

Nutrition Guidelines after Bariatric Surgery

Roux-en-Y Gastric Bypass

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Your Nutrition Guidelines At-a-Glance

Diet Phase	Start Date 	Duration	Instructions
Stage 1: Clear Fluids		Day of Surgery	
Stage 2: Full Fluids		2 weeks (14 days)	See page 9 for detailed instructions.
Stage 3: Puréed or Blended Foods		1 week (7 days)	See page 12 for detailed instructions.
Stage 4: Minced Foods		1 week (7 days)	See page 15 for detailed instructions.
Stage 5: Soft Solid Foods			See page 18 for detailed instructions. Meet with your dietitian for your 1-month appointment before starting this diet phase.

During these 5 diet phases, you will also need to drink protein supplements.

English

This information is important! If you have trouble reading this, ask someone to help you.

Italian

Queste informazioni sono importanti! Se ha difficoltà a leggere questo, chieda aiuto a qualcuno.

Spanish

¡Esta información es importante! Si tiene dificultad en leer esto, pida que alguien le ayude.

Eating Techniques

How should I cook my food after surgery?

It is important to make sure your food is moist and tender after surgery. The following cooking methods and tips can help keep your food moist:

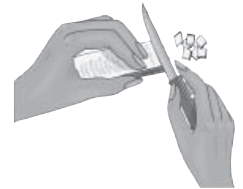
- Braise, boil, steam, poach or simmer your food.
- Use a slow cooker or crock pot.
- Cook with tomato juice, stock, broth or low fat cream soups.
- Use sauces such as mild salsa or low fat gravy.
- Avoid grilling or barbequing your food.



What are some techniques I should use when eating?

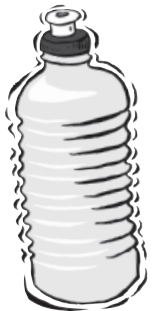
Your eating habits must change to avoid discomfort, pain and vomiting, rupture of staple lines and help with weight loss.

- Set aside 30 to 60 minutes for each meal.
- Sit down and focus while eating. Avoid distractions such as television, computer or work.
- Cut food into small pieces (about the size of a pea) to make it easier to chew. Take small bites. Try using a small teaspoon, baby spoon or dessert fork.
- Aim to chew your food 30 times with each bite.
- Eat very slowly and chew foods until they are mushy.
- Pay attention to taste. Note the taste, flavour and texture of the food.
- Explain to friends and family why you have to eat slowly.
- Separate liquids when eating solid foods. You should avoid liquids 30 minutes before and 30 minutes after eating solid food or meals. Having liquids and solids together may cause nausea. It also pushes the foods through the stomach faster, causing you to eat more.
- Stop eating as soon as you feel full. Overeating can make you vomit and can stretch the pouch.
- Only eat the most nutritious foods. Remember how small your new stomach is!



How can I keep myself well-hydrated?

- You need liquids to stay hydrated. Sip slowly on water or very low-calorie, non-carbonated beverages throughout the day. Try not to drink 30 minutes before or after each meal.
- Try to drink at least 2 to 3 cups (500 to 750 millilitres) of water throughout the day.
- Have water nearby at all times. Keep a glass of water at your bedside. Carry a water bottle.
- Avoid carbonated beverages and straws. They will fill you up with gas and can cause you to feel full, bloated and sometimes pain.
- Avoid high-calorie drinks like milkshakes, soda, pop, fruit juice, fruit drinks, beer, alcohol, meal substitutes. They can make you gain weight by adding extra empty calories.
- You may flavour water with diet crystal powders (such as Crystal Light®, Nestea® (no sugar added), MiO®, Diet Kool-Aid®) or with lemon or lime wedges.



Taking Protein Supplements



Why is protein important?

Protein is a major part of all muscles, tissues and organs. As well, your cells use it for growth, protection and repair. Protein:

- Aids in proper wound healing
- Helps keep your hair, skin, bones and nails healthy
- Helps your body burn fat instead of muscle for a healthier weight loss
- Supports your natural metabolism so you lose weight quicker
- Curbs your hunger between meals.

What is a good protein supplement to buy?

- If possible, buy a protein supplement made of **whey protein isolate**. This is absorbed the best and has no lactose. Otherwise, you could buy a whey protein concentrate that contains some lactose.
- Protein supplements come in a variety of flavours. Choose a protein supplement that has between **20 to 40 grams of protein and 0 to 5 grams of carbohydrates per serving**. Read the label carefully.

How much protein do I need in a day?

- Your protein needs are high after surgery. Aim for a minimum of 60 to 80 grams of protein a day. You may need as much as 100 to 120 grams of protein a day. Supplementing with protein is the best way to reach this amount.

How do I make protein shakes?

- Some protein drinks are pre-made and ready to drink.
- Some are in powder form. To make them, read the directions on the label carefully.
- Make protein shakes in water or skim milk, never in juice.

How many protein shakes should I drink?

- Start drinking the protein shakes during Stage 2 (Full Fluids) or when discharged home after surgery.
- If your protein shake is very high in protein (for example, it has 40 grams per serving), then aim to have two drinks every day.
- If your protein shake is lower in protein (for example, it has 20 grams per serving), then aim to have three drinks every day.
- If you are not sure how much you should have, speak to your dietitian.

