

Diet and Nutrition After Gastrectomy: Your Plan

PATIENT RESOURCES
HDGC



PHASE 1

FOR THE 6-8 WEEKS AFTER SURGERY

This is your body's recovery period. Your body needs foods that are high protein to help you heal and to slow weight loss. Your body also needs foods that are easy to digest as your intestine adjusts to digestion without a stomach.

General Guidelines

- Eat often. You need at least 6-8 small meals each day. These meals may only be about 1-2 ounces each (about the size of a shot glass).
- Choose high-calorie, high-protein foods and fluids. Make at least half of your plate protein.
- Eat slowly and relax while eating.
- Chew foods completely, into puree form, before swallowing. Drink fluids 30 minutes before or 30 minutes after eating, but not during your meals.
- Remain upright after eating to avoid bile reflux.
- Avoid foods high in insoluble fiber and gas-producing foods.
- Avoid foods and drinks with **added sugars**. Use the **Nutrition Facts label to find foods with no added sugars**.

You may find it helpful to use a food diary or app to record what you are eating and drinking. Bring your food diary to follow-up appointments after surgery. Your dietitian will be able to help you identify foods and/or patterns that are causing any symptoms.

PHASE 2

Once your weight loss slows and you are tolerating phase 1 foods well, you can begin phase 2. Phase 2 will be your lifelong dietary plan for eating without a stomach.

Just like in **phase 1**, remember to:

- Eat at least 6-8 small meals each day.
- Eat slowly and relax while eating.
- Chew foods completely before swallowing.
- Drink liquids or soup 30 minutes before or 30 minutes after eating.
- Limit liquids to 1/4-1/2 cup with meals.
- Eat protein at every meal and snack.
- Avoid added sugars.
- Avoid alcohol.
- Use a food diary as needed if you experience any discomfort after eating.
- Talk to your dietitian about your specific calorie and protein needs and how to meet those needs.

In **phase 2** you can:

- Begin to add higher fiber foods.
- Include well-tolerated fruit, vegetables, whole grains, beans, nuts and other whole, plant-based foods in your meals every day.
- Make sure you balance higher fiber, lower calorie foods (such as fruits and vegetables) with higher calorie, high-protein foods as needed to avoid losing too much weight, avoid foods and drinks with added sugars.

