



Blackrock Clinic

PATIENT INFORMATION

BARIATRIC SURGERY

Post-Operative Eating Guidelines



Welcome to Blackrock Clinic

Major points

- 3 small meals a day, with one or two low calorie snacks. Please ensure that you use a side plate to control portions.
- Foods must be chewed really well (15 times per mouthful), and you should eat very slowly.
- Fluids cannot be taken with your meals, this could cause discomfort, could stretch your stomach or make you vomit. Do not drink during the 10 minutes preceding your meal or 30 minutes afterwards.
- Once you reach a normal consistency for your meals, these should be based around starchy foods, helping you to take the best advantage of the surgery by increasing the feeling of fullness and increasing the weight loss.
- 2 litres of fluid a day are recommended, this will prevent dehydration and constipation.
- Regular blood tests will be carried out to monitor your serum vitamin and mineral levels. We will advise you if the need for taking Vitamin B1 supplements arises.

Foods to avoid

These are known for not being well tolerated and therefore we advise patients to avoid the following:

- Tough red meat like steak and chops
- Soft white bread
- Stringy vegetables like beans or asparagus
- Salad
- White boiled rice
- Pineapple and oranges
- Prawns (chew them very carefully if you decide to have them)

Stage 1 (from the 1st to the 3rd week)

- Smooth Consistency
- Do not skip meals; aim for 3 meals and 1 or 2 low calorie snacks
- Portion size has to be equal to 2 tbsp at each meal
- Stop eating when you feel full

Breakfast examples (One of the following)

- 2 tbsp of porridge
- One diet yogurt
- 1 Weetabix with lots of skimmed milk
- 150 mls of fruit smoothie (blend fruit with low fat yogurt or skimmed milk)

Lunch/Dinner examples (One of the following)

- 1 tbsp of liquidised fish with a low fat white sauce
- 1 tbsp of liquidised chicken/lamb/turkey/beef with gravy
- 1 tbsp of liquidised minced meat with low fat tomato sauce

WITH (One of the following)

- 1 tbsp of liquidised potato
- 1 tbsp of liquidised vegetables

OR

- 200 mls liquidised soup, broth or stew (ensure it contains a rich source of protein)

Snack (One of the following)

- 1 low fat yogurt or fromage frais
- 2 tbsp of natural yogurt with liquidised fruit
- 2 tbsp of low fat custard
- One glass (200mls) of skimmed milk

Stage 2 (from the 3rd to the 4th week) - Soft

Breakfast examples (One of the following)

- 1 Weetabix with skimmed milk
- 2 tbsp of porridge (made with skimmed milk)
- One diet yogurt
- 25 g cereal with skimmed milk
- 2 tbsp of natural yogurt with soft fruit (banana or strawberry or cooked apple)

Lunch/Dinner examples (One of the following)

- Chunky homemade soup
- 3 melba toast with soft cheese or low fat pate or tuna or wafer thin ham
- medium baked potato (no skin) with baked beans, cottage cheese, wafer thin meats or chilli
- Cottage pie
- Fish pie
- Baked fish with a low fat white sauce and soft vegetables with mashed potato
- Minced beef in a tomato based sauce or a small amount of gravy with soft vegetables and mashed potato
- Minced beef/chicken casserole with soft vegetables and 1/2 of a baked potato (no skin), 2 egg size potatoes

Snack (One of the following)

- 1 low fat yogurt
- Soft fruit like banana or strawberries or stewed apple
- Sugar free jelly
- 2 melba toast with low fat pate or cottage cheese

Vomiting

This is usually caused by eating too much, eating too quickly or eating the wrong consistencies for the post-op stage that you are at.

If you vomit try to go back a stage for 1 or 2 weeks and contact our team for advice. Some patients develop excessive scar tissue around the opening of their stomach pouch. This can prevent more solid foods leaving the stomach and result in a lot of vomiting for about 6 to 12 weeks after surgery. If you feel that this may be happening to you, please contact your surgeon promptly.

