

Meal Progression after Gastric Banding or Sleeve Gastrectomy

Stage 1/Clear Liquid Diet: Begin post-op day 1 or 2

Duration: about 2 days

Liquids to include:

Clear liquids: non-carbonated, non-caffeinated, sugar free	Water, Crystal Light, broth, sugar free Jell-O, sugar free popsicles, Propel, PowerAde Zero, SF herbal tea, decaf coffee
Slowly sip 48-64 oz daily	

Stage 2/Full Liquid Diet: Begin post-op day 3

Duration: about 1 week

> At Home

Can mix shake with milk

Clear Liquids	24-32 oz or more of a variety of clear liquids (listed above)
PLUS: Full Liquids	24-32 oz of protein containing full liquids Can mix with milk
Sip a minimum of 48-64 oz of total fluids daily calorie free or very low 5 cal.	Full liquids: non fat or 1 % milk Nonfat or 1% milk mixed with protein powder Lactaid (low fat or fat free) milk Soy milk, chocolate soy Plain non fat yogurt Plain non fat Greek yogurt Light yogurt, blended Low sugar, low fat protein drinks High protein, sugar free, low fat pudding
Begin Supplementation: chewable , multivitamin with minerals 1-2 per day	Flintstones Complete (1 or 2) not the gummies

3c. liquids
3c. protein
a Day

*When choosing protein drinks, read labels for: ≤ 5 grams sugar, < 5 grams total fat, > 15 grams protein, < 200 calories

About a week

Stage 3/Pureed Diet: Begin post-op day 10-14
Duration: about 2-3 weeks

60g. protein
a day

Foods to include:

Increase clear liquids: total liquids a minimum of 48-64 oz daily <i>Fat free refined beans/mashed cheese apple sauce, bananas Blend tuna or canned chicken</i>	Proteins: scrambled eggs (thin with a little non fat milk if desired) or egg substitutes, moist, diced, ground or pureed poultry, fish, meat, cooked beans, mashed low fat cottage cheese, low fat cheese, low fat, sugar free yogurt non fat or 1 % milk, soy milk, <i>greek yogurt light</i>
Replace some full liquids with soft, moist, diced, ground or pureed protein sources as tolerated	Fruit: baby fruit (unsweetened) Pureed water packed fruits Unsweetened applesauce
Include protein rich foods in 3-5 small meals daily	Vegetables: baby food Pureed cooked vegetables Tomato or V-8 juice
Portion sizes will vary. Gastric banding patients will be able to eat more before their first band fill than after the fill	Limit added fats: oil, butter, margarine, mayo (max. 1 T daily)
REMEMBER: chew foods thoroughly prior to swallowing (food should be the consistency of applesauce)	ALSO: spray butter, cooking spray, light or non fat mayonnaise, low fat or non fat gravy, herbs/spices, vinegars, mustards, broth/bouillon, SF Jell-O, SF popsicles
Use small plates, small utensils to assist with portion awareness	
DO NOT DRINK WITH MEALS: Wait at least 30 minutes before and after meals to consuming fluids	
Remember to take your supplements: Multivitamin with <u>minerals</u> (chewable) START: Calcium with Vitamin D (chewable): 400-600 mg, taken 2 -3 times per day	NOTE: Calcium chews, <i>sugar free Kirkland chocolate flavored</i> Calcium should be taken at least 2 hours separately from your multivitamin for best absorption of iron and calcium. Calcium needs to be taken in divided doses for better absorption

6-8c. of
clear
liquids
a day

Take calcium and multivitamin at different times.

Take 2 calcium chews at different times of day.

