

UMASS MEMORIAL WEIGHT CENTER

Later Stage Diet Education for
Gastric Bypass, Adjustable Gastric Band,
and Sleeve Gastrectomy



*Guidelines on what to eat in the weeks,
months, and years after your surgery*

DIET STAGES 4-5



*UMassMemorial
Medical Center*

TABLE OF CONTENTS

STAGE 4: Moist/Protein Foods	1
Protein Content of Common Foods	3
Stage 4: Sample Menus	4
STAGE 5: Low Fat, Low Sugar, Solid Foods	5
Stage 5: Sample Menus	7
Vitamins	8

STAGE 4: MOIST/PROTEIN FOODS

START:

- Gastric bypass and sleeve gastrectomy: 3 weeks after hospital discharge
- Adjustable gastric band: 2 weeks after hospital discharge

DURATION:

Once you are advanced to this stage by your dietitian, you will remain on it for 1 month.

FOOD ALLOWED:

- Small amounts of high protein, moist foods. This includes meat, fish, eggs, beans, nuts and dairy products.
- Textures should be soft or pureed at first, then gradually advance to foods that require more chewing. A list of examples is on page 3.

FOODS NOT ALLOWED:

- Fruits and vegetables.
- High carbohydrate foods like bread, rice, pasta, crackers, or cereal and potatoes.

GOALS:

- Fluids
 - At least **48 ounces** per day.
 - Sip slowly. Do not drink quickly or gulp.
 - Do not drink fluids at meals, or 30 minutes before or after meals.
 - Drink mostly water. Avoid sweetened and carbonated beverages. Limit artificial sweeteners.
- Protein
 - At least **60 grams** per day.
 - Keep track of your protein intake to make sure you are getting enough.
 - Weigh the food on a scale after it has been cooked to make sure that you are getting the right amount of protein.
 - Protein should come from food, although some people choose to continue shakes in small amounts.

HOW MUCH:

- Eat five to six small meals per day. Each meal will be:
 - 2 ounces of solid food (like chicken or tuna fish, i.e. half of a can of tuna or two slices of deli meat).
 - OR 4-6 ounces of liquid or semi-liquid foods (like soup or yogurt).
 - It should take you 15 to 30 minutes to finish this portion.
- If you are unable to finish the portion within 30 minutes, STOP.

REMINDERS:

- Never chew gum. If swallowed, it can block your stomach outlet.
- Maintain a record of your food and fluid intake. Note the amount of fluid ounces, and grams of protein per food.
- If you have any food intolerances, nausea, or vomiting consult your Diet Stages 1-3 booklet ideas. Notify your surgeon and/or dietitian of any problems.
- Make sure food is as moist as possible. Moisten the food with broth, milk, lemon juice, tomato juice, plain tomato sauce, low-sodium soy sauce, mayonnaise, salad dressing, or vinegar. Avoid high-sugar condiments like ketchup or barbecue sauce.
- Do not use straws. They may introduce too much air into the stomach.
- Your feeling of fullness may change after surgery.
 - Eat slowly. Use the guideline of 10 minutes per ounce to pace yourself.
 - Stop eating if full. If you cannot eat the entire 2 ounces, put it aside. Try eating it an hour or two later. **Never force the food or beverage; you might stretch your stomach or cause nausea and vomiting.**
 - Indications of fullness may be a pressure, tightness, or heaviness in the center of your abdomen just below the breast bone.
 - Feelings of nausea, regurgitation, or heartburn are indications that too much has been eaten or the meal was eaten too rapidly.

PROTEIN CONTENT OF COMMON FOODS

FOOD (EARLY STAGE 4)	PORTION SIZE	GRAMS OF PROTEIN
Milk (1% or unsweetened soy)	1 cup	8
Yogurt (less than 12 grams sugar each)	4 – 6 ounces	6 – 8
Greek Yogurt (less than 12 grams sugar each)	4 – 6 ounces	15
Tofu, extra firm	3 ounces	12
2% Cottage or Ricotta Cheese	1/3 cup	10
Refried Beans	1/3 cup	5
Cream Soup, mixed with 2% milk, pureed	2/3 cup	Varies
Split-Pea Soup	1/2 cup	5
Peanut/Almond Butter (limit to once per day)	2 tablespoons	7

Once you are easily tolerating the above foods you can begin to try the items below which have a firmer texture. Pushing your diet too fast can result in abdominal pain, nausea, and vomiting.

