Gastrointestinal (GI) Modified Diet for Post Gastrectomy

After surgical removal of part or all of your stomach, you will need to eat less food than before you had surgery. If you had part of your stomach removed, it cannot hold as much food and fluids as you normally ate before surgery. If you had all of your stomach removed, you will need to eat even smaller amounts more often.

This gastrointestinal (GI) modified diet for after gastrectomy gives you enough nutrition while helping you to avoid problems like dumping syndrome.

What is dumping syndrome?
If you eat a large meal or eat too much sugar, the food may be dumped too quickly into your small intestine. This is called dumping syndrome. It can cause cramping, pain, nausea and diarrhea. It can also make you feel weak, dizzy and flushed. These signs often occur within 30 minutes of eating. After lying down for 30 to 60 minutes, these signs usually begin to go away. To prevent or reduce signs, rest for 15 to 30 minutes after eating to slow the movement of food going into the small intestine. Talk to your doctor if you think you get dumping syndrome.

Diet Guidelines
Follow these guidelines for 6 to 8 weeks after surgery:

1. **Eat 6 to 8 small meals and snacks each day.**
   - **Keep portion sizes small.** For example, 1 to 2 ounces of meat, ½ cup of vegetables, ½ cup unsweetened fruit and ½ cup starch.

   You may be able to eat more or less than these portion sizes depending on how much of your stomach was removed. If you had all of your stomach

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removed, you may need to eat smaller amounts more often than 6 to 8 times a day.

- Eat slowly and chew your food thoroughly.
- When you begin to feel full, stop eating. Never force yourself to finish a meal.

2. **Eat foods with protein at every meal.**

   Foods high in protein such as meat, fish, eggs and cottage cheese take longer to digest. They help prevent diarrhea and give your body the protein you need to help heal from surgery.

   - Eat meat, eggs, cheese or cottage cheese at each meal.

3. **Choose grains low in fiber.**

   These are easier to digest.

   - Choose white flour or other refined grains that have less than 2 grams of fiber per serving. Check food label for grams of fiber listed per serving.

4. **Keep meals dry.**

   - Drink no beverages or have other fluids at meals. Large amounts of beverages or fluids at meals may cause dumping syndrome.
   - Drink beverages between meals and snacks, about 30 to 60 minutes after you eat.
   - Avoid beverages with large amounts of sugar, even natural sugar like the kind found in fruit.
   - Use sugar-free soda pop, punch, and lemonade that are made with a sugar substitute. Examples include Crystal Lite and V-8 Diet Splash.
   - Avoid soups at meals since they are high in fluids. Other foods that are liquid at room temperature like jello, ice cream and popsicles should also be avoided at meals and eaten in between meal time.

5. **Choose soft and well cooked foods.**

   These are usually easier to digest.

   - Avoid most raw fruits and vegetables (see list of recommended and not recommended fruits and vegetables).

6. **Avoid very hot or very cold foods.**

   Your body may better tolerate foods closer to room temperature.
7. **Avoid sugars and sweets.**

Sugars and sweets tend to enter the bowel too quickly. This can lead to dumping syndrome.

- Avoid table sugar, brown sugar, honey, jelly, jam, preserves and maple syrup.
- Avoid candy, cake, pie, cookies, sweets made with sugar, sugarcoated or sweetened cereals, donuts, icing and pastries.
- Avoid foods made with xylitol, sorbitol, dextrose or fructose. These are different kinds of sugars.
- **Use** sugar substitutes like saccharin (Sweet ‘N Low or Sweet Ten), aspartame (Equal or Nutrasweet³), sucralose (Splenda), and acesulfame potassium (Sunnette or SweetOne).
- **Use** unsweetened canned fruit or fresh fruit instead of sweetened desserts or heavy syrup packed fruit.

**Special Note on Weight Loss**

If you are underweight, make sure you are getting enough calories. Fats are high in calories. Eating more of them will help keep you from losing weight, even though you may be eating smaller amounts of food. Try adding margarine, oils, mayonnaise and salad dressings to your food. Gradually add more to your foods if you tolerate them.

**Select a Variety of Foods from these Groups**

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Recommended Foods</th>
<th>Foods NOT Recommended</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Meat and Meat Substitutes</strong></td>
<td>Tender, well cooked beef, pork, lamb, poultry, fish</td>
<td>Fried meat, poultry or fish</td>
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<tr>
<td>1 to 2 servings at each meal.</td>
<td>Low fat lunch meats</td>
<td>High fat lunch meats</td>
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<tr>
<td>1 serving = 1 to 2 ounces of meat or cheese, 1 egg or 2 tablespoons of nut butter.</td>
<td>Eggs</td>
<td>Hot dogs, sausage, bacon</td>
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<td></td>
<td>Cheese</td>
<td>Tough or chewy meats</td>
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<td></td>
<td>Cottage cheese</td>
<td>Dried beans, peas, lentils</td>
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<td></td>
<td>Smooth nut butters</td>
<td>Chunky nut butters, nuts</td>
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<tr>
<td><strong>Grains</strong></td>
<td>White bread</td>
<td>High fiber, whole grain products that have 2 grams or more of fiber per serving</td>
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<tr>
<td>1 to 2 servings at each meal.</td>
<td>Cereals (not sugar coated)</td>
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<td>1 serving = ½ slice of bread, or ½ cup pasta, rice, potatoes or other starches.</td>
<td>Crackers</td>
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<td></td>
<td>White rice</td>
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<td></td>
<td>Noodles, macaroni, spaghetti made from white or refined flours</td>
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<tr>
<td>Food Group</td>
<td>Recommended Foods</td>
<td>Foods NOT Recommended</td>
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<tr>
<td><strong>Vegetables</strong></td>
<td>Any well-cooked vegetable without seeds or skins&lt;br&gt;Potatoes without skins&lt;br&gt;Lettuce</td>
<td>All raw vegetables except lettuce&lt;br&gt;Greens of any type&lt;br&gt;Corncobs&lt;br&gt;Potatoes with skin&lt;br&gt;Broccoli&lt;br&gt;Brussels sprouts&lt;br&gt;Beets&lt;br&gt;Cabbage&lt;br&gt;Cauliflower</td>
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<td><strong>Fruits</strong></td>
<td>Canned fruit packed in its own juice or in light syrup if rinsed and drained&lt;br&gt;Bananas&lt;br&gt;Melon</td>
<td>Any raw fruit except banana and melon&lt;br&gt;Dried fruits like prunes, raisins&lt;br&gt;Canned fruit in sugar</td>
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<tr>
<td><strong>Milk</strong></td>
<td>Skim or 1% milk&lt;br&gt;Buttermilk&lt;br&gt;Plain yogurt&lt;br&gt;Fruit flavored yogurt sweetened with sugar substitute</td>
<td>Chocolate or other flavored milk with added sugar. Drink milk between meals as with all other beverages.</td>
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<tr>
<td><strong>Fats</strong></td>
<td>Oils, butter, margarine&lt;br&gt;Salad dressings&lt;br&gt;Mayonnaise&lt;br&gt;Cream&lt;br&gt;Cream cheese</td>
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<tr>
<td><strong>Foods Allowed As Desired</strong></td>
<td>Bouillon&lt;br&gt;Decaffeinated coffee and tea&lt;br&gt;Diet gelatin&lt;br&gt;Herbs and spices&lt;br&gt;Sugar-free soda pops&lt;br&gt;Sugar substitutes&lt;br&gt;Vinegar</td>
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<tr>
<td>Food Group</td>
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<td>Foods NOT Recommended</td>
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<tr>
<td>Fluids</td>
<td>Water</td>
<td>Alcohol</td>
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<td></td>
<td>Skim and 1% milk</td>
<td>Fruit juice, fruit drinks, lemonade</td>
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<tr>
<td></td>
<td>Decaffeinated coffee and tea</td>
<td>Beverages with caffeine</td>
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<td></td>
<td>Sugar- free soda without caffeine</td>
<td>Beverages made with sugar, corn syrup or honey</td>
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<td></td>
<td>Other beverages sweetened with sugar substitute</td>
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**Sample Menu**

You may need to eat more or less than the portion sizes listed in the sample menu below depending on how much of your stomach was removed. Remember to include beverages and other fluids between meals, about 30 to 60 minutes after you eat.

**Breakfast:**
1 scrambled egg  
1 slice white toast with 2 teaspoons margarine

**Mid-Morning Snack:**
2 ounces cheddar cheese  
6 saltine crackers

**Lunch:**
¾ cup tuna casserole  
½ cup cooked carrots with 1 teaspoon margarine  
½ cup no added sugar applesauce

**Afternoon Snack:**
1 cup yogurt with sugar substitute  
½ banana

**Dinner:**
2 to 4 ounces tender chicken  
½ cup mashed potatoes  
½ cup cooked carrots  
½ cup lettuce with 1 tablespoon oil & vinegar

**Night Snack:**
ham and cheese sandwich on ½ plain bagel

Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.