



Dumping Syndrome

What is Dumping Syndrome?

Dumping syndrome is a condition that can occur after an esophagectomy in which food passes from the stomach into the small intestine too quickly. The symptoms of dumping syndrome include abdominal pain, cramping, nausea, vomiting, weakness, and dizziness.

How Do I Avoid the Symptoms of Dumping Syndrome?

- Limit foods that are high in sugar, such as candy, cookies, soda, juice, and syrup.
- Don't drink anything with your meals. Instead, drink fluids 30-60 minutes before or after meals.
- Eat 6-8 small, frequent meals throughout the day.
- Chew food well and eat slowly.
- Include a source of protein at every meal, such as soft eggs, tofu, moist fish, milk, yogurt, or cheese.
- Include high fiber foods like peeled soft fruits, soft cooked vegetables, and beans (kidney beans, pinto beans, black beans).
- If you drink a nutritional supplement like Ensure or Carnation Instant Breakfast to help you get enough calories, try a sugar-free version.

<i>Food Group</i>	<i>Better Tolerated Foods</i>	<i>Less Tolerated Foods</i>
Grains	Unsweetened hot cereals or dry cereals softened in milk, moist rice, pasta	Sweetened cereals, donuts, cakes, pastries
Meat & Protein	Soft eggs, tofu, moist fish, beans	Meat, poultry, peanut butter, nuts
Milk and Dairy	Milk, yogurt, cheese, cottage cheese, sugar-free ice cream	Chocolate milk, flavored milk, ice cream
Fruits	Peeled soft fresh fruit, canned fruit <u>without</u> heavy syrup/added sugar, soft frozen fruit without added sugar	Dried fruit, fruit canned in sugar/heavy syrup, juice, canned pie fillings
Vegetables	Soft cooked canned, fresh, or frozen vegetables	Hard or raw vegetables
Drinks	Water, tea, coffee, sugar-free beverages such as Crystal Light and "light" juices	Soda, chocolate milk, Kool-Aid, fruit drinks, juice