

**LAPAROSCOPIC GASTRIC BYPASS
POSTOPERATIVE DIET
GUIDELINES**

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DIET GUIDELINES FOLLOWING GASTRIC BYPASS SURGERY

These guidelines are to help you choose, prepare and eat foods after gastric sleeve surgery. The gastric bypass procedure creates a **very small stomach (size of a shot glass)** and changes the routing of your intestine. Because the size of your functioning stomach is much smaller you will need to make changes in the way you eat. There will be certain foods you will need to avoid, and your portion sizes will be much smaller than before. Although it will take several weeks, you will be able to eat regular foods again.

AFTER SURGERY

Initially, your stomach will only be about the size of a jar of baby food and will be able to hold only 2-3 oz. of food at a time.

- ▶ > **Do not drink beverages with your meals.**
- ▶ > Start slowly, and introduce one new food at a time.
- ▶ > Eat slowly. It should take 30-60 minutes to eat a meal.

STOP eating if you feel pain, fullness, discomfort, nausea, or vomiting.

Occasional vomiting is common, and food intolerances vary on an individual basis. If a food is not tolerated, reintroduce it a week later.

- ◆ You may experience changes in taste and appetite. You may not feel hungry or want to eat, but it is important to eat at regular intervals in order to recover from surgery and stay healthy.

Large pieces of food will not easily pass through the narrow stomach to the small intestine. You will need to choose soft foods, and chew foods very well, when your diet progresses to regular texture.

Food will empty from the stomach into the small intestine at a much slower rate than before the surgery. Consequently, you will feel full sooner, and will stay satisfied longer.

Avoid high fat foods and foods with added sugar; they can cause Dumping Syndrome. (See p. 28)

Drink at least 6-8 cups (48-64oz) of fluids daily to prevent dehydration.

Do not chew gum.

Do not swallow any pills whole if they are bigger than a dime. They should be crushed or cut into small pieces. Small pills can be taken as a whole

Do not use a straw because you will suck in air and cause pain in the stomach due to air trapping.

**VERY IMPORTANT You will need to
supplement your diet with a multivitamin, calcium, iron, and Vitamin B-12
daily for the rest of your life.**

VITAMIN AND MINERAL SUPPLEMENTS

In addition to eating much less food, you will also absorb vitamins and minerals differently after surgery. You will require daily vitamin and mineral supplementation for the rest of your life.

FIRST (1ST) MONTH AFTER SURGERY (Begin the day of hospital discharge):

- ◆ **Chewable/Liquid Multivitamins with Iron**- e.g., Flintstones® Complete (2), Centrum® Junior (2), or Centrum® Chewables (adults take 1 a day).
Special Considerations:
 - Chew one in the morning and one at night.
 - Take with food.
 - Avoid time-release vitamins.

- ◆ **Iron** (as prescribed by your M.D.) - e.g., Slowfe®, Chromagen Forte® 150.
Special Considerations:
 - Iron is best absorbed on an empty stomach.
 - Take with diluted juice such as cranberry.
 - May take with food to reduce GI distress, but food reduces absorption by about 50%.
 - Do not take with bran, fiber supplement, tea, coffee, dairy products or eggs.
 - If taking liquid iron, may use a straw to decrease tooth discoloration.

- ◆ **Chewable Calcium** - e.g., Twin Labs calcium citrate chewable (4 per day), Bariatric Advantage calcium citrate (4 per day), Source Naturals liquid calcium (2 Tbs. per day), Calexcel (2 Tbs. per day), Citracal Chews (3 per day) *Special Considerations:*
 - Chew one in the morning and one at night.
 - DO NOT take calcium with iron (take iron 2 - 4 hours apart as it may interfere with calcium absorption).

- ◆ **Vitamin B12** - 500 mcg. chewable or sublingual (dissolved under tongue) daily or 1000 mcg. Weekly or Nascobal B12 spray once a week (you need prescription from your doctor for Nascobal)

- ◆ **Biotin** - 5,000 mcg. chewable daily.

- ◆ **Protein** - Use protein supplements to help meet at least 60 grams protein per day.

SECOND (2ND) MONTH POST-OP AND AFTER:

DO NOT BUY ANY SUPPLEMENTS LABELED TIME-RELEASED

For men and post-menopausal women:

Daily

- Complete multivitamin with iron
Ex. Centrum with Iron, Theragran, Love Bites chewables (2 per day), Kirkland Complete Multivitamin with Iron, Source Naturals Lifeforce Multiple Gelcaps w/Iron
- B complex daily
- Calcium citrate with Vitamin D - make sure the Vitamin D from multivitamin and calcium pills provides 2,000-3,000 IU Vitamin D per day (**DO NOT TAKE CALCIUM CARBONATE; IT IS NOT WELL ABSORBED**)
Ex. Twin Labs calcium citrate chewable (4 per day), Bariatric Advantage calcium citrate (4 per day), Source Naturals liquid calcium (2 Tbs. per day), Calexcel (2 Tbs. per day), Citracal Chews (3 per day)
- Biotin 3,000-5,000 meg.

Weekly

- B-12 chewable or sublingual 1,000 meg. Three times a week or 500 mcg daily
Ex. Solgar 1,000 meg. B-12 chewable, Twin Lab B-12 Dots 500 meg.
Jarrow Methyl B-12 1,000 meg. lozenge

For pre-menopausal women

Daily

- Complete multivitamin with iron as recommended above

AND

- 325 mg. ferrous sulfate or 18 mg. ferrous fumarate
Ex. Bariatric Advantage Iron 29 mg. (3 per day)
- B complex

Another option, instead of the 3 pills above: Prenatal vitamin and complete multivitamin

- Calcium citrate with Vitamin D - make sure the Vitamin D from multivitamin and calcium pills provides 2,000-3,000 IU Vitamin D per day (see list above).
- Biotin 3,000-5,000 meg.
- B-12 chewable or sublingual 1,000 meg. 3 times per week or 500 mcg daily(See above examples)

PLEASE FOLLOW UP FOR ROUTINE LAB WORK AS ADVISED BY SURGEON TO PREVENT OR CORRECT NUTRIENT DEFICIENCIES

Vitamin resources :.> check out: bariatricadvantage.com, vitalady.com, bariatricating.coir. obesityhelp.com

SUGGESTED ROUTINE FOR TAKING VITAMINS, MINERALS AND PROTEIN SUPPLEMENT

This is a suggested routine for getting all of the necessary vitamins, minerals and protein supplements into your diet. It incorporates strategies, such as timing, that will enable full absorption of these supplements. The taking of supplements is done in conjunction with your diet. Note: On day 1 and day 2 after surgery, clear liquids should be consumed every hour and gradually increased from 1 oz. to 4 oz. each hour. Clear liquids include water and other liquids that appear later in this guide. You will gradually increase your fluid intake to 48-64 oz. per day. Protein supplement begins on day 3 after surgery.

