right. Academy of Nutrition

Client Name	Date	
-		

RD/DTR

Email _____

Phone _____

Gastric Surgery Nutrition Therapy

Your surgery has changed how your stomach and intestines work. Your dietitian will help you understand what foods and drinks are best for you.

- The amount and types of foods you eat may cause you to experience nausea, diarrhea, or other symptoms.
- Do not eat foods that have a lot of sugar in them.
- Have drinks between your meals (not with your meals) and eat the recommended foods.
- After you recover from your surgery, some foods (in small amounts) may be slowly added to what you eat each day.

Recommended Foods for the Recovery Period

While you recover, you should:

- Eat very small meals and snacks.
- Avoid foods that have lots of sugar.
- Have drinks between meals (not with meals or snacks).
- Avoid the foods listed on the Foods Not Recommended chart in this handout (A registered dietitian can help you choose foods that are best for you).
- Have a protein food (such as meat, cheese, or eggs) at every meal.
- Choose soft and well-cooked foods.
- Choose grain foods made with white or refined fiber. Choices should have less than 2 grams (g) fiber per serving.

After surgery, you will start eating solid food by trying one or two foods per meal. One of these foods should be a protein food.

During the recovery period, you can slowly add more foods (in small amounts) to your daily eating plan. In time, you will be eating between six and eight small meals and snacks each day.

While you recover, you should not drink beverages with meals. Instead, you must wait 30 to 60 minutes after you eat solid food before you have a beverage.

Notes:

The following chart lists the best food choices for the recovery period of 6 to 8 weeks after your surgery.

Food Group	Recommended Foods	Notes
Milk and Milk Foods	Buttermilk Evaporated, skim, and 1% fat milk Soy milk with no added sugar Yogurt with no added sugar Powdered milk Cheese Low-fat, low-sugar ice cream	 Choose lactose-free products if you have lactose intolerance after surgery. (If you have this condition, you will have symptoms after drinking regular milk or eating foods made from milk. Symptoms include diarrhea, nausea, stomach pain, and bloating.) If you eat yogurt, choose ones that include live, active cultures. (The food label will list this information.) Do not drink milk or other beverages with meals or snacks. After eating solid foods, wait 30 to 60 minutes before having a beverage.
Meat and Other Protein Foods	Tender, well-cooked meats, poultry, fish, eggs, or soy foods prepared without added fat Smooth nut butters	• Make sure to include a protein food in every meal and snack.
Grains	White flour Bread, bagels, rolls, crackers, and pasta made from white or refined flour Cold or hot cereals made from white or refined flour	 Choose grain foods with less than 2 g fiber per serving. (The grams of dietary fiber in one serving are listed on the Nutrition Facts label of packaged foods.) Choose cereals that have no added sugar.
Vegetables	Most well-cooked vegetables without seeds or skins Potatoes without skin Lettuce Strained vegetable juice	• See the Foods Not Recommended chart for specific vegetables to avoid.
Fruits	Canned, soft fruits without added sugar Bananas, melon	
Fats	Oils, butter, margarine Cream, cream cheese Mayonnaise	

Food Group	Recommended Foods	Notes
Beverages	Decaffeinated coffee Caffeine-free tea Sugar-free soft drinks without caffeine	 After eating solid foods, wait 30 to 60 minutes before having a beverage. Do not have beverages with meals. Sweeten coffee or tea with artificial sweeteners
Other	Any allowed foods made with artificial sweeteners	 only. Allowed artificial sweeteners include saccharin (Sweet 'N Low), aspartame (Equal, NutraSweet), sucralose (Splenda), and acesulfame potassium (Sunette, SweetOne).

Foods to Limit or Avoid

Food Group	Foods to Limit or Avoid	
Milk and Milk	Chocolate milk	
Products	Other milk foods made with added sugar	
1 i ouuets	If you have lactose intolerance, avoid regular milk and foods made with	
	regular milk. Choose lactose-free products or soy milk instead.	
	Do not drink milk or other beverages with meals or snacks. After eating	
	solid foods, wait 30 to 60 minutes before having a beverage.	
Meat and Other	Fried meat, poultry, or fish	
Protein Foods	Luncheon meats, such as bologna and salami	
	Sausage, hot dogs, bacon	
	Tough or chewy meats	
	Dried beans and peas, such as pinto or kidney beans	
	Nuts, chunky nut butters	
Vegetables	All raw vegetables except lettuce	
	Any cooked vegetables served with skins or seeds	
	Beets	
	Broccoli, brussels sprouts, cabbage	
	Cauliflower	
	Collards, mustard, and turnip greens	
	Corn	
	Potato skins	
Fruits	All raw fruits except banana and melons	
	Dried fruits including prunes and raisins	
	Fruit juice	
	Canned fruit in sugar or syrup	
Beverages	Caffeinated coffee or tea	
	Alcoholic beverages	
	Beverages made with sugar, corn syrup, or honey	

	Fruit juices and fruit drinks Do not drink beverages with meals or snacks. After eating solid foods, wait 30 to 60 minutes before having a beverage.
Other	Sugar Honey, syrup Sorbitol, xylitol Foods that list sugar, honey, syrup, xylitol, or sorbitol as one of the first three ingredients on the food label

Sample 1-Day Menu

Note: This menu is suitable when you have recovered enough to eat six meals and snacks per day.

Breakfast	Scrambled egg	
	1 slice white toast with 2 teaspoons margarine	
30-60 minutes after breakfast	t 8 ounces decaffeinated coffee with half-and-half	
Snack	2 ounces cheddar cheese and 6 saltines; ¹ / ₂ cup canned	
	pears and peaches without added sugar	
30-60 minutes after snack	1 cup calcium-fortified soy milk without added sugar	
Lunch	$\frac{1}{2}$ cup tuna salad with 6 saltines	
	1 ounce potato chips	
	Sugar-free applesauce	
30-60 minutes after lunch	12 ounces sugar-free soda	
Snack	1 cup yogurt without added sugar	
Evening Meal	5 ounces roast beef	
	1 cup mashed potatoes	
	1 cup green beans	
30-60 minutes after meal	Caffeine-free herbal tea	
Snack	¹ / ₂ plain bagel with 1 ounce cream cheese	
30 to 60 minutes after snack	1 cup calcium-fortified soy milk without added sugar	

Notes:

Sample Meal Plan

Meal	Menu
Breakfast	
Lunch	
Dinner	
Snack	

Use this form to develop an individualized meal plan.

Notes: