PATIENT & CAREGIVER EDUCATION

Diet and Nutrition Before and After Your Gastrectomy

This information explains eating and drinking guidelines you must follow before and after your gastrectomy. This is surgery to remove part or all of your stomach.

Your clinical dietitian nutritionist will review this information with you. If you have any questions about your diet before or after surgery, call 212-639-7312. You can set up an appointment with a clinical dietitian nutritionist.

While you're in the hospital, a clinical dietitian nutritionist will visit you. Follow-up care after surgery may be helpful, depending on the part of your stomach that was removed. Your care team will talk with you about this.

Diet and nutrition before surgery

It's important to get enough nutrition before and after surgery. Getting enough nutrition can help you:

- Prevent nutrition deficiencies, which means you do not have some things you need. For example, you may not be getting enough vitamins from the foods you eat.
- Stay strong.
- Maintain your weight.
- Fight infection.
- Have fewer side effects.
- Heal after surgery.

High-calorie, high-protein foods

Eat foods listed in this table to add more calories and protein to your diet. Ask your clinical dietitian nutritionist for more menu ideas if you need them.

Food group	Food	Calories	Protein (grams)
Meat, beans, and eggs	1 cup cooked dried beans	240	4
	½ cup chicken salad	200	14
	1 large egg cooked with 1 tablespoon butter	175	7
	3 ounces tuna canned in oil	170	25
	¼ cup egg substitute	25	5
Nut butters	1 tablespoon of full fat peanut butter	95	4
	1 tablespoon of almond butter	100	3
Dairy	½ cup canned evaporated milk (can be used instead of water when cooking)	160	8
	7 ounces of 2% Greek yogurt	140	20
	7 ounces of 5% Greek yogurt	190	18
	½ cup premium ice cream	220	14
	½ cup full fat creamed cottage cheese	115	7
	¼ cup (1 ounce) shredded cheese	100	7
	¼ cup half-and-half	80	2
	½ cup whole milk (can be used instead of water when cooking)	75	7
	1 tablespoon cream cheese	50	1
	2 tablespoons sour cream	50	1
Fats	1 tablespoon butter, margarine, oil, or mayonnaise	100	0
	2 tablespoons gravy	40	1
Sweets	1 tablespoon honey	60	0
	1 tablespoon sugar, jam, jelly, or chocolate syrup	50	0
Meal replacements	1 meal replacement bar	200	15
	1 scoop (1 ounce) protein powder	100	15

High-calorie, high-protein liquid nutritional supplements

Your care team may suggest taking nutritional supplements high in calories or protein. If they do, take the supplements between meals. If you take them with a meal, they can be filling. That keeps you from eating more of your food.

We list some examples of liquid nutritional supplements in the table below. You can buy most of them at any supermarket or pharmacy. If the store does not have a product, ask a pharmacist or store manager to order it for you. You can also order these products online.

Some supplements may cause diarrhea (loose bowel movements), gas, or bloating. Try supplements in small amounts to see how they affect you. If you have any of these side effects, try a low sugar supplement. You can also talk with your clinical dietitian nutritionist about other options.

Nutritional supplement and serving size	Calories	Protein (grams)	Lactose free?
Ensure® Original (8 ounces)	225	9	Yes
Boost® Original (8 ounces)	240	10	Yes
Ensure® Plus (8 ounces)	350	13	Yes
Boost® Plus (8 ounces)	360	14	Yes
Boost® VHC (Very High Calorie) (8 ounces)	530	22	Yes
Ensure® High Protein (8 ounces)	160	16	Yes
Boost® High Protein (8 ounces)	240	20	Yes
Ensure® Compact (4 ounces)	220	9	Yes
Boost® Compact (4 ounces)	240	10	Yes
Glucerna® Shake (8 ounces) (For people with diabetes)	180	10	Yes
Ensure® Clear (8 ounces)	250	9	Yes
Boost® Breeze (8 ounces)	250	9	Yes
Carnation Breakfast Essentials® Powder (8 ounces) (Made with whole milk or lactose-free milk)	280	12	No

Nepro® Nutritional Shake (8 ounces) (For people with kidney disease)	425	19	Yes
Orgain® Nutritional Shake (11 ounces) (Organic, plant-based)	255	16	No
Premier Protein Shakes (8 ounces)	160	30	No
Kate Farms® Nutritional Shakes (11 ounces)	330	16	Yes
Benecalorie® (1.5 ounces)	330	7	Yes

High-calorie, high-protein nutritional shakes

You can also make your own nutritional shakes that are high in calories and protein. For shake recipes and other tips for having more calories and protein, read *Eating Well During Your Cancer Treatment* (www.mskcc.org/pe/eating-cancer-treatment).

