



Diet Principles

1. Adhere to the diet progression.

The rate of progression from one phase of the diet to the next is based on past experiences with similar patients, but it will also depend on your individual tolerances.

Advance gradually, depending on tolerance:

PHASE I	Post-operative / Clear liquid	(0-48 hours)
PHASE II	Full Liquid	(48hrs-7 days)
PHASE III	Pureed-Mechanical Soft	(7 days- 3 weeks)
PHASE IV	Soft Diet	(3 weeks - 2 months)
PHASE V	Stabilization	(after 2 months)

If you have a problem with any phase, it is recommended that you go back to the previous phase for a day or two and then try again. If you at any time vomit it may be helpful to return to Phase I – Clear Liquids or Phase II - Full liquids for 24 to 48 hours.

2. Drink enough fluid to keep your body hydrated.

Try to drink 64 ounces of fluid per day:

- Sip allowed beverages slowly.
- Warm beverages may be better accepted.
- Consume only calorie free beverages, except milk.

3. Eat adequate protein.

Initial goal – minimum of 20 grams per day

4. Take a multivitamin with iron that meets the Recommended Daily Allowances.

Four days after surgery begin taking a chewable multi-vitamin. After 30 days you may continue the chewable or switch to a vitamin that is smaller than a dime in every direction. Your vitamin may be better tolerated when taken in the evening.

5. Moderation, Moderation, Moderation. Everything is allowed in moderation.

Use condiments – salt, pepper, ketchup, mustard, mayonnaise to enhance taste. Eat what you like – like what you eat.

Michael C. Morris, M.D.



Your new motto: “slow, small, moist and easy”.

Especially in the first eight weeks after surgery, you need to change your eating habits to avoid pain and vomiting, rupture of staple lines and to aid in weight loss. At this time, the tissue around the staples and sutures in the stomach pouch is very swollen and needs to heal. You also want to prevent obstruction of the area where your stomach pouch connects to your intestines (stoma). Swallowing food in chunks may block the stoma and prevent foods from passing into the intestine. It is **CRITICAL** that you eat slowly and chew your food well to lower the risk of getting anything caught in this area.

You may find the following tips helpful:

- ✓ **High calorie foods, beverages and snacks are omitted.** Between meals snacking or “grazing” on small amounts of food throughout the day will sabotage your weight loss and result in the inability to lose an adequate amount of weight.
- ✓ **Foods need to be thoroughly chewed** to prevent obstruction of the stomach opening, about the size of a dime.
- ✓ **Your new pouch can only hold a few tablespoons of food after surgery;** eventually it will be able to hold ½ cup to 1 cup of solid food.
- ✓ **Eat only at meal times.** 3 small meals per day are sufficient. If you feel hungry in between meals choose a low fat protein source like yogurt, cheese or milk.
- ✓ **Set aside 30 to 45 minutes to eat each meal.** Aim to chew your food 30 times with each bite until it is the consistency of applesauce while still in your mouth. Ground or soft foods may be necessary if you have dentures. Slow down –we have a lifelong habit of eating too fast.
- ✓ **Explain to friends and family why you must eat slowly** so they do not urge you to eat faster.
- ✓ **Take small bites of food** and, for a visual aid, you may want to use a saucer in place of a plate to help with portion control.
- ✓ **Include a protein food at each meal.** Eat this item first to help maximize protein intake.
- ✓ **Pay attention to taste;** learn how to savor your food.
- ✓ **Never drink liquids when eating solid foods.** Liquids should be avoided for a period of 30 minutes before and 30 minutes after eating solid food or meals. Combining liquids and solids may cause nausea, as well as push foods through the stomach pouch faster, enabling you to eat more.
- ✓ **Don’t drink high calorie beverages** such as soda, shakes, alcoholic beverages, fruit drinks, sweetened iced tea or sweetened waters. Sipping these liquids during the day allows many calories to be consumed without feeling full. This will lead to poor weight loss or possible regain.
- ✓ **Avoid high calorie sweets** such as candy, cake, cookies, ice cream and snack foods such as chips, pretzels, crackers, etc. Sugary foods may cause dumping syndrome.
- ✓ **Stop eating as soon as you are full.** Over-eating even one ounce can make you vomit and can lead to stretching your pouch. Indications of fullness are:
 - A feeling of pressure or fullness in the center of your abdomen, just below your rib cage.
 - A feeling of nausea, regurgitation or heartburn.
 - A pain in your shoulder area or upper chest.
- ✓ **Add one “new” food at a time.** Experiment at home with a new food to make sure it agrees with you.
- ✓ **Only eat the best of foods** –after all, if you are going to eat so little, shouldn’t you have the best?
- ✓ **You may have a feeling of satiety several minutes after you are actually full.** If your pouch is 30cc (one ounce), you can put 30cc in it, and you will not feel full for about 5 minutes. Try this to help you find out the right portion size:
 - Measure 30cc of water, drink it, and wait for a few minutes. If you feel full with this amount and are comfortable, measure this amount of food before you eat it. This will prevent stretching of the pouch and the misery caused by over-eating.

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