



# Baystate Medical Center

*A Member of Baystate Health System  
Springfield, Massachusetts*

## **DIETARY GUIDELINES FOR GASTRIC BYPASS SURGERY AND SLEEVE GASTRECTOMY SURGERY**

**Please bring this booklet to all your nutrition appointments and to the hospital**

**Your Nutritionist:** \_\_\_\_\_  
**Telephone Number:** (413) 794-7020

# AN INTRODUCTION TO THE DIET PROGRESSION

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

The 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.

The following behavior modification techniques may help you increase your long-term success.

## **Continue attending weight loss surgery support group meetings**

- Access schedules at [baystatehealth.org/WLS](http://baystatehealth.org/WLS)

## **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 weight loss surgery it is still possible to overeat and gain weight by eating or drinking high calorie foods throughout the day. This is called “grazing”, an eating behavior you want to avoid.
- Avoid nibbling and too-frequent snacking.
- Your daily intake should include three small meals and two 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.  
**Do not purchase “gummie” vitamins as they are not a complete multivitamin with minerals.** See page 4 of this booklet for multivitamin recommendations.

### **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 surgery, you may find it much easier to move 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 Zumba, yoga or water aerobics.
10. Check exercise DVDs out of the library and make note of some of the simpler toning exercises you could do. Plan an exercise routine based on this.

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## DIET PROGRESSION

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You are usually in the hospital for 2-4 days following weight loss 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, Fruit<sub>2</sub>0, Diet Snapple
- A high protein low sugar shake supply
- Food scale
- Measuring cups and measuring spoons
- Food processor/blender
- Chewable complete adult multivitamin with minerals such as:  
Centrum Complete Adult Chewable multivitamin with minerals, CVS Spectravite Adult Chewable multivitamin with minerals, Flintstones Complete Chewable multivitamin with minerals in the dark purple bottle or red box.  
Opurity Bypass Optimized Chewable multivitamin with minerals is available at the Baystate Medical Center pharmacy in the Daly Building or online at [www.opurity.com](http://www.opurity.com)
- Whey protein powder, such as Unjury (available at Baystate Medical Center pharmacy or online at [www.unjury.com](http://www.unjury.com))

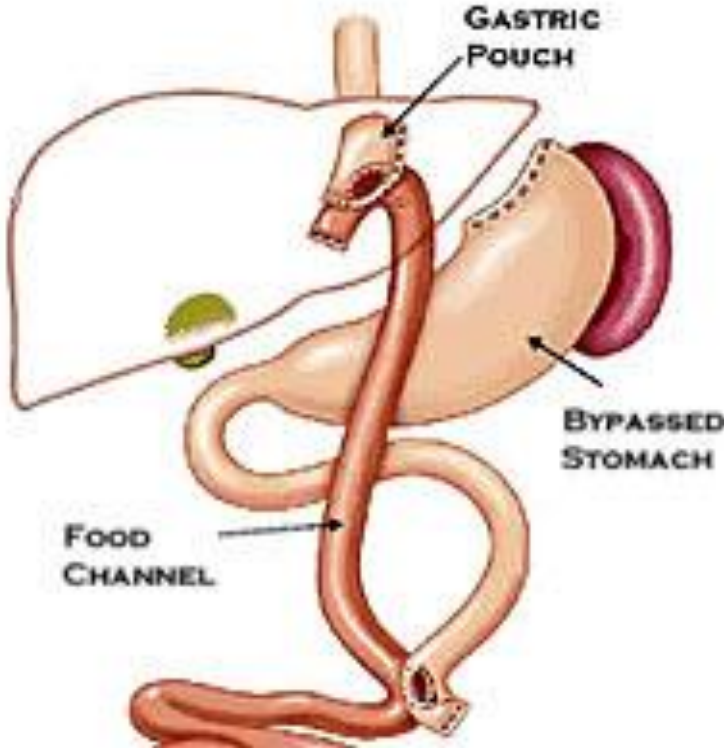
### Before Surgery: What to Bring to the Hospital

- This booklet
- If you do not like the protein shake that the hospital provides (Carnation Instant Breakfast Essentials no sugar added), please bring your preferred shake chosen from the allowed protein shakes listed on page 6 of this booklet.

