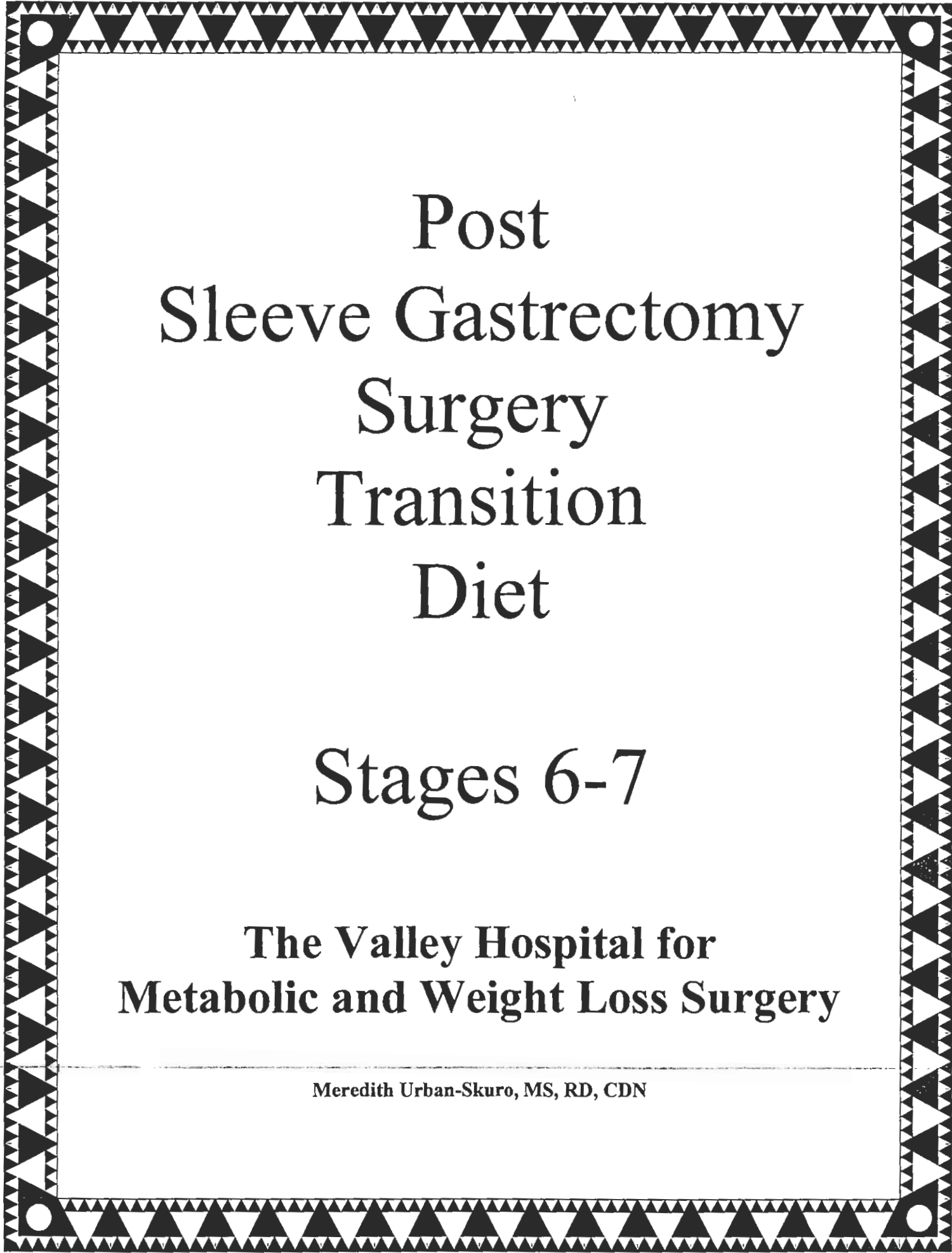




Post Sleeve Gastrectomy Surgery Transition Diet

Stages 6-7

**The Valley Hospital for
Metabolic and Weight Loss Surgery**

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STAGE 6 – 4TH AND, POSSIBLY 5TH, WEEK AFTER SURGERY

FOOD: Soft solid food
REASONS: To provide an easy transition from pureed foods to regular solid food. Additionally, it will help in learning the amount of chewing that is needed after this surgery before the more difficult solid foods are encountered. Proper chewing of solid foods prevents nausea and vomiting.

