

St. John's Center for Metabolic and Weight Loss Surgery

GASTRIC BYPASS PHASE THREE

You are now ready to introduce soft, solid food to your eating plan. The key to success is to slowly expand your list of foods tolerated.

Helpful Hints

1. Continue to consume small blended meals as in Gastric Bypass Phase Two. Continue to avoid fiber to allow continued healing and minimize the chance of obstruction.
2. Introduce new soft, fork tender solid food slowly.
 - Cut into small pieces the size of a pencil eraser, chew and swallow one portion at a time.
 - Stop if nausea, pain or vomiting occurs. Then drink clear liquids for your next meal.
3. Spend at least 30 minutes eating each meal but no longer than 60 minutes. Concentrate your attention on slow, deliberate eating.
4. Do not eat and drink at the same time. Drink 6 to 8 cups of water or sugar-free liquids between meals.
5. Work on developing a routine for preparing and eating your meals.
6. Continue with your multivitamins.
7. Continue getting regular exercise – 30 minutes daily unless otherwise recommended by the doctor.
8. Be sure to use an adequate form of birth control! Even those who have had fertility problems in the past may unexpectedly become fertile with weight loss.

PHASE THREE

Food	Allowed	Avoid	Tips
Meat/Protein <ul style="list-style-type: none"> • 4 servings/day 	1 oz. cooked fish, chicken, turkey 1 Tb. smooth peanut butter 1 oz. tofu – soft soy products are allowed ¼ c. part skim ricotta cheese 2 hard boiled egg whites or ¼ c. egg substitute, scrambled, cut up 1 oz. water packed tuna or salmon, flaked ¼ c. 1% cottage cheese ¼ c. legumes – beans, low fat refried beans	Red meat Bouillon Tuna in oil	Use only a small amount of light or fat-free mayonnaise when making tuna or egg salad.
Dairy <ul style="list-style-type: none"> • 4 servings/day 	½ c. each: Skim or 1% milk Lactaid or soy milk – calcium-fortified Low fat sugar-free yogurt Sugar-free pudding Carnation Instant Breakfast – sugar-free Sugar-free hot chocolate made with skim	Milk: 2%, whole, chocolate	Use Lactaid or soy milk if develop gas/bloating with skim/1%. To increase protein, add 2 Tb. instant milk powder or soy mix powder to other foods.
Vegetables <ul style="list-style-type: none"> • 1 – 2 servings - cooked/day 	½ cup low sodium V-8 or tomato juice ½ c. soups ¼ c. cooked until soft chopped vegetables	Raw vegetables, salads V-8 Splash Cabbage	May add broccoli and cauliflower. Continue to use small amounts of light margarine, low sodium broth, butter spray/Butter Buds, etc., if needed for flavoring.

Food	Allowed	Avoid	Tips
Carbohydrates <ul style="list-style-type: none"> • 1 – 2 servings/day 	½ c. cooked cereal ¼ c. mashed, boiled or inside baked potatoes (no skin) 4 – 6 saltines ¼ c. pasta – cut up small ½ c. low fiber dry cereal – no sugar coated	Sweetened dry or cooked cereal Bread Rice High fat crackers Cereals with berries, nuts High fiber cereals	Mix hot cereal and mashed potatoes with milk for more protein. Pasta should be well-cooked, cut in size of pencil eraser and chewed well. Watch prepared spaghetti sauce for added sugar. Suggested cereals: Cheerios, corn flakes, puffed rice
Fruit <ul style="list-style-type: none"> • 1 – 2 servings/day 	¼ c. to ½ c. : Pureed or soft fruit Banana, melons, ripe bananas, baked apples – no skin Canned fruit in fruit juice or water	Fruits in heavy or light syrup Pulpy or citrus fruits Apples, grapes, cherries Exotic fruits, such as papaya, kiwi, etc.	
Beverages <ul style="list-style-type: none"> • 6 – 8 cups/day • ½ cup at a time over 30 minutes or more. • Finish drinking 30 minutes before a meal. • Start drinking 30 minutes after a meal. 	Sugar-free non carbonated beverages Water Protein drink Coffee – 1 cup/day Tea 100% fruit juice – pulp-free – diluted ¼ cup juice to ¾ cup water.	Fruit drinks Alcohol Soda pop	Icy or very cold drinks may cause cramps. Never gulp a mouthful of liquids.

Sample Meal Plan

- Continue with 5 meals daily.
- Consume the protein source first at each meal.
- You still need 60 – 90 grams protein daily.
- Do not skip or add meals.
- Supplements can be used during this phase.

Breakfast: 2 dairy + 1 carbohydrate

AM Snack: 2 dairy + 1 fruit

Lunch: 1 – 2 meat + 1 vegetable OR 1 fruit

Afternoon Snack: 1 cup high protein drink

Dinner: 1 – 2 meat + 1 vegetable OR 1 carbohydrate