

Kaiser Permanente Post-Bariatric Surgery Diet

Key Points

- Protein comes first. Meals should include: protein first, then fruits and vegetables, and then whole grains
- Drink at least 64 oz of fluid per day to prevent dehydration and constipation
- Stop drinking liquids 30 – 45 minutes before meals and resume 30 - 45 minutes after meals
- Eat and chew slowly – it should take ½ hour for each meal.
- No snacking or grazing
- Avoid liquid calories (e.g. – juices, Gatorade or other high calories drinks)
- Remember the stomach can only hold a few tablespoons after surgery, and eventually it can hold about ½ to 1 cup.
- Stop eating when you feel comfortably satisfied – if ignored, vomiting will follow

POST BARIATRIC PROGRESSION FOLLOWING SURGERY*

Stage 1 Days 1-3**	Clear Liquid (see through liquids) and Protein Supplements Example: broth, sugar-free gelatin, Crystal Light, clear protein drinks
Stage 2 Weeks 1-2 (Days 4-14)	Full Liquid and Protein Supplements Example: Protein shakes, non-fat milk or unsweetened soy milk (consistency should be able to go through a straw but do not use straw to eat/drink, NO chunks), non-fat plain or light yogurt/Greek yogurt
Stage 3 Weeks 3 to 4	Blended/Pureed - Consistency of applesauce or pudding with 2 protein supplements per day - Examples: Cream of Wheat, cottage cheese, unsweetened applesauce, low-fat refried beans, tofu, mashed potatoes, pureed chicken or turkey - Daily Meal Planning: two meals and two protein supplements
Stage 4 Weeks 5 to 6	Soft - Soft, moist (almost dripping) and shredded or minced with two protein supplements - Example: soft fish, ground chicken or turkey, canned fruits (no sugar added) or fruit cup, cooked vegetables - Daily Meal Planning: 2 meals plus 2 protein supplements and 1 snack if needed
Stage 5 Weeks 7 to 12	Early Transition to Solid Food - Slow transition from soft to solid foods with 2 protein supplements - Daily Meal Planning: 2-3 meals and 2 protein supplements plus 1 snack if needed
Stage 6 Months 3 to 6	Later Transition to Solid Food - Slow increase in amount of food at one sitting with 1 protein supplement per day - Daily Meal Planning: 2-3 meals and 1 protein supplement plus 1 snack if needed
Lifetime Months 7 + (may start later based on tolerances)	Healthy Meal Plan - Balanced meals with or without protein supplements - Daily Meal Planning: 3 meals and 1 protein supplement if using plus 1 snack if needed

*Stage progression may be changed by your bariatric team.

**Day 1 = 1st day you wake up at home

Fluid, Protein and Calorie Goals, and Daily Meal Planning*

DIET STAGE	FLUID INTAKE	PROTEIN GOAL	AVERAGE CALORIES	MEAL SIZE	DAILY MEAL PLANNING
STAGE 1 Clear Liquids	≥32 oz/d ounces/day (including protein shakes)	60-75 gm/day	N/A	1 oz	1 oz sipped slowly over 15 minutes
STAGE 2 Full Liquids	≥48 oz/d (including protein shakes)	60-75 gm/day	400-600 daily	1-2 oz	Sipped slowly over 15 minutes
STAGE 3 Pureed	≥48 oz/d (not including protein shakes)	60-75 gm/day	400-600 daily	¼ to ½ cup	Two meals (up to 1-2 oz protein with 1/4c vegetables/fruit) and two protein supplements
STAGE 4 Soft	≥48 oz/d (not including protein shakes)	70-100 gm/day	500-700 daily	¼ to ½ cup	2 meals (up to 1-2 oz protein with ¼-1/2 c vegetables/fruit) 2 protein supplements and 1 snack if needed
STAGE 5 Early Transition to Solid Food	≥64 ounces/day (not including protein shakes)	70-100 gm/day	500-700 daily	½ to ¾ cup	2-3 meals (up to 2-3 oz protein with 1/2c vegetables/fruit) and 2 protein supplements plus 1 snack if needed
STAGE 6 Later Transition to Solid Food	≥64 ounces/day (not including protein shakes)	70-100 gm/day	600-800 daily	½ to ¾ cup	2-3 meals (up to 2-3 oz protein with ½-1c vegetables/fruit, 1/4c starch as needed) and 1 protein supplement plus 1 snack if needed
STAGE 7 Healthy Meal Plan	≥64 ounces/day	70-100 gm/day	800-1000 daily	¾ to 1 cup	3 meals (up to 3 oz protein with 1c vegetables/fruit, 1/4c starch as needed) and 1 protein supplement and 1 snack if needed
≥ 1 YEAR Healthy Meal Plan	≥64 ounces/day	80-100 gm/day	1000-1200 daily	1 to 1 ½ cups Avoid Larger Meals!!!	3 meals (3 oz protein with 1c vegetables/fruit, 1/4c starch as needed) and 1 protein supplement and 1 snack if needed