Sample Menus Stage 3/Pureed Diet

- ✓ Portions sizes will vary. Aim for 3-6 oz per meal/snack as tolerated
- ✓ Aim for 64 oz fluids between meals
- ✓ Aim for 60 grams of protein daily
- ✓ Remember to take your supplements daily

	Monday	Tuesday	Wednesday	Thursday
breakfast	SF LF yogurt <i>sugar free</i> SF applesauce	Scrambled egg thinned with skim milk with melted LF cheese	LF cottage cheese Pureed peaches	Pureed scrambled tofu with melted LF cheese
snack	DP FF or 1% <i>double</i> milk <i>protein</i>	DP SF hot chocolate	DP banana smoothie	DP low fat soy milk
lunch	LF egg salad <i>low fat</i> Pureed peaches	Lean ground turkey with broth to moisten SF applesauce	Tuna pureed with LF or FF mayo Mashed banana	Pureed black bean soup Puree pears
snack	DP SF pudding	DP FF or 1% milk	FF plain Greek yogurt	DP soy protein berry smoothie
dinner	Salmon pureed with LF or FF mayo Pureed cooked carrots	Pureed chicken with rosemary Pureed green beans	Pureed baked fish with lemon, tarragon Cooked winter squash	FF refried beans with melted LF cheese Pureed cauliflower with garlic

*SF= sugar free, LF= low fat, FF= fat free, DP= double protein
Double protein= add protein powder or non fat dry milk

After a month

Stage 4/Soft Diet: Begin: post op week 4

Duration: about 1-2 weeks

2 oz of meat, cheese 5x/day

FOODS TO ADD:

Advance diet as tolerated	Vegetables: Well cooked, soft vegetables <i>*about 1 month after surgery some patients tolerate salads</i> AVOID: tough, stringy foods that can block the outlet of your new stomach (eg: raw celery, asparagus and broccoli stalks)
Remember hydration is essential. Aim for 64 oz total fluids daily. Drink between meals, not during All fluids should be SF, non carbonated and non caffeinated	Fruit: Soft, peeled fruit. Try melon, banana, canned fruit in it's own juice
Your protein goal is at least 60 grams per day	Protein: Soft, moist baked fish Shaved meats, poultry
Remember to chew well, eat slowly. Take 20-30 minutes for each meal. Use small plates and utensils	REMEMBER: always eat protein first at each meal/snack
Remember to take your supplements daily	Starch: Whole grain crackers eaten with protein Potatoes eaten with protein Sugar free cereals moistened with FF or LF milk
Meals should include protein with some fruit or vegetables.	Minimize starch intake if you are unable to comfortably consume 60-80 grams of protein daily plus some fruit and some vegetables daily

Stage 5/ Healthy Solid Food Diet:

Begin: about 4-6 weeks post-op

- ✓ Advance slowly, adding one new food at a time

Advance to solid food as hunger increases and more food is tolerated
Diet should include 60-80 grams of protein daily, eaten first at each meal
Vegetables and fruits should be included in meals and snacks daily
Whole grains can be included in small portions if able to maintain adequate protein intake plus vegetable and fruit intake daily
Remember to chew well and eat slowly. Use small plates and utensils to help.
Continue to separate drinking and eating by at least 30 minutes
Vitamin and mineral supplements should be taken daily
*typically can switch from chewable to pill form if desired at about 2 month post-op

Gastric Banding Patients Only:

Diet progression after a fill/adjustment:

- ✓ Your first fill/adjustment is typically about 4 weeks post op. During the first year, follow up every 6 weeks to assess your progress and determine if your band is adjusted appropriately. Adjustments may be less frequent in the following years, but varies with each individual.

• For the first 2 days after an adjustment follow Stage 2 full liquid diet
• Day 3 after the fill, advance to stage 3/pureed diet for 2-3 days, then advance to healthy solid food diet as tolerated
• Plan 3 meals and 1-2 protein containing snacks. Each meal should include at least 2-3 oz of protein
• Each meal should take 20-30 minutes to eat. Chew food thoroughly; food should be applesauce like consistency before you swallow it
• Wait 30 minutes before and after eating to drink fluids
• If food feels stuck, do not drink or eat anything else: walk around until food releases.
• Any of the following may make you feel excessively full or cause you to experience nausea and/or vomiting: ○ You ate too much and/or too quickly ○ You took too large a bite, without chewing thoroughly ○ Your food was too dry ○ Your band is too tight

Tylenol only,
NO IB