

Permitted FOODS/FLUIDS

GUIDELINES

Weeks 1 & 2 after Sleeve surgery (start when you leave the hospital)	☐ Water ☐ Diluted juices (1 part juice to 1 part water) ☐ Coffee or tea ☐ Low-sodium broth or stock ☐ Sugar free Jell-O ☐ Sugar free popsicles ☐ Crystal Light, MIO ☐ Sugar free or unsweetened iced tea ☐ Sugar free Kool-Aid ☐ Light soy milk, almond milk, or lactose-free skim milk ☐ Diet Snapple ☐ Flavored water/Fruit2O ☐ Gatorade or G2, vitamin water zero ☐ Protein supplement (shake) *MANDATORY* Examples of protein supplement (shake): ❖ Isopure Zero Carb Beverage (find at The Vitamin Shoppe or GNC) ❖ EAS AdvantEdge Carb Control, EAS AdvantEdge Soy Protein Powder, Genisoy. Protein Powder, Atkins Advantage Shakes (find any of these at Wal-Mart or most pharmacy or grocery stores) ❖ Unjury protein powder (www.unjury.com) ❖ Pure Protein/Six Star (wal-mart)	☐ You should be working your way up to 48-64 oz (which is like 6-8 cups or 1500-2000 ml) total for all fluids in the day (this includes the allotted protein supplement- see below). ☐ Staying hydrated is one of the most important things to do this early on post-operatively. Keep sip, sip, sipping fluids allowed all day long. See examples listed to the left. ☐ Start a low-sugar soy or whey (preferably isolate) based protein supplement (shake) 3 x per day when you get out of the hospital. ☐ The first couple of days at home try to sip 2 ounces (60 ml) of protein supplement over 20 minutes 3 x per day. By the third day work up to 4 ounces (120 ml) of protein supplement over 25 minutes, 3 x per day. ☐ See examples listed to the left. Some supplements are in ready-to-drink form, others are powders that you can mix with light soy milk, lactose-free skim milk or water. ☐ Please do not use Carnation Instant Breakfast, Glucerna, Ensure, Boost or Slim Fast as your protein supplement. ☐ Please contact us if you are having any difficulties with your protein supplement. ☐ Remember, you will not need a large supply of protein supplements as you will only be drinking this for 2 weeks. ☐ Do not use straws. ☐ Do not chew gum. ☐ No carbonated beverages. ONLY ITEMS LISTED ARE ALLOWED AT THIS POINT. PLEASE CALL US IF YOU HAVE ANY QUESTIONS!
Week 3 after Sleeve surgery	☐ All other foods/fluids listed above including protein supplement ☐ Light, no sugar added, or plain yogurt ☐ Low fat cottage cheese ☐ Unsweetened applesauce ☐ Loose mashed potatoes ☐ Loose plain or "low sugar" oatmeal, cream of wheat or grits <i>(do not add milk, cheese, sugar, fruit, butter, oil, margarine, etc.)</i>	☐ Continue to drink 4 ounces of your protein supplement (shake), now 2-3 x per day. ☐ Start tasting some of the items listed to the left using the tip of a teaspoon. ☐ Eat 1 teaspoon of one of the foods listed over 15 minutes, 3 x per day. ☐ Slowly work your way up to 2 teaspoons over 20 minutes, by the end of this you can eat 2 tablespoons over 25 minutes, 3 x per day. ☐ Continue to work up to 64 oz of water/fluid per day. ☐ Artificial sweeteners would be ok to use at this time ONLY ITEMS LISTED ARE ALLOWED AT THIS POINT. PLEASE CALL IF YOU HAVE ANY QUESTIONS!

