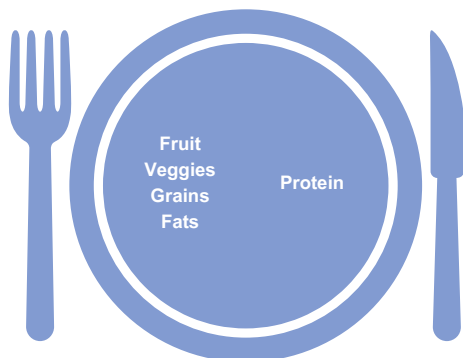




## Tips for Weight Regain After A Gastrectomy

To maintain or regain weight after gastrectomy, it is important to focus not only on what you eat, but when you eat and how you eat.

- 1. Eat often.** Eat or drink a high calorie, high protein food or fluid at least every 2-3 hours. • Remember that you may not feel hungry, but you need to eat often anyway.
  - Set alarms to remind yourself to eat.
  - Keep food with you to avoid missed meals.
  - For example, keep shelf-stable snacks such as unsweetened protein drinks, protein bars or peanut butter crackers, at work, in your car, or in your purse.
- 2. Chew every bite very well.** Food that is not completely broken down by your teeth is more difficult to digest and absorb.
- 3. Make at least half your plate protein for every meal and snack.** See the links below for examples of high-protein foods and fluids.

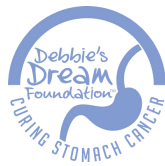


- 4. Avoid added sugars.** Added sugars are absorbed differently after gastrectomy, so they will not help you gain healthy weight. They will also cause both high and low blood sugar levels (late dumping syndrome). See the links below for more information.
- 5. Be active!** To maintain/regain muscle and bone density, you need to eat and absorb enough calories and protein. You also need to strengthen your muscles with exercise.
  - Talk to your healthcare team about when it is safe for you to begin exercising again.
  - Focus on strength-training exercises that build muscle, such as bodyweight exercises (e.g. squats, lunges, and pushups) or lifting weights.
  - Eat a high-protein snack right before and right after exercise.
  - Sip on fluids while exercising to stay hydrated.
- 6. See the links on page 2** for tips to manage and avoid post-gastrectomy symptoms that can prevent you from eating enough or from absorbing what you eat.
  - ***If you have trouble digesting or absorbing fat, talk to your healthcare team.***

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## Tips for Adding Calories and Protein to Your Nutrition Plan

1. Drink your calories.
  - o Sip on high protein, unsweetened drinks and/or homemade high protein smoothies between your meals.
2. Choose full-fat, full-calorie products instead of products labeled 'lite' or 'low-fat'.
3. See the table below for foods to add calories and/or protein to your meals

| Food Item  | Add to  |
|--|---|
| Avocado  | Bread, crackers, vegetables, mixed dishes, homemade smoothies, sandwiches, quesadilla                                       |
| Cheese, cottage cheese, or Greek yogurt (unsweetened)  | Soup, bread, crackers, pasta, potatoes, quesadilla, sandwich  |
| Ground flax seed   | Hot cereal, yogurt, homemade smoothies  |
| Heavy cream  | Coffee, tea, smoothies, soups, mixed dishes   |
| High calorie condiments such as hummus, mayonnaise, sauces   | Use liberally at meals  |
| Tofu (silken)  | Tofu (silken) Soup, smoothies, dips, sauces   |
| Milk (unsweetened)<br>(Dairy or plant based. High protein milks are also available.)   | Recipes – use in place of water Hot cereals, smoothies, tea, coffee, soup   |
| Nuts or nut butter (unsweetened)   | Fruit, bread, crackers, hot cereal, yogurt, homemade smoothies, mixed dishes  |
| Oil, butter or margarine<br>(MCT oil does not have essential fatty acids. It can be used for added calories but not as the only source of fat. Oil fortified with protein, such as Benecalorie®, is also available.) | Mixed dishes – use liberally when cooking<br>Eggs, soup, homemade smoothies, hot cereals, potatoes, pasta                   |
| Protein powder (unsweetened)<br>(Whey, collagen, soy, pea or other. Collagen and pea proteins are not complete proteins. Balance them with other protein sources.)   | Fluids such as tea, coffee, protein drinks, smoothies. Soft solids, such as mashed potatoes, hot cereal, unsweetened yogurt |

**Contact your Registered Dietitian about your specific nutrition needs.**

### Helpful Links:

- [Diet and Nutrition After Gastrectomy: What You Should Know | Center for Cancer Research](#)
- [Diet and Nutrition After Gastrectomy: Your Plan | Center for Cancer Research](#)
- [Physical Health After Total Gastrectomy | Center for Cancer Research](#)

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