EARLY MORNING OR BREAKFAST TIME:

1 chewable multivitamin, adult or children's size dose
1 chewable calcium (600 mg.)
1 scoop protein powder in 3 - 4 oz. skim milk or clear liquid -
discontinue only when advised by physician or dietitian

MID-MORNING;

(2-4 hrs. after breakfast)

1 iron supplement taken with diluted apple or cranberry juice

MID DAY OR LUNCH TIME:

1 scoop protein powder in 3 - 4 oz. skim milk or clear liquid -
discontinue only when advised by physician or dietitian

EVENING OR DINNER TIME:

1 chewable multivitamin only if taking children size dose vitamins.
If taking adult vitamin in the morning, no need to take a 2nd
vitamin. 1 scoop protein powder in 3 - 4 oz. skim
milk or clear liquid
- discontinue only when advised by physician or dietitian

BEFORE BED TIME:

1 chewable calcium (600 mg.)

EVERY MON/WED/FRI: 1000 meg. Vitamin B12, dissolved under the tongue or chewable

SHOPPING LIST

Purchase the following items prior to surgery:

Multivitamin - Chewable multivitamin such as Flintstones® Complete (2), Centrum® Junior (2), or Centrum® Chewables (adults take 1 a day), or chewable prenatal multivitamin.

Minerals - Calcium, Iron, Vitamin B-12.

Measuring cup and/or measuring spoons

Food Scale

Baby spoon

Timer

Baby Plate Warmer

Clear Liquids

Choose from the following:

Crystal Light®	Sugar-free Kool-Aid®	Non caloric fruit flavored
Herbal tea Diet	Broth	waters e.g., Fruit 20®
gelatin Water	Ocean Spray® lite juices	Glaceau®
Diet Twister®	(diluted with water) Diet	Consomme
Rose's® lime juice	Tang® Diet V-8®	Sugar free ice pops
(diluted w/water)	Splash	Miso soup
		Diet Snapple® juices

◆ Note: Regular gelatin only is consumed while in the hospital. Use diet gelatin once you are discharged.

◆ **Protein Supplement** - Choose one:

Designer Whey Protein® (one scoop three times a day) - Mix with 3-4oz of Skim Plus® Milk/fat-free Lactaid® or soy milk

Other protein supplements you may choose from include:

Isopure®

Pro Blend®

Genisoy Ultra XT®

Pro Complex®

Pure Protein®, ready mixed Carnation Instant Breakfast® (No Added Sugar)

Proteinex®

◆ **Skim Plus® milk, Lactaid®, soy milk** (to mix with Protein Supplement)

◆ **Breath Freshener** - You may experience bad breath for the first month after surgery; the following products may help: GNC Breath Relief®, Listerine® strips, chlorophyll tablets, Devrom pills.

NUTRITIONAL SUPPLEMENTS

After bariatric surgery you will require some vitamin, mineral and protein supplementation. You will need lifelong vitamin and mineral supplementation. The protein supplements will most likely be for the first 6-12 weeks post-operatively. By that time you should be getting sufficient protein from your foods.

Low Carbohydrate Protein Powders

(may be mixed with water, skim milk, lactaid skim, or soy milk)

Biochem Ultimate LoCarb Smoothie (111 kcal/23 g pro per scoop)

Designer Protein (90 kcal/17.5 g pro per scoop)

Gary Null's Muscle (110 kcal/26 g pro per scoop)

Green Way Pro-96 (90 kcal/17 g pro per scoop)

Isopure (210 kcal/50 g pro per 2 scoops)

ISS Whey Protein (96 kcal/17 g pro per scoop)

Nature's Plus Keto Slim (100 kcal/23 g pro per scoop)

NatureAde 100% Soy (110 kcal/25 g pro per scoop)

NatureAde 100% Whey (80 kcal/16 g pro per scoop)

NatureAde Soy-free Veg Protein Powder (110 kcal/22 g pro per scoop-pea protein)

Sport Pharma Promax (250 kcal/50 g pro per 2 scoops)

Twinlabs Vegefuel Soy (210 kcal/31 g pro per scoop)

Twinlabs Triple Whey Fuel (100 kcal/21 g pro per scoop)

Twinlabs Metro Fuel Whey (100 kcal/25 g pro per scoop)

Twinlabs Diet Fuel Whey (120 kcal/21 g pro per scoop)

Pure Protein, or other Low Sugar Soy or Whey Protein Powders

Syntrax Nectar (90 calories and 23g protein per packet)

Proteinex (15 g protein in 2 Tbs.)

Prostat 64 (15 g protein in 2 Tbs.)

Ready to Drink

Pure Protein, EAS Myoplex Lite, Isopure, Atkin's Advantage Edge premixed

Any "Low Carb" or "No Sugar Added" shake with at least 20 grams of protein per 8 oz. serving.

DIET PROGRESSION FOLLOWING GASTRIC BYPASS SURGERY

The gastric sleeve diet is designed to provide adequate fluids and nourishment while promoting weight loss after surgery. The diet is divided into three stages:

Stage I: Bariatric Clear Liquid Diet

Begins the day after surgery and lasts up to approximately 1 week. If no problems are experienced with clear liquids, your surgeon will add a high protein liquid supplement to your diet, approximately 3 days after surgery.

Stage II: No Concentrated Sweets. Low-Fat Puree Diet

Approximately 1 week after surgery, your surgeon will progress your diet to pureed foods. All foods are blended to the consistency of applesauce. This stage usually lasts three weeks. Continue to include high protein liquid supplement.

Stage III: Regular Texture, Calorie-Controlled Diet

Depending on your progress, approximately one month after surgery, your surgeon will advance your diet to a regular texture calorie-controlled diet.

STAGE 1

POSTOPERATIVE DIET:

1-7DAYS

STAGE 1: Bariatric Clear Liquid Diet

GUIDELINES

- ◆ On the day of surgery you will begin the Stage I diet.
- ◆ Only clear liquids are allowed initially. Avoid sweetened beverages unless sweetened with a sugar substitute.
- ◆ Initially, **one ounce** of fluids should be consumed every hour while awake.
- ◆ As tolerated, fluids will be gradually increased to a **goal rate of 4 oz. (1/2 cup) per hour.**
- ◆ Liquids should be sipped **very slowly** to avoid stretching your pouch. **Do not use a straw.** Drinking through a straw can overfill your stomach with liquid and air. If the pouch gets full very quickly, you may /m experience nausea, vomiting and pain.
- ◆ A minimum of 48 - 64 oz. (6-8 cups) of liquids should be consumed daily to replace fluid losses and prevent dehydration. **It should take you 12 - 16 hours to drink 48 - 64 oz. of liquid.**
- ◆ Avoid caffeinated, carbonated, and alcoholic beverages.
- ◆ **STOP DRINKING IF YOU FEEL FULLNESS, PAIN, OR DISCOMFORT.**
- ◆ The Stage I diet is inadequate in all nutrients, as it does not have enough calories, protein, vitamins, and minerals for good health. It will be necessary for you to add a daily chewable multivitamin, iron, calcium and vitamin B-12 (see Dietary Supplement sheet pg. 4) and to supplement your diet daily with a ^ protein supplement when advised by your surgeon.
- ◆ Liquid protein supplements should start on Day 3 after surgery, with your physician's approval.