TIP!

You can add **unflavoured** protein powder or skim milk powder to your food or drinks for extra protein.

How long do I need to drink protein shakes?

- You will need to drink protein shakes until you are able to eat enough protein from food or for 3 months. At your follow-up dietitian appointment, we will advise you when to stop drinking the protein shakes.

Where can I buy protein supplements?

You can buy protein supplements at your local grocery store, pharmacy, health food store or on-line, such as:

- Loblaws®
- Walmart®
- Shoppers Drug Mart®
- Rexall™ Pharma Plus
- Costco®
- GNC®
- Nutrition House®
- Popeye's®.

Common Protein Drinks or Powders		
Name Brand	Serving Size	Protein (grams per serving)
Weider Ultra Whey Protein®	1 scoop	24 g
Weider Whey Protein fruit splash®	1 scoop	20 g
Weider Pure Pro Shake®	1 scoop	35 g
Precision Sport Supplements Iso Pro®	1 scoop	35 g
Nutrition House Soy Extra Natural®	1 scoop	21 g
PVS Whey Gourmet®	1 scoop	21 g
Nestlé Resource Beneprotein® (unflavoured, add to your food)	7 g scoop	6 g
Premier Nutrition®	1 shake	30 g
Whey Cooler®	1 scoop	20 g

TIP!

If you are having difficulty finding a protein supplement, speak to your dietitian or your community pharmacist.

Taking Vitamin and Mineral Supplements



Which supplements do I need to take?

You will need to take a **complete multivitamin and mineral, calcium with vitamin D and vitamin B12 for the rest of your life.** You may need additional supplements based on your blood work.

	Multivitamin and Mineral	Calcium with Vitamin D	Vitamin B12
Dosage	Take 1 to 2 complete adult multivitamin and mineral supplements. • Read the label. • Take it with meals. • Do not take children's multivitamins - they do not have enough of the nutrients you need. • Avoid Men's formulas - they usually do not contain iron. • If possible, choose a formula that has at least 18 milligrams (mg) of iron.	• For calcium, the usual dose is 500 mg to 600 mg tablets, three times per day. • Calcium is better absorbed in divided doses. • Aim for a total of 1500 mg of calcium each day.	Choose one of the following: • 400 micrograms (µg or mcg) once a day • 1000 mcg every other day • 1200 mcg every 3 days • Injection from your doctor every month.
Forms	• Liquid • Chewable.	• Calcium citrate with vitamin D and magnesium is the best-absorbed supplement.	• Liquid • Sublingual tablets or chewable strips • Injections.
Function	• Gives you the vitamins and minerals that may be missing or not absorbed properly.	• Maintains bone strength. Helps heart pump correctly and repairs soft tissue.	• Reduces the risk of certain types of anemia.
Interactions	• Interacts with calcium and iron supplements. Make sure there is 2 hours between taking the multivitamin and mineral supplement and taking the calcium and iron supplements.	• Calcium interacts with iron supplements by competing for iron absorption. • Do not take calcium at the same time as iron. Take the calcium at least 2 hours before and after taking iron or your multivitamin.	• None.

	Chewable	Liquid	Dose/day	Additional Iron	Where to Purchase
Multivitamins and Minerals Examples	Centrum Select® 50 plus		2/day		Most drug stores and big box stores (such as Walmart®).
	Quest®		2/day		Health Food Stores
	Lifebrand®		2/day		Shoppers Drug Mart®
		ReViva®	2 tbsp	2 ml of fer-in-sol	Costco®
	Opurity®		1/day		www.opurity.com
	Bariatric Advantage®		2/day	18 mg of iron	Total Health Pharmacy at HRH or www.bariatricadvantage.com
	Celebrate®		2/day	Iron tablet or 2 ml of fer-in-sol	
	Bariatric Fusion®		4/day		www.bariatricfusion.com

	Chewable	Liquid	Dose/day	Additional Iron	Where to Purchase
Calcium with Vitamin D Examples		Wellesse®	3 tbsp		Costco® or Shoppers Drug Mart®
		Webber®	3 tbsp		Shoppers Drug Mart® or Pharma Plus®
		ReViva®	3 tbsp		Costco®
	Opurity®		4/day		www.opurity.com
	Bariatric Advantage®		3/day		Total Health Pharmacy at HRH or www.bariatricadvantage.com
	Caltrate®		3/day		Most drug stores and big box stores (such as Walmart®).
	Jamieson®		500 mg, 3 times a day		
	Lifebrand®		500 mg, 3 times a day		

Which other supplements might my doctor or dietitian recommend for me?

Depending on your blood work and your nutritional intake, your doctor or dietitian may recommend other vitamin and mineral supplements, such as iron or vitamin D.

