

# Anti-Dumping Diet

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## Purpose

This diet helps to prevent a condition called "dumping syndrome," which may occur in patients who have undergone gastrointestinal (stomach, intestines, colon, rectum) surgery. Symptoms can include bloating, nausea, diarrhea, dizziness, weakness, sweating, and rapid heartbeat.

## What Causes Dumping Syndrome?

Dumping syndrome can occur 30 to 60 minutes after eating a meal and then again, 2 to 3 hours after eating.

The early symptoms are caused when concentrated sugar (from foods we eat) passes too rapidly 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 occasionally, diarrhea. The loss of water from tissues can produce a temporary drop in blood pressure. This drop in blood pressure can cause weakness and faintness.

The later symptoms are caused when sugar from the foods we eat is absorbed too quickly into the bloodstream. This raises blood sugar rapidly. A high level of blood sugar tells the body to produce more insulin. Sometimes, the body can 'overshoot' and produce too much insulin. The excess insulin then pushes blood sugar levels down too low. This low blood sugar (hypoglycemia) produces weakness, hunger, and rapid heart rate that may occur about two to three hours after eating.

### **Cancer Nutrition Program**

Ask your doctor or nurse for an appointment with a Registered Dietitian,  
or call (877) 907-0859

The Anti-dumping diet is really a regular diet with frequent small meals and reduced simple sugars.

## **Nutrition Facts**

The Anti-Dumping Diet is adequate in all nutrients according to the National Research Council's Recommended Dietary Allowances (RDA).

Depending on the type and extent of gastrointestinal surgery, poor absorption of nutrients, vitamins, and minerals can occur. Some patients may become deficient in iron, calcium, folate, and B-12. Your physician can prescribe a vitamin & mineral supplement and B-12 injections to fix this problem.

**This document is not intended to take the place of the care and attention of your personal physician or other professional medical services.**

**Our aim is to promote active participation in your care and treatment by providing information and education.**

**Questions about individual health concerns or specific treatment options should be discussed with your physician.**

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## **Special Considerations**

1. Eat six small meals daily to avoid overloading the stomach.
2. Limit fluids to 4 oz (1/2 cup) during mealtimes. This prevents the rapid movement of food through the upper gastrointestinal tract and allows adequate absorption of nutrients.
3. Drink liquids 30 to 45 minutes before eating and/or 1 hour after eating, rather than with meals.
4. Rest or lie down for 15 minutes after a meal to decrease movement of food from the stomach to the small intestine. This decreases the severity of symptoms.
5. Avoid sweets and sugars. This includes candy bars, chocolate, hard candy, soda pop, fruit juice, fruit punch, large quantities of fruit, mints, suckers, some types of gum, jelly, honey, table sugar, cookies, pie, cake, and other dessert items. They aggravate the dumping syndrome.
6. Avoid very hot or cold foods or liquids, which may increase symptoms in some patients.
7. Gastrointestinal surgery is performed for different reasons. Depending on why the surgery was performed, calorie requirements will vary from patient to patient. For example, a patient who has had surgery for severe obesity will need to be on a weight reduction program. A very thin patient who has had ulcer or cancer surgery will need extra calories.

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