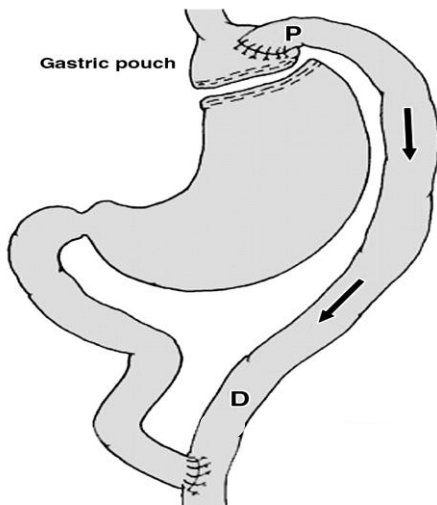
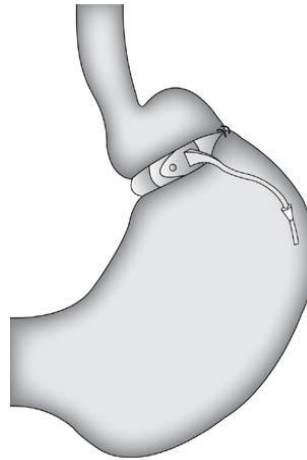


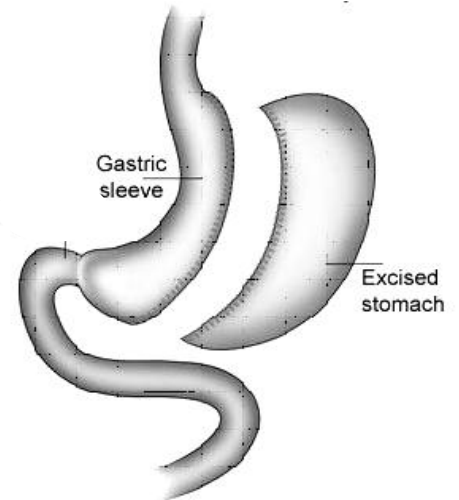
Nutrition for Bariatric Surgery



Roux-en-Y Gastric Bypass



Adjustable Banding



Sleeve Gastrectomy

Gastric Bypass vs. Adjustable Banding vs. Sleeve Gastrectomy

For the most part the dietary guidelines are fairly similar. However, there are a few differences:

Gastric Bypass:

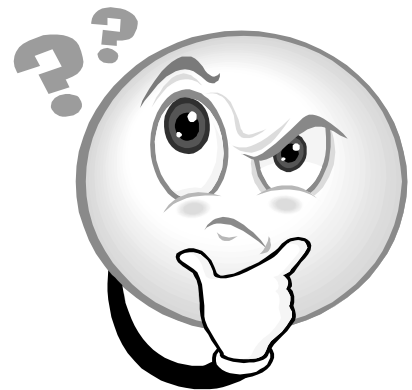
- Portion of the stomach is stapled off near the top. The new stomach is much smaller and connected to the middle of the small intestine
- Expected weight loss: about 70-75% of excess weight
- Usually can not tolerate sweets or greasy foods
- May experience dumping syndrome, especially after sweets
- Risk of nutrient deficiencies
- More vitamins post-op: multivitamin, calcium, vitamin D, vitamin B 12

Adjustable Banding:

- An adjustable band is placed around the upper part of the stomach creating a small stomach pouch
- A port is implanted
- Expected weight loss: about 45% of excess
- Often still able to tolerate sweets and high fat foods, so must be disciplined about food choices
- Slower, more gradual weight loss
- Not at risk for dumping syndrome
- Less risk of nutrient deficiencies
- Fewer vitamins post-op: multivitamin and calcium

Sleeve Gastrectomy

- Less common
- Portion of the stomach is removed. The remaining stomach is narrow and smaller.
- Expected weight loss: about 60% of excess weight by 2 years
- Not at risk for dumping syndrome
- Less risk of nutrient deficiencies than with gastric bypass



Before Surgery

Weeks or Months Before Surgery

Preoperative Goals:

These are things you can begin to work on before the surgery. Making these changes ahead of time is highly advised and will make the transition easier.

