



KAISER PERMANENTE.

Bariatric Regular

(STAGE 5)

Start: Post op day 42.

End: Continue for the rest of your life.

GOAL: *LOW FAT, PROTEIN RICH MEALS and 64 OZ FLUIDS A DAY.*

Description

- ◆ REGULAR CONSISTENCY Foods
- ◆ Whereas in the Bariatric Soft (Stage 4) phase you must cook your vegetables, the Bariatric Regular (Stage 5) diet includes raw salad and vegetables. Try one new food at a time.
- ◆ It is important that you always EAT PROTEIN FIRST.
- ◆ Eat at least three solid meals a day, NO snacks. Solid foods will stay in your pouch longer and produce satiety.
- ◆ It is important that you continue to integrate your new eating behaviors into your lifestyle.
- ◆ Practice mindful eating.
- ◆ Review the Success Habits (page 9) and the Food and Fluid Skill Sets on pages 39 and 40. We recommend you make copies and place them somewhere you will see them every day (e.g. fridge door)
- ◆ Meals should include 3-4 ounces lean protein, followed by vegetables, then small amounts of fruit and whole grains.
- ◆ Do not eat your meal over several hours. Take approximately 30-45 minutes to eat meals. Chew each bite 30 times, wait between bites.
- ◆ Keep a food journal to track your calories, protein, carbohydrates and fat. There are many online sites (FitDay.com, Sparkpeople.com, Calorieking.com, MyFitnessPal.com, LostIt.com, etc) to help you calculate your intake.



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SAMPLE MENU, BARIATRIC REGULAR (STAGE 5)

6 weeks post op to 3 months post op approximately 400-900 calories

BREAKFAST	LUNCH	DINNER
1 -2 poached egg 1/8 cup yogurt	1 -3 oz crab or tuna with light mayonnaise 1-2 saltine crackers 1-2 slice apple (no skin)	1-3 oz lean ground beef 1/4 cup zucchini 1/8 cup mashed potatoes

BREAKFAST	LUNCH	DINNER
1/4-3/4 cup cottage cheese 2 slices of canned peaches	1 oz string cheese 2 oz luncheon meat 1/8 cup yogurt 1-2 slice orange	1-3 oz lean moist ham 1/4 cup cooked green beans 1/8 cup sweet potato

BREAKFAST	LUNCH	DINNER
1/4-1/2 cup egg beater scramble 1/4 cup yogurt 1 small slice pear (no skin)	1-3 oz chicken (moist) 1/4-1/2 cup lettuce 1-2 tsp salad dressing 1-2 slice nectarine	1-3 oz moist fish 1/4c cup cooked carrots 1/8 cup baked potato

*** Eat until you feel comfortably full, but do not feel that you have to eat all of the portions listed above. Most patients are only able to eat 2 ounces (14 grams) protein at a meal. **Continue using protein supplement (30 to 40 grams) at end of the day until you are able to eat 3-4 oz protein (20-25 grams) per meal.**



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SAMPLE MENU, BARIATRIC REGULAR (STAGE 5)

3 months to 1 year post op approximately 600-1200 calories

BREAKFAST	LUNCH	DINNER
$\frac{3}{4}$ cup cottage cheese $\frac{1}{2}$ cup peaches in low sugar syrup $\frac{1}{2}$ slice toasted whole grain bread 1 tsp trans free margarine	3-4 oz moist chicken 1 cup salad 1 T light dressing $\frac{1}{2}$ apple 3 whole grain crackers	3-4 oz tilapia or salmon $\frac{1}{2}$ -1 cup carrots 1 small red potato 1 tsp trans free margarine

BREAKFAST	LUNCH	DINNER
1 string cheese 1 boiled egg 1 oz deli meat $\frac{1}{2}$ banana 1 tsp peanut butter	3-4 oz tuna or imitation crab 1 T light mayonnaise 1 T pickle relish 3 baby carrots $\frac{1}{4}$ - $\frac{1}{2}$ cup melon	3-4 ounces roast pork $\frac{1}{2}$ -1 cup broccoli $\frac{1}{4}$ - $\frac{1}{2}$ c sweet potato 1 tsp trans free margarine

BREAKFAST	LUNCH	DINNER
	3-4 oz sliced deli meat 1 T light mayonnaise Sliced tomatoes and lettuce 1 slice toasted bread $\frac{1}{4}$ c berries 2 oz light yogurt	3-4 ounces moist turkey with $\frac{1}{8}$ cup low fat gravy $\frac{1}{2}$ -1 cup green beans $\frac{1}{4}$ - $\frac{1}{2}$ cup mashed potato 1 tsp trans free margarine



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BARIATRIC REGULAR (STAGE 5)

After one year: You probably will be able to tolerate a variety of foods. Your portion size can vary from one cup to over 2 cups at a meal depending on the food eaten. It is very important to be mindful of your portions and keep a food log of your intake. Use the 1200 calorie plan on pages 17-21 as a guide when planning meals and portions sizes.

