



SLEEVE GASTRECTOMY DIETS TO FOLLOW AT HOME

Full Liquid Diet

You will begin this liquid diet once you come home from the hospital. Follow this liquid diet for 2 weeks, until you come in for your 2 week post-op visit.

You need to SIP small amounts of fluids or small spoonfuls of liquids throughout the day. You will need to take in a **minimum** of 64 oz. of decaf fluids **every** day to prevent dehydration.

Let your stomach be your guide; if you have nausea, stomach pain, intestinal pain, vomiting or diarrhea for more than a day, **call the bariatric office!**

**You will need to drink at least 8 oz. of your
No-Sugar-Added, High-Protein supplement
3 times per day for adequate healing.**

Daily protein goal: 70g/day

**Follow this diet for 2 weeks.
DO NOT ADVANCE YOURSELF! WAIT UNTIL YOU SEE THE RD AT YOUR 2
WEEK VISIT! If your appointment is scheduled beyond 2 weeks, please
contact our office and ask to speak with the RD.**

The following are fluids/foods allowed on full liquid phase of the diet:

Cream of Wheat or cream of rice cereals (NO oatmeal) – made with skim/low fat milk and thinned with milk to a “soupy” consistency.

Mashed potatoes (boxed is best) - made with skim/low fat milk and thinned with milk to a “soupy” consistency, no “chunks”.

No-sugar-added puddings

No-sugar-added, smooth yogurts (Examples: Dannon light n fit- carb & sugar control; plain non-fat Greek yogurt; Kroger carb master)

Chicken, beef, or vegetable broth

Tomato juice (NO V-8 fusion/splash)

No-sugar-added popsicles, fudge bars, fruits bars

Sugar-free jello

Any non-caffeinated, non-carbonated, calorie-free water or beverage

Skim or low fat (1%) milk

Decaffeinated/herbal tea or decaffeinated coffee

No-sugar-added, high-protein supplement, in liquid and / or powder form (refer to protein supplement list)

Helpful Hints:

Maximize your protein intake. Try adding unflavored protein powder or powdered skim milk to almost everything you drink/eat.

It will seem as though you are drinking/eating all day long, and you may need to in order to get your protein and fluids in.

Take all your medications, vitamins and minerals as prescribed!

SIP, SIP, SIP!!!!

Pureed Diet

This diet follows the full liquid diet; **you will be on this diet for 2 weeks.**

Continue sipping fluids throughout the day. You still need **at least** 64 oz. of fluids **every** day.

Daily protein goal: 70g/day

Do not drink liquids for at least 1/2 hour before or after eating solid foods.

Drinking while eating will cause solid foods to be washed out of your pouch, causing you to be hungrier sooner.

Continue to let your stomach be your guide: if you have nausea, vomiting, stomach pain, intestinal pain, or diarrhea, call the office.

Follow this diet for 2 weeks.

The following are fluids/foods can be added during pureed phase of the diet:

Puree everything very well, to baby food consistency.

Oatmeal– make with skim or low fat milk.

Very soft meats: the moister they are, the better you will tolerate them (crockpot works best). Refer to “lean meats” section on the last page of this document.

Eggs/egg whites/cheese omelet

Over-cooked frozen vegetables or canned vegetables, no sodium added. Add dry milk powder. No raw vegetables until 6 weeks post-op.

Canned fruits, packed in water, splenda or natural juice. No raw fruit until 6 weeks post-op.

No added sugar applesauce

Beans, including refried beans (choose vegetarian or fat free).

Chilis, lentil soup, split pea with ham soup, navy bean soups are ok

Peanut butter and PB2

Low fat or fat free cottage cheese.

Low fat ricotta cheese.

Low fat **soft** cheeses; chewed **very** well (i.e.: Laughing Cow, string cheese, low fat mozzarella, etc.).

Baby food- stages 1 & 2

NO PASTA! NO RICE! NO CRACKERS! NO BREAD!

It will seem as though you are constantly eating/drinking all day long until you get familiar with your own individual schedule.

