

Strong Health Bariatric Surgery at Highland Hospital

GASTRIC BYPASS POST OPERATIVE DIET # 4

You are now ready for regular foods. CONGRATULATIONS! Take this time to learn to eat a balanced meal plan that incorporates a variety of foods from the 5 basic food groups.

HELPFUL HINTS:

1. Add new menu item slowly, to determine if you can tolerate that food, as some foods will be better tolerated than others. If you do not tolerate the food the first time, try that food a few weeks later.
2. To avoid impulse eating, it is very important to eat 3 to 4 times per day and to continue to have a routine eating schedule. Constant nibbling of food or snacking will slow your weight loss and may eventually lead to weight gain. It is SO important **NOT** to **return to poor eating habits!**
3. Continue to plan for meals weekly to avoid buying junk food or fast foods. Healthy foods do not need to be special; have a few easy recipes on hand or make your foods ahead of time.
4. Continue to choose water or 0 calorie liquids as beverage of choice as regular sweetened drinks (such as regular soda, fruit punch, fruit juice or milkshakes) can lead to weight gain. Do not drink with meals or within 30 minutes after meals.
5. Continue to eat only in one place and devote all your attention to slow, deliberate eating.
6. You should be reducing/eliminating liquid supplements as a source of nutrition; eventually, these liquids will provide too many calories in addition to solid foods. Do continue to choose a protein source at each meal. Proteins are the building blocks of health.
7. It is at this point where you may start to notice **hair loss or thinning**. Be sure you are eating at least 60 grams of protein per day...most of the time there is nothing that be done, as it is caused from the stress of surgery and rapid weight loss. Don't worry, as it will stop within a few months.
8. Continue daily multivitamins and Trinsicon (foltrin, contrin). You should be consuming at least 1200 mg of Calcium daily, and will need a calcium supplement if you can not obtain this amount from your diet.
9. Continue daily exercise for at least 30 minutes – walking or other low impact aerobics are best. Exercise can promote and help you maintain your weight loss.

QUESTIONS / PROBLEMS:

Call the office between 9:00 a.m. and 4:30 p.m.

Weekdays at 585-341-6543

After hour emergencies call 585-258-4949

FOOD GROUP	ALLOWED	AVOID	TIPS
MEAT/PROTEIN 7 Servings per day *1 serving or 1 oz. lean meat =50 calories, 7 gram protein *1 egg or 1 oz. reduced fat cheese= 75 calories, 7 gram protein *1/2 cup dried beans and peas ~ 7 gram protein	<ul style="list-style-type: none"> • 1 oz. reduced fat or part skim milk cheeses • 1 oz. low fat lunch meat such as ham, turkey, chicken • 1/4 Cup cottage cheese, 1% milkfat • 1oz. water packed tuna or fish, flaked • 1 oz. cooked chicken, turkey, or pork tenderloin, soy meat alternatives, gardenburgers: moist, and chewed well • 1 Tbsp. smooth peanut butter • 1 egg • 1 oz. tofu *1/2 cup dried beans and peas 	<ul style="list-style-type: none"> • Hard or full fat cheeses • Bologna, liverwurst, salami, Hot dogs, sausage, chicken wings (soy or turkey alternatives are OK) • Gristle in red meat maybe still hard to digest • greasy foods; high fat sauces and gravies • avoid fried foods like Fish Fry's 	<ul style="list-style-type: none"> • Bake, broil or grill meats • Try ground turkey rather than ground beef in your recipes • TV Dinners such as Healthy Choice or Smart Ones may be used occasionally
DAIRY 2-3 Servings per day *1 serving= 90-110 calories, 8 grams protein	<ul style="list-style-type: none"> • 1 Cup skim milk, 1% milk • 1 Cup Lactaid milk • 1 Cup Soy Milk, non-fat or 1% • Low Fat, sugar – free yogurt 	<ul style="list-style-type: none"> • 2%, Whole Milk • Chocolate Milk 	<ul style="list-style-type: none"> • If you are not consuming enough dairy products, remember to take calcium supplements. % of calcium is based on 1000 mg on label
VEGETABLES 3-5 Servings per day *1 serving = 25 calories, 1-2 gram protein	<ul style="list-style-type: none"> • 1 Cup raw vegetables/ SALAD Chewed well, no large pieces. • 1/2 Cup cooked vegetables • 6 oz. low sodium V-8 or Tomato juice 	<ul style="list-style-type: none"> • Fried Vegetables • Vegetables in cream or cheese sauce (low fat/calorie recipes are OK) • V-8 Splash 	<ul style="list-style-type: none"> • Make vegetables part of your daily meals as they are a low calorie, nutritious food • Try Molly McButter, Butterbuds or herbs as seasonings
FRUITS 2-4 Servings per day *1 serving = 60 calories	<ul style="list-style-type: none"> • 1/2 Cup canned fruit in 100% fruit juice or water; frozen fruit-no sugar • 1 Medium piece raw fruit • 1 Cup melon, berries • 15 grapes • 2 Tbsp. dried fruit – (Chew well) 	<ul style="list-style-type: none"> • Canned fruit in heavy syrup or light syrup, rinse if use • Sweetened frozen fruits 	<ul style="list-style-type: none"> • Make sure skins and membranes of citrus fruit and raw fruits are chewed well

