

## I. STAGE 1 POST-OP DIET: LIQUIDS (Day 1 to 3)

**Duration:** Day 1 (day of discharge) through day 3.

**Goals:**

- Stay hydrated

**Instructions:**

- Begin fluid intake: start by drinking calorie- free, sugar- free, caffeine- free, and non- carbonated beverages.
- **Aim for 48 - 64oz of water per day; in small sips.**

**Liquid choices include:**

- Water
- Decaf tea and coffee
- Low-sodium broth or bouillon
- Sugar-free Jell-O
- Sugar- free Popsicles
- Crystal Light or fluids with artificial sweeteners (Truvia, Splenda)
- Special K2O Protein Water Mixes
- EAS AdvantEdge Carb control or Pure Protein (available at grocery stores)
- **Protein Powder available through our website**



**Remember:**

- Avoid carbonated beverages—they cause bloating and cramping of your recently operated stomach.
- Walking can help alleviate gas discomfort.
- Avoid exercise for at least one week from Balloon placement

## II. STAGE 2 POST-OP DIET: SOFT FOODS (Days 4 to 9)

**Duration:** Day 4 through 9.

**Goals:**

- Consume 60-80g protein/day from pureed/ soft food items
  - Consume 3-5 small meals
- Continue to drink >64oz of calorie-free, sugar-free, non-carbonated fluids a day (refer to list from Stage 1)
- Continue vitamin and calcium supplements

**Objective:**

- Consume foods that are moist and requires limited chewing.
- Introduce one new food at each meal.

In this stage you are **gradually** reintroducing more solid and, healthy foods to your body. Each person tolerates new foods at a different rate, so advance your diet slowly. Soft foods are moist foods that require little chewing.

**Soft foods include:**

- Vegetables: that are cooked or steamed
- Strained/ Pureed soups (meat and vegetables only): egg-drop, Progresso  
Light soups- Italian meatball, pot-roast.
- Greek Yogurt or Cottage Cheese
- Sugar Free puddings
- Proteins: ground/ shredded meat, eggs, fish (i.e. tuna), and tofu
- Protein Shake

## STAGE 2 POST-OP DIET: Sample Menu with Soft Foods

		Protein	Fluids
<b>Meal 1 (w/ in 90 minutes from wake up)</b>	2oz Cottage Cheese	~8g	Continue to sip on sugar-free, calorie-free, non-carbonated fluids throughout the day between your meals. >64-oz of fluid every day. <b>DO NOT DRINK FLUIDS WHEN CHEWING FOOD.</b>
<b>*Snack</b>	2oz Plain Greek Yogurt	~7g	
<b>Meal 2</b>	2oz Pureed Chicken Soup, with Carrots	~18g	
<b>*Snack</b>	4oz Protein Shake	~12g	
<b>Meal 3</b>	2oz baked fish, ¼ C steamed broccoli with cheese Sugar free jello	~10g	
<b>*Snack</b>	4oz Protein Shake	~12g	
	<b>Total Protein</b>	~71 g	

DMV = Daily Multi-vitamin

\*Snack is optional- Use if not able to meet protein needs.



**Remember: The mouth & teeth now become the “food processor!”**

- Eat slowly and chew thoroughly
- The need for well-chewed meals and healthy food choices continues in this stage and throughout your next 6 months!

### III. STAGE 3 POST-OP DIET: Regular Foods (Day 10 & On)

**Duration:** Post-operative day 10 and on for 6 months.

- Goals:**
- Consume 3- 5 small healthy meals per day.
  - Continue to try one new food at a time to test your tolerance.
  - Consume 60-80g protein daily
  - Continue to drink >64oz of calorie-free, sugar-free, non-carbonated fluids a day.
  - Continue Daily Multivitamin

**Objective:** • To feel comfortable consuming solid food, without difficulties.

In this stage you may **gradually** reintroduce solid, healthy foods to your body. A diet rich in lean protein and vegetables with limited intake of flour products is recommended. You may broaden your menu gradually into solid foods at your own pace.

**Solid foods include:**

- Vegetables: raw
- Proteins: steak, pork and chicken breast.

#### STAGE 3 POST-OP DIET: Sample Menu with Solid Foods

		Protein	Fluids
<b>Meal 1</b> (w/in 90mins from wake up)	1-2 egg omelet with tomato, onion, peppers and cheese 1 strip bacon	~20g	Continue to sip on sugar-free, calorie-free, non-carbonated fluids throughout the day between your meals. >64-oz of fluid every day. <b>DO NOT DRINK FLUIDS WHEN CHEWING FOOD.</b>
<b>Meal 2</b>	3-4 oz grilled chicken, ½ C salad with 1Tbsp oil base dressing	~20g	
<b>Meal 3</b>	3-4 oz steak, ¼ C steamed Brussels sprouts/Broccoli	~20g	
	<b>Total Protein</b>	~60 g	

DMV = Daily Multi-vitamin

- If you are unable to finish a meal save the remainder for a snack later.

## IV. DIETARY GUIDELINES

- **Avoid Liquid Calories:**
    - Drink low calorie liquids
      - Water, Crystal Light, Sugar Free Drinks
    - Avoid liquids with calories
      - Soda, Sweet Tea, Juice, Milk, & Alcohol
  
  - **Eat Solid Food – 1/2 cup portion at each meal: 3 meals per day**
    - The more you have to chew your food, the more satisfied you will be
    - **2-3 oz** Solid Proteins per meal
      - Steak, Chicken, Pork and solid Turkey
    - **1/4 cup** Solid Veggies
      - Anything you have to chew
  
  - **Follow the Eating Behaviors**
    - Take your time when eating : App- Eat Slower
      - Take 15 – 30 minutes to eat your meals
        - Put your fork down between bites to help slow down
    - Take small bites
      - Precut your food into small bites
    - Chew your food well
      - Chew your solid food until it is soft
    - Slowly sip on glass of water after meal as tolerate
      - This will rinse the balloon, and decrease chance of unpleasant reflux
    - Stop eating 2 hours before going to sleep or lying down
      - If you feel acid reflux during meal, stop eating.
- \*\* Meal should cut into 20-30 bites taking 20-30 min to eat**
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- **Exercise**
  - Exercise often
    - Try for at least **3 – 5** times per week
    - Try for **30 – 45** minutes, 60 if you have the time