

Nutrition for Dumping Syndrome

Dumping syndrome is a condition that occurs when food is emptied or "dumped" from the stomach into the small intestine too quickly. It is commonly seen after gastric (stomach) surgeries such as: Roux en Y gastric bypass, partial gastrectomy, gastric vagotomy, pyloroplasty.

There are two phases for symptoms of dumping syndrome: early dumping and late dumping:

- Early dumping may occur 10-30 minutes right after a meal, symptoms may include nausea, vomiting, diarrhea, gas, bloating and cramping.
- Late dumping may occur 1-3 hours after a meal, symptoms may include hypoglycemia (low blood sugars), dizziness, lightheadedness and sweating.

Making changes in the diet can help slow gastric emptying and minimize symptoms.

General Guidelines

- Eat 3-6 small frequent meals throughout the day. Eat slowly and chew food well.
- Limit concentrated sugars (found in cakes, pies, fruit juices, soft drinks, etc). Artificial sweeteners such as Splenda is ok to use. Other artificial sweeteners such as sorbitol, mannitol, xylitol, maltitol may cause diarrhea, gas, bloating etc and if so, should be limited.
- Avoid drinking liquids with meals. Drink liquids 30 minutes before a meal or drink 30 minutes after a meal.
- Include complex carbohydrates and high fiber foods daily. Spread out fiber intake throughout the day. (Fiber is a component of complex carbohydrates that the body cannot digest, is found in plant based foods such as beans, lentils, fruits, vegetables and whole grains)
- Include small amounts of extra fats into the diet such as avocado, nuts and nut butters.
- Include protein with each meal and snack you eat. (High protein foods include meats, poultry, fish, eggs, dairy, tofu and nut butters)
- Rest or lie down for 30 minutes after a meal

Foods

Food Group	Foods to Eat	Foods to Limit
Meats, Poultry, Fish, Eggs	all meats, poultry, fish, eggs, egg whites, deli meat slices	any made with sweetened fruit sauces, glazes, honey or sugar
Dairy choose low lactose, lactose free dairy if regular dairy is not tolerated	cheeses, cream cheese, cottage cheese, milk, sour cream, sugar free ice cream, sugar free sherbet, sugar free frozen yogurt, plain yogurt or yogurt without added sugar	sweetened ice cream, sweetened sherbet, sweetened frozen yogurt, flavored milk (chocolate, malt and strawberry flavored milk), yogurt with added sugar
Meat, Dairy Alternatives	unsweetened almond, rice or soy milk, beans, lentils, nuts, nut butters, tofu	flavored almond, rice or soy milk or its sweetened products, coconut milk
Fruits	all fresh or frozen fruits, canned fruits packed in water, avocado, unsweetened applesauce	dried fruit with a glaze or with added sugar, canned fruit in heavy syrup, unsweetened frozen fruit
Vegetables	all fresh, frozen, cooked vegetables	
Breads, Pasta, Cereals aim for whole grain	whole grains: bagels, barley, bran, breads, bulgur, buns, hot/cold cereals (Cheerios, oatmeal, cream of wheat, cream of rice, grits etc), crackers, multi grain breads, noodles, rice, pastas, pancakes, popcorn, quinoa, tortillas, waffles	sweetened cereals (Fruit Loops, Frosted Flakes, etc), sweetened granola, sweet breads/rolls, instant flavored oatmeal
Desserts	sugar free desserts	cakes, candies, chocolate, cookies, cinnamon rolls, custards, donuts, gelatin, pastries, pies, puddings
Beverages	club soda, diet sodas, coffee, unsweetened tea, unsweetened fruit juices, vegetable juices, water	regular sodas, ice cream shakes, sweetened coffee drinks, sweetened fruit juices/nectars
Condiments	all spices and herbs, broth, butter, cooking oils, margarine, mayonnaise, mustard, pepper, pesto, tomato sauces, salad dressings, salt	agave nectar, cocoa mixes, syrups (caramel, chocolate, etc), honey, frosting, glazes, icing, jams/jellies, marmalade, maple syrup, Nutella, sugar

Resources

"Dumping Syndrome"

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Direct inquiries to Digestive Health Center at Stanford Hospital and Clinics

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