

GASTRIC BYPASS POST OPERATIVE #3

You are now ready to introduce soft solid foods to your meal plan. The key to success will be slowly expanding the new food list. Here are some guidelines:

HELPFUL HINTS:

1. Continue small blended meals as in post operative diet #2. You are still avoiding fiber, to allow continued healing, and lessen the chance of obstruction.
2. Introduce new soft(fork tender) solid food slowly.
  - Cut into small pieces (size of pencil eraser) chew and swallow one portion at a time.
  - If nausea, pain or vomiting occurs – STOP! Take clear liquids for your next meal.
3. Plan on spending at least 30 minutes eating each meal but no longer than 60 minutes.
4. Devote all of your attention and concentration on slow, deliberate eating.
5. DO NOT DRINK and EAT at the same time. Continue to drink 6-8 cups water or sugar free liquids in - between meals.
6. Continue to develop a routine for preparing and eating meals.
7. Continue with multivitamins. You do not need to continue Tagamet (cimetidine). Take the prescribed Actigall twice a day for 6 months, if your gallbladder has not been removed.
8. Continue with regular exercise – 30 minutes a day or as recommendation from your health care provider.
9. Be sure to use an **adequate form of birth control!** Even those who have had fertility problems in the past, may quickly (and unexpectedly) become fertile with weight loss.

QUESTIONS/PROBLEMS:

CALL THE OFFICE BETWEEN 9:00 a.m. and 4:30 p.m.  
WEEKDAYS @ 585-341-6543  
After hour emergencies call 258-4949

FOOD GROUP	ALLOWED	AVOID	TIPS
<b>MEAT/PROTEIN GROUP</b> 4 Servings per day * Major Protein Source	*1 oz. cooked chicken or turkey *1 Tbsp. smooth peanut butter *1 oz. tofu; may add soft soy products *¼ c. part skim ricotta cheese *2 Hard boiled egg whites or ¼ Cup egg substitute, scrambled, cut up *1 oz. water packed tuna or fish, flaked *¼ Cup 1 % cottage cheese *add ¼ cup legumes-Low fat refried beans; protein)	Red Meat Bouillon Tempeh Tuna in oil	•Use only light mayonnaise, small amount, when mixing tuna or eggs
<b>DAIRY GROUP</b> 4 Servings per day *Major Protein Source	•½ Cup skim or 1 % milk •1/2 Cup lactaid or soymilk (calcium fortified) •1/2 Cup low fat sugar free yogurt-light on label •1/2 Cup sugar free pudding •1/2 Cup instant breakfast (no sugar added) *1/2 cup sugar free hot chocolate made with skim	2% Milk, whole milk Chocolate milk	•Use lactaid or soy milk if develop gas, bloating with skim or 1% milk •To increase protein 2 Tbsp. milk powder or soy mix powder may be added to hot cereal, pudding, milk, yogurt and cottage cheese
<b>VEGETABLE GROUP</b> 1-2 Cooked Servings per day	•1/2 Cup low sodium V8 or Tomato juice •1/2 Cup soups •1/4 Cup <b>cooked</b> until soft, chopped vegetables; may add broccoli, cauliflower	Raw vegetables, salads V-8 Splash cabbage	*Continue to use small amount of light margarine, low sodium broth, butter spray/butter buds, if needed for flavoring
<b>CARBOHYDRATE GROUP</b> 1-2 Servings per day	•1/2 Cup cooked cereal •1/4 Cup mashed, boiled potatoes or inside baked potato(no skin) MAY ADD: •4 – 6 Unsalted saltines •1/4 Cup pasta-cut up small •1/2 Cup cold cereal(no sugar coated) such as: Cheerios, Corn Flakes, Puffed Rice	Sweetened cooked cereal Sweetened cold cereals Breads Rice High fat crackers Cereals with berries and nuts	•Mix hot cereal and mashed potatoes with milk to increase protein content •Pasta needs to be well cooked, cut in size of pencil eraser and chewed well •store bought spaghetti sauce may have added sugar
<b>FRUIT GROUP</b> 1-2 Servings per day	MAY ADD-1/4-1/2 c. : •pureed or soft fruit • banana, melons, ripe berries, baked apples •canned fruit in fruit juice or water	•Fruits in heavy or light syrup, rinse well if use • pulpy or citrus fruits *apples, grapes, cherries, (forget the exotic fruits for now)	
<b>BEVERAGES</b> 6-8 Cups per day. Drink in between meals ½ cup at a time over 30 minutes or more. Finish drinking 30 minutes before a meal and start drinking 30 minutes after a meal.	Sugar free non-carbonated beverages Water Protein Drink Coffee - One cup / day Tea 100% fruit juice, (no pulp) ¼ Cup juice to ¾ cup water	Fruit drinks Alcohol Soda Pop	•Icy or very cold drinks may cause cramps •Never gulp a mouthful of liquids

**MEAL PLANNING:** You will be continuing 5 meals per day. It continues to be important to consume the protein source first at each meal in the event you cannot complete the meal. You still need **60- 90 grams protein each day**. **DO NOT SKIP** or **ADD MEALS**. Supplements may be continued to be used through this diet phase.

**SAMPLE MEAL PLAN:**

**BREAKFAST:**           = 2 dairy  
                              = 1 carbohydrate

**AM SNACK:**           = 2 dairy  
                              = 1 fruit

**LUNCH**                = 1-2 meat  
                              = 1 vegetable or 1 fruit

**AFTERNOON SNACK-1 cup high protein drink**

**SUPPER**               = 1-2 meat  
                              = 1 vegetable or  
                              1 carbohydrate