



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

<b>Food Group</b>	<b>Recommended Foods</b>	<b>Notes</b>
<b>Milk and Milk Foods</b>	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	<ul style="list-style-type: none"> <li>• 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.)</li> <li>• If you eat yogurt, choose ones that include live, active cultures. (The food label will list this information.)</li> <li>• Do not drink milk or other beverages with meals or snacks. After eating solid foods, wait 30 to 60 minutes before having a beverage.</li> </ul>
<b>Meat and Other Protein Foods</b>	Tender, well-cooked meats, poultry, fish, eggs, or soy foods prepared without added fat Smooth nut butters	<ul style="list-style-type: none"> <li>• Make sure to include a protein food in every meal and snack.</li> </ul>
<b>Grains</b>	White flour Bread, bagels, rolls, crackers, and pasta made from white or refined flour Cold or hot cereals made from white or refined flour	<ul style="list-style-type: none"> <li>• 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.)</li> <li>• Choose cereals that have no added sugar.</li> </ul>
<b>Vegetables</b>	Most well-cooked vegetables without seeds or skins Potatoes without skin Lettuce Strained vegetable juice	<ul style="list-style-type: none"> <li>• See the Foods Not Recommended chart for specific vegetables to avoid.</li> </ul>
<b>Fruits</b>	Canned, soft fruits without added sugar Bananas, melon	
<b>Fats</b>	Oils, butter, margarine Cream, cream cheese Mayonnaise	

Food Group	Recommended Foods	Notes
<b>Beverages</b>	Decaffeinated coffee Caffeine-free tea Sugar-free soft drinks without caffeine	<ul style="list-style-type: none"> <li>• After eating solid foods, wait 30 to 60 minutes before having a beverage. Do not have beverages with meals.</li> <li>• Sweeten coffee or tea with artificial sweeteners only.</li> </ul>
<b>Other</b>	Any allowed foods made with artificial sweeteners	<ul style="list-style-type: none"> <li>• Allowed artificial sweeteners include saccharin (Sweet 'N Low), aspartame (Equal, NutraSweet), sucralose (Splenda), and acesulfame potassium (Sunette, SweetOne).</li> </ul>

## Foods to Limit or Avoid

Food Group	Foods to Limit or Avoid
<b>Milk and Milk Products</b>	Chocolate milk Other milk foods made with added sugar 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.
<b>Meat and Other Protein Foods</b>	Fried meat, poultry, or fish 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
<b>Vegetables</b>	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
<b>Fruits</b>	All raw fruits except banana and melons Dried fruits including prunes and raisins Fruit juice Canned fruit in sugar or syrup
<b>Beverages</b>	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.
<b>Other</b>	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

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

<b>Breakfast</b>	Scrambled egg 1 slice white toast with 2 teaspoons margarine
<b>30-60 minutes after breakfast</b>	8 ounces decaffeinated coffee with half-and-half
<b>Snack</b>	2 ounces cheddar cheese and 6 saltines; ½ cup canned pears and peaches without added sugar
<b>30-60 minutes after snack</b>	1 cup calcium-fortified soy milk without added sugar
<b>Lunch</b>	½ cup tuna salad with 6 saltines 1 ounce potato chips Sugar-free applesauce
<b>30-60 minutes after lunch</b>	12 ounces sugar-free soda
<b>Snack</b>	1 cup yogurt without added sugar
<b>Evening Meal</b>	5 ounces roast beef 1 cup mashed potatoes 1 cup green beans
<b>30-60 minutes after meal</b>	Caffeine-free herbal tea
<b>Snack</b>	½ plain bagel with 1 ounce cream cheese
<b>30 to 60 minutes after snack</b>	1 cup calcium-fortified soy milk without added sugar

**Notes:**

## Sample Meal Plan

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Use this form to develop an individualized meal plan.

Meal	Menu
Breakfast	
Lunch	
Dinner	
Snack	

**Notes:**