Vitamin and Mineral Supplements:

Continue all your vitamin and mineral supplements. You will need to take these FOR THE REST OF YOUR LIFE. Refer to the vitamin chart.

List of foods to eat after surgery

(The following list of foods may be used as shopping list both before and after surgery)

Protein

Beans (navy, pinto, black, etc)***	Lamb
Beef (very lean, thinly sliced, ground)	Lobster
Chicken (moist, no skin)	Pork (lean cuts, loin)
Clams (caution, may be tough!)	Seafood / Fish
Low fat cheese (swiss, cheddar, mozzarella, baby bel, ricotta, provolone, american, havarti, gouda)	(cod, tuna, trout, salmon, bass, scallops, shrimp)
Cottage cheese (low fat, nonfat)	Ham (low fat)
Crab / Imitation crab	Yogurt (15-18 g Total Carbohydrate)
Egg substitute	Tofu / Soy Beans / Edamame
Egg whites / Whole Egg	Soy Milk / Lactaid Milk
Game Meats	Turkey (light or dark, no skin)
	Veal
	Veggie Burger (made with soy)

Vegetables – *Make sure vegetables are well cooked for the first 6-8 weeks after surgery.*

Alfalfa sprouts	Chard	Radish
Artichoke	Collard greens	Red, Green, Yellow peppers
Arugula	Cucumber	Salad / Spinach / Mustard greens
Asparagus (well cooked)	Eggplant	Seaweed
Beets	Jicama	Shallots
Broccoli***	Green snap beans	Tomato
Brussels sprouts***	Kale	Water Chestnuts
Cabbage***	Leeks	Yellow squash
Carrots	Mushroom	Zucchini
Cauliflower***	Onions	*** <u>caution</u> – may cause gas

Fruit

Apple (without peel)	Kiwi	Raspberries
Apricots (remove skin)	Lemons (acidity)	Strawberries
Banana	Mandarin oranges	Tangerine
Blueberries	Nectarines	Watermelon (remove seeds)
Cantaloupe	Papaya	Oranges (remove skin)
Cherries	Peach (remove fuzz)	Applesauce (unsweetened)
Grapefruit	Pears (remove skin)	
Grapes	Pineapple	
Guava	Plums	***No Fruit Juice!!!**



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Fat

Olive oil
Canola oil
Vegetable oil
Pam Spray

Avocado
Olives
Peanut butter
Molly McButter

Sour Cream (Low Fat)
Margarine (No Trans Fat)
Cream Cheese (Low Fat)

Miscellaneous

Vinegar
Pickles / Pickle Relish
Garlic / Garlic Powder
Cinnamon

go easy on Ketchup (catsup): 1 Tbsp = 3 g sugar

Salt / Pepper
Soy Sauce
Mustard
Hummus

Onion Powder
Ginger
Italian Seasonings
Curry



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Foods to be careful with after surgery

The following lists of foods may cause

- ◆ Weight gain
- ◆ Dumping syndrome
- ◆ Pouch intolerance
- ◆ Hypoglycemia (low blood sugars)

Starch

Bagels	Muffins	Stuffing
Biscuits	Noodles	Tortillas
Bread Sticks	Oatmeal	Waffles
Bread (Untoasted)	Pancakes	
Cereals, Cold or Hot	Pastas	
Croissants	Pastry	
Doughnuts	Pita Bread	
English Muffins	Rice	
French Toast	Rice Cakes	
Grits	Rolls	

May Block the Anastomosis

Coconut	Popcorn
Nuts / Seeds	Celery, Raw (cooked celery in soup is ok)
Dried Fruit	Oranges (be careful of the pulp)
Potato Skins	Skins and Seeds of Fruits and Vegetables
Corn	Hot Dog Skins
Gum	

May Cause Dumping Syndrome or Hypoglycemia

Ice Cream	Candy / Candy Bars
Cookies	Coffee Drinks/Mochas
Cake	Soda
Fruit Juice	Frozen Yogurt
Juice Smoothies	Milkshake



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Foods High in Fat

Creamy Sauces	Sausage	French Fries
Fried Food	Potato Chips	Pizza
Bacon	Onion rings	Hash browns
Fried Egg Roll	Mayonnaise	Salad Dressing

Miscellaneous Foods

Alcohol

- * Will increase your risk of ulcers
- * Has a high number of LIQUID non nutritional calories.
- * Increases your risk of alcoholism.

Your tolerance of any alcohol will be significantly reduced, increasing your risk of DUI.

Remember

- **Milk** may cause gas and discomfort after surgery. Try soymilk or Lactaid instead.
- **Steak** is very tough and fibrous and may be difficult to tolerate after surgery. It is recommended to wait 6 months to 1 year before trying to eat steak.