

PATIENT EDUCATION

Post Gastrectomy Diet



This diet is intended for patients to follow after a **gastrectomy** procedure. A gastrectomy is the surgical removal of all or part of your stomach and often affects normal digestion which can lead to malnutrition.

Common Side Effects of Gastric Surgery

- Decreased stomach capacity, resulting in early satiety or fullness
- Decreased stomach emptying
- Dumping syndrome: occurs when food or fluids, with a high concentration of sugar, move too quickly through your digestive system, often resulting in nausea, dizziness, light-headedness, weakness, fatigue, rapid pulse, abdominal cramping, and diarrhea. These symptoms may occur within 30 minutes after eating. Sometimes symptoms are delayed and can occur hours after eating.
- Decreased sense of appetite
- Weight loss
- Inadequate food intake, resulting in malnutrition
- Fat mal digestion and mal absorption
- Anemia (B12, folate, and iron deficiency)
- Diarrhea
- Osteopenia (decreased bone density)

The Following are Recommendations for ALL Post Gastrectomy Patients

- 1. Eat small, but frequent meals and snacks.** Eat at least 5-6 times per day (such as 3 small meals and 3 small snacks). You may be able to eat larger portions over time, but keep servings small at first.

2. **Include a good source of protein with each meal and snack.** (*refer to list in this booklet for examples of good sources of protein)
3. **Choose soft foods and tender meats.** One of the main functions of the stomach is to mechanically break down food. Pay attention to the texture of your food. CHEW your food well and eat SLOWLY!
4. **If you experience difficulty tolerating milk, try a lactose-free milk or try taking lactase enzyme tablets when you eat dairy products.**
5. **Consume dietary fats as tolerated.** Notify your healthcare professional if you are experiencing greasy, pale colored stools that float. You may be poorly digesting fat and your doctor may prescribe digestive enzyme tablets to take with your meals.

Good Sources of Protein

- Meat, fish, poultry, eggs
- Dairy products: milk (note - almond milk is low in protein and is not comparable to cow's milk or soymilk), cheese, yogurt (note - Greek yogurt is higher in protein)
- Soy products
- Beans, lentils, peanut butter
- Whey protein powder - you can increase your protein intake by adding this to foods that you normally consume, such as mashed potatoes, soups, applesauce, and milk.
- Protein drinks and supplements – for example Ensure®, Boost®, Carnation Instant Breakfast® (also available in a sugar-free variety), Muscle Milk®, Special K®, Glucerna® and IsoPure Plus® (also available in a sugar-free variety).
NOTE: Many liquid nutritional supplements are a concentrated source of sugar. Therefore, if you are at risk for dumping syndrome, you may need to consume in very

small amounts at a time (such as 4 oz) or eliminate from your diet entirely.

The Following are Additional Recommendations for Those Experiencing Delayed Gastric Emptying

Symptoms may include: nausea, vomiting, no appetite, fullness and bloating.

- 1. Choose more liquids and pureed foods.** Eating solid foods may make your symptoms worse.
- 2. Trial a low-fat/low-fiber diet.** Fats and indigestible fibers (also known as roughage such as seeds, nuts, raw fruits and vegetables with skins) tend to slow gastric emptying.
- 3. Soluble fibers** (also known as non-roughage such as canned or peeled fruit, baked sweet potato without skin, and oatmeal) do not need to be avoided and are important for bowel function.

The Following Are Additional Recommendations for Those Experiencing Dumping Syndrome

Symptoms may include: abdominal pain, bloating, nausea, vomiting, diarrhea, fatigue, weakness, confusion, decreased blood pressure and low blood sugar.

- 1. Eat fewer simple sugars.** Sugary foods should be avoided because they will pass through your stomach too quickly and trigger symptoms (examples include sugary drinks, candy, baked goods, etc).
- 2. Drink liquids 30-60 minutes before or after your meals.** You may sip up to 4 oz of fluid with your meals if needed.
- 3. Eat more soluble fiber.** Foods high in soluble fiber slows digestion and will help prevent sugar from being absorbed too quickly (for example peeled fruits including apples,

peaches, & pears; barley, beets, carrots, dates, figs, prunes, oats, spinach).

Important Tips

- Your nutrition is very important for your recovery. After surgery, your body needs additional calories and protein in order to heal properly.
- Everyone is different and may tolerate foods differently. Introduce one new food at a time and see how you feel. Avoid the foods that have caused you symptoms.
- You may need specific vitamins/minerals; check with your doctor or dietitian first.

