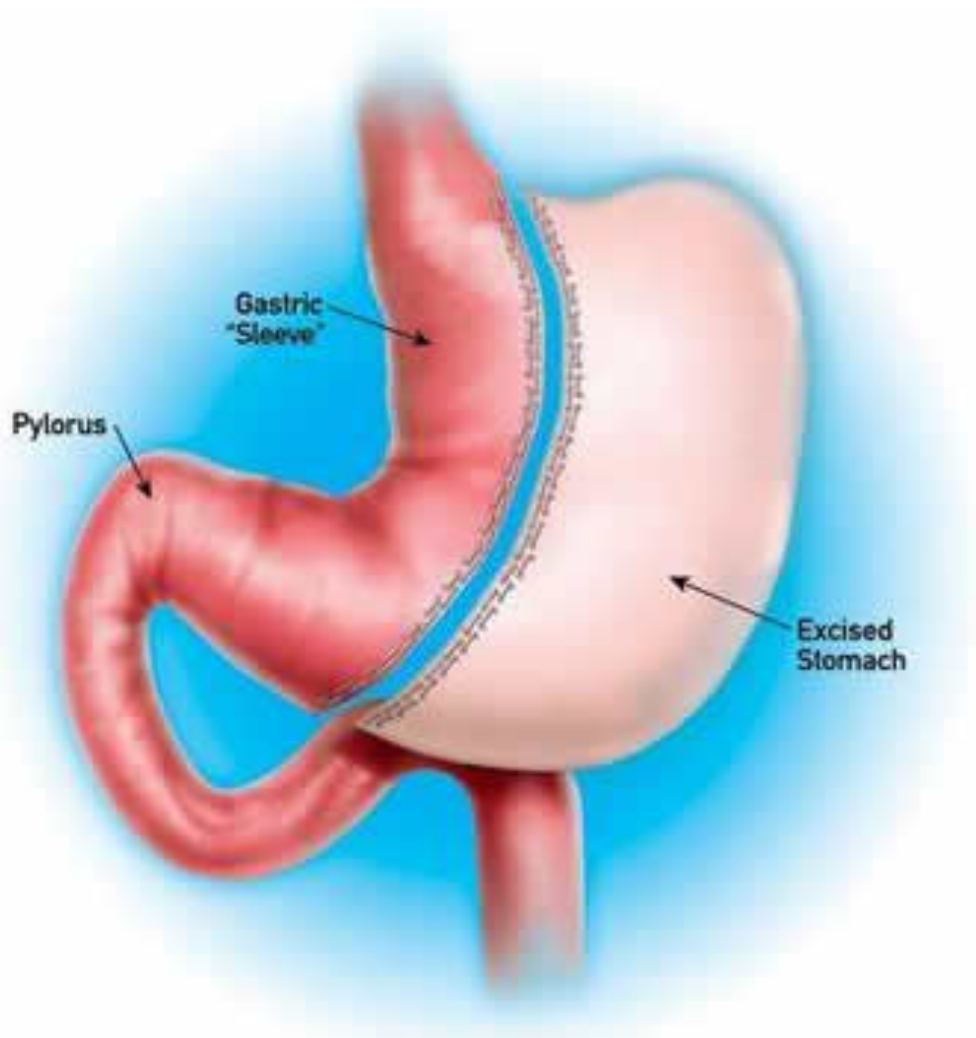


Dietary Guidelines For Gastric Sleeve Surgery



****The images contained in this handout are sample images for instructional purposes only with the expectation that patients are better able to understand and follow the given guidelines.***

Eating Guidelines after Surgery

After your gastric sleeve surgery, it is important to change the foods you eat and how you eat them. This surgery is a tool to help you begin your weight loss to improve your health. Your new stomach sleeve will be approximately 20% - 30% the size of your former stomach, becoming the shape of a banana. The following guidelines will allow you to adopt a healthful diet that contains all the nutrients you need while also maximizing weight loss.

