

Roux-En-Y Gastric Bypass/Sleeve Gastrectomy Post-Surgery Diet Phases

Full Liquid Diet – Phase II Food Choices Gastric Bypass: Day 2 to Day 10 post-surgery Sleeve Gastrectomy: Day 1 to Day 10 post-surgery

FOOD GROUP	FOODS TO CHOOSE	FOODS TO AVOID
Milk/Dairy *Protein rich foods	<ul style="list-style-type: none"> • Fat-free/1% milk, low-fat buttermilk • Lactaid fat-free milk • Soy milk - plain or no added sugar (fortified with calcium & vitamin D) • Non-fat dry milk powder • Protein drinks/powders • Light or No Sugar Added yogurt with no solid pieces (fruit). Blend or strain chunks of fruit. • Light Greek yogurt thinned with milk (blend or strain chunks of fruit) • Fat-free plain yogurt (sweeten with a sugar substitute and flavor with vanilla extract) • 2% milk fat or less cottage cheese small curd (chewed until it becomes a pasty liquid) • Strained or blended low-fat cream soup made with fat-free/1% milk or broth based soups 	<ul style="list-style-type: none"> • 2% or whole milk • Chocolate milk • Ice cream/sherbet • Milkshakes • Whole milk in cream soups • Yogurt with fruit on the bottom
Meat, Poultry, Fish & Eggs *Protein rich foods.	<ul style="list-style-type: none"> • Pureed meats/poultry or Stage 1 or 2 Baby Food meats/poultry. *Only if added to low-fat cream soup or broth. Be sure to keep soups liquefied 	<ul style="list-style-type: none"> • Whole meats • Raw Eggs
Cereals/Starches	<ul style="list-style-type: none"> • Cooked cereal: Cream of Wheat, Cream of Rice (such as Gerber brand), Grits, Malt-O-Meal <p>*Make with milk/soy milk & thinned with milk/soy milk for full liquid diet</p>	<ul style="list-style-type: none"> • Oatmeal • All Others

Vegetables	<ul style="list-style-type: none"> Instant mashed potatoes, thinned with liquid of choice (milk or broth) Tomato juice, V-8 Vegetable juice 	<ul style="list-style-type: none"> V-8 Fusion or V-8 Splash & V-8 Hot & Spicy Tomato Juice
FOOD GROUP	FOODS TO CHOOSE	FOODS TO AVOID
Fruits *Limit 100% fruit juice to 4 - 6 oz. daily & dilute juice with water: 50% juice & 50% water	<ul style="list-style-type: none"> Unsweetened, 100% fruit juice, diluted with water (Limit to 4 - 6 oz. per day) : 4 oz. fruit juice + 4 oz. water (no pulp) Unsweetened applesauce 	<ul style="list-style-type: none"> Juices with added sugar Orange or grapefruit juice Fruit beverage drinks such as Hawaiian Punch and Sunny Delight
Sweets & Desserts	<ul style="list-style-type: none"> Sugar-free Jell-O or Sugar-free popsicles (fluid only; do not count as a meal/snack) Sugar-free or No Sugar Added Hot Chocolate Sugar-free pudding 	<ul style="list-style-type: none"> Carbonated beverages High-calorie/High sugar foods or beverages, such as ice cream, sherbet, sugar, honey Regular Jell-O or pudding
Fats & Oils (Limit to 3 selections daily)	<ul style="list-style-type: none"> 1 tsp. Margarine or butter 1 tbsp. Reduced-fat margarine 1 tsp. Vegetable Oil 	<ul style="list-style-type: none"> Cream Gravy

REMINDERS:

- 1. Volume of Food at each meal or snack: Approximately 1 /2 cup or less.**
- 2. Always listen to new stomach/pouch to know how much to eat.**
- 3. Stop eating when feeling satisfied or comfortably full.**

