



Dietary Principles of Dumping Syndrome 傾食症候群 病人飲食須知(英文)

Goal:

Gastrectomy patients may experience sweating, general weakness, dizziness, palpitations, abdominal pain, and diarrhea 10-15 minutes after they have a meal. This is due to food moving rapidly through their gastrointestinal tract.

General Principles:

1. Avoid sweet foods or foods containing alcohol like honey, juice, and liquor.
2. Eat more frequently with smaller amount each meal; 3 meals with snacks in between is recommended
3. Rest for 30-60 minutes after each meal
4. Replace white rice and noodle with whole grain rice; during the initial trimester, reduce intake of carbohydrates and starchiness food; gradually increase the amount up to the demand base on the patients' condition.
5. Eat food served at a moderate temperature. Chew thoroughly before swallowing it because solid food is better than liquid food.
6. Eat fruits and vegetables containing rich fibers as they help to release indigestion and slow down the absorption of sugar.
7. Balance your diet with appropriate amount of protein intake.

Example of soft food recipe (1800 Kcal/day, 90 grams of protein)

Project	Menu (Ingredients)
Breakfast	a. 1 box of low-fat cottage cheese b. A whole wheat sandwich (2 slices of whole wheat bread, scrambled onion eggs)

	cooked with 1/3 teaspoon of oil, and 5 grams of salad dressing)
Snack following breakfast	A bowel of papaya
Lunch	<ol style="list-style-type: none"> 1. A bowel of mixed grains. 2. Steam some snow fish 3. Fry big cucumber with 1/2 bowel of fresh shiitake mushroom and 1/3 teaspoon of oil.
Afternoon snack 1	1 bowl of watermelon
Afternoon snack 2	husked lotus cooked with waist endosarc
Dinner	A bowel of whole wheat seafood noodle fried with 5 clams, some fish, 5 fresh shrimp, 100 grams of luffa, and 1/3 teaspoon of oil.
Evening snack 1	3 pieces of soda cracker
Evening snack 2	A box of low fat cottage cheese

Example of semi-liquid food recipe (1800 Kcal/day, 90 grams of protein)

Project	Menu (Ingredients)
Breakfast	<ol style="list-style-type: none"> 1. box of low-fat cottage cheese 2. Porridge (cooked with a bowel of coarse rice gruel, an egg, 50 grams of onion, and some ground pork)
Snack following breakfast	A bowel of papaya
Lunch	<ol style="list-style-type: none"> 1. A bowel of mixed grains.

	<p>2. Steam some snow fish</p> <p>3. Fry big cucumber with 1/2 bowl of fresh shiitake mushroom and 1/3 teaspoon of oil.</p>
Afternoon snack 1	1 bowl of watermelon
Afternoon snack 2	husked lotus cooked with waist endosarc
Dinner	A bowl of whole wheat seafood noodle fried with 5 clams, some fish, 5 fresh shrimp, 100 grams of luffa, and 1/3 teaspoon of oil.
Evening snack 1	Mix either 2 spoonful of sugar-free lotus flower seed powder or wheat flour with water
Evening snack 2	A box of low-fat cottage cheese

若有任何疑問，請不吝與我們聯絡
電話：(04) 22052121 分機 3253
HE-8C025-E