

Gastric Band and Gastric Bypass

PHASE 3 DIET – SEMI-SOFT TO SOLID FOODS - 7th Week to 6 Months After Surgery

Purpose: This phase continues to refine your new lifelong eating habits. You will begin to aim for four small meals each day of 1/3 to 1/2 cup of food at each meal. Fluids continue to be consumed away from meals with the goal of keeping the pouch from emptying thereby creating the feeling of fullness.

Diet Principles:

1. For the next 5 months slowly introduce soft solid foods. Add one new food at a time to determine tolerance. Aim for four small meals each day. Initial goal is 1/3 to 1/2 cup of food at each meal.
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 60 to 80 grams per day.* Then eat vegetables and fruit. Eat grain/starches last.
4. Chew foods 20 to 30 times to a pureed consistency before swallowing. Take 20 to 30 minutes to eat. Add a small amount of broth, gravy, light salad dressing or light mayo to meats for moistness. Stop eating as soon as you begin to feel full. One extra bit often leads to nausea or discomfort.
5. Avoid foods that have skins, membranes, and seeds, such as baked potatoes, grapes, and berries. Avoid fibrous fruits and vegetables like corn, peas, and canned pineapple. These foods 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 and 2 Diet. 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 soymilk.
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. Then gradually resume Phase 3 Diet.



Protein Sources:

- Cut up each piece of meat into ½ inch cubes
- Marinate meats or use a tenderizer
- All Moist, un-breaded, not fried Fish
- Deli sliced meats like turkey breast, ham, beef
- Moist chopped meats like chicken, lean pork, beef

- Fat-Free Refried Beans
- Sliced or grated low-fat cheese
- Sugar-free pudding/custard
- Hard Boiled or Poached Egg
- Lean Ground Beef

Vegetables

Canned or steamed
 Broccoli, Cauliflower, tender Asparagus
 No Corn, Peas, Lima Beans

Fruits

Ripe Pears, Peaches, Nectarines
 Melon without seeds, Peeled Apple
 Ripe or Thawed Frozen Berries, no syrup

No Seeds, skins, or membranes

Grains/Starches

Oatmeal – regular flavors no sugar added
 Dry Un-Sweetened Cereal soaked in skim milk
 Low Fat crackers, Wheat Bread – Toasted dry

Dairy Fluids –not with meals

Skim or 1% milk, Light Soy Milk

PHASE III DIET - SOFT 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	Poached egg or light yogurt	1 or 6 oz.	80	7	0/12	
	Fresh ripe strawberries	1/4 cup	11	0	3	
	Whole wheat toast	1/2 slice	35	2	7	
	Margarine	1/2 teaspoon	17	0	0	
	—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	Sugar-free beverage	1 cup-Sip slowly	0	0	0	1 cup
12 Noon	Skinless broiled chicken breast	2 oz.	100	18	0	
	Green beans	1/4 cup	10	1	2	
	Mashed potatoes or Toast	1/4 cup or ½ slice	40	2	8	
	Margarine	1/2 teaspoon	17	0	0	
	—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	Lean broiled pork loin	2 oz.	132	18	0	
	Steamed carrots	1/4 cup	18	2	4	
	Mashed potatoes	1/4 cup	40	2	8	
	Shredded Lettuce w/fat free dressing	1/4cup	13	0	2	
	Margarine	1/2 teaspoon	17	0	0	
	—Gastric By-Pass patients take - 1 chewable Optisource multivitamin tablet					
6 PM	Skim or 1% milk	1/2 cup-Sip slowly	45	4	6	1/2 cup
7 PM	Skim or 1% milk	1/2 cup-Sip slowly	45	4	6	1/2 cup
8 PM	Low-fat cheese	2 oz.	144	14	0	
	Fresh ripe pear	1/2 small	38	0	10	
	—Gastric By-Pass patients take - 1 chewable Optisource multivitamin tablet					
9 PM	Water	1Cup-Sip slowly	0	0	0	1 cup
Totals			892	82	80	8 cups

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