*Go to page 14 for sample menus

Nutrition Food Groupings

STAGE	PROTEIN	VEGETABLES	FRUIT	DAIRY	STARCH	OTHER	MISC.
Stage 1 (Clear Liquids)	Protein supplement						
Stage 2 (Full Liquid)				Kefir	Oatmeal, Cream of wheat, Butternut squash soup	Light or non-fat unflavored milk alternative (soy, almond, lactaid).	
Stage 3 (Blended and Pureed)	Low fat refried beans, pureed extra firm tofu, pureed chicken or turkey. No red meat. Blended black bean soup	Blended vegetables	Applesauce (unsweetened or no sugar added), blended fruits	Lower-carbohydrate yogurt (15-18 g total carbohydrate / 80-100 calories), Greek yogurt, low-fat cottage or ricotta cheese, mashed potatoes thinned with light milk alternative, well-cooked whipped yams without skin	Cream of wheat or oatmeal thinned with nonfat milk alternative, butternut squash soup, blended split pea soup	Light or non-fat unflavored milk alternative (soy, almond, Lactaid), Sugar-free popsicle, sugar-free pudding	Mild seasonings or herbs
Stage 4 (Soft Foods)	Steamed or poached fish, moist tuna, ground or shredded chicken or turkey, soft vegetable burgers (those with g protein $\geq$ g of carbohydrates AND under 5g fat), low fat beans – all shredded and moistened with broth, Scrambled egg whites or egg substitute, soft-cooked or poached (not fried)	All soft, well-cooked vegetables (except fibrous ones such as celery, asparagus)	Cream of wheat or oatmeal, baked potatoes or well-cooked yams without skin	Lower-carbohydrate yogurt (15-18 g total carbohydrate / 80-100 calories), Greek yogurt, low-fat cottage or ricotta cheese, low-fat or nonfat cheese string cheese, non-fat feta cheese	Applesauce (unsweetened or no sugar added), ripe banana, soft, canned fruit in juice (pour juice out) or fruit cup	Sugar-free popsicle, sugar-free pudding, Soups- All types, except those with peas, long grain or wild rice or chunks of meat	Mild seasonings or herbs

Stage 5 (Early Transition to Solid Foods)	Protein drink from suggested protein list, skinless poultry, fish, tofu, edamame, light soy milk; eggs – soft cooked, hard boiled eggs; scrambled egg substitute or egg whites (not fried)	Eventually all vegetables by mid-point of this stage, starting with softer and gradually moving to crunchier vegetables, including salad with low-fat oil based dressing (containing less than 6g sugar).	All soft fruits without hard peels	Low-fat, no-added sugar yogurt (Greek best), low-fat cheeses, low-fat cottage cheese			Lemon or lime juice in moderation for flavoring
Stage 6 (Later Transition to Solid Food)	Protein drink from suggested protein list; water, non-fat or 1% milk; light soy milk (unsweetened and unflavored), any style eggs, egg substitute, or egg whites (not fried)	All vegetables, including salad with low-fat dressing	All fruits without peels				

STAGE 1: Clear Liquids

Days 1-3

- **Clear Liquids:** See-through liquids and protein supplements
- **Main priorities:** Hydration and protein intake
- Avoid drinking too much fluid at one time, as this may overwhelm the pouch and cause pain. It is recommended to consume at least 2-4 oz per hour.

