

Post Weight Loss Surgery Transition Diet Stages 7 - 8

Columbia University Center for Metabolic
and Weight Loss Surgery

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STAGE 7

DURATION: 4th, and possibly 5th, week after discharge.
FOOD: Soft solid food

GUIDELINES FOR SOFT SOLID FOODS

- 1. SLOWLY EAT SMALL AMOUNTS OF FOODS. TAKE BITES THAT ARE NO BIGGER THAN THE SIZE OF A DIME. STOP EATING WHEN YOU ARE COMFORTABLY SATISFIED.**

Take one small bite, put your spoon or fork down, chew well, swallow and then wait 10-15 seconds after swallowing to take another bite. When you feel satisfied, STOP EATING and wait until your next meal! If you don't stop eating when you first experience the feeling of satisfaction, you will feel pain and/or vomit. Do not watch T.V., play on your computer, talk on the phone or read while eating. Place food on a small plate to maximize its appearance. Your capacity to eat more will increase over time. You shouldn't, however, be able to consume the amount of food you did prior to surgery.

- 2. CHEW FOODS TO A PUREED CONSISTENCY (ABOUT 15 TO 25 TIMES).**

- 3. DO NOT SPEND MORE THAN 20 CONTINUOUS MINUTES EATING.**

- 4. CONTINUE TO EAT (MOSTLY OF HIGH PROTEIN FOODS) EVERY 2-3 HOURS.**

- 5. AVOID HIGH FAT FOODS AND BEVERAGES AS WELL AS HIGH FAT COOKING METHODS.**

- 6. DO NOT DRINK WHILE YOU ARE EATING AND WAIT 30 MINUTES AFTER YOU HAVE FINISHED EATING TO START DRINKING AGAIN.**

- 7. AIM TO DRINK SIX 8-OUNCE CUPS (48 OZS.) OF FLUIDS PER DAY.**

You should be able to slowly drink about 8 ounces of fluids at one time. **Drink very low-calorie and calorie-free fluids such as water, sugar-free drinks, coffee or tea.** Calorie-free fluids are preferred since all of your calories should come from food. *Eat your calories; do not drink them!*

- 8) GASTRIC BYPASS PATIENTS: DO NOT DRINK MORE THAN 2 CUPS OF CAFFEINATED BEVERAGES (COFFEE, TEA, ETC.) PER DAY SINCE CAFFEINE INTERFERES WITH THE ABSORPTION OF SOME VITAMINS AND MINERALS.**

- 8. DO NOT DRINK ANY CARBONATED BEVERAGES.**

- 9. CONTINUE TO STAY AWAY FROM FOODS/BEVERAGES THAT HAVE TOO MUCH ADDED SUGAR. DO NOT DRINK JUICE OR EAT DRIED FRUIT.**

- 10. YOU CAN ELIMINATE YOUR PROTEIN DRINK WHEN YOU ARE ABLE TO CONSUME AT LEAST 60g OF PROTEIN FROM FOOD ALONE.**

- 11. MAKE SURE THAT YOUR FOOD IS AS MOIST AS POSSIBLE.**

If a bite of a food that is too dry gets "stuck" and causes discomfort, get up and walk around for several minutes. If the food continues to be "stuck", drink some water which will force the food down or cause it to come up. Either way, you will get relief from your discomfort.

- 12. WHEN TRYING A FOOD FOR THE FIRST TIME AFTER SURGERY, ALWAYS TRY THAT FOOD AT HOME FIRST.**

SOFT SOLID FOODS

These are the most important food groups to attain your daily minimum of 60g of protein:

Milk Group (High Protein)
Non-fat, fat free, lite or light yogurt, flavored or plain

Protein Group (High Protein)
Fin fish, lobster, shrimp, scallops, crab
Ground lean meat
Ground chicken or turkey <u>breast</u> (Hamburger, meatball, meatloaf or chili)
Soft cooked eggs and egg substitutes (no hard-boiled eggs yet)
Beans (legumes)
All cheese <i>with 3g of fat or less per serving</i>
Tofu, miso paste, tempeh

Other foods that may be consumed after consuming your daily minimum of 60g of protein:

Vegetable Group
Soft cooked artichoke (leaf tips and bottom), beets, cabbage, carrots, onion, mushrooms, sauerkraut, turnips and skinless eggplant, summer squash, tomato and zucchini

Fruit Group
Canned fruit packed in <i>water or natural juice</i>
Unsweetened applesauce
Banana, kiwi, melon, papaya, mango, raspberries, strawberries and peeled apricot, nectarine, peach or plum

Starch Group
Oatmeal, cream of wheat or rice, farina or grits, all <i>without any lumps</i>
Soups that contain fish, ground turkey or chicken breast, pureed or ground lean meat or soft cooked vegetables
Low fat cream soups
Toasted bread, bread sticks, crackers, melba toast, matzoth, rice cakes
Corn, peas, lima beans, plantains, potatoes, yams, winter squash, yucca
Unsweetened corn, wheat or oat bran flakes and Special K

Fat Group
Avocado, butter, cream cheese, margarine, mayonnaise, Miracle Whip, oils, olives, creamy peanut butter, salad dressing, sour cream, tahini paste
NOTE: Choose the light or low fat versions or limit the amount of full fat versions. Choose natural PB without sugar.

NOTE: Beef (except ground), rice and pasta should be avoided for 3 months after surgery.

SAMPLE MENU—SOFT SOLID FOODS

Breakfast (7am)

1-2 scrambled eggs

7-14 grams protein

Snack (10am):

4-5.3 ounces Greek yogurt

9-15 grams of protein

Lunch (1pm):

1-4 ounces ($\frac{1}{8}$ - $\frac{1}{2}$ Cup) Wendy's chili

2-7.5 grams of protein

Snack (4pm):

$\frac{1}{2}$ cup Skim Plus milk blended with

5.5 grams protein

$\frac{1}{2}$ scoop Isopure® powder

12.5 grams protein

Dinner (7pm):

1-2 ounces baked fillet of sole

7-14 grams protein

Snack (10pm):

$\frac{1}{2}$ cup Skim Plus milk blended with

5.5 grams protein

$\frac{1}{2}$ scoop Isopure® powder

12.5 grams protein

Total Protein: 61-86.5 grams

STAGE 8

START: 5th or 6th week after discharge.
DURATION: On-going.
FOOD: Regular solid food

GUIDELINES FOR REGULAR SOLID FOODS

- 1) FOLLOW ALL THE GUIDELINES FOR SOFT SOLID FOODS THAT ARE ON PAGE 1.
- 2) RED MEAT (ESPECIALLY BEEF), SOFT OR FRESH BREAD, WHITE RICE, PASTA AND FIBROUS (STRINGY) VEGETABLES (ASPARAGUS, BROCCOLI STALKS, LEEKS, CELERY, STRING BEANS, SUGAR SNAP PEAS, SNOW PEAS/CHINESE PEA PODS, ETC.) MAY NOT BE TOLERATED WELL, EVEN WITH CAREFUL CHEWING. Removing the strings from celery, string beans, and the pea pods will make them easy to tolerate. Eat broccoli florets, not the stalks.
- 3) THE SKIN ON SOME FRUITS AND VEGETABLES IS OFTEN DIFFICULT TO DIGEST AFTER SURGERY (I.E. THE SKIN ON APPLES, PEARS, NECTARINES, ZUCCHINI AND EGGPLANT).
You may have to peel these foods for several months until you get better at chewing.
- 4) CUT ALL FOOD INTO PIECES NO BIGGER THAN THE SIZE OF A DIME BEFORE EATING.
- 5) NEVER CONSUME MORE THAN $\frac{3}{4}$ OF A CUP OF FOOD AT ONE TIME TO MAINTAIN THE SMALL SIZE OF YOUR STOMACH.
Eat no more than $\frac{1}{4}$ cup of vegetables *plus* no more than 3 ounces of fish or 2 ounces of poultry or 2 ounces of meat at a meal. You can substitute $\frac{1}{2}$ cup of salad for the $\frac{1}{4}$ cup of vegetables. You can also decrease the amount of meat, fish or poultry and increase the amount of vegetables if you are getting the minimum of 60g of protein daily.

