



Baystate Medical Center

A Member of Baystate Health System

Springfield, Massachusetts

DIETARY GUIDELINES FOR GASTRIC BYPASS

(Bring this booklet to your nutrition appointments and to the hospital)

Your Nutritionist: _____

Telephone Number: (413) 794-7020

AN INTRODUCTION TO THE GASTRIC BYPASS DIET PROGRESSION

This booklet has been designed to teach you the dietary guidelines you must follow after having gastric bypass surgery. Surgery is just the first step in the treatment of obesity. Your commitment to a healthy diet and a daily exercise program will determine how well you lose weight and maintain your weight loss.

The gastric bypass diet progresses through five stages of eating. You must follow this diet progression carefully and keep all of your appointments with the nutritionist and the surgeon. Patients who keep their regular appointments have the most success with weight loss.

BEHAVIORAL TECHNIQUES:

Behavior modification techniques may help you increase your long-term success after weight loss surgery.

Keep a positive attitude

- Permanent weight loss requires a change in food attitudes. Stay positive about making healthy food choices.

Make food less visible in your home

- Store all food out of sight. Try to keep food off of the counters.
- When serving meals, keep pots or serving platters on, or near, the stove - not on the table.
- Store leftovers immediately after meals.

Change your food shopping habits

- Avoid grocery shopping when you are feeling hungry.
- Make a shopping list and stick to it.
- Shop the walls. Avoid temptation by avoiding the aisles. Most healthy foods- fruits, vegetables, fresh fish, meat, dairy products- are found along the walls of the store.
- Avoid buying unhealthy food items for other people that you may be tempted by.

Eat slowly

- Allow 20-30 minutes for mealtimes. Right after your surgery, you may need up to 60 minutes. Try using a timer.
- Take small bites and chew food to a smooth, pudding-like consistency.
- Set your utensils down in between bites.

Portions are important

- Weigh and measure all portions before eating until you learn what a healthy portion looks like.
- Put all extra food away before eating.
- Use small dishes and utensils.
- Cook "just enough."

Make eating an isolated activity

- Choose a spot at home just for eating.
- Make a rule to sit whenever you eat a meal or snack.
- Avoid mindless eating, including eating while watching TV or working on the computer.

Plan ahead

- Plan what and how much you will be having for meals and snacks.
- Use a cooler or insulated bag to carry food and drinks when you will be at work or “on the go” for periods of three hours or more.

Avoid grazing

- After gastric bypass surgery it is still possible to overeat and gain weight by eating or drinking high calorie foods throughout the day. This is called “grazing”.
- Avoid nibbling and too-frequent snacking.
- Your daily intake should include three meals and two to three small, healthy snacks.

Try activities that you can do instead of eating

- If you are feeling upset, anxious or depressed, listen to music, talk to a friend, write a letter or journal entry, take a shower, go for a walk, or try yoga, meditation or another form of relaxation.
- Make a list of activities you like to do or would like to try that don't involve food. Try them!

Vitamins are important

- Take all the vitamins and minerals your nutritionist and surgeon have recommended. Because of the malabsorption that occurs after gastric bypass surgery, you will not be able to meet your nutrition needs with just food.

Physical Activity

Your weight is a result of the balance between the foods you eat and the amount of calories your body burns in physical activity. As you lose weight after gastric bypass surgery, you may find it much easier to get around. Take advantage of this new freedom! The more active you are, the more quickly you will lose weight.

Ask your doctor before beginning any strenuous program, particularly in the first three months after surgery. Try some of these suggestions to increase your physical activity.

1. Walk more. Walk the dog, go for a walk with a friend, a neighbor or the children. Walk whenever you can.
2. Take the bus or car less often.
3. If you take public transportation, get off a few stops early.
4. Take the stairs instead of the elevators.
5. Park your car far away at shopping centers and walk through the parking lot.
6. Take a "walking break" at work instead of a coffee break.
7. Do some yard work, gardening, or household chores that require brisk movement.
8. During foul weather, get exercise by walking in the mall.
9. Look for easy and fun new ways of exercising with your new body! Before surgery, make a list of fun and exciting classes you might take, such as ballroom dance or water aerobics.
10. Check exercise videos out of the library and make note of some of the simpler toning exercises you could do. Plan a routine based on this.

