

ROUX-EN-Y GASTRIC BYPASS SURGERY NUTRITION GUIDELINES



STAGE 3 DIET

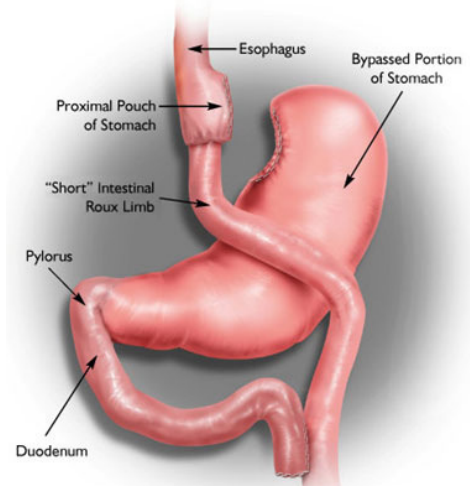
Start Date: _____

End Date: _____

After a 2 full weeks on the Stage 2 Diet,
progress to the Stage 3 Diet for 2 weeks

SOFT SOLIDS

- Soft foods are foods are tender, easy to chew and are easily digested. You will no longer have to blend foods!
- Continue to sip beverages and eat slowly. Be sure to take small bites (the amount that fits on the tip of a baby spoon) and take time between your bites. Most people have problems tolerating foods when their bites are too big or when they eat too quickly. **Stop eating when you finish ½ cup of food or when you feel full, whichever comes first.**
- **Be precise with measuring your food.** One of the most important points to remember in the long-term is to avoid going over the ½ cup portion.
- **You should be eating 6 meals per day, protein foods first.**
- **Consume 60-80 grams of protein everyday.**
- Avoid liquids 30 minutes before, after, and during meals.
- Continue to select a **variety** of foods as tolerated. Consuming a wide range of foods will ensure adequate and appropriate nutrient intake for energy and continued healing of your incisions.
- Chew soft solid foods to the consistency of pureed foods. Use a baby spoon to remember to take small bites.
- Continue to drink a minimum of 48 oz of water each day to prevent dehydration.
- At this point, you can start back on your vitamin supplements. After surgery, it is recommended to take either 4 Bariatric Fusion/day (2 in the morning, 2 in the evening) or 2 chewable/liquid multivitamins with iron, Vitamin B12 1000mcg sublingual (under the tongue), 1200 mg Calcium Citrate (divided into 500-600mg doses) and 2000IU Vitamin D between all of the supplements. You may need additional vitamins if you have had previous deficiencies. Please check with the surgeon or dietitian if you have any questions.



STAGE 3 DIET

PROTEIN SOURCES

- Low-fat cottage cheese
- Fat-free Greek yogurt (i.e. FAGE 0% or Oikos™ 0% or low-sugar flavored Greek yogurts like Oikos Triple Zero, Dannon Light and Fit Greek, Yoplait Lite Greek or Chobani Simply 100)
- Low-fat cheese or low-fat (2%) cheese sticks
- Scrambled eggs or hard boiled eggs
- Tuna, egg or chicken salad made with low-fat mayonnaise (no more need to blend!)
- Baked, flaked fish (i.e. tilapia, cod, halibut, salmon)
- Lean ground sirloin or extra-lean ground turkey – make into soft meatballs or meatloaf
- Veggie Burgers (i.e. Morning Star Farms®, Boca Burgers® or Gardenburger®)
- Fat-free refried beans
- Natural peanut butter- limit to 2 tablespoons per day
- Low-fat chili, bean soups
- Low-fat ricotta cheese
- Soft silken or firm tofu

FRUITS

- Bananas
- Melon (cantaloupe, honey dew, watermelon)
- Applesauce
- Canned peaches or pears packed in own juice
- Fresh peaches, apple, pears, or plums (no skin)
- **No fruits with skins or citrus fruits until Stage 4**

VEGETABLES

- Well cooked vegetables such as carrots, tomatoes, green beans, cauliflower, cabbage, spaghetti squash, spinach, collard greens, zucchini (no skin), cucumbers (no seeds or skin)
- Canned vegetables
- Cooked squash (i.e. butternut, acorn, and pumpkin)
- **Avoid raw vegetables and lettuce until stage 4**

STARCHES / GRAINS

- Hot cereals (i.e. cream of wheat, oatmeal or grits)
- Low-fat whole grain crackers (i.e. Ak-Mak® crackers)
- Baked and mashed potatoes or sweet potatoes (no skin)
- Cooked peas

HEALTHY FATS

- 1 teaspoon olive oil, canola oil or peanut oils
- 1 Tablespoon light tub margarines or 1 Tablespoon light mayonnaise
- 2 Tablespoons light salad dressing or 2 Tablespoons avocado
- **Use sparingly to prepare or flavor your food!**

**½ cup = 4 oz or
4 medicine cups**



Protein



Protein



Vegetables/
fruits



Starches

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**STAGE 3 DIET
SAMPLE MENU**

Begin with 3 soft meals and 3 snacks of a protein beverage.

