

# Shands HealthCare

**Caregiver's Name:** Sherri Findley RD

**Special Instructions:**  
Call with Questions 352-265-0111  
ext. 8-7891

## Hospital Guidelines Post Gastric Bypass Diet

### *After Surgery*

Day 1	1 oz (30 mls) water every hour
Day 2	2 oz (60 mls) Optisource every 2 hours 1 oz water every 15 minutes as needed
Discharge	Begin diet progression as recommended in your packet (Clear and Full liquids)

## Gastric Bypass Surgery Nutrition Plan: Week 1 and 2

### Clear and Full Liquids

- Broth
  - Broth-based soup
  - Coffee, tea (caffeine free)
  - Cream soups (strained) made with skim or low-fat milk
  - Fruit juice (dilute with water)  
(No citrus juices – orange, grapefruit)
  - Hot cereal (Cream of Wheat, oatmeal, grits, farina)
  - Sugar free beverages (i.e. Crystal Light, sugar free Kool-Aid)
  - Gatorade
  - Sugar free popsicles
  - Sugar free jello
  - Sugar free pudding
  - Sugar free yogurt or plain yogurt
  - Water
  - Flavored waters (Propel)
  - Skim or 1% milk, plain soymilk
- \* No carbonated beverages*

### Points to Remember:

- **Drink 4oz of liquid every hour.**

Taking in fluids frequently will help you stay well hydrated. Be sure to drink slowly. Take tiny sips, do not gulp. Drinking too fast may cause discomfort, heartburn, or vomiting.

- **Avoid concentrated sources of sugar** (regular jello, pudding, soda, popsicles, etc.) to prevent the Dumping Syndrome. Symptoms would include gas, cramping or diarrhea. Sugar substitutes such as Splenda, Sweet & Low and Equal are acceptable.
- **Meet your protein needs daily:** \_\_\_\_\_. You will need a protein supplement while on the clear and full liquid diet stage. Protein is needed for healing, to fight infection, to preserve muscle mass and to lose weight. Your needs must be met daily for a lifetime.
- **Take your supplements** (must be in a chewable form till 2 months after surgery):
  - **Multivitamin with iron**
    - Adult or children's chewable (Ex: Flintstones, Bugs Bunny, Centrum Jr)
    - Take 2 daily, (1) in the morning, (1) at night to maximize absorption.
    - You may switch to a Regular Adult Multivitamin with iron 2 months after surgery (Ex: Centrum Advanced Formula, One-A-Day Maximum). Continue taking 2 daily.
  - **Calcium**
    - Choose a chewable form of Calcium Citrate (Ex: Citracal)
    - Take 1200-1500 mg daily, separated into 2 doses (i.e. 600 in the morning, 600 at night)
    - Choose formula containing 400-800 IU of Vitamin D
    - You may switch to a swallow form of Calcium Citrate 2 months after surgery. Continue taking 1200-1500 mg daily.

### **Sample Meal: Clear and Full Liquids**

8 to 9 a.m.	4 ounces protein drink
9 to 10 a.m.	4 ounces soupy oatmeal (made with milk)
10 to 11 a.m.	4 ounces apple juice
11 to 12 noon	4 ounces protein drink
12 noon to 1 p.m.	4 ounces strained cream soup
1 to 2 p.m.	4 ounces sugar-free Jello
2 to 3 p.m.	4 ounces protein drink
3 to 4 p.m.	4 ounces sugar free popsicle or fruit juice bar
4 to 5 p.m.	4 ounces grape juice or broth
5 to 6 p.m.	4 ounces strained cream soup
6 to 7 p.m.	4 ounces sugar free pudding
7 to 8 p.m.	4 ounces protein drink
8 to 9 p.m.	4 ounces Gatorade

*\* Remember to eat and drink everything very slowly, taking tiny sips and small bites of food. Not eating or drinking slowly may result in vomiting or even lead to perforation, leaks or other complications.*

## Gastric Bypass Surgery Nutrition Plan: Week 3, 4, and 5 Pureed Diet

During the pureed diet stage, foods should be blenderized or mashed well. Prepared baby food is also acceptable.

### Points to Remember:

- Eat 6 times a day – 6 small meals
- Do not eat more than 4-5 tablespoons of food at one meal. You may use a protein supplement as a between meal snack or as a meal.
- It's dangerous to eat more than 4-5 tablespoons (T) of food at one meal because it could cause:  
nausea                      diarrhea  
vomiting                      gas  
stretch the pouch
- Allow 1 hour between meals and liquids. It's ok to take tiny sips with your meals to help keep the food moist and easier to swallow.
- Eat slowly, taking at least 20-30 minutes to eat a meal or snack. Use a small bowl or plate, baby spoon, or seafood fork to remind you to eat slowly. Also, setting your fork or spoon down between bites can help you eat slower.
- Include a high protein food (meat, milk, cheese, yogurt, egg) at each meal and snack.
- Include all other food groups when planning your meals and snacks for the day.

