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<p>Omnivore</p> <p>Omnivores eat pretty much everything, including meat, dairy, wheat, sugar, gluten, junk food and fast foods. Vegetable variety for most is rather small.</p>	<p>Pescetarian/Vegetarian</p> <p>The vast majority of vegetarians eat fish and vegetables together. Because some people eat themselves separate from them. They eat fish. They also eat dairy, eggs, and nuts. Some eat organic as much as possible. High variety.</p>	<p>Vegan</p> <p>Vegans eat more variety of what they eat, together. Because some people eat themselves separate from them. They eat fish. They also eat dairy, eggs, and nuts. Some eat organic as much as possible. High variety.</p>	<p>Raw</p> <p>Raw vegans eat 75-100% raw, living food (i.e. not cooked & etc.). They do not eat animal products & refined sugar. They eat all types of fruits & veg. Nuts, seeds, sprouted grains & beans.</p>	<p>Frutarian</p> <p>Frutarianism involves the practice of following a diet consisting only of fruits (some fruits & some nuts). They do not eat animal products, vegetables and grains.</p>	<p>Mono Frutarian</p> <p>Many frutarians believe in eating only one fruit at a time (e.g. only apples for the whole day) and only whole fruits. This diet allows your body even further.</p>	<p>Liquidarian</p> <p>This is the "juice" purification stage where people eat only off-plant juices or just plain water.</p>	<p>Breatharian</p> <p>Breatharians do not consume physical food, they live entirely off the pure energy of the world (sound or sunlight). This is NOT starving. Should not be attempted without guidance.</p>
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A GUIDE FOR REDUCING INFLAMMATION

AVOID INFLAMMATORY FOODS

	Fast foods	
	Hydrogenated oils and trans fats	
	Meat and poultry	
	White flour (wheat)	
	Sugar	
	Food additives	
	Dairy Products	
	Alcohol	

EAT MORE ANTI-INFLAMMATORY FOODS

	Cold water fish	
	Vegetables high in fructooligosaccharides	
	Brightly colored fruits and vegetables	
	Grapes and berries	
	Olive oil	
	Nuts and seeds	
	Avocados	
	Cruciferous vegetables	

TAKE ANTI-INFLAMMATORY SUPPLEMENTS

	Omega-3 fatty acids	
	Ginger	
	Turmeric	
	Cinnamon	
	Probiotics	
	Glutathione	
	Vitamin E	
	Vitamin D	
	Quercetin	
	Bromelain	

Dr Lam
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**SOUP RECIPES - SUPERCHARGE YOUR HEALTH,
BEAT INFLAMMATION, AND LOSE WEIGHT!**