SAMPLE MENU FOR STAGE I: Bariatric Clear Liquid Diet

The hospital will provide normal-sized portions of these liquids. **It will be up to you to regulate how much you consume.** Your initial goal is 1 oz. per hour. Gradually increase to 4 oz. per hour as tolerated.

Breakfast: 8AM- 12PM

Reg./Low Salt Broth
Diet gelatin
Water
Decaf tea
Lemon juice
Sugar Substitute
Apple Juice (Dilute 1:1
Juice: Water) **No Straw**

Lunch: 12-5PM

Reg./Low Salt Broth
Diet gelatin
Water
Decaf tea
Lemon juice
Sugar Substitute
Apple Juice
(Dilute 1:1 Juice:Water)
No Straw

Dinner: 5PM - Bedtime

Reg. / Low Salt Broth
Diet gelatin
Water
Decaf tea
Lemon juice
Sugar Substitute
Apple Juice
(Dilute 1:1 Juice:Water)
No Straw

WHEN YOU GO HOME

Upon discharge from the hospital, your goal will be to continue to consume 4 oz. (1/2 cup) liquid per hour while awake with a goal of 48 - 64 oz (6 - 8 cups) per day. It should take you 12 - 16 hours to consume 48 - 64 oz of liquid. Protein liquid supplement starts on Day 3, with physician's approval. Discontinue using regular gelatin. Only diet gelatin is allowed. You need 60 grams of protein daily.

SAMPLE MENU

Breakfast	8:00a.m.	4 oz. <u>Designer Protein</u> or other Protein Shake mixed with Skim Plus® milk.
	9:00 -11:30	4 oz. plain tea (unsweetened) decaf 4 oz. water 4 oz. diet Jell-O®
Lunch	12:00 noon	4 oz. <u>Designer Protein</u> or other Protein Shake mixed with Skim Plus® milk.
	1:00-4:30	4 oz. Broth 4 oz. diet Jell-O®, 1-2 sugar free Ice Pops 4 oz. Herbal Tea 4 oz. water
	5:30pm	4 oz. <u>Designer Protein</u> or other Protein Shake mixed with Skim Plus® milk.
Dinner	6:00 - 10:00pm	4 oz. diet Jell-O® 4 oz. Propel® 4 oz. Consomme, 1-2 sugar free ice pops 4 oz. <u>Designer Protein</u> or other Protein Shake mixed with Skim Plus® milk. 4 oz. decaf Tea (unsweetened)

DRINK SLOWLY!

STAGE II

POSTOPERATIVE DIET:

WEEKS: 2 - 3

STAGE II: No Concentrated Sweets, Low-Fat Pureed Diet (Weeks 2-4)

GUIDELINES

The second stage of the gastric bypass diet lasts approximately three weeks, depending upon your progress, which will be monitored by your physician.

- ◆ **FOOD CONSISTENCY** - All food consumed must be of baby food consistency (pureed) to avoid blockages of the opening leaving the stomach. Blenderize/puree all foods thoroughly, until you are advised to advance to Stage III by your physician and dietitian. You may prefer to use some strained baby foods for convenience.
- ◆ **PORTION SIZE** - Only 2 ounce-portions (4 Tbs.) are permitted at each meal. **It is important to purchase measuring cups, spoons, and an accurate weighing scale so you learn appropriate portion size. Stage II Sample Menu = 2 oz/meal**

1 oz. = 2 tablespoons
2 oz. = 4 tablespoons

4 oz. = ½ cup
8 oz. = 1 cup

Eat three meals per day consisting of up to 2 oz. volume of pureed high protein food as tolerated. Begin with 1 oz. volume and gradually work up to 2 oz. volume at first. You may eat 1 oz. volume of pureed high protein food and 1 oz volume of pureed vegetable or fruit for more variety.

PROTEIN -Protein is essential for healing your pouch and ensures muscle mass maintenance during weight loss. Insufficient protein intake can result in impaired healing, hair loss, muscle wasting, dry and scaly skin, and poor resistance to infection.

Always eat the high protein food first. High protein foods include:

lean beef	• lean pork
lean lamb and veal	• skinless chicken or turkey
fish	• eggs or egg substitute
low-fat cheese	• tofu
non-fat sugar free yogurt	

EAT SLOWLY - Two ounces of food should take 30 to 60 minutes to consume. **STOP EATING IMMEDIATELY** if you feel any discomfort or fullness. Nausea and vomiting may occur if you eat when full, eat too quickly, or eat and drink at the same time. Using a clock or timer is helpful. Put your fork down inbetween bites. Chew the food thoroughly before swallowing.

DRINKING - A minimum of 6 to 8 cups of low-calorie beverages should be consumed daily to replace fluid losses and prevent dehydration. **Fluids should be sipped very slowly in order to avoid stretching the pouch.**

Drink 2 cups (16 fluid oz.) of High Protein Supplement with Skim Plus® milk or Diet Carnation Instant Breakfast daily between meals. Note: If you have problems tolerating milk (lactose intolerance), you may want to try using lactose reduced milk like Lactaid, Dairy Ease, or adding Lactaid drops to your Skim Plus® milk.

STAGE II: No Concentrated Sweets, Low-Fat Pureed Diet

GUIDELINES (continued)

DRINKING & EATING - Do not drink any liquid **with** meals. **Stop drinking at least 30 minutes before eating a meal.** Wait 30-45 minutes after eating before you begin to drink again-

Continue to drink at least 48 fluid oz. of unsweetened liquids between meals.

NAUSEA/VOMITING - If nausea and vomiting occur after eating a new food, wait several days before trying it again. Each patient will have certain foods that will not agree with him or her. These are often foods that fill up the pouch the fastest. When you have this experience, keep track of which foods make you feel full. Discuss your food intolerances with the dietitian who will help to identify food choices that can minimize symptoms such as stomach discomfort, nausea/diarrhea.

WHEN TO EAT - You may not feel hungry or want to eat, but it is important to eat at regular intervals in order to recover from your surgery and stay healthy.

SUPPLEMENTS - A liquid or chewable multivitamin and separate iron, vitamin B-complex, B-12, calcium supplements must be taken as prescribed.

MEAL PLANNING FOR STAGE II: No Concentrated Sweets, Low Fat Pureed Diet

(Weeks 2-3)

- ◆ It is important to consume a well balanced diet. Use the table that follows to plan your meals. If you plan your meals ahead of time and have the ingredients on hand, you are less likely to make poor food choices.
- ◆ Each food group listed has a suggested number of servings. Most people **cannot** consume all the servings listed for several months after surgery, so it is important that the foods you do eat are nutrient dense.
- ◆ Eat a variety of foods. Remember, no one food/food group provides all the nutrients needed for good health.
- ◆ Every day, choose different foods from each of the food groups listed.
- ◆ **Prioritize protein rich foods (low-fat milk/dairy, lean meat, poultry, fish, and soy products)** at each meal before choosing foods from the vegetable, fruit, starch or fat groups. High protein selections are highlighted in bold print.
- ◆ Do not eliminate a food group without first consulting your physician/dietitian so that a nutritionally comparable food can be suggested.
- ◆ Prepare your own foods so you know exactly what you are eating.
- ◆ If a recipe yields too much food, you can either divide the recipe in half, or freeze leftovers in small containers to save for other meals.