Tips for eating more food

If you're not eating enough or are losing weight, these tips can help you get the most from your meals.

- Eat small meals and eat more often.
  - Have a half-sized meal every 2 to 3 hours.
  - Try to eat 6 to 8 small meals a day instead of 3 large meals.
  - Make and follow a meal schedule. Do not wait until you're hungry.
  - Serve smaller food portions on salad plates instead of dinner plates.
- Keep your favorite foods in your home where you can get to them easily.
- Buy single-serving food items that you can eat easily. Try small bags of mixed nuts or trail mix.
- Cook in batches so you have leftovers.
  - Keep 1 extra serving in your refrigerator for the next day, but not longer.
  - Freeze the other extra servings. When you're ready to use a serving, thaw it in the refrigerator or microwave. Do not thaw on the kitchen counter. Then, reheat it until it's steaming hot.
- Include many kinds of food groups and food types in your diet, unless your

healthcare provider tells you not to.

- Get more calories from liquids than solid foods. For example, have milkshakes or nutritional supplements such as Ensure or Carnation Breakfast Essentials.
- Make dining a good experience. Eat your meals in a pleasant, relaxing setting with family or friends.
- Think of your nutrition as being just as important as your medicine.

Diet and nutrition after surgery

After your gastrectomy, the way you digest food will change. You may digest your food too fast and not absorb nutrients as well as before. That's why you may need to change the way you eat.

- If you have a subtotal gastrectomy, some of your stomach will be removed. You will have a smaller stomach (see Figure 2).
- If you have a total gastrectomy, your whole stomach will be removed (see Figure 3). This means you will feel full faster than you did before surgery.

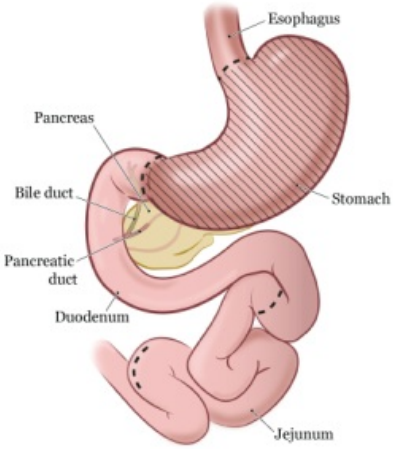


Figure 1. Your digestive system before your gastrectomy

Follow the guidelines in this section. You can also use the sample menus at the end of this resource to plan your meals.

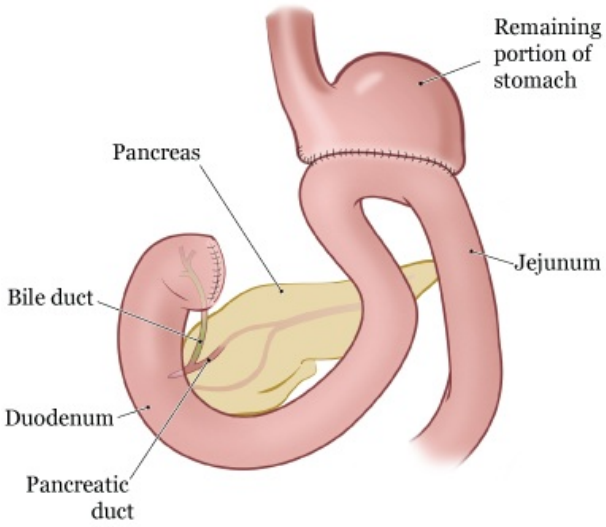
Guidelines for eating after your gastrectomy