Follow the diet progression included in this handout after your surgery. You will go through several diet phases including:

- **Phase I: Clear, Sugar-Free Liquid Diet**
- **Phase II: Full Liquid Diet**
- **Phase III: Soft Diet**
- **Phase IV: Modified Regular Diet**

1. The foods allowed during each phase will be discussed later on in this handout. It is important to **consume only the foods included on your diet phase** because your small “new” stomach is not ready for other foods yet. It takes about 4 weeks for the staple line in your stomach to heal. So in order to prevent “breakdown of the staple line”, it is essential to follow the phases as indicated later in the packet.
2. Consume a diet that is nutritionally balanced and protein rich. **Protein is the most important nutrient to consume after surgery.** It is very important for the healing of your surgical incisions and staple line, meaning that hair loss will be prevented.
3. At meals always eat protein rich foods first. It is best to get protein from food sources but liquid protein supplements may be used approximately 3-7 days after surgery. Preferred supplements will be discussed. **Minimum protein requirement is 64 grams per day.**

A dietitian will work with you to develop an individualized eating plan that will provide the right amount of protein, carbohydrates, and fat for your body.

4. It is important to avoid all grazing/snacking throughout the day. During Phases I-III, you will be snacking in between meals, but as the diet progresses to Phase IV, you will no longer be consuming snacks in between meals.
5. Eat meals slowly. Try to take no more than 30 minutes to finish a meal. Stop eating as soon as you feel full, taking small bites and chewing thoroughly. You should chew each bite of food at least 30 times before swallowing.
6. **Keep yourself hydrated by sipping 1-2 ounces of calorie-free, non-carbonated liquids in between meals.** Drinking at least 6 to 8 cups (48 to 64 ounces) of fluids a day prevents dehydration.

7. **Important Rule to Remember: 64/64** (at least 64 ounces of fluids and 64 grams of protein should be consumed each day)
8. **Take vitamins daily.** After weight loss surgery your body has difficulty absorbing certain nutrients because there is less surface area for nutrients to enter your blood. To prevent vitamin or mineral deficiency, it is strongly recommended that you take the following supplements daily. These vitamins are required for the rest of your life.
 - a) Complete Multivitamin – Chewable and liquid forms are both acceptable.



- b) Vitamin B₁₂ Sublingual Supplement – 1000µg per day
 - **Sublingual** means that it should melt under your tongue.
 - Also acceptable – Vitamin B₁₂ Nasal Spray (taken once a week), see your doctor for a prescription if interested (Nascobal)
 - Also Acceptable – Vitamin B₁₂ injection once a month



- c) Calcium Supplement – 1200mg per day
 - Choose a calcium supplement that contains **calcium citrate** not calcium carbonate. Calcium citrate is the form of calcium that can be best absorbed by your digestive system.

- Always take your calcium and iron supplements at separate meals.



d) Vitamin D Supplement

- 2,000 IU per day for maintenance
- 50,000 IU per week for a patient deficient in Vitamin D (**only if prescribed by a doctor**)

e) Iron Supplement

- The recommended dose of iron is 40-56mg per day, particularly for menstruating women, but it should be taken as directed by your surgeon.
- The iron supplement should contain **ferrous fumerate** not ferrous sulfate, since ferrous fumerate can be best absorbed by your digestive system.
- Always take your iron and calcium supplements at separate meals.
- It is recommended to take your iron supplement with foods rich in Vitamin C (like broccoli, red peppers, strawberries, etc.) since it will be better absorbed.



9. **Avoid foods that are high in fat and/or sugar. They may cause dumping syndrome, which can result in nausea, vomiting, and discomfort.** In many cases, these foods will prevent weight loss and actually cause a gain in weight. See the possible side effects handout for more information.

There are many different brands of supplements which meet the required dosages such as:

- **Bariatric Advantage**
- **BariActiv Bariatric Supplements** (comes with prescription for Nascobal)
- **CELEBRATE Bariatric Supplements**

10. **Do not drink alcoholic beverages**, including beer, wine, and liquor. Alcohol causes serious liver damage after surgery. It will lead to weight gain and result in poor nutrition since alcoholic beverages are high in calories and low in nutrients. You will also get drunk very easily since your tolerance is very low, so a single glass of wine can out you above the legal blood alcohol limit.