Full Liquid Diet Sample Menu

6:30 am:	8 oz. of fluid such as decaffeinated hot tea	8 oz. fluid
8:00 am:	½ cup cream of Wheat made with fat-free/1% milk & thinned down with milk. To boost protein, mix 1 scoop unflavored protein powder such as Beneprotein or make with fortified milk	10 g protein *Made with fortified milk
9:00 am:	8 oz. water	8 oz. fluid
10:30 am:	4 oz. Unjury Protein drink made with fat-free/1% milk	14 g protein
11:00 am:	8 oz. Crystal Light	8 oz. fluid
12:30 pm:	4 oz. blended low-fat cream soup made with fortified milk or make soup with milk and add 1 scoop unflavored protein powder such as Beneprotein.	9 g protein *Made with fortified milk
1:30 pm:	8 oz. water	8 oz. fluid
3:00 pm:	4 oz. No Sugar Added Carnation Instant Breakfast	12 g protein *Made with Fortified milk
4:30 pm:	8 oz. decaffeinated hot tea	8 oz. fluid
6:00 pm:	1/3 cup low-fat cottage cheese mixed with 1 tbsp. unsweetened applesauce	10 g protein
7:30 pm:	8 oz. Minute Made Light Lemonade	8 oz. fluid
9:00 pm:	4 oz. Unjury Protein drink made with fat-free/1% milk	14 g protein
		Total: 69 g protein 48 oz. fluid

***Sip on calorie free beverages between meals, throughout the day to achieve fluid goals. Include water as part of your fluid intake.**

Pureed/Mashed Foods – Phase III Food Choices

*(Day 11 to one month after surgery)

Average Food Volume at meals & snacks: Bypass: 4 – 6 tablespoons

Sleeve: ½ cup or less

FOOD GROUP	FOODS TO CHOOSE	FOODS TO AVOID
<p>Milk/Dairy</p> <p>*Protein Source</p> <p>*Consume 2-3 calcium – rich dairy foods per day which include 1 cup of milk/soy milk, container of light yogurt /Greek yogurt or 1 oz. of cheese.</p>	<ul style="list-style-type: none"> • Fat-free/1% milk, low-fat buttermilk • Lactaid fat-free milk, Soy milk with no sugar added (plain) fortified with calcium & Vit. D (All lactose free) • Part-skim Ricotta Cheese • 2% milk fat or less Cottage Cheese • Reduced fat cheeses (2% milk) with soft texture, such as string cheese or American Cheese or Laughing Cow Light. <p>*don't have to blend cheeses; chew thoroughly</p> <ul style="list-style-type: none"> • No Sugar Added Egg Custard <p>*Recipe in nutrition protocol packet</p> <ul style="list-style-type: none"> • Fat-free, No Sugar Added (Light) Yogurt, blending or straining out chunks of fruit • Light Greek yogurt thinned with milk (blend or strain chunks of fruit) • Non-fat, plain yogurt or plain Greek Yogurt. <p>*Thin the Greek yogurt. Add sugar substitute/vanilla extract to yogurt to flavor!</p>	<ul style="list-style-type: none"> • Whole milk, cream soups made with whole milk, milkshakes, yogurt with added sugar
<p>Meat, Poultry, Fish & Eggs</p> <p>*Protein Source</p> <p>*Approximate servings at meals: 2 - 3 tbsp. or 1 ½ oz.</p> <p>*1 oz. of meat, fish, poultry = approximately 7 grams protein</p> <p>*Avoid proteins cooked in oil, fat and butter.</p>	<ul style="list-style-type: none"> • Blend meat & poultry. • Moist & flaky white fish. Mash the cooked fish, take small bites and chew to liquefied consistency. White fish selections include tilapia, grouper, catfish & cod • Egg, tuna or chicken salad made with low-fat mayonnaise/ Miracle Whip (mash well). • Scrambled or mashed boiled egg (Scrambled egg does not have to be blended. Add milk or 1 tbsp. plain yogurt or water before scrambling for a softer egg texture.) 	<ul style="list-style-type: none"> • Meat or poultry not blended or mashed with low-fat Miracle Whip or Mayonnaise • Potted meats • Salmon or other dense white fish • Nuts, seeds • Cooked/canned beans, peas or lentils • Peanut Butter