- Establish a routine
- Do not skip meals, eat at least 3 meals per day; but avoid nibbling throughout the day.
- Monitor portions sizes. Try eating off smaller plates, take smaller bites, avoid seconds, etc.
- Practice eating slow and chewing well. Become aware of when you feel full.
- Practice reading nutrition labels and becoming more aware of protein sources.
- Discontinue the following drink types:
 - Carbonated drinks– sodas, seltzer waters, beer, etc.
 - Sugary drinks – regular sodas, sweet tea, punch, sugary energy drinks, flavored/specialty coffees, etc.
 - Caffeinated drinks- sodas, tea, coffee, etc.
- Cut back on high fat foods, sweets, and empty calorie foods.
- Try eating out less often.
- Begin exercising, start with 10-15 minutes and gradually increase (unless otherwise advised by your doctor).



Before Surgery

2 Weeks Before Surgery - Liquid Protein Drinks

Before the procedure you will be restricted to a liquid diet consisting of Optifast. Drink fluids in between to stay hydrated, but any fluids in between will NEED to be non-caloric (no sugar, and no calories). See below.

2 weeks pre-op:

- Optifast ready-to-drink shakes (liquid protein drinks/supplement)
 - Five - 8oz containers or packages per day
 - Provides 800 calories and 70 g of protein per day
- Water and other non-caloric (zero calorie) fluids/drinks throughout the day such as Crystal Light, Propel flavored water, etc.
- NO foods

You will need a prescription for Optifast. Cost is approximately \$70-75 per week. Insurance typically does not cover this.

Sample Plan:

Br-	Optifast	(8oz)
L-	Optifast	(8oz)
Sn-	Optifast	(8oz)
D-	Optifast	(8oz)
Sn-	Optifast	(8oz)



Nutrition Facts	
Serving Size 1 Container 8oz	
Amount Per Serving	
Calories	160
Total Fat	3g
Saturated Fat 0.5g	
Trans fat 0g	
Sodium	220mg
Total Carbohydrates	20g
Dietary Fiber 0g	
Sugars 17g	
Protein	14g

After Surgery - Weeks 1-2

Liquid Protein Drink & Liquids

After the procedure you will begin with liquids and a high protein liquid supplement. Take your time and do not gulp and fluids.

Meal Size: 2oz (1/4c)

Daily Protein Goal: about 25-30 g

- Bariatric Advantage (Liquid Protein Supplement)
2 oz in place of meals
- Non-sweetened, noncarbonated liquids/drinks
2oz in between meals
Examples:
 - Sugar-free beverages like Crystal light
 - Fruit juice diluted with water or unsweetened
 - Milk- 1% or Skim
 - Caffeine free coffee or caffeine free, sugar free tea
 - NO carbonated drinks
- Sip on water all day long

Sample Plan:

Br-	2oz Bar. Advantage	6.75g
Sn-	2oz Skim milk	2.5g
L-	2oz Bar. Advantage	6.75g
D-	2oz Bar. Advantage	6.75g
Sn-	2oz Bar. Advantage	<u>6.75g</u>
		29.5g



Nutrition Facts

Serving Size 1 Container 8oz

Amount Per Serving

Calories 150-160

Total Fat 1.5-2g

Saturated Fat 1g

Trans fat 0g

Sodium 320mg

Total Carbohydrates 8g

Dietary Fiber 5g

Sugars 0.5g

Protein 27g

Bariatric Advantage is high in protein and low in carbohydrates with a good balance of vitamins and minerals.

After Surgery - Week 3

Very Soft, Pureed, or Mashed Foods

These foods should be extremely soft, smooth in texture, and protein-rich. High-protein choices may include scrambled egg, low-fat cheese or cottage cheese, or blenderized lean meats like fish or chicken.