ADJUSTING TO SOFT SOLID FOODS

1. **SLOWLY EAT SMALL AMOUNTS OF FOODS. TAKE BITES THAT ARE THE SIZE OF YOUR THUMBNAIL (PINK AREA) OR THE SIZE OF A DIME. STOP EATING WHEN YOU ARE COMFORTABLY SATISFIED.**

Take one small bite, put your spoon or fork down, chew well, swallow and then wait 30-60 seconds after swallowing to take another bite. When you feel satisfied, STOP EATING and wait till your next meal to eat again! If you don't stop eating when you first experience the feeling of satisfaction, you will feel pain and/or vomit. Do not watch T.V. or read while eating. Place food on a small plate to maximize its appearance. Your capacity to eat more will increase over time. You shouldn't, however, be able to consume the amount of food you did prior to surgery.

2. **CHew FOODS THOROUGHLY.**

Chew food until it is almost liquid in your mouth (about 15-25 times). Well-chewed food places less stress on your stomach pouch. Chewing well also prevents vomiting.

3. **AVOID HIGH FAT FOODS AND BEVERAGES AS WELL AS HIGH FAT COOKING METHODS.**

If you consume too much fat, you can slow down, stop or even reverse your weight loss. See page 6 for more details on this topic.

4. **KEEP IN MIND THAT EATING/DRINKING TOO MANY CALORIES CAN SLOW DOWN, STOP OR EVEN REVERSE YOUR WEIGHT LOSS EVEN THOUGH YOUR OVERALL DIET IS LOW IN FAT.**

5. **CONTINUE TO DRINK ONLY CALORIE FREE OR VERY LOW CALORIE BEVERAGES. ALL OF YOUR CALORIES SHOULD COME FROM FOOD.**

6. **DRINK FLUIDS AT LEAST 1 HOUR AFTER MEALS AND TO STOP DRINKING 15 MINUTES BEFORE MEALS.**

Fluids will fill your pouch quickly. Eat nutritious solid foods at meals and drink fluids 1 hour later to: avoid feeling bloated, eat less at a meal and to feel "satisfied" longer after the meal.

7. **AIM TO DRINK AT LEAST EIGHT 8 OZ. CUPS (64 OZS:) OF NON-CAFFEINATED BEVERAGES EVERY DAY BETWEEN MEALS.**

You should be able to slowly consume about 8 ozs. of fluid at one time.

8. **DO NOT DRINK JUICE OR EAT DRIED FRUIT.**

You can easily consume a lot of calories with juice and dried fruit (4oz juice = 60 calories; 3 dried prunes, 2 TBSP raisins, 8 dried apricot halves = 60 calories).

9. EAT **THREE** MEALS PER DAY WITH **ONE TO THREE** SNACKS.
10. YOU CAN ELIMINATE YOUR PROTEIN DRINK WHEN YOU ARE ABLE TO CONSUME YOUR REQUIRED PROTEIN FROM FOOD ALONE.
Remember, you need **at least** 60g-80g of protein per day.
11. LIMIT OR ELIMINATE SWEETS (E.G. CAKES, PIES, PASTRIES, MUFFINS, SCONES, COOKIES, CANDY, ICE CREAM, REGULAR PUDDING, QUICK BREADS).
If you have sweet cravings, eat fruit, a sweet potato or peanut butter and/or use sweet spices such as cinnamon in your food or beverages. Try sugar free, fat free pudding (limit to ½ cup per day) or sugar free/"no sugar added" frozen fruit pops (limit to 2 per day). Consuming sweets, which are usually high in calories and fat can decrease your weight loss or stop it totally.
12. START TO DECREASE YOUR CONSUMPTION OF YOGURT, CHEESE AND SOUP **AS MEALS** AND INCREASE THE AMOUNT OF FISH, POULTRY, MEAT, EGGS, LEGUMES AND VEGETABLES THAT YOU CONSUME DURING MEALS. DON'T FORGET TO HAVE 1 SERVING OF FRUIT EACH DAY.
Yogurt, cheese, and soup pass through your stomach pouch very easily, which causes hunger to return more quickly. On the other hand, fish, poultry, meat, eggs, legumes, vegetables and fruit pass through very slowly, which helps you to feel satisfied longer and thus consume fewer calories during the day.
13. MAKE SURE THAT YOUR FOOD IS AS **MOIST** AS POSSIBLE.
Dry food is harder to swallow and may cause gagging, discomfort, pain and/or vomiting. Cook foods in liquids (e.g. poaching, stewing, in soups) or add low fat gravies, sauces, salad dressings, mayo, etc. to help make foods moister. If a bite of a food that is too dry gets "stuck" and causes discomfort, get up and walk around for several minutes. If the food continues to be "stuck", drink some water which will force the food down or cause it to come up. Either way, you will get relief from your discomfort.
14. DO NOT SPEND MORE THAN **20 MINUTES** EATING.
This will limit the amount of calories consumed and prevent a "grazing" habit.