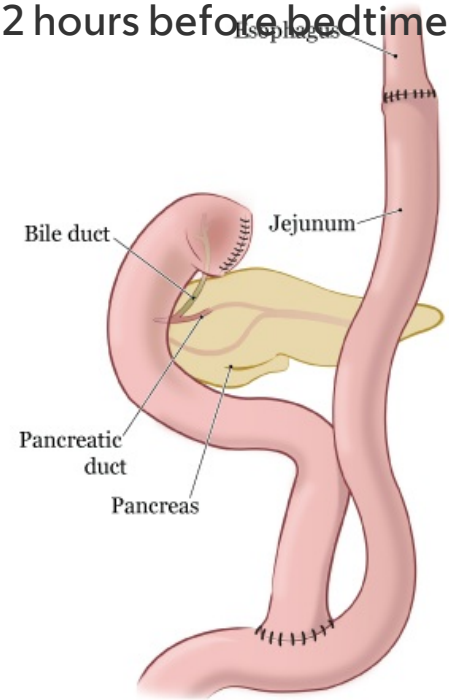
Eat smaller meals more often

After your surgery, your stomach will not be able to hold as much as it did before surgery. You will need to have 6 or more small meals a day instead of 3 main meals. This will help you eat the right amount of food.

Do not wait until you feel hungry. Create and follow a meal schedule. Have

your last meal of the day at least 2 hours before bedtime. Tell your care team if you're losing weight without meaning to.





Figures 2 and 3. Your digestive system after your subtotal gastrectomy (left) and after your total gastrectomy (right)

After surgery, you may only be comfortable eating a few bites of food at a time. After a few months, you may be able to have larger meals and eat less often.

If all of your stomach was removed, you only may be able to have a few bites of food during each meal. You may need to eat or drink every 1 to 2 hours to get all the nutrients you need.

Eat slowly and chew your food well

Eat slowly to stop you from getting too full and feeling uncomfortable. Sit upright during your meals. Chew food into very small pieces. This makes it easier for your body to digest the food.

Limit the amount of liquids you have with meals

Do not have more than 4 ounces (½ cup) of liquid with your meals. This will help you eat enough solid food without getting too full. It will also keep food from moving into your small intestine too fast. It's OK to take extra sips of

liquids if your mouth feels dry or you're coughing.

Remember that soup and protein shakes count as liquids.

Eat protein with each meal

After surgery, your body needs more protein to help you heal. Eat protein with each meal. Good sources of protein include:

- Meat
- Chicken or turkey
- Fish
- Low-fat dairy products, such as milk, yogurt, and cheese
- Eggs
- Tofu
- Nuts and nut butters

Choose foods that are easy to eat

- Choose soft, well-cooked foods. Avoid raw vegetables and tough or chewy foods like red meats or bagels.
- Avoid spicy and peppery foods soon after your surgery. They may cause discomfort.
- Avoid fatty and sugary foods if they cause discomfort. Read the "Food intolerances after surgery" section of this resource.

Guidelines for drinking after your gastrectomy

- Drink about 8 to 10 (8-ounce) glasses of liquid each day.
- Avoid carbonated (fizzy) drinks, such as soda and seltzer, if they make you feel full.
- Drink most of your liquids at least 1 hour before or 1 hour after your meals. This helps avoid feeling too full and prevents dehydration (when you do not drink enough liquids).
- Do not have more than about 4 ounces (½ cup) of liquids with your meals.

Vitamin and mineral supplements after surgery

If a large part of your stomach was removed, you may need to take extra vitamin B12. You can get vitamin B12 as an oral supplement (such as a pill) or a monthly shot.

You may also need other vitamin and mineral supplements. If you do, your care team will talk with you about this.

Food intolerances after surgery

A food intolerance is when you have discomfort or unpleasant symptoms after having certain foods or drinks. After your surgery, you may have food intolerances you did not have before.

This section explains some possible intolerances you may have. You will only need to follow the tips in this section if you have these symptoms.

Sugar intolerance

Some people have cramping, stomach pain, or diarrhea within 20 minutes of eating foods or drinks that have a lot of sugar. This is called dumping syndrome. Dumping syndrome can also be caused by eating too much at once.

Symptoms can happen 1 to 2 hours after eating a sugary meal. Some people feel weak, hungry, nauseous (like you're going to throw up), anxious, shaky, or sweaty.

This happens because your body releases extra insulin after you eat large amounts of sugar. Having too much insulin in your bloodstream causes low blood sugar.

