



POST GASTRECTOMY DIET

A gastrectomy is the surgical removal of all or part of the stomach. The recommendations below are to help you adjust to a smaller stomach and to help prevent reflux, feeling full quickly, weight loss and dumping syndrome. Dumping syndrome includes symptoms such as bloating, nausea, dizziness, weakness and sweating however very few people experience this. Over time, you should be able to eat regular portions again. Follow this diet for about 3 weeks after surgery and slowly add new foods as tolerated.

General Guidelines

- Eat six small meals per day or every 2-3 hours to avoid overfilling the stomach.
- Sit upright while eating.
- Eat slowly, take small bites of food and chew your food well.
- Limit fluid at meals and drink slowly. This may help prevent fast movement of food through the digestive system and allow the absorption of nutrients. If you are experiencing bloating, nausea, dizziness, weakness or sweating, it may help to drink your liquids 30-60 minutes before or after meals.
- Eat a protein containing food with each meal such as meat, poultry, fish, cheese, peanut butter, legumes or lentils.
- Choose high fibre foods when possible including whole grain products, fresh vegetables, fruit and beans (black, kidney etc.).
- If you experience nausea, vomiting or diarrhea when consuming high-sugar foods, limit fruit beverages, pop, Ensure, Boost, cookies, cakes, pies, candy, sugar, syrup and jam.
- Avoid very hot or very cold food or liquids.
- If you are losing weight, you may need to drink a nutritional supplement for extra calories. You can try low sugar over-the-counter supplements including Glucerna, no-sugar added Carnation Breakfast Anytime or other similar sugar free supplements. If you have questions, please contact your Dietitian for more information. **If you are losing weight please call your Surgeon or Dietitian.**

Recommended Diet:

Generally Well Tolerated	Generally Not Well Tolerated
<p><i>Grain Products:</i></p> <ul style="list-style-type: none"> • Unsweetened cereals, oatmeal and cream of wheat • Bread, pasta, buns, bagels, crackers, pasta and rice <p><i>Vegetables:</i></p> <ul style="list-style-type: none"> • Cooked, canned or soft vegetables • Raw vegetables as tolerated <p><i>Fruit:</i></p> <ul style="list-style-type: none"> • Juices and nectars • Ripe, fresh and soft fruit <p><i>Meats and Alternatives:</i></p> <ul style="list-style-type: none"> • Meat, poultry, pork, fish and seafood • Cottage cheese • Eggs • Peanut butter, legumes and lentils <p><i>Dairy:</i></p> <ul style="list-style-type: none"> • All milk as tolerated • Cheese • Low calorie pudding, yogurt or custard <p><i>Fats:</i></p> <ul style="list-style-type: none"> • Butter, margarine, salad dressing, mayonnaise, oils and sour cream <p><i>Other:</i></p> <ul style="list-style-type: none"> • Artificial sweeteners • Low calorie jello, popsicles, jam • Water, tea, coffee and diet beverages 	<p><i>Grain Products:</i></p> <ul style="list-style-type: none"> • Sugar coated cereal, granola • Donuts, sweet rolls, muffins and pastries • Breads with nuts or seeds <p><i>Vegetables:</i></p> <ul style="list-style-type: none"> • None <p><i>Fruit:</i></p> <ul style="list-style-type: none"> • Dried fruit or canned fruit in syrup • Sweetened juice <p><i>Meats and Alternatives:</i></p> <ul style="list-style-type: none"> • None <p><i>Dairy:</i></p> <ul style="list-style-type: none"> • Malted or chocolate milk • Sweetened custard, yogurt or pudding • Ice cream, frozen yogurt or milkshakes <p><i>Fats:</i></p> <ul style="list-style-type: none"> • None <p><i>Other:</i></p> <ul style="list-style-type: none"> • Regular pop, sweet beverages and fruit drinks • Cakes, pies, pastries, cookies, sherbet and other high sugar desserts

Your Dietitian: _____ Phone #: _____

This handout was referenced from the Manual of Clinical Dietetics Gastric Surgery patient resource and the Practical Gastroenterology Journal (June 2004): *Post-Gastrectomy: Managing the Nutrition Fall-Out*.

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