

# University of Mississippi Medical Center

## Dietary Guidelines following Obesity Surgery

The operation that you had will help you control the amount of food you eat. This will help you lose weight. It is very important that you follow this diet to lose weight and stay healthy.

If you do not follow this diet, a few things may occur:

- You may cause the pouch of your stomach to stretch.
- You may not lose weight.
- You may get “dumping syndrome,” which means that food may move out of your stomach too quickly. This is caused by drinking liquids with your meals or by eating or drinking foods or beverages that are high in sugar (for example, soft drinks). The symptoms of dumping syndrome include nausea, stomach cramps or diarrhea 15 minutes after you eat. You might also feel warm, dizzy or faint.

### The Stages of Your Diet

◆ For the first few days after your surgery, you may not be able to eat or drink anything. While you are still in the hospital, you will start to drink water and some **clear liquids**.

◆ Next, you will advance to a **full-liquid** diet for about six weeks. You will need to drink liquids frequently to get enough nutrition and fluid. This diet includes some pureed (blenderized) foods.

◆ After six weeks, you will begin solid foods as part of a **low-fat diet**.

These stages are explained in more detail in the following pages. You will need to use measuring cups and spoons to carefully measure your foods and beverages.

## Weeks 1-2: Full-liquid Diet

- ◆ Eat and drink slowly. You will be able to drink about one fluid ounce (two tablespoons) every 15 minutes. You will need to drink at least six cups (48 fluid ounces) of liquid every day. Measure your liquids carefully.
- ◆ "High-protein liquids" and "other liquids" you may drink are listed below. Each day, you will need to drink three cups from the "high protein" list and three cups from the "other" list. To drink this much liquid, you will need to drink frequently throughout the day.
- ◆ Make sure that your liquids are not too hot or too cold. This can trigger dumping syndrome and make you feel sick.
- ◆ Do not drink sodas, carbonated drinks or other liquids that contain a lot of sugar. Liquids with a lot of sugar include sodas, Snapple, Kool Aid, Gatorade, Hi-C, and Sunny Delight. Do not add sugar to your drinks (for example, coffee and tea). Drinks with a lot of sugar can cause dumping syndrome.
- ◆ Do not drink alcohol, including hard liquor, beer, wine or wine coolers.
- ◆ Never chew gum. If you swallow gum, it can block the new opening in your stomach.

High Protein Liquids (3 cups per day)	Other Liquids (3 cups per day)
Skim Milk (If you do not tolerate dairy products, try LactAid or DairyEase products)	Black Coffee, Hot or Iced Tea* without sugar (preferably decaf)
No-sugar-added Carnation Instant Breakfast (mix with skim milk)	Broth
Ensure, Ensure Plus, Boost, Sustacal, SlimFast drinks (These products have some sugar but may be tolerated in small amounts)	Crystal Light, sugar-free Kool Aid
	Unsweetened Juices (100% juice only, <u>not</u> Hi-C or juice drinks). Do not drink more than 1 cup (8 ounces) of juice in a day.
	*You may use sugar substitutes such as Equal or Sweet N Low.

You may eat the following foods in addition to your liquids:

- two tablespoons of unsweetened cooked cereal, such as oatmeal and cream of wheat (thin with water or skim milk);
- two tablespoons of strained cream soups made with skim milk;
- two tablespoons of plain mashed potatoes (thin with skim milk);
- two tablespoons of fat-free, sugar-free yogurt, such as Yoplait Light or Dannon Light (if the yogurt has fruit chunks in it, you will need to blenderize it first); and
- two tablespoons of sugar-free pudding or custard made with skim milk or sugar-free Jell-O.

Take two children’s chewable vitamins with minerals every day, such as Flintstones Complete or Centrum Junior. You can also ask your doctor about using a liquid vitamin/mineral supplement. Your doctor may prescribe other vitamins and minerals, such as calcium and iron.