SAMPLE MENU-REGULAR FOOD

Breakfast (7am)

1 hard-boiled egg	7 grams protein
½ slice <i>whole wheat</i> bread, <u>toasted</u>	1.5 grams protein
1 tsp butter	

Snack (10 am)

8-14 ounces high protein drink	25 grams protein
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Lunch (1pm)

1-2 ounce(s) chicken breast	7-14 grams protein
¼ cup cooked green beans	1 gram protein

Snack (4 pm)

1 ounce low-fat Swiss cheese	7 grams protein
½ cup strawberries	

Dinner (7:30 pm)

1-3 ounce(s) baked fish	7-21 grams protein
½ cup chopped salad	

Snack (10:00 pm)

5.3 ounces Total 0% Greek Yogurt	15 grams protein
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Total Protein: 70.5g-90.5g

ADDITIONAL INFORMATION ABOUT THE FOOD PROGRESSION

1. As your diet progresses and you are eating more, there may be the temptation to eat foods with a higher fat content. Please resist this temptation as it will slow down or even reverse your weight loss. Keep the following in mind as you make your food choices:
 - A) **All fried foods are high in fat** whether they are vegetables (e.g. fried zucchini sticks, French fried potatoes, hash browns, fried plantains, onion rings), poultry (e.g. fried chicken, chicken nuggets, buffalo chicken wings), beans (e.g. refried beans) or snacks (e.g. Cheetos[®], Doritos[®], Fritos[®], potato chips). Grilled cheese sandwiches, egg rolls, French toast, chow mein noodles, croutons and hard taco shells are other examples of fried foods. All fried foods should be avoided.
 - B) Use low fat cooking methods
 - 1) Bake, broil, roast, grill, poach, steam or boil your meat, poultry or fish instead of frying.
 - 2) Use a non-stick pan and/or a cooking spray (e.g. PAM[®]) when cooking on top of the stove. If it is necessary to use oil, use as little as possible (1 tsp should be sufficient). Do not use the following fats in your cooking: bacon grease, fatback (or salt pork), shortening (e.g. Crisco[®]), lard and beef tallow.

- C) Stay away from high fat meats/poultry such as spareribs, sausages, oxtails, chicken/turkey wings, chopped chicken livers, ground pork, regular ground beef, luncheon meats that have 5 grams or more of fat per ounce (e.g. bologna, pimento loaf, salami), hot dogs (beef, turkey and chicken), bacon (unless counted as a fat serving: 1 slice = 1 fat serving).
- 1) Instead of regular ground turkey or chicken, use ground turkey or chicken **breast**.
 - 2) Instead of regular ground beef/chuck, use ground sirloin or beef that is 91% to 99% lean.
 - 3) The best choices for luncheon meats are: turkey/chicken breast, roast beef, any of the hams or Healthy Choice® luncheon meats.
 - 4) Chicken or turkey hot dogs have almost as much fat as regular beef hot dogs. Choose **low fat beef** hot dogs instead.
 - 5) Canadian bacon is much lower in fat than regular bacon. It is a better choice.
- D) Remove skin from poultry as almost all the fat in poultry is in or just under the skin.
- E) Trim all visible fat from meat.
- F) Continue to use **fat free, 1%, Skim Plus®, Fairlife® or Smart Balance®** milk and **light or fat free** yogurt.
- G) Consume only those cheeses with **3 grams of fat or less per ounce**. When eating away from home it is safe to assume that the cheese on your food is full fat cheese. Either eliminate it or reduce the amount that you consume.
- H) Olives are considered a fat: 8 large black/green olives = 1 fat serving
10 small black or green, stuffed olives = 1 fat serving.
- I) Nuts have protein but also a lot of good fat. They may be difficult for you to digest so proceed with caution!! Nuts are actually good for you but you should not consume more than 1 ounce of nuts daily which is equal to *about* 3 fat servings.
- 4 halves of pecans, walnuts = 1 fat serving
 - 10 whole peanuts or pistachios = 1 fat serving
 - 6 almonds or cashews = 1 fat serving
 - 1 TBSP sesame, pumpkin and sunflower seeds = 1 fat serving
 - 2 tsp peanut butter = 1 fat serving
- J) Foods made with mayonnaise such as egg, tuna, chicken, macaroni and potato salads and cole slaw are high in fat, mostly due to the full fat mayo that is used to make them. One teaspoon of mayo is 45 calories and 5g of fat. You are getting much more mayo than one teaspoon in one serving of these foods.
- Either avoid these items when eating out or make them at home using low fat or fat free mayonnaise [Hellmann's® Light (flavored varieties are OK) or Reduced Fat Mayonnaise products are good choices].
- Tartar sauce is made from mayonnaise so it is high in fat. Make your own tartar sauce using low fat or fat free mayonnaise. Good recipes are available online.
- K) Choose tuna packed in water versus tuna packed in oil. You will save up to 10 calories and 2 grams of fat per ounce. Tuna salad that is purchased away from home is also made with oil-packed tuna which contributes to its high fat content, along with the high fat mayo. Similarly, by choosing skinless and boneless sardines packed in water versus oil, you could save about 30 calories and 3g of fat per ounce.

