



Gastric Bypass Example Meal

Gradually Add Soft Foods

Meals may be increased to 6 – 8 oz. Add new foods one at a time. If you don't tolerate an item, wait about a week before trying it again. If you have continued nausea or stomach flu, revert back to using the Clear Liquid Diet until you improve.

Avoid foods with a high-fiber content like coconut, popcorn, the pulp or membranes of citrus. Also avoid fibrous vegetables such as corn & celery. Remove the skin of vegetables like potato.

Examples of soft foods:

- Canned fruits, well-cooked vegetables, soft scrambled eggs, baked fish, crackers, bread, smooth natural peanut butter.

Poultry & meat should be ground. Most individuals do not tolerate MEAT even if its ground.

Remember to chew very well.

Later, gradually add raw items as tolerated.

<u>Example:</u>	<u>Protein (g)</u>	<u>Fluids (oz)</u>
7:00 a.m. 8 ounces water		8
8:00 a.m. 1 scrambled egg and 1 oz. low-fat cheese	14	
9:00 a.m. 6 ounces tea unsweetened		6
10:00 a.m. 4 ounces Milk* with Whey supplement	10	4
11:00 a.m. 8 ounces water		8
1:00 p.m. 1/4 cup 1% cottage cheese	14	
1/4 cup fresh fruit		
4:00 p.m. 8 ounces Milk with Whey supplement	20	8
9:00 p.m. 8 ounces sugar-free Crystal Light®		8
5:00 p.m. 6 ounces tomato juice		6
6:00 p.m. 3 oz. canned chicken w/light mayonnaise	11	
2oz. Mashed potato		
8:00 p.m. 4 ounces sugar-free or "light" yogurt	6	4
9:00 p.m. 8 ounces sugar-free Crystal Light®		8
Total	75	60

*Milk is sold lactose free or soy/rice milks available with 30% calcium, if fat free milk is not tolerated.

Take the time to measure your portions and record several days intake so that you know whether you are meeting your nutritional needs.

Your dietitian can provide you with an evaluation of your food records at your follow up visits.