YOUR DIET PROGRESSION

Make sure that you meet your daily protein requirements (60g to 80g) from high protein foods before choosing foods from the other food groups:

1 Fruit serving

1-2 Vegetable servings

1 Fat serving

1 Starch serving

You will eat only soft solid foods for TWO weeks, with the same restriction for fat that you followed during the pureed stage of your diet. While you will be able to eat more foods during this stage, there are still foods that you need to avoid for at least TWO more weeks. The following should help you in choosing soft cooked foods that you should easily tolerate at this time:

Milk Group (High Protein)

SOFT SOLID FOODS	FOODS TO AVOID
Non-fat, fat free, lite or light yogurt, flavored or plain	

Protein Group (High Protein)

SOFT SOLID FOODS	FOODS TO AVOID
Fin fish, lobster, shrimp, scallops, crab	Clams, mussels, oysters, squid, octopus
<i>Ground</i> lean meat	All meats <i>except</i> pureed or ground*
<i>Ground</i> chicken or turkey <u>breast</u>	All poultry <i>except</i> pureed or ground chicken or turkey breast
<i>Soft cooked</i> eggs and egg substitutes	Hard boiled eggs
Beans (legumes)	
All cheese <i>with 3g of fat or less per serving</i>	
Tofu, miso paste, tempeh	Seitan

Vegetable Group

SOFT SOLID FOODS	FOODS TO AVOID
<i>Soft cooked</i> artichoke (leaf tips and bottom), beets, cabbage, carrots, onion, mushrooms, sauerkraut, turnips and <i>skinless</i> eggplant, summer squash, tomato and zucchini	All <i>raw</i> vegetables All cooked vegetables not listed on left

Fruit Group

SOFT SOLID FOODS	FOODS TO AVOID
<i>Canned</i> fruit packed in <i>water or natural juice</i>	
<i>Unsweetened</i> applesauce	
Banana, kiwi, melon, papaya, mango, raspberries, strawberries and <i>peeled</i> apricot, nectarine, peach or plum	All <i>raw</i> fruit not listed on left

1 Starch Group

SOFT SOLID FOODS	FOODS TO AVOID
Oatmeal, cream of wheat or rice, farina or grits, all <i>without any lumps</i>	Cooked multi-grain cereals, hot cereals with nuts and/or dried fruit
Soups that contain fish, ground turkey or chicken breast, pureed or ground lean meat or soft cooked vegetables	Soups with meat*, poultry, clams, oysters, mussels, octopus, and/or squid
<i>Low fat</i> cream soups	
<i>Toasted</i> bread, bread sticks, crackers, melba toast, matzoth, rice cakes	<i>Toasted</i> rolls, bagels
Corn, peas, lima beans, plantains, potatoes, yams, winter squash, yucca	
<i>Unsweetened</i> corn, wheat or oat bran flakes and Special K	All other <i>unsweetened</i> , cold cereals not listed on left
	Pasta*, noodles, rice* and other grains

***NOTE: Beef (except ground), rice and pasta should be avoided for 3 months after surgery.**

Fat Group

SOFT SOLID FOODS	FOODS TO AVOID
Avocado, butter, cream cheese, margarine, mayonnaise, Miracle Whip, oils, olives, creamy peanut butter, salad dressing, sour cream, tahini paste <i>NOTE: Choose the light or low fat versions or limit the amount of full fat versions. Choose natural PB without sugar.</i>	Bacon, nuts, seeds, crunchy peanut butter

SAMPLE MENU—SOFT SOLID FOODS**Breakfast (7am)**

1-2 scrambled eggs

7-14 grams protein

Snack (10am):

6 ounce container Greek yogurt

14 grams of protein

Lunch (1pm):

4 ounces Wendy's chili

8.5 grams of protein

Snack (4pm):

8 ounces protein shake

25 grams of protein

Dinner (7pm):

1-2 ounces baked fillet of sole

7-14 grams protein

¼ cup broccoli florets

1 gram of protein

Snack (10pm):

½ mango

No protein

Total Protein: 62.5-76.5 grams

STAGE 7 – 5TH OR 6TH WEEK AFTER SURGERY

FOOD: Regular solid food
DURATION: On-going.

