

## Gastric ByPass Diet

With your gastric bypass surgery, your stomach has been reduced to a small pouch. This means that you will be able to lose weight because the quantity of food you can eat is much smaller.

This diet will help you to choose foods to lose weight, to stay healthier, and to avoid some of the side effects such as vomiting, diarrhea, and cramping which can occur as a result of the surgery. The type of foods you choose, the portion size, and the time that you eat are all important in reaching your weight loss goal.


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The diet progresses from sips of clear liquids to small quantities of solid foods over a period of 6 to 8 weeks, depending on your body's tolerance. Tips to help you establish your new eating patterns to ensure success with your weight loss are:

- Do not drink liquids with meals: Sip liquids slowly between meals.
- Drink at least 6-8 cups (48-64 ounces) of liquid per day.
- Eat and drink slowly.
- Eat a protein-rich food with each meal.

Avoid foods that are high in sugar and high in fat.
Take small bites and chew food thoroughly.

- Take the recommended vitamin and mineral supplements each day.
- Include new foods gradually. Try one food at a time.


## Stage 1 (weeks 1 and 2)

| Food Category | Recommended Foods | Foods That May Cause Distress | Portion/Timing/Instructions |
| :---: | :---: | :---: | :---: |
| Liquids | Water, bouillon, clear broth, diet gelatin, unsweetened apple or cranberry juice, flat (no fizz) diet soda. | Sugar sweetened liquids, carbonated beverages. | Provide 6 to 8 small feedings of 2 to 3 oz of clear liquid foods. <br> Sip liquids, 1 to 2 tbsp at a time throughout the day (about every 15-30 minutes). Do not drink 30 minutes prior to a feeding. <br> Drink 48 oz of liquids each day to remain hydrated. |
| Full Liquid - Day 3 to 4 and up to 2 weeks, depending on your tolerance |  |  |  |
| Food Category | Recommended Foods | Foods That May Cause Distress | Portion/Timing/Instructions |
| Liquids | Diet Instant Breakfast, fat-free milk, high-protein, low-sugar, low-fat drinks. | Sugar sweetened liquids, carbonated beverages, whole milk. | Provide 6 to 8 small feedings. Feeding should start at 2 to 3 oz and may increase to 4 oz (6-8 tbsp) by the second week. <br> Start slowly and gradually increase protein intake to 72 to 80 grams per day to maintain lean muscle. (Check protein content on labels.) <br> Sip 2 to 3 oz of water at a time throughout day. <br> Combined small feedings and water intake should provide at least 48 oz (6 cups) liquid per day. <br> Begin a daily chewable multivitamin mineral supplement to meet $100 \%$ Dietary Recommended Intake for your age and sex. |

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| Sample Menu | Stage 1: Full Liquid (Postoperative Week 1 to 2) |
| :---: | :---: |
| Time | Suggested Meal/Food |
| 8 AM | $1 / 4$ to $1 / 2$ cup unsweetened fruit juice |
| 9-9:30 AM | $1 / 2$ to $3 / 4$ cup fat-free milk with 1 package of Diet Instant Breakfast |
| 11 AM | $1 / 4$ to $1 / 2$ cup unsweetened fruit juice |
| 12 PM | $1 / 2$ to $3 / 4$ cup cream strained low-fat soup |
| 1-1:30 PM | $1 / 2$ to $3 / 4$ cup fat-free milk with 1 package of Diet Instant Breakfast |
| 2 PM | $1 / 2$ to 1 cup water |
| 3-3:30 PM | $1 / 4$ to $1 / 2$ cup of low-fat, sugar-free yogurt (may try 2-3 saltine crackers or melba toast) |
| 5 PM | $1 / 2$ to 1 cup water |
| 6-6:30 PM | $1 / 2$ to $3 / 4$ cup strained low-fat cream soup |
| 7 PM | $1 / 2$ to $3 / 4$ cup fat-free milk with 1 package of Diet Instant Breakfast |
| 8 PM | $3 / 4$ to $1 / 2$ cup sugar-free, low-fat pudding (may try 2-3 saltine crackers or melba toast) |
| 9 PM | $1 / 2$ cup diet gelatin |

Stage 2 (weeks 2 to 6)
Pureed - Weeks 2 to 3

| Food Category | Recommended Foods | Foods That May <br> Cause Distress | Portion/Timing/Instructions |
| :--- | :--- | :--- | :--- |

