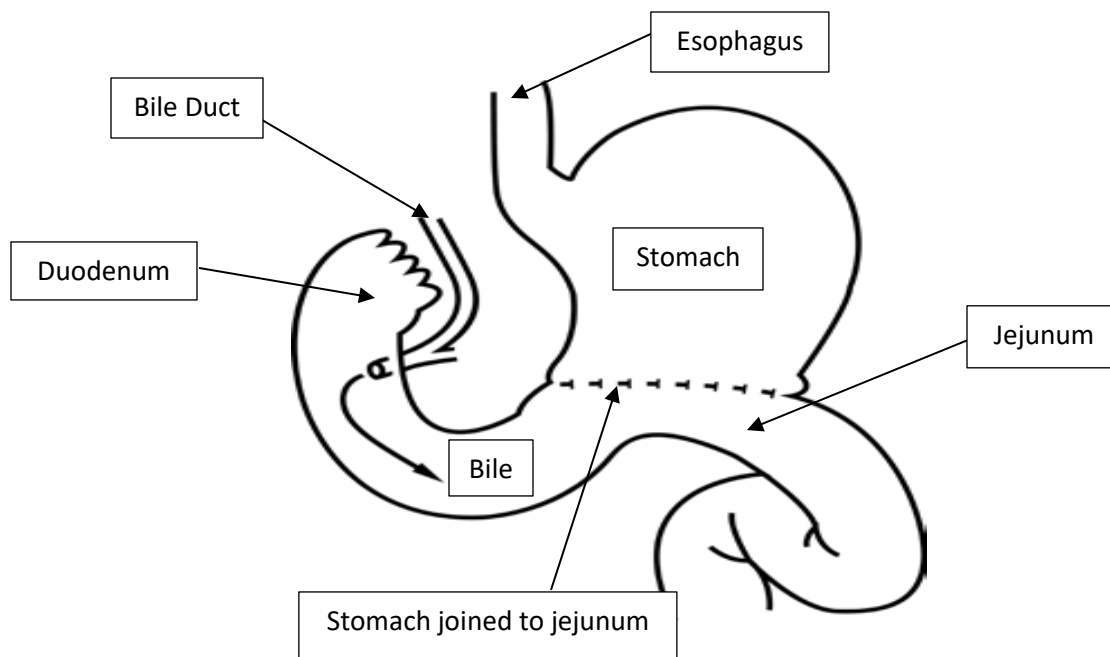


Gastrectomy Nutrition Guidelines

What is a Gastrectomy?

- A gastrectomy is an operation that removes all or part of the stomach
- The stomach will be smaller resulting in less room for the food you eat. This may cause you to feel full more quickly and food to pass through your digestive tract faster.
- You will still have a working digestive system, although it will not work as well as it did before
- You will need to make some changes to your diet while your body heals from surgery



What is Dumping Syndrome?

- Dumping syndrome is a group of symptoms that occur after stomach surgery
- It is caused when food goes into the small intestine too quickly
- You may have symptoms 15-30 minutes after a meal or 1-3 hours after a meal
 - 15-30 minutes after a meal:
 - Fullness, 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 and 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.

- 1-3 hours after a meal:
 - Sweating, weak, shaky, fast heart rate, hungry, difficulty concentrating
 - This is called “Late Dumping” Syndrome and is caused by the rapid absorption of sugar in to the blood, which releases insulin and drives the blood sugar levels down.

Do I need to follow a special diet after surgery?

- To prevent symptoms of dumping syndrome and help maintain your weight, we recommend following these general guidelines:

Recommendation	Reason
Eat 6-8 small meals per day	<ul style="list-style-type: none"> • Prevents overfilling your stomach (which can make you feel sick) and helps to maintain your weight
Sit upright while eating	<ul style="list-style-type: none"> • Prevents heart burn
Eat slowly and chew your food well	<ul style="list-style-type: none"> • Allows your body to tell you when you are full so you don't eat too much at once and helps with digestion
Limit fluid intake at meals and try to drink your liquids 30-60 minutes before of after meals	<ul style="list-style-type: none"> • Helps to prevent food from moving to fast through the digestive system to allow absorption of nutrients • Helps to prevent you from feeling full too quickly as liquids take up a lot of space in the stomach
Eat a protein rich food at each meal (chicken, fish, meat, cheese, nut butter, legumes, eggs)	<ul style="list-style-type: none"> • Helps to slow down digestion and prevent dumping • See full list of foods recommended and foods to avoid
Choose high fibre foods when possible (whole grain breads and cereals, fruits, vegetables, beans and lentils)	<ul style="list-style-type: none"> • Helps to slow down digestion and prevent dumping • See full list of foods recommended and foods to avoid
Limit high sugar foods	<ul style="list-style-type: none"> • Helps to prevent symptoms of dumping • See full list of foods recommended and foods to avoid

- Follow the diet recommendations below for 2 weeks after surgery and gradually try to reintroduce foods depending on your symptoms.

Type of Food	Recommended	Avoid
Milk, Milk Alternatives, Dairy	Milk, plain or artificially sweetened yogurt, cheese, cottage cheese, cream cheese, sugar free pudding/custards, cream soups, unsweetened milk alternatives (almond, cashew, soy)	Sweetened milk, chocolate milk, milkshakes, condensed milk, fruit yogurts, ice cream, regular pudding/custard, frozen yogurt, sweetened milk alternatives
Breads and Cereals	Unsweetened, whole grain cereals/oatmeal/ cream of wheat, whole wheat breads, whole wheat pasta, rice, crackers	Cereals with sugar coating, granola, sweet breads/rolls, doughnuts, sweet baked goods
Meat Products	Meat, poultry, pork, fish, seafood, eggs, deli meats	None
Meat Alternatives	Peanut or other nut butter, beans (kidney, chick peas, black etc.), lentils, tofu, nuts	None
Fruits	Fresh fruit, unsweetened canned or frozen fruit, unsweetened juice	Canned fruit in syrup, sweetened fruit juices, dried fruit
Vegetables	All vegetables fresh, frozen or canned	None
Fats and Oils	Butter, margarine, salad dressing, mayonnaise, oils, sour cream	None
Beverages (Limit to 125ml at meals)	Unsweetened drinks such as water, crystal light, sugar-free soda, tea, coffee, G2 gatorade, V8, tomato juice, broth	Sweetened beverages like Gatorade, pop, alcohol, iced tea, lemonade, Kool-Aid, fruit beverages
Sweets	Artificial sweeteners, sugar-free jello, sugar-free candy, sugar-free jam, sugar-free popsicles	Cookies, cakes, pies, pastries chocolate, honey, jam, marmalade, syrup, molasses, popsicles, sugar, candy
Other	Spices, condiments	Sweet sauces (BBQ, plum, sweet and sour sauce etc.), sweet pickles, relish

Will I need any vitamin and mineral supplements long term?

- If all or a large portion of your stomach is removed, you are likely to need B12 and Iron supplementation as it will now lack a protein called 'intrinsic factor' that the body needs in order to absorb B12 and Iron effectively.
- Talk with your physician about B12 and Iron supplementation

Registered Dietitian: _____

905-378-4647 ext. _____