	Iron	Vitamin D
Dosage	• Do not start iron, unless your health care professional has advised you to do so. • The usual dose is 300 mg of ferrous sulphate once a day, up to three times per day. The amount you need depends on your blood values.	• It is quite common for Gastric Bypass patients to have low Vitamin D levels in their blood. Your doctor or dietitian will tell you if you need to take an additional Vitamin D supplement to increase the Vitamin D levels in your blood. If your Vitamin D levels are low, you will need to take 1000 IU of Vitamin D or more each day.
Interactions	• Interacts with calcium supplements, antacids and dairy products. Separate your intake of iron from calcium supplements, antacids and dairy products by at least 2 hours.	• Calcium citrate with vitamin D and magnesium is the best-absorbed supplement.
Special Instructions	• It is best to take iron on an empty stomach, but many people find it easier to take with food. If you do take iron with food, try to take it with foods that are high in Vitamin C, such as citrus fruits. • Iron may make you constipated. It is important to choose higher fibre foods and drink plenty of water. You may need a fibre supplement or Milk of Magnesia to help. Speak to a health care professional if you need more help.	• It is best to take Vitamin D at the same time as the Calcium supplement.

TIP!

It may be helpful to get a pill organizer to help you remember which supplements you need to take and when.

Take all the recommended supplements regularly and as directed. Use the space provided below to write in other recommended vitamin and mineral supplements that you are taking.

My vitamin and mineral supplements		
Supplement	Dosage	Suggested Schedule
Multivitamin and mineral*	1 to 2 (depending on brand)	Breakfast (and dinner)
Vitamin B12*	400 micrograms (mcg), once a day	Breakfast
Calcium*	500 milligrams (mg) to 600 mg, 3 times a day	Morning, afternoon and evening snack
*You need to take these supplements for the rest of your life.		

Stage 2: Full Fluids

Start Date (Usually 1 day after surgery):

Duration: 2 weeks

End Date:

Goals:

- 60 to 80 grams of protein each day
- 6 to 8 cups (1500 to 2000 millilitres) of fluid each day (this includes water, milk, protein drinks, broth).

How long will I need to have Full Fluids?

On the day of surgery, you will have Clear Fluids. After you have tolerated Clear Fluids well, you will start to have Full Fluids, usually the day after surgery. You should have and tolerate Full Fluids before going home from the hospital. Continue with Full Fluids for **2 weeks (14 days) after Gastric Bypass Surgery**.

What are Full Fluids?

Full Fluids include fluids or liquids and some foods that are easy to swallow. You do not generally need to chew Full Fluids. This diet is mainly milk-based, high in protein, low in sugar and low in fat.

What types of Full Fluids can I have?

Food Group	Foods Allowed	Foods to Avoid
Milk & Alternatives (high protein)	• Milk (1% or skim) • Lactose-reduced milk (1% or skim) • Fortified soy milk (unsweetened) • Yogurt (smooth, no added sugar, without chunks, 0% fat) • Cottage cheese (low fat) • Ricotta cheese (low fat) • Cream soup (low fat and strained) • Sugar-free pudding (low fat).	• Lactose-containing milk • Chocolate milk • Flavoured soy milk • Milkshakes • Smoothies.
Vegetables & Fruits	• Vegetable juice • Tomato juice • Unsweetened fruit purées.	• Sweetened fruit purées.

Food Group	Foods Allowed	Foods to Avoid
Grain Products	• Cream of Wheat® • Oatmeal • Cream of Rice® • Steel-cut oats • Oat Bran® hot cereal.	• Sugary varieties of instant oatmeal.
Protein Supplements	• Protein drink (20 to 40 grams of protein) • Protein powder (added to food).	• Protein drinks with too much sugar or fat • Meal-replacement drinks, like Boost® and Ensure®.
Beverages	• Water • Crystal light®, MiO®, diet Kool-Aid® • Decaffeinated coffee or tea • Non-carbonated Nestea Zero®.	• Juice • Coffee • Iced tea • Alcohol • Lemonade • V8® Splash and Fusion • Vitamin water • Carbonated drinks.



How much should I eat?

- Be prepared to spend about 1 hour to 90 minutes to have your meal.
- You may be able to have about ½ cup to ¾ cup of Full Fluids at your meal.
- At each meal, you will sit down and eat or drink 2 tablespoons (1 ounce) every 15 minutes (this is why it will take you 60 to 90 minutes to finish your meal).
- Take your time and eat slowly. You need to focus while eating.
- If you feel pain or discomfort when you eat, stop eating and take a break. Try again later.

What is a typical Full Fluids menu?

Full Fluids Menu Sample

- Have three small meals and three small snacks to keep you nourished (this includes the protein drinks).
- Focus on the techniques of eating to prevent vomiting or discomfort.
- Remember that you need to focus on high protein to help you heal.
- Always eat high protein foods FIRST.

Breakfast

1/4 cup hot cereal, made with 1/4 cup skim milk (add 1 tablespoon skim milk powder or sprinkle some unflavoured protein powder)
1/4 cup yogurt
1/3 cup protein drink

Morning Snack

1/3 cup protein drink

Lunch

1/4 cup strained low fat cream soup, made with skim milk (add 1 tablespoon skim milk powder or some unflavoured protein powder)
1/4 cup unsweetened fruit sauce
1/3 cup protein drink

Afternoon Snack

1/3 cup protein drink

Dinner

1/4 cup low fat mashed cottage cheese (add 1 tablespoon skim milk powder or some unflavoured protein powder)
1/4 cup yogurt
1/3 cup protein drink

Evening Snack

1/3 cup protein drink

TIP!