L) When eating out, the salad dressings that are served are usually high in fat. Ask for low fat or fat free dressings “on the side” (in a separate container from your salad). Pour salad dressing sparingly over your salad or dip your fork into the salad dressing first, then spear your lettuce leaves. These methods will cut back on the fat for an otherwise healthy food.

45 calories and 5 grams of fat:

1 TBSP regular salad dressing
2 TBSP’s low fat salad dressing

Less than 20 calories with no fat:

1 TBSP fat free salad dressing
2 TBSP’s fat free Italian salad dressing

M) “Light” olive oil means light in flavor. It has the same amount of fat and calories as regular olive oil.

N) Other high fat foods include: cream soups (made with heavy cream and butter), New England clam chowder, granola (cooked in oil), mashed potatoes (usually made with regular milk and butter), regular popcorn (cooked in oil), crackers stuffed with cheese or peanut butter, avocado (a good fat but 1/8 of one = 45 calories and 5g fat), sauces such as alfredo, béarnaise, hollandaise, white clam and pesto (made with cream, mayonnaise, butter and/or oil), “light” tomato sauce (has cream added to make it light in color), coconut (meat, cream and milk), hummus (made with olive oil and tahini paste, both good fats) and croissants (made with a lot of butter).

2. **Herbs and spices are fine to use in seasoning your foods.** Limit the amount of hot, spicy foods that you consume like hot pepper sauce, jalapeno peppers, red pepper flakes, etc. These may generate excess stomach acid, causing an ulcer to develop in your stomach pouch. Other acceptable seasonings and condiments to use with foods are:

Flavoring extracts	Lemon juice	Pimentos
Garlic	Lime juice	Soy sauce*
Ketchup	Mustard*	Salsa
	Vinegar	Worcestershire Sauce*

*High in sodium

3. **Consume no more than one starch serving per day for at least the next two months.**

4. **Each person has his/her own food intolerances.** By trial and error, you will find out which foods are tolerated and which ones are not.

5. **Occasionally a food which is tolerated one day is not tolerated the next day.** This is considered normal. Remember to include a variety of foods in your diet and keep trying.

VITAMINS AND MINERALS

Take your vitamin and mineral supplements according to the “Supplement Guidelines” that was given to you by your registered dietitian.

COMMON PROBLEMS

For constipation:

- Take 2 tablespoons of Milk of Magnesia twice in one day, MiraLax[®] for up to 7 days, a Dulcolax suppository or a Fleets[®] enema.
- Drink **at least** 48 ounces of non-protein fluids.
- Increase fiber in your diet by eating more: beans, vegetables, fruits and/or high fiber cereals.
- Walk every day.
- Take a daily stool softener (e.g. Colace) or a fiber supplement (e.g. LiquaFiber, Benefiber, sugar free Metamucil[®] or sugar-free Citrucel[®]). Fiber supplements require that you drink plenty of fluids or you may become even more constipated.

For gas:

- Take over-the-counter Gas-X chewable tablets.
- Take bean-O[®] Meltaways if specific foods cause gas (e.g. beans)
- Walk every day.
- Eat and drink slowly.
- Do not skip meals.

