

# ANTI-DUMPING POST-GASTRECTOMY DIET



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## PURPOSE

This diet helps to prevent a condition called "dumping syndrome" which occurs in some patients who have undergone stomach surgery. These symptoms include bloating, nausea, diarrhea, dizziness, weakness, sweating, and rapid heartbeat, and may occur 30 to 60 minutes after eating a meal and then again 2 to 3 hours after eating.

The early symptoms are caused when concentrated sugar passes too rapidly from the stomach into the intestine. The body dilutes this sugar mixture by bringing fluid from body tissues into the intestine, giving a sense of fullness, cramping, and occasionally, diarrhea. The loss of water from tissues can produce a temporary drop in blood pressure with resulting weakness and faintness.

The later symptoms are caused by the rapid absorption of sugar into the bloodstream, which raises the amount of blood sugar. A high blood sugar level then leads to excess insulin production which, in turn, drives down the blood sugar, producing hypoglycemia. Weakness, hunger, and rapid heart rate can occur approximately two to three hours after eating.

This diet is really a regular diet with frequent small meals and reduced simple sugars.

## NUTRITION FACTS

Depending upon individual tolerances and food selection, the Anti-Dumping or Post-Gastrectomy Diet is adequate in all nutrients according to the National Research Council's Recommended Dietary Allowances (1989). 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. Vitamin/mineral supplementation is recommended and B-12 injections may be required. Physician evaluation is required.

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## SPECIAL CONSIDERATIONS

1. Eat six small meals daily to avoid overloading the stomach.
2. Limit fluids to 4 oz (1/2 cup) during mealtimes in order to prevent the rapid movement of food through the upper gastrointestinal tract and to allow adequate absorption of nutrients.
3. Drink liquids 30 to 45 minutes before eating and 1 hour after eating, rather than with meals.

## FOOD GROUPS

<u>Group</u>	<u>Recommend</u>	<u>Avoid</u>
<b>Milk or milk products</b> (2 or more cups daily)	as tolerated: butter-milk; low fat, skim or whole milk; cream soup; low calorie pudding; plain or low-calorie, artificially sweetened yogurt; cheese	cocoa mixes; ice cream; malted milk; chocolate milk; sweetened custard and pudding; sweetened or fruited yogurt; milkshakes
<b>Vegetables</b> (3 or more servings daily)	all	none
<b>Fruits</b> (2 or more servings daily)	fresh fruit; fruit canned in natural juice; unsweetened fruit juice	dried fruits; canned or frozen fruits in syrup; sweetened juice
<b>Breads &amp; grains</b> (4 or more servings daily)	crackers; pasta; plain breads and rolls; pretzels; rice; unsweetened cereals	sugar-coated cereals (including granola); doughnuts; sweet rolls
<b>Meat or meat substitute</b> (5 to 6 oz daily)	eggs; seafood; beef; poultry; pork; peanut butter	none
<b>Fats &amp; oils</b> (servings depend on caloric needs)	butter; margarine; oils; salad dressings	none
<b>Sweets &amp; desserts</b> (servings depend on caloric needs)	artificial sweeteners; low-calorie jelly; low-calorie gelatin; low-calorie popsicles	popsicles; cakes; pies; cookies; jellies; jams; gelatin; high sugar desserts; sherbet
<b>Beverages</b> (limit fluid with meals to 4 oz per meal)	sugar-free beverages; water	regular soft drinks; sugared drink mixes; lemonade; Kool Aid; Gatorade; sugared ice tea; Snapple or similar drinks

4. Rest or lie down for 15 minutes after a meal to decrease movement of food from the stomach to the small intestine, and decrease the severity of symptoms.

5. Avoid sweets and sugars. They aggravate the dumping syndrome.

6. Avoid very hot or cold foods or liquids, which may increase symptoms in some patients.

7. Stomach surgery may, at times, be performed because of

severe obesity. In other instances, ulcer or cancer surgery may be performed on an individual who is already very thin. The ultimate goal in each group of patients is different. The former should be on a concomitant weight reduction program while the latter needs extra calories. Consultation with a registered dietician is usually needed in these instances.

### SAMPLE MENU

**Breakfast**

unsweetened orange juice 1/2 cup  
 poached egg 1  
 toast 1 slice  
 margarine 1 tsp  
 low-calorie jelly 1 tsp  
 sugar substitute  
 salt/pepper

**Lunch**

beef patty 3 oz on bun  
 mayonnaise 1 Tbsp or ketchup 1 Tbsp  
 broccoli 1/2 cup  
 margarine 1 tsp  
 skim milk 1/2 cup  
 salt/pepper

**Dinner**

chicken breast 3 oz  
 mashed potatoes 1/2 cup  
 green beans 1/2 cup  
 margarine 2 tsp  
 coffee 1/2 cup  
 non-dairy creamer  
 sugar substitute  
 salt/pepper

**Mid-Morning Snack**

unsweetened cereal 1/2 cup  
 skim milk 1/2 cup

**Mid-Afternoon Snack**

bread 1 slice  
 turkey 1 oz  
 mayonnaise 1 Tbsp  
 lettuce  
 low-calorie pudding 1/2 cup

**Evening Snack**

cottage cheese 1/4 cup  
 fresh peaches 3/4 cup

### THIS SAMPLE DIET PROVIDES THE FOLLOWING

Calories.....	1550	Fat .....	62 gm
Protein .....	87 gm	Sodium .....	2327 mg
Carbohydrates.....	119 gm	Potassium .....	2372 mg