	GOALS / DAILY MEAL PLANING	ALLOWED FOODS	FOODS TO AVOID
CALORIES	N/A		- Any solid food/Fiber - Fizzy carbonated drinks - Alcohol - Gum - Caffeine
MEAL SIZE	1 oz sipped slowly over 15 minutes		
PROTEIN	60-75 gm/day Continue taking protein supplement twice per day.	Suggested Clear Liquid Protein Supplements: - Isopure: Perfect Zero Carb, 20 oz bottle (40g protein) - Sytnrax Nectar Whey (mixed with water), 1 scoop (23g protein)	
FLUID (BEVERAGE)	≥32 oz/d ounces/day (including protein shakes)	Beverages: Water, Crystal Light, ice chips, Diet Snapple (diluted*), sugar free beverages Juice: apple, cranberry, grape (diluted with 1 part juice and 3 parts water). Only ½ cup juice daily. Other: Low sodium broth, bouillon, sugar-free popsicles, sugar-free gelatin	
FOOD	N/A		

STAGE 2: Full Liquid

Days 4-14

- **Full liquid and Protein Supplements:** Consistency should be able to go through a straw but do not use straw to eat/drink, NO chunks
- **Main priorities:** Hydration and protein intake
- Avoid drinking too much fluid at one time, as this may overwhelm the pouch and cause pain. It is recommended to consume at least 2-4 oz per hour.

	GOALS / DAILY MEAL PLANNING	ALLOWED FOODS	FOODS TO AVOID
CALORIES	400-600daily		- Any solid food/Fiber - Fizzy carbonated drinks - Alcohol - Caffeine - Gum
MEAL SIZE	1-2 oz sipped slowly over 15 minutes		
PROTEIN	60g - 75g of protein per day. Continue taking protein supplement twice per day.		
FLUID (BEVERAGE)	Try for 48 - 96oz per day of fluids (including protein shakes). Goal is to consume at least 2-4 oz per hour.	Beverages: Light or non-fat unflavored milk alternative (soy, almond, Lactaid)	
FOOD	N/A	Soup: Strained, low fat cream soups, butternut squash soup Dairy: Kefir Starch: Strained, cooked cereals (oatmeal or cream of wheat) It should be liquid enough to go through a straw.	

STAGE 3: Pureed

Days 15-28 (Weeks 3-4)

- **Blended/Pureed:** Consistency of applesauce or pudding with two protein supplements per day
- **Food should be applesauce or pudding consistency.**

	GOALS / DAILY MEAL PLANNING	ALLOWED FOODS	FOODS TO AVOID
CALORIES	400-600daily		- Any solid food/Fiber - Fizzy carbonated drinks - Alcohol - Gum - Caffeine - Dry, high fiber and doughy foods - Tough meats (no red meat for 6 months after surgery) - Stringy or fibrous vegetables, such as celery, or asparagus - No corn or peas
MEAL SIZE	1/4 to 1/2 cup Two meals (up to 1-2 oz protein with 1/4c vegetables/fruit) and two protein supplements		
PROTEIN	60g - 75g of protein per day. Continue taking protein supplement twice per day.	Low fat refried beans, pureed extra firm tofu, pureed chicken or turkey, blended black bean soup	
FLUID (BEVERAGE)	Try for >48oz per day of fluids (not including protein shakes)	Water, Crystal Light, light or non-fat unflavored milk alternative (soy, almond, Lactaid), any sugar-free, non-carbonated beverage	
FOOD	N/A	• Vegetables: Blended vegetables • Fruits: Applesauce (unsweetened or no sugar added), blended fruits • Dairy: Lower-carbohydrate yogurt (15-18 g total carbohydrate / 80- 100 calories), Greek yogurt, low-fat cottage or ricotta cheese • Starches: Cream of wheat or oatmeal thinned with nonfat milk alternative, mashed potatoes thinned with light milk alternative, well-cooked whipped yams without skin, butternut squash soup, Blended split pea soup • Other: Sugar-free popsicle, sugar-free pudding • Miscellaneous: Mild Seasonings or herbs	

STAGE 4: Soft Foods

Days 29-42 (Weeks 5-6)

- Try one new food at a time to assess tolerance. If a food is not tolerated, reintroduce it in 1-2 weeks.
- Do not drink liquids during meals/snacks. Do not drink 30-45 minutes before and after eating. Eat slowly.
- Meals should take at least 30 minutes chewing each bite to applesauce consistency.
- Food texture should be soft, visibly moist (almost dripping), and shredded or minced.
- Eat proteins first, then vegetables; if not full, then fruits and finally carbohydrates.

