



**California Division North
Nutritional Services
Diet - Menu**

**Subject/Title: POST GASTRECTOMY DIET
Order As: P-GAST**

GOALS OF DIETARY MANAGEMENT:

To reduce the volume and the osmotic effect of food that enters the small bowel, and to provide a nutritionally adequate diet which reduces symptoms. Often referred as an “anti-dumping” syndrome diet.

DIET PRINCIPLES:

1. Mono and disaccharides are limited.
2. Meals are small and more frequent (5-6 per day).
3. Fluids are limited with meals, no more than 1/2 cup/meal.
4. Tolerance to milk should be established. The diet should be modified according to the individual's symptoms.

ADEQUACY:

The diet is not inherently inadequate, but each individual's diet should be assessed because of variation in food tolerance. Long term restriction of certain nutrients might warrant supplementation. Supplementation may be added within the restrictions of the prescribed diet.

GUIDELINES:

FOOD GROUP	FOODS ALLOWED	FOODS TO AVOID
MILK 2 Cups	Milk, Buttermilk Plain Yogurt, Sugar-free yogurt, Sugar-free Ice Cream	Sweetened Milk Prod., i.e. Fruit Flavored Yogurt, Chocolate Milk
PROTEIN 8-10 Oz. Day	Meat, Fish or Poultry, 1 Oz. Meat, 1/4 C. Cottage Cheese, 2 Tbs. Peanut Butter, 1 Oz. Cheese, 1/4 C. Tuna	

<p>STARCHES 5 Or More</p>	<p>One Serving = 1 Slice Bread 1/2 C. Cooked Cereal 3/4 C. Dry Cereal 6 Saltines 1/2 C. Rice or Pasta 1 Small Potato</p>	<p>Starches with Large Amounts of Sugar</p>
<p>VEGETABLES 2 (1/2c) Servings</p>	<p>All, If Tolerated</p>	<p>Cabbage/Onion May Cause Gaseous Discomfort</p>
<p>FRUIT 2 Servings</p>	<p>One Serving = one fruit or 1/2 C. juice Fruit Should Be Unsweetened, Water Packed or Juice Packed</p>	<p>Sugar/Syrup</p>
<p>FATS 2 Tbs. Or More</p>	<p>Butter, Margarine, Vegetable Oil, Salad Dressing With fat malabsorption, check tolerance for LCT's work up to 30-40 total grams of fat per day.</p>	<p>None</p>
<p>DESSERTS</p>	<p>Artificially Sweetened Desserts as tolerated</p>	<p>All Other Sweets</p>
<p>SEASONINGS & MISCELLANEOUS</p>	<p>Salt, Herb's, As Tolerated</p>	<p>Alcohol, Sugar Sweetened Beverage, Regular Soft Drinks, honey, jam, jelly, syrup</p>

SAMPLE MENU

Breakfast

FOOD GROUP

Fruit 1 small orange
Meat 1 med. poached egg
Bread 1 slice toast
Milk 1/2 cup milk
Fat 2 tsp. margarine

Lunch

FOOD GROUP

Meat 1/2 turkey sandwich:
2 oz. roast turkey
Vegetable 1 leaf of lettuce
1/2 tomato slice
Bread 1 slice bread
Fat 1 tsp. mayonnaise
Milk 1/2 cup milk

Dinner

FOOD GROUP

Meat 3 oz. broiled fish
Starch 1 baked potato
Vegetable 1/2 cup green beans
Fat 2 tsp. margarine
Dessert 1/2 c. artificially sweetened
baked custard
Beverage 1/2 cup unsweetened

Mid-morning Snack

FOOD GROUP

Bread 1 slice toast
Fat 1 tbsp. cream cheese
Milk 1/2 cup milk

Mid-morning Snack

FOOD GROUP

Meat 1/4 cup cottage cheese
Fruit 1/2 cup drained,
unsweetened peaches
Bread 6 crackers
Fat 1 tsp. margarine
Beverage 1/2 cup unsweetened

Evening Snack

FOOD GROUP

Meat 1/2 roast beef sandwich:
1 oz. cold roast beef
Bread 1 slice bread
Fat 1 tsp. mayonnaise
Milk 1/2 cup milk