Diet Progression

Phase I: Clear Liquid Diet

- Follow 1-6 days after leaving the hospital or as directed by your surgeon.
- Sip 1-2 ounces of clear, sugar-free, non-carbonated liquids every 15 minutes. Avoid any liquids that are too hot or too cold. **Do not use straws** as this may cause excess gas.
- Your ultimate goal is to consume **64 ounces** of fluid per day, but it may take several days before you achieve this goal.
- You can begin taking your vitamins, as listed on the previous page.

Liquids allowed include:

- Water/ice chips (not too cold)
- Isopure (clear kind only)



- Fat-free, low sodium broth (chicken, beef, vegetable)



Nutrition Facts

Serving Size: 1 Can	
Amount Per Serving	
Calories 25	Calories from Fat 0
% Daily Value*	
Total Fat 0.5 g	1%
Saturated Fat 0.5 g	2%
Trans Fat 0 g	
Cholesterol 5 mg	2%
Sodium 140 mg	6%
Potassium	
Total Carbohydrate 1 g	0%
Dietary Fiber 0 g	0%
Sugars 1 g	
Sugar Alcohols 0 g	
Protein 4 g	
Vitamin A 0 IU	0%
Vitamin C 0 mg	0%
Calcium 0 mg	0%
Iron 0 mg	0%



Nutrition Facts

Serving Size: 1 Cup (240mL)	
Amount Per Serving	
Calories 20	Calories from Fat 0
% Daily Value*	
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 140 mg	6%
Potassium	
Total Carbohydrate 3 g	1%
Dietary Fiber 1 g	4%
Sugars 1 g	
Sugar Alcohols	
Protein 0 g	
Vitamin A 0 IU	0%
Vitamin C 0 mg	0%
Calcium 20 mg	2%
Iron 0.36 mg	2%

- Crystal Light or sugar free Kool Aid type products



- Fruit 2O & Propel Fitness Water



- Vitamin water – zero calorie or low calorie only



Nutrition Facts

Serving Size 1 Serving (100 g)

Per Serving	% Daily Value*
Calories 0	
Calories from Fat 0	
Total Fat 0g	0%
Sodium 0mg	0%
Potassium 350mg	10%
Carbohydrates 2g	1%
Sugars 0g	
Protein 0g	

Vitamin C 100%

- Sugar-free jello



- Decaffeinated tea with sugar substitute (not too hot)



- Sugar-free popsicles (not too cold)



Warning: NOT all clear liquids are low in sugar. For example: Apple or Grape juice boxes usually say “No Added Sugar” but they are naturally very high in sugar

Even though Gatorade and Apple Juice are clear liquids, they are very high in sugar



Phase II: Full Liquid Diet including everything from phase I

- Follow 7-13 days after leaving the hospital or as directed by your surgeon. You will follow this diet for approximately a week and a half.
- Consume liquid meals 3 times per day. Drink a protein supplement in between meals for a snack as well. The protein supplements consumed should be high in protein but low in carbohydrates. Look for one that contains at least:
 - **25-35 of protein**
 - **less than 5g of carbohydrates**
 - **less than 5g of sugar**
- Some recommended protein supplements include:
 1. Isopure



2. Designer Whey



3. Pure Protein



4. E.A.S. 100% Whey Protein



Nutrition Facts

Serving Size: 1 scoop (30g)	
Amount Per Serving	
Calories 120	Calories from Fat 20
% Daily Value*	
Total Fat 2 g	3%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Cholesterol 65 mg	22%
Sodium 55 mg	2%
Potassium 210 mg	6%
Total Carbohydrate 3 g	1%
Dietary Fiber 1 g	4%
Sugars 1 g	
Sugar Alcohols	
Protein 23 g	
Vitamin A	
Vitamin C	
Calcium 1390 mg	139%
Iron 0.18 mg	1%

- Start with 1-2 ounce portions and slowly increase to 3-4 ounce portions as tolerated. Go slowly, as it may take time to get up to 4 ounce portions.
- Remember to *sip* on clear, non-carbonated, calorie-free, and sugar-free liquids in between meals and snacks. You can now use additional protein supplements as part of daily protein requirement, such as protein shakes and Pure Protein.
- Continue to take **all of your vitamins**.