General Recommendations

- You will likely discontinue protein supplements/drinks (unless your surgeon advises otherwise).
- Avoid vomiting if possible. This may lead to staple line disruption
- Sip fluids in between meals
- Do NOT drink with meals
- Take VERY small bites of food
- Eat slow and chew food very well
- Stop eating at the first sign of fullness
- Take your vitamins and minerals EVERY day.
- Drink fluids in between meals, 30 minutes before or after meals. If you fill with liquid, you will not have room for your food. Drink at least 8 cups of fluids per day.
- Avoid carbonated, sugar-sweetened and caffeinated beverages. Carbonated drinks can dilate or stretch the stomach pouch while sugary drinks add extra calories and caffeinated drinks can act as a diuretic or irritate the stomach lining.
- Certain foods may be hard to tolerate, cause problems, irritate the stomach, or create a blockage. Avoid crunchy, sticky, or tough foods for the first few months after surgery.

CRUNCHY FOODS

Raw vegetables
Fruit/vegetable skins
Popcorn or Chips
Nuts

STICKY FOODS

Bread (may tolerate toast)
Peanut butter (maybe)

TOUGH FOODS

Tough meats
Jerky

- Avoid sweets and refined/processed carbohydrates such as plain white breads, pancakes, sweet cereals, donuts, pastries, danishes, cookies, cake, candy, candy bars, ice cream, sweet tea, sodas. These foods may make you feel nauseated and can cause dumping syndrome.
- Limit greasy and high fat foods. They are also high in calories and will slow down your weight loss. These can also trigger dumping syndrome in some people.

After Surgery - Week 3 cont...

Choosing Foods

Meal Size: ¼ cup

Daily Protein Goal: 25-30g

Choose

Protein-rich foods:

- Eggs/egg substitute
- Low sugar, higher protein yogurt
- Low fat cottage cheese
- Low fat cheeses
- Fat-free milk
- Peanut butter (non-crunchy)

Avoid or limit first 3 months (these maybe soft and are not bad foods, but lack the protein you need):

Fruits and Vegetables:

- Applesauce
- Banana
- Mashed potatoes
- Other soft fruits and vegetables without seeds, or tough skins

Breads and Grains

- Soft or hot cereals
- Grits
- Oatmeal

Other

- Puddings
- Custards

Avoid

Protein sources hard to tolerate or high fat/sugary

- Any chunks of meat
- Nuts/seeds
- Crunchy peanut butter
- Chocolate milk
- Higher fat milks
- Ice cream

Fruits and Vegetables

- Any that are raw or fibrous
- Any with seeds
- Any with tough skins or peels

Breads and Grains

- Most breads
- Crunchy cereals
- Sugary cereals
- Crackers
- Popcorn

Other

- Sweets and sugary foods (desserts, candy, chocolate, sodas, sugar-sweet tea)
- Chips
- Fatty foods or toppings (sauces, gravies, butter or margarine)

Sample Plan:

	Protein
Br- ¼ c Scrambled eggs	6.5g
L- ¼ c Lowfat Yogurt	3g
Sn- 2 Tb Peanut Butter	8g
D- ¼ c Lowfat Cottage Cheese	7g
Sn- 1 hard boiled egg	<u>6.5g</u>
	31g

After Surgery - Weeks 4-12

Soft Foods (adding fish, then chicken)

During this stage you can begin to introduce small, tender, diced pieces of meat along with your other soft foods. Avoid tough meats. As for meats, start with fish, a week later try chicken, and finally you can add other meats. Remember to CHEW well.

- Sip fluids in between meals
- Do not drink with meals
- Take VERY small bites of food
- Eat slow and chew food very well
- Stop eating at the first sign of fullness
- Take your vitamins and minerals EVERY day.
- Avoid carbonated, sugar-sweetened and caffeinated beverages.
- Certain foods may be hard to tolerate, cause problems, irritate the stomach, or create a blockage. Avoid crunchy, sticky, or tough foods for the first few months after surgery.
- Avoid sweets and refined/processed carbohydrates such as plain white breads, pancakes, sweet cereals, donuts, pastries, danishes, cookies, cake, candy, candy bars, ice cream, sweet tea, sodas. These foods may make you feel nauseated and can cause dumping syndrome.
- Limit greasy and high fat foods.
- Exercise daily. Exercise will help you maintain muscle mass and maximize your weight loss.



After Surgery - Weeks 4-12 cont...