GASTRIC BYPASS DIET PROGRESSION

You are usually in the hospital for 2-5 days following gastric bypass surgery. Your diet will progress through 5 different stages over the course of the next **two** months.

Before Surgery: What to Buy

- A few bottles of water or sugar-free, non-carbonated, non-caffeinated beverages such as Crystal Light, Fruit₂O, Diet Snapple
- A high protein low sugar shake
- Food scale
- Measuring cups
- Measuring spoons
- Food processor/blender

Before Surgery: What to Bring to the Hospital

- Listerine Pocket Packets
- Chewable complete multivitamin with minerals
- This booklet
- If you do not like the protein shake that the hospital provides, please make arrangements to have your preferred shake brought to you from home.

Day of Surgery

- Once you are brought up to your room, you will be given:
ice chips

STAGE 1: WATER AND CLEAR LIQUIDS

Start: Day One Postoperatively (the first day after your surgery)

Duration: 1 day

Diet Instructions: Sip one to two ounces of sugar free, non carbonated, non-caffeinated liquids every hour.

Clear liquids include: water, Crystal Light, sugar-free popsicles, fat free broth, decaf tea or decaf herbal tea, sugar-free jello

Fluid Goal: 24 -32 ounces per day

Protein Goal: None

Important Information:

- Stop sipping as soon as you feel full.
- Use 1-ounce medicine cups for sipping your clear liquids.
- Carbonation will cause abdominal distention or discomfort.
- Juices should be avoided. They are too high in sugar and calories.
- Write down the amount of clear liquids you drink on your food record.
- Avoid using a straw when sipping.

STAGE 2: PROTEIN SHAKES

Start: Day 2

Duration: 7 days (postoperative days 2-8)

Diet Instructions: Low sugar protein shakes – number of servings per day will be determined by hospital dietitian. Please tell nursing staff if you are lactose intolerant.

Milk Based High Protein, Low Sugar Beverages

- Sugar Free Carnation Instant Breakfast
- EAS Advant Edge Carb Control Shake
- 1% or skim milk mixed with non fat dry milk powder
- Worldwide Pure Protein Shake (Trader Joe)
- Atkins Advantage Shake
- Slim Fast Low Carb Diet Shake
- Whey Protein powder mixed with 1% or skim milk

Note: No Sugar Added Carnation Instant Breakfast powder contains aspartame sweeteners and the ready to drink carton contains sucralose. Some people may be sensitive to aspartame.

Lactose Free High Protein, Low Sugar Shakes

- Lactose free milk (example – Lactaid) must be mixed with whey protein isolate powder
- Unjury www.unjury.com 1 800 517-5111. Also available at 3300 Main St, Baystate Pharmacy
- Boost Glucose Control
- Isopure Zero Carbs– Available at GNC, Supplement Zone

Fluid Goal: 56 ounces = 7 cups (8 ounces each) per day of sugar-free, non-carbonated, non-caffeinated liquid. Your fluid intake includes protein shakes, which should be your first goal.

- Protein shakes
- Water
- Sugar free popsicles
- Sugar free Jell-O
- Fat free broth
- Decaf herbal tea
- Decaf tea
- Diet Snapple
- Crystal Light
- Propel
- Other flavored waters
- Skim or 1% milk
- Soy milk- plain or vanilla, low fat
- Tomato juice
- V-8 vegetable juice
- Decaf coffee

Stage 2, continued

Protein goal: 70 grams or as advised by your nutritionist

Your protein goal: _____

Protein is important to help healing and to preserve muscle mass. It may be difficult to meet your protein goal in the first week. Do your best to meet your goal.

Vitamins: Separate all vitamins by 3 to 4 hours or more

- Two **chewable** complete multivitamin with mineral supplements (children's or adult) per day or two tablespoons **liquid** multivitamin with minerals. Look for the word "complete" and the USP symbol on the label.

