

Strong Health Bariatric Surgery at Highland Hospital

GASTRIC BYPASS POST-OPERATIVE DIET #2

You are now ready to move onto the next diet phase, that which provides for more consistency and texture as your stomach pouch heals, in anticipation of solid foods. The key to this diet phase is to increase protein levels (*goal of 60-90 grams protein per day*) and all food should be in liquid or pureed form. Therefore, a blender/food processor is an essential part of your meal preparation. To ensure proper portion sizes, it is also important to own measuring cups and spoons as well as a kitchen scale. This will help you get used to watching portion sizes.

HELPFUL HINTS:

1. It is very important to take the time to plan and prepare meals. Baby food may be used occasionally.
2. Make sure to strain pureed/ blended foods if chunks remain after blending.
3. Sit down and enjoy your meals. Eat only in one place.
4. If you feel nauseated or vomit at any time, slow down and try liquids for next one or two meals.
5. Continue to exercise 30 minutes everyday. Walking is an excellent exercise and requires no special memberships or equipment. Other activity as tolerated with no heavy lifting or straining for 1 month. You may drive if you feel strong enough and are not taking pain medication.
6. Continue to take vitamins. You may take 2 children's chewable vitamins or 1 adult complete multivitamin.
7. Take your prescribed Tagamet (cimetidine) or acid reducing agent nightly, for 1 month.
8. It is **VERY IMPORTANT** that you adhere to the prescribed diet. Although you may tolerate other foods, this diet is designed to give your body time to heal and adjust to the surgery. By staying with this diet you will lessen the chance of developing an obstruction or stricture.

QUESTIONS / PROBLEMS:

Call the office between 8:30 a.m. and 4:30 p.m. weekdays at 585- 341- 6543. For after hour emergencies call the answering service at 585-258-4949.

FOOD GROUP	ALLOWED	AVOID	TIPS
<p>MEAT/PROTEIN GROUP 4 Servings per day * Major Protein Source</p>	<p>*2 egg whites or 1/4c.egg substitute, cooked/ blended *1 oz. water packed tuna *1 oz. cooked fish, chicken or turkey, canned salmon *1 Tbsp. smooth peanut butter *1/4 Cup 1 % cottage cheese, blended or part skim ricotta *1oz. tofu</p>	<p>Red Meat/ hamburg Bouillon Tempeh Tuna in oil</p>	<p>•Meat can be mixed with mashed potatoes •Use only light mayonnaise, small amount, when mixing tuna and eggs •Add <u>low sodium</u> broth or consommé, tomato juice, soy sauce, fat free gravy or milk to increase flavor and add moisture of meats when blenderizing *Spices as tolerated; no cayenne pepper, tabasco</p>
<p>DAIRY GROUP 4 Servings per day *Major Protein Source</p>	<p>•1/2 Cup skim or 1% milk •1/2 Cup lactaid or soymilk (calcium fortified) •1/2 Cup low fat sugar free yogurt, no fruit chunks, made with nutrasweet, aspartame (i.e. Dannon Fit & Light) •1/2 Cup sugar free pudding •1/2 Cup instant breakfast (no sugar added). Chocolate is all that is available in stores. Vanilla is on-line *1/2 cup sugar free hot chocolate made with skim</p>	<p>2% Milk, whole milk</p>	<p>•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</p>
<p>VEGETABLE GROUP 1-2 Servings per day</p>	<p>•1/2 Cup low sodium V8 or Tomato juice •1/4 Cup cooked blenderized vegetable •1/2 Cup pureed soups</p>	<p>V8 Splash cabbage, broccoli, cauliflower (gassy) fruit</p>	<p>•May use small amount of light margarine(1 tsp.), low sodium broth or Butterbuds/Butter spray to blenderized vegetables</p>
<p>CARBOHYDRATE GROUP 1-2 Servings per day</p>	<p>•1/2 Cup cooked cereal (Cream of Wheat, Cream of Rice, Oatmeal) •1/4 Cup mashed potatoes •1/4 Cup mashed peas •1/4 Cup creamed corn •1/4 Cup winter squash</p>	<p>Sweetened cooked cold cereal Breads Rice Pasta Crackers</p>	<p>•Mix hot cereal and mashed potatoes with milk to increase protein content</p>
<p>BEVERAGES 6-8 Cups per day. Drink in between meals 1/2 cup at a time over 30 minutes or more. Finish drinking 30 minutes before a meal and start drinking 30 minutes after a meal.</p>	<p>*Sugar free non-carbonated beverages *Water *Protein drink *Coffee, 1 Cup *Tea *100% fruit juice, (no pulp) 1/4 c juice to 3/4 c water</p>	<p>Fruit drinks Alcohol Soda Pop gum</p>	<p>•Icy or very cold drinks may cause cramps •Never gulp a mouthful of liquids •Be careful of drinking straws, you may swallow air</p>