Remember to sip on water throughout the day.

Stage 3: Puréed or Blended Foods

Start Date (Usually 2 weeks after surgery):

Duration: 1 week

End Date:

Goals:

- 60 to 80 grams of protein each day
- 6 to 8 cups (1500 to 2000 millilitres) of fluid per day, sipped between meals
- Blend all foods to a baby food or applesauce consistency.
- Eat protein foods first, followed by fruits and vegetables, then grains.
- Avoid spicy foods, as well as very hot or very cold foods. They may cause discomfort.
- Try only one new food at each meal, so that you know what you can tolerate.

How long will I need to have Puréed/Blended Foods?

After having Full Fluids for the first 2 weeks, start to introduce Puréed or Blended foods on the third week after Gastric Bypass Surgery. You will have Puréed or Blended foods for another 1 week (7 days).

What are Puréed Foods?

Puréed Foods are foods blended to a smooth consistency. Foods should be low fat and low sugar. There are some food exceptions that do not need to be puréed and are generally well-tolerated (see list on the next page).

What types of Puréed Foods can I have?

Try to include food from all four of Canada's Food Groups - Vegetables & Fruits, Grain Products, Milk & Alternatives and Meat & Alternatives. At each meal, eat the higher protein food first.

How do I purée foods?

To purée food, you need a food blender or a hand blender.

The final consistency of the food should be smooth and thick enough to scoop with a fork or spoon.

Types of Food	How to Prepare Foods
Meat & Fish	1. Boil, roast, or bake until the meat separates easily from the bones or the fish flakes easily with a fork. 2. Remove bones and skin, trim off the fat. 3. Cut meat or flake fish into small pieces. 4. Blend. You may need to use some cooking water to get the right texture.
Meat Alternatives	1. Cook legumes such as beans, lentils and chickpeas according to package directions. 2. Blend with a little water.
Vegetables & Fruits	1. Wash, peel, pit and/or seed. 2. Cut into smaller pieces. 3. Steam or boil until soft. 4. Drain and save the cooking water. 5. Blend. You may need to use some cooking water to get the right texture.

Food Group	Foods Allowed	Foods to Avoid
Meat & Alternatives	• Puréed meat, chicken or turkey • Extra-lean ground beef • Puréed fish • Puréed beans, lentils, and other legumes • Puréed tofu • Textured vegetable protein • Poached eggs. 	• High-fat meats (sausage, hot dogs, ribs, chicken wings, fried chicken, hamburgers) • Fried eggs • Oil-packed tuna, salmon or sardines.
Milk & Alternatives	• Same as Full Fluids.	• High-fat cheeses.
Vegetables & Fruits	• Puréed vegetables (peas, carrots, beets, green beans) • Puréed fruits (such as mango, melon).	• Sweetened fruit sauces.
Grain Products, Cereals & Starchy Foods	• Soda crackers (saltines) • Melba toast • Cornmeal • Mashed potatoes/yams/sweet potatoes.	• High-fat crackers • Buttery mashed potatoes. 
*Do not purée or eat pasta, bread, noodles, rice, or muffins. *Do not have anything with nuts, seeds, tough skins or dried fruits. *Limit added fats and oils. *Limit sugars. *Limit spicy foods.		

Amount of protein in Puréed/Blended Foods		
Food	Portion	Amount of Protein
Chicken, fish, turkey, eggs	2 tbsp	7 g
Cottage cheese/ricotta cheese (fat free or 1%), tofu, yogurt	2 tbsp	4 g
Cheese, fat-free or low-fat	1 oz or 1 slice	7 g
Milk (1% or skim)	4 oz (1/2 cup)	4 g
Protein shake		check label

How much should I eat?

- Be prepared to spend about 1 hour to 90 minutes to have your meal.
- You may be able to have about ½ cup to ¾ cup of puréed or blended foods at your meal.
- At each meal you will sit down and eat or drink 2 to 4 tablespoons (1 to 2 ounces) every 15 minutes (this is why it will take you 60 to 90 minutes to finish your meal).
- Take your time and eat slowly. You need to focus while eating.
- If you feel pain or discomfort when you eat, stop eating and take a break. Try again later.

What is a typical Puréed Foods/Blended Foods menu?

Puréed/Blended Foods Menu Sample	
• Eat three small meals and three small snacks to keep you nourished. • Focus on the techniques of eating to prevent vomiting or discomfort. • Remember that you need to focus on high protein foods to help heal. At each meal, eat the protein rich food first, followed by vegetables or fruit, and then grain products.	
Breakfast	1/4 cup hot cereal made with low fat milk (add 1 tablespoon skim milk powder or sprinkle some unflavoured protein powder) or 1 poached egg 1/4 cup yogurt 2 to 4 tablespoons puréed fruit or unsweetened fruit sauce
Morning Snack	1/2 cup protein drink 2 tablespoons puréed fruit
Lunch	2 to 4 tablespoons low fat puréed soup (add 1 tablespoon skim milk powder or sprinkle some unflavoured protein powder) 1 to 2 crackers 1/3 cup vegetable or tomato juice (optional) 1/2 cup protein drink
Afternoon Snack	2 to 4 tablespoons yogurt 1/2 cup protein drink
Dinner	2 to 4 tablespoons puréed meat or puréed fish 2 tablespoons mashed potato 2 tablespoons puréed vegetables
Evening Snack	1/2 cup protein drink

TIP!