Remember to stop eating when you feel full. One extra bite could make you uncomfortable and nauseated, and may eventually stretch your pouch.

Breakfast 8:00 am

- 4 Tablespoons (2 ounces) egg substitute
- 2 Tablespoons (1 ounce) canned peaches
- 2 Tablespoons (1 ounce) oatmeal

} 1/2 cup total

9:00-9:30 am sip on fluids

Morning Snack 10:00 am

6-8 ounces (3/4 cup – 1 cup) protein beverage – this should take 30-40 minutes to sip

11:00-11:30 am sip on fluids

Lunch 12:00 noon

- 4 Tablespoons (2 ounces) tuna salad (made with light mayonnaise)
- 1 Tablespoon (1/2 ounce) cooked peas
- 1 Tablespoon (1/2 ounce) fresh cantaloupe
- 2 low-fat whole grain crackers

} 1/2 cup total

1:30-2:30 pm sip on fluids

Afternoon Snack 3:00 pm

6-8 ounces (3/4 cup – 1 cup) protein beverage – this should take 30-40 minutes to sip

4:30-5:30 pm sip on fluids

Dinner 6:00 pm

- 4 Tablespoons (2 ounces) baked flaked fish
- 2 Tablespoons (1 ounce) cooked carrots
- 2 Tablespoons (1 ounce) potatoes (no skin)

} 1/2 cup total

7:00-7:30 pm sip on fluids

After Dinner Snack 8:00 pm

6-8 ounces (3/4 cup – 1 cup) protein beverage – this should take 30-40 minutes to sip

8:30 pm-bed time sip on fluids

Note:

This is a guide only. It is important to eat slowly and to stop if you feel full.

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Start Date: _____

STAGE 4 DIET

After 2 full weeks on the Stage 3 Diet,
progress to the Stage 4 Regular Diet

REGULAR DIET

- Begin experimenting with a variety of nutrient-dense solid foods. Many people choose to eat solids at meal times and drink nutritious, high protein beverages as snacks. In the first few weeks of this stage, it will be especially important to use a protein beverage everyday for 2-3 of your 6 meals or snacks. This can help you to consume adequate protein each day.
- At this point, it is okay to slowly incorporate low-fat meats like chicken, turkey, lean pork and lean beef. You can also eat raw vegetables and salads as well as fruit with skin. You can use protein bars again, which may be a welcome change from protein shakes.
- While everyone progresses at a different rate, generally around 8 weeks post-surgery the diet can be less restrictive. However, it is essential to follow a well-balanced diet that is low in fat, high in fiber and rich in protein. Be sure to take small bites and chew slowly. It is okay to gradually start adding more fiber to your diet, but go slowly and drink plenty of fluids. You can introduce raw fruits and vegetables back into your diet at this time. Wait a few more weeks to try nuts and seeds.
- Always take small bites and chew solids to the consistency of pureed foods before swallowing.
- **Use caution with the following foods as they are sometimes hard to tolerate post-surgery:**
 1. **Fibrous or stringy vegetables such as corn, celery, and raw broccoli.**
 2. **Fresh bread (especially white bread), white rice, pastas, waffles, pancakes and bagels. Many people have to avoid these foods forever. Toast and/or crackers are usually better tolerated.**
 3. **Tough or dry meats such as steak or dry chicken (especially leftover, reheated chicken). Marinated meats, juicy meats may be better tolerated. Use a meat thermometer to avoid over cooking meats.**
 4. **Greasy foods such as high-fat meats, fried foods, and foods with gravies or cream-based sauces.**
 5. **High sugar foods and beverages (ice cream, cookies, cakes etc.). Keep sugar to <10g sugar per sitting.**
- Consume foods in this quantity: approximately ½ cup or 4-1ounce medicine cups.
- **Consume foods in this order:**
 1. Protein
 2. Vegetables or Fruits
 3. Starches and Grains (if you have any room left)
- Continue to take your multivitamin with iron, B complex and calcium citrate unless otherwise indicated.