Liquids allowed include:

- Skim, non-fat, or skim plus milk



- Greek style yogurt that does not contain pieces of fruit (non-fat, no sugar added) – Chobani, Fage, Oikos, etc. Yasso Frozen Yogurt Bars are also acceptable.



- Low-fat/Low sodium soups that are thick and smooth (strain as needed) Examples: Tomato soup, low-fat cream soups such as cream of mushroom and cream of asparagus, butternut squash soup, and split pea soup.



Nutrition Facts

Serving Size 1 serving (230 g)

Per Serving	% Daily Value*
Calories 150	
Calories from Fat 90	
Total Fat 10g	15%
Saturated Fat 2.5g	13%
Polyunsaturated Fat 4.5g	
Monounsaturated Fat 2.5g	
Cholesterol 3mg	1%
Sodium 830mg	35%
Potassium 300mg	9%
Carbohydrates 11g	4%
Dietary Fiber 0.5g	2%
Sugars 2g	
Protein 2g	

Vitamin A 0% - Vitamin C 0%

Calcium 0% - Iron 2%

- Sugar-free, fat-free pudding (thin with skim or skim plus milk)



- Farina/Cream of wheat (thin with skim or skim plus milk)
- Low sodium vegetable juice such as V8



*The schedule below is just an example. Timing of meals may differ depending on your own individual needs.

Sample Menu: Phase II (Full Liquid Diet)

Vitamins may be taken before or after a meal, and remember your goal is to consume **64 ounces of fluids** each day.

Wake up: 7:00 A.M.

Time	Food
8:00 A.M.	Have 2 ounces of Farina/Cream of Wheat, mixed with 2 Tbsp of skim milk to thin cereal along with 2 ounces of Greek style yogurt.
	Wait at least 1 hour before sipping on clear, non-carbonated, calorie-free, and sugar-free liquids. You can also sip on Isopure liquid protein (only the clear kind) for added protein. Make sure you stop drinking 30 minutes before your next meal.
10:30 A.M.	Have a 2-4 ounce protein supplement.
	Follow the same guidelines concerning beverage consumption as stated above.
12:30 P.M.	Have 2 ounces of tomato soup and 2 ounces of Greek style yogurt.
	Follow the same guidelines concerning beverage consumption as stated above.
3:30 P.M.	Have a 2-4 ounce protein supplement.
	Follow the same guidelines concerning beverage consumption as stated above.
6:30 P.M.	Have 2 ounces of low-fat cream of broccoli soup along with 2 ounces of sugar-free, fat-free pudding.
	Wait 1 hour before sipping on clear, non-carbonated, calorie-free, and sugar-free liquids. You can drink hot tea with a sugar substitute if you want to as well.

Phase III: Soft Diet including everything from phases I & II

- Approximately 14-20 days following surgery or as directed by your surgeon you will begin to introduce soft foods to your diet. This includes eating 3 meals a day and 1-2 protein supplements in between meals. Meals should be 3-4 ounces and should consist of foods that are soft (see the examples below).
- **Always** eat protein-rich foods **first** and only add **1 NEW FOOD AT A TIME**. Take at least 30 minutes to eat a meal and chew foods thoroughly, but do not have your meals last longer than 30 minutes at a time.
- Remember that between meals and snacks, you should **sip** on clear, non-carbonates, calorie-free, and sugar-free liquids. Protein shakes or Pure Protein can also be sipped on to meet your daily protein requirements.
- **NEVER EAT AND DRINK AT THE SAME TIME!**
- The 64 rule still applies, so continue to have **64 ounces of fluids** per **64 grams of food** each day.
- **Continue to take ALL of your vitamins!**

Foods allowed include:

High Protein Foods:

- Low-fat cottage or ricotta cheese



- Greek style yogurt that does not contain pieces of fruit (non-fat, no sugar added) – Chobani, Fage, Oikos, etc. Yasso Frozen Yogurt Bars are also acceptable.
- Canned tuna packed in water (moisten it with low-fat mayo only – no celery or onion!)



