



**PATIENT
EDUCATION**

Anti-Dumping Diet

Anti-Dumping Diet Information

- “Dumping Syndrome” is the rapid emptying of food from the stomach into the small intestine.
- “Dumping Syndrome” general symptoms may occur 30 to 60 minutes after eating a meal. Occasionally it occurs, 2 to 3 hours after eating.
- The smaller stomach cannot digest simple sugars properly, and this is being dumped into the small intestine rapidly, causing the below symptoms:
 - Bloating
 - Nausea
 - Diarrhea
 - Dizziness
 - Weakness
 - Sweating
 - Rapid heartbeat
- This diet helps prevent “Dumping Syndrome”, which occurs in some patients who have undergone surgery of the esophagus, stomach, or a gastric bypass.

Anti-Dumping Diet Recommendations

- Eat 6-8 small meals daily to avoid overloading the stomach.
- Eat more slowly and chew food thoroughly
- Eat a source of protein at each meal. Poultry, red meat, nuts, milk, yogurt, cheese, peanut butter, and tofu are good choices.
- Eat more complex carbohydrates such as whole grains, pasta, potatoes, rice, bread, bagels, and unsweetened cereals are good choices.
- Avoiding fluids during mealtime prevents the rapid movement of food through the upper gastrointestinal tract and allows adequate absorption of nutrients.
- Fluids should be avoided 30 minutes before and 30 minutes after eating.
- Rest or lie down for 15 minutes after a meal to decrease movement of food from the stomach to the small intestine. Resting or laying down can decrease the severity of symptoms.
- Avoid sweets and sugary foods such as candies, cookies, soda, juice, and syrup. They aggravate the dumping syndrome.
- Avoid very hot or cold foods or liquids, which may increase symptoms in some patients.
- Calorie requirements may vary from patient to patient.
- Avoid drinking with a straw.
- Avoid drinking carbonated drinks.

Nutrition Information

- Depending upon individual tolerances and food selection, the anti-dumping diet is adequate in all nutrients.
- It is important to discuss with your doctor or dietitian to determine your individual nutrient needs.

Food Group	Foods Allowed	Foods to Avoid
Milk & milk products	As tolerated: buttermilk; low fat, skim, or whole milk; creamed soups; low calorie pudding; plain or low-calorie, artificially sweetened yogurt; and cheese.	Cocoa mixes, ice cream, malted or chocolate milk, sweetened custard or pudding, sweetened, fruited, frozen yogurt, milkshakes
Vegetables	All	None
Fruits	Fresh fruit, fruit canned in natural juice, unsweetened fruit juice	Dried or candied fruits, canned or frozen fruits in syrup, sweetened juice, canned pie filling
Breads & grains	Crackers, pasta, plain breads and rolls, pretzels, rice, unsweetened cereals	Sugar-coated cereals (including granola), doughnuts, cakes, sweet rolls, pastries
Meats & meat substitutes	Eggs, seafood, beef, poultry, pork, peanut butter	Hot dogs, bologna, salami, deviled ham, other processed meats with added sugars and starches
Fats & oils	Butter, margarine, oils, salad dressings	None
Sweets & desserts	Artificial sweeteners, low-calorie jelly, low-calorie gelatin, low-calorie popsicles	popsicles, cakes, pies, cookies, jellies, jams, gelatin, high sugar desserts, sherbet
Beverages	Sugar-free beverages, water	regular soft drinks, sugared drink mixes, Chocolate milk, lemonade, Kool Aid, Gatorade, sugared iced tea, Snapple or similar drinks, avoid all beverages at meals

References

Rahu, K., Sandar, L., Zubair, M., Abbas, A. E., Parkman, H., & Schey, R. (2017, November 8). Post Fundoplication Dumping Syndrome: A Frequent "Rare" Complication. *ACGCASEREPORTSJOURNAL*, 5, 1-4.