Important Information:

- It is VERY important to stay hydrated. Sip fluids throughout the day. The color of your urine should be pale yellow to clear.
- Sip all liquids slowly. Sip no more than 2 ounces every 15 minutes to stay on track. DO NOT exceed 8 ounces per hour.
- Avoid gulping. It introduces air into your system and may cause gas pains.
- Do not force yourself to finish fluids if you feel full. AVOID VOMITING.
- Plan ahead and have protein shakes ready to drink.
- Write down the amount of fluid you drink on your food record.
- Use a thermos or chill your glasses in the freezer if you prefer your shakes cold.
- Try to limit sugar alcohols. When looking at a label, they typically end in "ol", example: mannitol, sorbitol. Sugar alcohols can cause gas, bloating, abdominal pain and diarrhea.
- If you are lactose intolerant, try Lactaid drops or Lactaid milk or lactose free protein shakes.
- Avoid using a straw when sipping.

STAGE 3: PROTEIN SHAKES AND SMOOTH PUREED FOODS

Start: Day 9

Duration: 7 Days (postoperative days 9 – 16)

Diet Instructions: Continue drinking the amount of high protein, low sugar shakes as advised by your nutritionist (the same as stage 2).

In addition you may add 1 or 2 small portions of the following suggested pureed and smooth foods. Remember to stop eating at your first feeling of fullness.

- Non fat, low sugar smooth yogurt
- Sugar free pudding
- Unsweetened applesauce
- Purred baby food (no desserts)
- Purred butternut squash
- Purred carrots
- Purred vegetable soup
- Creamed soup made with skim or 1% milk
- Purred sweet potato/yam

Notes:

- Pureed foods need to be made using a blender or food processor. The texture should be smooth, with no lumps.
- If you are having trouble reaching your protein goal with protein shakes, add whey protein isolate powder or dry skim milk powder to your pureed foods. Whey protein isolate is an excellent source of protein and is tolerated by people who are lactose intolerant.
- If you are constipated, try adding Benefiber to your foods.

Fluid Goal: 56 ounces or 7 cups (8 ounces each) per day of sugar free, non-carbonated, non-caffeinated liquids. Your fluid intake includes protein shakes, which should be your first goal. Continue to limit sugar alcohols. Remember to drink enough fluids to maintain pale yellow to clear colored urine

- Protein shakes
- Water
- Sugar free popsicles
- Sugar free Jell-O
- Fat free broth
- Diet Snapple
- Crystal Light
- Propel
- Other flavored waters
- Skim or 1% milk
- Soy milk- plain or vanilla, low fat
- V-8 vegetable juice
- Tomato juice
- Decaf tea
- Decaf herbal tea
- Decaf coffee

Protein Goal: 70 grams/day or as advised by your nutritionist.

Your protein goal is: _____

Vitamins: Separate all vitamins by 3 to 4 hours or more. Continue taking two chewable, complete multivitamin supplements with minerals (children or adult) per day or two tablespoons liquid multivitamin with minerals.

STAGE 4: SOFT SOLID FOOD (pureed/diced)

Start: Day 17

Duration: 6 weeks (postoperative days 17 – 59)

Diet Instructions: This is the stage when you begin to transition from getting your protein from shakes to getting your protein from food.

- _____ grams protein (including dairy products)
- 2 vegetable servings
- 2 fruit servings
- 1-2 starch servings
- 2 fat servings

* See pages 14 to 18 for serving sizes

Fluid Goal: 56 ounces (7 cups) of sugar-free, non-carbonated, non-caffeinated liquid. Your fluid intake includes protein shakes which you may need in order to meet your protein requirements. Drink enough fluid to maintain pale yellow to clear colored urine.

Protein Goal: 70 grams/day or as advised by your nutritionist.

Vitamins: Separate all vitamins by 3 to 4 hours or more

- Continue with two complete, chewable multivitamin with minerals supplements (children's or adult) or two tablespoons liquid multivitamin with minerals.

Important Information:

- The soft solids (pureed/diced) stage gradually re-introduces soft food to your system.
 - It is important for you to eat all of the recommended dietary protein.
- In the beginning days of Stage 4, **you may find frequent, small mini-meals and snacks are necessary** in order to meet your protein goal. In time, your goal should be 3 mini-meals and 2 to 3 healthy snacks every day.
- At first you may not be able to tolerate all of the recommended foods. Supplement with protein shakes as needed in order to meet your protein requirement.
- It is important not to overstuff your pouch. Listen to your body and stop eating as soon as you begin to feel full.