- Soft-cooked egg whites or EggBeaters



Nutrition Facts

Serving Size: 3 Tbsp.	
Amount Per Serving	
Calories 25	Calories from Fat 0
% Daily Value*	
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 75 mg	3%
Potassium	
Total Carbohydrate 1 g	0%
Dietary Fiber 0 g	0%
Sugars 0 g	
Sugar Alcohols	
Protein 5 g	
Vitamin A 0 IU	0%
Vitamin C 0 mg	0%
Calcium 0 mg	0%
Iron 0 mg	0%

- Poached or baked fish (tilapia, cat fish, red snapper, salmon, etc.)



- Tofu – it is a healthy, low fat, and protein-rich alternative to various meat products that takes on the flavor of whatever you cook it with.



- Soft, low-fat or part-skim cheeses (mozzarella, laughing cow, light babybel, etc.)



- Cooked lentils, kidney beans, peas, and other legumes.



- Higher protein, reduced-sodium soups



Nutrition Facts

Serving Size: 1 Can		
Amount Per Serving		
Calories	160	Calories from Fat 40
		% Daily Value*
Total Fat	4.5 g	7%
Saturated Fat	1.5 g	8%
Trans Fat	0 g	
Cholesterol	30 mg	10%
Sodium	140 mg	6%
Potassium		
Total Carbohydrate	17 g	6%
Dietary Fiber	2 g	8%
Sugars	4 g	
Sugar Alcohols		
Protein	12 g	
Vitamin A	1500 IU	30%
Vitamin C	0 mg	0%
Calcium	20 mg	2%
Iron	1.08 mg	6%

Fruits & Vegetables:

- Soft-cooked carrots, squash, green beans, broccoli, or cauliflower (all other vegetables should be pureed)



- Various fruits but **DO NOT EAT THE SKIN OT STRINGY/FIBROUS MATERIALS**



Strawberries

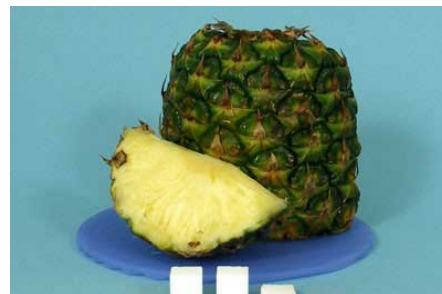
1 serving (147g)

Sugars, total: 7g
Calories, total: 47
Calories from sugar: 28

Pineapple

1 serving (112g - 50% waste)

Sugars, total: 9g
Calories, total: 50
Calories from sugar: 36



Banana

1 large (140g)

Sugars, total: 17g
Calories, total: 125
Calories from sugar: 68



- Unsweetened applesauce



**Mott's Applesauce
(Organic Unsweetened)**
1 cup (113g)

Sugars, total: 11g
Calories, total: 50
Calories from sugar: 44

***Fruits can be very high in calories and sugars. Please avoid excess fruit or fruit juice intake and check www.sugarstacks.com/fruits for nutritional information**

Whole Grains & Carbohydrates:

- Oatmeal (thin with skim or skim plus milk)



Nutrition Facts	
Serving Size 1/2 cup uncooked (40 g) Servings Per Container: about 30	
Amount Per Serving	
Calories 150	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5 %
Saturated Fat 0g	2 %
Polyunsaturated Fat 1g	
Monounsaturated Fat 1g	
Cholesterol 0mg	0 %
Sodium 0mg	0 %
Total Carbohydrate 27g	9 %
Dietary Fiber 4g	15 %
Soluble Fiber 2g	
Sugars 1g	
Protein 5g	
Vitamin A 0%	Vitamin C 0%
Calcium 0%	Iron 10%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calories needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

- Farina/Cream of wheat (thin with skim or skim plus milk)

Fats:

- Pam cooking spray



Nutrition Facts

Serving Size: 1 spray (about 1/3 second)

Amount Per Serving

Calories 2 Calories from Fat 2

% Daily Value*

Total Fat 0.24 g 0%

Saturated Fat 0.04 g 0%

Trans Fat 0 g

Cholesterol 0 mg 0%

Sodium 0.18 mg 0%

Potassium

Total Carbohydrate 0.06 g 0%

Dietary Fiber 0 g 0%

Sugars 0 g

Sugar Alcohols

Protein 0 g

Vitamin A 0 IU 0%

Vitamin C 0 mg 0%

Calcium 0 mg 0%

Iron 0 mg 0%

Condiments:

- Vinegar
- Mustard
- Other condiments that are **low in fat and sugar**

*The schedule below is just an example. Timing of meals may differ depending on your own individual needs.