Choosing Foods

Meal Size: ¼- ½ c

Daily Protein Goal: 35-50g

Choose

Protein-rich foods:

- Eggs/egg substitute
- Low fat/low sugar yogurt
- Low fat cottage cheese
- Low fat cheeses
- Fat-free milk
- Peanut butter (non-crunchy)
- Tender cooked beans (black, kidney, pinto, etc.) or lentils
- Tender, small pieces of meats
 - Week 4 – can add fish and seafood such as white fish, canned tuna/salmon, shrimp or scallops
 - Week 5 – can add tender chicken or turkey
 - Week 6- can add pork/ham, lean beef/ground beef, etc.

Avoid or limit first 3 months (these maybe soft and are not bad foods, but lack the protein you need):

Fruits and Vegetables:

- Unsweetened applesauce
- Banana
- Mashed potatoes
- Other soft fruits and vegetables without seeds, or tough skins

Breads and Grains

- Soft or hot cereals
- Grits
- Oatmeal

Other

- Puddings
- Custards

Avoid

Protein sources hard to tolerate or high fat/sugary

- Any chunks of meat
- Nuts/seeds
- Crunchy peanut butter
- Chocolate milk
- Higher fat milks
- Ice cream
- Tough or chewy meats
- Fried/breaded meats

Fruits and Vegetables

- Any that are raw or fibrous
- Any with seeds
- Any with tough skins or peels
- Most breads
- Crunchy cereals
- Sugary cereals
- Crackers
- Popcorn

Other

- Sweets and sugary foods (desserts, candy, chocolate, sodas, sugar-sweet tea)
- Chips
- Fatty foods or toppings (sauces, gravies, butter or margarine)

Sample Plan – Wk 5:

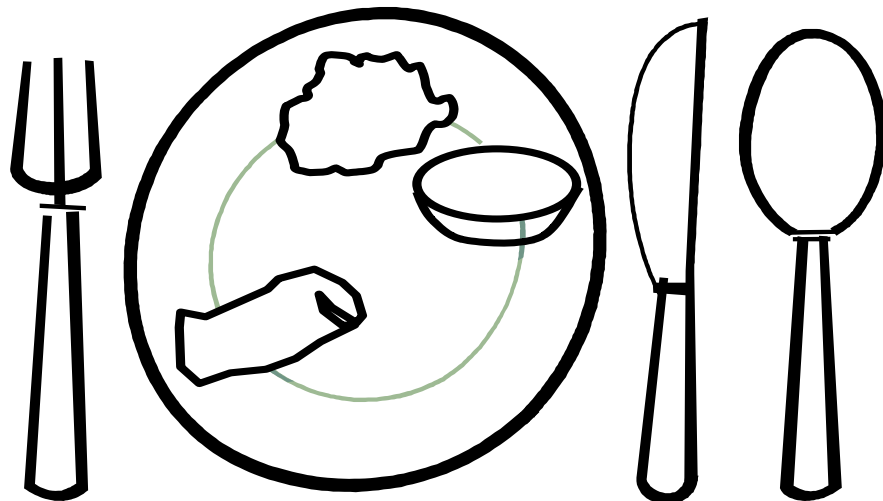
	Protein
Br- ¼ c Scrambled eggs w/ cheese	8g
L- 1/3 c Tuna salad with Light Mayo	10.5g
Sn- 2 Tb Peanut Butter	8g
D- 1.5oz Chicken	12g
Sn- 1/3 c Lowfat yogurt	<u>4g</u>
	42 g

After Surgery - 3 Months and Beyond

Regular Foods

Once you are eating regular solid foods you may be able to work towards reducing number of meals that you eat to 3 meals per day. Remember to aim for at least 50-60 grams of protein each day and have a **PROTEIN SOURCE AT EACH MEAL**. Protein rich foods are still your focus – eat these first in case you get full.

- Keep a routine
- Make protein your **PRIORITY** and eat your protein-rich foods first.
- Avoid “grazing” or nibbling all day long. Although the amounts maybe small, this can lead to excess calories by the end of the day.
- You may need to start with 3 small meals and a snack or small frequent meals, **BUT the ultimate goal is to work towards 3 small meals per day.**



After Surgery - 3 Months and Beyond cont...