Stage 4: continued

- All foods should be tender and moist.
 - Foods that are marinated, boiled, sautéed, and baked or microwaved with a liquid are best. Dark meat of chicken and turkey tends to be better tolerated than white meat. Do not eat fried foods.
 - It's OK to add condiments such as ketchup, light or fat free mayonnaise, and mustard.
- Avoid problematic foods such as:
 - Tough protein foods including red meat, hamburger, pork, lobster, scallops, clams, and shrimp
 - Membranes of oranges, tangerines and grapefruit because they can block the opening to your pouch
 - Generally, cores, skins and seeds of fruits and vegetables
 - Raw vegetables including salad
 - Popcorn, nuts, and peanut butter
 - Doughy breads, including bagels
 - Rice and pasta
 - Chinese food
- Consider starting with canned vegetables and then advance to well-cooked steamed, boiled or microwaved vegetables.
- Remember that corn, peas, and potatoes count as starches rather than vegetables.
- Consider starting with canned fruits packed in their own juice and then advance to fruit with the skin peeled off. Watch out for seeds. Avoid canned fruits packed in light or heavy syrup.
- Try flat breads, such as pita, wraps, and tortillas or whole grain crackers. Whole grain bread may be better tolerated when toasted.
- Weigh food on a scale after it has been cooked to be sure you are getting adequate protein.
- Take VERY small bites of food and chew the food well until it is smooth.
- Eat slowly. Remember to make your meals last 20-30 minutes.
 - Baby food warmer trays or beverage warmers can be used to keep food warm while you are slowly eating your meal.
- Stop eating as soon as you begin to feel full. **Avoid vomiting.**
- Do not drink 30 minutes before, during or 30 minutes after a meal or snack.
- Do not chew gum or suck on hard candy.
- Continue to limit foods and beverages with sugar alcohol.
- Avoid using a straw when sipping.

Stage 4: continued

What is a serving of Soft Solid (diced/pureed) food?

These are foods that must be blended in a food processor or blender, mashed or chopped up VERY fine.

Here are some examples of foods you may try from each of the food groups.	Amount That Equals <u>One</u> Serving	Protein (grams)
Protein (6 servings)		
Protein shake		
Tuna or salmon in water	1 oz (1 can = 6 oz)	7
Flaky fish - haddock, sole, flounder, tilapia, salmon	1 oz	7
Cheese, low fat or fat free	1 oz	7
Cottage cheese, 1% or fat free	1 oz (4oz = ½cup)	3.5
Egg, scrambled (soft and moist)/ soft boiled	1	6
Chicken, Turkey (dark meat)	1 oz	7
Deli slices (chicken, turkey, ham)	1 oz	7
Ground Turkey	1 oz	7
Tofu	½ cup	10
Dried beans-cooked (1 meat and 1 starch)	½ cup	6.5
Dairy (2 servings)		
Yogurt, non fat	4 oz	5
Pudding, sugar free	4 oz	5
Milk, skim or 1%	8 oz	8
Vegetables—canned or well-cooked (2 servings)		
Green beans	½ cup	1-2
Carrots	½ cup	1-2
Beets	½ cup	1-2
Zucchini	½ cup	1-2
Fruits (2 servings)		
Applesauce (unsweetened)	½ cup	0
Banana (soft mashed)	½ cup	0
Peaches (canned in juice or peeled and very soft)	½ cup or 1 peach	0
Pear (canned in juice or peeled and very soft)	½ cup or 1 small	0
Strawberries	1 ¼ cups	0
Starches (1-2 servings)		
Hot cereal made with skim or 1% milk	½ cup	2-3
Special K cereal soaked with skim or 1% milk	¾ cup	2
Sweet potatoes (mashed)	1/3 cup	3
Squash, winter (acorn, butternut)	1/2 cup	2
Whole wheat crackers	2 small	2
Pita	½ of small pita	3
Fat (2 servings)		
Tub spread (Smart Balance, Promise)	1 teaspoon	0
Olive oil, Canola oil	1 teaspoon	0
Mayonnaise, Light	1 Tablespoon	0