Week 4 after Sleeve surgery	☐ All Week 2 foods/fluids previously listed except protein supplement ☐ Scrambled egg, no more than 1/2 egg ☐ Canned or packaged tuna/salmon ONLY (no canned chicken, ham, crab, etc.) ☐ 1/4 - 1/2 piece of toast or 1-2 small crackers (Can have these with any foods allowed at this point) Avoid doughy breads - no bagels or untoasted breads yet	☐ Stop drinking the protein supplement. This should not be taken again at any time. ☐ It is normal to not feel hunger at this time. Important: do not skip meals, eat 3 meals per day, even if just a bite or two of food per meal. ☐ Slowly work your way up to 1/4 cup of food per meal (or 1/2 egg); however you should not be exceeding 1/4 cup of food per meal. ☐ Be sure to chew all foods very well. It should take you 15-20 minutes to finish a meal. ☐ From this point forward, you are not to drink fluids 15 minutes before meals and 30 minutes after meals. ☐ Continue to drink 64 ounces of water/fluid per day. ☐ Feel free to add a little mayo, salt/pepper, mustard/ketchup, vinegar to taste. ONLY ITEMS LISTED ARE ALLOWED AT THIS POINT. PLEASE CALL US IF YOU HAVE ANY QUESTIONS!
Weeks 5-7 after Sleeve surgery	☐ All Week 2, 3 foods/fluids previously listed ☐ Egg salad, hardboiled egg ☐ Baked/broiled flaky fish ☐ Soft-cooked vegetables (carrots, green beans, sweet potatoes, broccoli, etc.) ☐ Soft fruits (banana, melon, berries, seedless watermelon, skinless peaches/pears, canned fruit without the liquid) ☐ Soft-cooked pasta (mac and cheese, drained out minestrone soup, small pasta with tomato sauce, etc.) ☐ Soft-cooked beans/legumes (lentils, kidney beans, chickpeas, etc) ☐ Hummus, tofu ☐ Couscous, quinoa ☐ Seasonings, spices, low fat dairy foods	☐ It is normal to not feel hunger at this stage. Important: do not skip meals, eat 3 meals per day, even if only a bite or two of food per meal. ☐ Meals should not exceed 1/2 cup total. Continue to chew all foods very well- it should take you 15-20 minutes to finish a meal. Keep in mind that all foods have different densities, therefore they ALL must be chewed well and taken slow enough so that you realize when you are full, whether you eat 1/2 cup, 1/4 cup or less. ☐ Continue to drink 64 ounces of water/fluid per day. You are not to drink fluids 15 minutes before meals and 30 minutes after meals. ☐ Fluids should be calorie free , therefore ALL juices/milks/sugary beverages/drinks with calories should be kept to a minimum. <u>NONE</u> of the following until Week 7: ☐ Chicken, beef, pork, lamb, turkey, shellfish (crab, shrimp, etc.) ☐ Nuts, Fruit skins, rice, raw vegetables or salad ONLY ITEMS LISTED ARE ALLOWED AT THIS POINT. PLEASE CALL US IF YOU HAVE ANY QUESTIONS!
Week 8 and beyond ...	☐ You are to introduce new foods at this point, progressing slowly: ☐ Shaved deli meat (turkey, chicken, ham) ☐ Ground meats (chili, moist meatloaf, meat sauce for pasta, tacos) ☐ Chicken, beef, pork, shellfish, nuts, rice ☐ Raw vegetables, salads ☐ When looking at how foods are prepared, all options should be low in fat and sugar	☐ Take only tiny bites and chew very well. Foods should be cut small, no more than the size of a fingernail- especially meats. ☐ Crock-pot and moist heat methods work best for cooking. Meat tenderizers/marinades may be used. It is okay to cook with oil or butter. Avoid deep frying. ☐ Eat 3 meals per day, about 1/2 cup total per meal, and one afternoon snack if necessary. Do not skip meals. Eat solid foods only until you feel physically full, even if this is just a few bites of food per meal. ☐ Focus on solid proteins at each meal. Choose "solid" foods instead of "mushy". ☐ Continue to drink 64 ounces of water/fluid per day. You are not to drink fluids 15 minutes before meals and 30 minutes after meals. Congratulations! You did it!