**Dumping Syndrome Diet**

Dumping Syndrome can occur after surgery on your stomach or esophagus. It is caused by large amount of food passing quickly into the small intestine and results in abdominal pain, fullness, nausea, diarrhea, weakness and fatigue. Tell your doctor if you are losing weight.

<table>
<thead>
<tr>
<th>GROUP</th>
<th>RECOMMENDATIONS</th>
<th>FOOD TO AVOID</th>
</tr>
</thead>
</table>
| Fruits          | 2-4 servings daily
All fresh fruit. Drained unsweetened canned fruit.
Unsweetened frozen fruit. | Canned fruits in syrup.
Sweetened juices and frozen fruit |
| Milk/dairy      | 2 serving daily yogurt, plain or unsweetened, all cheese
Skim, 2% or whole milk (one hour after solid food intake) | Milkshakes
Chocolate milk
Sweetened yogurt |
| Breads and Cereals | 6-11 servings daily
All breads, unsweetened cereals
Rice, crackers, pasta, potatoes | Sweetened breads, pancakes, waffles, sweetened cereals, donuts |
| Vegetables      | 3-5 servings daily
All vegetables allowed | Any noy tolerated
Sweet pickles |
| Sweets          | Sugar Free products                                          | Sugar, candy, chocolate, cakes, cookies, honey, jelly, candy |
| Meats           | 2-3 servings daily
All meats, fish, poultry, eggs, cheese, peanut butter, dried beans, legumes | Any not tolerated |
| Fats            | All butter, margarine, oil, salad dressing                   | Avoid all other options |

**TIPS:**

Eat small frequent meals, at least six times daily. Do not drink liquids with your meals. Drink liquids at least ½ hour to 1 hour after eating solids. If you have low blood sugars (hypoglycemia) avoid sugar and sweets. Lie down as soon as you finish eating. Avoid foods that are very hot or very cold. Avoid foods you know cause you problems. Please to your physician or dietician for personal recommendations.