

# Bariatric Surgery: Step III Diet

This diet is blended foods with one new solid food added daily. The portions are very small to help prevent vomiting.

**Warning:** This diet does not have enough calories, vitamins, minerals or fiber. Follow until **8 weeks** after surgery as recommended by your surgeon.

## General Guidelines

- Continue to eat six, small liquid and blended meals each day, but add one solid food item at one meal the first day. Add one more solid each day. All new foods should be soft cooked, or canned. **Avoid all raw fruit and vegetables, nuts, popcorn, pickles, olives or relishes.**
- Record all new foods and any problems you have in your food diary. Bring this list to your next visit with the doctor and dietitian.
- Continue to take multi vitamins as directed by your surgeon. This will prevent vitamin and mineral deficiencies.
- Continue to have 6 mini meals / day. Eat protein first to help your body heal.
- Chew well so food is almost liquid before you swallow. Each bite should be smaller than a dime.
- Continue to eat small amounts, slowly. Eat about 2 tablespoons over 10 to 15 minutes.
- Drink at least 6 cups of water, or other low calorie fluid between meals. Sip 1 teaspoon or less at a time.
- Avoid beverages that have alcohol, caffeine or carbonation.

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- It is better to have one place to eat such as the kitchen table and to avoid reading or watching TV while you eat. This helps you to enjoy your food, to concentrate on eating slower and to realize when your stomach is full.
- Stop eating when you begin to feel full.
- Keep sugar and sugar alcohol to less than 10 grams per mini meal or snack.

## **Adding Solid Food**

**Try only one small bite of the new food and chew well.** Wait awhile and if there are no problems take another bite.

If at any time you feel full, nauseated, or vomit, **stop eating and rest.** Take only clear liquids at the next meal, and add blended foods and liquids at the following meal. Try one solid food again the next day.

## **Planning Meals**

Use foods from the following groups to plan your meals:

### **Meat Group**

- Choose 4 of these a day.
- These foods are good sources of protein, B vitamins and iron.
  - ▶ 1 egg or ¼ cup egg substitute
  - ▶ 1 ounce (¼ cup) cooked meat (beef, fish, turkey, chicken, pork, veal). Meat should be very moist. Chop fine and chew carefully.
  - ▶ 1 tablespoon smooth peanut butter
  - ▶ 1 ounce low fat luncheon meat
  - ▶ 1 ounce low fat mild cheese, (mozzarella, provolone, Alpine Lace low-fat cheese, string)
  - ▶ ¼ cup cottage cheese
  - ▶ ½ cup cooked soup beans

**Note:** Meat must be very moist. Always chew thoroughly. Serve with gravy, sauce or marinate overnight. Chili or Tuna Salad may be tolerated.

### Milk Group

- Choose 4 of these a day.
- These foods are good sources of protein and calcium.
  - ▶ ½ cup skim or 1% low fat milk.
  - ▶ ½ cup low fat, Lactaid milk
  - ▶ 2 tablespoons nonfat dry milk powder
  - ▶ ½ cup lite yogurt
  - ▶ ½ package sugar free instant breakfast drink or ½ high protein drink
  - ▶ ½ cup sugar-free pudding

### Vegetable Group

- Choose 1 to 2 of these a day.
- These foods are good sources of vitamins, minerals and fiber and are low in calories.
  - ▶ ½ cup vegetable juice (tomato, carrot, V-8)
  - ▶ ¼ cup blended or 3 cup cooked, tender vegetables
- Examples:

Asparagus tips	Cabbage	Greens
Beets	Carrots	Spinach
Broccoli	Cauliflower	Tomato sauce
Brussels sprouts	Green beans	Zucchini

**Note:** Cabbage, cauliflower, broccoli and Brussels sprouts may cause abdominal discomfort and bloating. **Avoid all raw vegetables.**

### Fruit Group

- Choose 1 to 2 of these a day.
- These foods are good sources of vitamins, minerals and fiber.
  - ▶ ¼ to ½ raw banana
  - ▶ ½ cup diluted, unsweetened fruit juice
  - ▶ ¼ cup cooked or canned, unsweetened fruit

**Note:** Full strength (non-diluted) fruit juice has sugar which may cause diarrhea. Continue to dilute juice by mixing together ¼ cup juice and ¼ to ½ cup of water, or use light juice. **Avoid all other raw fruits.**

### **Starch**

- Choose 2 to 3 of these a day.
- These foods are good sources of energy, B vitamins and iron if fortified.
  - ▶ ½ cup soup – avoid soups with pasta, rice, noodles or potatoes
  - ▶ 3 saltine crackers
  - ▶ 1/3 cup cooked whole wheat or high protein pasta or macaroni
  - ▶ ½ cup cooked cereal:

Cream of Rice	Grits
Oatmeal	Cream of Wheat
  - ▶ ½ cup unsweetened dry cereal:

Cheerios	Puffed Rice
Rice Krispies	Cornflakes
Puffed Wheat	Special
  - ▶ ¼ cup cooked starchy vegetables:

Peas	Yams
Winter squash	Sweet potatoes
Potatoes, any kind	

**Avoid:** Bread, rolls, buns, biscuits, rice and the skins of potatoes. \*Pasta must be thoroughly cooked and very moist.

### **Fat Group**

- Choose 2 of these a day.
- These foods are low in vitamins and minerals and high in calories.
  - ▶ 1 teaspoon margarine or oil
  - ▶ 2 teaspoons diet margarine
  - ▶ 1 teaspoon of mayonnaise or salad dressing

- ▶ 1 tablespoon low fat mayonnaise or salad dressing
- ▶ 1 tablespoon salad dressing (oil varieties)
- ▶ 1 tablespoon gravy

### Sample Menu

Average meal size is  $\frac{1}{4}$  to  $\frac{1}{2}$  cup.

<b>Breakfast</b>	$\frac{1}{4}$ cup skim milk $\frac{1}{2}$ cup Rice Krispies
<b>Mid-Morning</b>	$\frac{1}{2}$ cup sugar free instant breakfast drink (made with skim or 1% low-fat milk) or $\frac{1}{2}$ cup high protein drink 1 tablespoon smooth peanut butter
<b>Lunch</b>	$\frac{1}{2}$ cup soup (bean or chili) <b>or</b> $\frac{1}{4}$ cup of chicken or tuna made with 1 tablespoon lite mayo $\frac{1}{4}$ cup diced fruit in its own juice
<b>Mid-Afternoon</b>	$\frac{1}{4}$ cup low fat cottage cheese $\frac{1}{4}$ cup diced peaches in their own juice
<b>Dinner</b>	$\frac{1}{4}$ cup (1 ounce) tender cooked chicken in small pieces $\frac{1}{4}$ cup soft cooked green beans 2 teaspoon diet margarine
<b>Late Evening</b>	$\frac{1}{2}$ cup P <sup>2</sup> pudding <b>or</b> $\frac{1}{2}$ cup high protein drink

**Note:** In between meals you may eat sugar-free popsicles and sugar-free gelatin and you may drink sugar-free drinks. You may also drink diluted fruit juice or vegetable juice as part of your liquids. Add protein powder to soups and other food items.

☒ **Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.**