Take all your medications, vitamins and minerals as prescribed!

Call your dietitian if you have any questions about any foods.

You will be given a “how to puree” handout at your 2 week visit.

Soft Diet- 4 weeks

Follow food list from pureed diet. Do not need to puree.

We recommend not trying raw vegetables & fruit until about 6 weeks after your surgery. The pouch is usually unable to tolerate this type of fiber, and gas may be very uncomfortable while your pouch is healing.

Then, Regular diet for life

This diet follows the pureed diet. It is a low fat, no-sugar-added diet. Basically, you can consume the foods on the pureed phase but no longer need to puree them.

For optimal success, we don't recommend carbonated beverages nor alcoholic beverages.

Do not drink liquids for ½ hour before or after eating foods.

Making healthy choices the majority of the time is crucial, along with some form of daily exercise or activity to maximize your weight loss and maintain your goal weight!!

General guidelines:

- The goal is to eat small quantities of food every 3-4 hours. Total, you should aim for 4-6 meals/day. You may not be able to eat enough at one meal for several months, therefore you may need to have several small meals throughout the day.
- Chew each bite at least 25 times, to applesauce consistency, take small bites, and eat slowly.
- Take 20-30 minutes for every meal. This will slow your eating and give you the opportunity to feel satisfied.
- Use smaller plates and bowls for all meals.
- Once you are able to eat about 40-50 gm of protein through food, start cutting back on your protein supplements.
- Read nutrition labels. You will be instructed on this in the pre-surgery nutrition education class.

- All fruits & vegetables (except excessive amounts of coconuts, avocados & olives) you may have unlimited amounts, especially fresh produce.
- Low Fat Choices:
 - ✓ Avoid/minimize all deep fried foods.
 - ✓ When pan frying, use a non-stick frying pan. Do not add fat or oil, and drain off the fat as it collects in the pan.
 - ✓ Choose lean meats, trimming away all visible fat. See attached information in this packet.
 - ✓ Use cooking methods that remove fat, such as boiling, grilling, or baking.
 - ✓ Avoid/minimize desserts, cakes, candies, cookies, pies, donuts, pastries, regular puddings, custards, etc.
 - ✓ Choose lower fat dairy products such as skim or 1%, low-fat milk, yogurt, and cheeses.
 - ✓ In many recipes, ingredients such as butter, margarine, and oil can be reduced by 25% or more. Experiment with your favorite recipes to obtain a lower fat product.
 - ✓ Limit the use of visible fat, such as butter, margarine, gravy, lard, vegetable oil, salad dressings, visible fat on meat, and skin on chicken.
 - ✓ Avoid/limit regular luncheon meat, unless the package indicates "**low**" fat.
- Drink at least 64 oz. of fluids every day. Sip on these between meals.
 - ✓ Do not drink with meals.
 - ✓ Drink all your fluids between meals, but do not drink for ½ hour before and after eating foods.
 - ✓ Drink only water, skim or non-fat milk, and calorie-free beverages.
- Limit caffeine. Caffeinated beverages and foods increase your risk of dehydration while healing after surgery.
- Avoid all carbonated beverages, forever. Drinking these will distend/expand your pouch, requiring more food to make you feel full/satisfied.
- **Take all your vitamins, minerals, and medications as prescribed by our team.** See you primary care physician for adjusting your other medications.

Choosing the Leanest Protein Sources

Meat with 2g of saturated fat or less is the best choice!

The numbers in the chart are for 2 oz. of meat, poultry, and fish.
Keep in mind the serving size may be different for other foods listed.