Sample Menu: Phase III (Soft Diet)

Vitamins may be taken before or after a meal, and remember your goal is to consume **64 ounces of fluids** each day.

Wake Up: 7:00 A.M.

Time	Food
8:00 A.M.	Have 2-3 ounces of soft-cooked Egg Beaters or egg whites with a quarter of a mashed banana.
	Wait at least 1 hour before sipping on clear, non-carbonated, calorie-free, and sugar-free liquids. You can also sip on protein shakes or Pure Protein for added protein. Make sure you stop drinking 30 minutes before your next meal.
10:30 A.M.	Have a 2-4 ounce protein supplement.
	Follow the same guidelines concerning beverage consumption as stated above.
12:30 P.M.	Have 3-4 ounces of tuna salad made with low-fat mayo along with 1-2 ounces of apple sauce.
	Follow the same guidelines concerning beverage consumption as stated above.
3:30 P.M.	Have a 2-4 ounce protein supplement.
	Follow the same guidelines concerning beverage consumption as stated above.
6:30 P.M.	Have 3-4 ounces of baked red snapper along with 2 ounces of soft-cooked broccoli
	Wait 1 hour before sipping on clear, non-carbonated, calorie-free, and sugar-free liquids. You can drink hot tea with a sugar substitute if you want to as well.

Phase IV: Modified-Regular Diet including everything from phases I-III

- Approximately 21-28 days following your surgery you will begin to introduce more solid foods to your diet as directed by your surgeon. This is a modified diet which emphasizes lean protein, fruits, vegetables, and whole grains.
- Consume only **3 meals a day** and **do not eat in between meals**. Continue to eat protein-rich foods first at meals and only add **1 new food at a time**. Take no more than **30 minutes** to eat a meal and chew foods thoroughly.
- Remember that between meals and snacks, you should sip on clear, non-carbonated, calorie-free, and sugar-free liquids. Protein shakes or Pure Protein can also be sipped on to meet your daily protein requirements.
- **DO NOT EAT AND DRINK AT THE SAME MEAL!**
- The 64 rule still applies, so continue to have **64 ounces of fluids** per **64 grams of food** each day.
- **Warning:** Do not go too far too fast. Advancement of your diet too quickly can lead to disruption of the attachment of the stomach to the intestine. No regular food should be consumed until approximately 3-4 weeks after your surgery. This is for your own safety.
- You are allowed **1 optional evening snack** of 100-150 calories each day if necessary.
- **Continue to take ALL of your vitamins!**

Foods allowed include:

High Protein Foods:

- Low-fat cottage or ricotta cheese
- Greek style yogurt that does not contain pieces of fruit (non-fat, no sugar added) – Chobani, Fage, Oikos, etc. Yasso Frozen Yogurt Bars are also acceptable.
- Soft-cooked egg whites or EggBeaters
- Canned tuna packed in water (moisten it with low-fat mayo only – no celery or onion!)
- Poached or baked fish (tilapia, cat fish, red snapper, salmon, etc.)
- Tofu – it is a healthy, low fat, and protein-rich alternative to various meat products that takes on the flavor of whatever you cook it with.
- Soft, low-fat or part-skim cheeses (mozzarella, laughing cow, light babybel, etc.)
- Cooked lentils, kidney beans, peas, and other legumes.

- Lean ground beef or turkey – Try making chili, meatballs, meatloaf, or hamburgers.