FOOD GROUP	ALLOWED	AVOID	TIPS
CARBOHYDRATES/ STARCH 5 Servings per day *1 serving = 80 calories, 2 grams protein	<ul style="list-style-type: none"> • 1 slice whole wheat bread (toasted is better at first) • 1/2 English muffin, hamburger bun • 1/3 Cup Brown rice • 1/2 Cup pasta • 1/2 Cup hot cereal or ¾ Cup cold cereal, (no sugar coated) • 1/2 Cup mashed potatoes, corn, peas or winter squash • 1 Cup broth type soups • 6 Unsalted saltine crackers 	<ul style="list-style-type: none"> • French fries • Sweet breads • Danish, donuts • Sweetened cereals • Biscuits, Croissants, store bought muffins • Cream soups and soups with large pieces of meat 	<ul style="list-style-type: none"> • Choose breads or cereals with 2 grams fiber or more per serving * Choose higher fiber made with whole grains to give you feelings of fullness
FATS 4-6 Servings per day * 1 serving = 20-45 calories	<ul style="list-style-type: none"> • 1 tsp. light mayonnaise • 1 tsp. light margarine • 1 Tbsp. Reduced fat salad dressings • 1 tsp. Canola or Olive oil • 1 Tbsp. light cream cheese or light sour cream • 10 Peanuts – must be well chewed 	<ul style="list-style-type: none"> • Regular mayonnaise, margarine, cream cheese or sour cream • Sunflower or sesame seeds • Cream, Half & Half 	<ul style="list-style-type: none"> • Use all fats sparingly • Make sure you measure and know how much fat you are eating • Try vegetable spray instead • Use flavorings such as herbs, spices, lemon
BEVERAGES 6 – 8 CUPS	<ul style="list-style-type: none"> • Water • Coffee, tea • Sugar free (0 calorie) or unsweetened beverages • Skim milk up to 24 oz. * small glass of alcohol 	<ul style="list-style-type: none"> • Fruit drinks, Kool-Aid Fruit punch • Regularly sweetened iced tea or lemonade • Liquid supplements • Regular soda pop-choose only diet ! 	<ul style="list-style-type: none"> • Continue to drink liquids in between meals.
SNACK/DESSERT 1 Serving per day (Serving should be between 100-150 calories)	<ul style="list-style-type: none"> • Fat free, sugar free ice cream • Pretzels • Animal or Graham crackers, plain • Sugar free Rice Cakes • Sugar free puddings • Soup crackers • Fruits 	<ul style="list-style-type: none"> • Potato chips, Corn chips • Ice Cream • Milkshakes • Cakes, pies, cookies • Candy 	<ul style="list-style-type: none"> • Be careful – constant snacking on sweets or chips can lead to weight gain • If you have a snack/dessert , plan for this as part of your daily routine
MISCELLANEOUS	<ul style="list-style-type: none"> • Equal, Sweet – n – low, Splenda • Sugar free jello • Light syrup 	<ul style="list-style-type: none"> • Regular sugar • Brown sugar, honey • Regular syrup • Regular jam and jelly 	

SAMPLE MEAL PLAN:

- To make it easier to track portions, continue to serve foods on salad plates/smaller bowls. Somewhere between the 3 and 6 month period, you will notice that you can tolerate more volume at a meal.**
- Do not go over the recommended servings of each food group. Even healthy foods eaten in too much quantity can give you too many calories.**
- The way to eat at a meal is start with the protein source then vegetables or fruits then carbohydrates if you have room**