### Sample Menu

*Breakfast:* 1 scrambled egg  
              2 T grits

*Lunch:* 2 T tuna fish salad  
          2-3 T pureed fruit

*Dinner:* 2 T pureed chicken  
          (or) ¼ c cooked dried beans  
          2 T pureed vegetable

*Snack:* 1 c high protein beverage

*Snack:* ¼ c low-fat cottage cheese  
          2 T unsweetened applesauce or  
          mashed banana

*Snack:* 1 oz low-fat cheese  
          (or) 1 T creamy peanut butter  
          3 saltines

Other food ideas include scrambled egg beaters or egg whites, canned chicken or salmon, tofu, ricotta cheese, sugar free yogurt, sugar free pudding, hot cereals (oatmeal, cream of wheat, cream of rice, grits), mashed winter squash or sweet potato, mashed potato, pureed soups. Add low-fat dressings to help make food go down easier (light mayo, light salad dressings, fat free gravies, etc.)

- **Remember to continue meeting your protein and supplement needs daily**

## Protein Sources

A food scale is very helpful in measuring portions of meats. If you don't have a food scale, use this guide: A deck of cards is ~ 3 oz of meat.

Some serving sizes in this group are listed in cups. Use a measuring cup to measure each serving.

Note most of our protein comes meats, poultry, fish, eggs, cheese, bean, milk and milk products.

**One serving = 7 grams of protein**

Food	One serving
• Lean beef	1 ounce
• Pork tenderloin	1 ounce
• Chicken breast	1 ounce
• Turkey breast	1 ounce
• Luncheon meat (turkey breast, roast beef, lean ham)	1 ounce
• Creamy peanut butter	1 tablespoon
• Egg	1 large
• Egg beaters	¼ cup
• Egg whites	2-3
• Fish	1 ounces
• Shrimp	5-6
• Canned tuna or salmon	1 ounce or ¼ cup
• Lowfat cheese	1 ounce (1" cube)
• Lowfat or fat free cottage cheese	½ cup
• Tofu	¼ cup
• Beans	½ cup
○ Garbanzo beans	
○ Navy beans	
○ Kidney beans	
○ Butter beans	
○ Black-eyed peas	
○ Baked beans	
○ Black beans	
○ Great Northern beans	
○ Lima beans	
○ Pinto beans	
• Milk (skim or 1%)	1 cup
• Sugar free yogurt	1 cup
• <i>Read the Nutrition Facts label on selected food packages to more accurately determine how much protein is in a product.</i>	

## Gastric Bypass Surgery Nutrition Plan: Week 6 Soft Diet

You may now begin to slowly introduce solid foods into your diet. It is important to avoid foods that are hard to digest because they may cause discomfort or blockage in the stomach pouch. It may help to introduce one new food at a time to help you identify foods you may not tolerate.

### Remember the Key Points:

- 6 small meals per day
- No more than 4-6 T of food at one time
- Liquids in between meals. You may continue to take small sips with your meals.
- Protein supplement may still be used as a meal or snack when necessary.
- Keep up your protein and fluid intake to help prevent infection and dehydration.

### Foods you may add include:

- Baked fish, chicken, and turkey (do not eat any poultry skin)
- Dried beans, peas and lentils (well cooked)
- Creamy peanut butter
- Vegetables (well cooked)
- Canned fruit (unsweetened, "lite" version)
- Cereal, crackers, baked potato (no skin)
- Toasted bread
- Lean ground beef
- Pasta and rice (overcooked; may cause problems for some)

## Sample Meal Plan: Soft Diet

<u>Meal</u>	<u>Day 1</u>	<u>Day 2</u>	<u>Day 3</u>
<b>Breakfast</b>	1 small scrambled egg 2-3 Tbsp grits	1 slice low-fat cheese ½ toasted English muffin 2 Tbsp unsweetened fruit	4 oz yogurt 1/3 small banana
<b>Snack</b>	Protein drink or bar	Protein drink or bar	Protein drink or bar
<b>Lunch</b>	1 slice low-fat cheese 1 slice thin sliced toast	¼ cup tuna salad (with low-fat mayo) 3-4 crackers	½ baked potato (no skin) 1 slice low-fat cheese
<b>Snack</b>	¼ cup low-fat cottage cheese ¼ cup unsweetened fruit	Protein drink or bar	2 Tbsp peanut butter 4 saltines Sugar-free jelly
<b>Dinner</b>	2 oz broiled fish ¼ mashed potato 1 tsp diet margarine	2 oz grilled chicken ¼ baked potato (no skin) 1 tsp diet margarine	2 oz grilled shrimp ¼ cup mashed potato 1 tsp diet margarine
<b>Snack</b>	Protein drink or bar	Protein drink or bar	Protein drink or bar
<u>Meal</u>	<u>Day 4</u>	<u>Day 5</u>	<u>Day 6</u>
<b>Breakfast</b>	1 poached egg 1 slice diet bread, toasted	2 Tbsp unsweetened applesauce 1 slice thin sliced toast 1 Tbsp peanut butter	1/3 cup cereal ½ cup 1% milk
<b>Snack</b>	Protein drink or bar	Protein drink or bar	Protein drink or bar
<b>Lunch</b>	1 small baked potato (no skin) 1 oz low-fat cheese ½ canned peach, unsweetened	1 slice thin-sliced toast 1 oz low-fat cheese ½ canned pear, unsweetened	3-4 whole wheat crackers ¼ cup chicken salad (with low-fat mayo) ¼ c applesauce
<b>Snack</b>	¼ cup tuna salad 4 whole wheat crackers	1-2 oz thinly sliced turkey 1 slice thin-sliced toast	Protein drink or bar
<b>Dinner</b>	1 oz grilled chicken 3 Tbsp mashed potatoes 2 Tbsp yellow squash	1 oz baked fish 3 Tbsp noodles 2 Tbsp green beans	1 oz turkey breast 3 Tbsp mixed vegetables 2 Tbsp carrots
<b>Snack</b>	¼ cup cottage cheese 4 whole wheat crackers	¼ cup egg salad 1 slice thin sliced toast	1 Tbsp peanut butter 3 graham cracker squares