FOOD GROUP	FOODS TO CHOOSE	FOODS TO AVOID
Meat, Poultry, Fish & Eggs (continued)	<ul style="list-style-type: none"> • Cooked, mashed beans OR hearty bean soup • Fat-free refried beans (top with melted reduced fat cheese) • Tofu • PB2 Peanut Butter Powder (Adds peanut butter taste to yogurt, protein shakes & hot cereals with less calories than peanut butter) 	
Bread/Cereal/Starches *Carbohydrate Source	<ul style="list-style-type: none"> • Mashed potatoes (white or sweet) • Cream of Wheat, Malt-O-Meal, Cream of Rice (See baby food section of grocery store), Grits 	<ul style="list-style-type: none"> • Soft, doughy bread products • Uncooked cereal, oatmeal • Pasta, rice • All other foods
Vegetables *Include 2-3 daily with protein-rich meals: 1 or 2 tbsp. serving *Carbohydrate Source	<ul style="list-style-type: none"> • Vegetables cooked until tender and pureed/mashed. • Strained baby food (Stage I or II) • Tomato Juice, V-8 Vegetable Juice 	<ul style="list-style-type: none"> • Raw vegetables • Seeds, skins or hulls • V-8 Hot & Spicy Vegetable Juice, V-8 Fusion or Splash
Fruits *Include 2 daily: 1 or 2 tbsp. servings *Limit 100% fruit juice to 4 - 6 oz. daily & dilute: 50% juice & 50% water. *Carbohydrate Source	<ul style="list-style-type: none"> • Blend until smooth canned fruit packed in its own juice or water • Strained baby food (Stage I or II) • Unsweetened applesauce • Ripe banana, mashed • 100% Fruit Juice, diluted 	<ul style="list-style-type: none"> • Whole fruits or seeds • Sweetened juices • Canned fruit with added sugar. • Baby food desserts, such as Blueberry Buckle or Hawaiian Delight.
Sweets & Desserts Limit	<ul style="list-style-type: none"> • Hot cocoa mix, No Added Sugar or Sugar-free • Sugar-free pudding • Sugar-free Jell-O & Sugar-free popsicles 	<ul style="list-style-type: none"> • Foods or beverages with added sugar
Fats & Oils Limit to 3 - 4 selections per day	<ul style="list-style-type: none"> • 1 teaspoon margarine, butter, mayonnaise, vegetable oil • 2 tsps. Miracle Whip • 1 tablespoon mild salad dressing such as vinegar & oil, low-fat mayonnaise/Miracle Whip or low-fat margarine 	All high fat condiments, such as gravy, shortening, & cream.

FOOD GROUP	FOODS TO CHOOSE	FOODS TO AVOID
	<ul style="list-style-type: none"> 1 tbsp. mashed avocado 	

Pureed/Mashed Diet Sample Menu

*Volume of food will be based on the density of food and will vary for each patient. Always stop eating when getting the signals you are full.

*Be sure to drink fluids throughout the day to meet goals. Follow the 30 minute rule for drinking.

*Mix in Beneprotein or other unflavored protein powder to soft foods or liquids to boost protein!

