




## Nutrition after Stomach Surgery for Cancer

After stomach surgery, eating enough calories and protein to support healing and maintain your weight can be hard. Good nutrition is important to help you recover from surgery. The following tips may help improve your comfort with eating and improve nutrition:

- **Eat more often.** Try to eat 6-8 small meals each day if you get full quickly. Increase the size of your meals slowly as you are able.
- **Eat slowly and chew food well.** Soft or pureed foods may be better tolerated than solid foods.
- **Eat a source of protein with each meal.** Good sources of protein include meat, poultry, fish, eggs, milk, yogurt, cheese, soy products, nuts, and protein powder.
- **Add fats to food.** Good sources of fat include oil (e.g. olive, canola), butter, cream, cheese, mayonnaise, gravy, salad dressing, nut butters, and avocado. 
- **Drink most fluids between meals.** Sip on fluids throughout the day, 30-60 minutes before or after a meal. Try to limit fluids with meals to about ½ cup. Avoid carbonated beverages if you have gas or bloating.
- **Try liquid nutrition.** Nutrition drinks, milk shakes, smoothies and soups can be helpful if you have trouble eating enough solid foods. Replace calorie-free drinks such as water, tea, coffee or diet drinks with higher calorie options such as milk, nutrition drinks (such as Glucerna® or Carnation® Breakfast Essentials™ No Added Sugar), sports drinks or juice.


### Vitamins and Minerals



Some types of stomach surgery may change the way you absorb nutrients. This can lead to several nutrient deficiencies, such as iron, calcium, folic acid, and vitamin B<sub>12</sub>. Talk with your dietitian or doctor about whether you need a vitamin/mineral supplement.

### Discomfort with Eating

If you experience nausea, vomiting, cramping, dizziness, weakness, sweating and/or a sense of fullness after eating despite following the tips above, you may be experiencing “dumping syndrome”. For some people, this can happen when food passes too quickly from the stomach into the intestines. It is important to continue eating so that you get enough nutrition. The following tips can help with these symptoms:

- **Limit simple sugars.** Examples: juice, soda, sports drinks, hot cocoa, sugar, honey, syrup, jam, candy, cake, cookies, ice cream, sherbet, fruit canned in syrup, sweetened cereals
- **Choose foods high in soluble fiber.** Soluble fiber may help to slow stomach emptying. Examples: apples, bananas, potatoes, oats, beans, pectins 

<b>Food Groups</b>	<b>Foods Generally Well Tolerated</b>
<b>Starches</b>	<ul style="list-style-type: none"> <li>• Breads, crackers, pasta, rice</li> <li>• Unsweetened cereals</li> <li>• Potatoes</li> </ul>
<b>Proteins</b>	<ul style="list-style-type: none"> <li>• Meat, poultry, fish, eggs, deli meats</li> <li>• Beans, tofu, nuts, peanut butter</li> </ul>
<b>Dairy</b>	<ul style="list-style-type: none"> <li>• Milk</li> <li>• Cheese, cottage cheese</li> <li>• Sugar-free yogurt and pudding</li> </ul>
<b>Fruit</b>	<ul style="list-style-type: none"> <li>• Fresh fruit, canned fruit <u>in juice</u>, frozen fruit (without added syrup or sugar)</li> </ul>
<b>Vegetables</b>	<ul style="list-style-type: none"> <li>• Fresh, frozen, canned vegetables</li> </ul>
<b>Beverages</b>	<ul style="list-style-type: none"> <li>• Water, tea, coffee</li> <li>• Sugar-free drinks (such as Crystal Light<sup>®</sup> or diet soda)</li> </ul>
<b>Sweets</b>	<ul style="list-style-type: none"> <li>• Sugar substitutes (Equal<sup>®</sup>, Splenda<sup>®</sup>, Sweet-N-Low<sup>®</sup>)</li> <li>• Sugar-free jelly, jams, syrup, popsicles, jello</li> </ul>

## Sample Menu

<b>Breakfast</b>	½ c cooked oatmeal with 1 tsp butter and Splenda <sup>®</sup> 1 slice toast with 1 Tbsp peanut butter 1 egg, scrambled
30-60 minutes after meal	Decaf coffee with cream*
<b>Snack</b>	6 crackers with 2 oz cheese ½ banana
30-60 minutes after snack	8 oz milk or unsweetened soy milk
<b>Lunch</b>	1 small hamburger (3 oz hamburger patty, 1 bun, 1 tsp each mayonnaise and mustard, lettuce, and tomato)
30-60 minutes after meal	Unsweetened ice tea
<b>Snack</b>	½ tuna salad sandwich (1 slice bread, 2 oz canned tuna, 1 Tbsp mayo) ½ c unsweetened applesauce
30-60 minutes after snack	Gatorade <sup>®</sup> G2*
<b>Dinner</b>	3 oz baked chicken breast ½ c cooked rice ½ c steamed green beans with 1 Tbsp butter
30-60 minutes after meal	8 oz milk or unsweetened soy milk
<b>Snack</b>	1 c raspberries 6 oz light yogurt
30-60 minutes after snack	Caffeine-free herbal tea*

Provides about 2200 calories and 115 grams protein

\*If you need more calories, try replacing these beverages with a nutrition drink such as Glucerna<sup>®</sup> or Carnation<sup>®</sup> Breakfast Essentials<sup>™</sup> No Added Sugar