Gastrectomy Diet

Nutrition guidelines

Because you had an operation to remove part or all of your stomach, you will not be able to eat and drink as you normally would for the first 4 to 6 weeks after your operation.

The diet guidelines in this booklet will help you get enough calories. It is common to quickly feel full after a gastrectomy. You may also have dumping syndrome, when food moves into the intestines too fast, causing diarrhea or discomfort.

Important Points to Keep in Mind

- Eat 5 to 6 meals a day. At first, you may be able to eat only small amounts at a time, about ½ cup.
- Cut your food into small pieces and chew it well.
- Focus on eating high-calorie, high-protein foods.
- Eat and drink slowly.
- If you have symptoms of dumping syndrome (diarrhea, nausea, bloating, weakness, and sweating), you may need to avoid foods that are high in sugar, fat, and lactose (the sugar that naturally occurs in dairy products).
- Try not to drink anything 30 minutes before or after a meal to help prevent dumping syndrome.
- Drink 8 to 10 cups of liquid each day. One cup equals 8 ounces.
- Avoid lying down right after a meal to help prevent reflux. Wait at least 30 minutes before reclining. This will give your food time to settle.
- If you lose weight for more than 1 week after discharge, call the dietitian or diet technician.

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

Dietitian/Diet Technician:
What is a gastrectomy diet?
After stomach surgery, people usually need to eat soft foods that are high in protein and low in sugar. This diet helps promote healing and reduce the chance of developing dumping syndrome.

What is dumping syndrome?
After a gastrectomy, food and fluids move through your digestive system more quickly than usual. Dumping syndrome occurs when food enters your intestines too fast. You may feel flushed, weak, or dizzy within several minutes after eating. Other symptoms include abdominal cramps, nausea, and diarrhea.

Eating too much at one time or eating foods that contain added sugars or a lot of fat may also cause dumping syndrome. Sugars in food can quickly pull water from the body into the intestine. This can cause cramps, pain, nausea, low blood sugar, dizziness, and weakness.

How to Prevent Dumping Syndrome
Diet changes can help reduce the symptoms of dumping syndrome. The number of changes needed to get relief from dumping syndrome varies from person to person.

Try these tips to find which ones work for you:

- **Eat 5 to 6 small meals a day** instead of 3 larger meals.
- **Do not eat solid food and drink liquids at the same meal.** Drink liquids at least 20 to 30 minutes after you eat solids.
- **Limit or avoid sugars.** Do not eat sugar, syrup, honey, sugar-sweetened drinks, and desserts that contain sugar. Fruit juices may be easier to digest in small amounts or diluted with water.

Sample Menus

<table>
<thead>
<tr>
<th>Breakfast 1</th>
<th>Breakfast 2</th>
<th>Breakfast 3</th>
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</thead>
<tbody>
<tr>
<td>½ cup cooked cereal</td>
<td>1 scrambled egg with 1 oz. cheese</td>
<td>Fruit smoothie: ½ cup yogurt blended with peaches or banana</td>
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<tr>
<td>½ cup milk</td>
<td>added</td>
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<table>
<thead>
<tr>
<th>Snack 1</th>
<th>Snack 2</th>
<th>Snack 3</th>
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</thead>
<tbody>
<tr>
<td>1 oz. (thick slice) turkey breast</td>
<td>½ banana</td>
<td>1 thin slice of cheese</td>
</tr>
<tr>
<td>½ cup milk or fruit juice</td>
<td>½ cup yogurt</td>
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<thead>
<tr>
<th>Lunch 1</th>
<th>Lunch 2</th>
<th>Lunch 3</th>
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<tbody>
<tr>
<td>½ cup pea soup</td>
<td>½ cup tuna casserole</td>
<td>½ cup macaroni and cheese</td>
</tr>
<tr>
<td>1 cup milk or fruit juice</td>
<td>1 cup milk or fruit juice</td>
<td>1 cup milk or fruit juice</td>
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<tr>
<td></td>
<td></td>
<td>½ cup applesauce</td>
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<thead>
<tr>
<th>Snack 1</th>
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<th>Snack 3</th>
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<tbody>
<tr>
<td>1 deviled egg</td>
<td>1 pudding cup</td>
<td>6 oz. to 8 oz. yogurt</td>
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<table>
<thead>
<tr>
<th>Dinner 1</th>
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<th>Dinner 3</th>
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<tbody>
<tr>
<td>½ chicken breast marinated in teriyaki sauce</td>
<td>½ cup pasta with meat sauce</td>
<td>2 oz. meatloaf</td>
</tr>
<tr>
<td>½ cup cooked carrots</td>
<td>1 Tbsp. grated parmesan</td>
<td>¼ cup mashed potatoes</td>
</tr>
<tr>
<td>1 cup milk or fruit juice</td>
<td>½ cup cooked zucchini</td>
<td>1 teaspoon butter/margarine</td>
</tr>
<tr>
<td></td>
<td>1 cup milk or fruit juice</td>
<td>1 teaspoon sour cream</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 cup milk or fruit juice</td>
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<tbody>
<tr>
<td>½ cup cottage cheese</td>
<td>1 can Glucerna or Ensure</td>
<td>½ cup dry cereal or instant oatmeal made with milk</td>
</tr>
<tr>
<td>½ cup canned fruit</td>
<td></td>
<td>½ cup milk or yogurt</td>
</tr>
</tbody>
</table>
Basic Banana Smoothie
(1 serving)
- 1 cup vanilla 2% lowfat yogurt
- 1 frozen banana
- 3 ice cubes
Blend all ingredients until smooth.
Per serving: 300 calories, 12 g protein (2 protein servings)