We can control dumping syndrome and low blood sugar by changing your diet. Avoid foods and drinks with lots of sugar, such as:

- Sugar-sweetened sodas
- Fruit juices
- Candy

- Cane sugar
- Honey
- Syrups
- Cakes and cookies

It's OK to eat small amounts of cakes, cookies, and candies sweetened with sugar alcohols (such as sorbitol and mannitol). Eating too much can cause diarrhea.

Eating smaller meals and having protein with meals may also help with symptoms. So will eating foods with soluble fiber, such as canned fruits, bananas, peanut butter, and oatmeal.

Fat intolerance

Some people have trouble digesting large amounts of fat after surgery. You may not be absorbing all the fats you're eating if you're having any of these symptoms:

- Bowel movements very often
- Bowel movements that float
- Bowel movements that are very light in color, frothy, greasy, or foul smelling

If you have any of these symptoms, talk with your care team. You may need a medicine to help you digest fats.

Try having small amounts of fats at first. Then, slowly add a higher amount to your diet. Foods high in fat include:

- Butter, margarine, and oils
- Mayonnaise
- Creamy salad dressings
- Cream cheese
- Gravies

- Potato chips and corn chips
- Rich desserts
- Fried foods
- Fatty meats

Lactose (dairy) intolerance

Lactose intolerance is not being able to digest lactose. Lactose is a type of sugar found in dairy or milk products. Some people have trouble digesting lactose after having a gastrectomy.

Symptoms of lactose intolerance include gas, bloating, and diarrhea. These symptoms can happen 30 minutes to 2 hours after having dairy products.

After surgery, slowly bring dairy products back into your diet. Milk, ice cream, and soft cheeses have high amounts of lactose. Hard cheeses, yogurt, and butter have smaller amounts of lactose.

To test your tolerance to dairy foods, start by drinking a 4-ounce (½ cup) serving of milk.

- If you do not have any symptoms of lactose intolerance, you can start eating more dairy foods.
- If you have symptoms, you may still be able to eat foods with smaller amounts of lactose. Pay attention to how you feel after having different types of dairy. Pay attention to how you feel after eating dairy products along with other non-dairy foods.

If you think you may be lactose intolerant:

- Try using a product to help you digest dairy. Examples are lactase (Lactaid®) tablets or drops.
- Try dairy products processed to remove the lactose from them (such as Lactaid milk, cottage cheese, and ice cream).
- Ask your clinical dietitian nutritionist for help, if needed.

Sometimes, lactose intolerance after surgery will go away. You can try having dairy again in a couple of months to see if you still have symptoms.

Tips for managing common problems after surgery

This section explains common problems after a gastrectomy. Keep a food log and write down any symptoms or problems you have. This can help you learn why the problems are happening. You can use the blank daily food and drink log at the end of this resource.

If the tips in this section do not help, talk with your clinical dietitian nutritionist or doctor.

Tips for managing nausea

- Avoid foods that are rich, spicy, or greasy.
- Eat slowly. Try putting your fork down between bites.
- Chew your foods well. Avoid activity right after meals. These things help with digestion.
- Do not have too much to eat or drink at one time.
- Do not lie flat after meals. Wait 2 to 3 hours before lying down.

Tips for managing fullness

- Do not eat or drink too much at one time. Eat small meals.
- Make a schedule with times for eating and drinking. This can help if you're having trouble having 6 smaller meals instead of 3 large meals. Setting alarms throughout the day can be helpful reminders.
    - You may find yourself going back to the larger portions you had before your surgery. Try making small meals or meals in the right portion ahead of time.
- Drink most of your liquids before or after meals. Drinking during your meals can make you feel full faster.
- Eat slowly. Try putting your fork down between bites. It takes 20 minutes for your brain to know you're full.

- Avoid carbonated drinks.
- Avoid vegetables that may make you gassy. Examples are broccoli, cauliflower, cabbage, onion, brussels sprouts, and beans.

Tips for managing diarrhea

- First, try eating less sugar. Then, try less dairy. Finally, try less fat. Pay attention to see if the diarrhea gets better. If it does, eat less of those foods.
- Avoid sugar alcohols, such as sorbitol and mannitol. These are often used in gum, hard candies, cough drops, dairy desserts, frosting, cakes, and cookies. You can see if a product has these things by checking the ingredients list. It's OK to use other sugar substitutes such as NutraSweet or Equal.
- Avoid eating large amounts of high insoluble fiber foods, such as raw vegetables, raw fruits, and salads.
- Try eating foods with soluble fiber, such as canned fruits, bananas, peanut butter, and oatmeal.
- Make sure you're storing foods safely.
    - Put leftovers in the refrigerator or freezer right away.
    - Throw away refrigerated leftovers after 2 days.
    - Throw away frozen leftovers after 6 months.
    - Thaw frozen leftovers in the refrigerator or microwave, not on the kitchen counter. Reheat them to safe food temperatures until they're steaming hot.

