

Dumping Syndrome Diet

Dumping Syndrome can occur after surgery on your stomach or esophagus. It is caused by large amount of food passing quickly into the small intestine and results in abdominal pain, fullness, nausea, diarrhea, weakness and fatigue. Tell your doctor if you are losing weight.

TIPS:

Eat small frequent meals, **at least six times daily.**

Do not drink liquids with your meals. Drink liquids at least ½ hour to 1 hour after eating solids.

If you have low blood sugars (hypoglycemia) avoid sugar and sweets.

Lie down as soon as you finish eating.

Avoids foods that are very hot or very cold.

Avoid foods you know cause you problems.

Please to your physician or dietician for personal recommendations.

Group	Recommend	Avoid
Fruits	2-4 servings daily All fresh fruit. Drained unsweetened canned fruit. Unsweetened frozen fruit.	Canned fruits in syrup. Sweetened Juices and frozen fruit
Milk/dairy	2 serving daily yogurt, plain or unsweetened, all cheese Skim, 2% or whole milk (one hour after solid food intake)	Milkshakes Chocolate milk Sweetened yogurt
Breads and Cereals	6-11 servings daily All breads, unsweetened cereals Rice, crackers, pasta, potatoes	Sweetened breads, pancakes, waffles, sweetened cereals, donuts
Vegetables	3-5 servings daily All vegetables allowed	Any not tolerated Sweet pickles
Sweets	Sugar Free products	Sugar, candy, chocolate cakes, cookies, honey, jelly, candy
Meats	2-3 servings daily All meats, fish, poultry, eggs, cheese Peanut butter, dried beans, legumes	Any not tolerated
Fats	All butter, margarine, oil, salad dressing	