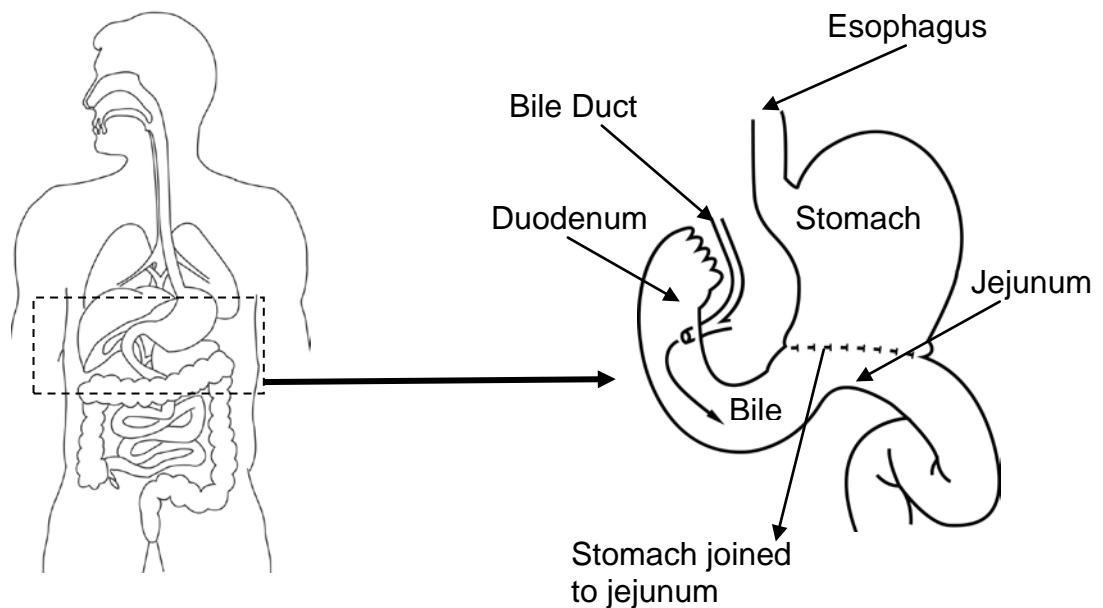


# The Dumping Syndrome Diet

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After a stomach resection, you may feel sick when you finish your meal. You will need to make some changes to your diet while your body heals after surgery.



## What is Dumping Syndrome?

When you eat your meal, the food in your stomach may empty too quickly or be 'dumped' into the bowel, causing uncomfortable symptoms. This is called Dumping Syndrome.

## Will I need to take a vitamin or mineral supplement?

Patients who have had this type of procedure may need to take a vitamin or mineral supplement such as iron and B12. Take to your family doctor about supplementation.

## What are the symptoms of Dumping Syndrome?

Listed below are the symptoms of Dumping Syndrome or what you may feel after eating.

You may have symptoms 15 to 30 minutes after a meal or 1 to 3 hours after a meal.

### **15 to 30 minutes after a meal:**

- fullness after eating
- nausea
- diarrhea
- stomach cramps
- bloating
- vomiting
- flushing
- dizzy or faint
- weak
- sweating
- fast heart beat
- strong desire to lie down

This is called “Early Dumping” Syndrome. This occurs when sugar passes too quickly into the small bowel. The body dilutes this sugar mixture by shifting fluid from body tissues into the intestine.

### **1 to 3 hours after a meal:**

- sweating
- weak
- shaky
- fast heart rate
- hungry
- difficulty concentrating

This is called “Late Dumping” Syndrome. This is caused by the rapid absorption of sugar into the blood, which releases insulin and drives blood sugar levels down.

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## Why do I have to make changes in my diet?

After surgery, the size of your stomach is smaller.

### Making changes to your diet will help:

- prevent the symptoms of Dumping Syndrome
- prevent you from losing too much weight
- you eat without the fear of having symptoms
- you heal and recover from your surgery

## How can I help improve my food intake?

### Here are some tips to help you improve your food intake:

- Eat 6 to 8 small meals a day. Small meals will make you feel less full.
- Chew your food very well and eat slowly.
- Add protein foods to each meal. This includes:
  - eggs
  - cheese
  - meats, poultry, fish
  - legumes such as kidney beans, chick peas, lentils
  - milk
  - yogurt (unsweetened)
  - cottage cheese
  - nuts and nut butters
  - tofu
- Sip small amounts of fluids (up to 4 oz or 125 mL) during mealtimes. This will help your body to absorb your food. Drink additional liquids 30 to 60 minutes before or after a meal.
- Avoid eating sweets or foods high in simple sugars such as candies, cookies, sodas, sports drinks, sweets, honey, jams or jelly.
- Choose high fibre foods when possible. These include: whole wheat breads, cereals, pasta or brown rice, fruit and vegetables and legumes (kidney beans, chick peas, lentils).
- When your symptoms have improved, slowly add the foods that you ate before your surgery as tolerated.

## What foods can I eat after stomach surgery?

Foods in the “Recommended” list are usually well tolerated after stomach surgery. Remember to drink unsweetened liquids 30 to 60 minutes after eating solid foods.

Type of Food	Recommended	Avoid
<b>Milk and milk products</b>	Milk, plain yogurt, artificially sweetened yogurt, cottage cheese, cream cheese, sugar free pudding, cheese, cream soups	Sweetened milk, chocolate milk, milkshakes, sweetened condensed milk; ice cream, puddings, custard, fruit flavoured yogurt, frozen yogurt
<b>Breads and cereals</b>	Whole wheat breads, whole wheat pasta, unsweetened cereals, potatoes, rice, crackers, pretzels	Cereals with a sugar coating, granola, sweet breads, rolls, cakes, cookies, sweet baked goods, pancakes and waffles with syrup, doughnuts
<b>Meats and alternatives</b>	Meat, poultry, fish, eggs, lunch meat, tofu, peanut butter, nuts, legumes	Casseroles and dishes prepared with sweet sauces
<b>Fruits and vegetables</b>	Fruits – fresh fruit, unsweetened canned or frozen fruit, unsweetened fruit juice Vegetables – all types	Canned fruit in syrup, sweetened fruit juice, dried fruit Vegetables cooked in sweet sauces
<b>Fats and oils</b>	Butter, margarine, oil, salad dressings	None
<b>Beverages (limit to 4 oz or 125 mL at each meal)</b>	All unsweetened drinks such as Crystal Light, water, sugar-free soda	Sweetened drinks like Kool-aid, Gatorade, pop, alcohol, iced tea, lemonade
<b>Sweets</b>	Artificial sweeteners, sugar-free gelatin, sugar free candy, no sugar added jam, sugar-free popsicles	Candy, sugar (white, brown, icing), honey, jam, jelly, marmalade, syrups, molasses, chocolate, popsicles, sherbet, maple syrup
<b>Other</b>	All spices and condiments	Sweet sauces such as sweet and sour sauce, sweet pickles, relish

## What should I do if I have problems maintaining my weight?

You may need to drink a nutritional supplement for extra calories. Please contact your dietitian for advice.