## Sample Menu

## TIME

8 AM
9-9:30 AM
11 AM
12 PM
1-1:30 PM
2 PM
3-3:30 PM
5 PM
6-6:30 PM
7 PM
8 PM
9 PM

## Stage 2: Pureed/Soft (Postoperative Week 2 to 3) Suggested Meal/Food

4 to 6 tbsp cooked refined cereal. Add 2 tbsp fat-free milk to thin cereal.
$1 / 2$ to 1 cup fat-free milk
3 tbsp low-fat cottage cheese, 1 tbsp unsweetened applesauce
1/2 to 1 cup unsweetened fruit juice
2 to 3 tbsp pureed ham, 2 tbsp mashed potatoes, 2 tbsp pureed broccoli
1 cup water
1/2 to 1 cup of fat-free milk with 1 package of Diet Instant Breakfast
4 to 6 tbsp fat-free, sugar-free yogurt
2 to 3 tbsp pureed chicken, 2 tbsp pureed carrots, 2 tbsp mashed potato with 1 tbsp fat-free gravy
$1 / 2$ to 1 cup fat-free milk
2 slices of fat-free or low-fat cheese, 3 to 4 tbsp pureed or finely chopped canned pears (in natural juice)
1 cup low-fat cream soup or egg drop soup

| Food Category | Recommended Foods | Foods That May Cause Distress | Portion/Timing/Instructions |
| :---: | :---: | :---: | :---: |
| Breads/starches | Soft cooked pasta, rice, toasted breads, melba toast, and crackers | Bread and crackers with nuts or seeds | 2 to 4 oz (4 to 8 tbsp) total solid foods per feeding. |
| Vegetables | Soft cooked vegetables | Vegetables with tough hulls or skins such as peas and corn | Eat 4 to 6 small feedings of soft foods per day. |
| Fruits | Soft, unsweetened, canned fruit or fresh soft fruits without skin or seeds | Fresh fruits with skins or seeds |  |
| Meat/protein/protein substitutes | Ground lean meat; fish or poultry; creamy peanut butter; casseroles made with ground meat and soft-cooked vegetables; chopped tofu; low-fat sugar-free yogurt with fruit | Crunchy peanut butter; high fat meat |  |


| Sample Menu TIME | Stage 2: Soft (Postoperative Week 4 to 6) Suggested Meal/Food |
| :---: | :---: |
| 7:30 AM | 1/2 cup orange juice |
| 8:15 AM | Scrambled egg, $1 / 2$ slices of toast, 2 tsp low-fat margarine |
| 9:30 AM | 1 cup fat-free milk with 1 package of Diet Instant Breakfast |
| 11 AM | 1 slice of cheese melted over 2 tbsp cooked pasta, 1 small soft cooked broccoli floweret |
| 11:45 AM | $1 / 2$ to $3 / 4$ cup water |
| 12:30 PM | 3 tbsp flaked fish, 2 tbsp cooked, chopped spinach, 1 pear half |
| 1:30 PM | $1 / 2$ cup orange juice |
| 2:30 PM | 1/2 to $3 / 4$ cup fat-free, sugar-free yogurt |
| 3 PM | $1 / 2$ to $3 / 4$ cup water |
| 4 PM | 1/2 cup sugar-free, low-fat pudding |
| 5:30 PM | 1 cup fat-free milk |
| 6:30 PM | 4 tbsp diced chicken and rice casserole, 2 tbsp soft cooked green beans, 1 peach half (canned in natural juice) |
| 8 PM | $1 / 2$ to $3 / 4$ cup water |
| 8:30 PM | 2 oz of tuna, 1 tsp low-fat or fat-free mayonnaise, 4 saltine crackers |
| 9:30 PM | $1 / 2$ to $3 / 4$ cup water |

## Stage 3 (weeks 6 and 8)

| REGULAR |  |  |  |
| :--- | :--- | :--- | :--- |
| Food Category | Recommended Foods | Foods That May <br> Cause Distress | Portion/Timing/Instructions |

## Sample Menu

## BreakFast

Banana-1/4 medium Scrambled egg-1
Toast, white-1/2 slice
Margarine-1 tsp

## Morning Snack

Graham crackers-2 squares Pudding, sugar-free, made with
low-fat milk-1/2 cup
Consume fat-free milk between meals throughout the day. Drink approximately $1 / 2$ to $3 / 4$ cup at a time, for a daily total of 2 cups.

Note: Including snacks in the meal plan is based upon individual tolerance of food at meal times to meet energy needs. Refer to your dietitian to assist with meal planning, if necessary.