FOOD (LATER STAGE 4)	PORTION SIZE	GRAMS OF PROTEIN
Hard Cheese (American, cheddar, Swiss)	1 ounce	6 – 7
Baked Beans, vegetarian (tomato sauce)	1/2 cup	6
Tuna or Chicken, canned	2 ounces (1/2 can)	14
Fish or Shellfish (i.e. cod, salmon, shrimp)	2 ounces	14
Chicken or Turkey (breast, thighs, legs)	2 ounces	14
Deli Meat (turkey, ham, roast beef)	2 slices = 2 ounces	10 – 14
Egg Substitute	1/4 cup	6
Eggs (scrambled or soft boiled)	1 large = 1.5 ounces	6 per egg
Ground meat (90% or higher beef or turkey)	2 ounces	14
Veggie Burgers	1/2 patty	Varies – aim for at least 6 grams
Chili (no big chunks of vegetables)	1/2 cup	7
Nuts (limit to once per day)	1/4 cup	7

STAGE 4: SAMPLE MENUS

MENU I (EARLY STAGE 4)

TIME	FOOD OR BEVERAGE	PROTEIN (grams)	FLUIDS (ounces)
7:00 am (Fluid)	8 ounces water		8
8:00 am (Meal 1)	6 ounces Greek yogurt (smooth, low sugar)	15	
9:00 am (Fluid)	8 ounces tea or coffee		8
10:00 am (Snack 1)	8 ounces high protein drink	16	8
12:00 pm (Meal 2)	6 ounces split pea soup w/ milk	7	6
3:00 pm (Snack 2)	4 ounces low fat Greek yogurt (smooth, low sugar)	10	
4:00 pm (Fluid)	8 ounces water		8
5:00 pm (Fluid)	6 ounces tomato juice		6
6:00 pm (Meal 3)	1/3 cup cottage cheese	10	
8:00 pm (Snack 3)	2 tablespoons peanut butter	7	
9:00 pm (Fluid)	8 ounces sugar-free clear liquid		8
	Total	65	52

MENU II (LATER STAGE 4)

TIME	FOOD OR BEVERAGE	PROTEIN (grams)	FLUIDS (ounces)
7:00 am (Fluid)	8 ounces water		8
8:00 am (Meal 1)	1 scrambled egg and 1 oz cheese	12	
9:00 am (Fluid)	8 ounces tea or coffee		8
10:00 am (Snack 1)	8 ounces low sugar, complete nutritional supplement	16	8
11:00 am	8 ounces water		8
12:00 pm (Meal 2)	1/3 cup 2% cottage cheese	6	
2:30 pm (Fluid)	8 ounces 1% milk	8	8
3:00 pm (Snack 2)	2 slices deli meat	12	
5:00 pm (Fluid)	8 ounces water		8
6:00 pm (Meal 3)	2 ounces chopped chicken with light mayonnaise	14	
8:00 pm (Snack 3)	2 ounces shrimp	14	4
9:00 pm (Fluid)	8 ounces tea		8
	Total	82	56

STAGE 5: LOW FAT, LOW SUGAR, SOLID FOODS

DURATION:

This is the final stage and you will remain on this stage for the rest of your life. Following these guidelines will help you maintain good health and successful weight loss. Gradually introduce new foods to improve tolerance.

FOODS TO INCLUDE:

TYPE OF FOOD	PORTION AT EACH MEAL	PORTIONS PER DAY
All protein rich foods from Stage 4	2 – 4 ounces	4 – 6
Fruits	2 tablespoons to start, up to 1/2 cup	1 – 2
Vegetables	2 tablespoons to start, up to 1/2 cup or more	2 – 3
Complex carbohydrates (brown rice, whole wheat, potatoes, high fiber cereals)	1/2 cup cooked	1 – 2

FOODS TO LIMIT:

- High fat foods like fried chicken, pastries, donuts.
- High sugar foods like candy or sweetened beverages.

Note: Excess sugar consumption after gastric bypass can cause dumping syndrome.

MEAL PLAN:

- 3 meals and 2-3 snacks per day.
- Create healthy, balanced meals that **always contain a protein-rich food**, and also have a fruit or vegetable.
- Eat the protein part of your meal first.

Individuals may not tolerate certain foods. These may include:

- Meat, fish or poultry that is dry or tough.
- Raw fruits and vegetables, especially peels or membranes (i. e. fruits with “skin”, such as apples or pears).

GOALS:

Protein	Aim for 60 – 100 grams per day. More than 100 grams is not usually necessary.
Fluids	Aim for 64 ounces per day. You may need more if you are active or if it is warm out.
Calories	Calorie needs vary widely, even after weight loss surgery. Many post-op patients aim for 800 – 1,000 per day for the first year with good success. Talk to your dietitian if you want to track your calories to find the best number for you.