SHOPPING LIST FOR STAGE II: No Concentrated Sweets, Low Fat Pureed Diet (Weeks 2-3)

Clear Liquids - same as Week 1

Protein Supplement - same as Week 1

Milk group - Choose from:

Skim Plus® milk

Low fat Lactaid® milk

Soy milk if lactose intolerant

Cottage cheese (low fat)

Low fat, sugar-free yogurt

Part skim ricotta

Sugar-free pudding

Total Greek® yogurt

Sugar-free, fat-free ice cream

Meat/Meat Substitute group - Choose from:

Eggs

Fish (pureed/flaked, e.g. tuna, sole, flounder, crabmeat)

Pureed chicken, turkey, low fat beef (may purchase baby food)

Cooked, pureed beans or lentils (no skins remaining)

Natural smooth peanut butter

Tofu

Hummus

Soups - Choose from:

Egg drop soup

Bean/lentil soup (pureed, no skins remaining)

Split pea soup

Reduced fat cream soup

Pureed prepared soups, e.g., Healthy Choice®, Health Valley®, Progresso® Lite

Miso soup

Vegetable soup (pureed)

Consomme

Broth

Grains and Starches - Choose from:

Mashed potato

Hot cereal, e.g., Cream of Wheat®, Farina, oatmeal, grits

Cooked and Pureed: Lima beans, plantains, yucca, yams, sweet potato, pumpkin, squash, cassava

AVOID RICE, BREAD AND PASTA AT THIS TIME

Fruit - Choose from:

Unsweetened pureed fruits such as applesauce, pears, peaches (may purchase baby food)

Vegetables - Choose from:

Cooked and Pureed: Carrot or green beans (may purchase baby food), V8® Juice

Fat/Oil - Choose from:

Low fat mayo, low-fat gravy/sauce, diet margarine

Sweets/Desserts - Choose from:

Diet Jell-O®, sugar-free popsicles, unsweetened pureed fruits such as applesauce, pears, peaches (may purchase baby food)

STAGE II FOOD CHOICES

FOOD GROUPS	CHOOSE	DIFFICULT TO TOLERATE	FOODS TO AVOID
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BEVERAGES

Choose 6 - 8 cups/day Sipped @ 4 oz. per hour	Water, tea, Skim Plus® milk, Crystal Light®, decaf coffee/tea, herbal tea, all broths, Glaceau® fruit waters, Diet V8® Splash, Diet Twister®, Diet Snapple®, Sugar-free Tang®, any sugar-free beverages, decarbonated		Vitamin wafers, soda, high calorie drinks, alcoholic beverages, fruit drinks, caffeinated beverages
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SOUPS

Choose 1 serving/day 1 Serving = 4 oz. or Vz cup	Clear broth, low sodium broth, consomme, egg drop soup, reduced fat cream soup, pureed soups: miso soup, commercial preparations that are pureed, such as Healthy Choice®, Health Valley®, Progresso Lite®	Those soups with large chunks of meat or vegetables	Cream soups & chowders unless made with non-fat milk
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MILK

Good source of protein, calcium Choose 3-4 servings 1 Serving = Vi cup or 4 oz.	Skim or Skim Plus® milk, nonfat sugar-free yogurt, soy milk, sugar free custard/pudding, protein supplement, veggie milk, sugar-free & fat-free ice cream/frozen yogurt.	Milk may not be well tolerated initially; try Lactaid® milk, Lactaid® or Dairy Ease® pills if you are lactose intolerant	Whole milk, shakes, cream, chocolate milk, half & half, hot cocoa, non-dairy creamers, fruited yogurt, custard-style yogurt, sweetened condensed milk
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**FOOD
GROUPS**

CHOOSE

**FOODS THAT MAY
BE DIFFICULT TO
TOLERATE**

**FOODS TO
AVOID**

**MEAT & MEAT
SUBSTITUTE**

Good source of protein, B-vitamins, and iron **Choose 4 - 6 servings** 1 serving = 1 oz. unless otherwise specified

Low fat cottage cheese/farmers cheese, ricotta, pureed chicken, turkey, beef, pork, lamb, fish, natural creamy peanut butter, , miso paste (2 tablespoons), 1/4 cup pureed beans, 1/4 cup egg substitute, tender meatballs, meatloaf, **make meats moist with broth, tomato sauce, light mayo**

Tough meats/those with gristle, hamburger meat, dry meat

Frankfurters, whole milk cheeses, fried meat, high fat cold cuts such as salami, bologna, pastrami, corned beef, sausage

GRAINS & STARCHES

Good source of, B-vitamins, and iron **Choose 1 - 2 servings** 1 serving = 1 Tbs. unless otherwise specified

Mashed potato, starchy pureed vegetables such as plantains, yucca, winter squash, yams, sweet potatoes, parsnips, pumpkin. Hot cereal, such as unsweetened oatmeal, farina, grits, Cream of Wheat®-do not need to be blended as long as texture is smooth.

Rice, bran, granola, popcorn, whole grain bread, dry cereal

Sugar-frosted or sweetened cereals, granola

FOOD GROUPS	CHOOSE	FOODS THAT MAY BE DIFFICULT TO TOLERATE	FOODS TO AVOID
FRUIT			
<p>Good source of vitamins, minerals, phytochemicals and fiber. <u>Choose 2 - 3 servings</u> 1 Serving = 1 Tablespoon unless otherwise specified</p>	<p>Unsweetened, pureed fruits such as applesauce, pears, peaches, .</p>	<p>Fruits with core, seeds, skin, membrane such as grapefruit, oranges, dried fruits, coconut, pineapple.</p>	<p>Concentrated fruit juice</p>
VEGETABLES			
<p>Good source of vitamins, minerals, phytochemicals, and fiber. <u>Choose 2 - 3 servings</u> 1 Serving = 1 Tablespoon unless otherwise specified</p>	<p>Pureed, cooked vegetables such as carrots, green-beans, ½ cup, V8® juice</p>	<p>Vegetables with tough skin or seeds; fibrous vegetables such as celery, cabbage, corn, mushrooms; raw vegetables; salad, gas-forming vegetables such as asparagus, brussel sprouts, broccoli, onions</p>	<p>None</p>
FAT/OILS			
<p>Essential for Healthy Skin <u>Choose up to 2 servings</u></p>	<p>Light trans-fat free margarine (2 tsp.), butter (1 tsp.), low fat mayo (1 Tbs.), low fat salad dressing (2 tsp.), 1/8 avocado, tahini paste (2 tsp.), canola, olive, peanut oil (1 tsp.), reduced fat cream cheese (2 Tbs.), low fat gravy/sauce (2 Tbs.)</p>		<p>Fried foods such as french fries, fried chicken, bacon, potato chips</p>