Choosing Foods

Meal Size: $\frac{1}{2}$ - $\frac{3}{4}$ c 3-6 months
 $\frac{3}{4}$ - 1c 6-9 months

Daily Protein Goal: 40-50g 3-6 months
 50-60g 6-12 months

	Choose	Avoid for best weight loss	May be difficult to tolerate
Protein: - Meat/protein - Milk/Dairy products	- Lean meats - Egg/egg substitute - Tofu - Tender cooked beans - Lowfat peanut butter	- Fried or breaded meats - Greasy eggs	Tough meats. Some patients do not tolerate red meat. Crunchy peanut butter.
Fruits	Fresh, canned, frozen or cooked fruit. – applesauce, banana, peaches without skin.	Fruits that have added sugars or sauces	Some patients do not tolerate milk products well. Be cautious with apples, grapes, or others with tough peels/skins. Dried fruit.
Vegetables	- Fresh, canned, frozen or cooked vegetables – soft string beans, tender cooked carrots or squash, etc. - Mashed/baked potatoes	Fried or breaded vegetable products.	Vegetables with very tough skins or a lot of seeds
Bread (6 months)	- Whole grain bread - Low fat crackers - Whole grain pasta or rice - Cereals- no added sugar	- Refined breads/pasta - Sweet breads (Danishes, doughnuts) - Instant noodle dishes - Sugary cereals	Soft breads that become gummy, breads or cereals with a lot of nuts and seeds or dried fruit, potato skins
Sample Plan:	Protein	Other: Any fried foods or sweets	Other: Popcorn, nuts, chili, or extremely spicy foods
Br- $\frac{1}{2}$ c Scrambled eggs	13g		
$\frac{1}{4}$ Banana	-		
L- 2oz Chicken	17g		
$\frac{1}{4}$ c String beans	-		
D- 2oz Baked Tapioca	17g		
$\frac{1}{4}$ c Steamed veg	-		
Sn- $\frac{1}{4}$ c Nuts	<u>6g</u>		
	53g		

When first introducing fruits and vegetables, start with soft or tender cooked ones.
 Avoid tough skins and peels.

As time goes on, you will experiment with more textures and combination foods as tolerated.

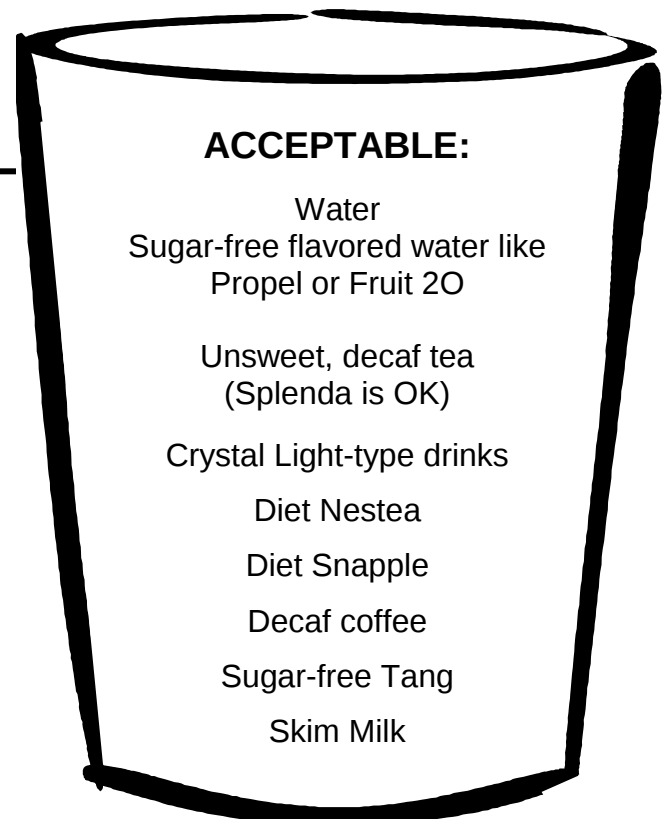
Drinks and Fluids

Recommendations:

- Avoid carbonated beverages that fizz or bubble such as:
 - Sodas and diet sodas
 - Seltzer water and Club soda
 - Beer
 - Champagne.