GUIDELINES FOR REGULAR SOLID FOODS

- 1) ELIMINATE THE PROTEIN DRINK, IF YOU HAVE NOT DONE SO ALREADY.
- 2) YOUR DIET SHOULD CONSIST MOSTLY OF FISH, CHICKEN, MEAT (IF TOLERATED), EGGS AND LEGUMES WITH VEGETABLES AND 1 TO 2 FRUITS PER DAY. DO NOT CONSUME MORE THAN ONE STARCH SERVING EACH DAY. CONSUME YOGURT, CHEESE AND SOUP AS SNACKS ONLY, NOT AS MEALS.
- 3) CONTINUE TO DRINK ONLY CALORIE FREE OR VERY LOW CALORIE BEVERAGES. ALL OF YOUR CALORIES SHOULD COME FROM FOOD.
- 4) CONTINUE TO DRINK FLUIDS AT LEAST 1 HOUR AFTER MEALS AND TO STOP DRINKING 15 MINUTES BEFORE MEALS.
- 5) CONTINUE TO DRINK AT LEAST EIGHT 8 OZ. CUPS (64 OZS.) OF NON-CAFFEINATED BEVERAGES EVERY DAY BETWEEN MEALS.
- 6) CONTINUE TO LIMIT OR ELIMINATE ALL SWEETS AND AVOID SUGAR-BASED BEVERAGES.
- 7) RED MEAT, SOFT BREAD, WHITE RICE AND FIBROUS (STRINGY) VEGETABLES (ASPARAGUS, LEEKS, CELERY, ETC.) MAY NOT BE TOLERATED WELL, EVEN WITH CAREFUL CHEWING.
These foods may have to be temporarily eliminated from the diet if they continue to cause nausea, vomiting and/or stomach discomfort.
- 8) THE SKIN ON SOME FRUITS AND VEGETABLES IS OFTEN DIFFICULT TO DIGEST AFTER SURGERY (I.E. THE SKIN ON APPLES, PEARS, NECTARINES, ZUCCHINI AND EGGPLANT).
You may have to peel these foods for several months.
- 9) CONTINUE TO SPEND NO LONGER THAN 20 MINUTES EATING.
- 10) CONTINUE TO EAT 3 MEALS AND 1-3 SNACKS PER DAY.

ADDITIONAL INFORMATION ABOUT THE FOOD PROGRESSION

1. As your diet progresses and you are eating more, there may be the temptation to eat foods with a higher fat content. Please resist this temptation as it will slow down or even reverse your weight loss. Keep the following in mind as you make your food choices:
 - A) **All fried foods are high in fat** whether they are vegetables (e.g. fried zucchini sticks, french fried potatoes, hash browns, fried plantains, onion rings), poultry (e.g. fried chicken, chicken nuggets, buffalo chicken wings), beans (e.g. refried beans) or snacks (e.g. Cheetos®, Doritos®, Fritos®, potato chips). Grilled cheese sandwiches, egg rolls, french toast, chow mein noodles, croutons and hard taco shells are other examples of fried foods. All fried foods should be avoided.
 - B) Use low fat cooking methods
 - 1) Bake, broil, roast, grill, poach, steam or boil your meat, poultry or fish instead of frying.
 - 2) Use a non-stick pan and/or a cooking spray (e.g. PAM®) when cooking on top of the stove. If it is necessary to use oil, use as little as possible (1 tsp should be sufficient). Do not use the following fats in your cooking: bacon grease, fatback (or salt pork), shortening (e.g. Crisco®), lard and beef tallow.
 - C) Stay away from high fat meats/poultry such as spareribs, sausages, oxtails, chicken/turkey wings, chopped chicken livers, ground pork, regular ground beef, luncheon meats that have 5 grams or more of fat per ounce (e.g. bologna, pimento loaf, salami), hot dogs (beef, turkey and chicken), bacon (unless counted as a fat serving: 1 slice = 1 fat serving).
 - 1) Instead of regular ground turkey or chicken, use ground turkey or chicken **breast**.
 - 2) Instead of regular ground beef/chuck, use ground sirloin or beef that is 91% to 99% lean.
 - 3) The best choices for luncheon meats are: turkey/chicken breast, roast beef, any of the hams or Healthy Choice® luncheon meats.
 - 4) Chicken or turkey hot dogs have almost as much fat as regular beef hot dogs. Choose **low fat beef** hot dogs instead.
 - 5) Canadian bacon is much lower in fat than regular bacon. It is a better choice.
 - D) Remove skin from poultry as almost all the fat in poultry is in or just under the skin.
 - E) Trim all visible fat from meat.
 - F) Continue to use **fat free, 1% or Skim Plus®** milk and **light or fat free** yogurt.
 - G) Consume only those cheeses with **3 grams of fat or less per ounce**. When eating away from home it is safe to assume that the cheese on your food is full fat cheese. Either eliminate it or reduce the amount that you consume.
 - H) Olives are considered a fat: 8 large black/green olives = 1 fat serving
10 small black or green, stuffed olives = 1 fat serving.
 - I) Nuts are considered a fat and may be too difficult for you to digest so proceed with caution!!
 - 4 halves of pecans, walnuts = 1 fat serving
 - 10 whole peanuts or pistachios = 1 fat serving
 - 6 almonds or cashews = 1 fat serving
 - 1 TBSP sesame, pumpkin and sunflower seeds = 1 fat serving.