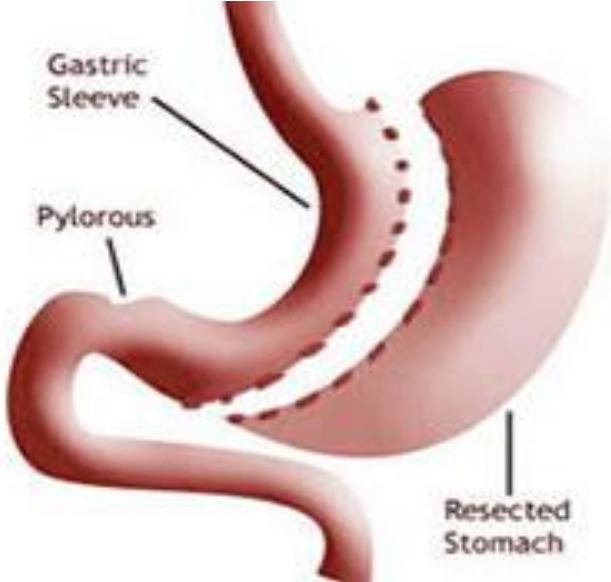
### Day of Surgery

Once you are brought to your room after surgery, you may be instructed to take nothing by mouth or be given ice chips depending on your level of tolerance and possible symptoms, including nausea.

**GASTRIC BYPASS SURGERY DIAGRAM**



**SLEEVE GASTRECTOMY SURGERY DIAGRAM**



## 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.
- Avoid carbonation. It will cause abdominal distention or discomfort.
- Avoid juices. 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 Shakes

- Carnation Instant Breakfast Essentials (blue bottle)
- Carnation Instant Breakfast No Sugar Added in powder form (blue box)
- EAS Myoplex Lite Shake
- Atkins Advantage Shake
- Slim Fast Low Carb Diet Shake
- Whey Protein Isolate powder called Unjury mixed with 1% or skim milk, or mixed into protein shake

**Note:** Carnation Instant Breakfast No Sugar Added in powder form contains aspartame as a sweetener. Some people may be sensitive to aspartame.

The Carnation Instant Breakfast in the ready-to-drink form contains sucralose as a sweetener.

### Lactose Free High Protein, Low Sugar Shakes

- Lactose free milk (example – Lactaid) must be mixed with whey protein isolate powder called Unjury
- Unjury Protein Powder  
[www.unjury.com](http://www.unjury.com)  
1-800-517-5111  
Also available at Baystate Medical Center Pharmacy in The Daly Building
- Boost Glucose Control
- Ensure High Protein Shake
- Glucerna Hunger Smart Shake
- Muscle Milk Light
- 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
- Broth, fat free
- Crystal Light
- Decaf herbal tea
- Decaf tea
- Decaf coffee
- Diet Snapple
- Propel
- Other flavored waters
- Skim or 1% milk  
Note: 8 oz milk has 8 grams of protein
- Soy milk- plain or low fat
- Tomato juice
- V-8 vegetable juice

**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. Add whey protein isolate powder to protein shakes, skim or 1% milk or plain low fat soy milk as needed.

**Vitamins:**

- Complete chewable multivitamin with mineral supplements daily, as directed by your bariatric nutritionist. Begin taking your vitamins once you return home after surgery. “Gummie” type vitamins are not allowed.

**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 sip more than 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 fruits, vegetables and dairy foods. Remember to stop eating at your first feeling of fullness.

- Non fat, low sugar smooth yogurt
- Pureed butternut squash
- Sugar free pudding
- Pureed carrots
- Unsweetened applesauce
- Pureed vegetable soup
- Pureed low fat or non-fat small curd cottage cheese or pureed low fat Hood Lactaid cottage cheese
- Creamed soup made with skim or 1% milk
- Pureed sweet potato/yam
- Pureed baby food (no desserts)

**Notes:**

- Pureed foods need to be made using a blender or food processor. The texture should be smooth, without 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.

**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.

**Do not drink 30 minutes before, during or 30 minutes after a meal or snack.**

- **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, 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:** Continue taking complete chewable multivitamin with mineral supplements daily, as directed by your bariatric nutritionist. “Gummie” type vitamins are not allowed.

## STAGE 4: SOFT SOLID FOOD (pureed/ground)

**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:

- Continue taking complete, chewable multivitamin with minerals supplements daily, as directed by your bariatric nutritionist.

### Important Information:

- The soft solids (pureed/ground) stage gradually re-introduces soft food to your digestive 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 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 or sleeve. 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 or sleeve
  - Generally, cores and skins of fruits and vegetables and all pineapple
  - 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 alcohols.
- Avoid using a straw when sipping.

