



Dumping Syndrome

Dumping Syndrome is a condition that occurs after stomach surgery in which the contents of the stomach empty too quickly into the intestines resulting in cramping and diarrhea. Other symptoms of dumping syndrome include nausea, vomiting, weakness, dizziness, and stomach cramping.

This diet will help alleviate symptoms of dumping and allow for better tolerance of food. Below are a list of recommended foods and tips to help minimize dumping.

General Guidelines:

- Eat six small meals throughout the day.
- Try to eat a source of protein at each meal, such as poultry, red meat, eggs, tofu, nuts, milk, yogurt, cheese, or peanut butter.
- Limit concentrated sugars like candies, cookies, soda, juice and syrup.
- Eat slowly.
- Don't drink fluid with meals, instead drink 30-60 minutes before or after meals.
- Choose high fiber foods when possible, such as whole wheat breads and cereals, fruits and vegetables, and beans (black beans, pinto beans, kidney beans).

Food Groups	Better Tolerated Foods	Less Tolerated Foods
Breads and Grains	Whole-wheat breads, buns, pasta, and crackers; unsweetened cereals, rice, pasta	Sweetened cereals, donuts, cakes, sweet rolls, pastries
Meats and Protein Substitutes	Any meat, poultry, deli meats, eggs, tofu, peanut butter	None
Milk and Dairy	Milk, yogurt, cheese, cottage cheese, sugar-free ice cream	Chocolate milk, any flavored milk, ice cream
Fruits	Fresh Fruit, canned fruit <u>without</u> heavy syrup/added sugar, fresh-frozen fruit	Dried fruit, fruit canned in sugar/heavy syrup, sweetened fruit juice, canned pie fillings
Vegetables	Fresh, frozen, or canned vegetables	None
Drinks	Water, tea, coffee, diet soda, sugar-free beverages such as Crystal Light, and "Light" Juices	Soda, chocolate milk, Koolaid, fruit drinks, juice

**** If you're having difficulty maintaining you're weight, try sugar-free nutritional supplements such as sugar-free Carnation Instant Breakfast or Glucerna. Avoid Boost, Ensure, and Scandishake products.**

Sample Diet

Breakfast

- ½ grapefruit
- ½ whole wheat bagel
- 1 tablespoon cream cheese
- * 4oz milk 30 minutes after the meal

Snack

- 2 slices cheese and six crackers
- Apple slices

Lunch

- 2 oz. grilled chicken
- ½ c. green beans
- Fruit cup
- * Sugar-free tea 30 minutes after meal (may use sugar substitute)

Snack

- ½ turkey sandwich with mayonnaise

Dinner

- 2 oz. hamburger on small bun
- Small salad with 2 tablespoons salad dressing
- * Crystal Light 30 minutes after the meal

Snack

- 2 tablespoons peanut butter on graham crackers