J) Foods made with mayonnaise such as egg, tuna, chicken, macaroni and potato salads and cole slaw are high in fat, mostly due to the full fat mayo that is used to make them. One teaspoon of mayo is 45 calories and 5g of fat. You are getting much more mayo than one teaspoon in one serving of these foods.

Either avoid these items when eating out or make them at home using low fat or fat free mayonnaise [Hellmann's® Light (flavored varieties are OK) or Reduced Fat Mayonnaise products are good choices].

Tartar sauce is made from mayonnaise so it is high in fat. Make your own tartar sauce using low fat or fat free mayonnaise. Good recipes are available online.

K) Choose tuna packed in water versus tuna packed in oil. You will save up to 10 calories and 2 grams of fat per ounce. Tuna salad that is purchased away from home is also made with oil-packed tuna which contributes to its high fat content, along with the high fat mayo. Similarly, by choosing skinless and boneless sardines packed in water versus oil, you could save about 30 calories and 3g of fat per ounce.

L) When eating out, the salad dressings that are served are usually high in fat. Ask for low fat or fat free dressings "on the side" (in a separate container from your salad). Pour salad dressing sparingly over your salad or dip your fork into the salad dressing first, then spear your lettuce leaves. These methods will cut back on the fat for an otherwise healthy food.

45 calories and 5 grams of fat:

* 1 TBSP regular salad dressing

2 TBSP's low fat salad dressing

Less than 20 calories with no fat:

1 TBSP fat free salad dressing

2 TBSP's fat free Italian salad dressing

M) "Light" olive oil means light in flavor. It has the same amount of fat and calories as regular olive oil.

N) Other high fat foods include: cream soups (made with heavy cream and butter), granola (cooked in oil), mashed potatoes (usually made with regular milk and butter), regular popcorn (cooked in oil), crackers stuffed with cheese or peanut butter, avocado (a good fat but 1/4 of one = 45 calories and 5g fat), sauces such as alfredo, béarnaise, hollandaise, white clam and pesto (made with cream, mayonnaise, butter and/or oil), "light" tomato sauce (has cream added to make it light in color), coconut (meat, cream and milk), hummus (made with olive oil and tahini paste, both good fats) and croissants (made with a lot of butter).

2. **Herbs and spices are fine to use in seasoning your foods.** Limit the amount of hot, spicy foods that you consume like hot pepper sauce, jalapeno peppers, red pepper flakes, etc. These may generate excess stomach acid, causing an ulcer to develop in your stomach pouch. Other acceptable seasonings and condiments to use with foods are:

Flavoring extracts

Garlic

Ketchup

Lemon juice

Lime juice

Mustard*

Pimentos

Soy sauce*

Salsa

Worcestershire Sauce*

* High in sodium

3. **Consume no more than one starch serving per day for the next month.** Too much starch (bread, rice, pasta, cereal, etc.) can slow down, stop or even reverse your weight loss.
4. **Each person has his/her own food intolerances.** By trial and error, you will find out which foods are tolerated and which ones are not.
5. **Occasionally a food which is tolerated one day is not tolerated the next day.** This is considered normal. Remember to include a variety of foods in your diet and keep trying.