Breakfast	<ul style="list-style-type: none"> 1 scrambled egg (Hint: mix with small amount of milk or 1 tbsp. plain yogurt before cooking for softer texture.) 2 – 3 tbsp. Light yogurt (blend or strain if contains chunks of fruit) mixed with ½ scoop Beneprotein 	<ul style="list-style-type: none"> ½ cup Cream of Wheat (or hot cereal of choice) made with fortified milk (contains lactose) and thin with more milk. Top with cinnamon. <p>*Can also make hot cereal with Soy Milk & boost protein with an unflavored protein powder</p>
30-60 minutes after completion of the meal	1 cup fat-free/1% milk (count as fluid & protein)	1 cup low-sugar juice (count as fluid)
Mid-Morning Snack	4 oz. Unjury protein shake (or protein shake of choice)	4 oz. Non-fat light vanilla yogurt mixed with 1 scoop of flavored protein powder
Lunch	<ul style="list-style-type: none"> Chicken salad (made with 1 ½ - 2 oz. moist, cooked chicken (diced) and mix with low-fat/fat-free mayonnaise/ Miracle Whip. Mash well! 1 tbsp. mashed green beans 1 tbsp. blended pears 	<ul style="list-style-type: none"> 1/3 cup Refried Beans topped with 1 oz. melted reduced fat cheese 1 tbsp. mashed banana
30-60 minutes after completion of the meal	30 – 60 minutes after completion of the meal: 1 cup Water (count as fluid)	30 – 60 minutes after completion of the meal: 1 cup fat-free/1% milk (count as fluid & protein)
Mid-Afternoon Snack	¼ cup cottage cheese mixed with 1 tbsp. blended peaches	1 string cheese 1 tbsp. applesauce
Dinner	<ul style="list-style-type: none"> 1 ½ - 2 oz. tilapia (mashed) 1 tbsp. cooked mashed carrots 1 tbsp. unsweetened applesauce 	<ul style="list-style-type: none"> 3 – 4 tbsp. blended roast beef 1 tbsp. mashed potatoes 1 tbsp. mashed green beans
30-60 minutes after completion	30 – 60 minutes after completion of the meal: 1 cup fat-free/1% milk	30 – 60 minutes after completion of the meal: 1 cup water

of the meal	(Count as fluid & protein)	(Count as fluid)
Evening Snack	4 oz. Unjury protein shake *Or other protein shake of choice	4 oz. Nectar fruit-juice flavored protein shake *Or other protein shake of choice

Soft diet – Phase IV Food Choices

*(Week 5 – Week 8)

*Volume of Food: Approximately ½ cup at meals/snacks

FOOD GROUP	FOODS TO CHOOSE	FOODS TO AVOID
<p>Milk/Dairy</p> <p>* Protein Rich</p> <p>*Consume 2 – 3 calcium –rich dairy foods per day, which should include 1 cup of milk.</p> <p>*Milk, Yogurt & cheese are calcium-rich foods.</p>	<ul style="list-style-type: none"> • Fat-free/1% milk, low-fat Buttermilk • Lactaid Fat-free milk, or Soy Milk, No Sugar Added fortified with calcium & Vit. D. (All Lactose Free) • No Sugar Added or (Light) yogurt • Fat-Free plain yogurt or Fat-free plain Greek yogurt • Fruited Greek Yogurt (140 calories or less per 6 oz. container) *Tip: To reduce added sugar intake, mix 1 individual contain of fat-free plain Greek yogurt with the container of fruited Greek yogurt & divide into individual servings. • Light Greek Yogurts: Yoplait Greek 100 Calories & Dannon Light & Fit Greek, Chobani Simply 100 & Oikos Triple Zero. (each 5.3 oz. container) • Reduced fat (2% milk), Light or Fat-free cheese • 2% milk-fat or less Cottage Cheese & Ricotta Cheese 	<ul style="list-style-type: none"> • Whole, 2% milk, or chocolate milk. Ice cream products, milkshakes or other dairy foods made with added sugar. Cream soups made with whole milk.
<p>Fish, Poultry, Meat & Other Protein-Rich Foods</p> <p>*Approximate serving size 1 ½ - 2 oz.</p> <p>*1 oz. of meat, fish, poultry = 7 grams</p>	<ul style="list-style-type: none"> • Eggs/Egg Substitutes • Fish, with no breading, tuna packed in water, salmon • Lean pork (cuts from loin) • Poultry • Lamb, veal, venison 	<p>Tough meats (many beef cuts can be tough)</p> <p>High fat meats: Spare ribs, Prime rib, Boston Butt, Hot dogs, Vienna sausage; Bacon/sausage; Fried meats/fish; Bologna/Pickle</p>