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ELENA GARCIA

Try to eat 6-8 small meals throughout the day. The loss of water from tissues can produce a temporary drop in blood pressure, with resulting weakness and faintness. This diet is really a regular diet with frequent small meals and reduced simple sugars. Avoid very hot or cold foods or liquids, which may increase symptoms in some patients. Stomach surgery is performed for different reasons, so calorie requirements may vary from patient to patient. No Text Content! UVA Nutrition Services UVA Digestive Health Center Post-Gastrectomy and Anti-Dumping Diet For those who have lost part of their stomach due to surgery, it is often helpful to eat smaller meals more often due to the smaller stomach holding capacity. Avoid sweets and sugary foods such as: candies, cookies, soda, juice and syrup. Limit fluids to 4 oz (1/2 cup) during mealtimes. Special Considerations Eat six small meals daily to avoid overloading the stomach. This decreases the severity of symptoms. Sample Menu Food Groups Group Recommend Avoid Milk & milk products (2 or more cups daily) as tolerated: butter-milk, 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 Vegetables (3 or more servings daily) all none Fruits (2 or more servings daily) fresh fruit, fruit canned in natural juice, unsweetened fruit juice dried fruits, canned or frozen fruits in syrup, sweetened juice Breads & grains (4 or more servings daily) crackers, pasta, plain breads and rolls, pretzels, rice, unsweetened cereals sugar-coated cereals (including granola), doughnuts, sweet rolls Meats & meat substitutes (5 to 6 oz daily) eggs, seafood, beef, poultry, pork, peanut butter none Fats & oils (servings depend on caloric needs) butter, margarine, oils, salad dressings none Sweets & desserts (servings depend on caloric needs) artificial sweeteners, low-calorie jelly, low-calorie gelatin, low-calorie popsicles, cakes, pies, cookies, jellies, jams, gelatin, high sugar desserts, sherbet Beverages (limit fluid with meals to 4 oz per meal) sugar-free beverages, water regular soft drinks, sugared drink mixes, lemonade, Kool Aid, Gatorade, sugared ice tea, Snapple or similar drinks To download a PDF version of this page click here. Drink liquids 30 to 45 minutes before eating and 1 hour after eating, rather than with meals. Rest or lie down for 15 minutes after a meal to decrease movement of food from the stomach to the small intestine. They may occur 30 to 60 minutes after eating a meal and then again, 2 to 3 hours after eating. The early symptoms are caused when concentrated sugar passes too rapidly from the stomach into the intestine. • Limit concentrated sugars. Deficiencies of these nutrients may have severe consequences. Some patients experience something called "dumping syndrome." This can happen when stomach contents emptying too quickly into the intestine causing cramping and diarrhea. Stomach surgery is performed for different reasons, so calorie requirements may vary from patient to patient. The later symptoms are caused by the rapid absorption of sugar into the bloodstream, which raises the amount of blood sugar, grilled chicken 1/2 c. • Try adding a serving of fat to meals and snacks. Food Groups Group Recommend Avoid Milk & milk products (2 or more cups daily) as tolerated: butter-milk, 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 Vegetables (3 or more servings daily) fresh fruit, fruit canned in natural juice, unsweetened fruit juice dried fruits, canned or frozen fruits in syrup, sweetened juice Breads & grains (4 or more servings daily) crackers, pasta, plain breads and rolls, pretzels, rice, unsweetened cereals sugar-coated cereals (including granola), doughnuts, sweet rolls Meats & meat substitutes (5 to 6 oz daily) eggs, seafood, beef, poultry, pork, peanut butter none Fats & oils (servings depend on caloric needs) butter, margarine, oils, salad dressings none Sweets & desserts (servings depend on caloric needs) artificial sweeteners, low-calorie jelly, low-calorie gelatin, low-calorie popsicles, cakes, pies, cookies, jellies, jams, gelatin, high sugar desserts, sherbet Beverages (limit fluid with meals to 4 oz per meal) sugar-free beverages, water regular soft drinks, sugared drink mixes, lemonade, Kool Aid, Gatorade, sugared ice tea, Snapple or similar drinks Sample Menu Breakfast Lunch Dinner unsweetened orange juice 1/2 cup poached egg 1 toast 1 slice margarine 1 tsp low-calorie jelly 1 tsp sugar substitute salt/pepper beef patty 3 oz on bun mayonnaise or ketchup 1 Tbsp broccoli 1/2 cup margarine 1 tsp skim milk 1/2 cup salt/pepper chicken breast 3 oz mashed potatoes 1/2 cup green beans 1/2 cup margarine 2 tsp coffee 1/2 cup non-dairy creamer sugar substitute salt/pepper Mid-Morning Snack Mid-Afternoon Snack Evening Snack unsweetened cereal 1/2 cup skim milk 1/2 cup bread 1 slice turkey 1 oz mayonnaise 1 Tbsp lettuce low-calorie pudding 1/2 cup cottage cheese 1/4 cup fresh peaches 3/4 cup This Sample Diet Provides the Following Calories 1,550 Fat 62 gm Protein 87 gm Sodium 2,327 mg Carbohydrates 119 gm Potassium 2,372 mg This diet helps to prevent a condition called "dumping syndrome," which occurs in some patients who have undergone stomach surgery. Fats slow stomach emptying and may help prevent dumping syndrome. They aggravate the dumping syndrome. • Eat more slowly • Eat a source of protein at each meal. Avoid sweets and sugars. Whole grains, pastas, potatoes, rice, breads, bagels, and unsweetened cereals are excellent choices. Avoid very hot or cold foods or liquids, which may increase symptoms in some patients. • Avoid regular Boost®, Ensure®, and