

Dumping Syndrome Diet

Dumping syndrome is caused by large amounts of food passing quickly into the small intestine. This causes symptoms like abdominal pain or fullness, nausea, diarrhea, dizziness, weakness, and fatigue. This diet will help stop the symptoms of dumping syndrome.

Tips to help relieve symptoms

- Everyone tolerates foods differently. Avoid foods that you know cause you problems.
- Eat small, frequent meals (at least six times every day). See sample menu on the last page.
- Do not drink liquids with your meal. Instead, drink liquids at least 30-45 minutes before a half-hour to an hour after eating solid food.
- Avoid sugar and sweets such as candy, soda, cakes, and cookies.
- Lie down as soon as you finish eating for 15 minutes. This reduces the symptoms of dumping syndrome by slowing the emptying of food from the stomach.
- Avoid food or fluids that are very hot or very cold. These can trigger symptoms.
- Tell your doctor if you lose any weight.

Leigh Anne Burns MS, LDN/RD
Instructor of Clinical Medicine / Nutritionist
LSUHSC Stanley S. Scott Cancer Center
Ochsner Medical Center - Kenner
lkamer@lsuhsc.edu
Neuroendocrine clinic (504) 464-8500

continued

Dumping syndrome diet

Breads, Cereals, Rice, And Pasta	Foods to Choose	Foods to Avoid
<p>6-11 servings each day One serving equals: 1 slice bread 1 cup ready-to-eat cereal ½ cup cooked cereal, rice or pasta</p>	<ul style="list-style-type: none"> - All breads, unsweetened cereals, pasta, potatoes, rice, crackers, and soup (only if taken one hour after solid foods and at a medium temperature) 	<ul style="list-style-type: none"> - Sweet rolls and doughnuts - Sweetened cereals - Pancakes and waffles with syrup - Soup (taken with solid foods)

Fruits	Foods to Choose	Foods To Avoid
<p>2-4 servings each day One serving equals: 1 medium-size fresh ½ cup canned ¾ cup juice</p>	<ul style="list-style-type: none"> - Soft fruit - Drained, unsweetened canned fruit - Unsweetened frozen fruit - 100 percent pure juice - Diluted with 50% water - (taken one hour after meals) 	<ul style="list-style-type: none"> - Canned fruits in heavy syrup - Sweetened frozen fruit - Sweetened juices (that is, punch or sports drinks) - Candied fruit

Milk and Dairy Products	Foods to Choose	Foods to Avoid
<p><i>Limit to 2 servings each day</i> One serving equals: 1 cup milk or yogurt</p>	<ul style="list-style-type: none"> - Plain or unsweetened yogurt - Skim, 2 percent or whole milk (taken one hour after meals) 	<ul style="list-style-type: none"> - Milkshakes and chocolate milke - Sweetened yogurt
<i>Vegetables</i>	Foods to Choose	Foods To Avoid
<p><i>3-5 servings each day</i> One serving equals: 1 cup raw ½ cup cooked or chopped</p>	<ul style="list-style-type: none"> - Vegetables cooked 	<ul style="list-style-type: none"> - Any not tolerated : Such as lettuce, spinach, celery

Continued

Meats, Poultry, Fish, Dry Beans, Peas, Eggs, and Cheese,	Foods to Choose	Foods to Avoid
<p>2-3 servings or a total of six ounces daily</p> <p>One serving equals: 2-3 ounces cooked meat, chicken, or fish (about the size of a deck of cards)</p> <p style="text-align: center;">-or-</p> <p>½ to ¾ cup cottage cheese or tuna fish</p> <p style="text-align: center;">-or-</p> <p>One egg, ½ cup cooked beans, two tablespoons peanut butter, or one ounce of cheese</p> <p>Choose leaner cuts of beef and meat and limit the amount of high-fat items like eggs and cheese.</p>	<ul style="list-style-type: none"> - All meat, fish, poultry, peanut butter, cheese, eggs, and dried beans or legumes 	<ul style="list-style-type: none"> - Any not tolerated

Fats, Condiments, and Beverages	Foods to Choose	Foods to Avoid
	<ul style="list-style-type: none"> - All butter, margarine, cream, oil, and salad dressings - Salt, herbs, spices, and condiments - Any sugar-free beverage (coffee, tea, diet-soda, et.c taken one hour after solids) 	<ul style="list-style-type: none"> - Sweet pickles or relish - Sweetened drinks (regular lemonade soda) - Any others not tolerated Such as: hot sauce, cayenne pepper

Snacks, Sweets, and Desserts	Foods to Choose	Foods to Avoid
	<ul style="list-style-type: none"> - Sugar-free gelatin - Sugar-free pudding - Sugar-free candy - Sugar substitutes 	<ul style="list-style-type: none"> - Sugar - Candy and chocolate - Cakes and cookies - Ice cream and sherbet - Honey, syrup, and jelly

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Sample Menu

Breakfast	½ pear in its own juice 1 slice toast 1 egg 1 teaspoon margarine 1 cup 2 percent milk (60 minutes after meal)
Snack	2 oz. Cheese and 6 crackers ½ banana
Lunch	2 oz. Tuna fish salad w/no relish on 2 slice of white bread ½ cup fruit cocktail in its own juice Tea (60 minutes after meal)
Snack	½ turkey sandwich with mayonnaise
Dinner	½ chicken breast ½ cup rice ½ cup green beans 1 to 2 teaspoons margarine ½ cup applesauce 1 cup 2 percent milk (60 minutes after meal)
Bedtime Snack	2 tablespoons of peanut butter on graham crackers