The gas in the drink expands your stomach like a balloon, causing the stomach pouch to be stretched or the staple line to be disturbed.

- Avoid sugar-sweetened beverages
- Avoid alcohol
- Avoid or limit juices.
- Juices are also high in sugar. If you have juice, drink small amounts that are diluted with water.
- Also
 - Do not use straws
 - Artificial sweeteners are acceptable
 - Drink fluids in between meals



Vitamin Supplements

Gastric surgery can cause vitamin deficiencies that eventually lead to serious health problems. Since the diet allows only small amounts of a limited variety of foods, it will be difficult to get enough vitamins and minerals from food alone.

It is important that you take your vitamins and minerals every day.

Vitamins should be:

- Chewable or liquid
- Started 2 weeks post-procedure



Typical Recommendation:

	Amount	Gastric Bypass	Lap Band/ Sleeve
Multivitamin	2 chewable daily	✓	✓
Calcium Citrate with Vitamin D:	1000 mg Ca 800 iu Vit D	✓	✓
Vitamin B12:	250mcg (or monthly injection)	✓	
Iron Sulfate Elixir:	325mg	women < 50 yrs	

You can only absorb about 500mg of Calcium at a time, so separate the dose – ex. take 400-600mg chewable twice daily.

Take iron at least 2 hours before or after Calcium.

Nutrients

Protein

Protein is important for building new tissue and wound healing. Also, protein in the diet will help preserve muscle tissue as you lose weight. Since you are limited in your food intake, the first few weeks it is recommended that you consume a low-fat, low-sugar, high protein drink or supplement to help meet your protein requirements. As you are able to tolerate more and increase the variety in your diet, you should rely on high protein foods to help meet the protein goal. Foods like lean chicken, fish or turkey without the skin, eggs, and cottage cheese are just a few examples of foods high in protein and low in fat.

Protein has important functions:

- It helps with healing.
- Prevents break down of lean body mass.
- Minimizes hair loss
- Keeps skin, bones and nails healthy.
- Helps with satiety (hunger).

Fat

Fat may be difficult to digest after gastric bypass surgery. Too much fat delays emptying of the stomach and may cause reflux and heartburn. Like sugar and sweets, fatty foods also provide extra calories, yet few nutrients while taking the place of healthier food selections. Some of the more common high fat foods are fatty meats like sausage, hotdogs, whole milks, higher-fat cheeses, desserts, fried foods, and fast foods, just to name a few.

Carbohydrates

The postoperative diet is typically low in carbohydrates. Carbohydrates include starches, sugar, and fiber. Carbohydrates can be divided into simple carbohydrates (the sugars) and complex carbohydrates (the starches and fibers).

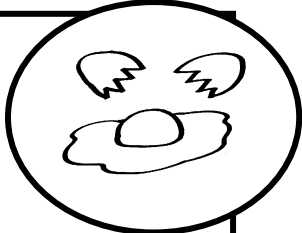
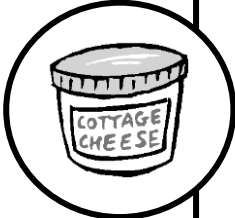
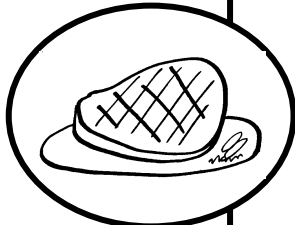
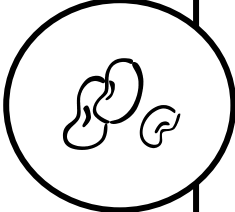
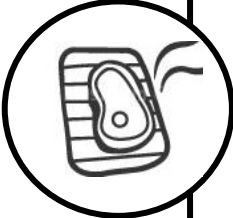
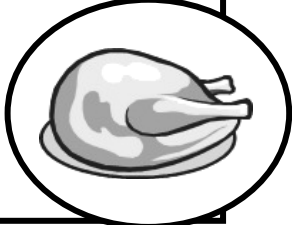
AVOID: Simple carbohydrates - sugars and other highly processed foods such as white bread, pasta, pastries, and white rice. Sugary foods include candy, cookies, ice cream, milkshakes soda pop, sweetened juices or gelatin, and most desserts.