Scandishake® products or other liquid supplements with added sugar. Avoid sweets and sugars. • Soft, ground or pureed foods may be better tolerated in some than solids that require more break-down in the stomach. green beans Fruit cup* Sugar-free tea 30 minutes after meal (may use sugar substitute) Weight maintenance if you are having difficulty maintaining your weight! • Try sugar-free nutritional supplements such as sugar-free Carnation® Instant Breakfast™, sugar-free Nutra-Shakes®, or Glucerna®. Updated 09/25/2018 Category: Diet This diet helps to prevent a condition called "dumping syndrome," which occurs in some patients who have undergone stomach surgery. A high level of blood sugar signals the body to produce more insulin. A very thin patient who has had ulcer or cancer surgery will need extra calories. © Copyright Chek Med Systems®, Inc., All Rights Reserved. Instead, drink 30-60 min before or after meals. Food Groups Better Tolerated Foods Less Tolerated Foods Breads and Whole-wheat breads, buns, pasta, and Sweetened cereals, donuts, Grains crackers; unsweetened cereals, rice, pasta cakes, sweet rolls, pastries Meats and Any meat, poultry, deli meats, eggs, tofu, None Protein peanut butter Milk and Dairy Milk, yogurt, cheese, cottage cheese, Chocolate milk, any flavored sugar-free ice cream milk, ice cream Fruits Fresh Fruit, canned fruit without heavy Dried fruit, fruit canned in syrup/added sugar, fresh-frozen fruit sugar/heavy syrup, sweetened fruit juice, canned pie fillings Vegetables Fresh, frozen, or canned vegetables None Drinks Water, tea, coffee, diet soda, sugar-free Soda, chocolate milk, Koolaid®, beverages such as Crystal Light®, and fruit drinks, juice "Light" Juices NRD 11/2010 Sample Diet Snack 1/2 turkey sandwich with mayonnaise Breakfast 1/2 grapefruit Dinner 1/2 whole wheat bagel 2 oz. Nutrition Facts Depending upon individual tolerances and food selection, the Anti-Dumping or Post-Gastrectomy Diet is adequate in all nutrients according to the National Research Council's Recommended Dietary Allowances (RDA). • Discuss with your physician and/or dietitian if you have on-going trouble maintaining your weight. Other nutritional considerations Individuals who have had part or all of their stomach removed (partial or complete gastrectomy) may experience other nutritional issues. Drink liquids 30 to 45 minutes before eating and 1 hour after eating, rather than with meals. • Choose foods high in soluble fiber. The low blood sugar (hypoglycemia) produces the weakness, hunger, and rapid heart rate that may occur about two to three hours after eating. • Don't drink liquids with meals. Discuss with your physician and/or dietitian to determine your individual nutrient needs. Resources • International Foundation for Functional Gastrointestinal Disorders (IFFGD). www.aboutgimotility.org • University of Virginia Health System, Digestive Health Center: www.GInutrition.virginia.edu Click on "Articles in Practical Gastroenterology" then scroll down to: • Dumping Syndrome (February 2006 article) • Post-Gastrectomy (June 2004 article) NRD 11/2010 This prevents the rapid movement of food through the upper gastrointestinal tract and allows adequate absorption of nutrients. Butter, margarine, gravy, vegetable oils, salad dressings and cream cheese are good choices. Nutrition Facts Depending upon individual tolerances and food selection, the Anti-Dumping or Post-Gastrectomy Diet is adequate in all nutrients according to the National Research Council's Recommended Dietary Allowances (RDA). The physician may prescribe vitamin/mineral supplementation and B-12 injections. The excess insulin, in turn, drives blood sugar levels down. This prevents the rapid movement of food through the upper gastrointestinal tract and allows adequate absorption of nutrients. The early symptoms are caused when concentrated sugar passes too rapidly from the stomach into the intestine. They may occur 30 to 60 minutes after eating a meal and then again, 2 to 3 hours after eating. Special Considerations Eat six small meals daily to avoid overloading the stomach. Limit fluids to 4 oz (1/2 cup) during mealtimes. Other symptoms of dumping syndrome include nausea, vomiting, weakness, and dizziness. Guidelines • Eat small, more frequent meals. The body dilutes this sugar mixture by bringing fluid from body tissues into the intestine, giving a sense of fullness, cramping, and occasionally, diarrhea. Nutrients such as B12, folate, iron, vitamin D, and calcium, as well as other vitamins and minerals, are important for overall health. For example, a patient who has had surgery for severe obesity will need to be on a weight reduction program. Rest or lie down for 15 minutes after a meal to decrease movement of food from the stomach to the small intestine. Poultry, red meat, fish, eggs, tofu, nuts, milk, yogurt, cheese, and peanut butter are good choices. Some patients may become deficient in iron, calcium, folate, and B-12. Depending on the type and extent of gastric surgery performed, poor absorption of nutrients, vitamins, and minerals may occur to a significant degree. • Eat more complex carbohydrates. This includes apples, oats, beets, Brussels sprouts, carrots, spinach and beans. The symptoms include bloating, nausea, diarrhea, dizziness, weakness, sweating, and rapid heartbeat. hamburger on small bun 1 tablespoon cream cheese Small salad with 2 tablespoons salad* 4oz milk 30 minutes after the meal dressing * Crystal Light® 30 minutes after the Snack meal 2 slices cheese and six crackers Apple slices Snack 2 tablespoons peanut butter on Lunch graham crackers 2 oz.

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