

Start Date*: _____

*RISKS OF STARTING ADVANCED DIET PHASES PRIOR TO THE START DATE LISTED INCLUDE ABDOMINAL PAIN, NAUSEA, VOMITING, DIARRHEA, AND OTHER FORMS OF GASTROINTESTINAL DISTRESS. FOR YOUR SAFETY PLEASE WAIT UNTIL THE DATE SET BY YOUR DIETITIAN TO START THIS DIET PHASE.

SOLID FOOD 2 MEAL PLAN

Meal #1	Meal #2	Meal #3	Meal #4	Meal #5		
2 ounces of protein	2 ounces of protein	2 ounces of protein	2 ounces of protein	2 ounces of protein	+	Daily Liquid Protein Supplement
2 ounces of fruit	2 ounces of vegetable	2 ounces of vegetable	2 ounces of starch	2 ounces of vegetable		

Protein **must** be included in **every** meal. Fruits, Vegetables, and Starches can be interchanged. Starches should be limited to 4 ounces daily.

PROTEIN

Lean beef, chicken, lamb, pork, ham, turkey, veal, venison, fat free or low fat cottage cheese, canned tuna (packed in water), canned chicken breast, fish, shrimp, seafood, tofu, scrambled egg, poached egg, hard boiled egg, “over easy” egg, light/non-fat yogurt, fat free sugar free pudding, PB2, fat free cream cheese, 2% milk or low fat cheeses, part skim ricotta cheese, skim milk mozzarella cheese, soy cheese and soy meat alternatives.

VEGETABLES *(Be careful eating vegetables with tough skins, hulls, or seeds)*

Fresh, frozen, or canned vegetables. Salad greens, lettuce, carrots, broccoli, summer squash, spaghetti squash, cabbage, zucchini, green beans, plain canned beets, cauliflower, spinach, brussel sprouts, tomatoes, asparagus, eggplant, mushrooms, green, red, or yellow peppers.

FRUIT *(Be careful eating fruits with tough skins, membranes, or seeds)*

Fresh (ripened), frozen, or canned fruit packed in own juice or water (drain fluid). Unsweetened applesauce, bananas, peaches, pears, pineapple, kiwi, grapefruit, peaches, unsweetened stewed apples, plums, prunes, ripened soft cantaloupe, honeydew melon, strawberries, blueberries, raspberries, tangerines, oranges. *Avoid: watermelon and grapes.*

STARCHES

Plain crackers (ex. saltines, reduced fat wheat thins), oatmeal, cream of wheat, cream of rice, grits, peas, pinto, navy, kidney, and lima beans, black-eyed peas, hummus, mashed potatoes, sweet potatoes, baked potatoes, pasta, brown rice, quinoa, barley.

Avoid: corn, bread

FATS **(Limit to 2 servings per day, 1 serving = 1 teaspoon)**

Soft tub margarines, natural/unsalted butter, low fat mayonnaise, light or low fat salad dressing, low fat sour cream, avocado, peanut butter, canola, olive, safflower, coconut oil, or vegetable oil.

NUTS- Limit to no more than 1 serving (1/4 cup or 2 oz.) for 1 meal per day (eat by itself or with a protein food)

Almonds, pistachios, walnuts.

FLUIDS/BEVERAGES

Decaffeinated coffee, decaffeinated tea, sugar free non- carbonated beverages, sugar free Popsicles and sugar free Jell-O, broth, vegetable juice, tomato juice, skim/fat free milk** Limit coffee and tea to 2 cups per day.

***Note:** Although milk is protein, it is counted as a fluid. It should be consumed between meals to help meet your protein and fluid requirements. Limit milk intake to 2 cups a day.*

REMEMBER- Avoid drinking liquids within 30 min of eating meals/snacks

COMMON FOOD INTOLERANCES

There will likely be some foods that you may not digest or tolerate well after surgery. Foods that frequently give people problems include:

- Meats- especially beef and white chicken meat
- Skins on vegetables
- Foods that are dry/tough
- Pasta
- Rice

AVOID: ALL fruit juices, dried fruit, regular-fat cheese, regular-fat sour cream, regular jelly, granola, bacon, corn, bread, biscuits, muffins, cornbread, cookies/ice cream (even sugar free), light mayo, soups.

EXERCISE GOALS

Minimum of 10-15 minutes aerobic activity (walking, biking, elliptical), every day.

Work towards a **goal of 45-60 minutes** aerobic activity 7 days per week.

Add resistance exercise/weight lifting 20-30 minutes, 2-4 days per week.

RECOMMENDATIONS FROM YOUR DIETITIAN:

Protein Supplement: Minimum of 20-30g daily

MEAL NUTRIENT GUIDELINES:

Calories	150-250
Total Fat	10g or less
Sodium	350mg or less
Total Carbohydrate	15g or less
Sugar	12g or less
Protein	7-20g
Ingredients to avoid: fructose, sucrose, casein, cream, hydrogenated oils	

*Guidelines based on a bariatric diet of 4-5 meals per day.

Post-Nasal-Drip Protocol

Symptoms:

Nausea, especially first thing in the morning, late at night, or after consuming meals/protein drinks. Vomiting, typically after eating a meal or protein drink, commonly and “foamy” consistency.

Directions:

1. Take *Mucinex-D* and an OTC allergy medication (Claritin, Zyrtec, Allegra) daily, make sure to take at least 2 hours apart from Omeprazole, Zantac, or Nexium.
2. Drink hot liquids (hot decaf tea or coffee, or even just hot water), 30 minutes before meals and before drinking protein supplements.

Approved Protein Bar List

½ Bar = 1 meal, up to 2 meals/day

<u>Brand</u>	<u>Protein (grams)</u>
<i>Found at Nutrition Solutions</i>	
Chocolite Protein Bars	9
Oh Yeah! Bars	14-16
Healthwise Bars	13-15
Proti Bars	15
Quest	20-21
One Bars	20-21
Unjury Brownie Bites	10
<i>Found at various grocers, health food and drug stores</i>	
Pure Protein (small)	18-20
Atkins Advantage	19
Atkins Granola	17
Detour Bars	15
Genisoy Protein Crunch	15
GNC Lean Bars	15
No Cow Bars	20-22
Muscle Pharm- Organic Protein	15

Guidelines:

15-30g Protein per serving	
Less than	220 Calories
Less than	8g Fat
Less than	10g Sugar
Less than	10g Sugar Alcohols
Ingredients to look for: Whey or Soy protein isolate	
Ingredients to avoid : fructose, sucrose, casein, oils, cream	

Sample Menu

Meal 1:

1 egg and ¼ cup fruit

Or

¼ cup Light Greek Yogurt and ¼ cup oatmeal

Meal 2:

½ protein bar

Meal 3:

¼ cup tuna (made with plain, nonfat Greek yogurt and 1 tsp low fat mayo) and 10 Reduced Fat Wheat Thins

OR

Lettuce wrap made with 1 Iceberg or Romaine lettuce leaf, 1 tsp low fat mayo, 1 slice low fat cheese, 1-2 thin slices of lean deli turkey, chicken, or ham, and tomato

Meal 4:

2 skim milk Mozzarella cheese sticks and ¼ cup carrot sticks

Meal 5:

2 oz. baked parmesan tilapia (use seasonings to add flavor- garlic powder, Italian, Mrs. Dash, etc.—top with reduced fat grated parmesan cheese, bake until fully cooked.) and ¼ cup salad with 1 tsp light salad dressing

Before Bed:

20-30g protein shake