

Gastric Band and Gastric Bypass

PHASE 2 DIET – PUREED FOODS 3RD to 6th Week After Surgery – for 1 month

Purpose: We now begin the re-training for lifetime eating success! The Phase 2 Diet includes everything from the Phase 1 Diet. Slowly introduce mushy foods into the diet. Do not drink fluids at meals. The goal is to keep the solid food in your stomach pouch as long as possible thereby decreasing hunger.

DO NOT ADVANCE DIET TO PHASE 3

Until it is discussed at your one month office visit when you may advance. Advancing too soon can severely damage your internal incisions and cause life-threatening complications.

Diet Principles:

1. For the next 4 weeks, you will be allowed mushy and/or pureed foods, not solids. Initially, 1 to 2 tablespoons of food may be all that you are able to tolerate. During this Phase, you will need to eat 4 small meals a day.
2. Do not drink liquids 30 minutes before or during a meal.
Wait 1 hour after a meal to start drinking
Fluids with food can cause the pouch to stretch and the food to pass through too quickly.
3. Eat protein choices first. *General goal for protein intake is 50 to 60 grams per day.* Then eat vegetables and fruit. Eat grain/starches last.
4. Chew foods slowly and thoroughly. Chew foods 20 to 30 times before swallowing. Even pureed foods should be chewed thoroughly to incorporate saliva through food to begin the digestion process. Add a small amount of broth, gravy, light salad dressing or light mayo to meats for moistness.
5. Avoid foods that have skins such as baked potatoes, grapes, etc. The skins could potentially block the outlet of the pouch.
6. Continue chewable multi-vitamin and mineral supplements. Refer to options on vitamin sheet.
7. Exercise at least 30 minutes each day.

Fluids: Goal continues to be 8 to 9 cups (64 to 72 ounces) of calorie-free fluids per day. Previous fluids included on Phase 1 Diet. Continue to dilute juices 50/50 with water. Do not drink any beverage with a meal.

Skim or 1% milk. Lactose intolerance may be a problem following surgery. Use lactose treated milk or lactose enzyme tablets. Dairy Ease, Lactaid milk or low fat, low sugar soy milk.
Serving size is 4 ounces. Aim for 4 servings or 2 cups throughout the day.

Do not drink alcohol. It is dehydrating and has no nutrients.

Do not drink carbonated or sparkling drinks. The bubbles may cause gas, bloating and stretch the stomach pouch.

Lap Band Adjustment: After a lap adjustment; follow Phase 1 Diet for the first 2 days including skim or 1% milk; low sugar yogurt smoothies, low sugar protein supplements. Advance to Phase 2 Diet for the next 2-5 days.



Protein Sources:

- Poached/soft boiled/scrambled eggs or egg substitute
- Moist, unbreaded Baked Fish
- Canned Chicken - mashed and chewed to liquefied state
- Tuna – water-packed, mashed & chewed to liquefied state
- Baby foods such as beef, chicken or turkey, season to taste

Vegetables (over cooked or pureed)

Canned, well-cooked without seeds or skins

Carrots, Green Beans, Spinach, Beets

No Corn, Peas, Lima Beans

Dairy Fluids 4 oz serving & not with a meal

Skim or 1% milk, Light Soy Milk

Low Sugar Yogurt Smoothies*

Low Sugar Nutrition Drinks*

*Read labels – less than 12 grams of sugar per 4 oz serving

- Yogurt -plain or sugar-free, no seeds
- Low fat cottage or ricotta cheese
- Sugar-free pudding/custard
- Tofu (mashed)

Fruits (mashed or pureed)

Canned soft, without added sugar

Applesauce, Pears, Peaches

Mashed Banana, Baby Food Fruit

Grains/Starches:

Cream of Wheat, Cream of Rice

Grits, Instant Oatmeal

Mashed or Baked Potato – no skin

Frozen Squash

PHASE II DIET - PUREED SAMPLE MENU

Time	Sample Menu	Amount	Calorie	Protein	Carb	Volume
7 AM	Water or decaffeinated coffee or tea	1 cup-Sip slowly	0	0	0	1 cup
8 AM	Cream of Wheat made with skim milk and ½ scoop protein powder	¼ cup	95	9	12	
	— Gastric By-Pass patients take - 1 chewable Optisource multivitamin tablet — Lap Band patients take – 1 Chewable Multivitamin and mineral					
9 AM	Water	1 cup-Sip slowly	0	0	0	1 cup
10 AM	Skim or 1% milk	1/2 cup-Sip slowly	45	4	6	1/2 cup
11 AM	Calorie-free beverage	1 cup-Sip slowly	0	0	0	1cup
12 Noon	Puree chicken	2 Tbsp-golf ball size	75	7	0	
	Puree green beans	2 Tbsp	10	1	2	
	Mashed potatoes - margarine	2 Tbsp / 1/2 tsp	62	1	8	
	— Gastric By-Pass patients take - 1 chewable Optisource multivitamin tablet					
1 PM	Water	1 cup-Sip slowly	0	0	0	1 cup
2 PM	Decaffeinated coffee or tea	1 cup-Sip slowly	0	0	0	1 cup
3 PM	Skim or 1% milk	1/2 cup-Sip slowly	45	4	6	1/2 cup
5 PM	Puree turkey	2 Tbsp-golf ball size	75	7	0	
	Puree carrots	2 Tbsp	10	1	2	
	Mashed potatoes - margarine	2 Tbsp / 1/2 tsp	63	1	8	
	— Gastric By-Pass patients take - 1 chewable Optisource multivitamin tablet					
6 PM	Sugar Free Protein Pudding	1/4 cup	120	10	10	
7 PM	Skim or 1% milk	1/2 cup-Sip slowly	45	4	6	1/2 cup
8 PM	Skim or 1% milk	1/2 cup-Sip slowly	45	4	6	1/2 cup
9 PM	Low-fat cottage cheese	1/4 cup	75	7	0	
	Unsweetened applesauce	1/4 cup	20	0	10	
	— Gastric By-Pass - 1 chewable Optisource multivitamin tablet & 1 B-1 (100mg thiamin)					
10PM	Water	1Cup-Sip slowly	0	0	0	1 cup
Totals			785	60	76	8 cups

Your calorie and protein needs may be more or less than this sample meal plan.

Homemade Pureed Meat: ¼ cup Broth and ¼ cup meat-poultry & fish. No beef or pork. Blend to baby food consistency. Place extra food in plastic freezer ice cube trays. When frozen transfer to freezer bag and date.

Double Protein Milk: 1/3 cup non-fat dry milk powder, add 1 cup skim/1% milk or soymilk. Mix well and refrigerate. One cup of double protein milk = 16 grams protein. Use in hot cereal, sugar free pudding or any recipe calling for milk or water.

Protein Pudding: Mix together 1 box sugar-free instant pudding mix, and 4 scoops protein powder. Whisk 2 cups cold skim or light soy milk and ½ teaspoon vanilla or almond extract into dry mixture. Mix until smooth and thickened. Makes 3 cups. A ½ cup portion = 20 grams protein. Try a variety of flavors.