

SOLID FOOD 1 MEAL PLAN

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.

Phase 4- Solid 1 (Soft solid food) Diet

- You can add solid foods back into your diet. Foods should be small distinct pieces that are tender and easy to chew, and low in fat and sugar. Foods must be chopped or diced.
- It is very important now that you take small bites and chew foods well (to pureed consistency). Eating large bites and not chewing properly will cause pain, nausea, and/or vomiting. Avoid foods that are hard to chew.

General Guidelines

1. Divide the entire diet for the day into 5 meals.
2. Limit each meal to a total of four (4) ounces.
3. Each meal must contain 2 ounces of protein food. The other 2 ounces can be other “allowable foods”. (See meal plan)
4. Stop eating when you BEGIN to feel full or pressure. If you do not recognize this feeling eat only the amount of food recommended.
5. Drink fluids 30 minutes before or after meals. Never with a meal.
6. Take 30 minutes to eat each meal.
7. Keep a food record using the forms provided by your dietitian.
8. Drink **64-80 oz.** of total fluid per day.
9. If you are unable to consume at least 64 oz. of fluid for more than 2 days, call the office to be evaluated for dehydration (864-676-1072, ext. 0).
10. Continue taking your nutrition supplements as directed by your doctor and dietitian.
11. You should consume 80-90 grams of protein (from food and supplements) daily. Women should consume about 80 grams of protein. Men should consume closer to 90 grams of protein. **Protein supplements are NECESSARY to avoid medical and nutritional problems.**

PROTEIN SUPPLEMENTATION

Supplement with **50-60 grams** of protein until you next diet phase.

YOUR MEAL PLAN

Meal #1	Meal #2	Meal #3	Meal #4	Meal #5	+	Daily Liquid Protein Supplement
2 ounces of protein	2 ounces of protein	2 ounces of protein	2 ounces of protein	2 ounces of protein		
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 (1 egg= 2oz, 2 slices of low fat cheese/2 reduced fat cheese sticks =2oz)

VEGETABLES (COOKED ONLY)

Carrots, broccoli, summer squash, cabbage, zucchini, green beans, plain canned beets, cauliflower, spinach, brussel sprouts, tender asparagus tips, mushrooms, onions, peeled stewed and seedless tomatoes.

FRUIT

Use peeled 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.

Avoid: oranges, tangerines, 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 (no skin)

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

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

PROTEIN SNACKS

Protein snacks (from Nutrition Solutions) can now be a part of your meals – either use 4oz (1/2 cup) as an entire meal or add 2oz (1/4 cup) to 2oz protein food for a meal:

Protein chips, protein sticks, protein cereal (dry - do NOT add milk), Ostrim Jerky, Proti Soy Snacks, Protein Krinkles.

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

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

CONSTIPATION TREATMENT

Increase fluid intake to 80oz daily

Eat more fiber rich foods including fruit, vegetables, and whole grains

Add 2-3 scoops Benefiber to protein supplements daily

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.

Recommended Protein Supplements

Key:

15-35g Protein per serving	
Less than	220 Calories
Less than	5g Fat
Less than	5g Total Carbohydrate
Less than	3g Sugar
Ingredients to look for: Whey or Soy protein isolate	
Ingredients to avoid : fructose, sucrose, casein, oils, cream	

Product	Flavors	Portion	Amount of Protein
Isopure Zero Carb Powder*	Chocolate, Vanilla, Strawberry, Cookies and Cream, Unflavored	1 scoop	25 grams
Chocolite Protein Powder* (ChocoRite)	Vanilla, Strawberry, Banana, Chocolate, Peanut Butter, Chocolate Fudge Brownie, Cappuccino	2 scoops	24 grams
Bariatric Advantage Meal Replacement Powder	Chocolate, Iced Latte, Strawberry, Banana, Orange	2 scoops	27 grams
Unjury	Vanilla, Chocolate, Strawberry, Chicken Soup, Unflavored	1 scoop	20 grams
Matrix 2.0 Protein Powder	Orange Cream, Cookies & Cream, Mint Cookie, Peanut Butter Cookie	1 scoop	23 grams
Nectar Protein Powder*/Nectar Naturals*	Fuzzy Navel, Lemonade, Caribbean Cooler, Crystal Sky, Strawberry Kiwi, Chocolate Truffle, Cappuccino, Double Stuffed Cookie, Vanilla, Orange, Peach, Fruit Punch	1 scoop	23 grams
Nectar Medical Protein Powder*	Unflavored	1 scoop	10 grams
Optifast H.P.	Vanilla, Chocolate	1 packet	26 grams
Health Wise Decaf Tea	Peach, Raspberry	1 packet	15 grams
Healthwise High Protein Fruit Drink (bottle)	Wild Berry Splash, Pineapple-Orange, Grapefruit, Orange-sicle, Chocolate drink, Proticcino, Kiwi-Strawberry, Lemon Razzy	1 bottle	15 grams
Healthwise High Protein Fruit Drink (packets/bottles)	Lemonade, Grapefruit, Grape, Wildberry, Orange, Cran-Grape	1 packet	15 grams
Healthwise High Protein Hot Chocolate	Mocha, regular, raspberry, cinnamon, mint, vanilla, cappuccino, amaretto cappuccino, Irish cream	1 packet	15 grams
Healthwise Bouillon	Chicken, Beef (not Tomato)	1 packet	15 grams
PRO-Stat*	Vanilla, Citrus Splash, Fruit Punch, Grape	1 ounce	15 grams

Healthwise Protein Shots	Green Apple, Cran-Grape, Orange, Pink Lemonade	3 ounces	25 grams
Isopure Liquid*	Alpine Punch, Orange, Grape, Blue Raspberry, Passion Fruit, Pineapple Banana, Mango Peach, Apple Melon	20 oz bottle	40 grams
Iso100*	Fruit Punch, Blue Raspberry, and Grape	20 oz bottle	40 grams
Met Rx RTD 51	Chocolate, vanilla, cookies and cream, peanut butter cup, berry (avoid mocha blast flavor x3 months)	1 can	51 grams
Pure Protein (RTD)	Chocolate, vanilla, strawberry, banana cream, cookies and cream, peanut butter	1 can	35 grams
Products available at other locations:			
Pure Protein Powder	Vanilla, Chocolate, Cookies & Cream	1 scoop	25 grams
Oh Yeah Protein Powder	Vanilla, Chocolate Peanut Butter, Cookies & Cream, Strawberries & Cream	1 scoop	32 grams
Cytosport Whey Isolate 32*	Tangerine, Tropical, Watermelon	17 oz bottle	32 grams
Chike Protein Powder	Very Vanilla, Banana Magic, Strawberry, Orange Cream, Chocolate Bliss	2 scoops	28 grams
Met-Rx Meal Replacement (powder)	Vanilla, Cake Batter, Chocolate Peanut Butter	1 packet	38 grams
Ensure Max	Chocolate (do not use Mocha flavor)	1 bottle	30 grams
Protein2o	Tropical Coconut, Mixed Berry, Harvest Grape, Classic Lemonade, Wild Cherry	1 bottle	15 grams
Milk (fat free, skim, 1%, plain soy)	Plain (Please note: Almond milk does NOT provide any protein)	1 cup	8 grams

** Items are acceptable for patients with Lactose Intolerance*