- Boiled, stewed, or soft-baked chicken – Try making chicken salad (moisten with low-fat mayo only) or chicken stew (use a slow cooker if possible)



- Soft-cooked pork or beef – Try using a slow cooker or other moist-methods of cooking
- Nuts or nut butters (note: they are very high in calories so limit intake)



Nutrition Facts

Serving Size: 1 oz (28g)

Amount Per Serving

Calories 147 Calories from Fat 87

% Daily Value*

Total Fat 9.64 g 15%

Saturated Fat 2.1 g 10%

Trans Fat

Cholesterol 0 mg 0%

Sodium 153.09 mg 6%

Potassium 189.66 mg 5%

Total Carbohydrate 10.11 g 3%

Dietary Fiber 1.47 g 6%

Sugars 2.21 g

Sugar Alcohols

Protein 7.34 g

Vitamin A 0 IU 0%

Vitamin C 0 mg 0%

Calcium 9.92 mg 1%

Iron 0.54 mg 3%

- Higher protein, reduced-sodium soups

Fruits & Vegetables:

- Soft-cooked vegetables (do not eat skin)
- Raw vegetables (no skin) – Chew thoroughly and do not fill up on vegetables (eat any proteins first)

- **Do not eat celery or corn (stringy and fibrous vegetables)** - Your stomach cannot handle the digestion of these fibrous foods.



- Fresh Fruit – **Do not eat skin** at this point (later on skin will be ok to consume), Examples: melons, berries, apples, pears, bananas, etc.
- Unsweetened applesauce

Whole Grains & Carbohydrates:

- Oatmeal (thin with skim or skim plus milk)
- Farina/Cream of wheat (thin with skim or skim plus milk)
- High protein dry cereal (such as Kashi Go Lean Crunch)



Nutrition Facts

Serving Size: 1 cup (53g)	
Amount Per Serving	
Calories 200	Calories from Fat 28
% Daily Value*	
Total Fat 3.07 g	5%
Saturated Fat 0.25 g	1%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 204.05 mg	9%
Potassium 299.98 mg	9%
Total Carbohydrate 35.99 g	12%
Dietary Fiber 8.06 g	32%
Sugars 13.04 g	
Sugar Alcohols	
Protein 9.27 g	
Vitamin A 4.77 IU	0%
Vitamin C 0 mg	0%
Calcium 46.11 mg	5%
Iron 1.86 mg	10%

- Soft-cooked whole wheat pasta or brown rice



Nutrition Facts

Serving Size: 1/7 box	
Amount Per Serving	
Calories 210	Calories from Fat 18
% Daily Value*	
Total Fat 2 g	3%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 25 mg	1%
Potassium	
Total Carbohydrate 38 g	13%
Dietary Fiber 4 g	16%
Sugars 2 g	
Sugar Alcohols	
Protein 10 g	
Vitamin A	
Vitamin C	
Calcium	
Iron	

- Whole grain crackers (such as Kashi TLC Crackers)



Nutrition Facts

Serving Size: 15 Crackers (30g)

Amount Per Serving

Calories 130 Calories from Fat 30

% Daily Value*

Total Fat 3 g **5%**

Saturated Fat 0 g **0%**

Trans Fat 0 g

Cholesterol 0 mg **0%**

Sodium 160 mg **7%**

Potassium

Total Carbohydrate 22 g **7%**

Dietary Fiber 2 g **8%**

Sugars 3 g

Sugar Alcohols

Protein 3 g

Vitamin A 0 IU 0%

Vitamin C 0 mg 0%

Calcium 20 mg 2%

Iron 0.72 mg 4%

- Toasted whole grain bread
- Baked white or sweet potato (no skin)

Some of the previously listed foods may not be tolerated. Introduce one at a time to ensure that you can tolerate the food before consuming it further.

Fats:

- Pam cooking spray
- Fatty foods do not meet many of your nutritional needs after surgery, and so they are not recommended.

Condiments:

- Various herbs
- Vinegar
- Mustard
- Other condiments that are **low in fat and sugar**

*The schedule below is just an example. Timing of meals may differ depending on your own individual needs.

Sample Menu: Phase IV (Modified-Regular Diet)

Vitamins may be taken before or after a meal, and remember your goal is to consume **64 ounces of fluids** each day.

