



OUR LADY OF THE LAKE
REGIONAL MEDICAL CENTER
Franciscan Missionaries of Our Lady Health System

GASTRIC SLEEVE
ADVANCING YOUR DIET AFTER SURGERY

PHASE I
Discharge from Hospital

Home Day 1 **Home Day 2** **Home Day 3** **Home Day 4** **Home Day 5** **Home Day 6** **Home Day 7**
Clear Liquids Clear Liquids Clear Liquids Clear Liquids Clear Liquids Clear Liquids Clear Liquids

Phase I Rules:

- **Sip no more than 2-3 oz. maximum**
- **Stop when full if less than 2-3 oz.**
- **Drink 1-2 oz. protein supplement at a time**
- **Take 1 chewable multi-Vitamin twice daily**

Clear Liquid Food:

- Clear liquid protein drink from phase I protein shopping list
- Beef or chicken broth
- Sugar free jell-O
- Sugar free popsicles – less than 15 calories per serving
- Crystal light, sugar free Kool-aid, decaf tea – no herbal tea
NO Coffee, caffeine or carbonated drinks

Daily PROTEIN GOAL:

MEN: 60-80 grams

WOMEN: 40-60 grams

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PHASE II

Post Discharge from Hospital-Day 7-14

On the 7th day after discharge from hospital start full liquids

Home Day 8 **Home Day 9** **Home Day 10** **Home Day 11** **Home Day 12** **Home Day 13** **Home Day 14**
Full Liquids Full Liquids Full Liquids Full Liquids Full Liquids Full Liquids Full Liquids

Phase II Rules: This phase incorporates liquids of higher nutritional value that can be milk based.

- Sip on Phase II protein drinks = at least 40-60 grams protein daily. Can divide 1 drink and have ½ for lunch and the other ½ for supper
- ALWAYS stop drinking before becoming overly full
- Remember Avoid sugar and high fat drinks and foods
- Sip on water and other non-carbonated sugar free drinks (ex. Crystal light) throughout the day
- Take 1 chewable Multi-Vitamin twice daily

Phase II Liquids:

- 1- protein drink = 40 grams protein daily (refer to phase II shopping list)
- Skim milk, soymilk, other low fat milks
- Low fat cream soups – can add 1 scoop protein powder (no potato, on corn soup)
- Fat free (artificially sweetened “lite”) yogurt such as Carb Freedom or Dannon’s Light n Fit
- Low fat cottage cheese
- Any phase 1 liquids

Sample Meal Plan:

Breakfast: 2-3oz. lite yogurt
Mid morning: 3 oz. sugar free Jell-O
Lunch: ½ serving of protein drink from phase II list = 20 grams protein
Supper: 2-3 oz. low fat cream of chicken soup or other cream soups
Before Bed: Remaining ½ serving of protein drink from Phase II list = 20 grams of protein

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PHASE 3 – SOFT DIET

Begin 2 weeks after discharge

When advanced to soft foods, it is extremely important to follow the correct eating procedures.

Remember: You are learning how to eat again.

- Eat no more than 2-3 oz. of food at a meal time
- Chew all your food very well, until it is a pureed consistency in your mouth
- Take very small bites; use your kid size fork and spoon
- When you start to feel full, STOP EATING. Do not over fill your new smaller stomach
- Remember you cannot eat and drink at the same time
- STOP drinking 15 minutes before eating and wait until 45 minutes after eating
- Season your food as you wish, but be cautious with red pepper, black pepper, other spices
- Take 1 chewable Multi-Vitamin twice daily

Phase 3 Foods:

- Protein Foods:** Baked fish, canned tuna, salmon, crabmeat (well picked); soft, moist, baked, boiled or canned chicken or turkey, sliced chicken/turkey deli meat; peanut butter; tofu or other soy based meat analogs; liver, cooked beans, low fat cheese, eggs
- Vegetables:** Vegetables must be soft, well steamed or boiled. Good choices are: carrots, beets, mushrooms, spinach, squash, green beans, asparagus, broccoli, cauliflower, onions
- Fruits:** Fruits must be soft, peeled and cored and **non-citrus**. Good choices are: apples, peaches, pears, bananas, and cantaloupe
- Starches:** **AVOID all starches including: rice, potatoes, bread, corn, crackers**
- Fats:** **Limit** the amounts of the following: **Small amounts** of margarine, olive oil, or cooking spray (Pam); low fat mayo or salad dressing. **Avoid GREASY, FRIED FOODS**

Grocery List
Gastric Sleeve

Items needed prior to surgery

- Clear liquid Protein Drinks – 1st 7 days after surgery
- High protein, low carbohydrate supplement – thereafter (refer to protein supplement page)
- Beef/chicken broth – low sodium or strained soups
- Sugar free Jell-O
- Crystal Light Sugar free beverage powder, sugar free Kool-Aid or other sugar free beverage non-carbonated. Decaf tea is O.K.
- Sugar free Popsicles – less than 15 calories per serving
- Chewable Multi-Vitamins (Flintstones Chewable, Chewable Centrum)
- Chewable Calcium Citrate – 1000 mg daily (wait one month before taking)
- Sippy cup, kid-sized fork, spoon, knife, small plated, bowls