Food Selection Guide for Post Gastrectomy Meal Planning

Food Group	Foods to Avoid or Which May Cause Distress	Recommended Foods	Serving Sizes
Breads, Cereals, Rice, Pasta, Potato	Whole grain bread, or breads made with dried fruits, nuts, seeds; sugar-coated cereals, bran cereals such as bran flakes, raisin bran or shredded wheat	Refined or soft wheat, seedless white, rye breads, rolls, bagels, muffins, pancakes, waffles, rice, barley, pasta or noodles, and potatoes; unsweetened, ready-to-eat or hot cereal, especially oat cereal	1 medium fruit 1 slice bread ½-1 cup ready to eat cereal ½ cup hot cereal, rice, pasta, noodles, potato ½ cup juice

Food Group	Foods to Avoid or Which May Cause Distress	Recommended Foods	Serving Sizes
Fruits	Dried fruits; canned fruits with heavy syrup, sweetened fruit juice, skin-on fruit such as grapes, apple, or pear	Canned fruits (without added sugar); ripe banana, peeled apple or pear, applesauce, peaches, pears, mandarin oranges (strain off syrup); unsweetened fruit juice	1 medium fruit ½ cup canned ½ cup juice
Vegetables	Raw, high fiber vegetables (corn, peas, potato skins) or vegetables prepared with sugar such as candied potatoes	Most well cooked vegetables without skins or seeds initially - gradually reintroduce raw vegetables as tolerated; vegetable juice	1 cup raw, leafy vegetables ½ cup cooked
Meats, Poultry, Fish, Eggs, Nuts	Fried or hot spice seasoned meats, poultry, fish, or nuts; cooked dry beans, peas	Lean, tender meats, poultry, fish, shellfish, eggs, canned beans, soy foods, and smooth nut butters	1 oz cooked meat, fish, poultry 1 egg ½ cup cooked beans

Food Group	Foods to Avoid or Which May Cause Distress	Recommended Foods	Serving Sizes
Milk, Yogurt, Cheese	Chocolate milk, milkshakes, sugar sweetened yogurt	Milk (skim, 1% or 2%), buttermilk, evaporated or Powdered; Lactaid® milk if lactose intolerant; soy, almond, or rice milk (no sugar added); yogurt (no sugar added); cheese (regular or low-fat as tolerated)	1 cup milk or yogurt 1 oz cheese ½ cup cottage cheese
Fats		Small amounts as tolerated of olive, canola, or vegetable oil, peanut butter, mayonnaise, salad dressing, salad spread, cream cheese, sour cream, butter, or margarine	1 tsp of butter, margarine, or vegetable oil 1 tbsp salad dressing or salad spread 1 tbsp cream cheese 2 tsp peanut butter 2 tbsp sour cream

Food Group	Foods to Avoid or Which May Cause Distress	Recommended Foods	Serving Sizes
Sweets	Sugared desserts; sugar, syrup, honey, jam, jelly, marshmallows; sugared pastries; sugared or jelly filled or frosted doughnuts, muffins, cookies; pies with sugared filling or toppings; cakes topped and filled with frosting/icing, jelly.	Plain cake, plain cookies (shortbread cookies), plain donuts; fruit pies may be tolerated in small serving; sugar free jello, popsicles, Italian ice. NOTE* Consume foods containing sugar alcohols, found in sugar free hard candies and chocolates with caution as they may have a laxative effect	
Condiments Beverages	Jelly, jam, sweetened beverages, alcohol, sweetened fruit drinks	Spices, seasonings as tolerated, coffee, tea, diet or sugar free beverages	

Quantities of Foods to Meet Your Calorie, Protein, and Nutrient Needs

Calorie Need: _____ Protein Need _____

Food Group	Serving Size is Equal to:	Serving of Food to Include in Daily Meal Plan
Breads, Cereals, Rice, Pasta, Potato	1 slice bread, ½-1 cup ready to eat cereal, ½ cup cooked pasta, cereal, or rice, ½ cup potato, ½ cup cooked barley	
Fruits	½ cup canned or cooked fruit, ¾ cup juice; 1 medium fresh fruit; ½ large banana	
Vegetables	½ cup cooked, ½ cup vegetable juice	
Meat, Poultry, Fish, Dry Beans, Peas, Eggs, Nuts	1 oz meat, poultry, or fish, 1 egg, 1/3 cup cottage cheese, 1 oz of sliced cheese	
Milk, Yogurt	1 cup milk or yogurt	
Condiments, Beverages	6-8 oz of any beverage, 2 tbsp reduced calorie salad dressing (oil based), sour cream	
Fats	1 tsp of margarine, butter, or any vegetable oil, 2 tsp peanut butter; ½ tbsp mayonnaise, 1 tbsp salad spread or salad dressing, 1 tbsp diet margarine, cream cheese or whipping cream, 2 tbsp reduced calorie salad dressing or sour cream	

Sample Meal Plan

BREAKFAST

½ cup oatmeal

1 egg

½ banana

½ cup milk

MID-MORNING

cheese and crackers or poached egg and toast

½ cup milk

LUNCH

½ turkey sandwich

½ cup cooked vegetable

½ cup milk

MID-AFTERNOON SNACK

⅓-½ cup cottage cheese with fruit

OR

4-8 oz yogurt and crackers

DINNER

2-3 oz of cooked, tender meat, fish, or poultry

½-1 cup of pasta, rice, or potato

½ cup cooked vegetable

½ cup milk

EVENING SNACK

¾ cup cereal

½ cup milk

OR

½ sandwich

**If you have any questions, please call the
Nutrition Department at Roswell Park
716-845-2398**

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