

Nutritional Guidelines for Roux-en-Y, Sleeve Gastrectomy and Duodenal Switch

Gastric Restrictive Procedures

Phase II -- Soft Foods



**The University of Chicago Hospitals
Center for the Surgical Treatment of Obesity**

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For the past two to three weeks, you have been eating pureed foods to allow your staple line to heal and to minimize the chances of food particles lodging in your pouch/sleeve opening. Since your pouch/sleeve has healed and the swelling has decreased, you will be able to advance to soft foods. This handout describes your diet for the following 4 to 6 weeks.

Phase II Diet – Soft Foods

Avoid high fiber foods for the next month.

High fiber foods include:

- Raw fruits with peelings such as apples, pears, peaches, or grapes
- Dried fruit such as raisins, figs, apricots, or cranberries
- Raw vegetables (cooked vegetables are acceptable)
- Corn and pea pods
- Dried beans with skins (refried beans are acceptable)
- Wheat bread, wheat crackers, or cereals containing nuts or seeds
- Pickles
- Popcorn
- Nuts, Seeds

Choose soft-textured and moist foods, which are easy to chew.

Soft-textured food examples:

- Chicken, turkey, fish, Cornish hen (no skin), finely ground meats such as hamburger, chicken or turkey
- Cottage cheese and cheese
- Soups, casseroles
- Unsweetened canned fruits and fruit juices (no seeds)
- Cooked fresh and canned vegetables (no seeds)
- Grits, oatmeal and farina
- Corn or rice based cereals (Corn Flakes, Rice Krispies, Rice Chex)
- Eggs or egg substitutes
- Milk and low-fat yogurt
- * White bread, saltine crackers, rice and pasta

* Many patients do not tolerate these foods initially, however, this is very individual.

1. Meats : Many patients tolerate meats better when they are moist. Consider buying ground turkey, which is generally moister than ground beef. Canned chicken is often very moist as well. In addition, include meats in soups or casseroles when possible. Gravies, sauces, “Sloppy Joe’s”, or stewing meats are additional ways to make meats moist.
2. Introduce yourself to one new food each day. Food intolerances vary from individual to individual and may even vary daily. By selecting only one new food each day, you will be able to identify which food may have caused your stomach problems. You may experience nausea, pain, discomfort, and/or vomiting with new foods. Please record any symptoms you may have on your food logs.
3. Take small bites and chew your food thoroughly.
4. Eat slowly. Each meal should take 30-45 minutes to eat.
5. Eat 4-6 small meals each day.
6. Stay away from sweets and high concentrated sugar foods. Consume no more than 30g total carbohydrate per meal.
7. Continue to eat at least **60-75 (Sleeve Gastrectomy & Roux-en-Y) or 75-90 (Duodenal Switch)** grams of protein each day. Eat foods that are high in protein at least 4 times each day.
8. While you are not on a diet, it is important to make healthy food choices.

Avoid the following foods:

- Fried, greasy foods
- Hot dogs
- Ice Cream
- Candy
- Croissants
- Mayonnaise
- Fast food
- Sausage
- Salami
- Chips
- Donuts
- Butter
- Sour Cream
- Whole Milk
- Bologna
- Bacon
- Cake & Cookies
- Biscuits
- Margarine
- Cream Cheese
- Dips & Salad Dressings

SUBSTITUTIONS

- I Can’t Believe It’s Not Butter
- Pam Non-Fat Cooking Spray
- Canadian Bacon
- Fat-free cream cheese
- Vinagrette-type dressings
- Brummel & Brown
- Fat-free mayonnaise
- Egg substitute
- Yogurt dips & sauces
- Benecol
- Fat-free sour cream
- 2%, 1% or Skim milk
- Fat-free dressings

The best way to cook foods is by grilling, baking, broiling or steaming.

FATS

A moderate fat diet is recommended after surgery. Avoiding greasy, fried, high-fat foods is important for your health and to achieve your weight loss goals. Fat also delays gastric emptying and may contribute to feeling full for a prolonged period of time, and potentially lead to vomiting.

It is recommended that you choose low-fat dairy products (milk, cheese, cottage cheese, yogurt). When choosing foods, the majority of the fat should come from monounsaturated (canola, olive, and peanut oils, avocados) and polyunsaturated (corn, safflower, peanut, soybean and sunflower oils) vs. saturated (butter and other animal products) sources. Foods should be baked, broiled, or grilled. Remove the skin off poultry before eating it. Choose to eat fish at least three times per week. Foods such as nuts and seeds are healthy snacks due to their healthy fat and protein content, but are also high in calories and should be eaten in small portions.

Trans fatty acids (TFA's) are formed during the process of hydrogenation, which turns liquid fats (oils) into a solid substance, such as margarine and shortening. Foods made from TFA's are abundant in the American diet because they allow foods to stay fresh on grocery shelves for a long time. Typical foods that contain TFA's are: doughnuts, French fries, cookies, crackers, snack chips, and many other commercially prepared snacks and baked goods. TFA's should be avoided, as they result in unfavorable changes in your blood cholesterol levels. Humans do not require any trans fats in their diets; therefore, the goal for TFA consumption is *ZERO grams daily*.

PHYSICAL ACTIVITY

Now that you are four weeks out of surgery, you should begin to do some form of physical activity. Since physical activity burns calories by using energy, it is essential to successful and maintainable weight loss. Start with simple exercises and gradually expand your program to include more vigorous forms of activity such as jogging, cycling, and aerobics. *Always check with your doctor about the amount and type of exercise that is right for you.*