Stage 4: continued

STAGE 4 SAMPLE MEAL PLAN

Time	Food	Beverage	Protein	Food Group
8 a.m.	1 egg, scrambled 1oz cheese		6 grams 7 grams	1 protein 1 protein
9 a.m.		8 oz decaffeinated tea		
10 a.m.	4 oz low fat, sugar free yogurt		5 gram grams	½ dairy
11 a.m.		8 oz Crystal Light		
12 noon	2 oz tuna (¼ cup) ½ small pita ½ c pureed carrots		14 grams 3 grams 2 grams	2 protein 1 starch 1 vegetable
1 p.m.		8 oz water		
2 p.m.	½ cup peaches (packed in juice)		0 grams	1 fruit
3 p.m.		8 oz skim milk	8 grams	1 dairy
4 p.m.	2 whole wheat crackers w/ 1 ounce low fat cheese		10 grams	1 starch 1 protein
5 p.m.		8 oz of Fruit ₂ O		
6 p.m.	2 oz diced chicken (dark meat) ½ c pureed green beans 1 tsp olive oil/tub spread		14 grams 2 grams	2 protein 1 vegetable 1 fat
7 p.m.		8 oz crystal light		
8 p.m.	½ c applesauce (unsweetened)		0 grams	1 fruit
10 p.m.		8 oz water		
TOTAL		56 ounces (7 cups)	71 grams protein	

STAGE 5: LOW FAT SOLID FOODS

Start: Day 60 (2 months postoperatively)

Duration: Permanent

Diet Instructions: Three mini-meals and 2 or 3 small, healthy snacks

Fluid Goal: 56 ounce = 7 cups (8 ounces each) of sugar free, non carbonated, non caffeinated liquid. Remember, it's important to stay hydrated. The color of your urine should be pale yellow to clear.

Protein Goal: 70 Grams/day or as advised by your nutritionist

Vitamins:

Multivitamins:

- Continue taking **two** complete multivitamin with mineral supplements (children's or adult) or **two** tablespoons liquid multivitamin with minerals every day.
- Separate your two multivitamin supplements by three hours or more.
- Chewable or tablet forms are both acceptable. If taking a chewable supplement, advance from a children's to an adult complete multivitamin with mineral supplement.

Calcium:

- Look for a calcium citrate supplement with vitamin D. You will need 1200-1500 mg each day.
- Do not take your multivitamin and calcium at the same time as they may interfere with each other's absorption. Separate them by at least 2 or more hours.

Important Information:

- Make protein intake your priority. Aim for 70 grams each day or as advised by your nutritionist.
- You may include most foods in your diet at this stage.
- Continue to expand food choices, one new food at a time.
- Continue to drink 56 ounces of fluids per day (7 cups).
- Continue to limit foods and beverages with sugar alcohols.
- Read labels. Keep sugar to 12 grams or less per serving.
- Avoid grazing. Be sure to plan 3 mini meals and 2 to 3 healthy snacks everyday.
- Do not drink 30 minutes before, during, or 30 minutes after a meal or snack.
- Drink protein shakes, if needed, to reach your protein goal.
- Avoid using a straw when sipping fluids.

PROTEIN

Type of Food	Very lean Protein and Substitutes (0 grams of carbohydrate, 7 grams of protein, 0-1 grams of fat, 35 calories)	
Poultry:	Chicken, turkey, Cornish Hen (without skin)	1 oz
Fish:	Cod, flounder, haddock, halibut, trout, tuna (fresh or canned in water)	1 oz
Shellfish:	Crab, lobster, scallops, shrimp, clams (fresh or canned in water)	1 oz
Game:	Pheasant (without skin), venison, buffalo, ostrich	1 oz
Cheese:	Non fat or low fat cottage cheese	¼ c
	Fat free cheese	1 oz
Other:	95% fat-free luncheon meat (less than 1 gram fat per oz)	1½ oz
	egg substitutes with less than 55 calories per ½ cup	¼ cup
Beans, peas, lentils (cooked)	Count as one lean meat and one starch	½ cup
Lean Protein and Substitutes (0 grams of carbohydrate, 7 grams of protein, 3 grams of fat, 55 calories)		
Beef	USDA Select or Choice grades of lean beef, such as round, sirloin, and flank steak, tenderloin; roast (rib, chuck, rump), steak (T-bone, porterhouse, cubed), ground round	1 oz
Pork	Lean pork, such as fresh ham: canned, cured, or boiled ham, Canadian bacon, tenderloin, center loin chop	1 oz
Veal	Lean chop, roast	1 oz
Lamb	Roast, chop, leg	1 oz
Poultry	Chicken, turkey, (dark meat no skin), chicken (white meat with skin), domestic duck or goose (no skin)	1 oz
Fish	Salmon (fresh or canned), catfish	1 oz
	Herring (smoked or not creamed)	1 oz
	Sardines (canned)	2 medium
Wild Game	Goose (without skin), rabbit	1 oz
Cheese	4.5% cottage cheese	¼ cup
	Grated parmesan	2 Tbsp
	Low fat or reduced fat cheeses	1 oz
Other	Hot dogs with 3 grams or less of fat per ounce	1 ½ oz
	Processed sandwich meat w/ 3 grams or less fat per ounce (turkey, pastrami, kielbasa)	1 oz
	Egg	1
	Tofu	3 oz soft/2 oz firm
	Peanut butter, reduced fat (caution: contains 12 grams fat)	1 Tbsp
	Soy milk	8 oz

