

Helpful hints for transitioning to a solid “regularly” textured diet

- **Eat slowly and be aware of when you feel full.**

When you feel full, stop eating! If you continue to eat, you may develop intense chest pain and vomit. You may only be able to eat a few bites of food at a time, eating up to 4-6 “meals” a day.

- **Chew, chew, chew!**

You need to make sure you chew your food very well before you swallow it. This makes it easier to digest and pass from your gastric pouch into your small intestine.

- **Avoid drinking fluids 30 minutes before and with your meals.**

If you fill up your small gastric pouch with liquid, you won't have room for your food. Furthermore, the liquids may accelerate passage of the solid food out of the stomach and possibly cause some discomfort. If you need to, take only small sips of liquids while eating, but don't drink large amounts during meals.

- **Drink enough fluid between meals to meet your fluid requirements.**

You need eight cups (64 oz.) of fluid per day to avoid dehydration. You should carry a water bottle with you and sip on low/no calorie liquids throughout the day to get enough fluids.

- **Avoid sticky gummy foods.**

These foods can stick together and form a ball in your gastric pouch, causing nausea and sometimes vomiting. Sticky foods include: white bread, rolls, buns, pasta, rice, macaroni and cheese.

- **Avoid tough or rubbery meats.**

Avoid steak, pork chops, ham, and other tough meats at first. Meat is a great source of protein, but it needs to be soft and tender for you to digest it. Try a slow cooking method to make your meat tender, such as a crock-pot, boiling or cooking at a low temperature over a long period of time.

- **Avoid food/beverages high in sugar.**

High sugar foods can cause "dumping syndrome." After gastric bypass surgery, some people feel light-headed, sweaty or faint soon after consuming sugar. Sugary foods and drinks are also high in calories and low in nutrition. Avoid added sugars FOREVER!

- **Avoid extremes in the temperature of your foods and beverages.**

Some patients experience spasms or cramps with very hot or cold food/beverages. Try lukewarm versions.

- **Limit high fat foods.**

These foods may make you feel nauseated. They are also high in calories and will slow down your weight loss. Try changing to a fat-free or light comparable product.

- **Only try one new food at a time.**

This way if you cannot tolerate the food you will know exactly what your new pouch does not like.

- **Start taking calcium citrate supplements.**

Because your surgery is designed for malabsorption, you will need to take calcium forever! You need 1500-2000 mg per day in divided doses of 500-600 mg, 3-4 times per day (typically 2 pills, 3 times each day).

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• **Remember that the gastric bypass pouch was designed for you to feel full on SOLID foods.** You are
• SUPPOSED to get full quickly! Liquids and soft slider foods will travel quickly through your pouch and will not
• produce that “full” feeling that you paid for! If a few bites of solid protein foods like meat feel ‘heavy’ in your
• pouch, enjoy it! Try not to gravitate to liquid foods that you can consume more of, or that “go down easy”.
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Transition Nutrition:

How to transition from pureed diet to regular textures

Transitioning TIPS

- Introduce only one new food per day
- Try the same food for 2 days before putting it on your “safe foods” list
- Eat only soft foods that are easy to digest
- Try scrambled eggs, tuna/egg salad (low fat mayo), tofu, boiled veggies
- Avoid cores and skins of fruits and vegetables at first
- Chew, chew, chew - wait 10 minutes – try another bite

Transition Diet

- Drink 64 oz of fluid/day
- DON'T eat and drink at the same time
- Eat AT LEAST 60 grams of protein/day
- Eat only ½ cup to ¾ cup at a time
- MEASURE YOUR FOOD
- Go 3-4 hours between meals
- Season your food
- NO sugar or alcohol
- Continue to take your multivitamin and B12
- Time to start your calcium citrate (1500-2000 mg/day in divided doses)
- Start exercising! Faster, longer, harder!

Good Transitioning Foods

Smooth peanut butter
Flaky fish, tuna
Tofu
Moist chicken without skin
Ground turkey
Mashed beans
Soft, low-fat cheese
Soft fruit
Cooked vegetables

Diet for Life “Inconsistency is not an option!”

- Regular textures
- Low-fat, low-sugar diet
- No more than ½ to 1 cup of food at a time
- Eat 3 meals/day (Add 1-2 mini meals/snacks if necessary)
- Aim to go 3-4 hours between meals
- Drink 64 oz of fluid/day (sugar-free, carbonation-free)
- DON'T eat and drink at the same time
- Eat AT LEAST 60 grams of protein/day
- Take your multivitamins, vitamin B12 and calcium citrate daily
- Exercise daily – goal is at least 30 minutes every day
- Keep a food journal