	GOALS / DAILY MEAL PLANNING	ALLOWED FOODS	FOODS TO AVOID
CALORIES	500-700 daily		- Any solid food/fiber - Any solid raw food/fiber - Fizzy carbonated drinks - Alcohol - Gum - Dry, high fiber and doughy foods - Tough meats (no red meat for 6 months after surgery) - Raw fruits and vegetables - Stringy or fibrous vegetables, such as celery or asparagus - No corn or peas
MEAL SIZE	1/4 to 1/2 cup 2 meals (up to 1-2 oz protein with 1/4-1/2 c vegetables/fruit), 2 protein supplements and 1 snack if needed		
PROTEIN	70g-100g of protein per day. Continue taking protein supplement twice per day.	Steamed or poached fish, moist tuna, ground or shredded chicken or turkey, soft vegetable burgers (those with g protein ≥ g of carbohydrates AND under 5g fat), low fat beans – all shredded and moistened with broth, scrambled egg whites or egg substitute, soft-cooked or poached (not fried)	
FLUID (BEVERAGE)	Try for >48oz per day of fluids	Water, Crystal Light, light or non-fat unflavored milk alternative (soy, almond, Lactaid), any sugar-free, non-carbonated beverage. Can have up to 200 mg of caffeine daily (approx. 12 oz brewed coffee or tea)	
FOOD	N/A	• Vegetables: All soft, well-cooked vegetables (except fibrous ones such as celery, asparagus) • Fruits: Applesauce (unsweetened or no sugar added), ripe banana, soft, canned fruit in juice (pour juice out) or fruit cup • Dairy: Lower-carbohydrate yogurt (15-18 g total carbohydrate / 80- 100 calories), Greek yogurt, low-fat cottage or ricotta cheese, low-fat or nonfat cheese string cheese, non-fat feta cheese • Starches: Cream of wheat or oatmeal, baked potatoes or well-cooked yams without skin • Other: Sugar-free popsicle, sugar-free pudding, all types of soup except those with peas, long grain or wild rice or chunks of meat • Miscellaneous: Mild Seasonings or herbs	

STAGE 5: Early Transition to Solid Foods

Days 43-56 (Weeks 7-12)

- Try one new food at a time to assess tolerance. If a food is not tolerated, reintroduce it in 1-2 weeks.
- Do not drink liquids during meals/snacks. Do not drink 30-45 minutes before and after eating. Eat slowly.
- Meals should take at least 30 minutes chewing each bite to applesauce consistency.
- Food texture may gradually shift to less moist and more solid
- Eat proteins first, then vegetables; if not full, then fruits and finally carbohydrates.

	GOALS /DAILY MEAL PLANNING	ALLOWED FOODS	FOODS TO AVOID
CALORIES	600-800 daily		- Fizzy carbonated drinks - Alcohol - Gum - Dry, high fiber and doughy foods - Tough meats (no red meat for 6 months after surgery) - Nuts and seeds - Popcorn - Dried fruits - Granola - Stringy or fibrous vegetables, such as celery or asparagus - No corn or peas - Fried foods - Bread, sticky and doughy foods
MEAL SIZE	1/2 to 3/4 cup 2-3 meals (up to 2-3 oz protein with 1/2c vegetables/fruit) and 2 protein supplements plus 1 snack if needed		
PROTEIN	70g-100g of protein per day. Continue taking protein supplement twice per day.	Protein drink from suggested protein list, skinless poultry, fish, tofu, edamame, light soy milk; eggs – soft cooked, hard boiled eggs; scrambled egg substitute or egg whites (not fried)	
FLUID (BEVERAGE)	Try for >64 oz per day of fluids	Can have up to 200 mg of caffeine daily (approx. 12 oz brewed coffee or tea)	
FOOD	N/A	• Vegetables: Eventually all vegetables by mid-point of this stage, starting with softer and gradually moving to crunchier vegetables, including salad with low-fat oil based dressing (containing less than 6g sugar). • Fruits: All soft fruits without hard peels • Dairy: low-fat, no-added sugar yogurt (Greek best), low-fat cheeses, low-fat cottage cheese • Miscellaneous: Lemon or lime juice in moderation for flavoring	