DAIRY

Each item on this list = 1 serving
Each serving of milk or milk products on this list contains
12 grams of carbohydrate
8 grams of protein

SKIM AND VERY LOWFAT MILK			
Skim milk	1 cup	Dry nonfat milk	1/3 cup
1% milk	1 cup	Nonfat Yogurt	8 oz.
Low fat buttermilk	1 cup	Evaporated skim milk	½ cup
Sugar free Lactose-free milk	8 oz.		

VEGETABLES

Each item on this list = 1 Serving
Each vegetable serving on this list contains
5 grams of carbohydrate,
2 grams of protein,
25 calories)

Vegetables contain 2-3 grams of dietary fiber.

Vegetables which contain 400 mg or more of sodium per exchange are identified with a symbol.

Vegetables are a good source of vitamins and minerals. Fresh and frozen vegetables have more vitamins and less salt than canned vegetables. Rinsing canned vegetables under water will remove much of the salt.

Unless otherwise noted, a serving size for vegetables is:

- ½ cup of cooked vegetables or vegetable juice or 1 cup raw vegetables

Artichoke ½ medium	Escarole	Sauerkraut
Asparagus	Greens (collard, mustard, turnip)	Spinach (cooked)
Beans (green, wax, Italian)	Green onions	Summer Squash (crookneck)
Bean sprouts	Hot Peppers	Tomato (one large)
Beets	Kohlrabi	Tomato/vegetable juice
Broccoli	Leeks	Turnips
Brussel sprouts	Lettuce	Water Chestnuts
Cabbage, cooked	Mushroom	Zucchini
Carrots	Okra	
Cauliflower	Onions	
Celery	Pea Pods	
Chinese Cabbage	Peppers (green)	
Cucumber	Radishes	
Eggplant	Romaine Lettuce	
Endive	Rutabaga	

FRUITS

Each Item on this list = 1 serving

Each item on this list contains 15 grams of carbohydrate

0 grams of protein

0 grams of fat 60 calories

Fresh, frozen, and dried fruits have about 2 grams of fiber per exchange.

Fruits that have 3 or more grams of fiber per exchange have a *symbol.

Use fresh fruits, frozen fruits or canned fruits without added sugar. Limit fruit juice to no more than 1 serving per day.

FRESH, FROZEN AND UNSWEETENED CANNED FRUIT			
Apple (raw, 2 in. across)	1 apple	Pears (canned)	½ c (2 halves)
Applesauce (unsweetened)	½ cup	Persimmon (med, native)	2 persimmons
Apricots (canned)	½ cup or 4 halves	Pineapple (canned)	1/3 cup
Apricots (medium, raw)	4 apricots	Pineapple (raw)	¾ cup
Banana (9 in. long)	½ banana	Plum (raw, 2 in. across)	2 plums
*Blackberries (raw)	¾ cup	*Pomegranate	½ of fruit
*Blueberries (raw)	¾ cup	*Raspberries (raw)	1 cup
Cantaloupe (5 in. across)	1/3 or 1 cup cubes	*Strawberries (raw, whole)	1 ¼ cup
Cherries (canned)	½ cup	*Tangerine (2 ½ in. across)	2 tangerines
Cherries (large, raw)	12 cherries	Watermelon (cubes)	1 ¼ cup
Figs (raw, 2 in. across)	2 figs		
Fruit cocktail (canned)	½ cup	DRIED FRUIT	
Grapefruit (medium)	½ grapefruit	*Apples	4 rings
Grapefruit (segments)	¾ cup	*Apricots	7 halves
Grapes (small)	15 grapes	Dates	2 ½ medium
Honeydew melon (medium)	1/8 or 1 cup cubes	*Figs	1 ½
Kiwi (large)	1 kiwi	*Prunes	3 medium
Mandarin oranges	¾ cup	Raisins	2 Tbsp.
Mango (small)	½ mango		
*Nectarine (2 ½ in. across)	1 nectarine	FRUIT JUICE	
Orange (2 ½ in. across)	1 orange	Apple juice/cider	½ cup
Papaya	1 cup	Cranberry juice cocktail	1/3 cup
Peach (2 ¾ in. across)	1 peach (¾ cup)	Grapefruit juice	½ cup
Peaches (canned)	½ cup (2 halves)	Grape juice	1/3 cup
Pear	½ lg. (1 small)	Orange Juice	½cup
		Pineapple juice	½ cup
		Prune juice	1/3 cup