FOOD GROUP	FOODS TO CHOOSE	FOODS TO AVOID
<p>protein</p> <p>*Proteins must be moist & tender to tolerate.</p> <p>*Avoid proteins cooked in oil, fat and butter</p>	<ul style="list-style-type: none"> • Beans, peas or lentils • Tofu • *Smooth Peanut Butter (Use with caution due to high fat, high calorie content with a little protein). • PB2 Peanut Butter Powder 	<p>Loaf, Salami, Bratwurst or other high-fat luncheon meat; Pepperoni; SPAM, potted meats.</p> <p>*Nuts & seeds will be incorporated at a later time.</p>
<p>Vegetables: <u>Soft, cooked & low-fiber.</u></p> <p>*2 – 3 selections per day</p> <p>*Approximate servings size: 1 – 2 Tablespoons</p> <p>*Include a protein source with these foods.</p>	<p>*All vegetables cooked until soft, except shredded lettuce & skinned tomato.</p> <ul style="list-style-type: none"> • Green Beans, carrots • Soft, tender tips of asparagus • Shredded Lettuce • Skinned tomato • Summer squash, winter squash, pumpkin • Cauliflower, broccoli florets • Eggplant, mushrooms, okra • Baked or mashed white or sweet potato (no skins) • Beets • Green peas • Cabbage • Tomato Juice, V-8 Vegetable Juice 	<p>Raw vegetables</p> <p>Fibrous vegetables with skins, seeds & hulls such as corn.</p> <p>V-8 Fusion, V-8 Splash</p> <p>Avoid all vegetables which are buttered, au gratin, creamed or fried!</p>
<p>Fruits: <u>Cooked or canned, without skins/peelings.</u></p> <p>*2 selections per day</p> <p>*Approximate serving size: 1 – 2 Tablespoons</p> <p>*Include a protein source with these foods.</p>	<ul style="list-style-type: none"> • Canned packed in natural juice or water: peaches, pears, mandarin oranges, fruit cocktail • Frozen fruit with no added sugar for fruits appropriate for current diet phase • Bananas • Strawberries • Soft fresh fruits with NO skins or seeds: melons, peaches, apples, pear 	<p>Avoid peelings, skins & seeds: peelings/skins on fresh fruit</p> <p>Avoid grapes, blueberries, blackberries & raspberries; fruits with membranes: oranges & grapefruit; all dried fruit; figs, dates, coconut, all fruit juice</p>
<p>Grains: Breads/Cereals</p> <p>At this early phase, choose grain based</p>	<ul style="list-style-type: none"> • Cooked cereals: oatmeal, Cream of Wheat, Malt-O-Meal; unsweetened • Top yogurt with low-fiber cereals such as 	<p>Avoid high fiber breads & cereals: Breads & cereals with nuts, seeds & dried fruit; Grape</p>