REMINDERS:

- Listen to your body. Stop eating when you feel 75% full.
- Continue to eat or drink slowly and restrict portion sizes.
- If food intolerances occur, eliminate the food for 1 to 2 weeks then try it again.
- Maintain a food and fluid record to help you to monitor your intake.
- Maintain a regular exercise program if OK'd by your doctor.
- No alcohol for up to one year after surgery. After one year it is okay to have a serving of alcohol only on special occasions, such as holidays.

Note: Research shows that people are at risk for alcohol abuse after bariatric surgery, so close monitoring is important.

STAGE 5: SAMPLE MENU

TIME	FOOD OR BEVERAGE	GRAMS OF PROTEIN
Breakfast	1 slice whole wheat toast	3
	1 egg	6
Snack	1/2 banana	0
	1 tablespoon peanut butter	4
Lunch	3 ounces tuna fish	21
	1 tablespoon mayonnaise	0
	2 lettuce leaf “wraps”	0
Snack	6 ounces Greek yogurt with 1/4 cup berries	15
Dinner	2 ounces chicken breast	14
	1/2 cup stir-fried vegetables	1
Snack	carrots with 1/4 cup hummus dip	5
	Total	69

Drink water or calorie-free beverages between meals to achieve a total of at least 48-64 ounces of fluid per day.

Limit portions to a total of no more than 3 ounces of solid food or 4-6 ounces of liquid per meal or snack. If you are unable to finish a specified portion within 30 minutes, STOP. Try again at your next scheduled meal or snack. Individual tolerances for particular foods or portions vary.

Use protein supplements if needed to meet your protein goals. This may be necessary when increasing variety at meals as you may decrease the protein at a meal when adding other types of foods.

Be sure to eat regularly scheduled meals and snacks. Eating regularly is one of the factors associated with successful weight loss for bariatric surgery patients. Picking at food, eating erratically and making poor food choices can affect your ability to lose weight.

Remember to schedule and attend follow-up nutrition appointments. You should meet with your dietitian at 6 months post surgery, one year post surgery, and annually thereafter. Be sure to call if you are experiencing any dietary problems or weight gain between scheduled appointments.

If you have additional questions please contact us by phone, email or visit us on the web at www.umassmemorial.org/weightcenter.

VITAMINS

Always take the vitamin and mineral supplements prescribed

VITAMIN/MINERAL	BYPASS/SLEEVE	BAND
Multivitamin one per day	✓	✓
Calcium Plus Vitamin D: 1000-1200 mg/ 800 IU two divided doses per day	✓	✓
Vitamin B-12 500 mcg per day sublingual (underneath the tongue)	✓	
Iron Plus Vitamin C one per day at 6 weeks	✓	

MULTIVITAMIN chewable daily.

- Must contain at least 18 mg of iron
- Examples are:
 - Flintstones Complete®
 - CVS Spectravite Chewable Tablets®
 - Centrum® Chewable Tablet

Note: Gummy vitamins and Centrum Silver® are not recommended.

CALCIUM + VITAMIN D SUPPLEMENT chewable daily **in two divided doses.**

- Total Calcium intake should be at least 1000 to 1200 mg
- Total Vitamin D intake should be 800 IU
- Examples are:
 - Caltrate + D[®] (2 Tabs per day)
 - Os-cal 500 + Extra D Chewable[®] (2 Tabs per day)

VITAMIN B-12: 500 mcg daily

- Sublingual (dissolves under the tongue) is best

IRON PLUS VITAMIN C - iron with a coating of vitamin C

- Not typically started until 6 weeks after surgery. Ask your surgeon.
- Examples are:
 - Vitron- C[®]
 - CVS High Potency Iron Plus Vitamin C[®]

Multivitamin and calcium supplements must be chewable for six weeks after surgery. After that you may switch to non-chewable vitamins.

NOTES:

- **Calcium and iron should not be taken at the same time. They should be separated by at least 2 hours. If taken together there is decreased absorption of both.**
- **Not taking the appropriate supplements can lead to the development of nutrient deficiencies that can result in permanent, irreversible damage if left untreated.**
- **Purchase recommended vitamins, minerals and liquid supplements prior to surgery.**

UMass Memorial Weight Center

Tel: 774-443-3886

www.umassmemorial.org/weightcenter



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Medical Center**

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To find a physician in your community, call 855-UMASS-MD (855-862-7763).