

Nutrition Guidelines following Gastric Bypass Surgery

Purpose of the diet:

Gastric bypass is a type of surgery in which the stomach size is reduced to about 30ml or 2 tablespoons. Overtime the stomach pouch will stretch until it can hold ½ to 1 cup of food at a time. The surgery is not an end in itself hence it is important to start a program of new eating habits to ensure that weight loss is safe and successful.

* *Special considerations:* nausea, vomiting, dehydration, dumping syndrome, and food intolerances are all side effects of the surgery that can be lessened and overcome by diet.

Stages of the Diet:

<u>Type of the diet:</u>	<u>Duration</u>
Stage 1: sugar free, clear fluid diet	1 – 2 days
Stage 2: full fluid, no fat, no sugar	1 week
Stage 3: pureed food	1 – 2 weeks
Stage 4: mechanical soft	1 – 2 weeks
Stage 5: soft diet	1 – 2 weeks
Stage 6: regular diet	1 – 2 weeks

*Patient is requested to follow up with the dietitian at the end of each stage.

*Each stage of the diet is advanced at the patient's tolerance.

Stage 1: Clear Fluids, No Sugar

Duration: 1-2 days

Food Items: water, broth, diet jello “no sugar”, yensoun no sugar, herbal tea, decaffeinated tea and coffee.

How much to drink at meal times: 30 ml (in medicine cup) every 15 minutes.

Important Notice:

- Drink enough fluids average (2-3) liters per day.
- Sip slowly and stop sipping as soon as you feel full.
- Avoid carbonated beverages.
- Avoid sweetened beverages.
- Avoid chewing gum, hard candies, and chocolate.
- Avoid using the straw for drinking liquids.

Stage 2: Full Fluid, No Fat, No Sugar

Duration: 1 week

Foods that can be added:

- Enriched nonfat milk (1 cup fluid milk + ¼ cup powder nonfat milk).
- Nonfat yogurt (plain or fruit flavor sugarless).
- Sugarless-fat free puddings made with enriched nonfat milk.
- Sugarless cocoa made with enriched nonfat milk.
- Cream of wheat or cream of rice made with enriched nonfat milk.
- Liquid supplements can be prescribed in case of milk intolerance.

Amount and frequency of meals:

Take 6 meals per day. Each meal consists of 120 ml of fluid taken slowly over a period of half an hour.

What to drink between meals:

Water or one of the low calorie beverages from the first stage; taken 30-60 ml / 15 minutes with a goal of (2-3) L/day.

Stage 3: Pureed Food

Duration : 1-2 weeks

New foods that can be added:

Include foods that have the consistency of a smooth paste or thick liquid, no fat, no sugar.

- Fat free labni.
- Fat free cottage cheese, low fat spread cheeses (3gr fat/ once).
- Scrambled eggs without oil.
- Canned baby food (example; chicken, meat, turkey, beef) can be added to broth, cream soups, milk, vegetable puree, or vegetable juices.
- Seedless peeled and pureed vegetables or fruits.

Note: 30gr of pureed meat can be exchanged with 30gr of pureed vegetables or fruits. Make up for the proteins by taking 120ml of protein rich beverages (discussed in stage 2) between meals.

Amount:

- 4-5 meals per day.
- Each meal constitute (90-120)gr of food = 6-8 tablespoons.
- Meals should be consumed over 30 minutes.
- 3 meals should be selected from the meat category (example: meat, chicken, fish, labni or cheese).
- 2 snacks should be taken from the high protein liquids listed in stage 2.

Remember:

- Keep a record of daily food intake and bring it on the day of follow up with the dietitian.
- Don't drink more than 180ml of sugarless strained fruit juice.
- Drink 3 cups of skimmed milk or 1.5 cups of enriched skimmed milk to meet the calcium requirements.
- Take (1.5–2) L of fluids per day, using the 30ml medicine cup. No liquids are allowed with meals.
- Eat slowly (30gr = 2 tablespoons of food in 10 minutes).
- Consumption of a meal should be stopped when the sensation of fullness occurs.
- If feelings of nausea or stomach pain occur, return to the clear fluid stage and then reintroduce the following stages in proper sequence.
- Avoid chewing gum.
- Always remember to take the vitamin/ mineral supplements prescribed.

Stage 4: Mechanical Soft Foods

Duration: 1-2 weeks

Foods that can be added:

- Lean ground meat.
- Boiled / grilled skinless chipped chicken.
- Boiled or scrambled eggs without oil.
- Ground or chopped grilled fish.
- Water packed tuna.
- Low fat cheese.
- Starches (example: rice, potato, pasta...) in small amounts.
- Toasted bread.
- Seedless peeled fruits and vegetables.
- Use one tablespoon of vegetable oil daily.

Amount:

- 3-4 meals per day. Each meal should constitute of 60gr or 4 tablespoons of (meat, chicken, fish, labni, or cheese) plus (30 gr of fruits, vegetables or starches).
- 2-3 snacks, each snack = 120ml from the high protein liquids taken in a period of (15-30 minutes).

Important Notice:

- Keep a record of daily food intake and bring it on the day of follow up with the dietitian.
- Have the meal in a quite and comfortable environment.
- Eat slowly and chew well.
- Keep healthy habits; focus on eating and avoid distractions (i.e. watching T.V, reading, etc...)

- Some foods might be less tolerated, such as:
 - Red meat.
 - Regular bread.
 - Moist less chicken, meat, or turkey.
 - Fresh fruits and vegetables.
 - Untolerated food items should be reintroduced two weeks later.
 - Note down the food items that were less tolerated on the daily food record.

Remember:

- Don't drink more than 180ml of sugarless strained fruit juice.
- Drink 3 cups of skimmed milk or 1.5 cups of fortified skimmed milk to meet the calcium requirements.
- Take (1.5-2)L of fluids per day, using the 30ml medicine cup. No liquids are allowed with meals.
- Eat slowly (30gr = 2 tablespoons of food in 10 minutes).
- Consumption of a meal should be stopped when the sensation of fullness occurs.
- If feelings of nausea or stomach pain occur, return to the clear liquid stage and then reintroduce the following stages in proper sequence.
- Avoid chewing gum. Always remember to take the vitamin/mineral supplements prescribed by the doctor.