

Start Date: _____

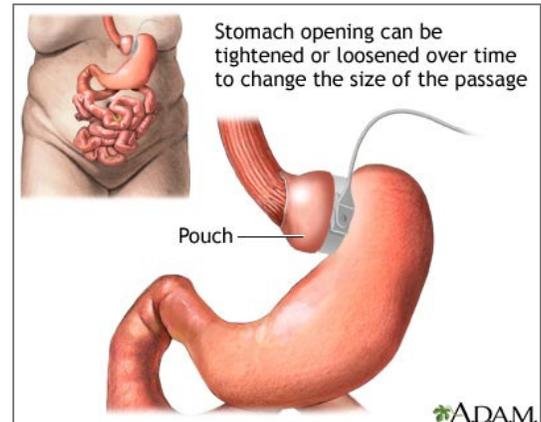
End Date: _____

STAGE 3 DIET

After a full 1 week on the Stage 2 Diet, progress to the Stage 3 Diet for 1 week

LIQUIDS, PUREED FOODS AND VERY SOFT SOLIDS

- This stage consists of liquids and blended/pureed foods (stage 1 and 2 diets), with an introduction of soft solid foods.
- Soft foods are foods that are tender, easy to chew and are easily digested.
- Continue to sip beverages and eat slowly. **Stop sipping and eating when you feel full.**
- **Be precise with measuring your foods.** One of the most important points to remember in the long-term is to avoid going over the **½ cup portion**. However, in the next several weeks you may not feel satisfied by the ½ cup portion. After several adjustments, you will start to notice that ½ cup of food feels more satisfying and filling.
- Continue to eat at least 6 times a day. Continue to choose protein foods first.
- Consume 60–80 grams of protein each day.
- Avoid liquids 30 minutes before, after, and during meals.
- Continue to select a **variety** of foods, as tolerated. Consuming a variety 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 ounces of water everyday, to prevent dehydration.
- Continue to take your multivitamin with iron. If you do not consume milk, yogurt or cheese on a daily basis, you may need to take an additional calcium supplement with vitamin D. Discuss this option with the dietitian if you do not regularly consume dairy products.



STAGE 3 DIET

PROTEIN SOURCES

- Protein beverage (i.e. Medifast®, Slim Fast® Low Carb, Atkins Advantage®)
- Skim milk, plain soy milk or fortified milk (1 quart skim milk + 1 cup non-fat dry milk powder)
- Low-fat/light yogurt (i.e. Dannon® Light & Fit® or Yoplait Light®)
- Fat-free Greek yogurt (i.e. FAGE 0% or Oikos™ 0%)
- Low-fat cottage cheese
- Low-fat cheese or low-fat (2%) cheese sticks
- Scrambled eggs or egg substitutes
- Tuna, egg or chicken salad made with low-fat mayonnaise
- Baked, flaked fish (i.e. tilapia, cod, halibut, salmon)
- Lean ground sirloin or extra-lean ground turkey
- Fat-free refried beans
- Soft silken tofu
- Low-fat ricotta cheese
- Veggie Burgers (i.e. Morningstar Farms, Boca or Garden Burger)
- Natural peanut butter- limit to 2 tablespoons per day

FRUITS

- Bananas
- Melon (cantaloupe, honey dew) without seeds
- Applesauce
- Canned peaches or pears packed in own juice
- Fresh peaches, pears, or plums (no skin)
- **No fruits with skins or pulp (like citrus fruits)**

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
- **Avoid raw vegetables and lettuce until stage 4**
- **Use caution with fibrous vegetables (i.e. celery)**

STARCHES / GRAINS

- Hot cereals (i.e. cream of wheat or rice, oatmeal)
- Low-fat whole grain crackers (i.e. Ak-Mak® crackers)
- Baked and mashed potatoes or sweet potatoes (no skin)
- Cooked peas
- Cooked squash (i.e. butternut, acorn, and pumpkin)
- Brown rice (as tolerated)

HEALTHY FATS

- 1 teaspoon olive oil, canola oil or peanut oils
- 1 Tablespoon light tub margarine
- 1 Tablespoon light mayonnaise
- 2 Tablespoons light salad dressing
- 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