FOOD GROUP	FOODS TO CHOOSE	FOODS TO AVOID
<p>foods that are lower in fiber and have less than 5 grams of fiber per serving.</p> <p>Be sure to toast breads!</p> <p>Grains: Breads/Cereals (continued)</p> <p>*1 – 2 selections per day if protein goals are achieved.</p>	<p>Cheerios, Rice Krispies, Special K High Protein cereal to add some crunch!</p> <ul style="list-style-type: none"> • White or wheat bread toasted • Saltine Crackers (1 – 2) <p>*Approximate grain serving size: ½ slice toast, ¼ - 1/3 cup cereal, 2 – 3 low-fiber crackers.</p> <p>Consume with a protein food source</p>	<p>Nuts, “natural” cereals, Kashi cereals, Shredded Wheat, Wheat Chex, Fiber One cereals, Steel Cut Oats.</p> <p>Avoid sugar-coated breads & cereals: doughnuts, Danish, coffee cakes, iced breads or breads containing cinnamon-sugar.</p> <p>Avoid snack foods such as processed peanut butter crackers, pretzels, snack crackers, chips, Gold Fish crackers & popcorn</p> <p>Other foods to avoid: Pasta, rice, fried rice, granola</p>
<p>Soups & Stews</p>	<ul style="list-style-type: none"> • Low-fat cream or broth-based soups & stews (made only with allowed ingredients) • Hearty bean or lentil soup • Chili soup, mildly seasoned • Add additional ground or diced meats OR poultry to soups to boost protein intake. 	<p>Avoid regular cream soups canned, homemade or purchased from a restaurant.</p>
<p>Desserts</p>	<ul style="list-style-type: none"> • Sugar-free pudding or egg custard • Hot cocoa mix, No Sugar Added or Sugar-Free • Sugar-free gelatin or popsicles (counted as fluid only) 	<p>Avoid all desserts made with added sugar: cake, pies, cookies, candies, ice cream, sherbet. Avoid beverages with added sugar.</p>
<p>Fats</p> <p>*Limit to 3 - 4 servings per day</p>	<ul style="list-style-type: none"> • 1 tsp. margarine, butter, mayonnaise • 2 tsps. Miracle Whip • 1 tbsp. reduced-fat margarine, mayonnaise or Miracle Whip • 1 tbsp. mild salad dressing, such as vinegar & oil or 2 tbsp. of reduced fat salad dressing • 1 tbsp. mashed Avocado 	<p>Avoid regular gravies, shortenings, cream-based items, butter or cheese sauces.</p> <p>Avoid high sugar content salad dressings such a French or Catalina.</p>
<p>Miscellaneous</p>	<p>Seasonings may be used to add flavor, such as fresh herbs or ground spices and smooth</p>	<p>Avoid condiments with high sugar content: honey mustard</p>

FOOD GROUP	FOODS TO CHOOSE	FOODS TO AVOID
	condiments including mustard, 1 tbsp. low-sugar catsup, Worcestershire, low-sodium soy sauce, teriyaki sauces, and vinegar or mild salsa.	or barbecue sauce, pickle relish, & cocktail sauce. Avoid highly spicy condiments: Tabasco, hot sauce or salsa, hot peppers. Avoid pickles.

Soft Diet Sample Menu

*Volume of food will be based on the density of food and will vary for each patient. Always stop eating when getting the signals you are full.

*Be sure to drink fluids throughout the day to ensure meeting goals.

Breakfast	<ul style="list-style-type: none"> 1 scrambled egg or 2 egg whites ½ slice toast 1 tbsp. low-fat margarine 	<ul style="list-style-type: none"> ½ cup oatmeal made with Skim/1% milk (make with fortified milk to boost protein or add an unflavored protein powder) Sliced bananas to top the oatmeal
30-60 minutes after completion of the meal	<ul style="list-style-type: none"> 1 cup skim/1% milk 	<ul style="list-style-type: none"> 1 cup calorie-free beverage
Mid-Morning Snack	<ul style="list-style-type: none"> 1 string cheese 1/4 cup applesauce (unsweetened) 	<ul style="list-style-type: none"> ¼ cup cottage cheese ¼ cup canned peaches (packed in own juice)
Lunch	<ul style="list-style-type: none"> Shredded lettuce Skinned, diced tomato 1 ½ - 2 oz. Grilled salmon 1 – 2 tbsp. light salad dressing (low-sugar content) 	<ul style="list-style-type: none"> 2 oz. tuna Mixed with 1 tbsp. reduced fat mayonnaise 1 - 2 slices skinned tomato
30-60 minutes after completion of the meal	<ul style="list-style-type: none"> 1 cup water 	<ul style="list-style-type: none"> 1 cup skim/1% milk
Mid-Afternoon Snack	<ul style="list-style-type: none"> 4 – 6 oz. protein shake *Blend with frozen fruit like strawberries or peaches 	<ul style="list-style-type: none"> 4 – 6 z. protein shake *Blend with frozen fruit like strawberries or peaches
Dinner	<ul style="list-style-type: none"> 1 ½ - 2 oz. rotisserie chicken 2 tbsp. green beans 1 tbsp. low-fat margarine 	<ul style="list-style-type: none"> 1 ½ - 2 oz. tilapia 2 tbsp. carrots 1 tbsp. low-fat margarine
30-60 minutes after completion of the meal	<ul style="list-style-type: none"> 1 cup water 	<ul style="list-style-type: none"> 1 cup water
Evening Snack	<ul style="list-style-type: none"> 4 – 6 oz. protein shake 	<ul style="list-style-type: none"> 4 – 6 oz. protein shake

