



POST OPERATIVE DIET PHASE V

STABILIZATION

(Approximately 2 months after)

During this PHASE, you will be able to eat foods of regular consistency. However, this does not mean that you should start to go back to your old eating patterns.

- Don't exceed one cup or 8 oz of food at meal times.
- Stop eating whenever you feel full and do not eat longer than 30 minutes for each meal.
- Continue to eat 3 balanced meals a day, which contain nutrient rich foods such as meat/poultry/fish/beans, dairy products, vegetables, and fruits. These foods contain the energy, protein, vitamins, and minerals that your body needs.
- It is important to continue to take a vitamin and mineral supplement daily for the rest of your life.

CREATING SATIETY: The feeling of fullness

The answer in making your pouch work for you for the long term is in the food choices you make and in proper use of the pouch. The pouch will create a feeling of satiety when pressure is placed on the walls of the pouch. This pressure sends a signal to your brain that says, "You are full". Liquid, soft or mushy foods, which easily slip through your pouch, will not create a feeling of fullness and may contribute to eating increased calories and lead to slower weight loss or surgery failure.

Think of your pouch as a funnel. You can pour in any liquid and it runs right through. Choose a piece of meat, or vegetable and it will sit in that pouch longer, waiting for your body to slowly digest the material into a soft, mushy substance that will pass through. It usually takes an hour and you will feel full and satisfied during that period of time.

What can I do to create a sense of satiety with every meal?

- ✓ **Drink your fluids separately from your meals.** Between meals, liquids should be taken at least 45 minutes to one hour after meals.
- ✓ **Plan your meals.** Choose foods that will not easily pass through a funnel. Soups, pudding, and drinking with meals make food soft and mushy and they will pass through the funnel leaving you hungry for more.
- ✓ **Stop snacking.** Are you really hungry or simply eating out of habit, or to relive boredom, stress or feeling low? Instead, distract yourself, try one of these:
 - Drink water
 - Take a walk
 - Take a bike ride
 - Phone a friend
 - Read a book
 - Work in the garden
 - Play with the kids
 - Establish a new hobby



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Foods that may be difficult to tolerate after bariatric surgery:

Continue to avoid large quantities of sweetened foods, high fat foods and high calorie beverages to avoid weight gain and possible digestive problems.

Avoid using these foods during Clear Liquid Phase I to Soft Phase IV. Once you reach the Stabilization Phase V, you may be able to tolerate some of these items. Add items such as meat, starches, fruits and vegetables gradually as tolerated.

Meat & Meat Substitutes:

- × Steak
- × Tough, fibrous meat like pork chops
- × Fried or fatty meat, (dry) chicken breast

Starches:

- × Granola
- × Popcorn
- × White bread (non-toasted)

Vegetables:

- × Fibrous vegetables (peas, celery,
- × Corn, cabbage, broccoli & Cauliflower)

Fruits:

- × Dried fruits
- × Coconut

Miscellaneous:

- × French fries, potato chips, tortillas, and corn chips
- × Carbonated beverages
- × Highly seasoned and spicy food
- × Seeds

Sweets: Especially after bypass surgery

- × Candy
- × Desserts
- × Jam
- × Jelly
- × Alcohol
- × Sweetened fruit of juice
- × Sweetened beverage, soda
- × Other sweets