

GASTRIC SLEEVE DIET- CLEAR LIQUIDS

As you embark on this new journey, keep in mind that weight loss surgery is only a tool. It is important to follow the guidelines set before you in this summary for maximum weight loss, and to prevent nutritional deficiencies.

Items needed prior to surgery

Clear liquid protein drinks

Sugar Free Jell-O

Crystal Light or other sugar-free non-carbonated beverages

Beef/Chicken broth

Decaffeinated tea (No herbal tea)

Sugar-free popsicles

Your post-op diet will begin with clear liquids. You will only be able to have clear liquids for the first week after surgery. Below are what is included in your clear liquid diet.

- Clear liquid protein drink such as:
Zero Carb Isopure RTD 20oz bottle, Protein Ice 20oz. bottle, Nectar (pkgs),
Liquid egg whites ½ gal container—can be purchased from Wholesale
Nutrition 662-349-0211
- Sugar free Jell-O
- Crystal Light, sugar-free Kool-Aid, or decaf tea
- Beef or chicken broth
- Sugar-free popsicles
- WATER

NO COFFEE, CAFFEINE, OR CARBONATED BEVERAGES

GASTRIC SLEEVE – FULL LIQUID DIET CHOICES

| | |
|---------------|---|
| Milk | Skim (use Skim whenever using milk, in soups, etc.) |
| Soups | Low fat cream (Ex: Tomato, cream of chicken, potato, etc.) (BROTH PART ONLY – STRAIN ALL FOOD PARTICLES) |
| Pudding | Sugar Free and Fat Free |
| Applesauce | Sugar Free |
| Yogurt | No fruit pieces, Low Carbs, Low Sugar, HIGH Protein (Ex: Carbmaster-Kroger, Plain Greek) |
| V8 Juice | |
| Protein Drink | Low in sugar and Carbs. HIGH in Protein. (Ex. EAS, Optima Slim Fast, Atkins, Premier Protein) |
| Sodas | Sugar Free (letting it sit out about an hour before drinking will reduce the carbonation) |
| Jell-O | Sugar Free |
| Popsicles | Sugar Free |
| Water | Six 8oz glasses a day |

You can continue all other sugar free, clear liquids you have already been drinking, i.e., PowerAde Zero, Crystal Light, Sugar Free tea, coffee, etc.

IMPORTANT LIFESTYLE INFORMATION

- ▶ Eat and drink everything very slowly
- ▶ Take tiny little sips and bites. Put your spoon/fork down between every bite.
- ▶ STOP and DO NOT TAKE ANOTHER BITE AFTER YOU HAVE THE **FIRST** SENSATION OF BEING **ALMOST FULL**.
- ▶ DO NOT ADVANCE YOUR DIET UNTIL INSTRUCTED as it may result in vomiting or lead to a perforation (hole), leak or other very serious complications.

Advanced Gastric Sleeve Diet
(Start 4 weeks after surgery)
NO STEAK (BEEF) OR PORK AT THIS POINT

| | |
|------------------|---|
| Cheese | Low Fat or Fat Free |
| Cottage Cheese | Low Fat or Fat Free |
| Eggs | May be tolerated depending on how prepared. Use non-stick vegetable spray coating for scrambling and frying. |
| Peanut Butter | Smooth, Reduced fat |
| Crackers | SALTINES ONLY –Low Fat or Fat Free |
| Potato | Not fried – NO SKINS |
| Seafood/Fish | Not fried. You may tolerate one type of seafood/fish and not another. Do not start off with clams or oysters – they are too chewy. You might try tuna, catfish, or salmon. |
| Poultry | Not Fried - chicken and turkey. No skins. White meat is lower in fat. Very important to eat one small bite at a time and chew it WELL!! |
| Pasta | If you use a sauce, the red sauce is lower in fat than the white sauces. |
| Fruits & Veggies | If you eat canned fruits – use the ones in their own juice and no added sugar. Citrus fruits are high in natural sugars. Squash, carrots, broccoli, peas, beans, tomatoes, spinach, and cabbage are good choices. |
| Fats | Limit the amounts of margarine, olive oil, mayonnaise, and use only fat free salad dressings |

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- ▶ Take tiny little sips and bites. Put your spoon/fork down between every bite.
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GASTRIC SLEEVE MATURE DIET

Lean Beef and Pork may be added to your diet

Some patients are not able to tolerate meat now or later. If you have problems with it, put it off for a week or so and try again.

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RULES TO REMEMBER AND LIVE BY AFTER THE SLEEVE

- ▶ Make certain that you take very small bites and chew extremely well.
- ▶ Put your spoon/fork down between every bite.
- ▶ It is recommended that you drink at least 30 minutes before or after you eat but NOT while you eat.
- ▶ Chew, chew, chew!!
- ▶ Stop and do not take another bite after you have the FIRST sensation of being ALMOST full.
- ▶ Remember the FIVE BITE RULE – if you do not get a sensation of being almost full...STOP after FIVE bites and do not take another bite for at least 2 hours.
- ▶ Eat your PROTEIN choices first (fish, beef, chicken, turkey).
- ▶ Now it is time to concentrate making GOOD food choices in order to continue to lose and maintain your weight loss.

See the next page for recommended GOOD/BAD food choices.

PROTEIN, WATER, AND EXERCISE ARE VITAL TO YOUR SUCCESS!

OPTIMAL DIET RECOMMENDATIONS FOR WEIGHT LOSS SURGICAL PATIENTS

GOOD FOOD CHOICES

PROTEIN (this is what we count as Protein)

| | |
|---------------------|--|
| Chicken | Seafood (Shrimp/Oysters/Crab/Tuna, etc.) |
| Turkey | Fish |
| Venison (Deer Meat) | Eggs |
| Beef, Pork, Lamb | |

VEGETABLES

| | | |
|---|-------------|----------|
| Beans (Navy, Pinto, Green Beans, Black, Lima) | | |
| Peppers | Asparagus | Tomatoes |
| Celery | Broccoli | Carrots |
| Dill Pickles | Radishes | |
| Lettuce | Cauliflower | |
| Peas (Black Eyed, Purple Hull, English) | | |

SALADS and any vegetables that go on the salad. If you must use salad dressings, use only small amounts of fat free dressing. No cheese. No croutons.

Always...eat very slowly, putting your utensil down between pieces and chew each bite thoroughly before swallowing. At the *first* feeling of fullness, STOP eating and do not take another bite.

FOODS TO AVOID

We realize that at the beginning of your weight loss journey, you were told that the following foods were allowed to be eaten, however they were allowed only because they were the right consistency during the post-operative period. ***NOW*** it is time to try to avoid the following foods and make wiser choices from the list above.

Liquids with calories, including but not limited to:

Fruit juices, soft drinks/tea, etc., that are sweetened with sugar
Milk shakes, powder drinks, Gatorade, etc.

Foods that turn to liquid easily when consumed, including but not limited to:

Salty snacks, nuts, chips of any kind, etc., nabs, pork skins, crackers, cookies
Breads of any kind (loaf, rolls, biscuits, croutons, etc.)
Starchy vegetables (potatoes, corn, rice, etc.)

Creamed soups (these are no longer suggested from this point on)

Yogurt/puddings/custards (same as with creamed soups)

Cheese or any kind (even cottage cheese)

Pastas Ice Cream

Sweets Casseroles

Baked or BBQ Beans Citrus Fruits

Butter/Margarine Mayonnaise

If you "have to" eat these foods, be very wise and limit them to very infrequent, small quantities.