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*Use herbs & spices to make your foods more flavorful, such as cinnamon in your oatmeal!

Regular Lifetime Diet – Food Choices

FOOD GROUP	FOODS TO CHOOSE	FOODS TO AVOID
<p>Milk/Dairy</p> <p>*Protein</p> <p>2 – 3 servings daily</p> <p>*Include 2 calcium-rich dairy foods daily which includes 1 cup of milk.</p>	<ul style="list-style-type: none"> • Fat-free/1% milk, Low-fat Buttermilk • Soy Milk plain or no sugar added fortified with calcium & Vit. D • Lactaid fat-free milk • 2% milk-fat or less Cottage Cheese/Ricotta cheese • Reduced-fat (2% milk) or light cheeses • Light or No Sugar Added yogurt • Fat-free fruited Greek yogurt (140 calories or less per 6 oz. container) *Tip: To reduce added sugar intake, mix 1 individual contain of fat-free plain Greek yogurt with the container of fruited Greek yogurt & divide into individual servings. • *Light Greek Yogurts: Yoplait Greek 100, Dannon Light & Fit Greek, Chobani Simply 100, & Oikos Triple Zero. (each 5.3 oz. container) 	<p>Whole milk, milkshake, ice cream, sherbet, cream soups made with whole milk or cream, cream sauces (white sauce), cheese sauce & butter sauce</p>
<p>Meat, Fish, Poultry, Eggs:</p> <p>*Dense proteins (Protein you have to chew, will stick in your pouch and keep you feeling full longer.)</p> <p>*1 oz. of meat, fish, poultry = approximately 7 grams protein.</p> <p>Include non-starchy vegetables with lean proteins.</p>	<ul style="list-style-type: none"> • Canned tuna packed in water or chicken, poultry without skin, fish, lean ground beef (at least 90% lean), white meat ground chicken or turkey, Eggs/Egg Substitutes • All varieties of fish, tuna packed in water, salmon • Lean pork (cuts from loin) • Lean beef (cuts from loin or round) • Poultry (without skin) • Lamb • Venison of other game meats • Beans, peas or lentils • Tofu (cooked very moist & tender) • Peanut Butter (sparingly) • Peanut Butter Powders: PB2 Peanut Butter Powder 	<p>High fat meats: spare ribs, prime rib, Boston Butt, hot dogs, bacon/sausage; skin on poultry; fried meats/fish; Bologna/Pickle Loaf, Salami, or other high-fat luncheon meat; SPAM, potted meats</p> <p>Tough meats</p> <p>Avoid proteins cooked in oil, fat and butter.</p>