FOOD GROUPS

CHOOSE

**FOODS THAT
MAYBE
DIFFICULT TO
TOLERATE**

**FOODS TO
AVOID**

SWEETS & DESSERTS

**May choose 1-2
servings**

1 serving = 4 oz. Diet
Jell-O® or 1 sugar-
free ice pop

Diet Jell-O®, low-
calorie/sugar-free hard
candy, sugar substitutes,
e.g., Splenda®, Sweet &
Low®, Equal®, popsicles
made from Pedialyte®,
sugar-free Popsicle

Candy with
sugar, dried fruit,
jams and
marmalade

Candy, jam, jelly,
cakes, cookies,
pies, doughnuts,
ice cream, frozen
yogurt, honey

Candy, jam, jelly,
cakes, cookies,
pies, doughnuts,
ice cream, frozen
yogurt, honey

CONDIMENTS

As tolerated

Mild herbs & spices, salt if
permitted

Pepper, chili
powder, mustard,
horseradish,
seeds, cocktail
sauces, and

**SAMPLE MENU FOR STAGE II: No
Concentrated Sweets, Low Fat Pureed Diet
(Weeks 2-3)**

Breakfast	Day 1	Day 2	Day 3
8:30AM	1/4 cup egg substitute 1 oz. low fat cheese	1/4 cup lowfat cottage cheese 1/4 cup unsweetened applesauce	1/4 cup scrambled eggs 2 Tbs. Fat free, sugar-free yogurt
-11:30AM	4oz. decaf coffee 4 oz. water 8 oz. skim milk with protein supplement	4 oz. decaf coffee 4 oz. water 8 oz. skim milk with protein supplement	4oz. decaf coffee 4 oz. water 8 oz. skim milk with protein supplement
Lunch 12-12:30PM	2 oz. pureed chicken 1 oz. pureed squash	2 oz. pureed beef 1 oz. pureed carrots	1/4 cup part skim ricotta 2 Tbs. pureed peaches
-2:00PM	8 oz unstweetened beverage	8 oz. unstweetened beverage	8 oz. unstweetened beverage
-4:00PM	8 oz. skim milk with protein supplement	8 oz. skim milk with protein supplement	8 oz. skim milk with protein supplement
-5:30PM	6 oz. water 6 oz. broth	6 oz. water 6 oz. egg drop soup	6 oz. water 6 oz. Healthy Choice pureed vegetable soup
Dinner -6:30PM	2 oz. tuna fish 1 oz. pureed green beans	2 oz. pureed turkey 2 Tbs. Mashed potato	2 oz. filet of sole 2 Tbs. pureed spinach
7-7:30PM	4 oz. diet Jello 4 oz. plain tea	4 oz. diet Jello 4 oz. plain tea	4 oz. diet Jello 4 oz. plain tea
8-9:00PM	8 oz. skim milk with protein supplement	8 oz. skim milk with protein supplement	8 oz. skim milk with protein supplement
9-10:00PM	8 oz. unstweetened beverage	8 oz. unstweetened beverage	8 oz. unsweetened beverage

TOTAL 60 OZ. OF FLUIDS PER DAY

Foods containing protein:

FOOD	PORTION	
	PROTEINGRAMS	
Beans, baked	1/2 cup	6
Beans, retriend	1/2 cup	8
Beans, black	1/2 cup	8
Cheese (low fat)	1 oz.	8
Chicken (boneless, baked)	4oz.	21
Chicken breast (broiler/fryer)	1/2 breast	35
Chicken (canned w/broth)	1/2 can (2.5 oz.)	16
Chicken (deli smoked breast)	2oz.	11
Chickpeas	1/2 cup	6
Clams (cooked)	20 small	23
Cod (baked)	3oz.	20
Cottage cheese (low fat 1%)	1/2 cup	14
Crab (canned)	3oz.	17
Egg (hard cooked or poached)	1 egg	6
Egg (Egg Beaters)	1/4 cup	5
Flounder (cooked)	3oz.	21
Great Northern Beans	1/2 cup	8
Halibut (cooked)	3oz.	23
Herring (Atlantic, cooked)	1/2 cup	20
Kidney Beans (cooked)	1/2 cup	8
Lentils	1/2 cup	9
Lima beans (canned)	1/2 cup	6
Liver (chicken)	3oz.	23
Lobster (cooked)	1/2 cup	15
Meat substitute (Harvest Burger)	3oz.	18
Milk (skim)	1/2 cup	4
Milk (buttermilk-low fat)	1/2 cup	4
Milk (soy)	1/2 cup	4
Mussels (cooked)	3oz.	20
Navy Beans (cooked)	1/2 cup	20
Oysters (canned)	3oz.	10

Foods containing protein: CONTINUED

FOOD	PORTION	PROTEIN GRAMS
Peanut Butter (low fat)	2 Tbsp.	8
Peas (split & cooked)	1/2 cup	8
Pinto Beans (cooked)	1/2 cup	5
Salmon (baked/grilled)	3oz.	22
Salmon (canned pink)	3oz.	17
Scallops	2 large	6
Shrimp (cooked)	4 medium	5
Shrimp (canned)	3oz.	20
Soybeans (cooked)	1/2 cup	15
Soybeans (dry roasted)	1/2 cup	34
Tofu (firm)	1/2 cup	20
Trout (baked)	3oz.	23
Tuna	3oz.	25
Turkey Bologna	3oz.	12
Turkey Breast	3oz.	20
Turkey (ground & cooked)	3oz.	20
Turkey (canned w/broth)	1/2 can (2.5 oz.)	17
Yogurt (unsweetened, low fat)	4 oz.	5

Protein estimator: 1 oz. lean meat/poultry/fish/1 egg/egg white is all 7 grams protein.

STAGE III
POST-OPERATIVE DIET:
4th WEEK AND ONWARD

STAGE III: Regular Texture, Calorie-Controlled Diet (Week 4 and Onward)

GUIDELINES

Depending on your progress, at approximately 1 month after surgery, your physician will progress your diet to Stage IE, which is a nutritionally balanced, calorie-controlled diet.

- ◆ Continue to eat fork mashable meals adding one solid food per day.
- ◆ All solid foods must be chewed slowly and thoroughly (20-25 times) until it reaches baby food consistency.
- ◆ Dice meats to the size of a pencil top eraser until able to tolerate larger sizes. Don't rush this.
- ◆ Eat slowly taking 30-60 minutes to eat each meal (10 minutes per ounce).
- ◆ Put down your fork between bites.
- ◆ Use a watch or clock to time yourself while eating.
- ◆ Stop eating immediately if you feel any discomfort or fullness. Do not watch TV or read while eating so you can concentrate on eating slowly and be more aware of when your stomach is full.
- ◆ Food intolerances will vary on an individual basis. If you have a problem with a new food, wait several days before trying it again. Record in your diary any recurrent problems with new foods. Bring this to your next visit with the physician and dietitian.
- ◆ Gradually begin to increase meal size to 4-5 ounces and reduce meal frequency to three times a day.
- ◆ Drink 6-8 cups of low calorie fluids between meals avoiding liquids 30 minutes before and 30 - 45 minutes after meals. Even though the amount you can take in at one time has been reduced, you can still meet your fluid needs by just sipping more frequently throughout the day.
- ◆ Continue to take the vitamin and mineral supplements as prescribed by your physician.
- ◆ Never chew gum. If swallowed, it can obstruct your stomach outlet.
- ◆ Your goal is to achieve 60 grams of protein a day, or more if recommended.