Poultry

	Protein	Sat. Fat		Protein	Sat. Fat		
Chicken Breast, Without Skin	13	<1 gram	Chicken Breast, With Skin	12	1-2 grams		
Chicken Drumstick, Without Skin	12		Chicken Drumstick, With Skin	11			
Turkey Breast, Without Skin	17		Chicken, Ground, Extra Lean	15			
Turkey Breast, Ground, Extra Lean	14		Chicken Thigh, Without Skin	15			
Turkey Leg, Without Skin	17		Chicken Wing, Without Skin	14			
Turkey Wing, Without Skin	18		Turkey Breast, Ground	16			
			Turkey Leg, With Skin	17			
			Turkey Wing, With Skin	16			
		Total Fat			Total Fat		
		Sat. Fat			Sat. Fat		
Duck, without skin	13	3	2	Chicken Thigh, with skin	14	9	3
Chicken wing, with skin	10	6	2	Duck, with skin	11	16	6
Turkey, ground	11	6	3	Chicken, ground	12	17	5

Red Meat

	Protein	Sat. Fat		Protein	Total Fat	Sat. Fat
Beef Bottom Round (Select)	19	<1 gram	Beef Tenderloin (Choice)	16	4	2
Beef Eye of Round (Select)	17		Beef Top Round, Untrimmed	18	5	2
Beef Top Round (Select)	18		Veal Sirloin, Untrimmed	14	6	3
Veal Leg, Top Round	16		Lamb, Shoulder Blade	16	7	3
			Beef Top Loin (Choice)	11	8	3
		Pork Loin, Center Rib	15	8	3	
		Beef, Ground, Lean	15	10	4	
		Ham Leg, Rump Half	17	10	4	
		Beef Top Sirloin (Choice)	10	11	3	
		Bison, Ground	14	11	5	
		Pork Center Loin	15	11	4	
		Turkey Sausage	9	11	5	
		Pork Shoulder	15	12	4	
		Pork, Ground	10	12	5	
		Porterhouse Steak, Untrimmed	13	13	5	
		Beef Chuck, Trimmed	17	14	6	
		Beef Chuck, Blade Roast	17	14	6	
		Beef Top Sirloin, Untrimmed (Choice)	11	15	6	
		Lamb Loin, Untrimmed	17	15	7	
		Beef Top Loin, Untrimmed	12	16	5	
		Pork Sausage	11	16	5	
		Pork Spareribs, Untrimmed	10	17	6	
		Beef Sausage	10	17	7	
		Beef Chuck, Untrimmed	16	20	5	

Beef Top Sirloin (Select)	11	1-2 grams	Beef Short Ribs, Untrimmed	18	24	10
Beef Top Round, Trimmed (Choice)	18		Beef Bacon	21	24	8
Beef Tip Round (Select)	16					
Beef, Ground, Extra Lean	14					
Lamb Loin	9					
Lamb Shank	16					
Lamb Sirloin	16					
Pork Tenderloin	16					
Pork Top Loin	13					
Pork Sirloin, Boneless	18					
Pork, Ground, Extra Lean	18					
Veal Loin	12					
Veal Shoulder	15					
Veal Sirloin, Trimmed	15					

Fish/Seafood

	Protein	Sat. Fat		Protein	Sat. Fat
Cod	13	<1 gram	Mackerel	11	1-2 grams
Flounder	11		Salmon Fillet	12	
Salmon, Canned	13				
Sardines	11				
Shellfish (Shrimp, Crab, Lobster, etc)	10				
Tilapia	11				
Tuna, Canned	15				

Vegetarian Options

	Protein	Sat. Fat		Protein	Sat. Fat
Boca® Burger, Original (1 Patty)	18	<1 gram	MorningStar Farms® Veggie Burger	10	1-2 grams
Boca® Chik'n Patty (1 Patty)	11				
MorningStar Farms® Black Bean Burger	11				
MorningStar Farms® Chik Patty	8				
MorningStar Farms® Sausage Patty	10				
Tofu	9				

Dairy

	Protein	Sat. Fat			Protein	Sat. Fat	
Cottage Cheese, Fat Free/Low Fat (1/2 cup)	7	<1 grams		Cottage Cheese, Regular (1/2 cup)	13	1-2 grams	
Milk, skim & soy (1 cup)	8			Milk, 1% (1 cup)	9		
		Total Fat	Sat. Fat			Total Fat	Sat. Fat
Milk (2%, 1 cup)	8	5	3	Milk (whole, 1 cup)	8	8	5