Your diet should be low in sweet and sugary foods for several reasons. These foods provide few nutrients and make weight loss difficult. And, for those undergoing gastric bypass, eating sweets or sugary foods can promote "dumping", a very unpleasant experience. Avoid foods that have sugar as one of the first three ingredients. Examples of other names for sugar are sucrose, glucose, corn syrup, dextrose, honey, etc.



Better carbohydrate choices would be whole grains, vegetables, fruits and beans that also provide fiber and other nutrients. These may be included in small amounts a few months after your surgery.

Protein Rich Foods and Sources

	Grams protein	Amount	
Beans, black, kidney, navy, etc	3.5-4	¼ cup	
Beans, lima	3.0	¼ cup	
Beef, roast or top sirloin	8.0 (24)	1 oz (3 oz)	
Beef, lean ground	7-8 (21-24)	1 oz (3oz)	
Cheese, low fat or Mozzarella	6.5-7.5	1 oz.	
Chicken, breast	8-9 (24-27)	1 oz (3oz)	
Cottage cheese, low fat (1%)	7.0	¼ cup	
Egg substitute	6.5-7.5	¼ cup	
Egg	6-6.5	1	
Fish, cod, flounder, herring	7 (19.5-21)	1 oz (3 oz)	
Fish, salmon	7.5 (23)	1 oz (3 oz)	
Fish, salmon canned pink	6 (17-18)	1 oz (3 oz)	
Fish, tuna steak	8.3 (25.0)	1 oz (3 oz)	
Fish, tuna, canned or swordfish	7.3 (22)	1 oz (3 oz)	
Lentils	4.5	¼	
Milk, skim or soy	2-2.5	¼ cup	
Nuts, cashew or mixed	5	1 oz.	
Nuts, pecans	3	1 oz.	
Nuts, peanuts	6	1 oz.	
Peanut butter, reduced fat	4.0	1 TBSP	
Pork, ham, lean	7 (21-21.5)	1 oz (3 oz)	
Pork, chop or loin	8.3 (24.5-25)	1 oz (3 oz)	
Quinoa	5.5	¼ cup	
Seafood, clam, canned	7 (21.0)	1 oz (3 oz)	
Seafood, oyster	3 (8.5)	1 oz (3 oz)	
Seafood, scallop	5-6	2 large	
Shrimp	5.8 (17-18)	1 oz (3 oz)	
Shrimp	9	¼ cup	
Steak, ribeye	8 (24)	1 oz (3 oz)	
Tofu	9-10	¼ cup	
Turkey, roast	8 (24-24.5)	1 oz (3 oz)	
Yogurt, skim or non fat	2.5-3.5	¼ cup	

Potential Complications: Ways to Alleviate

Nausea and vomiting are the most common complications occurring in the first few months. They may occur after eating too fast, drinking liquids while eating, not chewing enough, or eating more than the pouch can comfortably hold. It is necessary to learn to eat very slowly and chew foods thoroughly.

- Avoid eating/drinking too fast or overeating
- Make sure beverages are in between instead of with meals
- Avoid spicy, greasy, or fatty foods
- Avoid sweets, refined breads, and simple carbohydrates

Dehydration is also an important concern. Some may fail or forget to drink the required amounts after having to change to having fluids in between meals.

- Drink 64 oz per day, but remember that your stomach may only hold 3-4 ounces at a time.
- Avoid caffeinated beverages

Food Intolerances are common, especially with certain foods or textures - red meat, milk, and high-fiber foods.

- Limit or avoid certain milk products, try lactose free or soy milk instead
- Introduce foods in very small amounts, one-at-a-time.

Protein Calorie Malnutrition or Hair Loss. Both are concerns, particularly with rapid weight loss and during this time when it will be difficult to meet your protein needs through such a restricted diet.