STAGE 6: Later Transition to Solid Foods

Months 3-6

- Try one new food at a time to assess tolerance. If a food is not tolerated, reintroduce it in 1-2 weeks.
- Do not drink liquids during meals/snacks. Do not drink 30-45 minutes before and after eating.
- Eat slowly. Meals should take at least 30 minutes chewing each bite to applesauce consistency.
- Food texture should be soft, visibly moist (almost dripping), and shredded or minced.
- Eat proteins first, then vegetables; if not full, then fruits and finally carbohydrates.

	GOALS /DAILY MEAL PLANNING	ALLOWED FOODS	FOODS TO AVOID
CALORIES	700-900 daily		- Fizzy carbonated drinks - Alcohol - Gum - Dry, high fiber and doughy foods - Tough meats (no red meat for 6 months after surgery) - Nuts and seeds - Popcorn - Dried fruits - Granola - Stringy or fibrous vegetables, such as celery or asparagus - No corn or peas - Fried foods - Bread, sticky and doughy foods
MEAL SIZE	1/2-3/4 cup 2-3 meals (up to 2-3 oz protein with 1/2-1c vegetables/fruit, 1/4c starch as needed) and 1-2 protein supplements plus 1 snack if needed		
PROTEIN	70g-100g of protein per day. Continue taking protein supplement 1-2 times per day.	Protein drink from suggested protein list; water, non-fat or 1% milk; light soy milk (unsweetened and unflavored), any style eggs, egg substitute, or egg whites (not fried)	
FLUID (BEVERAGE)	Try for >64oz per day of fluids	Can have up to 200 mg of caffeine daily (approx. 12 oz brewed coffee or tea)	
FOOD	N/A	• Vegetables: All vegetables (including fibrous ones starting at 6 months post op), including salad with low-fat dressing • Fruits: All fruits (including fruits with hard peel starting at 6 months post op) • Starches: Well-toasted bread, baked potato without skin, brown rice, quinoa, couscous	

STAGE 7: Healthy Meal Plan

Month 7+ (May start later depending on tolerances)

- Slowly increase the amount of food at one sitting to 1-1½ cup at a time.
- Eat 2-3 small meals per day. Stop eating at the first sensation of abdominal pressure or fullness
- Eat very slowly. Take 30 minutes to eat each meal.
- Chew well. Take very small bites and chew your food to applesauce consistency.
- Select a balanced diet, choosing foods from all groups such as the Bariatric Healthy Plate or Bariatric Food Pyramid model.
- Avoid sugar, sweets and desserts. Also avoid high fat foods such as creamy soups, gravy, butter, etc.
- Avoid foods which often cause stomach upset.
- **DO NOT TEST your pouch's limits.** This can lead to mechanical problems and sabotage your weight loss goals.
- Take a multivitamin and additional supplements as advised based on lab values.

	GOALS / DAILY MEAL PLANNING	ALLOWED FOODS	FOODS TO AVOID
CALORIES	800-1000 daily		- Fizzy carbonated drinks - Alcohol - Gum - Dry, high fiber and doughy foods - Tough meats (no red meat for 6 months after surgery) - Nuts and seeds - Popcorn - Dried fruits - Granola - Fried foods - Bread, sticky and doughy foods
MEAL SIZE	¾ to 1 cup 3 meals (up to 3 oz protein with 1c vegetables/fruit, 1/4c starch as needed) and 1 protein supplement and 1 snack if needed		
PROTEIN	70g-100g of protein per day with at least one food high in protein at each meal.	Protein drinks may be used as needed to reach goal. Patients may consider using 1-2 supplements per day indefinitely e.g. breakfast and mid-afternoon snack. See next section for list of protein supplements.	
FLUID (BEVERAGE)	Try for >48oz per day of fluids	- Drink only calorie-free beverages (except nonfat milk and protein drinks). - Consume at least 64oz of fluid per day. DO NOT drink with meals. Drink either 30 minutes before or beginning 30 minutes after your meals. - Can have up to 200 mg of caffeine daily (approx. 12 oz brewed coffee or tea)	