Remember to sip on water throughout the day.

Stage 4: Minced Foods

Start Date (Usually 3 weeks after surgery):

Duration: 1 week

End Date:

Goals:

- 60 to 80 grams of protein each day
- 6 to 8 cups of fluid per day, sipped between meals
- Eat protein foods first, followed by fruits and vegetables, then grains.
- Avoid spicy foods as well as very hot or very cold foods. They may cause discomfort.
- Try only on new food at each meal, so that you know what you can tolerate.

How long will I need to have Minced Foods?

After having Puréed Foods for one week, start introducing a Minced Food diet on the fourth week after gastric bypass surgery. You will have Minced foods for another 1 week (7 days).

What are Minced Foods?

In this stage of the diet, you will be able to eat some solid foods that you have chopped or minced to a fine texture. These foods should:

- Be soft in texture and easy to chew
- Have a thicker consistency than puréed foods
- Be easy swallow or mashed with a fork.

Do not eat foods with coarse textures such as nuts and raw fruits or vegetables.

How do I mince foods?

To mince food, use cooking methods that will keep foods moist and soft, such as boiling, poaching, steaming and stewing.

Types of Food	How to Prepare Foods
Meat & Fish	1. Cook the food until it is tender. 2. Remove bones and skin, trim off the fat. 3. Using either a knife or a food processor, chop the food until the pieces are approximately 1 cm or ½ inch cube.
Vegetables & Fruits	1. Wash, peel, and or seed 2. Cut into small pieces 3. Steam or boil until well cooked.

What types of Minced Foods can I have?

Try to include food from all four of Canada's Food Groups - Vegetables & Fruits, Grain Products, Milk & Alternatives and Meat & Alternatives. At each meal, eat the higher protein food first.

Food Group	Foods Allowed	Foods to Avoid
Meat & Alternatives	• Minced meat, chicken or turkey • Minced fish • Canned water-packed tuna, salmon or sardines, mashed with a fork • Low-fat chili • Poached eggs.	• High-fat meats (sausage, hot dogs, ribs, chicken wings, fried chicken, hamburgers) • Fried eggs • Oil-packed tuna, salmon or sardines.
Vegetables & Fruits	• Well-cooked soft vegetables (steamed carrots, broccoli florets, green beans) • Well-cooked soft, skinless, seedless fruits (bananas, honeydew melon, watermelon, cantaloupe) • Canned water-packed fruit.	• Gritty or very fibrous vegetables (corn, asparagus) • Raw vegetables and salads • Oranges and other citrus fruits • Fruits with seeds (blackberries, raspberries, strawberries), unless strained • Canned fruit packed in juice or syrup.
Grain Products, Cereals & Starchy Foods	• Other low-fat crackers • Low-sugar and high-fibre cold cereal (soaked in milk).	• Pasta, rice, noodles, breads, wraps or muffins (avoid these starches until you can tolerate at least 60 grams of protein a day and eat a variety of foods from stage 4) • Sugary or low-fibre cold cereal • French fries.

How much should I eat?

- Be prepared to spend about 1 hour to 90 minutes to have your meal.
- You may be able to have about $\frac{1}{2}$ cup to $\frac{3}{4}$ cup of minced foods at your meal.
- At each meal you will sit down and eat or drink 2 to 4 tablespoons (1 to 2 ounces) every 15 minutes (this is why it will take you 60 to 90 minutes to finish your meal).
- Take your time and eat slowly. You need to focus while eating.
- If you feel pain or discomfort when you eat, stop eating and take a break. Try again later.

What is a typical Minced Foods menu?

Minced Foods Menu sample

- Eat three small meals and three small snacks to keep you nourished.
- Focus on the techniques of eating to prevent vomiting or discomfort.
- Remember that you need to focus on high protein foods to help heal. At each meal, eat the protein rich food first, followed by vegetables or fruit, and then grain products.

Breakfast	1 poached egg 1/4 cup yogurt 1/2 small banana, diced or mashed
Morning Snack	1/2 cup protein drink 2 tbsp applesauce
Lunch	2 ounces low-fat flaked ham 1/3 cup steamed (soft) broccoli minced 1/2 cup protein drink (drink 30 minutes after eating lunch)
Afternoon Snack	1/4 cup yogurt 1/2 cup protein drink
Dinner	1/4 cup poached chicken, flaked or minced finely 2 tbsp mashed potato 1/4 cup boiled or steamed green beans chopped or minced finely
Evening Snack	1/2 cup protein drink

TIP!

Remember to sip on water throughout the day.

Stage 5: Soft Solid Foods

Start Date (Usually 4 weeks after surgery):

End Date:

Goals:

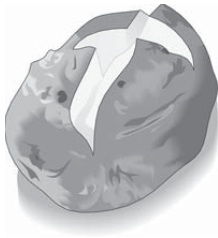
- 60 to 80 grams of protein each day
- 6 to 8 cups (1500 to 2000 millilitres) of fluid each day sipped between meals
- Eat high protein foods first followed by fruits or vegetables, then grains.