} = ½ cup total

9:00-9:30 am sip on fluids

Morning Snack 10:00 am

6-8 ounces (¾ 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 mayo)
1 Tablespoon (½ ounce) cooked peas
1 Tablespoon (½ ounce) fresh cantaloupe
2 low-fat whole grain crackers

} = ½ cup total

1:30-2:30 pm sip on fluids

Afternoon Snack 3:00 pm

6-8 ounces (¾ 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) brown rice

} = ½ cup total

7:00-7:30 pm sip on fluids

After Dinner Snack 8:00 pm

6-8 ounces (¾ 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.

Start Date: _____

STAGE 4 DIET

After a full 1 week on the Stage 3 Diet,
progress to the Stage 4 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. 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 may be better tolerated.
 4. Greasy foods such as high-fat meats, fried foods, and foods with gravies or cream-based sauces.
 5. The skins of fruits and vegetables, especially citrus fruits. Cooking or steaming fruits and vegetables can help.
 6. High sugar foods and beverages (ice cream, cookies, cakes etc.).
- 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.

TIPS TO REMEMBER TO MAXIMIZE THE USE OF YOUR LAP-BAND:

- Do not drink your calories – choose sugar-free, calorie-free beverages. At least ½ of what you drink should be plain water.
- Choose solid foods that provide protein, fiber and other important nutrients (see meal ideas on the following pages).
- Avoid adding sauces, creams, dressings, gravies, butter or extra cheese to foods. This makes food slippery and allows foods to pass too easily through your band. This will leave you hungry or give you the ability to eat more, making the band an ineffective tool.
- Be sure to eat a ½ cup portion of solid foods every 2-3 hours. The band works best if you keep your portion size to ½ cup during the next few months as you get adjustments. Those who consistently eat larger portions and wait for the band to tell them to stop eating tend to be less successful with weight loss.
- 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.

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- 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

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 2 Ak-Mak® crackers
Nutrition: Calories 130; Protein 7g; Carbs: 12g; Fiber 2g; Fat 5g
- 2-3 thin slices of turkey on 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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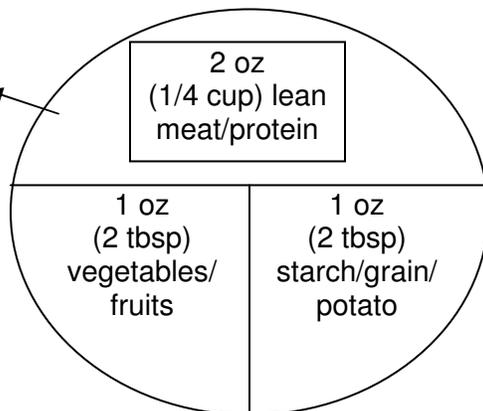
SAMPLE MEAL SELECTIONS

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) brown rice
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***

STAGE 4
SAMPLE MENU

TIME	FOOD CHOICES	FLUIDS
7 a.m.		8 oz water
8 a.m.	1 hard boiled egg ¼ cup cooked hot cereal made with milk (instead of water) and cinnamon and Splenda®	
9 a.m.		8 oz water
10 a.m.	1 low-fat cheese stick ½ small apple	
11 a.m.		8 oz water
12 noon	2 oz sliced roast turkey breast 3-4 low-fat whole grain crackers 1 Tbs. hummus	
1 p.m.		8 oz water
2 p.m.		8 oz water
3 p.m.	1 container fat free Greek yogurt	
4 p.m.		8 oz water
5 p.m.		8 oz water
6 p.m.	2 oz grilled chicken 1/4 cup cooked spinach 1 tsp olive oil mixed with fresh garlic for cooking	
7 p.m.		8 oz Crystal Light®
8 p.m.	8 oz fat free (skim) milk	
9 p.m.		8 oz water

- This is a sample only. Your intake may be slightly more or less than the sample menu. Always stop eating when you feel full or uncomfortable and choose protein foods first. Never consume more than 1/2-2/3 cup of food. Meals should last at least 30 minutes.
- 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.