

► Indication

This diet is used for patients who develop dumping syndrome following surgery on the gastrointestinal tract. Dumping syndrome is caused by the rapid emptying of food into the small intestine. Fifteen to thirty minutes after a meal, a hyperosmolar* solution forms in the jejunum, causing distention and the following symptoms: weakness, dizziness, flushing, sweating, tachycardia, nausea, abdominal pain, cramps, vomiting and diarrhea. The diet is designed to provide adequate calories and nutrients to support tissue healing and prevent weight loss after gastric surgery.

► Description

The following general guidelines are recommended:

1. The meal plan should be low in simple sugars, high in complex carbohydrates and protein, and moderate in fat.
2. At least 6 small meals should be planned for each day.
3. Liquids should be taken 30 to 60 minutes **after** meals and limited to **½ or 1 cup serving**. At least 6 cups fluid should be consumed daily to replace losses resulting from diarrhea.
4. Initially, milk and milk products may not be tolerated. Try lactose-free milk instead.
5. All food and drink should be moderate in temperature. Cold drinks tend to cause increased gastric activity.
6. If dumping syndrome persists, it may be helpful to lie down 20 to 30 minutes after meals to slow transit to the small bowel.
7. To manage diarrhea, increase your pectin intake by using a medication such as Kaolin with pectin (generic name: Kapectolin).
8. Use low-fat cooking methods: steaming, boiling, baking or broiling.

► Nutrition Adequacy

This diet meets the Dietary Reference Intakes for most nutrients.

If milk is not tolerated, supplementation of vitamin D, calcium and riboflavin is indicated.

Food Group	Foods Allowed	Foods to Avoid
Beverages At least 6 cups daily between meals	Coffee, tea; unsweetened or diluted fruit drinks, diet carbonated beverages.	Alcohol; regular carbonated beverages, sweetened cereal beverages, sports drinks, sweetened fruit juices.
Milk and Milk Products 1 to 2 cups daily (included in beverages)	Initially avoid milk and milk products. Gradually add whole, low fat or non-fat milk and plain yogurt after symptoms subside.	Sweetened cocoa, chocolate milk drinks, milk shakes. Sweetened or fruit-flavored yogurt.
Bread and Cereal At least 5 servings daily	Unsweetened dry and cooked cereals; any bread or roll without added sugar; crackers, graham crackers; English muffins.	Sweetened cereals, cereal with dates, raisins, brown sugar, or chocolate. Pastries, doughnuts, Pop Tarts®.

* Having more small particles like sugars/proteins than the body's fluid has.

Sample Daily Menu

Breakfast

2 Scrambled Eggs
1 sl. Toast
1 tsp. Margarine
1 tsp. Diet Jelly
1 Fresh Orange
Salt, Sugar Substitute, Pepper

Mid-Morning

3 Vanilla Wafers
1 Small Banana

Lunch

3 oz. Roast Beef au Jus
½ c. Mashed Potatoes
½ c. Carrots
½ c. Unsweetened Peaches
1 sl. Sourdough Bread
1 tsp. Margarine
Salt, Sugar Substitute, Pepper

Mid-Afternoon

Sandwich made from:
¼ c. Egg Salad
1 sl. Sourdough bread

Dinner

3 oz. Baked Chicken Breast
2/3 c. Rice Pilaf
½ c. Green Beans
½ c. Unsweetened Fruit Cocktail
1 sl. Sourdough Bread
1 tsp. Margarine
Salt, Sugar Substitute, Pepper

Evening

2 tbsp. Peanut Butter
4 Saltine Crackers

References:

1. American Dietetic Association. 2009. *Gastric Surgery Nutrition Therapy*. www.nutritioncaremanual.org Accessed 12/22/2009.
2. *Anti-Dumping Diet*. 2009. www.gicare.com/Diets/Dumping.aspx Accessed 12/8/2009.
3. Clin-eguide: *Clinical Decision Support: Dumping Syndrome*. Hoag Memorial Hospital Presbyterian Robert and Winifred Bacon memorial Medial Library. Accessed 1/10/08.
4. International Foundation for Functional GI Disorders. 2009. *Dumping Syndrome*. www.aboutgimotility.org/site/about-gi-motility/disorders-of-the-stomach/dumping-syndrome. Accessed 12/8/2009.
5. Mayo Clinic. 2009. *Dumping Syndrome*. www.mayoclinic.com/health/dumping-syndrome. Accessed 12/8/2009.
6. University of Pittsburgh Medical Center. 2009. *Dumping Syndrome Diet*. www.upmc.com/HealthAtoZ/patienteducation/DumpingSynDiet.pdf. Accessed 12/8/2009.