Stage IV Solid Food Nutrition Class

following gastric bypass or vertical sleeve gastrectomy

Baylor Scott and White Medical Center Temple
Postoperative Nutrition

- **Stage IV Lifelong Solid Food Diet** – a new way of life to help you reach and maintain your weight loss goals

- Diet stage starts **after**:
  - 5 weeks since gastric bypass
  - 6 weeks since sleeve gastrectomy

- **REMEMBER** that surgery is only a tool

- **You must also maintain a healthy lifestyle that includes proper diet and exercise.**

- Refer to the patient manual for allowed foods at each stage.
1. Try New Foods at a Time:
   - Start with easier to tolerate foods like: moist fish, chicken, cooked vegetables and fruits
   - Be careful with certain foods like:
     - Hard to chew meats: Steak, brisket
     - Raw vegetables: asparagus, celery
     - Foods with seeds and fibrous skins: apples, berries, grapes, oranges, pears, corn, peas
     - Food that swell: bread, rice, corn, and pasta
   - If a particular food does not sit well, give it 7 days and try it again. If you don’t tolerate it, avoid it.
Every Bite Counts!

• Eat 3 meals per day
 ¼ to ½ cup (2-4 ounces) per meal

• Limit meal times to 15-20 minutes

• Take pea-sized bites – chew each bite at least 15 times

• Use small plates, bowls, forks, and spoons

• Eat slowly – stop when you feel satisfied
PROTEIN FIRST!

• Eat Protein **FIRST**!
• At least ½ of each meal should be from a protein food
• Why!?  
  • Replenish lean muscle mass  
  • Promotes hair growth
Draw Your Plate
Draw Your Plate

Protein
- Chicken
- Turkey
- Fish
- Pork
- Eggs
- Beans

Non-starchy vegetables
- Broccoli
- Asparagus
- Spinach
- Carrots
- Cauliflower
- Mushrooms

Fruits
- Banana
- Strawberries
- Blueberries
- Kiwi
- Orange
Priority of Food Groups: page 47

**Lean Protein** - 3 servings per day

**Non-Starchy Vegetables** - 2 or more servings per day

**Fruits** - Limit
- Choose *after* eating protein & vegetables (high-sugar content)

**Whole Grains & Starchy Vegetables** - Limit
- May be difficult to tolerate
- Will not be as beneficial to you as protein & vegetables
- Okay to have *occasionally* in *small amounts* if tolerated

**Healthy Fats & Oils** - Limit
- *Measure* serving sizes (1 tsp = 40 calories)
- Use as a *garnish*

**Dairy** - Limit
- Undesirable texture and/or high in calories
- *Take your calcium daily*

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Beverages:

• Avoid ALL liquids 15 minutes before, during, and 30 to 60 minutes after eating
  • [https://www.youtube.com/watch?v=oNdeGkkwqlw](https://www.youtube.com/watch?v=oNdeGkkwqlw)
• Caffeine containing beverages are okay, just remember to hydrate!
• Sip calorie-free beverages throughout the day between meals
  - Go for beverages that say “5 calories or less”
• Avoid all liquid calories from soda, lemonade, sweet tea, etc.
  • It’s easy to drink your calories without thinking about it
• Avoid alcohol for at least 1 year post surgery
  • Avoid carbonated drinks (beer, champagne, etc) and drinks high in sugar (daiquiris, margaritas, etc)
• Rule of thumb: **Eat healthy, solid-textured foods**
  
  Avoid:
  • liquid/soft/mushy foods (casseroles, cereal with milk, chicken pot pie, chili, cottage cheese, soup, stew, yogurt, etc.)
  • crunchy snack foods (chips, crackers, cereal, trail mix, etc.)
  • high-calorie/highfat/high-sugar foods (fried foods, nuts/seeds, peanut butter, sugar-free desserts, sweets, etc.)

• These foods will not keep you as satisfied.

• If you can cut foods with a fork, they are most likely to keep you fuller for longer!
How to Maximize Weightloss

1. Protein first – at least ½ each meal
2. 3 meals per day with little to no snacks
3. Hydration - 64 oz of fluid per day
4. Exercise - Goal: 60 minutes at least 6 days per week of cardio
5. Take Vitamins/Minerals
Continue taking multivitamins and calcium as directed

*(be sure to take 1200-1500 mg calcium each day in divided doses)*

**Option 1:**

1 Dose of a Bariatric Multivitamin

- 3 caplets twice daily

OR

- 1 Tablespoon twice daily

**Option 2:**

1 tablet twice daily

(NO chewables, gummies, liquid, men’s, women's or silver)

AND

1 microlozenge once daily

(B complex must contain at least 12 mg thiamin or vitamin B1)

(SUBLINGUAL B12: 500 mcg size)
Vitamin Patches:
There is no evidence that you are able to absorb the amount of vitamins you need after surgery through patches. If you have difficulties tolerating vitamins by mouth please contact the Bariatric Clinic: 254-724-2397
Grocery Shopping Tips

**Tips:**
1. Shop the perimeter of the store. Look for lean protein, non-starchy vegetables, and fruits and whole grains.
2. Lean Protein
   - Can be purchased fresh, frozen or canned. When buying fresh, make sure to use extra small freezer bags to portion out 2-3 oz.
3. Non-Starchy Vegetables/Fruits
   - Can be purchased fresh, frozen or canned. Save money and buy frozen or canned. When buying fresh, buy in quantities that will be used in time. Remember to rinse off excess salt or sugar of canned fruits or vegetables.
4. Whole grains
   - Choosing whole grains provides more fiber to your diet, keeping you fuller longer and keeping you regular.
5. Sauces and Dressings
   - Be mindful of sugar and fat content. Aim for a yogurt-based salad dressing to increase protein without adding extra fat and calories.

**Limit:**
1. Soft textured foods
   - Greek yogurt and cottage cheese should be enjoyed in moderation; they will not keep you full as long as solid textured foods.
2. Protein shakes and bars
   - Only use preapproved protein bars and shakes as meal replacements and limit to 2-3 times per week.

**Avoid:**
1. Carbonated beverages
2. Anything with bubbles or "sparkling" labels.
3. High fat and highly processed snacks foods
   - Examples: Peanut butter, cheese its, etc.
4. "Slider foods"
   - Examples: Chips, Nuts, Crackers
5. Snacks labeled "keto" or "atkins"
   - These foods are low in carbohydrates and high in protein, but also high in fat.
6. "No sugar added" foods or beverages
   - These may have no added sugar, but still use the original sugars.
7. Fried foods/Greasy foods/High in sugar
   - May cause Dumping Syndrome.
The Gastric Sleeve Bariatric Cookbook - by Sarah Kent, MS, RDN, CSOWM, CD; ISBN 978-1-93975-470-7
Online Resources

- Bariatricpal.com
- ObesityHelp.com
- Baritastic (phone app)
Support Groups

• Support Groups

  ❖ Groups meet every first Thursday of the month at 5:15 pm via Zoom
  ❖ Please give our clinic a call if you would like to join.
Final Thoughts

• Bariatric follow-up appointments:
  • 3 months after surgery
  • 6 months after surgery
  • 9 months after surgery
  • Yearly follow-up

• Please contact us if you have any questions or concerns
   Sign up for MyBSWHealth