REMEMBER:

- Choose foods that provide protein, fiber and other important nutrients – avoid empty calories.
- Eat three small meals and three small snacks per day. It is ok to use a small amount of healthy fat and spices as tolerated to flavor your food.
- Drink plenty of liquids throughout the day. Aim for at least 48-64 ounces per day between meals and snacks.
- Do not drink your calories – choose sugar-free, calorie-free beverages. Continue to avoid carbonated beverages as well.
- Exercise at least 30 minutes or more each day.
- Get plenty of sleep! Aim for 7-9 hours per night.
- It is important to continue to keep track of your intake. Continue to keep food records and bring them to each office visit to review with the dietitian.
- Follow-up on a regular basis with LifeWeigh to ensure you are losing weight at a safe rate, eating enough protein, and meeting all your nutritional needs.
- Feel free to call or email us at anytime.

LifeWeigh Bariatrics

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PROTEIN LIST

AIM FOR 60-80 GRAMS PER DAY

Food Items	Portion Size (ready to eat)	Protein (grams)	Calories
Poultry, Beef, Pork, and Lamb			
Chicken, white meat (grilled, baked, broiled), no skin	1 ounce	7	35
Chicken, dark meat (leg, thigh, wing), no skin <i>*choose white meat most often</i>	1 ounce	8	60
Turkey, white meat	1 ounce	8	40
Turkey or Chicken, ground (97% fat free) or "lean" or "extra lean"	1 ounce	6	30
Beef (lean ground sirloin 95/5, round roasts (eye round, top round, round tip), top loin, top sirloin), all should be at least 90% lean	1 ounce	9	50
Pork (pork tenderloin, center loin, pork loin and Canadian bacon)	1 ounce	8	50
Lamb and Veal (chop or roast)	1 ounce	7.5	50-60
Deli meats (turkey, chicken, lean roast beef, lean ham)	1 ounce	5	30-40
Fish			
White fish (cod, tilapia, orange roughy)	1 ounce	6-7	30-35
Salmon	1 ounce	6	60
Tuna fish (canned/packed in water)	1 ounce	7	35
Shrimp, crab, lobster	1 ounce	6	30
Milk/Cheese/Dairy Products <i>*be sure to choose low-fat products</i>			
Milk: skim/fat-free, 1% or fat-free Lactaid®	8 ounces	8	90-110
Soy milk (plain, fat-free)	8 ounces	6	70
Kefir (low-fat)	8 ounces	14	180
Light yogurt (fat-free, sugar-free)	6 oz container	5	60-90
Greek style yogurt (fat-free) (e.g. Oikos®, Fage®, Chopani®)	5 oz container	15	80-90
Light Cheese Sticks	1 stick	5-8	60-90
Shredded cheese (low-fat)	¼ cup	7	80
Cottage cheese (fat-free or low-fat)	½ cup	14-15	80-100
Ricotta cheese (part-skim)	¼ cup	7	90
Eggs			
Egg-scrambled, hardboiled	1	6	75
Egg white (no yolk)	1	4	20
Egg substitutes	¼ cup	6	30
Beans and Lentils			
Lentils	½ cup	9	100
Beans (kidney, navy, black beans, lima etc.)	½ cup	7	100
Refried beans (fat-free)	½ cup	6	100
Chili with beans (drained) <i>*choose low-fat versions if using canned chili</i>	½ cup	10	150
Soy Products			
Edamame (soybeans)	½ cup	11	125
Tofu, firm	2 ounces	9	80
Tofu, soft-silken	½ cup	7	70
Veggie Burgers (Boca® Burgers, Morningstar Farms®, Garden Burger®)	2-4 oz patties	10-17	140-210
Soy crumbles (such as Boca® Ground Burger)	2 ounces	13	60
Nuts <i>*high in fat, watch portion sizes</i>			
Natural peanut butter	2 tbsp	8	210
Natural peanut butter, reduced fat (<i>has added sugar</i>)	2 tbsp	9	200
Almond butter	2 tbsp	3	200
Peanuts, Almonds	¼ cup	8-9	200
Walnuts, Cashews	¼ cup	4	160
Pistachios	¼ cup	6	170
Miscellaneous Items			
Kashi GoLean cold cereal (not Kashi GoLean Crunch)	½ cup	6.5	70
Old fashioned rolled oats (oatmeal) made w/ ½ cup skim milk	¼ cup dry oats	9	120
Frozen Meals (Lean Cuisine, Smart Ones, Healthy Choice)	1 package	15-25	200-300

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**STAGE 4 DIET
SAMPLE MEAL SELECTIONS**