Tips for managing reflux

Reflux is when foods or liquids that you swallow come back up your throat into your mouth. This happens because the valve between your esophagus and stomach was removed during your surgery.

Follow these tips for managing reflux:

- Sit up straight during meals and for at least 60 minutes after you're

finished.

- Wear loose-fitting clothes around your abdomen (belly).
- Eat your last meal of the day at least 2 hours before your bedtime.
- Drink your last drink of the day at least 1 hour before your bedtime.
- Always keep the head of your bed at a 30-degree angle or higher. Use a wedge to keep your upper body and head raised up. You can buy a wedge at a surgical supply store or online.
- When you bend down, try bending at your knees instead of your waist.
- Do not eat or drink too much at one time.
- Talk with your care team about taking a medicine to help manage reflux.

Eating at restaurants and social events

Food is the focus of many social events. Remember that portions served at events and restaurants tend to be large. It often takes some time to get used to eating at restaurants or events like weddings and dinner parties.

- If you finish an appetizer, you may find that you need to take your entrée home.
- If you skip the appetizer, try eating half of your entrée and taking the rest home. You can also share an entrée with a friend.
- You may have to choose between having a small soup or a drink. Or, you can choose to have just a few sips of both.
- If you want to have dessert after your meal, you may want to take it home and save it for later.

Tracking your food and liquid Intake

After your gastrectomy, you may feel full quickly or have other changes that affect your eating. Keep a food and drink log. This will help you see what foods and portion sizes are easiest for you to eat. It will also help you make sure you're getting enough calories.

In your food and drink log:

- Keep track of all of the foods you eat and liquids you drink. Write down:
  - The time you eat or drink
  - The amount (portion) and type of food or drink
  - The number of calories in the food or drink
- Write down any symptoms or problems you have after eating or drinking.
  - Are you feeling too full?
  - Do you have pressure in your chest?
  - Are you having reflux?
  - Are you having pain in your abdomen (belly) or diarrhea?

Here is an example of a food and drink log. There is also a blank log for you to use at the end of this resource.

Time	Portion size	Description	Calories	Symptoms?
7 a.m.	4 oz	Apple juice	60	None
8 a.m.	1 jumbo 5 oz	Scrambled egg Mashed potatoes	100 160	None
10 a.m.	6 oz	Yogurt	105	None
2 p.m.	5 oz 4 oz	Mashed potatoes Vanilla pudding	160 110	None
4 p.m.	1 jumbo	Scrambled egg	100	None
6 p.m.	6 oz 5 oz ¼ cup ¼ cup	Mashed potatoes Soft cooked butternut squash Stewed chicken Gravy	192 75 58 50	Very full, unable to finish meal
			Daily total 1130 calories	

Tracking your weight

It's important to track your weight. Weigh yourself about every 3 to 5 days. It's best to weigh yourself around the same time of day each time. Make sure

you're wearing the same amount of clothing when you weigh yourself. If you're losing weight, make a follow-up appointment with a clinical dietitian nutritionist.

