

Diet to Prevent Dumping Syndrome

This diet can help prevent a condition called dumping syndrome, which most commonly occurs in patients who have had stomach or esophageal surgery.

What is dumping syndrome?

Dumping syndrome, or quick gastric emptying, occurs when the small intestine fills too quickly with undigested food from the stomach. There are two types of dumping: early and late. Early dumping occurs within 30 minutes after a meal. Symptoms of early dumping include nausea, vomiting, abdominal cramping, bloating, and diarrhea. Late dumping happens one to three hours after eating. Symptoms of late dumping include weakness, sweating, dizziness, and rapid heart rate. Many people experience symptoms of both early and late dumping. Dumping syndrome symptoms are more common immediately after surgery and often subside over time.

What causes dumping syndrome?

Foods that are high in sugar are likely to cause dumping syndrome. This is because high amounts of sugar draw more water into the small intestine and can move gastric contents faster. High fat foods can also cause dumping syndrome in some people.

Early dumping symptoms occur when concentrated sugared foods (such as hard candy, most cakes and cookies, soda, juice, table sugar) pass too quickly from the stomach into the intestine. The body dilutes this sugar by bringing fluid from the body into the intestines. This extra fluid can cause a sense of fullness, cramping, and diarrhea. The loss of water from tissues can cause a brief drop in blood pressure. This drop in blood pressure can cause weakness and faintness.

Late dumping symptoms occur when sugar is absorbed too quickly into the bloodstream. The quick rise in blood sugar levels can lead to the overproduction of insulin. The excess insulin then causes blood sugar levels to drop too low. This low blood sugar level (hypoglycemia) causes weakness, hunger, and rapid heart rate two to three hours after eating.

Tips for your diet

You can help control symptoms of dumping syndrome by making changes in what and how you eat. See the guidelines below for more information:

- Eat small meals frequently throughout the day. Six or more small meals daily will help to avoid overloading the stomach.
- Limit sweets and sugars. This includes candy, chocolate, sodas, juices, jelly, honey, table sugar, large amounts of fruit, and dessert items such as cookies, pie, and cake. These foods can make dumping syndrome symptoms worse. Other names for sugar that should also be limited include glucose, dextrose, fructose, sucrose, molasses, and corn syrup.
- Have a protein-rich food (meat, poultry, fish, eggs, milk, cheese, yogurt, nuts/nut butters, and tofu) with each meal and snack.
- Choose high fiber foods when possible. These include whole wheat breads, cereals low in sugar, and pasta and fresh fruits and vegetables.
- Take small bites of food and chew each bite well while eating in a relaxed atmosphere.

- Do not drink large amounts of liquids with meals. Drink 30 to 60 minutes before or after eating.
- Limit fluids to four ounces (1/2 cup) during mealtimes. This prevents the quick movement of food being digested and allows nutrients to be absorbed.
- Avoid foods very high in fat, such as fried foods (French fries, fried chicken), high fat meats (sausage, bacon), and heavy cream sauces (alfredo sauce, whipped cream). Use a moderate amount of fat in your diet to replace the calories from sugar.
- Avoid very hot or very cold foods and liquids, which may increase dumping symptoms.
- Rest or lie down for 15 minutes after a meal to slow down movement of food from the stomach to the small intestine. This may decrease the uncomfortable feelings after eating.

Sample Menu

This is a sample diet. There are foods not listed in this sample diet that you can eat as part of a diet to prevent dumping syndrome. Please do not limit your intake to just the foods listed on this menu.

Breakfast 8:00 am	1/2 grapefruit 1 egg omelet with cheese 1 slice toast with 1 teaspoon margarine 1/4 cup of orange juice mixed with 1/4 cup of water
Drink 9:00 am	1 cup of water
Snack 10:00 am	2 oz. cheese and 6 wheat crackers 1/2 banana 1/2 cup 2% or whole milk
Drink 11:30 am	1/2 cup of grape juice mixed with 1/2 cup of water
Lunch 12:30 pm	3 oz. hamburger on a small wheat bun with lettuce and tomato 1/2 cup fresh fruit salad 1/2 cup of water
Drink 2:00 pm	1 cup of 2% or whole milk
Snack 3:00 pm	1/2 turkey sandwich with mayonnaise 1/4 cup of cranberry juice mixed with 1/4 cup of water
Drink 4:30 pm	1/2 cup of grape juice mixed with 1/2 cup of water
Dinner 5:30 pm	2 oz. chicken breast 1/2 cup brown rice 1/2 cup broccoli 1 to 2 teaspoons margarine 1 small apple 1/2 cup of water
Drink 7:00 pm	1/2 cup of apple juice mixed with 1/2 cup of water
Snack 8:00 pm	2 tablespoons peanut butter on 4 graham crackers 1/2 cup of 2% or whole milk
Drink (optional) 9:00 pm	1 cup of water

If you are in need of immediate assistance, please call 732-235-2465 and select the option that best meets your needs.