FOOD GROUP	FOODS TO CHOOSE	FOODS TO AVOID
	*Always test tolerance with a new food with 1 – 2 bites!	
Non-Starchy Vegetables 2 – 3 selections daily. *Carbohydrates	All types raw or cooked. Beware of skins of vegetables such as tomatoes or potatoes.	Fried, au gratin or creamed vegetables. *Skins of vegetables may not be well tolerated.
Fruits *Include 2 – 3 selections per day. *Carbohydrates	Canned fruit in its own juice or water & unsweetened frozen fruit All Fresh fruits: such as apples, pears, peaches, plums & nectarines, grapes, bananas, strawberries, blueberries, blackberries, raspberries, kiwi, papaya, pineapple. Melons, such as cantaloupe or watermelon (remove seeds)	Canned fruit in heavy syrup, fruit frozen in syrup, canned pie fillings, orange & grapefruit membranes, dried fruit, coconut *Skins on fruits may not be well tolerated.
Grains/Breads & Starchy Vegetables <u>1. Choose whole grains!</u> <u>2. Always include a protein-rich food with the grain-based food.</u> *Carbohydrates	Whole-grain breads (continue to toast) & crackers, unsweetened, whole grain cereals, whole-grain pasta, Barley, Bulgur, Quinoa (great replacement for rice & better tolerated). Starchy vegetables: Potatoes, peas, winter squash.	High fat breads such as croissants, biscuits; soft breads without toasting, sugar-coated cereals, donuts, muffins, danish, snack chips, pretzels, vending machine peanut butter crackers. Fried, creamed, cheesy potatoes.
Soups and Stews	-Any cream made with low-fat/non-fat dairy products. -Broth-based soup -Hearty bean/lentil Soups *Add diced or ground poultry/meat for more protein. (Remember that soups are considered a liquid & should not be eaten on a regular basis. Thick stews made with meats and vegetables are a better choice)	Soups made with whole milk or cream
Desserts	Sugar-free gelatin or popsicles, Sugar-free pudding, Sugar-free Egg Custard, or other Sugar-Free or No	All other sweets/desserts

FOOD GROUP	FOODS TO CHOOSE	FOODS TO AVOID
	Sugar Added desserts. Hot cocoa mix, No Sugar Added	
*Choose more vegetables, fruits and low-fat dairy foods for carbohydrate choices.		
<p>Fats</p> <p>*Limit to 3- 4 servings per day.</p> <p>Watch sugar content of salad dressings!</p>	<p>1 tsp. butter, margarine, vegetable oil, mayonnaise</p> <p>2 tsps. Miracle Whip</p> <p>1 tbsp. mild salad dressing, reduced-fat margarine, mayonnaise or Miracle Whip</p> <p>2 tbsp. reduced-fat salad dressing</p> <p>1 ½ Tbsp. light cream cheese</p> <p>3 Tbsp. Reduced-fat sour cream</p> <p>2 tbsp. mashed Avocado</p>	<p>Gravy, Cream, Shortening</p>
<p>Miscellaneous</p>		<p>Avoid high-sugar condiments such as honey mustard sauce, barbecue sauce and sweet and sour sauce</p>

Regular Diet Sample Menu

***Volume will vary based on length of time from surgery & density of food.**

Meal – 7:30 a.m.

1 boiled, poached or scrambled egg

1 – 2 oz. Canadian bacon

½ slice whole grain bread toasted + 1- 2 tsp. low-fat margarine. Can include low-sugar fruit spread.

*30 – 60 minutes after the meal: 1 cup fat-free or 1% milk

9 to 10:00 a.m.

Peel apple slices with reduced-fat cheese

Meal – noon

½ cup chicken chili

2 – 3 whole grain crackers

*See recipe for chili in **“Recipes for Life After Weight-Loss Surgery”** cookbook by Margaret M. Furtado, MS, RD, LDN

*30 – 60 minutes after the meal: 1 cup water or other calorie-free beverage of choice

2:30 p.m.

6 – 8 oz. Protein shake, blend in frozen fruit for flavor change

Meal – 5:30 p.m.

2 – 2 1/2 oz. grilled or baked fish

2 tbsps. baked potato without skin + 2 tbsp. carrots

See recipe for fish in **“Weight Loss Surgery Cookbook for Dummies”** by Brian K. Davidson,

David “Chef Dave” Fouts & Karen Meyers, MS, RD/LD

*30 – 60 minutes after the meal: 1 cup skim or 1% milk

8:00 p.m.

¼ cup cottage cheese

¼ cup canned fruit packed in own juice