SHOPPING LIST FOR STAGE III: Regular Texture, Calorie-Controlled Diet (Week 4 and Onward)

Clear Liquids - same as Week 1

Protein Supplement - same as Week 1

Milk group - Choose from:

Skim Plus® milk

Low fat Lactaid® milk

Soy milk if lactose intolerant

Low fat Cottage Cheese

Total Greek® Yogurt

Low-fat sugar-free

yogurt

Part Skim Ricotta

Sugar free pudding

Sugar-free/fat-free ice
cream

Low-fat cheese

Meat/meat substitute group - Choose from:

Eggs

Fish (soft cooked/flaked, e.g. tuna, sole,
flounder, salmon, crabmeat)

Chicken, turkey, lowfat beef diced or
ground and well moistened

Beans/lentils cooked

Natural Smooth Peanut butter

Tofu

Hummus

Low fat chili

Low fat meatloaf/meatballs

Low fat luncheon meats, e.g.,
sliced deli turkey, chicken

Soups - Choose from:

Egg drop soup

Bean/lentil soup (pureed)

Split pea soup

Reduced fat cream soup

Prepared soups, e.g., Healthy Choice®, Health Valley®, Progresso® Lite

Miso soup

Vegetable soup (pureed)

Consomme/broth

Grains and Starches - Choose from:

Baked/boiled potato

Hot cereal, e.g., Cream of Wheat®

Farina, oatmeal, grits

Unsweetened cold cereal e.g., Go Lean®

Pastina

Lima beans, plantains yucca, yams,

sweet potato, pumpkin, squash, cassava

Saltine crackers, low carb wrap

Avoid Rice for at least another 2 weeks-it is generally not well tolerated at this time

Fruit - Choose from:

Unsweetened canned fruits, soft fruits – berries, chopped grapes

Fresh fruit **without skin** e.g., cantaloupe, melon, peach, banana, kiwi

Vegetables - Choose from:

Soft cooked vegetables (some patients may still need to avoid gas forming vegetables) V8® juice

Avoid raw vegetables

Fat/Oil - Choose from: -fat gravy/sauce, low fat

mayo, olive oil, coconut oil, canola oil

Sweets/Desserts - Choose from:

Diet Jell-O®, sugar-free

popsicles, sugar free ice cream,

sugar free Italian ice

STAGE III FOOD CHOICES

FOOD GROUPS	CHOOSE	FOODS THAT MAY BE DIFFICULT TO TOLERATE	FOODS TO AVOID
BEVERAGES			
Choose 6-8 cups/day Sipped @ 4 oz per hour	Water, tea, Skim Plus® milk, Crystal Light®, decaf coffee/tea, herbal tea, all broths, Glaceau® fruit waters, diet V8® Splash, Diet Twister®, Diet Snapple®, Sugar-free Tang®, any sugar free beverages		Vitamin waters, soda, high calorie drinks, alcoholic beverages, fruit drinks, caffeinated beverages
SOUPS			
Choose 1 - 2 serving/day 1 Serving = 4 oz. or ½ cup	Egg drop soup, reduced fat cream soup, bean soup, broth, miso soup, minestrone, vegetable soup, split pea soup, chili		All others
MILK & DAIRY			
Good source of protein and calcium Choose 3-4 servings 1 Serving = ½ cup or 4 oz.	Skim Plus® milk, 1% low fat milk, sugar-free low fat/nonfat yogurt or ice cream, sugar-free custard/pudding, lactose-free milk, ricotta cheese, cheese		Sweetened milk drinks, cocoa, ice cream, chocolate milk, sweetened condensed milk, 2% or whole milk

**FOOD
GROUPS**

CHOOSE

**FOODS THAT MAY
BE DIFFICULT TO
TOLERATE**

**FOODS TO
AVOID**

*

MEAT & MEAT SUBSTITUTE

Good source of protein, B-vitamins, and iron

Choose 6 servings

1 serving = 1 oz. unless otherwise specified

Lean meat, fish, or poultry, low fat deli meats, egg or egg substitute (1/4 cup), low fat cottage cheese, ricotta, farmers cheese, low fat/fat free cheese, low fat mozzarella, natural creamy peanut butter (2 Tbs.): casserole made with ground beef, 1/2 cup beans, tofu (2 - 4 oz.), 3 Tbs. miso paste
*moisten meats with fat-free gravies/sauces

Fried meats, high fat cold cuts such as salami, bologna, pastrami, corned beef, sausage, mortadella, frankfurters, bacon

GRAINS AND STARCHES

Good source of energy, B-vitamins, fiber and iron

Choose 4 servings

1 serving = 1 slice bread; 1/3 cup rice, pasta, potato, squash; 6 crackers; 1/2-3/4 cup dry cereal

Cooked or refined cereal such as oatmeal, farina, grits, Cream of Wheat®, Go Lean® dry cereal, Cheehos®, potato without skin, rice as tolerated, pasta, toasted bread, crackers

Pasta and rice may not be tolerated

All others such as bagels, doughy bread, bread with seeds/nuts, croissants, popcorn, nuts.

**FOOD
GROUPS**

CHOOSE

**FOODS THAT MAY
BE DIFFICULT TO
TOLERATE**

**FOODS TO
AVOID**

FRUIT

Good source of vitamins, minerals, phytochemicals and fiber. **Choose 3 servings** 1

Serving = ½ cup diluted fruit juice, ¼ banana, ½ cup of unsweetened applesauce, 1 medium size fruit, ½ cup cantaloupe or watermelon

Banana, peach, pear, strawberries, raspberries, kiwi, cantaloupe, watermelon, citrus fruits without membrane as tolerated

Undiluted/concentrated fruit juice, pulp, seeds, skin

VEGETABLES

Good source of vitamins, minerals, phytochemicals and fiber.

Choose 2-3 servings

1 Serving = 1/3 to 1/2 cup as tolerated

All; except those listed in "Foods to Avoid/Difficult to Tolerate"

Vegetables with tough skin or seed; fibrous vegetables such as celery, raw vegetables, salad; gas-forming vegetables such as brussel sprouts, broccoli, onions, cauliflower

Hard to chew vegetables such as raw carrots, broccoli

FOOD GROUPS	CHOOSE	FOODS THAT MAY BE DIFFICULT TO TOLERATE	FOODS TO AVOID
FAT			
Essential for Healthy Skin <u>Choose up to 3 servings</u>	Diet margarine (1 Tbs.), regular margarine/butter {1 tsp), low fat mayo (1Tbs.), or regular may (1 tsp), low fat sour cream (1 Tbs.), low fat salad dressing (2 Tbs.), 1/8 avocado, tahini paste (2 tsp), canola/olive/peanut oil (1 tsp), cream cheese (1 Tbs.). reduced fat cream cheese {2 Tbs.), low fat gravy/sauce (2 Tbs.)		Fried foods
SWEETS & DESSERTS			
<u>May choose 1-2 servings</u> 1 serv = 4 oz. diet Jell-0 or 1 sugar-free ice pop	Diet Jell-O®, low-calorie/sugar-free hard candy, sugar substitutes, e.g. Splenda®, Sweet & Low®, Equal®, popsicles made from Pedialyte®, <u>sugar-free popsicles, sugar-free ice-cream</u>	Candy containing sugar, dried fruits, jams, and marmalade.	Candy, jam, jelly, cakes, cookies, pies, doughnuts, ice cream, frozen yogurt, honey
CONDIMENTS			
As tolerated	Mild herbs & spices, salt if oermitted	Pepper, chili powder, mustard, horseradish, seeds, cocktail sauces, and peanuts	