Yogurt Shake
(8 oz. per serving)
- ½ cup whole milk or Milk Mixture
- ¼ cup fruit yogurt
- ¼ cup soft fresh or canned fruit
Blend all ingredients until smooth.
Per serving: With whole milk: 225 calories, 8 g protein
(1 protein serving); with Milk Mixture: 310 calories,
13 g protein (2 protein servings)

Peanut Butter Smoothie
(1 serving)
- 1 cup 2% low fat milk
- 2 tablespoons peanut butter
- 1 frozen banana
Blend all ingredients until smooth.
Per serving: 415 calories, 17 g protein (2½ protein servings)

- Limit or avoid foods that contain lactose. Milk has a high lactose content. Most other dairy products (yogurt, cottage cheese, hard cheeses) are lower in lactose. Or, try dairy substitutes such as soy, rice, or almond milk.
- Limit or reduce fried foods, butter, gravy, and cream sauces.

Getting Started
When your doctor says you are ready, you will start a clear liquid diet. After that, you will work up to moist, soft, solid foods.

Here is how your diet will progress:

Step 1: Clear Liquid Diet
- Jell-O
- Apple juice
- Broth (chicken, beef, or vegetable)
- Popsicles
- Tea

Step 2: Full Liquid Diet
- All clear liquids in Step 1
- Milk (skim, 1%, 2%, or whole)
- Puddings and custards
- Smooth yogurt (without chunks)
- Ice cream, sherbet, and frozen yogurt as tolerated
- Creamy soups (without chunks)
- Smoothies (use fruits without seeds)
- Nutritional supplements such as Ensure High Protein, Boost High Protein, or Glucerna
Step 3: Gastrectomy Diet

After you leave the hospital, you should be ready to begin following a Soft Diet. You will follow this diet for the next 4 to 6 weeks, or longer if needed. If moist, soft solid foods become too hard to swallow or cause nausea and discomfort, go back to the Full Liquid Diet (Step 2) until you are ready to try moist soft foods again.

Remember to:

- Eat slowly.
- Stop eating when you feel full.

Soft Gastrectomy Diet

<table>
<thead>
<tr>
<th>Food Type</th>
<th>OK to Eat and Drink</th>
<th>Do NOT Eat or Drink</th>
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<tbody>
<tr>
<td>Meats and Meat Substitutes (2 to 3 oz. portions)</td>
<td>Tender, moist fish, shellfish, and poultry; ground meat with gravy or sauces; canned chicken, deli turkey and ham, tuna, cottage cheese, tofu, soft-cooked or scrambled eggs, sliced hard boiled or deviled eggs; moist casseroles (no coarse ingredients), tuna or egg salad (no coarse ingredients); moist macaroni and cheese, plain or flavored yogurt; thinly sliced cheese</td>
<td>Roast beef, pork or lamb, steak or chops; salami, pastrami, hot dogs, sausage, bacon, casseroles with rice, crunchy casseroles, cheese cubes (OK if melted in foods), sandwiches, peanut butter, nut butters, yogurt with berries, pizza</td>
</tr>
<tr>
<td>Breads and Cereals</td>
<td>Soft pancakes moistened with syrup and butter; cooked cereal or dry cereal with milk i.e., cream of wheat, cream of rice, instant grits, Cheerios, Rice Krispies, Special K</td>
<td>All breads, rolls, crackers; whole-grain, high fiber dry or cooked cereals; old fashioned or steel cut oatmeal; cereals with dried fruits, nuts or seeds</td>
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</tbody>
</table>
• Add extra pureed or chopped meat to scrambled eggs, omelets, or soups. Try adding chicken to cream soups, ham to split pea soup, or beef to tomato soup.
• Add chopped, hard-cooked eggs to sauces, soups, casseroles, and chicken or tuna salad.
• Add grated cheese to cooked vegetables, sauces, soups, and casseroles.
• Cottage cheese with canned fruit makes a good snack.

Special Drinks
These drinks may be prepared at home to supplement your diet. Change the flavors to please your own tastes. If you are lactose intolerant, use soy milk, rice milk, or almond milk instead of cow’s milk.