- Make sure you include the protein supplement during the first few weeks.
- Eat your protein foods first.
- Remember to take your vitamins supplements every day.

Constipation can be a result of several factors such as fewer high fiber foods in the early stages or due to iron supplement. Your doctor may recommend a medication if it continues to be a problem.

- Get plenty of fluids/water.
- Exercise can help alleviate constipation.

Further down the road you will gradually be able to include more fiber through small amounts of vegetables, fruit, and whole grains.

GASTRIC BYPASS ONLY:

Dumping Syndrome occurs when food passes too quickly from the stomach into the small intestine, particularly after eating sweets or fatty foods. Symptoms may include nausea, cramping, and diarrhea, or weakness, sweating, and fast heart rate.

- Avoid sweet or sugary foods.
- Avoid greasy, fried, and fatty foods.
- You may even need to limit refined bread/grain products

DUMPING SYNDROME

Also called rapid gastric emptying, occurs when the undigested contents of your stomach are moved or "dumped" into your small intestine too rapidly.

Most people with dumping syndrome experience symptoms soon after eating. In others, they may occur hours after eating and range from mild to severe.

Long Term Success

After you lose weight, it will take effort to keep it off. You will need to continue to avoid high calorie and high fat foods; sweets; and snacking. Exercise is very important, it will aid weight loss and help you maintain your weight years after the procedure.

The surgery will help you to control the number of calories you consume by making it difficult for you to eat large portions of food at one time. Yet, it is still possible for people to overeat and gain weight by eating and/or drinking high calorie foods throughout the day.



INTAKE

- Keep nibbling to a minimum - Continuous nibbling and snacking on high calorie foods and beverages can cause you to gain weight.
- Snacking or “grazing” throughout the day may lead to excess calories even if amounts are small.
- Be aware of why you are eating - Eating because of boredom, depression, anxiety, happiness or just something to do can result in weight gain.

EXERCISE

- Stay active - Exercise burns calories, helps control your appetite and can relieve stress. People who are most successful at weight control are those that exercise regularly.
- You may have to start out slow with just 10-15 minutes a few days per week and gradually increase the amount or frequency. Work up to 30-60 minutes most days (4-5 per week).

If you feel you are off track, keeping a food record can help.

Potential for Weight Loss Regain

- Dietary noncompliance
- Lack of activity
- Emotional or stress eating
- Excess snacking
- Caloric drinks

Summary

Preparing for surgery

- Don't skip meals but avoid "grazing"
 - Start taking your vitamins daily
 - Focus on including a good protein-rich food at each meal
 - Practice eating slow
 - Practice eating smaller portions
 - Cut out carbonated, sugar-sweetened and caffeinated drinks
 - Start to cut back on high fat foods, fried foods, and empty calories
 - Begin cutting back on sugar and refined carbohydrates (white breads, white rice, added sugars, cookies, pastries, cake, sugary drinks like soda and sweet tea, desserts, etc.)
 - Begin exercising on a regular basis
-

2 weeks before surgery (preoperative)

- Optifast ready-to-drink shakes (liquid protein drinks/supplement)
 - 5 can per day
 - provides 800 calories and 70 g of protein per day
 - Water and other non-caloric fluids/liquids throughout the day
 - No foods
-

After surgery (postoperative)

0-3 months		Protein Goal per Day	Each Meal Size
• Week 1-2	Bariatric Advantage (protein drink) and liquids	20-25g	2oz (1/4 cup)
• Week 3	Very soft protein-rich foods or pureed	25-30g	1/4 cup
• Week 4	Soft protein-rich foods (can add fish)	30-40g	1/4 cup
• Week 5	Soft protein-rich foods (add poultry-chicken/turkey)	30-40g	1/4 cup
• Week 6 -12	Soft protein-rich foods (add lean beef/pork)	30-50g	1/4-1/2 cup
** Continue to eat protein foods first. You can begin to add small amounts of fruit, vegetables, or starch, IF you have room.			
3-6 months	Soft to regular foods	40-50g	1/2 cup
6-9 months	Regular foods	50-60g	3/4 cup
9-12 months	Regular foods	50-60g	1cup