

# **Diet Instructions After Thoracic Outlet Surgery**

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## **What are my diet instructions?**

You will need to follow a low fat diet for the first 2 weeks after surgery, or 4 weeks if you had a lymph leak while in the hospital. Watching the amount of fat that you eat after surgery is important.

## **How do I tell if a food is low-fat?**

To consider a product low-fat, it has to have maximum 3 grams of fat for every 100 calories. This means 30% or less of the calories come from fat. For example, a low fat yogurt with 170 calories that has 2.5 grams of fat is low fat.

Foods like margarine, mayonnaise, and some salad dressings that get most of their calories from fat have a different guideline. For these foods look for products that have maximum of half the fat of the regular version of the food. These are called "light". For example:

- Light margarine and mayonnaise
- Reduced-calorie or fat-free salad dressings
- Non-stick cooking spray

(Also see "Other foods" below).

## **Other foods you may eat:**

- Broth type soups with a vegetable base
- Sauces, pudding, or shakes made with skim milk
- Salsa
- Mustard

## **What are some examples of low-fat foods?**

### **Dairy and dairy-like products**

- Low-fat (1%) or fat-free (skim) yogurt
- cottage cheese
- sorbet
- sherbet
- gelato
- and low-fat or fat-free frozen yogurt
- "light" cream cheese or fat-free cream cheese
- Fat-free American cheese or other types fat-free cheeses

### **Fish, meat, and poultry**

- Egg whites or egg substitutes
- Crab, whitefish, shrimp, and light tuna (packed in water)
- veal, chicken and turkey breast (without skin), and lean cuts of other meats (look for "loin" in the name)
- Extra lean ground beef such as ground round, or ground turkey breast (check the labels)
- Veggie burgers

### **Grains, cereal, and pastas**

- Hot (oatmeal or grits) and cold cereals (except granola types)
- Rice or noodles (watch out for fat in sauces you may add)
- Bagels, pita bread, or English muffins
- Low-fat crackers
- Soft tortillas - corn or whole wheat
- Toast, English muffins, bagels with jelly or honey (no butter)
- Pretzels, soda crackers, plain breads

### **Fruits and vegetables**

- Fruits and fruit juices; applesauce
- Vegetables and vegetable juices (again, watch out for fat in sauces you may add)

### **Snacks and sweets**

- Danish pudding and fruit pie fillings
- Vanilla wafers and ginger snap cookies
- Gelatin
- Angel food cake
- Puddings made with skim milk
- Baked chips, tortilla or potato
- Low-fat microwave popcorn
- Hard and jelly candies

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