

## Lifelong Eating Guide

Only start the REGULAR TEXTURE MENU when you have no more discomfort with the PUREE MENU. It is important to transition to solid foods slowly. For example, try ground beef before you try steak and try cooked vegetables before you try raw vegetables. Remember that you will not tolerate all foods right away. Eating after surgery is a process. Your tolerance will improve every month. It can take up to 3-8 months to be eating all foods again and to be able to comfortably consume 1 cup of food at a meal. Be patient.

**Read ALL of the reminders and tips on the next page before starting this menu!**

REGULAR TEXTURE MENU – Lifelong eating		
Maximum portion at meals = 1 cup (250 mL)		
Maximum portions at snacks = ½ - 1 cup (125 – 250 mL)		
Breakfast	Lunch	Supper
<p>Examples:</p> <ul style="list-style-type: none"> <li>✓ 1 slice toasted bread or 4-6 crackers with 1-2 oz (30-50 g) of cheese or 2 tbsp of peanut butter</li> <li>✓ 1 slice toasted bread with 1 egg</li> <li>✓ 250 mL (1 cup) hot cereal prepared with milk</li> <li>✓ 125 mL (½ cup) cottage cheese with fruit</li> </ul>	<ul style="list-style-type: none"> <li>✓ Protein               <ul style="list-style-type: none"> <li>- 2 – 3 oz (60 – 90 g) cooked meat or fish</li> <li>- 3.5 oz (100 g) tofu</li> <li>- 125-175 mL (½ - ¾ cup) legumes (Ex. Lentils, chickpeas, beans)</li> <li>- 2 eggs</li> </ul> </li> </ul> <p style="text-align: center;">AND</p> <p style="text-align: center;">60 mL (¼ cup) cooked vegetables</p> <p style="text-align: center;">AND</p> <p style="text-align: center;">60 mL (¼ cup) carbohydrate (Ex. Rice, quinoa, couscous, potatoes)</p> <p>*No soup</p>	
Morning snack	Afternoon snack	<b>No Evening snack</b>
<p>Examples:</p> <ul style="list-style-type: none"> <li>✓ 250 mL (1 cup) milk</li> <li>✓ 60 mL (¼ cup) nuts or seeds</li> <li>✓ 80-125 mL (1/3-1/2 cup) Greek yogurt + fruit</li> <li>✓ 1-2 oz (30-50 g) cheese + 4-6 crackers</li> <li>✓ 1 protein shake or bar with 10-15 g of protein</li> </ul>		

### Reminders:

- Always weigh and measure your foods. Do not guess or 'eyeball' your portions.
- You no longer need a daily protein shake if you are eating 3 meals + 2 snacks. You can however, replace any meal or snack with a protein shake or protein bar.
- Avoid alcohol for the first 6 months after surgery to reduce your risk of stomach ulcers.

- You can now take your vitamins in pill format instead of in chewable if you prefer.

### Reminders & Tips – Habits for life

- **Follow the “3+2” meal plan** (3 meals and 2 snacks) for life. It is important to eat every 2-3 hours during the day even if you are not hungry to maintain a good level of energy. Avoid eating small portions every 20 minutes!
- **Always weigh and measure your foods.** Do not guess or ‘eyeball’ your portions.
- **Portions for life = maximum 1 cup** (250 mL) at meals and maximum ½-1 cup (125-250 mL) at snacks. For example, this means that at supper, your chicken, rice and vegetable all need to fit into 1 cup (250 mL).
- **Remember to always eat slowly and to chew your food really well** (i.e. until it is puree). Stop when you feel satisfied, not when you feel uncomfortably full. Your meals should last 30 minutes, and your snacks should last 20 minutes (1 tsp. of food per minute). If you eat too quickly and/or take big bites, you will feel nauseous and uncomfortable or your food will block in your throat and you will likely vomit.
- **Include a source of protein with every meal and snack.** Foods that are high in protein help you feel fuller longer and reduce your cravings in between meals and snacks. They also help you maintain your muscle mass while you are losing weight. If you do not know what foods are high in protein or if you have questions about protein shakes and protein bars, contact your dietitian Monica ([mbashaw@physimed.com](mailto:mbashaw@physimed.com)).
- **Remember to not drink and eat at the same.** Stop drinking 15 minutes before your meals and snacks and start drinking again 30 minutes after you have finished eating. Set a timer to remind you, or download the ‘Bariatric Timer App’.
- **Take your vitamins every day for life.** Remember that your family doctor should be monitoring your blood work every 3-6 months in the first year after surgery and annually thereafter. He or she will adjust your vitamins accordingly.

### Food groups:

It is important to eat a variety of foods from all of the food groups (i.e. meat & alternatives, dairy products, vegetables & fruit and grain products). Eating foods from each of the four food groups is important to get enough protein, fibre, vitamins and minerals to stay healthy.

- For **dairy products**, choose 0-2% milk, 0-2% yogurt and cheese that has <25% M.F.

- For **meat & alternatives**, choose lean cuts of meat and remove skin and extra fat. Cook your meats and fish in a liquid (Ex. Broth) or a low calorie sauce (Ex. Tomato sauce). Meat and alternatives that are tender and moist are easier to digest.
- For **grain products**, choose whole grain products and breads with  $\geq 3$  g of fibre/slice. Doughy breads are difficult to swallow, so be sure to always toast your breads. Try rice and pasta slowly, many patients complain that these foods are very difficult to tolerate.
- If you are having difficulty tolerating **fruits and vegetables**, remove their skins and seeds and/or try cooking them. In the first couple of months after surgery, the fibre found in many vegetables and fruits is hard to digest.

### **Beverages:**

- Your goal is drink 1.5 – 2.0 L (or 6-8 cups) of low calorie beverages every day to stay hydrated and to prevent constipation (Ex. water, herbal teas). Take small sips throughout the day. Bring a water bottle with you everywhere you go. Remember that warm or room temperature beverages are easier on your new stomach than cold beverages. Feel free to add Crystal Light, Mio, lemon juice, mint, etc. to add a flavour to your water.
- **Limit regular coffee to 2-3 cups/d** (or <400 mg caffeine/d). There is no limit for decaffeinated coffee. Limit the sugar and cream you add to your coffees.
- **Limit juice** to maximum 1 cup/d. These will cause weight gain.
- **Avoid alcohol** for the first 6 months after surgery to reduce your risk of developing stomach ulcers. If you choose to drink after 6 months, do so in low moderation. You have a new tolerance to alcohol. The effects of alcohol are 4-6 times more intense after surgery. One standard drink is often enough to raise your blood alcohol concentration higher than the legal driving limit. Do not drive after drinking, regardless of the amount.
- **Avoid all carbonated beverages** (Ex. soda, carbonated water, beer, champagne, etc.) for life. The gas and bubbles in these drinks will irritate your stomach and will possibly stretch your small stomach.

**If you have QUESTIONS or CONCERNS please contact your dietitian Monica (mbashaw@physimed.com) or book a follow up by contacting our secretary. Nutrition appointments within the first year after surgery are included in your surgery package.**