Wake Up: 7:00 A.M.

Time	Food
8:00 A.M.	Have 2-3 ounces of soft-cooked Egg Beaters or egg whites along with a quarter of a mashed banana.
	Wait at least 1 hour before sipping on clear, non-carbonated, calorie-free, and sugar-free liquids. You can also sip on protein shakes or Pure Protein for added protein. Make sure you stop drinking 30 minutes before your next meal.
12:30 P.M.	Have 3-4 ounces of chicken salad made with low-fat mayo along with 2-4 whole grain crackers.
	Follow the same guidelines concerning beverage consumption as stated above.
6:30 P.M.	Have 3-4 ounces of turkey chili along with 2 ounces of soft cooked carrots.
	Wait 1 hour before sipping on clear, non-carbonated, calorie-free, and sugar-free liquids. You can drink hot tea with a sugar substitute if you want to as well.
Evening Snack (optional)	Have 4 whole grain crackers along with 1 Laughing cow cheese (must be 150 calories or less!)

As you see, you are only consuming 3 meals per day and an optional evening snack when you advance to the regular diet. The daytime snacks are no longer necessary, for you should not be consuming any foods in between meals.

Foods to Avoid during All Phases

- Tough/hard to chew meats (though this may be possible at a later time), Examples: dry chicken, turkey, pork, or beef
- High fat meats which contain unnecessary calories, Examples: meat with visible gristle/fat, bacon, and sausage
- Other high fat foods which contain unnecessary calories, Examples: shredded coconut, fried food, butter, margarine, ice cream, cakes, cookies, pies, regular mayonnaise, sour cream, cream cheese, salad dressing, gravy, fast food, chips, and foods cooked in Crisco, lard, or butter
- Foods that are difficult to digest, Example: untoasted bread
- Fibrous foods, Examples: segments of citrus fruit, celery, and corn
- Soda and carbonated beverages
- Alcohol of any kind
- Calorie-dense foods, Examples: granola and dried fruit
- All sugary foods



Common Protein Sources

Food	Portion	Calories	Protein (g)
Beans, Canned, Baked	¼ cup	62	4
Beans, Canned, Kidney	¼ cup	56	4
Beef Eye of Round	1 ounce	47	7
Beef Top Loin	1 ounce	59	7
Cheese, American Fat-free	1 ounce	40	6
Cheese, Cottage. 1% Fat	½ cup	82	14
Cheese, Mozzarella, Part-skim	1 ounce	78	8
Cheese, Ricotta, Part-skim	¼ cup	90	8
Chicken, white breast meat, no skin	1 ounce	46	7
Chicken, leg, no skin	1 ounce	54	7
Cod, white, baked	1 ounce	30	7
Crab, steamed	1 ounce	27	5
Egg, hard cooked	One	78	6
Flounder	1 ounce	21	7
Halibut	1 ounce	40	7
Ham. Lean, 5% fat	1 ounce	44	7
Hamburger. 90% lean	1 ounce	56	7
Lobster	1 ounce	26	5
Milk, skim	¼ cup	21	2

Milk, skim plus	¼ cup	30	3
Peas, canned, chick	¼ cup	67	4
Pork Tenderloin	1 ounce	47	7
Pork Loin Chop	1 ounce	57	7
Protein Powder	1 scoop	110	16-23
Salmon	1 ounce	52	7
Shrimp	1 ounce	28	6
Soybeans (edamame)	¼ cup	75	7
Soy Milk, plain	¼ cup	20	2
Soy Nuts	¼ cup	202	15
Steak, sirloin, trimmed	1 ounce	55	9
Swordfish	1 ounce	44	7
Tempeh	¼ cup	82	8
Texturized Soy Protein (TVP)	¼ cup	30	5
Tofu	¼ cup	47	5
Tuna, canned, in water	1 ounce	37	8
Turkey, white meat	1 ounce	35	7
Veal loin	1 ounce	50	7
Veal, top round	1 ounce	43	7
Yogurt, sugar-free, fat-free, frozen. vanilla	¼ cup	40	4
Yogurt, Greek, no fruit, fat-free	¼ cup	34	5