## Stage 4: continued

### What is a serving of Soft Solid (pureed/ground) 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.		Protein (grams)
<b>Protein (6 servings)</b>		
Protein shake		
Tuna or salmon in water	1 oz	7
Flaky fish - haddock, sole, flounder, tilapia, salmon	1 oz, cooked	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, cooked	7
Deli slices (chicken, turkey, ham)	1 oz	7
Ground Turkey	1 oz, cooked	7
Tofu	½ cup	10
Dried beans-cooked (1 meat <b>and</b> 1 starch)	½ cup	6.5
<b>Dairy (2 servings)</b>		
Yogurt- non fat, low sugar	4 oz	variable
Pudding, sugar free	4 oz	5
Milk, skim or 1%	8 oz	8
<b>Vegetables—canned or well-cooked (2 servings)</b>		
Green beans	½ cup	1-2
Carrots	½ cup	1-2
Beets	½ cup	1-2
Zucchini	½ cup	1-2
<b>Fruits (2 servings)</b>		
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, watermelon	1 ¼ cups	0
<b>Starches (1-2 servings)</b>		
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
<b>Fat (2 servings)</b>		
Tub spread	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 1 oz cheese		6 grams 7 grams	1 protein 1 protein
9 a.m.		8 oz decaffeinated tea		
10 a.m.	4 oz non- fat, low sugar yogurt		5 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		
3 p.m.		8 oz skim milk	8 grams	1 dairy
4 p.m.	2 whole wheat crackers with 1 ounce low fat cheese		10 grams	1 starch 1 protein
5 p.m.		8 oz of water		
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 decaf, herbal tea		
8 p.m.	½ c applesauce (unsweetened)		0 grams	1 fruit
10 p.m.		8 oz water		
<b>TOTAL</b>		<b>56 ounces (7 cups)</b>	<b>71 grams protein</b>	

## STAGE 5: LOW FAT SOLID FOODS

**Start:** Day 60 (2 months postoperatively)

**Duration:** Permanent

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

**Fluid Goal:** 56 ounces = 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 complete multivitamin with mineral supplements daily as directed by your bariatric nutritionist.
- Chewable or tablet forms are both acceptable. All supplements should be an adult formula. "Gummie" vitamins are not allowed.

**Calcium:**

- Look for a calcium citrate supplement with vitamin D. You will need 1200-1500 mg each day. Limit calcium dosages to no more than 630 mg at a time.
- 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 1-2 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 daily protein goal.
- Avoid using a straw when sipping fluids.

## PROTEIN

<b>Type of Food</b>	<b>Very lean Protein and Substitutes</b> (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
<b>Lean Protein and Substitutes</b> (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**

<b>SKIM AND VERY LOWFAT MILK</b>			
Skim milk	1 cup	Dry nonfat milk	1/3 cup
1% milk	1 cup	Nonfat yogurt	variable
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.

<b>FRESH, FROZEN AND UNSWEETENED CANNED FRUIT</b>			
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	<b>DRIED FRUIT</b>	
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	<b>FRUIT JUICE</b>	
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	½ cup
		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 \*.

<b>DRIED BEANS/PEAS/LENTILS</b> (count as 2 starch plus 1 lean meat)		<b>STARCHY VEGETABLES</b>	
*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
<b>CEREALS/GRAINS/PASTA</b>		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	<b>CRACKERS/SNACKS</b>	
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
<b>BREADS</b>		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 of these 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
- 1 capful of Miralax daily along with Colace as directed until regular bowel movement pattern is established.
- Stay active
- After the first month: Benefiber, Sugar-free Metamucil or milled flax seed
- 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.
- Decrease use of narcotic pain medicine

### 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 coffee ground colored liquid, please call your doctor right away
- Monitor the color of your urine. If it gets dark in color, call the office.

### Nausea

- Do not overeat
- Drink plenty of fluids
- Chew food thoroughly
- Eat slowly
- Avoid carbonated beverages
- Avoid foods that you cannot tolerate such as high sugar or high fat foods

### Stomach bloating after eating

- Do not overeat
- Do not drink fluids with meals
- Avoid carbonated beverages
- Stay active
- Do not use a straw
- Try over the counter gas medication such as Bean-O or Gas-X

### **Can not tolerate dairy products**

- Try Lactaid ® milk, tablets or drops. These are available over the counter.
- Yogurt may be better tolerated than milk because some of the lactose is already partially broken down
- Try plain soy milk or fat-free Hood Lactaid milk

### **Diarrhea**

- Eat slowly
- Do not overeat
- Do not drink fluids with meals
- Avoid high sugar and high fat foods
- Limit the amount of sugar free products such as sugar-free candies, sugar-free beverages. These products may contain sugar alcohols such as sorbitol and mannitol that can cause diarrhea.
- Limit caffeine containing products
- Stay hydrated with water, sugar-free flavored waters or electrolyte drinks such as sugar-free Gatorade and sugar-free Powerade

### **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 primary care doctor especially if you are on high blood pressure or diabetes medications

### **Sudden light headedness**

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

### **Tired and weak**

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

### **Heartburn**

- Avoid caffeine, spicy foods, acidic foods, fried foods, peppermint and alcohol
- Be sure you are taking your PPI (reflux or heartburn medication) such as Omeprazole, Prilosec OTC, Nexium, Prevacid or Protonix
- 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
- Increase intake of potassium rich food such as bananas, winter squash, cantaloupe, plain or vanilla yogurt, sweet potatoes
- Try drinking sugar-free electrolyte drinks such as sugar-free Gatorade or sugar-free Powerade
- 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 complete 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 and high sugar foods
- Avoid high calorie beverages including fruit juices
- Increase physical activity and 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