Measuring foods

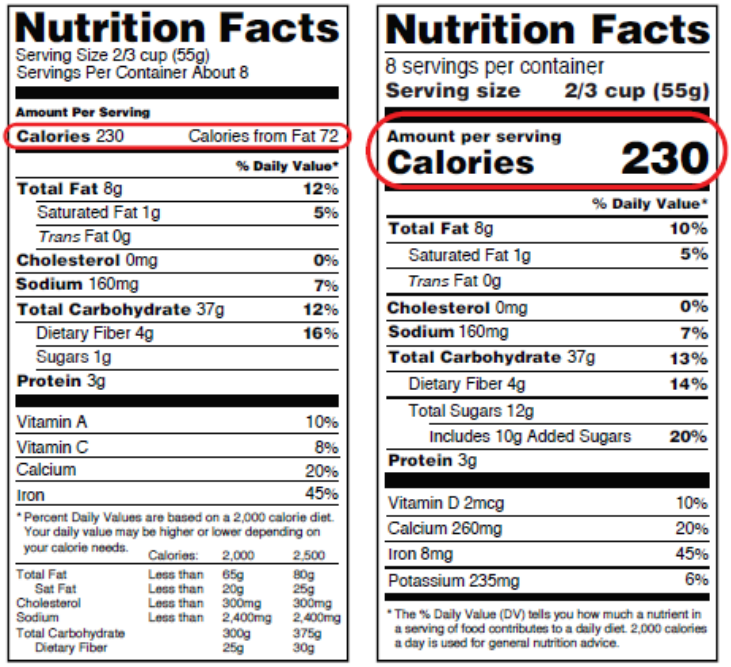
To measure foods, use measuring spoons, measuring cups, or a food scale. You can also use the guidelines in Figure 4 to estimate amounts of some foods.



Figure 4. How to measure portion size with your hand

Finding calorie information

You can find the calorie information for packaged foods on the nutrition facts label (see Figure 5).



Nutrition Facts
Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving
Calories 230 Calories from Fat 72

	% Daily Value*
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	12%
Dietary Fiber 4g	16%
Sugars 1g	
Protein 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Nutrition Facts
8 servings per container
Serving size 2/3 cup (55g)

Amount per serving
Calories 230

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Figure 5. Where to find calorie information on a Nutrition Facts label

A food may not have a nutrition facts label. If so, you can look up the calorie information on a nutrition resource website, such as CalorieKing.com or MyFitnessPal.com. You can also download the MyFitnessPal application (app) to your smartphone.

Shopping list after surgery

For about 2 to 4 weeks after your surgery, eat smaller meals more often. Have foods high in calories and protein. You will not be eating large portions of foods. Instead, you will need to eat foods that give you the most nutrition in just a few bites.

The foods listed in this section will help you get the nutrients you need. These foods are also easier to digest (break down).

Food group	Recommended foods
Milk and dairy	• Whole milk and non-dairy milks, such as almond and oat milk. • Plain or well-blended yogurt (preferably Greek) • Soft cheese (such as cottage cheese or ricotta cheese) • Mild or processed cheese (string cheese)

Vegetables	• Carrots
	• Green beans
	• Asparagus tips
	• Zucchini, squash (skin peeled, seeds removed)
	• Tomato sauce (smooth, without chunks of tomatoes).
	  ◦ You can have this with pasta in small portions.
	  ◦ Do not eat tomato sauce if you have acid reflux
	*All vegetables should be well-cooked and very soft.

Fruits	• Bananas • Oranges • Apple sauce • Cantaloupe • Honeydew • Watermelon • Canned fruits
Starches	• Cooked cereal, cream of wheat, farina, cream of rice, oatmeal, or hominy grits • Cold cereals (soften with milk or a substitute) • Potatoes • Well-cooked pasta and pastina • Well-cooked white rice • White bread
Fats and oils	• Butter or margarine • Sour cream • Cooking fats or oils • Gravy • Whipped toppings or heavy cream • Avocado • Creamy-style salad dressings *Do not eat acidic dressings if you have acid reflux.
Meat and meat substitutes	• Tender or ground meats and poultry • Well-moistened, soft fish • Eggs • Tender tofu or tempeh • Smooth nut or seed butters

Drinks	• Water • Tea • Coffee • Milk and milk substitutes • Juice (juices watered down, as needed)

Kitchen items that can help after surgery

Here are some kitchen items that can help you make foods at home. You do not need to blend your food after surgery. But making soups and shakes with different foods can help you reach your calorie and protein goals.

- **Blender:** Use a blender to make soups and shakes. You can put meats, vegetables, and fruits in a blender. You may have to add liquid to make the food the right texture.
- **Food processor:** Use a food processor for shredding, slicing, chopping, or blending foods. It comes in different sizes. If you plan to make just 1 portion of food, buy a small processor.
- **Small (salad) plates:** Use small plates to help meals seem less overwhelming.
- **Measuring cups and spoons:** Use measuring cups and spoons to help with guiding portion sizes as you start eating after surgery.