Each day you will eat five times:

Early breakfast, brunch, late lunch, afternoon snack and supper. It is important to consume the protein source first at each meal in the event you cannot complete the meal. DO NOT SKIP or ADD MEALS; however, if you cannot eat the protein source at your meal then an alternative would be adding a 1 cup high protein supplement in between meals as part of your liquid intake.

SAMPLE MEAL PLAN:

**7 a.m. Early Breakfast = 1 carbohydrate-
1/4 c. dry oatmeal made = 2 dairy-
1/2 c. skim milk + 2 tbsp. Skim milk powder**

**10 a.m. Brunch = 2 dairy-1/2 c. light yogurt + 2 tbsp.
Skim milk powder**

**1 p.m. Lunch = 1-2 meat
= 1 veggie**

3 p.m. 1 cup high protein drink

**6 p.m. Dinner = 1-2 meat
= 1 veggie or
1 carbohydrate**

FOOD DIARY

Keeping a food diary can help you track how much protein, calcium and hydrating beverages you are drinking.

TIME	FOOD/DRINK	AMOUNT (TBSP. , TSP., OZ)	PROTEIN (GM)	CALCIUM (MG)	TOLERANCE
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FOOD	AMOUNT	CALORIES	PROTEIN(GM)	CALCIUM(MG)
Egg Whites	2	35	7	
Egg	1 large		75	6
Egg beaters	¼ cup	25	5	
Chicken breast	1 oz.	50	8	
Turkey breast	1 oz.	50	8	
Haddock	1 oz.	30	7	
Tuna	1 oz.	30	6	
Salmon	1 oz.	40	7	60
Peanut Butter	1 tbsp.	95	4	
Ricotta Cheese				
Part Skim	¼ cup	85	7	168
Cottage cheese,				
1% milkfat	¼ cup	40	7	75
Tofu, firm	1 oz.	33	3	65
Skim milk,				
Evaporated	2 oz.	50	5	180
Skim milk	½ cup	45	4	150
Lactaid (skim)	½ cup	45	4	150
Soy milk,				150 (calcium
Vanilla	½ cup	50	3	fortified)
Rice milk	½ cup	50	1	150
Light Yogurt	½ cup	75	4	150
Sugar Free Hot				varies if
Chocolate made with				calcium
Skim milk	1 cup	150	10	fortified)
Instant Breakfast,				
No sugar added,				
In skim milk	½ cup	75	6	250
Dry skim milk	2 tbsp.	32	3	110
Procel	1 scoop	28	5	
Naturade 100% soy	1/3 cup	110	25	150
Sugar free				
Pudding	½ cup	80	4	150
Cream of celery				
with skim milk	½ cup	68	3	85
Tomato soup made				
With skim milk	½ cup	72	3	85
Instant Oatmeal				
Unsweetened,	made ½ cup	120	6.5	150
¼ cup dry mixed				
with ½ cup skim				