

## Diet for Dumping Syndrome

| <b>Food Group</b>                 | <b>Recommend</b>  | <b>Avoid</b>  |
|-----------------------------------|---|---|
| <b>Milk and Milk Products</b>     | as tolerated: buttermilk; low fat, skim, or whole milk; creamed soups; low calorie pudding; plain or low calorie, artificially sweetened yogurt; cheese | cocoa mixes; ice cream; malted or chocolate milk; sweetened custard and pudding; sweetened, fruited, or frozen yogurt; milkshakes |
| <b>Vegetables</b>                 | all   | none  |
| <b>Fruits</b>                     | fresh fruit, fruit canned in natural juice, unsweetened fruit juice   | dried fruits, canned or frozen fruits in syrup, sweetened juice   |
| <b>Breads and Grains</b>          | crackers, pasta, plain breads and rolls, pretzels, rice, unsweetened cereal   | sugar-coated cereals (including granola), doughnuts, sweet rolls  |
| <b>Meats and Meat Substitutes</b> | eggs, seafood, beef, poultry, pork, peanut butter   | none  |
| <b>Fats and Oils</b>              | butter, margarine, oils, salad dressings  | none  |
| <b>Sweets and Desserts</b>        | artificial sweeteners, low calorie jelly, low calorie gelatin, low calorie popsicles  | popsicles, cakes, pies, cookies, jellies, jams, gelatin, high sugar desserts, sherbet   |
| <b>Beverages</b>                  | sugar-free beverages, water   | regular soft drinks, sugared drink mixes, lemonade, Kool Aid, Gatorade, sugared ice tea, Snapple or similar drinks                |