



CAROLINA DIGESTIVE HEALTH ASSOCIATES, PA

CARBOHYDRATE CONTROLLED DIET FOR MANAGEMENT OF THE DUMPING SYNDROME (Post-Gastrectomy Diet)

PURPOSE: To prevent rapid emptying of the stomach contents into the duodenum or jejunum and subsequent “dumping” symptoms.

USE: A post-gastrectomy is used for patients who undergo a surgical procedure that results in an inability to regulate the normal emptying time of the stomach. These surgical procedures include vagotomy, pyloroplasty, and hemigastrectomy involving Bilbroth I and II anatomies, total gastrectomy, Whipple’s procedure or gastroenterostomy.

DESCRIPTION:

1. Diet should be low in simple carbohydrates but high in complex carbohydrates, high in protein, and moderate in fat. Protein and fat are usually increased in order to meet caloric needs.
2. Small, frequent, dry meals should be provided. The number of feedings depends on each person’s tolerance to specific portions of food.
3. Liquids are generally served between meals rather than large with meals. Liquids are served 30 minutes before the meal or 1 hour after foods are eaten.
4. Foods should be eaten slowly and chewed well.
5. Small amounts of milk may be better tolerated than large amounts. If milk intolerance is due to a lactase deficiency, lactose-free products may be used.
6. If “dumping” is a problem, it may be helpful to lie down immediately after meals to retard transit to the small bowel.
7. The Exchange Lists should be used for determining the kinds of foods allowed and amounts per saving.

NUTRITIONAL ADEQUACY: The post-Gastrectomy Diet may be inadequate in kilocalories and vitamins and minerals needed to meet the Recommended Dietary Allowances of the Food and Nutrition Board, National Academy of Sciences – National Research Council (1989).

Nutrient analysis of the sample menu shows the diet may be inadequate in kilocalories, folic acid, pantothenic acid, copper, iron and potassium.



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The diet as listed in the sample menu contains approximately:

Kilocalories	1746
Protein	96.7 g
Fat	71.6 g
Carbohydrate	190 g

Suggested Meal Plan and Sample Menu

BREAKFAST

1 exchange of Meat	List 2
2 exchanges of fat	List 6
1 exchange of bread	List 1
½ exchange of milk, whole	List 5
1 exchange of condiments	
1 exchange of fruit	

BETWEEN MEALS

1 exchange of meat	List 2
1 exchange of bread	List 1

LUNCH

2 exchanges of meat	List 2
1 exchange of vegetable	List 3
2 exchanges of bread	List 1
2 exchanges of fat	List 6
1 exchange of fruit	List 4
½ exchange of milk, whole	List 5

Condiments

BETWEEN MEALS

1 exchange of meat	List 2
1 exchange of bread	List 1

DINNER

2 exchanges of meat	List 2
2 exchanges of bread	List 1
2 exchanges of fat	List 6
1 exchange of vegetable	List 3
1 exchange of fruit	List 4
½ exchange of milk, whole	List 5

BREAKFAST

Scrambled egg/1
Margarine/2 tsp
Toast, whole wheat/1 slice
Whole milk to be taken 30-60
minutes after the meal ½ c
Condiments (salt and pepper)
Orange sections ½ c

BETWEEN MEALS

Peanut butter/1 T
Graham crackers/3

LUNCH

Roast beef/2 oz
Broccoli / ½ c
Potatoes / ½ c
Whole wheat roll /1
Margarine /2 tsp
Apple/1 small
Whole milk to be taken 30-60
minutes after the meal ½ c
Condiments (salt and pepper)

BETWEEN MEALS

Cheddar cheese /1 oz
Saltines /6

DINNER

Broiled chicken (no skin) /2 oz
Lima beans / ½ c
Whole wheat bread /1 slice
Margarine /2 tsp
Collard greens /½ c
Drained unsweetened fruit cocktail ½ c

Whole milk to be taken 30-60
minutes after the meal/ ½ c
Condiments (salt and pepper)



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BEDTIME

1 exchange of meat
1 exchange of bread
1 exchange of fat

List 2
List 1
List 6

BEDTIME

Boiled ham/1 oz
Whole wheat bread/1 slice
Mayonnaise/1 tsp



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ALLOWED

Beverages

Milk (whole or skim) or buttermilk, if well tolerated by patient; coffee, tea, sugar-free carbonated beverages. (30-60 minutes before or after meals).

Breads and Starches

Unsweetened or diet frosted cereals; plain breads, Crackers and rolls; starchy vegetables, such as corn, lima beans, peas, pumpkin, winter squash (acorn or butternut), yam or sweet potato; rice, pasta.

Desserts

Initially, fruit only.

Fats

As desired: margarine, butter, oils mayonnaise, French dressing

Fruits

Unsweetened fruits and fruit juices (canned, cooked or frozen).

Meat and Meat Substitutes

Any type except those "Not Allowed"

Vegetables

As desired: celery, endive, escarole, lettuce, parsley, radishes, watercress.

Miscellaneous

Soups made from allowed foods, (soups served 30-60 minutes before or after meals); nuts, spices, condiments, sugar substitute.

NOT ALLOWED

Beverages

Alcohol, carbonated beverages, sweetened cereal beverages, sweetened cocoa, sweetened milk products, sweetened fruit drinks.

Breads and Starches

Sugar frosted or sweetened cereals, or those packaged with dates, raisins, and brown sugar, etc., "natural" cereals (e.g., granola-type.)

Desserts

Cakes, cookies, ice cream and sherbet.

Fats

Cream sauces, gravy.

Fruits

Sweetened canned fruits and juices.

Meat and Meat Substitutes

Any prepared with breading, cornmeal, cream sauce, gravy or stuffing.

Vegetables

Any to which sugar has been added.

Miscellaneous

Gravies thickened with cornstarch or flour; honey, jams, jellies, marmalade, syrups, sugar.