**SAMPLE MENU FOR STAGE HI:
Regular Texture Calorie-Controlled Diet
(Week 5 and Onward)**

	Day 1	Day 2	Day 3
Breakfast: 8 - 8:30 a.m.	1 scrambled egg + 1 egg white + cheese 1/2 slice toasted wheat bread 1 tsp. unsalted butter	1/4 c. Bran Flakes with 4 oz. greek yogurt 1/4 banana (sliced)	4 oz. part-skim ricotta or 1% cottage cheese 1/4 cup of strawberries
9-11:30 a.m.	8 oz. decaf coffee or tea or water 8 oz. skim milk 4 oz. Protein Shake	8 oz. decaf coffee or tea or water 8 oz. skim milk 4 oz. Protein Shake	8 oz. decaf coffee or tea or water 8 oz. skim milk 4 oz. Protein Shake
Lunch: 12 -12:30 p.m.	3 oz. roasted turkey, 1 slice lowfat cheese, 1/4 cup unsweetened fruit cocktail	3 oz. baked haddock with lemon, 1/4 cup cooked green beans, 1/4 cup applesauce	3 oz. 97% fat free deli sliced ham, 1/2 slice toasted whole wheat bread, 2 slices tomato
1 - 5:30 p.m.	12 oz. water, 4oz. Protein Shake, 8 oz. Sugar free beverage	12 oz. water, 8 oz. Crystal Light, 4 oz. Protein Shake	12 oz. water, 4 oz. Protein Shake, 8 oz. Fruit 2-0
Dinner: 6 - 6:30 p.m.	3 oz. baked chicken, 1/4 cup steamed spinach, 1/4 peeled orange	3 oz. lean roast beef, 1/4 cup cooked squash, 1/4 cup mashed potatoes, 1/4 cup unsweetened pears	3 oz. broiled sole or flounder, 1/4 cup steamed broccoli, 1/4 cup steamed carrots, 1/4 cup diced cantaloupe
7-10 p.m.	4 oz. skim milk, 8 oz. water, 12 oz. Propel	4 oz. skim milk, 8 oz. water, 12 oz. Crystal Light	4 oz. skim milk, 8 oz. water, 12 oz. Kool-Aid w/Nutra-Sweet

Your focus is protein foods at all meals. The veggies, fruit and finally starches are considered "condiments." If you prioritize properly, you will need fewer Protein Shakes, although some patients prefer to use either a Protein Shake or Low Carb High Protein Bar as a convenience meal and for "protein insurance" for the day.

At this point you will use Protein Shakes as a supplement to your dietary protein intake. You will weigh the edible portion of protein foods (trim all visible fat and remove any skin, bones or shells) and estimate your daily protein intake in your food records.

Remember, you are limited to 4 oz. at meals for the first few months. This will gradually increase to 6 oz., then finally 8 oz. over the next several months. You will keep meal size at 8 oz. standard size; if you can eat more than this, please call the office.

APPENDIX

DUMPING SYNDROME

What is Dumping Syndrome?

Dumping syndrome can occur after any surgery that changes the normal way in which food leaves the stomach. It occurs when food passes too quickly ("dumped") from the stomach into the small intestine which can happen in gastric sleeve because of reduced size of stomach.

In response, water from the surrounding blood vessels is drawn into the small intestine, usually resulting in a combination of the following symptoms: abdominal fullness, nausea, light-headedness, sweating, cramping, rapid heartbeat and diarrhea. Symptoms can occur 10 - 20 minutes after eating a meal and/or 1-3 hours after eating.

What causes Dumping Syndrome?

Refined sugars, overeating, and drinking liquids with meals are the usual culprits. Dumping syndrome symptoms have also been reported with high fat food consumption.

How can Dumping Syndrome be avoided:

- ◆ Avoid refined sugars/sugar alcohols (Sorbitol, Mannitol)
- ◆ Avoid all foods/liquids with added sugar listed as one of the first three ingredients on the food label.
- ◆ Eat small, frequent meals
- ◆ Eat slowly and rest a little after eating
- ◆ Do not drink liquids with meals
- ◆ Avoid caffeine and very hot or very cold liquid/foods.

COOKING TIPS

- 1) Remove fat and skin before cooking and pureeing poultry in blender.
- 2) Try to choose fish, poultry, and lean cuts of meat (30-50 calories and 1-2 grams of fat per ounce). Trim all fat from veal, beef, lamb, and pork before cooking and pureeing.
- 3) Bake, grill, broil, poach, boil, stew, poach, or microwave foods instead of frying. Use a Teflon coated pan or a vegetable cooking spray if frying is necessary.
- 4) Use a rack when baking, broiling, or roasting to allow the fat to drain off. Do not baste with drippings as this returns some of the fat to the food.
- 5) Purchase low-fat or fat-free cheeses (those with less than 2 grams of fat per oz).
- 6) Purchase lean cuts of meat: beef-round, chuck, sirloin, 90% lean ground beef, port-tenderloin, lean ham, leg of lamb, loin. Avoid cuts of high-fat red meat with visible fat (100 calories and 10 grams of fat per oz).
- 7) Use tuna or salmon that has been packed in water, not oil.
- 8) Use non-stick sprays and non-stick pans to replace oil for sautéing or stir-frying.
- 9) Chill homemade soups and stews and then lift off congealed fat, or use a strainer to pour off fat.
- 10) Prepare vegetables without added fat or sauces.
- 11) Make gravies with fat-free broth, skim milk, and cornstarch.
- 12) Cook onions, green pepper, and other vegetables in a little broth instead of sautéing them in fat. Add garlic and onion powder to enhance flavor.
- 13) In cheese sauces, use skim milk and non-fat or low-fat cheese rather than whole milk, regular cheese, and butter. Also, use evaporated skim milk for thicker sauces.
- 14) Eliminate dabs of butter in casseroles. Instead, use reduced-fat margarine or fat-free butter-flavored granules to season foods.
- 15) Instead of using sour cream to make dips, use plain non-fat yogurt blended with non-fat cottage cheese and seasonings, or, mix plain non-fat yogurt and a ranch dressing packet. This also can be used on baked potatoes and salads.
- 16) Use non-fat cottage cheese (blended) in place of cream cheese or sour cream in recipes. Or, use the new fat-free sour cream and cream cheese products.
- 17) Replace oil in cake, brownie, and muffin recipes or packaged mixes with an equal portion of applesauce or strained fruit baby food. Another option would be to use non-fat yogurt or low-fat buttermilk.
- 18) Reduce sugar in recipes by $\frac{1}{4}$ to $\frac{1}{3}$ without affecting the final product. Fat can be reduced by $\frac{1}{2}$
- 19) Select fresh fruits as sweet dessert.

