

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 eating plan. Regular physical activity is important as well. If you go back to unhealthy habits, you may **regain weight** and not achieve the outcomes you expected.

1. *Eat 5-6 small meals and 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.*
 8. *Attend your post-surgery follow up care and take your multivitamins.*
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1. Eat 5-6 small meals and snacks a day

- Keep your meal portions **less than 1 cup volume in total** (<250ml). To begin with you may only tolerate 0.25-0.5 cup of food at a time.
- Serve your meals on a bread and butter plate or small bowl.
- Spread your meals across the day, **aiming to eat every 3 hours**.

2. Eat only nutritious, solid food

- You can only eat small amounts of food, so it is important that the **foods you choose are healthy**. This is to make sure you are getting a range of vitamins and minerals.
 - Aim to include food from all food groups each day. See table below on the best food and drink choices to make.
 - Aim for at least **60-80g of protein** a day.
 - Aim for **energy goal of 800-1200 calories** (3400-5000kJ) a day.
 - Main meals should be 200-300 calories (800-1300kJ) and snacks should be 50-100 calories (200-450kJ).
 - **Limit** the amount of junk food and sugary drinks you have.
 - It is important that most of your meals are solid foods. Solid foods keep you feeling satisfied for longer compared to fluids.
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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 15-20 minutes to eat your meal and stop at 30 minutes.
 - 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.

- Snacking throughout the day will reduce your weight loss. Snacking gives you a slow and constant supply of calories but doesn't make you feel full.

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.
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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.
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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 is 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.
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8. Continue with your post-surgery follow up.

- *Take your vitamin and mineral supplements every day.*
- See the Vitamin and Mineral handout for more information.
- Attend **regular** post-surgery appointments with your Surgeon/Doctor/Dietitian.
- Continue to get blood tests as recommended.
- *Check* your weight.
- 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. • 'Free' 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 • Milk shakes • Alcoholic drinks • Sports drinks

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 + 1 slice wholegrain toast + 1tsp margarine	Breakfast: 2 Weetbix Or 2/3 cup wholegrain cereal + 1 tbs of berries + ½ cup low fat milk
Snack: 1 piece of fruit	Snack: 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®
Snack: 1 small skim latte/flat white/cappuccino	Snack: 30g unsalted nuts
Dinner: 80g beef mince + ¼ cup grated veggies + ¼ cup Bolognese sauce, +1 tbs cooked pasta	Dinner: 80g meat, chicken or fish + ½ cup of steamed or stir fried vegetables + 1 tbs brown rice or quinoa.
Snack: ¼ cup tinned fruit with 170g high protein yoghurt	Snack: 250ml low fat milk + 1 piece fruit
Total: 1000 calories (4200 kJ), 78g protein	Total: 1000 calories (4200 kJ), 80g protein

Suggested meal plan

BREAKFAST
MORNING TEA
LUNCH
AFTERNOON TEA
DINNER
SUPPER

Things I can do to improve my XXXX

1.

2.

3.

4.

For further information contact your Dietitian or Nutritionist: _____