1 Year and Onward

1 Year and Onward: Healthy Meal Plan

- Slowly increase the amount of food at one sitting to 1-1½ cup at a time.
- Eat 2-3 small meals per day. Stop eating at the first sensation of abdominal pressure or fullness
- Eat very slowly. Take 30 minutes to eat each meal.
- Chew well. Take very small bites and chew your food to applesauce consistency.
- Select a balanced diet, choosing foods from all groups such as the Bariatric Healthy Plate or Bariatric Food Pyramid model.
- Avoid sugar, sweets and desserts. Also avoid high fat foods such as creamy soups, gravy, butter, etc.
- Avoid foods which often cause stomach upset.
- Avoid larger meals!

	GOALS / DAILY MEAL PLANNING	ALLOWED FOODS	FOODS TO AVOID
CALORIES	1000-1200 daily		- Fizzy carbonated drinks - Alcohol - Gum - Dry, high fiber and doughy foods - Tough meats - Nuts and seeds - Popcorn - Dried fruits - Granola - Fried foods - Bread, sticky and doughy foods
MEAL SIZE	1 -1.5 cup 3 meals (3 oz protein with 1c vegetables/fruit, 1/4c starch as needed) and 1 protein supplement and 1 snack if needed		
PROTEIN	80g-100g of protein per day of protein per day with at least one food high in protein at each meal.	Protein drinks may be used as needed to reach goal. Patients may consider using 1-2 supplements per day indefinitely e.g. breakfast and mid-afternoon snack. See next section for list of protein supplements.	
FLUID (BEVERAGE)	Try for >48oz per day of fluids	Water, Crystal Light, light or non-fat unflavored milk alternative (soy, almond, Lactaid), any sugar-free, non-carbonated beverage Can have up to 200 mg of caffeine daily (approx. 12 oz brewed coffee or tea)	
FOOD	N/A		

SAMPLE MEAL PLAN						
	GOAL	BREAKFAST	SNACK	LUNCH	SNACK	DINNER
STAGE 3	Two meals (up to 1-2 oz protein with 1/4c vegetables/fruit) and two protein supplements	protein supplement	NA	1-2oz blended protein with 1/4c blended veggies /fruit	protein supplement	1-2oz blended protein with 1/4c blended veggies /fruit
STAGE 4	2 meals (up to 1-2 oz protein with 1/4-1/2 c vegetables/fruit) 2 protein supplements and 1 snack if needed	protein supplement	OPTIONAL soft protein with veggies or fruit (ex. cottage cheese with fruit, string cheese with fruit, hummus with soft veggies)	1-2oz soft protein with 1/4 - 1/2c soft veggies /fruit	protein supplement	1-2oz soft protein with 1/4 - 1/2c soft veggies /fruit
STAGE 5	2-3 meals (up to 2-3 oz protein with 1/2c vegetables/fruit) and 2 protein supplements plus 1 snack if needed	protein supplement OR 2-3 oz protein with 1/2c veggies or fruit (egg with spinach or cottage cheese with fruit) and use protein supplement as snack	OPTIONAL protein with veggies or fruit (ex. cottage cheese with fruit, string cheese with fruit, hummus with veggies)	2-3oz protein with 1/2c veggies /fruit	protein supplement	2-3oz protein with 1/2c veggies /fruit
STAGE 6	2-3 meals (up to 2-3 oz protein with 1/2-1c vegetables/fruit, 1/4c starch as needed) and 1 protein supplement plus 1 snack if needed	protein supplement OR 2-3 oz protein with 1/2c veggies or fruit (egg with spinach or cottage cheese with fruit) and use protein supplement as snack	OPTIONAL protein with veggies or fruit (ex. cottage cheese with fruit, string cheese with fruit, hummus with veggies)	2-3oz protein with 1/2-1c veggies /fruit and 1/4c starch as needed	OPTIONAL protein supplement OR snack protein with veggies or fruit (ex. tuna with veggies or 2 whole grain crackers, string cheese with fruit, hummus with veggies)	2-3oz protein with 1/2-1c veggies /fruit and 1/4c starch as needed
STAGE 7+	3 meals (up to 3 oz protein with 1c vegetables/fruit, 1/4c starch as needed) and 1 protein supplement and 1 snack if needed	protein supplement OR 3 oz protein with 1c veggies or 1/2c fruit (egg with spinach or cottage cheese with fruit) and use protein supplement as snack	OPTIONAL protein with veggies or fruit (ex. cottage cheese with fruit, string cheese with fruit, hummus with veggies)	3oz protein with 1c veggies /fruit and 1/4c starch as needed	OPTIONAL protein supplement OR snack protein with veggies or fruit (ex. tuna with veggies or 2 whole grain crackers, string cheese with fruit, hummus with veggies)	3oz protein with 1c veggies /fruit and 1/4c starch as needed

