

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.



MHC-2021 0603 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)

CLEAR LIQUID - DAY 1 TO 2				
Food Category	Recommended Foods	Foods That May Cause Distress	Portion/Timing/Instructions	
Liquids	Water, bouillon, clear broth, diet gelatin,	Sugar sweetened liquids, carbonated	Provide 6 to 8 small feedings of 2 to 3 oz of clear liquid foods.	
or cranberry j	unsweetened apple or cranberry juice, flat (no fizz) diet soda.	beverages.	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.	
			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	Liquids Diet Instant Breakfast, fat-free milk, high-protein, low-sugar, low-fat drinks. Sugar sweetened liquids, carbonated beverages, whole milk.	liquids, carbonated beverages, whole	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.
			Start slowly and gradually increase protein intake to 72 to 80 grams per day to maintain lean muscle. (Check protein content on labels.)
		Sip 2 to 3 oz of water at a time throughout day.	
		Combined small feedings and water intake should provide at least 48 oz (6 cups) liquid per day.	
			Begin a daily chewable multivitamin mineral supplement to meet 100% Dietary Recommended Intake for your age and sex.

SAMPLE MENU	Stage 1: Full Liquid (Postoperative Week 1 to 2)
<u>Time</u>	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 Cause Distress	Portion/Timing/Instructions
Liquids	Crystal Light [®] , decaf coffee or tea, unsweetened fruit juice, vegetable juice, sugar-free non-carbonated beverages, fatfree or 1% milk, high-quality nutrition drinks such as Diet Instant Breakfast	Sugar sweetened liquid; alcohol; carbonated beverages; sweetened condensed milk, chocolate milk, 2% or whole milk; ice cream	Gradually increase liquids to 4 to 6 oz each feeding Take liquids 45 to 60 minutes before of after pureed/semi-solid foods Take at least 48 oz (6 cups) low-fat, low-calorie liquids, milk, and water each day
Soups	Egg drop soup, reduced-fat cream soups, broth, and bouillon	Regular cream soups, soups with regular meats and vegetables	Since these are liquids, take 45 to 60 minutes before or after pureed/semi-solid foods
Breads/starches	Cooked, refined/strained cereals, mashed potatoes without skin	Dry Cereal	2 to 4 oz (4 to 8 tbsp) of total pureed or semi-solid foods at a time
Vegetables	Pureed vegetables	Whole vegetables, raw vegetables	
Fruits	Unsweetened applesauce, pureed banana, other pureed fruit without seeds or hulls	Sugar sweetened fruit, raw fruit, fruit peels, seeds, or hulls	
Meat/protein/protein substitutes	Pureed fish, tuna, poultry, pork, or beef; low-fat cottage cheese, low-fat or nonfat cheese; sugar-free or fat-free yogurt (no fruit); baby food meats; mashed or pureed tofu; pureed egg or egg substitute	Regular whole meats, fried meat or egg	
Others	Sugar free gelatin or popsicles; low-fat, sugar-free frozen yogurt, pudding or custard	Chewing gum, all others	

SAMPLE M ENU <u>Time</u>	Stage 2: Pureed/Soft (Postoperative Week 2 to 3) Suggested Meal/Food
8 AM	4 to 6 tbsp cooked refined cereal. Add 2 tbsp fat-free milk to thin cereal.
9-9:30 AM	1/2 to 1 cup fat-free milk
11 AM	3 tbsp low-fat cottage cheese, 1 tbsp unsweetened applesauce
12 PM	1/2 to 1 cup unsweetened fruit juice
1-1:30 PM	2 to 3 tbsp pureed ham, 2 tbsp mashed potatoes, 2 tbsp pureed broccoli
2 PM	1 cup water
3-3:30 PM	1/2 to 1 cup of fat-free milk with 1 package of Diet Instant Breakfast
5 PM	4 to 6 tbsp fat-free, sugar-free yogurt
6-6:30 PM	2 to 3 tbsp pureed chicken, 2 tbsp pureed carrots, 2 tbsp mashed potato with 1 tbsp fat-free gravy
7 PM	1/2 to 1 cup fat-free milk
8 PM	2 slices of fat-free or low-fat cheese, 3 to 4 tbsp pureed or finely chopped canned pears (in natural juice)
9 PM	1 cup low-fat cream soup or egg drop soup

Soft - Weeks 4 to 6 (In addition to the foods listed in Pureed, you may add):			
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 <u>Time</u>	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 Cause Distress	Portion/Timing/Instructions
Liquids	Water, tea, coffee, club soda, diet soft drinks, fat-free milk, unsweetened fruit juice, vegetable juice	Sugar sweetened liquids; alcohol; whole milk, milk shakes, and ice cream; high calorie drinks; sweetened fruit juice	4 to 8 oz liquid at a time.
Breads/Starches	Dry, coarse, or well-toasted bread; crispy crackers or baked tortilla chips; all cooked and dry cereal without added sugar; boiled, mashed, or baked potatoes; cooked pasta and rice	Soft breads that become gummy; breads or cereals with nuts, dried fruit, or seeds, potato skins, sweet potatoes; noodles	Take liquids 45 to 60 minutes before or after solid foods.
Fruits	Fresh, canned, frozen, or cooked fruits. Use caution with apples, grapes, or other fruits with skins or peels.	Dried fruits; fruits with core, seeds, or skins; whole citrus fruits (juice okay)	Take a minimum of 48 oz (6 cups) of liquids daily. 4 to 6 small feedings of solid foods per day.
Vegetables	Fresh, canned, frozen, or cooked vegetables	Vegetables with tough skins or seeds	Limit total portion of solid foods to 4 to 6 oz (8 to 12 tbsp) at a time. Eat all foods slowly.
Meats/protein/protein substitutes	All diced to ¼ inch	Tough meats; meats with gristle	Chew meat slowly and thoroughly. Choose high-quality protein foods such as scrambled eggs, Egg Beaters [®] , low-fat cheese or cottage cheese, or lean meats such as tuna fish, chicken, or pork.
Dessert	Low-fat, low-sugar desserts	Desserts with nuts, dried fruit, seeds, coconut; desserts and candy containing sugar; jams, jellies, marmalades	Limit desserts as these tend to be low in nutrients.
Fats	All, in small amounts	Fried foods	Include a small amount of fat (1 tsp) 3 times daily
Miscellaneous		Soups with large pieces of meat; popcorn, nuts, chili, and other highly spiced foods; chewing gum.	

SAMPLE MENU BREAKFAST

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

STAGE 3: REGULAR DIET (POSTOPERATIVE WEEK 6 TO 8)

<u>LUNCH</u>

Broiled chicken breast-2 oz Pasta salad-1/4 cup Carrots, boiled-1/4 cup Margarine-1 tsp **DINNER**

Haddock, baked or broiled-2 oz Green beans-1/4 cup Dinner roll-1/2 Margarine-1 tsp

MORNING SNACK

Graham crackers-2 squares Pudding, sugar-free, made with low-fat milk-1/2 cup LUNCH

Peaches, canned, juice packed -1/2 cup

DINNER

Cheese, American-1 oz Saltine crackers-2 squares

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.