

Stage 4: Solid (normal texture) foods

Healthy Eating after Bariatric Surgery

This resource is for people who have had bariatric surgery and have completed Stage 3: Soft diet. You are now coming to the end of six weeks since your surgery and you can start introducing **solid (normal texture) foods**.

HEALTHY EATING GUIDELINES

To achieve **healthy weight loss** and maintain this **long term**, you need to follow a healthy lifestyle.

1. *Eat 3 small meals and 1-2 snacks a day*
 2. *Eat only nutritious, solid food.*
 3. *Eat slowly and stop eating when satisfied.*
 4. *Do not graze between meals.*
 5. *Do not eat and drink at the same time.*
 6. *Drink healthy, low sugar fluids.*
 7. *Be active. Include regular physical activity.*
 8. *Attend your post-surgery follow up care and take your multivitamins.*
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1. Eat 3 small meals and 1-2 snacks a day

- Keep your meal portions **no more than 1 cup volume in total** ($\leq 250\text{ml}$). To begin with you may only tolerate $\frac{1}{4}$ - $\frac{1}{2}$ cup of food at a time.
- Serve your meals on a bread and butter plate or in a small bowl.
- Spread your meals across the day.
- Include snacks only if needed.

2. Eat only nutritious, solid food

- You can only eat small amounts of food, so it is important that you eat a **variety of foods** from all the **different food groups**. This is to make sure you are getting a range of vitamins and minerals.
 - Aim for at least **60g of protein** a day. Some people need more than this.
 - It is important that most of your meals are solid foods. Solid foods keep you feeling satisfied for longer compared to fluids.
 - **Limit** the amount of processed and sugary food and drinks you have.
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3. Eat slowly and stop eating when you feel satisfied

- Eating too much, or too fast can cause pain or discomfort.
 - Chew your foods 20-30 times before swallowing.
 - **Eat slowly** – aim to take 20 - 30 minutes for a meal and only eat what's comfortable.
 - Practice mindful eating. Eat sitting at the table and **avoid distractions** such as watching TV or using your phone.
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4. Do not graze between meals

- Grazing throughout the day will reduce your weight loss. Grazing gives you a slow and constant supply of calories but doesn't make you feel full.
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5. Do not drink and eat at the same time

- Drinking with meals will take up space in your stomach and not allow room for the food. This increases your risk of vomiting and discomfort.
- To prevent these problems, **do not drink 30 minutes before and after you eat**.
- To stay hydrated, sip on fluids regularly throughout the day.

6. Drink healthy, low sugar fluids

- **Do not** have drinks with a high sugar content such as cordial, soft drink, alcohol, sports drinks, fruit juice, sweet tea or coffee.
- Add fresh lemon or cucumber and mint to flavour water.

7. Be Active







- **Do not sit** for long periods of time and look for any opportunity to move your body.
- Your GP, physio or exercise physiologist can tell you what the most suitable types of exercise are for you.
- **Start slowly and gradually** build up the amount and intensity of exercise over time. This way you will reduce the risk of injury.

8. Continue with your post-surgery follow up.

- Take your **vitamin and mineral supplements** every day.
- Attend **regular** post-surgery appointments with your Surgeon/Doctor/Dietitian.
- Continue to get blood tests as recommended.
- Monitor you're eating habits and record your food intake if required:
 - www.calorieking.com.au or Easy Diet Diary™ app

Suitable foods a healthy diet after bariatric surgery:

Choose foods from the Best Choices column majority of the time.






Food Group	Best Choices	Foods to limit
Grains (<3 serves a day) 	<ul style="list-style-type: none"> • 1.5 Weetbix™ or Vitabrits™ • 0.3 cup Porridge, or oats • 0.75 cup Wholegrain cereals • 0.3 cup Brown rice • 0.3 cup Quinoa • 0.5 cup Wholemeal pasta • 1 slice Wholegrain bread 	<ul style="list-style-type: none"> • White bread/rolls • White pasta and rice • Sugary or refined cereals • Pastries/pies
Fruit (1 serves a day) 	<ul style="list-style-type: none"> • Whole fresh fruit • 0.5 cup fruit in natural juice 	<ul style="list-style-type: none"> • Fruit juice • Dried fruit
Vegetables (3-4 serves a day) 	<ul style="list-style-type: none"> • Choose a variety of different coloured vegetables. • 'Non-starchy' Vegetables (0.5 cup) • Salad Vegetables (0.5 cup) 	<ul style="list-style-type: none"> • Deep fried vegetables (chips) • Starchy vegetables (potato/sweet potato/corn) – keep to a max (0.5 cup/day)
Meat and meat alternatives (2 serves a day) 	<ul style="list-style-type: none"> • Lean meat/chicken (80g) • Fish (80-100g) • Eggs (2 x large) • Legumes (0.5 cup) - baked beans, chickpeas, kidney beans, lentils • Tofu (100g) • Sliced lean delicatessen meats 	<ul style="list-style-type: none"> • Fatty cuts of meat – sausages, salami, processed meats • Crumbed meats
Dairy (2 serves a day) 	<ul style="list-style-type: none"> • Low fat milk (1 cup) • High protein yoghurts ie Chobani Fit™ (170g) • Low fat cheese (1 slice) 	<ul style="list-style-type: none"> • Ice cream • Flavoured milks
Fluids (1.5-2L a day) 	<ul style="list-style-type: none"> • Water • Tea • Coffee • Infused tea (no sugar) • Low sugar cordial eg diet cordial 	<ul style="list-style-type: none"> • Fruit juice • Sweet cordials • Soft drink/energy drinks • Flavoured milk/Milkshake • Alcoholic drinks • Sports drinks
Other		<ul style="list-style-type: none"> • Cakes, biscuits, chocolate, lollies

Sample meal plans

Below are sample meal plans that show what your diet could look like on a healthy eating meal plan.

Healthy eating plan	Healthy eating plan
<i>Sample Meal Plan 1</i>	<i>Sample Meal plan 2</i>
Breakfast: 1 poached egg + ½-1 slice wholegrain toast + 1tsp margarine	Breakfast: 1-2 Weetbix Or 2/3 cup wholegrain cereal + 1 tbs of berries + ½ cup low fat milk
Morning snack: 1 piece of fruit	Morning snack: 150-170g high protein yoghurt
Lunch: 1 mini wrap + 40g ham, + 20g low fat cheese + 0.5 cup salad	Lunch: 95g tin of tuna or salmon +½ cup salad vegetables +2 Ryvita® or Vitawheat®
Afternoon snack: 150-170g high protein yoghurt	Afternoon snack: 30g unsalted nuts
Dinner: 50-100g beef mince + ¼ cup grated veggies + ¼ cup Bolognese sauce, +1 tbs cooked pasta	Dinner: 50-100g meat, chicken or fish + ½ cup of steamed or stir fried vegetables + 1 tbs rice or quinoa.

Take home messages

-  Aim for **5 small meals a day** (3 main meals and 1-2 healthy snacks).
-  **Eat slowly** over 30 mins. Have **NO MORE** than **½-1 cup of food or fluid** at a time.
-  **Drink between meals** only.
-  Eat foods from a **variety of food groups** every day
-  Take your **multivitamins** every day.

Suggested meal plan

BREAKFAST
MORNING TEA
LUNCH
AFTERNOON TEA
DINNER
SUPPER

Things I can work on:

1.

2.

3.

4.

For further information contact your Dietitian or Nutritionist: _____