



Shailaja S. Behara, MD, AGAF
 Board Certified in Internal Medicine & Gastroenterology
 Ph: 281-528-1511 Fax: 281-419-8485
 www.rdctx.com

Post Gastric Reduction Diet

The gastric reduction surgery you had involved the surgical design of a small pouch in your stomach. This pouch holds 30-120 mL (1/2-1 cup) of food or liquid, so you will need to limit the amount that you eat. It is very important that you eat very slowly, taking 30-45 minutes to eat a meal. Quit eating when you begin to feel full. Eating too much at one time can stretch your pouch and possibly cause complications. Also, remember to chew your food thoroughly before swallowing it. Please follow these guidelines carefully so you can benefit from your surgery and prevent complications. Following surgery, your diet will usually progress from clear to full liquids, followed by pureed foods over one or two week period. For the next several weeks, you can gradually add solid foods to your diet. Once you begin eating pureed foods and from then on fluids should be consumed 30-45 minutes before or after meals and not with meals. Between meals, beverages may include water, tea, coffee, unsweetened juice; skim milk and sugar-free non-carbonated beverages. Six to eight cups of fluids should be consumed daily. Progression of this diet is gradual, based on tolerance. Eventually, a normal diet may be eaten.

- When you are consuming full liquids or pureed foods, eat 1/2-1 cup servings of high protein, low sugar, low fat items six times a day.
- When you are consuming clear liquids, eat 1/3 cup servings of broth, gelatin or clear fruit juice with each meal.

Phase 1 (Liquids - Pureed)

Food Group	Foods Allowed	Foods Not Allowed
Meat	Pureed beef, veal, chicken, pork, egg yolk	Whole or ground meat, eggs, cheese, cottage cheese, peanut butter
Dairy Products	Skim milk, skim milk buttermilk, plain low fat yogurt	Whole milk, chocolate milk, buttermilk made from whole milk, yogurt made from whole milk
Fats	Cream, cream substitute, butter, margarine, mayonnaise. In moderation	Any other
Soup	Broth, consommé, strained cream soup	Soup with solid food particles
Cereals	Cooked, thinned, refined cereals	Oatmeal cooked cereal with dried fruits or nut
Vegetables	Pureed peas, carrots, green beans, spinach, squash	Whole pieces of vegetable, seeds, skins
Fruit	Pureed pears, peaches, banana, applesauce, apricots	Whole or chopped fruit, seeds, skins
Dessert	Sugar-free custard and pudding, gelatin, fruit ice, popsicle	Sweetened custard, pudding, ice milk, ice cream, sherbet, frozen desserts
Beverages (carbonated beverages produce gas and may not be tolerated by all patients)	Coffee, tea, unsweetened fruit juice, sugar-free carbonated beverage	Sweetened fruit juice, sweetened carbonated beverages
Miscellaneous	Sugar substitute, any herb or spice	Sugar, honey, syrup, jam, jelly, marmalade, molasses, coconut, candy, peppercorns

Phase 2 (Mechanical Soft 1-2 Weeks)

Food Group	Foods Allowed	Foods Not Allowed
Meat	Ground beef, veal, chicken, well-cooked fish, eggs, creamy peanut butter	Solid pieces of meat, tough meats, chunky peanut butter
Dairy Products	Skim milk, plain low fat yogurt, low fat cottage cheese, sliced American cheese, cream cheese	Whole milk, chocolate milk, sweetened yogurt made from whole milk
Fats	Butter, margarine, mayonnaise, cream, cream substitute, in moderation	Bacon, sausage
Soups	Broth, consommé, strained cream soup, soup with tender vegetables	Soup with solid pieces of meat
Cereals & Starches	Cooked cereals, rice, macaroni, noodles, crackers without seeds, ready to eat cereals without nuts and seeds	Any cereal with nuts or seeds, crackers with seeds
Vegetables	Cooked green beans, carrots, wax beans, beets, mushrooms, peeled white baked potato, spinach, greens	Raw vegetables, those not on allowed list
Fruit	Unsweetened canned peaches, pears, apricots, fruit cocktail, cherries, applesauce, banana	Fresh fruit, canned orange or grapefruit sections, prunes or prune juice, seeds or skins
Beverages (carbonated beverages produce gas and may not be tolerated by all patients)	Coffee, tea, unsweetened fruit juice, sugar-free carbonated beverages	Sweetened fruit juice, juice drinks, sweetened carbonated beverages
Miscellaneous	Sugar substitute, any herb or spice	Sugar, honey, syrup, jam, jelly, marmalade, molasses, coconut, candy, peppercorns

Phase 3 (General Diet)

Food Group	Foods Allowed	Foods Not Allowed
Meat	Any beef, veal, pork, chicken, fish, luncheon meat, frankfurter, game, sausage, creamy peanut butter, eggs	Any pickle or potted meal containing seeds or peppercorns, chunky peanut butter
Dairy Products	Skim milk, plain low fat yogurt, low fat cottage cheese, aged or American cheese	Whole milk, chocolate milk, sweetened yogurt made from whole milk, cheese with seeds
Fats	Butter, margarine, mayonnaise, salad dressings, smooth gravy, bacon, salt pork, cream oil, nuts	Sweetened salad dressings
Soup	Any soup, broth, consommé	Soup with peppercorns
Cereals & Starches	Any cooked or dry cereal without seeds, dried fruit, rice, macaroni, noodles, crackers without seeds, any bread without seeds	Sweetened cereals, cereals with seeds, dried fruit, crackers with seeds, bread with seeds
Vegetables	Any fresh, frozen or canned vegetable not containing seeds	Seeded vegetables: corn, cucumber squash, pickles, okra, eggplant, tomato seeds
Fruit	Any unsweetened canned, fresh or frozen fruit not containing seeds or skins	Skins and seeds of some fruits and vegetables, fruits sweetened canned or frozen fruits
Beverages (carbonated beverages produce gas and may not be tolerated by all patients)	Coffee, tea, unsweetened fruit juice, sugar-free carbonated beverages	Sweetened fruit juice, juice drinks, sweetened carbonated beverages
Miscellaneous	Sugar substitute, any herb or spice	Sugar, honey, syrup, jam, jelly, marmalade, molasses, coconut, candy, peppercorns