BREAKFAST

- 1 egg (consume the egg white, the protein-rich portion of the egg)
¼ medium-sized banana
¼ cup (2 oz) Cream of Wheat®
Nutrition: Calories: 140; Protein: 8g; Carbs: 15g; Fiber: 1g; Fat: 5g
- ¼ cup (2 oz) low-fat cottage cheese
2 tbsp chopped fresh peaches
2 tbsp Kashi® GoLean cereal mixed in the cottage cheese
Nutrition: Calories: 80; Protein: 10g; Carbs: 8g; Fiber: 2g; Fat: 1g
- 2 tbsp natural peanut butter on ½ of an apple or banana
Nutrition: Calories: 245; Protein: 8g; Carbs: 19g; Fiber: 4g; Fat: 16g
- ¼ cup Kashi® GoLean cereal with ¼ cup (2 oz) skim milk
2 tbsp chopped fresh berries
Nutrition: Calories: 70; Protein: 5g; Carbs: 13g; Fiber: 3g; Fat: 0g
- ¼ cup Egg Beaters® omelet (scramble or cook as an omelet with ingredients below, lightly coat pan with cooking spray)
2 tbsp chopped green onion, tomatoes and mushrooms
½ slice 100% whole grain toast
Nutrition: Calories: 100; Protein: 9g; Carbs: 7g; Fiber: 1g; Fat: 2g
- 4 oz Greek yogurt (such as FAGE 0% or Oikos™ 0%)
Mix with 1 tbsp of Smucker's® Simply Fruit jam
Nutrition: Calories: 100; Protein: 10g; Carbs: 14g; Fiber: 0g; Fat: 0g
- 1 thin slice lean ham
½ toasted whole wheat English muffin
1 tsp light tub margarine spread
Nutrition: Calories: 120; Protein: 8g; Carbs: 15g; Fiber: 2g; Fat: 5g
- 1 high-protein bar such as Medifast® Bars, Atkins Advantage® Bars, South Beach Living™ Bars

SNACKS

- 1 slice low-fat cheese melted on ½ of a toasted whole wheat English muffin
Nutrition: Calories 145; Protein 11g; Carbs: 14g; Fiber 2g; Fat 5g
- ½ cup edamame (soybeans)
Nutrition: Calories 120; Protein 11g; Carbs: 13g; Fiber 9g; Fat 2.5g
- 1 hardboiled egg with ½ apple
Nutrition: Calories 120; Protein 6g; Carbs: 11g; Fiber 2g; Fat 6g
- 2 tbsp natural peanut butter with ½ banana
Nutrition: Calories 245; Protein 8g; Carbs: 19g; Fiber 4g; Fat 16g
- 1-4 oz container low-fat cottage cheese with 2 tbsp peaches
Nutrition: Calories 100; Protein 11g; Carbs: 5g; Fiber 0g; Fat 0g
- 4 oz Greek yogurt (such as FAGE 0% or Oikos™ 0%) mixed with 1 packet of Splenda®
Nutrition: Calories 70; Protein 10g; Carbs: 10g; Fiber 0g; Fat 0g
- 1 container light yogurt
Nutrition: Calories 60-100; Protein 5g; Carbs: 16-19g; Fiber 0g; Fat 0g
- 2 Laughing Cow® cheese wedges spread on 1-2 Ak-Mak® crackers
Nutrition: Calories 130; Protein 7g; Carbs: 12g; Fiber 2g; Fat 5g
- 2-3 thin slices of turkey on 1-2 Ak-Mak® crackers
Nutrition: Calories 100; Protein 10g; Carbs: 11g; Fiber: 2g; Fat 2g
- 1 high-protein bar or shake (listed previously)

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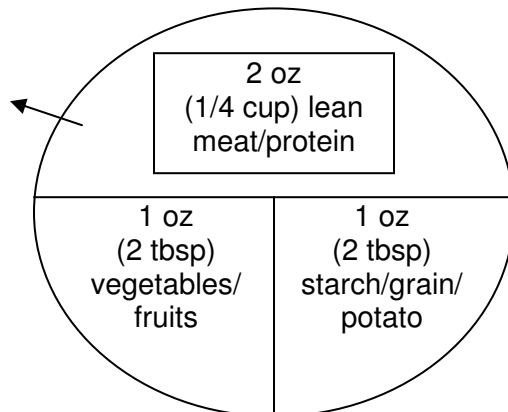
**STAGE 4 DIET
SAMPLE MEAL SELECTIONS**

