

What to eat during the first 5-6 weeks after surgery

**You MUST follow these menus as closely as possible to avoid bursting your new small stomach, which can cause severe complications and possibly even death from infection!
It is very important to AVOID all regular texture/solid foods until the 6th – 7th week after surgery!**

FULL FLUID MENU – weeks 1-2-3 after surgery

(week 3 is a transition period to the puree menu)

Maximum portion at meals/snacks = ½ cup (125 mL)

- ✓ Drink 1 protein shake per day. Sip on the protein shake in between the following meals and snacks. Choose a protein shake that has 20-30 grams of protein and less than 200 calories*.

Breakfast	Lunch	Supper
<ul style="list-style-type: none"> ✓ ½ cup (125 mL) hot cereal prepared with milk (0, 1, or 2% fat) or soy milk. Ex. Oatmeal, cream of wheat, baby cereal 	<ul style="list-style-type: none"> ✓ ½ cup (125 mL) milk based soup (Ex. Cream of chicken, cream of celery, etc.) – Prepare your soup with milk (not water) and strain it to remove any solid pieces. <li style="text-align: center;">OR ✓ ½ cup (125 mL) pureed and thinned legume soup (Ex. Lentils, chickpeas, beans) – Thin the soup with broth so it is a liquid and not a thick puree. Avoid spicy soups. 	
Morning snack	Afternoon snack	NO late snack
<p>Choose 1 of the following:</p> <ul style="list-style-type: none"> ✓ ½ cup (125 mL) milk or soy milk ✓ ½ cup (125 mL) kefir ✓ ½ cup (125 mL) pureed fruit (Ex. Apple sauce) ✓ ½ cup (125 mL) regular yogurt (AVOID Greek yogurt for now because it is too thick) – 0, 1, or 2% fat, plain or flavoured, remove all chunks of fruit ✓ ½ cup (125 mL) homemade smoothie (i.e. milk + yogurt + fruit) ✓ ½ cup (125 mL) protein drink (Ex. Boost Diabetic, Boost 100, Ensure High Protein, Premier Protein, Milk to Go Sport, etc.) 		<p><i>Since it increases heart burn, worsens digestive issues, and causes weight gain in the long-term.</i></p>

Reminders:

- Half a cup (125 mL) is the *maximum* portion for your meals/snacks on this menu. Listen to your new stomach. Stop eating before you feel nauseous and/or vomit. Do your best. Even having 2 spoonfuls is better than skipping a meal/snack. Eat even if you are not hungry.
- Remember to not drink and eat at the same! Stop drinking 15 minutes before your meals and snacks, and restart drinking again 30 minutes after you have finished eating. Set a timer to remind yourself or download the ‘Bariatric Timer App’. It is important to be sipping on water and your 20-30 gram protein shake constantly in between meals and snacks to stay hydrated and to prevent constipation.
- If you find plain water difficult to swallow, add low calorie flavourings (Ex. Crystal Light or Mio), or try a low calorie sports drink diluted with water (Ex. Gatorade’s G2).
- **Avoid coffee for the first week after surgery.** After the first week start with only 1 cup (250 mL) of coffee per day. When you are able to drink 1 L of water per day, you can increase your coffee to maximum 2-3 cups per day.

*For your **daily protein shake**: Choose a protein shake with **20-30 g of protein and less than 200 calories**. You can purchase pre-prepared protein drinks (Ex. Premier Protein, Milk 2 Go Sport, 2 Boost Diabetic, etc.) Or you can purchase protein powder (look for: 'whey isolate' or 'soy isolate').

If you have questions about protein shakes and protein powders, email your nutritionist Monica (mbashaw@physimed.com).