*\*Drink low calorie liquids between meals to prevent dehydration*

## Gastric Bypass Surgery Nutrition Plan: Week 7

### Regular Diet

You may now include raw fruits and vegetables in your meals. Also, try experimenting with more solid foods. For example, choose a baked potato instead of mashed potatoes or an apple instead of applesauce. Remember it's not uncommon to have trouble with some foods.

#### **The following foods are often not well tolerated:**

- Nuts and seeds
- Skins of potato, cucumber, eggplant and apples
- Membrane between sections of oranges and grapefruits
- Celery, asparagus stems, string beans
- Untoasted bread
- Steak and pork

#### **Avoid high calorie, high fat foods such as:**

- Fried foods
- Foods with gravy or sauce
- Desserts
- Sweetened beverages (i.e. juice, soda, sweet tea)
- Potato or corn chips, cheese puffs, butter crackers

#### **Key Points to Remember:**

- Continue eating 6 meals each day with no more than 4-6 T of food per meal.
- Allow 1 hour between meals and liquids. Aim for 64 oz of liquid daily.
- Continue meeting your protein and supplement needs daily.
  - ✓ To help meet your needs, include a protein source with every meal and snack.
  - ✓ You may switch to a Regular Adult Multivitamin (a small one, easy to swallow). Continue taking 2 daily (one in the morning, one at night).
  - ✓ Continue taking 1200-1500 mg of calcium citrate daily (divided into 2 doses) plus 400-800 IU Vitamin D.
- Don't be discouraged if you have trouble eating a favorite food. Your body will adapt to gradual changes in your diet.



## Potential Problems and Suggested Dietary Modifications

<u>Potential Problem</u>	<u>Dietary Modifications</u>
Constipation	<ul style="list-style-type: none"><li>• Meet fluid needs daily, aiming for 64+ oz/d.</li><li>• Increase fiber intake slowly from fruits, vegetables, beans and whole grains pending on diet stage.</li><li>• Consider adding a chewable or powdered fiber supplement such as Benefiber or Citrucel. Avoid psyllium based supplements.</li><li>• Avoid caffeine.</li><li>• Exercise daily.</li></ul>
Nausea and Vomiting	<ul style="list-style-type: none"><li>• Eat slowly, taking ~ 20-30 minutes per meal.</li><li>• Chew food well, ~ 20-30 x/bite or till food is liquefied in mouth.</li><li>• Avoid overeating. Stay within recommended food volume guidelines.</li><li>• Separate eating and drinking by ~ 30-60 min.</li><li>• Follow diet progression as instructed. Do not advance to solid foods until instructed.</li><li>• Meet fluid needs daily, aiming for 64+ oz/d.</li></ul>
Diarrhea	<ul style="list-style-type: none"><li>• Limit sugar intake to no more than 15 grams per meal.</li><li>• Avoid sugar alcohols (i.e. sorbitol, mannitol).</li><li>• Avoid high fat and greasy foods.</li><li>• Try eliminating dairy as lactose intolerance sometimes occurs after gastric bypass.</li></ul>
Difficulty swallowing	<ul style="list-style-type: none"><li>• Eat slowly, taking ~ 20-30 minutes per meal.</li><li>• Chew food well, ~ 20-30 x/bite or till food is liquefied in mouth.</li><li>• Avoid overeating. Stay within recommended food volume guidelines.</li><li>• Avoid tough or rubbery meats, crunchy vegetables and sticky foods like untoasted bread.</li></ul>
Burping	<ul style="list-style-type: none"><li>• Eat slowly, taking ~ 20-30 minutes per meal.</li><li>• Chew foods longer to avoid swallowing air.</li><li>• Avoid carbonated beverages, chewing gum and sipping through straws or sports bottles tops.</li></ul>