LUNCH

- 2 oz (4 tbsp) canned tuna with a small amount of low-fat mayo
¼ apple
2 Ak-Mak® crackers
Nutrition: Calories 160; Protein 17g; Carbs: 15g; Fiber 3g; Fat 3g
- 2 thin slices of turkey breast
1 lettuce leaf and 1 slice tomato
1 slice 100% whole grain toast
Nutrition: Calories 130; Protein 12g; Carbs: 18g; Fiber 3g; Fat 1g
- ½ cup lentil or black bean soup
Such as: ½ pouch Tabatchnick™ lentil soup (frozen section)
Nutrition: Calories 80; Protein 6g; Carbs: 14.5g; Fiber: 4g; Fat 0g
- 2 oz (4 tbsp) baked flaked fish
1 oz (2 tbsp) cooked green beans
1 oz (2 tbsp) mashed sweet potatoes with 1 tsp light tub spread
Nutrition: Calories 105; Protein 15g; Carbs: 5g; Fiber: 1g; Fat 2g
- 2 oz (4 tbsp) baked chicken
1 oz (2 tbsp) cooked carrots
1 oz (2 tbsp) potatoes
Nutrition: Calories 100; Protein 14g; Carbs: 7g; Fiber: 1g; Fat 1g
- ½ cup of chili
1-2 whole grain crackers (Ak-Mak® crackers)
Nutrition Information: Calories 190; Protein 15g; Carbs: 20g; Fiber: 2g; Fat 5g
- 3 low-fat cheese cubes
½ small Barlett pear
Nutrition: Calories 150; Protein 7g; Carbs: 14g; Fiber: 3g; Fat 5g

DINNER

***Eat Protein
Foods First***



***Use a Small,
Salad-Size Plate***

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Meal Ideas, *Made Easy*

Pick 1 meal idea from each category

Breakfasts –Pick 1		
1 container Greek yogurt ½ piece of fresh fruit	1 slice 100% whole grain toast with 1 Tbs. natural peanut butter	¼ cup cooked Egg Beaters with ¼ cup fresh fruit
½ cup old-fashioned rolled oats made with skim milk	1 protein bar or shake (~200 calories with <10g sugar and at least 10g protein)	Make a breakfast smoothie. Blend milk, Greek yogurt, frozen fruit and a scoop of 100% whey protein powder.
Snacks –Pick 1		
1 low-fat cheese stick with ¼ cup fresh fruit	¼ cup low-fat cottage cheese ¼ cup fresh fruit	¼ cup almonds, peanuts or trail mix (watch the portion size as ¼ cup nuts is 200 calories) with ¼ cup fresh fruit
Lunches –Pick 1		
¼ cup grilled chicken breast atop ¼- ½ cup lettuce. Add ½ Tbs. low-fat dressing	Open-faced sandwich 1 slice toast with 1-2 oz lean chicken, turkey or ham. Add lettuce and tomato.	Tuna and crackers. 2 oz of tuna with 1 Tbs. light mayo with 3-4 wheat crackers. In a rush? Grab a tuna kit.
Turkey Roll-up 2 oz turkey meat rolled up with a corn tortilla drizzled with 1-2 tsp light ranch dressing	¼ cup black beans and ¼ cup grilled chicken, garnish with a sprinkle of cheese and some salsa	In a rush? Try ½ a frozen meal (Lean Cuisine, Smart Ones or Healthy Choice) Look for meals <300 calories with at least 15 g protein. Choose ones that have meat and vegetables (not the Panini, pizza or pasta –based entrees)
Snacks –Pick 1		
1 Hardboiled egg and ¼ cup fresh fruit	½ cup edamame (soybeans)	1 protein bar or shake (~200 calories with <10g sugar and at least 10g protein)
Dinners –Pick 1		
¼ cup grilled chicken breast atop ¼- ½ cup lettuce. Add ½ Tbs. low-fat dressing	Go fish. Bake salmon, tilapia or tuna. Serve ¼ cup (or 2oz) of the fish with asparagus or your favorite vegetable.	In a rush? Swing by the grocery store, pick up a Rotisserie chicken breast. Use ¼ cup (2 oz) of the chicken to put on a salad, use in a stir fry or eat alone with vegetables.
½ - 1 Veggie burger (like Boca, Morningstar or Garden Burger) atop a salad or 1 slice of 100% whole grain toast	Try ground turkey lettuce wraps. Scoop ¼ cup extra-lean ground turkey into 1-2 Boston lettuce leaves, top with low-fat shredded cheese and salsa.	
Snacks –Pick 1		
1 fat-free/sugar free yogurt or 1 Fat free Greek yogurt (15g protein!)	2 Tbs. peanut butter with ½ an apple or 2 celery sticks	Snack on high protein dry cereal. Try ½ cup Kashi GoLean cereal for 70 calories and 6.5g protein (NOT GoLean Crunch).

- At this stage, you should be consuming approximately **1000-1100 calories**, at least **60-80 grams of protein**, a minimum of 48 ounces of water, and at least 25 grams of fiber.