When can I start to introduce Solid Foods?

If you were able to tolerate the Full Fluids, Puréed/Blended and Minced Foods, you may start to introduce Soft Solid Foods **4 weeks (1 month) after surgery. DO NOT start any solids before 1 month after surgery.** This can be very harmful to you. Be sure to try only one new food at a time, progressing slowly.

What types of Soft Solid Foods can I have?

Type of Food	Instructions	Examples of Soft Solid Foods
1. High Protein Foods (lean, low-fat)	• START with these foods FIRST! 	• Chicken (moist) • Fish, water-packed tuna • Flaked chicken, ham or turkey (low-fat) • Extra-lean ground beef, chicken, or turkey • Eggs or egg-white substitutes (scrambled, poached, hardboiled) • Tofu • Beans, lentils, legumes • Lean or low-fat luncheon or deli meat • Low-fat chili, lean meatballs or meatloaf • Veggie hot dogs • Low-fat cheese.
2. Protein-rich Soups (not puréed)	• Try these soups if you can tolerate a variety of high protein foods listed above. • DO NOT eat soups with noodles, pasta or rice in them.	• Lentil soup • Bean soup • Chicken vegetable soup • Lean meatball soup • Minestrone soup.

Type of Food	Instructions	Examples of Soft Solid Foods
3. Vegetables	Try these once you are able to tolerate high protein foods and protein-rich soups.	Canned or very well-cooked soft vegetables that are not stringy, do not have seeds or tough skins.
4. Fruit	Try these once you are able to tolerate soft vegetables.	- Soft, canned fruit, packed in water - Cooked fruit (no skins or seeds).
5. Grain Products	Try these grain products LAST, once you are able to tolerate a variety of proteins, vegetables and fruits. 	- Unsweetened or low-sugar cold cereal, soaked in low-fat milk - Potatoes, sweet potatoes, yams (boiled or baked) - Pita breads and wraps - Look for whole wheat or thin pita bread, mini pita pockets, whole wheat and low-fat wraps. You can make a small sandwich by adding high-protein food. - Other low-fat crackers (other than saltines and melba toast).

Once you are able to eat and tolerate a variety of the foods listed above, you can then try the following foods slowly:

1. Raw vegetables and salads
2. Raw fruits (apple skins should be peeled)
3. Toasted whole wheat bread or toasted rye bread
4. Whole wheat pasta or rice
5. Red meat (lean cuts).

TIP!

Initially avoid peanut butter, nut butter and tough dry meats.



Amount of protein in Soft Solid Foods

Food	Portion	Amount of Protein
Meat, fish or poultry	1 oz	7 g
Firm tofu	50 g	7 g
Greek-style yogurt (plain)	4 oz (1/2 cup)	15 g
Low-fat cottage cheese or ricotta cheese	4 oz (1/2 cup)	12 g to 14 g
Soybean (edamame)	1/2 cup	12 g

Amount of protein in Soft Solid Foods		
Food	Portion	Amount of Protein
Textured vegetable protein	1/4 cup	12 g
Chili	1/2 cup	7 g
Egg (boiled, scrambled, poached)	1 large	7 g
Cheese, low-fat	1 oz or 1 slice	5 g to 7 g
Legumes	1/4 cup	3 g
Low-fat milk/soy beverage, unsweetened	4 oz (1/2 cup)	4 g
Low-fat/low-sugar yogurt	100 g	3 g

How much should I eat?

- At first, you will eat very small amounts of food - about 2 to 3 tablespoons of each item on your plate or about 1/4 cup of solid food.
- Over time, the pouch will stretch and will allow you to eat larger portions, **but you should restrict your portions to 1/2 to 3/4 cup (4 to 6 ounces) at each meal. Stop eating as soon as you feel full. If you eat too much, you will feel sick.**

If you had too much, you may feel:

- Nauseous or want to throw up
- Pressure or fullness in the centre, below your rib cage
- Pressure or discomfort in your throat.

If you feel any of the above, you should stop eating, even if you have not finished your meal. Try to eat again later.

Do I need to eat snacks?

You only need snacks if:

- You are not able to eat enough during meal times
- There are more than 3 to 4 hours in between meals
- You are very active.

Your dietitian will help you decide when you need a snack, if any. If you are having a snack, try to include a protein source.

What is a typical Soft Solid Foods menu?

Soft Solid Foods Menu sample

- Eat 3 nutritious meals, spaced out during the day. DO NOT skip meals. Eat foods high in quality and full of nutrition. Make every bite count.
- At each meal, eat high protein food first.
- After eating high protein food, eat fruit or vegetable, then starch or grain.
- Add foods slowly, one at a time, to test your tolerance.
- If you feel full or feel pain, stop eating or drinking. Try again later.
- Stop drinking protein shakes when you are able to eat about 1 ounces of protein at breakfast, 2 ounces at lunch and 3 ounces at dinner. Your dietitian will help you decide when you no longer need protein drinks.