STARCH

Each item on this list = 1 serving

Each item on this list contains approximately

15 grams of carbohydrate, 3 grams of protein, 0-1 grams of fat, 80 calories

Whole grain products average about 2 grams of fiber per serving. Those foods that contain 3 or more grams of fiber per serving are identified with the fiber symbol *.

DRIED BEANS/PEAS/LENTILS (count as 2 starch plus 1 lean meat)		STARCHY VEGETABLES	
*Beans and peas-cooked (kidney, white, split, blackeye, lentils)	1 cup	*Corn	½ cup
*Broad beans, garbanzo, navy, pinto	2/3 cup	*Corn on cob, 6 in. long	1
*Baked beans	¼ cup	* Lima Beans	½ cup
Hummus	1/3 cup	* Peas, green (canned/frozen)	½ cup
		Plantain	½ cup
CEREALS/GRAINS/PASTA		Potato, baked 3 oz.	1 small
*Bran cereals, concentrated (such as Bran Buds, All Bran)	½ cup	Potato, mashed	½ cup
*Bran Cereals, flaked	½ cup	*Squash, winter (acorn, butternut)	1 cup
Bulgur (cooked)	½ cup	Yam, sweet potato, plain	1/3 cup
Cooked cereals	½ cup		
Cornmeal (dry)	2 ½ Tbsp	CRACKERS/SNACKS	
Grape-nuts	3 Tbsp	Animal Crackers	8
Grits (cooked)	½ cup	Graham Crackers	3-2.5 in.sq.
Other ready to eat unsweetened cereals	¾ cup	Matzoh	¾ oz.
Pasta (cooked)	½ cup	Melba toast	5 pieces
Puffed cereal	1 ½ cups	Popcorn (air popped, no fat added)	3 cups
Rice, white or brown (cooked)	1/3 cup	Pretzels	¾ oz.
Shredded wheat	½ cup	*Rye crisp, (2 in. x 3 in.)	4
		Saltine-type crackers	6
	½ cup	Whole-wheat crackers	2-4 small
BREADS		Sugar-free pudding	½ cup
Bagel	½ (1 oz)		
Bread stick (crisp, 4 in. x 1.2 in.)	2 (2/3 oz)		
English Muffin	½		
Frankfurter or hamburger bun	½ (1 oz)		
Pita, 6 in. across	½		
Plain roll, small	1 (1 oz)		
Bread, white, wheat, rye, raisin	1 sl (1oz)		
Tortilla, 6 in. across	1		
Taco shell, 6 in. across	2		

FAT

Each serving on the fat list contains:

5 grams of fat

45 calories

The foods on the fat list contain mostly fat, although some items may also contain a small amount of protein. All fats are high in calories and should be carefully measured.

Fats which contain 400 mg or more of sodium per exchange are identified with a symbol.