VITAMINS AND MINERALS

When you are sure that you are tolerating solid food, you can take pills without crushing them and capsules without opening them into food. If you no longer want to take your multi-vitamin/mineral and calcium supplements in chewable, liquid or water-soluble form, you can switch to supplements that are in pill or capsule form that can be taken with water. Start to take your sublingual vitamin B₁₂ and vitamin D if you have not already started taking them. However, if you have problems after taking whole pills, break them in half before swallowing. **REMEMBER TO TAKE YOUR MULTI-VITAMIN/MINERAL, CALCIUM, VITAMIN B₁₂ AND VITAMIN D EACH DAY.**

COMMON PROBLEMS

1. Vomiting can occur when adjusting to solids. If you should vomit, note the amount of food that you ate and the texture of the food. Substitute a different food from the same food group as the food that caused you to vomit. For example, if toasted bread is not tolerated, then try melba toast, crackers or rice cakes. Eat small quantities, chew well, and take time to savor the flavor. Since foods that are **too dry** can be difficult to swallow, make sure that all your foods are **moist**. Add low fat gravies, salad dressings, mayo, etc. to help make the foods moister. In addition, do not drink fluids at a meal that contains solid foods. The pressure of liquids on top of food may cause distress and may cause you to vomit.

NOTE: If you continue to vomit whenever you try to eat, stop eating and drinking for 4 hours and then consume clear liquids for 1 day before trying solid food again. If vomiting persists, call your surgeon's office.

2. Constipation may occur due to a decreased food, fluid and fiber intake. Increasing fluids, fruits (especially stewed prunes), vegetables and legumes may be helpful. Your one starch serving should also be made from whole grains, e.g. whole wheat bread. If necessary, Milk of Magnesia® (2 TBSP's 2x/day) with liquids can provide quick relief. If you continue to have problems, try a Dulcolax® suppository or Fleets® enema. It may be necessary to take a stool softener (e.g. Colace®) until you can drink more fluids and eat more fiber. You can also try bulking agents like: Benefiber®, LiqueFiber®, sugar free Metamucil® or sugar free Citrucel®. They are safe to consume on a daily basis. Benefiber® and LiqueFiber® can be mixed into food or beverages. Exercising also helps. If none of this works, call your surgeon's office.

EXERCISE

Hopefully, you have been doing well with your walking program and enjoying it. **Make sure that you are walking at least 30 minutes every day.** In addition to your walking, it would also be

FOOD/BEVERAGE LOG SAMPLE

Name: Jane Doe

Date: 6/1/09

Time	Amount (tsp, oz, Tbs, cup)	Food/Supplement	Grams of Protein
Breakfast			
7:00 A.M.	1-2	Hard boiled eggs	7-14
	½ piece	Whole wheat toast	1
Lunch			
12:30 P.M.	2-3 oz	Canned tuna in water	14-21
	1 teaspoon	Light Mayonnaise	0
	1	Tomato, medium, sliced	2
Dinner			
6:00 P.M.	2-3 oz	Chicken thigh, roasted	14-21
	¼ cup	Carrots, steamed	1
	2 oz	Baked potato	2
Snack(s)			
10:00 A.M.	1	Slice low fat cheese	7
3:30 P.M.	½ cup	Low fat cottage cheese	14
	½ cup	Strawberries, medium, sliced	0
9:00 P.M.	6 oz	Dannon® Light and Fit yogurt	6
Beverages			
11:00 A.M.	8 oz	Tea with lemon	0
1:30 P.M.	16 oz.	Crystal Light®	0
7:00 P.M.	16 oz	Diet Snapple®	0
8:00 P.M.	8 oz	Skim Plus® Milk with No Added Sugar Carnation Instant Breakfast®	15

Total grams of Protein: 83-104

Glasses of water: **X1 X2 X3** ☐4 ☐5 ☐6 ☐7 ☐8

FOOD/BEVERAGE LOG

Name: _____

Date: _____

Time	Amount (tsp, oz, Tbs, cup)	Food/Supplement	Grams of Protein
Breakfast			
Lunch			
Dinner			
Snack(s)			
Beverages			

Total grams of Protein: _____

Glasses of water: ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8