

**HOW TO EAT AFTER  
GASTRIC BYPASS  
or  
GASTRIC SLEEVE**

**Dietary Guidelines**

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# **STAGE 1**

## Week 1

### *LIQUIDS ONLY*

By consuming liquids only, you will prevent vomiting or overfilling and stretching your new stomach pouch. This gives your body a chance to heal and, thereby decreasing the chances vomiting.

<b>Week 1</b>	<b>Eating Behaviors</b>	<b>Food Choices</b>
	Consume a low-fat, low-sugar <b>liquid</b> diet for the first week: <ul style="list-style-type: none"><li>• Sip 4-6 ounces of liquids per meal</li><li>• 3 protein shakes a day</li><li>• Drink water or other non-calorie, non-carbonated beverages between meals</li></ul>	<b>Full Liquids</b> diet choices: <ul style="list-style-type: none"><li>• Carnation Instant Breakfast (blue box-no added sugar)</li><li>• Nonfat (skim) milk</li><li>• Clear broth (skimmed of fat)</li><li>• Creamy (strained) soups</li><li>• Any sugar free, non carbonated beverage</li><li>• Sugar free jello and popcicles</li><li>• Commercially prepared protein drinks</li></ul>

Try to find a protein shake that you like that contains approximately **12 grams of protein per serving and approximately 15 grams of sugar or less per serving**. If you do not tolerate milk then try soy milks or lactaid. There are a few clear liquid protein drinks available as well.

## STAGE 2

### Week 2

#### THICKER LIQUIDS

Week 2	Eating Behaviors	Food Choices
	<p>Consume a low-fat, low-sugar, all liquid Diet for the first 3 weeks:</p> <ul style="list-style-type: none"><li>• Sip 4 to 8 ounces of liquids per meal</li><li>• 2-3 protein shakes a day</li><li>• Drink water or other non-calorie, non-carbonated beverages between meals</li></ul>	<p><b>Liquid</b> diet choices:</p> <ul style="list-style-type: none"><li>• Nonfat (skim) milk</li><li>• Carnation Instant Breakfast</li><li>• Low-fat creamy soups (with more consistency)</li><li>• Low-fat, low-sugar yogurt or pudding</li><li>• Commercially prepared protein drinks</li></ul>

DO's	DON'Ts
<ul style="list-style-type: none"><li>• Sip liquids slowly</li><li>• Choose liquids which are low in fat and calories</li><li>• Drink plenty of water or non-calorie beverages between meals</li><li>• Avoid alcohol and carbonated beverages</li></ul>	<ul style="list-style-type: none"><li>• Eat any solid foods or soups containing solids such as meats, breads or noodles</li><li>• Soups made with cream</li><li>• Puddings or custards unless they are low-fat and low-calorie</li><li>• Gulp any liquids</li></ul>

## STAGE 3

Weeks 3-4

### *SOFT FOODS*

During weeks 3-4, you should eat foods which are moist and mushy and can be crushed with your fork. If at any time you have difficulty with this stage, return to the liquid stage.

Weeks 3-4	Eating Behaviors	Food Choices
	<ul style="list-style-type: none"><li>• Slowly consume soft consistency protein food in small amounts 3-6 times a day</li><li>• Limit portion size to ½ cup</li><li>• You may eat food at 3 meals and drink a protein shake in between meals</li><li>• Drink water or other non-calorie, non-carbonated beverages.</li><li>• Do not drink with your meals or for 1 hour after a meal.</li></ul>	<p>Soft protein food choices:</p> <ul style="list-style-type: none"><li>• Low-fat cheese (cottage cheese, American cheese)</li><li>• Eggs or egg substitutes</li><li>• Egg, chicken or tuna salad</li><li>• Soy products</li><li>• Beans</li></ul> <p>Soft carbohydrate food choices:</p> <ul style="list-style-type: none"><li>• Hot cereal or cold “soggy” dry cereal</li><li>• Mashed potatoes</li><li>• Fruit without the skin (canned fruit, apple sauce or bananas)</li></ul> <p>Soft well-cooked vegetables (spinach, squash)</p>

Remember to eat slowly and try very small portions to start. You may notice a feeling of fullness after eating small portions of soft foods.

## **STAGE 4**

Week 5+

### ***SOLID FOODS***

You are ready to introduce solid food into your diet. You should be experiencing satiety, a feeling of fullness and satisfaction after eating small portions of solid foods, mainly after your first adjustment.

<b>Weeks 5+</b>	<b>Eating Behaviors</b>	<b>Food Choices</b>
	<ul style="list-style-type: none"><li>• Slowly consume a small portion of protein food and vegetables 3-4 times a day</li><li>• Keep portion sizes at ½ cup per meal</li><li>• Between 3 and 6 months your portion size will increase to 1 cup per meal</li><li>• Chew all solid foods to a mushy consistency</li><li>• Do not drink liquids during or for 1 hour following a meal</li></ul>	<p>Solid foods, as tolerated:</p> <ul style="list-style-type: none"><li>• Fish</li><li>• Ground chicken, beef and turkey (dark meat)</li><li>• Avoid fibrous foods such as pineapple, celery and non-tender cuts of red meat</li><li>• Avoid the skin on raw fruits and vegetable for 4 months</li><li>• Introduce pasta, rice and breads at separate times to see if they are tolerated</li><li>• Tolerance of some foods may change so try again later</li></ul>

Remember to eat very slowly, chew thoroughly, and take very small bites. You should spend about 20 minutes eating each meal. Once solids are started, you should experience a feeling of fullness. This is how you will eat permanently.