Breakfast	1 egg or 1/4 cup of low fat cottage cheese or ricotta cheese 1/2 cup of low fat milk OR 1/4 cup of cooked oatmeal made with low fat milk 1/2 cup of yogurt
Morning Snack	1/4 cup canned fruit (packed in water) 1/4 cup low fat yogurt
Lunch	60 grams (2 ounces) of moist, lean protein (such as chicken or canned tuna fish) 1/4 cup vegetables 1/4 cup low fat milk or yogurt
Afternoon Snack	30 grams (1 ounce) low fat cheese 2 to 4 crackers 1/2 cup milk
Dinner	60 to 90 grams (2 to 3 ounces) of moist, lean protein (such as chicken, fish or ground meat) 1/4 cup vegetables 1/4 cup starch or grain product (such as potato) 1/2 cup milk
Evening Snack	1/2 cup of milk or protein drink 2 melba toast crackers with 30 grams (1 ounce) low fat cheese

TIP!

Remember to sip on water throughout the day.

Foods that may be Difficult to Tolerate after Surgery

Food Group	Examples
Meat & Alternatives	• Steak • Pork chops • Fried or fatty meats (such as ribs, sausage) • Poultry or fish.
Starches	• White bread or whole-grain bread (not toasted) • Rice • Pasta/noodles. TIP! Try different grains, like quinoa.
Vegetables	• Fibrous vegetables (such as corn, cabbage, dried beans, peas, celery) • Raw vegetables • Mushrooms • Lettuce.
Fruits	• Apples, unpeeled • Fruit juice • Dried fruits. TIP! Read the label on dried fruits for sugar content.
Miscellaneous	• Carbonated beverages • Highly seasoned and spiced foods • Nuts or seeds • Sugar alcohols.
Sweets	• Candy • Desserts • Jam or jelly • Sweetened beverages (Vitamin water, hot drinks and iced drinks). TIP! Try jams or jelly with no added sugar.

Tips to Prevent Common Nutritional Problems after Surgery

Constipation

Constipation is common after surgery. Constipation can become worse if you:

- Do not consume enough fluid or fibre
- Are inactive
- Take pain medicines
- Take iron supplements.

PREVENTION TIPS

To improve your bowel movements, you can:

- Add Benefibre® (a fibre supplement) to liquids or food
- Drink water and no-calorie fluids regularly
- Include fibre-rich foods in your diet
- Increase your physical activity level
- Take Milk of Magnesia as directed.

If constipation does not improve, seek medical attention.



Gas and Bloating

Gas and bloating is common, especially during the first few weeks after surgery. It could also be a sign of lactose intolerance.

PREVENTION TIPS

To prevent gas and bloating, you can:

- Limit liquids to 4 tablespoons (2 ounces) at one time
- Sip slowly
- Avoid using a straw
- Avoid chewing gum
- Avoid sugar alcohol sweeteners, such as sorbitol, mannitol and xylitol
- Avoid carbonated beverages.

If you followed these tips and are still experiencing gas and bloating, then you may be lactose-intolerant.

Lactose Intolerance

Milk and dairy products may cause bloating, gas, cramping and diarrhea.

PREVENTION TIPS

To improve lactose intolerance, you can:

- Limit lactose-containing foods or drink - choose substitutes instead
- Try lactose-reduced milk or natural, unsweetened soymilk
- Heat milk to reduce the lactose content
- Use whey protein isolate protein supplements instead of whey protein concentrates
- Take Lactaid® pills or drops before having milk and dairy products.

Dumping Syndrome

You may experience dumping syndrome after consuming foods or drinks that are high in fat or sugars.

Symptoms can include:

- Sweating
- Dizziness
- Weakness
- Nausea
- Cramping
- Vomiting
- Diarrhea
- Loose stools
- Heart palpitations.

Malnutrition

Your body may find it difficult to get all of the nourishment it needs now that you are eating a smaller amount of food. You may also be experiencing vomiting or diarrhea, which can cause a loss of nutrients.

You will need more protein after surgery for healing. However, you may find it difficult to eat enough protein if you are intolerant to the meat, if you are eating dry or tough meat, or you are only eating a small amount of food in general.

No Appetite

Experiencing a poor or decreased appetite is common after surgery.

PREVENTION TIPS

To prevent dumping syndrome, you can:

- Avoid consuming anything that is high in fat or sugar
- Avoid foods such as sweets, candy, cookies, donuts, muffins, pies, cake, fries, fried foods, wings, syrups, ice cream, fruit drinks, and fruit juice
- Read the ingredients on food or drink labels. If sugar (in the form of glucose, fructose, sucrose, cane sugar and syrups) is in the first three ingredients, then do not eat or drink this product
- Aim for less than 10 grams of sugar per serving. The lower the number, the better.
- Choose foods that are low in fat. Read the label on foods and look for less than 5% Daily Value of fat.
- Avoid drinking while eating or 30 minutes before or after eating.

PREVENTION TIPS

To prevent malnutrition:

- Never skip meals
- Only eat the most nutritious foods
- Take protein supplements! This is essential for the first 3 months after surgery
- Take multivitamin and mineral, calcium and vitamin B12 supplements
- Stop eating when you are full to prevent vomiting
- Focus on eating techniques.

PREVENTION TIPS

To improve your appetite:

- Be sure to have nutritious foods at each meal and snack
- Set a clock or timer to remind you to eat.