BEHAVIOR MODIFICATION STRATEGIES

If you have any questions or problems, feel free to call the doctor's office or your clinical dietitian.

- 1) Consume meals *very slowly* - allow about 10 min per oz. of food. If you feel full, *stop* eating. Wait until your next meal to eat again. When you eat too quickly you tend to eat too much and do not have time to really enjoy what you are eating. It takes time for the food you ingest to be absorbed into your system and to decrease the feelings of hunger one experience.
- 2) *Wait* until after you have swallowed your food to add more food to your eating utensil (fork or spoon). With hand-held foods, such as hamburger or sandwich, lower your hand between bites. Wait until after you swallow your food to raise your hand again.
- 3) *Do not* drink fluids with meals. Wait 30 minutes before and after your meals to drink in order to prevent stretching your stomach pouch. You should also avoid drinking with a straw. Both of these precautions help to prevent gas from getting trapped beyond the outlet of your stomach pouch.
- 4) *Milk intolerance* may be due to a temporary intolerance to lactose. Try using Lactaid milk or add Lactaid drops to your milk in the event that you develop symptoms of lactose intolerance.
- 5) *Be careful chewing gum!* If swallowed it can get caught in the tiny opening to your intestines.
- 6) Always remember to take your multivitamins, calcium, vitamin B-12, and any other medication or supplement that your doctor has prescribed. *Failure to take your supplements may result in serious deficiencies.*
- 7) Ice cube trays are a handy method for storing pureed food. Each cube section contains about one fluid oz.
- 8) Baby warmer trays may be helpful for keeping pureed food warm while it is being eaten slowly.
- 9) Milk of Magnesia is helpful in relieving constipation.
- 10) *Do no swallow any pills whole.* They should be crushed or cut into small pieces and can even be mixed with applesauce. Another option is to use liquid forms of medication if available.
- 11) If you are having trouble tolerating solid or pureed foods, you may *substitute* by consuming a nutrition shake.
- 12) *Take small bites and chew your solid food thoroughly.* Each bite of solid food should be chewed at least 20 times before swallowing.
- 13) It is important that each meal be high in nutritional value and balanced, since the amount of food eaten at each meal will be small.
- 14) *Exercise is encouraged,* and may be included in your daily regimen with your physician's consent.
- 15) *When advancing from liquid to pureed foods, or later on to soft foods, you may experience problems with vomiting. This is usually a result of overeating, not chewing well, or mixing liquid with solid food* If you do vomit, make sure that you are not eating too much at one time and that you are chewing your food thoroughly. Some patients may vomit with certain foods the first time they try them, but are able to tolerate them at a later date.
- 16) *If you have had a gastric sleeve operation, you should avoid excessively sugary foods and drinks. They may lead to dumping syndrome,* a condition characterized by abdominal cramps, diarrhea, sweating, and a dizzy sensation after consuming concentrated sweets.
- 17) *Use a small plate.* People eat more when food is served on a large plate as opposed to a small plate. The same food seems bigger when it is served on a small plate. Because it seems bigger, it is more satisfying.

PROTEIN POWDER

2. **How do I use protein powder?**

1. Protein powder can be added to drinks, supplement shakes, soup, baby food, yogurt, cottage cheese. If you are ready to eat solid food, sprinkle the protein powder on top or mix into casseroles or cooked dishes.

2. **What kind of protein powder should I use?**

1. Some people prefer the flavor of egg or milk products compared to soy. If you have a lot of gas or diarrhea, avoid milk protein. If you are allergic to eggs, avoid egg protein. Do not use high-calorie "body building" formulas. Use whatever is most convenient. Egg whites, under the name of Just Whites, and dried milk are available at super markets. Promod is made by the same company that makes Ensure. These can be ordered easily. The other products listed below are available at health food stores.

Soy Protein: Vege Fuel (Twinlab), 100% Soy Protein (Naturade), or other brands of soy or vegetable protein.

Milk Protein: Ultimate Protein (Country Life), Designer Protein, Promod (Ross), Cased (Mead Johnson), dried skim milk powder, or other forms of milk protein such as "casein" or "whey".

Egg Protein: Just Whites (Delel), Egg Fuel (Twinlab), or other brands of egg or "albumin".

Soy Milk: NRG Protein (Naturade)

FOOD SOURCES OF PROTEIN

Food Groups	Daily # Servings	Recommended Types	Not Recommended
Fish	6 oz. Total from a combination of fish, poultry, meat and dairy.	<p>Low Fat: Cod, flounder, haddock, halibut, perch, red snapper, sea trout, canned tuna in water.</p> <p>Moderate Fat: Bluefish, herring, mackerel, salmon, lake trout, swordfish, clams, crabs, lobster, oysters, shrimp and scallops</p>	Fried fish, fish canned in oil, commercial breaded fish products.
Poultry		Skinless chicken or turkey breasts, legs, and thighs or ground chicken or turkey.	Fried chicken, chicken wings, duck, goose, commercial breaded nuggets and patties.

Food Groups	Daily # Of Servings	Recommended	Not Recommended
Beef		Lean, fat trimmed USDA select or choice cuts: loins, T-bone, porterhouse, rump roast, fillet mignon, tenderloin, round steak, 90% lean ground beef (3 grams fat per ounce)	Prime cuts, ribs, rib roast, hot dogs
Lamb, Pork or Veal		Lean, fat trimmed USDA select or choice cuts: tenderloin, chops (3 grams fat per ounce)	Bacon, sausage, kielbasa, knockwurst, pepperoni, Slim Jims
Eggs	Limit to 3 per week	Whole eggs, egg substitutes (e.g. Egg Beaters, Second Nature)	Fried eggs or omelet prepared with fat
Cheese		Low fat/nonfat (3 grams fat per ounce), Alpine Lace, Free n' Lean, Kraft Free, Borden Light Line, nonfat cottage cheese and cream cheese, mozzarella made with skim milk	Regular hard and soft cheeses, cheddar, American, camembert, brie, cream cheese, bleu, Colby, muenster, provolone, Swiss, Velveeta, cheese spreads and sauces
Milk and Dairy Products	2 cups (16 oz.) per day. Milk should be taken between meals only. Sugar-free Carnation Instant Breakfast or SlimFast can be substituted for a meal	Milk: skim or 1% low fat Yogurt: nonfat or 1% low fat plain or fruited with Nutrasweet (100 calories per 8 oz.). Sugar-free Carnation Instant Breakfast made with skim milk	Whole (regular) milk or 2% low fat milk or yogurt. Regular hot chocolate, milkshakes, malts, frappes, chocolate drinks, eggnog, chowders/soups made with cream or sour cream

Important Note: Recommended methods for cooking meats are:

- **Broiling**
- **Grilling**
- **Boiling**
- **Baking**
- **Roasting**
- **Stewing**
- **Poaching**