Stage 3 (from week 8)

You should now progress to a normal diet. Choose from the list below:

Bread, cereal, Pasta, Rice or Potatoes (4 to 6 portions a day):

- 25g breakfast cereal/dry porridge oats with semi-skimmed milk
- One slice bread /toast
- 1/2 bread roll/pitta bread
- Three crackers or crispbreads
- Two small boiled potatoes or 1/2 medium baked potato
- Two tablespoons of pasta/wholemeal rice (uncooked)

Meat, Fish and Alternatives (2 portions a day)

- 4oz/100g lean meat or oily fish
- 4oz /100g of white fish or tinned fish in brine /water
- One small tin of low sugar baked beans
- 4oz/100g of cooked pulses, lentils or other beans
- Four thin slices lean cold meat
- 4oz/100g soya, Tofu, Quorn

Fruit and vegetables (5 portions a day)

- One apple or small banana
- Two small fruits i.e. kiwi, plums
- small tin of tinned fruits (in natural juice)
- Two tablespoons of vegetables (fresh/frozen/tinned)
- One large slice of melon

Milk and dairy (2 to 3 portions a day)

- 200mls semi- skimmed/skimmed milk
- One small pot of low fat/low sugar yoghurt /fromage frais
- 1oz/25g low fat hard cheese
- 4 oz /100g low fat cottage cheese
- 2oz /50g low fat soft cheese

Fatty foods (1 portion a day)

- 1oz/25g low fat spread or low fat mayonnaise or 1/2oz/12g butter or margarine or mayonnaise or oil

Meal ideas

Breakfast

- one weetabix with a small amount of semi-skimmed/skimmed milk
- three tablespoons cooked porridge (made with a small amount of semi-skimmed milk)
- 25g cereal with a small amount of semi-skimmed milk
- One slice of wholemeal toast with low fat spread
- One slice of wholemeal toast with one poached egg or baked beans

Lunch/evening

- chunky homemade soup with one slice wholemeal bread
- three crackers or one slice wholemeal bread or one small Pitta bread with low fat cheese spread, cottage cheese, low fat pate, or wafer thin ham/chicken or tuna
- medium jacket potato with baked beans, cottage cheese, tuna or chilli
- One slice of toast with baked beans or poached egg
- 3oz/75g tender cooked chicken/lamb with two egg-sized potatoes and vegetables
- 4oz/100g baked fish with two egg sized potatoes or 1/2 medium jacket potato and cooked vegetables
- 3oz /75g tender cooked chicken or minced beef with a small helping of a low fat tomato based sauce and two tablespoons of pasta

Snacks

- one piece of fruit
- one low calorie cereal bar (around 100 calories)
- one cracker with low fat cheese spread

Frequently asked questions

Can I have alcohol?

Yes, but remember that alcohol will be absorbed quicker after the operation. Try to keep within recommended limits for health and remember alcohol is high in calories (see the table below). A maximum of 2-3 units per day for women and 3-4 units per day for men is recommended for good health.

STANDARD MEASURES	UNITS	KCAL
1 small glass of wine (125mls)	1	85
1 pint of beer or lager	2	180
Spirits (25mls)	1	50

Do I need to take vitamins?

You will need to take a multivitamin and mineral supplement for life. This should be in a chewable form initially. Examples include Bassetts multivitamin and mineral, Centrum chewable, and Boots chewable. Once you are managing a normal consistency diet this should be changed to a tablet form. These contain more calcium and iron. Examples include Forceval, Centrum complete and Sanatogen gold.

What if I am being sick?

as discussed previously, vomiting is usually caused by eating too much, eating too quickly or in the early stages eating the wrong consistency food. If you are vomiting, try going back a stage for 1-2 weeks and contact the dietitian.

*Peace of mind is an important
component of healing*



Blackrock Clinic

B A R I A T R I C
S U R G E R Y

Blackrock Clinic
Rock Road, Blackrock, Co. Dublin
Tel : 01 2832222
Freephone : 1800 60 10 60

www.weightlosssurgery.blackrock-clinic.ie

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