

Diet Plan After Gastrectomy

This diet is for patients who have had part or all of their stomach removed. Since 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 quickly.

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 quickly. Symptoms include nausea, vomiting, cramps, abdominal pain, diarrhea, and feeling full after eating only a small amount of food. Not everyone deals with dumping syndrome and even if you do, it can improve over time.

How do I prevent dumping syndrome?

- Eat small meals throughout the day to avoid eating too much at one time. Have at least 6 small meals each day.
- Do not drink liquids with meals. Drink liquids 30-45 minutes before meals and wait for 1 hour after meals. This will help prevent food from moving too quickly through your digestive system.

- Avoid sugars and alcohol. Try sugar-free foods.
- Eating foods high in fiber will slow down digestion.
- Eating foods with more fat will slow down digestion.
- Do not eat very hot or cold foods. Chew foods well and eat slowly.
- Rest after eating to decrease movement of food through your digestive system.
- Lactose in dairy products may cause diarrhea and cramping. If so, try lactose free products or try taking lactase enzymes (Dairy Ease[®]) with meals.

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 sugary foods is best. Foods and drinks affect everyone in different ways. Look for the more tolerant foods below 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	Doughnuts, 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 discomfort)	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, mayonnaise, 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 mayonnaise 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 mayonnaise 1 cup 2% milk (drink 1 hour after eating)

Teach Back

What is the most important thing you learned from this handout?

What changes will you make in your diet/lifestyle, based on what you learned today?

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**. Nutrition clinics for UW Medical Foundation (UWMF) can be reached at: **(608) 287-2770**.

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 4/2019 University of Wisconsin Hospital and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#463.