	<b>Go Ahead Foods</b>	<b>On Occasion Foods</b>	<b>Foods to Avoid</b>
<b>Vegetables</b>	All fresh and frozen	Vegetable juice Tomato juice	Deep fried vegetables Creamed vegetables Corn Asparagus stalks Celery
<b>Fruits</b>	Fresh fruits	Fruit juices	Fruits canned in syrup Pineapple Fruit candy Fruit punch
<b>Proteins</b>	Chicken or turkey, no skin Lean pork Lean beef Fish Tuna fish Milk, skim or 1% Eggs or egg substitutes Low-fat cottage cheese Low-fat cheeses Yogurt, non-fat, no added sugar Dried beans and peas	Marbled beef Less lean cuts of pork and beef	Whole milk Regular cheeses Omelets Ribs Sausage Bacon Fried Chicken
<b>Starches</b>	Whole grain bread Cooked cereal Brown rice Whole wheat pasta Dried beans and peas Baked potato Sweet potato	White bread Unsweetened ready- to-eat cereal Saltine crackers Rice cakes	Snack chips and crackers Sweetened cereal Cookies Cake Ice Cream Sweetened beverages French fries

Choose a variety of foods everyday and refer to this list if weight loss is not optimal. You may add nuts and the skin on fruits and vegetables between 4 to 6 months after your surgery.

## **Vitamins**

We recommend taking one every day. Since most vitamin pills are fairly large and could possibly block the small opening in your stomach pouch, you will need to select either a liquid daily multi-vitamin supplement (e.g. liquid Centrum) or 2 children's chewable vitamins (e.g. Flinstones) or one adult chewable (e.g. Centrum chewable).

## **Calcium**

The absorption of calcium can be affected after gastric bypass surgery, so calcium supplementation is also necessary on a daily basis. We recommend 1500 mg per day and it will also need to be chewable. (Chewable Caltrate 600 Plus or 5 Tums per day or 3 Viactive Chews).

## **Caffeine**

We advise limiting caffeine to 300mg per day. Caffeine tends to increase the acids in the stomach causing irritation and heartburn pain. Caffeine is a diuretic (increases urination), which will increase the loss of water, certain vitamins and minerals such as calcium, magnesium and potassium. Try substituting decaffeinated beverages instead.

## **Soft Drinks (Carbonated Beverages)**

Carbonation from soft drinks can build up in the small stomach pouch and cause bloating or stomach irritation, which can be very uncomfortable. Three to four (3-4) months following your surgery, if you want to try soft drinks, let the soda sit in a glass with ice for a few minutes so that some of the gas is released. You should only try sugar free (diet), caffeine-free sodas.

## **Dumping Syndrome**

Dumping syndrome occurs from the rapid passage of food into the small intestine, which results in a rapid shift of fluid into the intestines. This can result in diarrhea and dehydration. Cramping, sweating, flushed appearance, dizziness, weakness and headache are symptoms of dumping syndrome. It is caused by eating foods high in sugar and/or fat, as well as overeating and drinking liquids with meals.

## Exercise

Exercise will be an important part of your new lifestyle. We know that by increasing your activity level, you are increasing the amount of energy your body expends. This results in increased weight loss. We also know that most individuals who have successfully maintained their weight for long periods of time are usually those who exercise on a regular basis.

### **Tips for an Active Lifestyle**

- Walk for 30 minutes or more most days of the week
- Take the stairs instead of the elevator
- Park your car further away in the parking lot
- Go for a walk with a friend or family member
- Follow a balanced fitness program
- Join friends in a sports activity

### **The Rules for Successful Weight Loss**

- Eat 3 small meals a day
- Limit portion size to approximately 1 cup of food per meal
- Eat slowly and chew thoroughly (approximately 15-20 times a bite)
- Always eat proteins first
- Stop eating as soon as you feel full
- Don't drink while you are eating
- Don't eat between meals
- Eat mostly fresh foods (less processed)
- Avoid sweets and foods high in fat
- Avoid fibrous food (celery, corn, etc.)
- Drink enough during the day (approximately 64 ounces)
- Only drink low calorie drinks
- Exercise at least 30 minutes a day

## **Helpful Hints**

- A liquid is anything that can be sucked through a straw
- Take very small bites of food
- Don't swallow until food becomes uniformly mushy
- Cut up your food into tiny pieces before beginning
- Try eating with baby or toddler utensils
- Order an appetizer instead of an entrée at a restaurant
- Ask if you can order from the children's menu
- Share the entrée with a friend
- Intolerance to some foods (bread, pasta, rice, red meats) may only be temporary
- Your protein goal for each day should be approximately 60 grams
- One ounce of beef/chicken/pork/fish equals 7 grams of protein
- Start taking your daily multi-vitamin and calcium supplement when you begin drinking your protein shakes (several days after surgery)
- Sometime between 6 months and 1 year after surgery you will no longer need to drink protein shakes. You should be able to consume all your protein through the foods you eat.
- Take your vitamin and calcium supplement every day forever