Resources

MSK support services

Integrative Medicine and Wellness Service

www.msk.org/integrativemedicine

Our Integrative Medicine and Wellness Service offers many services to complement (go along with) traditional medical care. For example, we offer music therapy, mind/body therapies, dance and movement therapy, yoga, and touch therapy. Call 646-449-1010 to make an appointment for these services.

You can also schedule a consultation with a healthcare provider in the Integrative Medicine and Wellness Service. They'll work with you to make a

plan for creating a healthy lifestyle and managing side effects. Call 646-608-8550 to make an appointment for a consultation.

Resources for Life After Cancer (RLAC) Program

646-888-8016

At MSK, care does not end after your treatment. The RLAC Program is for patients and their families who have finished treatment.

This program has many services. We offer seminars, workshops, support groups, and counseling on life after treatment. We can also help with insurance and employment issues.

External resources

Academy of Nutrition and Dietetics (AND)

www.eatright.org/

AND is a professional organization for registered dietitians. The website has information about the latest nutrition guidelines and research and can help you find a dietitian in your area. The academy also publishes *The Complete Food & Nutrition Guide* which has over 600 pages of food, nutrition, and health information.

American Institute for Cancer Research

www.aicr.org

800-843-8114

The AICR has information on diet and cancer prevention research and education.

FDA Center for Food Safety and Applied Nutrition

www.fda.gov/AboutFDA/CentersOffices/OfficeofFoods/CFSAN/default.htm

The FDA has helpful information on food safety.

6-Meal diet sample menus

The sample menus in this section show a soft diet in 6 small meals. They include 4 ounces of liquid with each meal. This is to keep you from feeling

too full during meals. They also include 8 ounces of liquid between meals, to keep you hydrated. Remember that soup and protein shakes also count as liquids.

- Not all of the menu items are sugar-free. If you have diabetes, high blood sugar, or are having dumping syndrome:
  - Use sugar-free or light yogurt in place of regular yogurt.
  - Limit fruit juices.
  - If you drink fruit juices, dilute them with water.
- Menu items with an asterisk (*) have lactose. If you're lactose-intolerant:
  - Try Lactaid milk, cottage cheese, or ice cream.
  - Take Lactaid tablets or drops before having dairy products.
  - Choose almond milk, rice milk, or soy milk and non-dairy cheeses.

You may have had a large part or all of your stomach removed. If so, you may need to start with even smaller portion sizes than we list on the sample menus. Please talk with your clinical dietitian-nutritionist for more information.

Sample menu 1

Time	Meal	Foods and Liquids
7:30 a.m.	Breakfast	• ¾ cup of cornflakes softened in ½ cup of whole milk* • ½ of a banana
9 a.m.	Drink	• ½ cup of juice mixed with ½ cup of water
10 a.m.	Snack	• ½ cup of cottage cheese* • ½ cup of canned fruit
11:30 a.m.	Drink	• 1 cup of whole milk*
12:30 p.m.	Lunch	• ½ cup of chicken soup • ½ of a tuna salad sandwich on untoasted bread with extra mayonnaise as needed to moisten
2 p.m.	Drink	• 1 cup of tomato juice

3 p.m.	Snack	• 6 ounces of fruit yogurt* • ¼ cup of cranberry juice mixed with ¼ cup of water
4:30 p.m.	Drink	• ½ cup of apple juice mixed with ½ cup of water
5:30 p.m.	Dinner	• 2 ounces of baked chicken • 1 small baked potato (without the skin) with sour cream* • ½ cup of cooked carrots • ½ cup of almond milk
7 p.m.	Drink	• 1 cup of water
8 p.m.	Snack	• 1 ounce of American cheese* • 1 slice of bread • 1 teaspoon of mayonnaise or mustard • ¼ cup of apple juice mixed with ¼ cup of water
9:30 p.m.	Drink	• ½ cup of cran-apple juice mixed with ½ cup of water

Sample menu 2

Time	Meal	Foods and Liquids
7:30 a.m.	Breakfast	• 1 scrambled egg • 1 slice of untoasted bread with 1 teaspoon of margarine or butter* • ¼ cup of orange juice mixed with ¼ cup of water
9 a.m.	Drink	• 1 cup of tomato juice
10 a.m.	Snack	• 1 tablespoon of peanut butter • ½ of a soft roll • ½ cup of whole milk*
11:30 a.m.	Drink	• ½ cup of juice mixed with ½ cup of water
12:30 p.m.	Lunch	• ½ of an egg salad sandwich on untoasted bread with extra mayonnaise as needed to moisten • ½ cup of milk*
2 p.m.	Drink	• 1 cup of broth
3 p.m.	Snack	• 2 tablespoons of hummus • ½ of a soft roll • ¼ cup of pineapple juice mixed with ¼ cup of water

