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POST OP DIET #3
(Semi-Solid Foods)

Thus far we hope you have been eating only the food items we advised. That would be a combination of **Post Op Diet #1** and **Post Op Diet #2**. Since you have been making good progress, we can allow you now to progress to this next diet, which is a semi solid diet. This is not a regular diet just yet, but getting closer. As noted also in **Post Op Instructions**, you should pay attention to how you eat. **Take tiny bites. Chew each bite 20 - 30 times. Only eat 2 -3 bites, then wait for a while, then eat again.**

You can eat at this time any tolerable food **except**:
Tough Meat, as in steak, roast beef, pork chops.
Raw vegetables.
Raw fruits.
Salads.

Some people are bothered by untoasted bread, pasta and rice. So, you may want to wait awhile to try these. Crackers seem to work well, however. There is no specific minimum or maximum volume of food. Just **chew it into a paste, and take small bites.** After each swallow, wait a few minutes to take another to give your stomach time to tell you when it is full.

Meats.

Start with lunchmeats. They are moist, and usually well tolerated. Then advance to fish. Meat sauce with well ground up meat is also permissible. While most patients can eventually eat steak, roast beef, and pork chops, we want you to avoid it until you advance to the next diet level. Since there is little or no acid in your pouch due to its small size, all meats have to be well chewed. This is necessary again due to the lack of stomach acid, which is required to predigest meat. So you need to help your pouch by chewing well.

Also, in general, try all new foods items **very carefully** and in **small amounts**. If any nausea, pain, or discomfort occurs, stop eating that particular food until the symptoms disappear.

Protein.

Unfortunately, protein is bypassed just as much as fats and carbohydrates. This means that you need to concentrate always on protein intake. To this end, try always to eat protein first, to make sure you get enough.

Regarding protein supplements, now is a good time to start taking them. Not all patients tolerate it this soon, but it is OK to try. Protein is important to your health and also reduces the hair loss that **all** patients experience after gastric bypass surgery. There are a lot of different supplements. Some are expensive and some are cheap. Some taste good and some taste terrible. Some are made as shakes and some as powders that you add to other food to increase the protein concentration. While we do not recommend any particular supplement, we do recommend that you take in about **100 grams** of protein a day **total** from both your diet and any supplements that you take. While we recommend about **50 grams of food protein** and **50 grams of supplement protein** a day for a daily total of 100 grams of protein, it is highly unlikely that you will ever take in too much protein. So, don't worry about overdosing on protein.

However, a very important thing is to find protein sources, including both food and supplements, that you tolerate well. If you make yourself full or nauseated all day from trying to cram in extra protein, then can't eat the rest of the day, that defeats the purpose.

As an example, some common foods and their protein amounts are listed below:

| Food | Amount | Grams of Protein |
|----------------|--------|------------------|
| Skim Milk | 1 cup | 10 grams |
| Yogurt | 1 cup | 8 grams |
| Meat | 1 oz | 7 grams |
| Cottage Cheese | ¼ cup | 7 grams |
| Egg | 1 | 7 grams |
| Vegetables | 1 cup | 2 grams |

We recommend in choosing a protein supplement that you:

- Buy a small amount at first.
- Don't look just at cost. Expensive is not necessarily better in this case.
- Try several different brands and flavors.
- Avoid those supplements that leave you feeling bloated since that makes it difficult for you to take in your normal food.

An interesting discovery we have made is the use of **beef jerky** as a protein supplement. It has the advantages of being readily available, palatable, cost effective, and easy to use. As long as you **chew it well**, you can munch on it all day long.