For vomiting:

- Make sure that your bites are not bigger than the size of a dime.
- Eat slowly. Put your spoon down after taking a bite. Chew each bite 15-25 times. Wait 10-15 seconds after swallowing to take another bite.
- Do not eat foods that are too dry, e.g. overcooked chicken breast or fish.
- Wait 30 minutes after eating to drink again.
- If you continue to vomit whenever you try to eat, stop eating and drinking for 4 hours and then try one ounce of a non-sugared clear liquid. If this liquid is tolerated, consume non-sugared liquids for 1 day before trying food again. If vomiting persists, call your surgeon's office. If you also have abdominal pain, go to an emergency room.

EXERCISE

Hopefully, you have been doing well with your walking program and enjoying it. **Make sure that you are participating in cardio-vascular exercise with elevated heart rate at least 30 minutes every day.** It is **also** important for you to add resistance exercises as part of your exercise routine (get approval from your nurse practitioner or surgeon first). However, this would require the guidance of a trained professional. *The most successful patients are those that change the composition of their body. They decrease their fat mass (aerobic exercises-walking, running, treadmill, bike, rowing, elliptical, etc.) and increase their muscle mass (resistance exercises-weights, machines in the gym, exercise bands, Pilates, etc.).*

FOLLOW-UP APPOINTMENTS

It is very important that you return at the recommended time intervals after surgery for your follow-up appointments with your nurse practitioner/surgeon and dietitian. We want to make sure that you are eating and healing properly and we want to identify and treat any vitamin and/or mineral deficiency that may develop before it becomes a problem. ***YOUR NEXT APPOINTMENT WILL BE WITH YOUR NURSE PRACTITIONER/SURGEON AND DIETITIAN FIVE TO SIX WEEKS AFTER SURGERY.***

Additional Follow-Up Appointments After Surgery for Gastric Bypass and Sleeve Gastrectomy Patients:

RD: 3 months

Surgeon/NP: 6 months

Surgeon/NP and RD: 1 year and yearly thereafter for 5 years after surgery

Your care will revert back to your primary care doctor five years after surgery.

Adjustable Gastric Band Patients: The first adjustment of your BAND may be done at the 5-6 week follow-up visit in the office. Additional follow-up visits will be with your nurse practitioner/surgeon every 3-4 weeks until the BAND is adjusted appropriately for you. Additional follow-up appointments will then be scheduled on an “as needed” basis with the appropriate practitioner.

AFTER EACH ADJUSTMENT CONSUME ONLY LIQUIDS FOR THE REST OF THE DAY, SOFT SOLID FOOD THE DAY AFTER AND BACK TO REGULAR FOOD THE SECOND DAY AFTER YOUR ADJUSTMENT.

ENJOY YOUR PROGRESS!!!

CALL YOUR DIETITIAN WITH ANY DIET-RELATED QUESTIONS!

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Revised: 5/12, 7/2/12, 1/13, 1/15, 12/15, 6/17, 12/17, 1/9/18

FOOD/BEVERAGE LOG

Name:

Date:

Time	Amount (tsp, oz., TBSP, cup)	Food/Beverage	Grams of Protein
Breakfast			
Lunch			
Dinner			
Snack(s)			
Beverages			

Total grams of Protein:

Glasses of water: 1 2 3 4 5 6 7 8

FOOD/BEVERAGE LOG SAMPLE

Name: Jane Doe

Date: 1/9/18

Time	Amount (tsp, oz., TBSP, cup)	Food/Beverage	Grams of Protein
Breakfast			
7:00 A.M.	1-2	Hard boiled eggs	7-14
Lunch			
12:30 P.M.	2-3 oz	Canned tuna in water	14-21
	1 teaspoon	Light Mayonnaise	0
	½	Tomato, medium, sliced	0.5
Dinner			
6:00 P.M.	2 oz	Chicken thigh, roasted	14
	¼ cup	Carrots, steamed	1
Snack(s)			
10:00 A.M.	1 slice	Low fat cheese	7
3:30 P.M.	½ cup	Low fat cottage cheese	14
	¼ cup	Strawberries, medium, sliced	0
9:00 P.M.	6 oz	Chiobani Greek yogurt, peach	14
Beverages			
11:00 A.M.	8 oz	Tea with lemon	0
1:30 P.M.	16 oz.	Crystal Light®	0
7:00 P.M.	16 oz	Diet Snapple®	0

Total grams of Protein: 71.5 - 85.5

Glasses of water: X1 X2 X3 4 5 6 7 8