4:30 p.m.	Drink	• ½ cup of fruit punch mixed with ½ cup of water
5:30 p.m.	Dinner	• 2 ounces of baked fish • ½ cup of mashed potatoes • ½ cup of cooked green beans with 2 teaspoons of margarine or butter • ¼ cup of apple juice mixed with ¼ cup of water
7 p.m.	Drink	• 1 cup of water
8 p.m.	Snack	• ¼ cup of cottage cheese* • 1 slice of bread • ¼ cup of cranberry juice mixed with ¼ cup of water
9:30 p.m.	Drink	• ½ cup of mixed berry juice mixed with ½ cup of water

Sample menu 3

Time	Meal	Foods and Liquids
7:30 a.m.	Breakfast	• 1 egg omelet with 1 ounce cheese and 1 slice of chopped ham • ¼ cup of orange juice mixed with ¼ cup of water
9 a.m.	Drink	• 1 cup of water
10 a.m.	Snack	• 1 cheese blintz with 1 teaspoon of margarine or butter* • ¼ cup of apricot nectar mixed with ¼ cup of water
11:30 a.m.	Drink	• ½ cup of grape juice mixed with ½ cup of water
12:30 p.m.	Lunch	• Slider with 2 ounces of ground beef, 1 ounce of American cheese*, and 3 bread and butter pickle slices on a mini bun • ½ cup of whole milk*
2 p.m.	Drink	• ½ cup of cranberry juice mixed with ½ cup of water
3 p.m.	Snack	• 1 scoop of whey protein powder mixed with 1 cup of whole milk*, ½ of a banana, and 1 tablespoon of almond butter
4:30 p.m.	Drink	• ½ cup of blackberry juice mixed with ½ cup of water
5:30 p.m.	Dinner	• 1 slice of ham and cheese* quiche without crust • ¼ cup of apple juice mixed with ¼ cup of water
7 p.m.	Drink	• ½ cup of guava nectar mixed with ½ cup of water

8 p.m.	Snack	• 2 graham crackers with 1 tablespoon of peanut butter • ½ cup of whole milk*
9:30 p.m.	Drink	• 1 cup of water

Sample menu 4

Time	Meal	Foods and Liquids
7:30 a.m.	Breakfast	• ½ of an untoasted English muffin topped with 2 tablespoons of peanut butter and 2 teaspoons of honey • ½ cup of whole milk*
9 a.m.	Drink	• 1 cup of water
10 a.m.	Snack	• 6 ounces of full fat Greek yogurt* • ½ of a banana or canned fruit • 1 tablespoon of ground flax seed or ground almonds
11:30 a.m.	Drink	• ½ cup of apple juice mixed with ½ cup of water
12:30 p.m.	Lunch	• ½ of a grilled cheese* sandwich with tomato • ¼ cup of apple juice mixed with ¼ cup of water
2 p.m.	Drink	• ½ cup of cherry juice mixed with ½ cup of water
3 p.m.	Snack	• ½ of a mashed avocado rolled in 2 ounces of thin sliced turkey breast • ¼ cup of pear nectar mixed with ¼ cup of water
4:30 p.m.	Drink	• ½ cup of peach nectar mixed with ½ cup water
5:30 p.m.	Dinner	• 2 ounce slice of meat loaf • ½ cup of sweet potato baked with 2 teaspoons of canola, olive, or coconut oil • ½ cup of cooked spinach with 2 teaspoons of margarine or butter • ¼ cup grape juice mixed with ¼ cup of water
7 p.m.	Drink	• 1 cup whole milk*
8 p.m.	Snack	• ½ cup of vanilla pudding* topped with ½ of a sliced banana
9:30 p.m.	Drink	• 1 cup of water

Daily food and drink log

Time	Portion Size	Description	Calories	Symptoms?
			Total:	

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Diet and Nutrition Before and After Your Gastrectomy - Last updated on April 1, 2024
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