**RECIPE**

**Milk Mixture**

*Makes 4 1-cup servings, 8 oz. each*

Add 1 cup skim milk powder to 1 quart of whole milk. Blend and chill.

Use this mixture in place of regular milk for cooking, drinking, or in special drinks.

*Per serving: 265 calories, 18 g protein*

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<tbody>
<tr>
<td>Starches</td>
<td>Well-cooked, moist potatoes; potatoes in sauces (without skins), well-cooked pasta in sauces cut into small pieces</td>
<td>Potato chips, potato skins, fried potatoes, rice, corn, beans with skins (pinto, black, kidney)</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Vegetable juices; soft, well-cooked vegetables (such as carrots, beets, squash, or green beans) that can be mashed with a fork</td>
<td>Raw or fried vegetables, whole kernel corn, peas, dried beans, spinach, celery, gas-forming vegetables such as broccoli, cabbage, Brussels sprouts</td>
</tr>
<tr>
<td>Fruits</td>
<td>Fruit juices, cooked or canned fruits without seeds or skin (pears, peaches, mandarin oranges) ripe bananas, ripe melon, mango, papaya</td>
<td>All other fresh, frozen, or dried fruits or fruits with seeds or skins (apples, berries, pineapple, oranges, pomegranates)</td>
</tr>
<tr>
<td>Beverages</td>
<td>All allowed except carbonated beverages</td>
<td>Carbonated beverages: beer, soda pop, sparkling water</td>
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<tr>
<td>Soups</td>
<td>Soups made with allowed ingredients that are easy to chew i.e., chicken noodle, tomato, blended cream soup, blended split pea soup</td>
<td>Avoid soups with rice or large chunks of meat or vegetables</td>
</tr>
<tr>
<td>Desserts</td>
<td>Sugar-free: Pudding, custard, ice cream, sherbet, frozen yogurt, and gelatin made with allowed food, fruit ice, popsicles, milkshakes, smoothies</td>
<td>Cookies, pies, or any dessert with a crust or containing nuts, coconut, or dried fruit; bread or rice pudding</td>
</tr>
<tr>
<td>Food Type</td>
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<td>Do NOT Eat or Drink</td>
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<tr>
<td>Fats</td>
<td>Butter, margarine, salad dressing, mayonnaise, gravy, sour cream, whipped toppings, oils</td>
<td>All fats with chunks added i.e., salad dressing with fruit, vegetables, or seeds; cream cheese with fruit or vegetable pieces</td>
</tr>
<tr>
<td>Sweets (Avoid these foods if they cause dumping syndrome)</td>
<td>Sugar-free desserts (see dessert list) or sugar free candy. Sugar substitutes such as nutrasweet, Splenda, sorbitol or Equal</td>
<td>Nuts, coconut, chewy candy i.e., caramels, licorice, hard candy</td>
</tr>
<tr>
<td>Other</td>
<td>Mild spices, ketchup, mustard, barbeque sauce</td>
<td>Pickles, popcorn, sticky foods, hot spicy foods</td>
</tr>
<tr>
<td>Commercial Protein Drinks</td>
<td>Ensure, Boost, Glucerna, Carnation Instant Breakfast, Slimfast</td>
<td>If dumping syndrome is a problem using a product designed for people with diabetes may be helpful</td>
</tr>
</tbody>
</table>

**Calorie and Protein Needs**
- You need to eat ______ calories a day
- Every day, you will need: ____ grams of protein, which equals _____ servings

**High-Quality Protein Foods**
Below is a list of common foods rich in high quality protein. Each food listed is **1 protein serving** (7 grams).
- 1 oz. cooked fish, poultry, or lean ground meat
- 1 egg or ½ cup liquid eggs substitute
- 1 oz. cheese (melted)
- 1 cup milk (skim, 1%, 2%, or whole)
- 1 cup yogurt
- ½ cup canned tuna or salmon
- 1 cup pudding
- 3 oz. tofu

**Boosting Calories**
After surgery, your body needs more calories and protein for healing. To add calories to your diet:
- Eat small, high-calorie meals throughout the day.
- Eat more often, or divide meals in half. For example, have an egg for breakfast and then have some canned fruit and cooked cereal for a midmorning snack.
- Add butter or margarine to hot cereal, eggs, cooked vegetables, mashed potatoes, pasta, and soups.
- Use gravies and sauces on meats and vegetables. A variety of sauce mixes are available at the grocery store.
- Use sour cream on fruits, meats, cream soups, and baked potatoes. Add it to sauces, scrambled eggs, and omelets.
- Use mayonnaise or salad dressing on meats and eggs.
- Eat avocados plain or in guacamole on egg dishes, meats, vegetables, or cottage cheese.
- Use whipped cream on canned fruit, pudding, or Jell-O.

**Boosting Protein**
To add protein to your diet:
- Use milk, Milk Mixture (see recipe on page 8), evaporated milk, or cream instead of water for cooking hot cereal. Also use these liquids instead of water to make instant cocoa, canned soups, custards, and pudding.