

Prepared For:		Date:	
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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.

Foods Recommended

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.

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

Food Group	Foods Recommended	Notes
Milk and Milk Products	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	
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 only.

Other	Any allowed foods made with artificial sweeteners	Allowed artificial sweeteners include saccharin (Sweet 'N Low), aspartame (Equal, NutraSweet), sucralose (Splenda), and acesulfame potassium (Sunette, SweetOne).
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Foods Not Recommended

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

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
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Gastric Surgery Sample 1-Day Menu

Breakfast	1 scrambled egg 1 slice white toast 2 teaspoons margarine 1 cup decaf coffee (30-60 minutes after breakfast)
Morning Snack	2 oz cheddar cheese 6 saltine crackers 1/2 cup canned peaches, no added sugar 1 cup soy milk, no added sugar (30-60 min after)
Lunch	1/2 cup tuna salad 6 saltine crackers 1 oz potato chips 12 oz sugar-free soda (30-60 minutes after lunch)
Afternoon Snack	1 cup yogurt without added sugar
Evening Meal	5 oz roast beef 1 cup mashed potatoes 1 cup green beans 1 cup caffeine-free tea (30-60 minutes after meal)
Evening Snack	1/2 plain bagel 2 tablespoons cream cheese 1 cup soy milk, no added sugar (30-60 min after)

Notes