### Sample Full Liquid Menu (weeks 1 and 2)

7:00 am	1 fluid oz. Unsweetened apple juice
7:15 am	1 fl. oz. skim milk
7:30am	2 tablespoons oatmeal
7:45 am	1 fl. oz. skim milk
8:00 am	1 fl. oz. Water
	(continue to eat/drink allowed foods every 15 minutes throughout the morning and afternoon)
5:00 pm	2 tablespoons mashed potatoes
5:15 pm	1 fl. oz no sugar added Carnation Instant Breakfast
5:30 pm	2 tablespoons Strained Cream of Broccoli Soup
5:45pm	1 fl. oz. skim milk
6:00 pm	2 tablespoons sugar-free vanilla pudding
	(continue to eat/drink allowed foods every 15 minutes throughout the evening until bedtime)



◆ Regular physical activity will be an important part of your weight loss plan. Ask your doctor when it is okay to begin exercising and what type of exercise is best for you. Your doctor may tell you to begin a walking program shortly after your surgery. You should aim for 30 minutes or more of exercise 5 or more times per week.

## Weeks 3-6: Full Liquid Diet

◆ At this time, your doctor will increase the amount of liquid you may drink at one time to two fluid ounces. Now you will only eat or drink every 30 minutes instead of every 15 minutes.

◆ You may increase the amount of other foods (cooked cereals, mashed potatoes, etc.) to ¼ cup. You may add some variety to your diet by adding ¼ cup of the following foods:

- scrambled egg whites or egg substitutes (for example, Eggbeaters);
- unsweetened pureed fruits like applesauce, pureed peaches, pureed apricots or pureed pears;
- pureed vegetables like green beans or carrots (avoid “gassy” vegetables such as broccoli and cabbage, since they may make you feel bloated);
- pureed meat (for example, pureed chicken or turkey); and
- it may be helpful to use pureed baby food fruits, vegetables and meats.

◆ Stop eating when you feel full. You do not need to finish your entire portion if you are full. Continuing to eat after you are full can cause nausea and vomiting.

◆ Call your doctor if you are unable to eat due to nausea or vomiting or if you have severe diarrhea.

### Sample Full Liquid Menu (weeks 3-6)

7:00 am	2 fluid oz. unsweetened apple juice
7:30 am	2 fl. oz. skim milk
8:00 am	¼ cup scrambled egg whites
8:30 am	2 fl. oz. water
9:00 am	2 fl. oz. skim milk
	(continue to eat/drink allowed foods every 30 minutes throughout the morning and afternoon)
5:00 pm	¼ cup mashed potatoes
5:30 pm	2 fl. oz no-sugar-added Carnation Instant Breakfast
6:00 pm	¼ cup pureed chicken
6:30 pm	¼ cup unsweetened applesauce
7:00 pm	2 fl. oz. skim milk
	(continue to eat/drink allowed foods every 30 minutes throughout the evening until bedtime)

## ★ Low-fat Diet ★

This is the diet that you will need to follow from now on.

- ◆ You may now begin to add solid food to your diet. You will need to take very small bites of food and chew thoroughly. You should chew each bite of food about 30 times. You should chew your food until it turns to liquid. If you cannot chew a bite of food until it turns to liquid, spit it out.
- ◆ Make sure that your food is very moist. Dry or tough foods are harder to digest.
- ◆ You should eat five small meals per day instead of eating every 30 minutes. Eat very slowly. Include a source of protein (see below) at each meal.
- ◆ Stop eating when you feel full. You do not need to finish your portions if you are full. Continuing to eat after you are full can cause nausea and vomiting.
- ◆ You should only drink liquids 30 minutes before or 30 minutes after your meals and snacks. Drink liquids slowly. You may now drink four fluid ounces (1/2 cup) at one time. Do not drink more than eight fluid ounces (1 cup) in an hour. Continue to drink six cups per day of liquids listed in the high protein and other liquids sections (page 2).

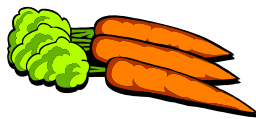


- ◆ **Good sources of protein** include meat, milk, fish and eggs. Use the following guidelines for high-protein foods.
  - Eat baked, broiled or boiled meats that are tender, such as chicken and turkey without the skin. Beef may be hard to digest for some patients.
  - Do not eat fatty meats such as bacon, sausage, hot dogs, bologna, salami, fried meats, or fatty cuts of meat. Do not eat tough or stringy meats like corned beef or regular hamburger (ground beef).
  - Eat tuna packed in water and baked or broiled fish. Do not eat fried fish or shellfish that is difficult to chew completely.
  - Eat cooked egg whites or egg substitute (like Eggbeaters). Do not eat fried eggs or raw eggs.

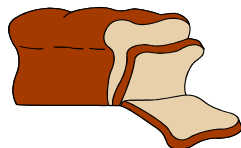
- Dairy products such as 1% and skim milk, low-fat yogurt and low-fat cottage cheese are good choices. Do not eat high-fat dairy products such as whole milk, ice cream and regular cheeses.
- Low-fat tofu and soy milk are good vegetarian sources of protein.
- Dried beans (for example, pinto, black or kidney beans) are good sources of protein, but may cause gas and bloating.



- ◆ Eat a variety of soft fruits, such as bananas, unsweetened applesauce, peaches, mandarin oranges, pears and pineapples.
- ◆ Do not eat the membranes of oranges or grapefruits, or the peels, skins, seeds or cores of fruits.
- ◆ Canned fruits should be packed in water or juices, not syrup (even light syrup).



- ◆ Eat a variety of soft cooked vegetables like carrots, green beans or squash. You may also drink tomato or vegetable juice.
- ◆ Do not eat raw vegetables.
- ◆ Do not add butter, cheese or cream sauces to your vegetables.
- ◆ Do not eat fried vegetables or stringy vegetables, like celery.



- ◆ Eat a variety of low-fat starchy foods like pasta, potatoes, rice, noodles and bread. Some patients have trouble eating soft, mushy bread.
- ◆ Oatmeal, grits and Cream of Wheat are good choices for cooked cereals.
- ◆ Do not eat high-fat starches, such as crackers (unless they are a low-fat brand), muffins, french fries, waffles, biscuits, doughnuts, sweet rolls, chips or other snack foods (i.e. Cheetos, goldfish, corn chips or peanut butter crackers).
- ◆ Do not eat honey- or sugar-sweetened cereals. Choose low-sugar cereals such as regular Cheerios, Special K and corn flakes.
- ◆ Do not eat cereals with nuts, seeds, or coconut.
- ◆ Ask your doctor or dietitian if you are unsure if a cereal is okay for you to eat.
- ◆ You may eat a small amount of fat on your foods (2-3 teaspoons per day). Fats include margarine, salad dressing, mayonnaise, olive oil, and canola oil.

- ◆ You may use fat-free or light salad dressing, light margarine, light sour cream, and fat-free or light mayonnaise.
- ◆ Do not eat too many fats. These add a lot of calories to your diet and can make you feel sick.
- ◆ Do not eat foods that contain a lot of sugar. These include cakes, candy, pie, cookies, chewing gum, syrup, jelly, honey, ice cream and soda. These foods have a lot of calories. They may make you feel sick and cause dumping syndrome.
- ◆ Do not add a lot of salt or salty seasonings (for example, lemon pepper, steak or A-1 sauce, soy sauce, or teriyaki sauce) to your food. This can make you feel thirsty and you might want to drink too much liquid. Use salt-free spices as long as you can tolerate them.
- ◆ Continue to take the vitamin/mineral supplement as recommended by your doctor. Your doctor may check your iron and vitamin B12 levels since patients who have weight loss surgery often have low levels. You may also need to take additional calcium.
- ◆ Your meals should not exceed a quantity of four ounces (1/2 cup). You will need to measure your foods to make sure that you do not exceed this amount.
- ◆ Do not constantly nibble on foods. This can stretch your pouch and slow down your weight loss.
- ◆ Call your doctor if you cannot eat because of nausea, vomiting or diarrhea.

### Sample Low-Fat Menu

**Breakfast:**

2 scrambled egg whites  
 ¼ cup cooked oatmeal

**Dinner:**

1 oz. broiled chicken  
 ¼ cup cooked carrots

**Mid-morning Snack:**

¼ cup low-fat cottage cheese  
 ¼ cup pineapple

**Lunch:**

1 oz. baked pork Loin  
 2 tbsp. cooked rice  
 1 tsp. light margarine  
 2 tbsp. green beans

**Evening Snack:**

1 oz. low-fat yogurt  
 ¼ cup canned pears

\*Remember to drink liquids 30 min. before or 30 min. after your meals