PUREE MENU – weeks 4-5-6 after surgery <i>(week 6 is a transition period to the regular texture menu)</i> Maximum portion at meals/snacks = ½ cup – ¾ cup (125 – 175 mL)		
✓ Drink 1 protein shake per day. Sip on the protein shake in between the following meals and snacks. Choose a protein shake that has 20-30 grams of protein and less than 200 calories.		
Breakfast	Lunch	Supper
Choose 1 of the following: ✓ ½ cup (125 mL) hot cereal prepared with milk (0, 1, or 2% fat) or soy milk Ex. Oatmeal, cream of wheat, baby cereal ✓ 1-2 cooked eggs whisked with milk to soften ✓ ½ cup (125 mL) Greek yogurt – 0, 1, or 2% fat, plain or flavoured ✓ ½ cup (125 mL) cottage cheese – 0, 1, or 2% fat	✓ ½ cup (125 mL) pureed protein (Ex. Meat, fish, tofu, legumes, eggs) - Make your purees at home (see directions below), or - Purchase pre-made baby food (Ex. Mother Hen, Gerber, Heinz), or - Purchase pre-made pureed meals (Ex. Epikura, Campbell's Trépurées). If you can finish your ½ cup (125 mL) portion of protein, you can also have ¼ cup (60 mL) pureed vegetables or mashed potatoes . Remember that your priority after surgery is always your protein! To prepare homemade pureed protein: 1. In a blender, add 1 cup (250 mL) of <u>cooked</u> and <u>chopped</u> meat, fish, tofu, legumes (Ex. Lentils, chickpeas, beans) or eggs. 2. Add ½ cup (125 mL) of liquid/sauce (Ex. broth, vegetable juice, hummus, low fat gravy, tzatziki) to the same blender. 3. Add salt and dried herbs if desired. 4. Blend until smooth. Add more liquid/sauce if needed. There should be no chunks. Note: If you have a large blender, you may need to double or triple this recipe to have enough to food to puree properly.	
Morning snack	Afternoon snack	No late snack
Choose 1 of the following: ✓ ½ cup (125 mL) Greek yogurt – 0, 1, or 2% fat, plain or flavoured ✓ ½ cup (125 mL) cottage cheese – 0, 1, or 2% fat ✓ See FULL FLUID MENU for more options.		<i>Since it increases heart burn, worsens digestive issues, and causes weight gain in the long-term.</i>

Reminders:

- Only start the PUREE MENU when you have no more discomfort with the FULL FLUID MENU.
- Gradually try puree foods one meal/snack at a time to make sure there is no discomfort. If you do feel some discomfort, try to walk after eating.
- **Start taking your vitamins and minerals.** Choose chewable or liquid forms. If you have difficulty tolerating your vitamins and minerals during this menu, stop taking them. Try taking them again in 2 weeks.

Constipation

It is normal to experience constipation in the 6-7 weeks after surgery because you are eating very little and your diet is very low in fiber. Here are some suggestions to help prevent/treat constipation:

- Drink 1.5-2.0 liters (6-8 cups) of water/d.
- Drink more warm fluids (Ex. Tea).
- Try ¼ cup of pureed plums or ½ cup of prune juice as a snack option.
- Increase the fiber in your diet. Ex. Have legumes (chickpeas/beans/lentils) more often and add wheat germ/wheat bran/chia seeds to your smoothies.
- You can take Metamucil or Benefiber in small doses. Take 1 teaspoon at a time in ½ cup of water 3 times per day.
- Walk 15-30 minutes after every meal to help get things moving.
- Place a foot-stool under your feet when sitting on the toilet to raise your knees above your hips.
- Try taking a daily probiotic product such as BioK, kefir or Activia yogurt.

Nausea & Vomiting

Nausea and vomiting can happen after surgery. They will improve with time. The most common reasons for nausea and vomiting are:

- Eating or drinking too quickly, or swallowing too much food or liquid at once.
- Not chewing enough.
- Drinking and eating at the same time.
- Eating when stressed or when multitasking.
- Skipping ahead a menu. Do not try regular texture foods until the 6th week after surgery.
- If pureed foods are too thick. Try thinning your purees by adding more liquid (Ex. Broth, milk).

If you vomit a foam-like substance, please contact Dr. Christou or Dr. Chow. This can be a sign that there is too much acid in your stomach. Medications can help.