UNSATURATED FATS		SATURATED FATS	
Peanut Butter	2 tsp	Bacon	1 slice
Avocado	1/8 medium	Butter	1 tsp
Margarine (diet)	1 tsp	Chitterlings	½ oz
Mayonnaise, reduced-calorie	1 Tbsp	Coconut, shredded	2 Tbsp
Almonds, dry roasted	6	Cream, sour	2 Tbsp
Whole cashews, dry roasted	1 Tbsp	Coffee whitener, liquid	2 Tbsp
Pecans	2 whole	Coffee whitener, powder	4 tsp
Peanuts	20 sm or 10 lg	Cream (light, coffee)	2 Tbsp
Walnuts	2 whole	Cream (heavy, whipping)	1 Tbsp
Other nuts and seeds	1 Tbsp	Salt pork	¼ oz
Pumpkin seeds	2 tsp	Cream cheese	1 Tbsp
Olives	10 sm or 5 lg		
Salad dressing (mayonnaise-type, reduced calorie)	1 Tbsp		
Salad dressing (oil varieties)	1 Tbsp		
Salad dressing (reduced calorie)	2 Tbsp		

COMMON PROBLEMS AND SOLUTIONS

The following guidelines are for your reference in case you experience any problems. Please be sure to keep your medical team informed of any problems you may be experiencing. It may help to keep a record of anything unusual that occurs and what you did to correct it.

Constipation

- Be sure to drink plenty of water (56 ounces per day- 7 cups)
- 1 tablespoon Milk of Magnesia
- Stay active
- After the first month: Benefiber or Sugar-free Metamucil
- Increase your fiber intake through fruits, vegetables and whole grains. Be sure to follow the dietary instructions of the stage you are in as some high fiber foods may not be good choices for your current stage.

Vomiting

- Go back to an earlier stage that you can tolerate. Try clear liquids for 24 hours.
- Chew food thoroughly
- Eat slowly
- Measure out portion sizes
- Make sure foods are moist
- Avoid eating and drinking at the same time
- If these suggestions do not work, or you vomit bright red or dark brown liquid, please call your doctor right away

Nausea

- Do not over eat
- Drink plenty of fluids
- Chew food thoroughly
- Eat slowly
- Avoid carbonated beverages
- Avoid foods that you cannot tolerate

Stomach bloating after eating

- Do not overeat
- Do not drink fluids with meals
- Avoid carbonated beverages
- Stay active
- Do not use a straw

Can not tolerate dairy products

- Try Lactaid® milk, tablets or drops. These are available at your local pharmacy.
- Yogurt may be better tolerated than milk because some of the lactose is already partially broken down
- Try soy milk

Diarrhea

- Eat slowly
- Do not overeat
- Do not drink fluids with meals
- Avoid high sugar, high fat and spicy foods
- Limit the amount of sugar free products (like sugar free candies). These products may contain sugar alcohols such as sorbitol and mannitol that can cause diarrhea.
- Limit caffeine containing products

Dizzy or headache

- Drink plenty of water
- Add salt to your foods
- Drink regular bouillon
- Be sure you are eating enough food
- If you take any prescription medications, call your doctor

Sudden light headedness

- Eat on a regular schedule
- Do not skip meals
- Be sure you are eating enough food
- If you take any prescription medications, call your doctor

Tired and weak

- Drink plenty of fluid
- Limit caffeine
- Sleep on a regular schedule
- Stay active
- Check to be sure you are getting enough protein
- Be sure to take your vitamins

Heartburn

- Limit caffeine and spicy foods
- Be sure you are taking your PPI (reflux or heartburn medication) such as Mylanta, Prilosec OTC, Pepcid AC, Nexium or Prevacid
- Avoid foods that are too hot or too cold
- Check the side effects of any medications you are taking

Leg cramps

- Eat a well balanced diet
- Take your multivitamin every day
- Stay active
- If the problem persists or becomes severe, please call your doctor immediately

Excessive hair loss

- Eat a well balanced diet with adequate protein as determined by your nutritionist
- Take your multivitamins with minerals daily

Wound infection

- Call the doctor immediately for a temperature of 101 degrees or higher, and/or if pain, redness, foul smelling discharge or swelling develops

Very slow weight loss

- Be sure to keep a food record. Your dietitian will discuss this with you.
- Avoid high fat foods
- Avoid high calorie beverages
- Increase activity/exercise as tolerated

Extreme hunger

- Keep a food record. Your dietitian will discuss this with you.

Excessive weight loss

- Keep a food record. Your dietitian will discuss this with you.
- Discuss the weight loss with your doctor
- Be sure you are taking in enough calories