Nausea and Vomiting

This is common during the first couple of weeks after surgery but can continue if you do not follow the proper eating and cooking techniques.

PREVENTION TIPS

To prevent nausea and vomiting, you can:

- Take small bites of food and sip on fluids slowly. Chew your food very well.
- Take your time - meals should take a minimum of 30 to 45 minutes
- Wait several days after eating a new food that has caused nausea and vomiting
- Avoid drinking with meals
- Avoid beverages that are cold, caffeinated or carbonated.

If nausea and vomiting persists, contact your surgeon.



Hypoglycemia (Low Blood Sugar)

Low blood sugars below 4 mmol can happen quickly. If you do not get it treated right away, low blood sugar can cause a medical emergency. Symptoms can include:

- Shaky or dizzy
- Sweaty
- Weak or tired
- Hungry
- Headache
- Upset or nervous.

Strictures

A stricture occurs when the small opening between your pouch and small intestine is too tight. If you are following the proper eating techniques, but continue to vomit, you may have a stricture.

PREVENTION TIPS

If you think you may have a stricture, contact your surgeon or health care professional.

Your saliva may be white, sticky and foam-like.

You may need to go to the hospital emergency department.



Hair Loss

This is common between 4 to 8 months after surgery usually due to rapid weight loss. Hair re-growth may start around 8 months after surgery.

PREVENTION TIPS

To promote hair re-growth:

- Eat nutritious meals
- Get enough protein
- Take the recommended supplements.

Pregnancy

Avoid pregnancy for the first 2 years after surgery. Pregnancy during this time could cause complications and deficiencies for you and your baby and may result in birth defects.

Rapid weight loss increases fertility so even if you had problems getting pregnant before surgery, you should still be careful to take precautions to prevent pregnancy.

PREVENTION TIPS

Speak to your health care professional for more information.



Dehydration

Dehydration can happen when you do not drink enough fluids. It can also occur if you are vomiting or have diarrhea.

PREVENTION TIPS

To prevent dehydration, you can:

- Limit caffeinated drinks, such as coffee or tea
- Aim for at least 6 to 8 cups (1500 to 2000 millilitres) of fluid per day
- Drink more if you are very active, sweat excessively or are experiencing vomiting or diarrhea.

If nausea and vomiting persists, contact your surgeon.



TIP!

Speak to a health care professional such as your general practitioner, surgeon, pharmacist or dietitian if you need more help with any of these problems after surgery.



Conversion Chart			
	Millilitres (ml)	Ounces (oz)	Grams (g)
1 tablespoon	15 mL	1/2 oz	15 g
2 tablespoons	30 mL	1 oz	30 g
1/2 cup	125 mL	4 oz	100 g
3/4 cup	175 mL	6 oz	175 g
1 cup	250 mL	8 oz	250 g

My Notes:



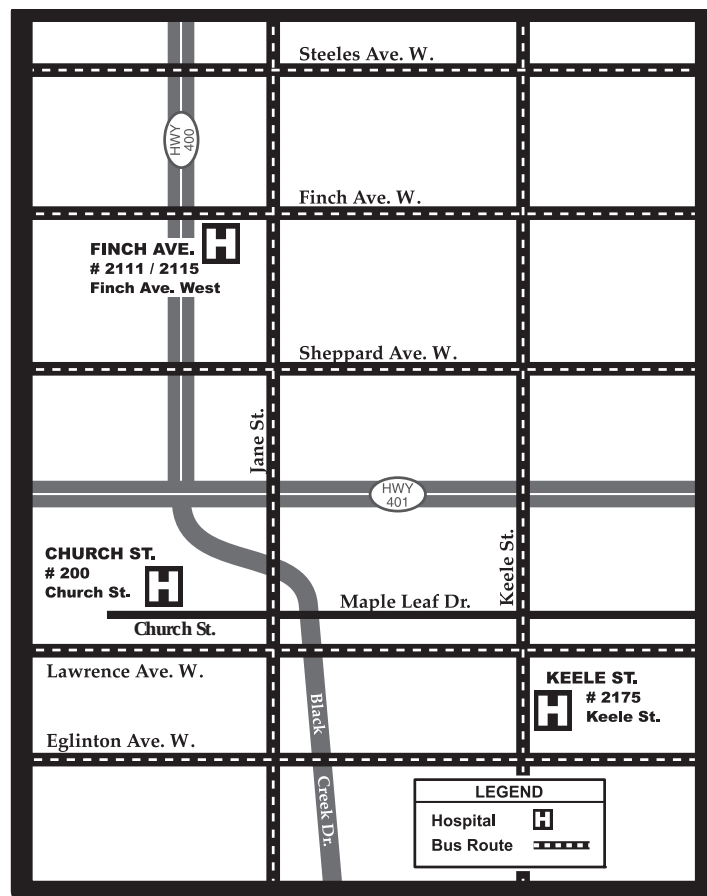


**To schedule an appointment
with a Registered Dietitian,
please contact:**

**Bariatric Program
Humber River Hospital**
Tel: (416) 747-3720

**To speak to one of the Registered
Dietitians, please call:**

Tel: (416) 744-2500, ext. 2794 or 3733 or 2473 or 2949



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