Helpful Post-Surgery Grocery Shopping List

PROTEIN

- Beans (navy, pinto, black, etc.)
- Beef (very lean, ground)
- Chicken (moist, no skin)
- Cheese (reduced fat)
- Cottage cheese (reduced fat)
- Crab/imitation crab
- Egg/egg whites
- Egg substitute
- Ham
- Lamb
- Lobster
- Pork (lean)
- Fish (cod, tuna, trout, salmon, etc.)
- Scallops/shrimp
- Tofu/soy beans/edamame
- Soy milk/Lactaid milk
- Turkey (no skin)
- Veal
- Vegetable burgers (those with g protein $\geq$ g of carbohydrates AND under 5g fat)
- Yogurt (15-18g total carbohydrates)

VEGETABLES

- Artichoke
- Asparagus (well-cooked)
- Beets
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Chard
- Collard Greens
- Cucumber
- Eggplant
- Green Snap peas
- Jicama
- Kale
- Leeks
- Mushrooms
- Onions
- Radish
- Peppers
- Salad/spinach greens
- Seaweed
- Tomato
- Water Chestnuts
- Yellow squash
- Zucchini

FRUIT

- Apple
- Applesauce (unsweetened)
- Apricots
- Banana
- Blueberries
- Cantaloupe
- Cherries
- Grapefruit
- Grapes
- Guava
- Kiwi
- Lemon
- Nectarines
- Papaya
- Peach
- Honeydew Melon
- Pears
- Pineapple
- Plums
- Raspberries
- Strawberries
- Tangerines
- Watermelon

FAT – Small Amounts

- Avocado
- Canola Oil
- Olive Oil
- Margarine (trans-fat free)
- Vegetable spray – can be olive or canola

Miscellaneous

- Cinnamon
- Garlic/garlic powder
- Herbs/seasonings
- Mrs. Dash
- Mustard
- Pepper
- Pickles/relish
- Vinegar
- 21 Seasoning Salute

Foods to AVOID Post-Surgery

Avoid excessive amounts of the following list of foods following your surgery. These foods may cause unwanted weight gain, dumping syndrome, or block the anastomosis between the stomach and small intestine.

STARCHES

- Bagels
- Biscuits
- Bread sticks
- Bread (untoasted)
- Croissants
- Doughnuts
- French toast
- Grits
- Muffins
- Pancakes
- Pasta
- Pastry
- Pita bread
- Granola
- Rice cakes
- Rolls
- Stuffing
- Waffles

Avoid the following list of foods entirely, following your surgery.

MAY BLOCK THE ANASTOMOSIS

- Coconut
- Dried fruit
- Nuts/seeds
- Potato skins
- Corn
- Gum
- Popcorn
- Celery raw (cooked in soup is OK)
- Skins/seeds of fruits and vegetables
- Hot dog skins

MAY CAUSE DUMPING SYNDROME

- Ice cream
- Cookies
- Cake
- Excess fruit juice
- Juice smoothies
- Candy/candy bars
- Coffee drinks
- Soda pop
- Frozen yogurt
- Milkshake

HIGH FAT FOODS (MAY CAUSE WEIGHT GAIN)

- Bacon
- Fast food
- French fries
- Fried egg rolls
- Fried food
- Hamburger
- Hash browns
- Mayonnaise
- Onion rings
- Pizza
- Potato chips
- Sausage

MISCELLANEOUS FOODS

- Alcohol
- Caffeinated beverages
- Carbonated beverages
- Spicy foods