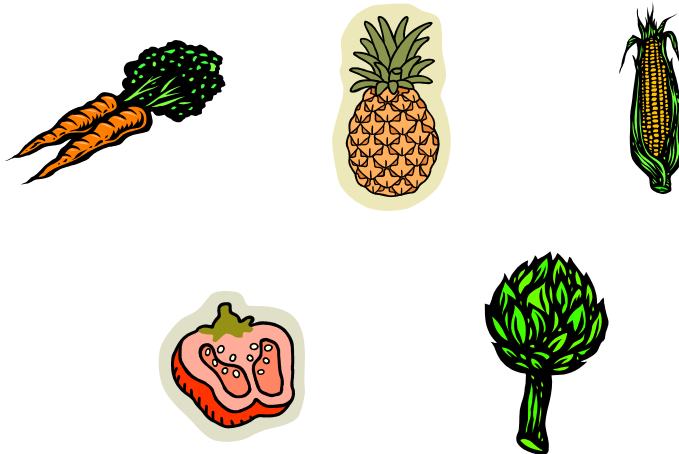


Nutritional Guidelines for Roux-en-Y and Duodenal Switch Gastric Restrictive Procedures

Phase III – Regular Consistency



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

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For the past four weeks, you have been eating soft/low fiber foods as your stomach and intestines continue to heal from surgery. You can now advance to regular consistency foods (phase 3).

Phase III Diet – Regular Consistency Foods

Gradually increase the fiber content of your diet. Your diet has been low in fiber for awhile, so you want to introduce the fiber slowly. Be sure to consume adequate fluids as you increase your fiber intake.

You may now eat:

- Raw fruits with peelings and seeds
- Dried fruits such as raisins, figs, apricots or cranberries
- All raw and cooked vegetables (includes salads)
- Dried beans with skins
- Wheat bread, wheat crackers or cereals containing nuts or seeds
- Pickles
- Nuts and seeds
- Air-popped popcorn (no butter or margarine)

TYPES OF FIBER

- Insoluble: Insoluble fiber adds bulk to your diet. This helps normalize bowel movements and remove wastes. Foods that are good sources of insoluble fiber include: whole grain breads and crackers, nuts, brown rice, bran, fruits, vegetables and flax seed.
- Soluble: Soluble fiber can slow glucose absorption and help lower cholesterol levels. Foods that are good sources of soluble fiber include: oats, barley, fruits, vegetables and legumes (dried beans. Legumes include black beans, black-eyed peas, chickpeas, lentils, lima beans and navy beans.

Both types of fiber are important to incorporate into your diet. The recommended amount of fiber for a healthy diet is 25-30 grams per day.

* Remember to drink plenty of fluids between meals to help prevent constipation.

1. 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.
2. Take small bites and chew your food thoroughly.
3. Eat slowly. Each meal should take 30-45 minutes to eat.
4. Eat 4-6 small meals each day.
5. Stay away from sweets and high concentrated sugar foods. Consume no more than 30g total carbohydrate per meal.
6. Continue to eat at least **60 (Roux-en-Y)** to **75 (duodenal switch)** grams of protein each day. Eat foods that are high in protein at least 4 times each day.
7. While you are not on a diet, it is important to make healthy food choices.

Avoid the following foods:

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

SUBSTITUTIONS

- | | | |
|-----------------------------------|------------------------|-----------------------|
| • I Can't Believe It's Not Butter | • Brummel & Brown | • Benecol |
| • Pam Non-Fat Cooking Spray | • Fat-free mayonnaise | • Fat-free sour cream |
| • Canadian Bacon | • Egg substitute | • Skim milk |
| • Fat-free cream cheese | • Yogurt dips & sauces | • Fat-free dressings |
| • Vinagrette-type 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 good. 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

- You should now be exercising at least 30 minutes a day. A physical activity program that includes aerobic activity, strength training, and flexibility is optimal, but any activity that gets your heart pumping is acceptable. Your 30 minutes of physical activity does not have to be accomplished all at once; 15 minutes twice a day, or 10 minutes three times daily are equally effective as 30 minutes at one time.
- Physical activity is necessary to achieve your weight loss goals. **Studies show that those who are most effective at maintaining weight loss are physically active on a regular basis.** There are also many other benefits to physical activity, including: lowering blood pressure, improving mood and self-esteem, enhancing the immune system, strengthening bones, and relieving stress.
- Please see the additional handouts provided for a more in-depth look at suggestions for a healthy, active lifestyle

