
Fruits	Fresh fruit, unsweetened canned fruit, light fruit juice	Dried fruits, canned fruits in syrup, regular juice
Vegetables	All vegetables	None
Dairy	Milk, buttermilk, diet pudding, light yogurt, cheese (Lactose may cause cramping)	Cocoa, ice cream, chocolate milk, regular pudding, regular yogurt, milkshakes
Meat and Meat Substitutes	Beef, poultry, fish, seafood, peanut butter, eggs, cheese, cottage cheese	None
Fats and Oils	Butter, margarine, oil, salad dressing, mayo, cream cheese	None
Sweets and Desserts	Sugar-free pudding, sugar-free gelatin, sugar-free popsicles, sugar-free jelly, sugar-free syrup	Regular popsicles, cakes, pies, cookies, jellies, jams, syrup, gelatin, sherbet, high sugar desserts
Drinks	Water, sugar-free drinks, coffee, tea, G2, V8, tomato juice, broth	Regular soda, lemonade, Kool-Aid, Gatorade, sugared drinks, juices

Sample Meal Plan

The chart below gives an example of six small meals throughout the day. Remember to drink fluids between meals.

Breakfast	1 egg 1 slice toast 2 teaspoons margarine 1/2 banana 1 cup 2% milk (drink 1 hour after eating)
Mid-Morning Snack	1 ounce cheese 4 crackers
Lunch	2 ounces hamburger 1 small bun 1 tablespoon mayo or ketchup 1/2 cup unsweetened fruit cocktail 1/2 cup vegetable juice (drink 1 hour after eating)
Mid-Afternoon Snack	1 tablespoon peanut butter 3 graham crackers 1/2 cup G2 (drink 1 hour after eating)
Dinner	2 ounces chicken breast 1/2 cup mashed potatoes 1/2 cup green beans 2 teaspoons margarine 1/2 cup unsweetened applesauce 1 cup 2% milk (drink 1 hour after eating)
Bed-time Snack	1 slice bread 1 ounce turkey 1 tablespoon mayo 1 cup 2% milk (drink 1 hour after eating)

Who to Call

If you are a UW Health patient and have more questions, please contact UW Health at one of the phone numbers listed below. You can also visit our website at www.uwhealth.org/nutrition

Nutrition clinics for UW Hospital and Clinics (UWHC) and American Family Children's Hospital (AFCH) can be reached at: **(608) 890-5500**.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright 11/2022 University of Wisconsin Hospital and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#463.