



Bariatric Solid Food Diet *3 Months After Surgery*

For questions, please call 516-321-8282

Solid Food Diet: begins approximately 12 weeks after surgery

Daily Goals: 64 oz. water, 60-80g protein and 1,000-1,200 daily.

Diet Protocol:

- Focus on foods that are high in protein from the approved food list
- Meals/snacks should be every 3 - 4 hours, for a total of 3 small meals with 3 supplemental snacks.
- Portions at meals/snacks size should be ~ 6 - 8 ounces or 3/4 - 1 cup with a minimum of 3 - 4 ounces from a high protein source (always eat your protein first!)
- Meals should take about 20 - 30 minutes to complete.
 - Chew food very well and eat slowly to avoid over eating.
 - Sit up straight when eating and put utensil down between bites.
 - Use small utensils and dinnerware.
 - Stop eating if you feel like you might be full - one extra bite can make the difference!
- Continue to introduce one new food at a time. If you experience a food intolerance, allow a few days to pass before trying that food again.
- Avoid foods that are greasy/fried, high in saturated/trans fats, sugar, and foods that are sticky or stringy, tough and fibrous, and extreme temperatures.
- **Keep a food log daily! Not consuming adequate calories and protein can slow down and eventually stall your weight loss.**

What to Avoid:

- Do not drink and eat meals at the same time - you can drink liquids up to mealtime and then wait 30 minutes after you have completed your meal before drinking.
- Avoid skipping meals or snacks, even if you are not hungry. This can cause you to fall behind on your calorie/protein intake. Try setting alarms on your phone to remind you when to eat.
- Do not sip through straws. This can cause you to suck in extra air and/or drink liquids too quickly which can cause discomfort.
- Do not consume alcoholic beverages or carbonated beverages
- Do not read or watch T.V. while eating (mindless eating)

NOTE: Common food intolerances include bread, rice, pasta and red meat. Chicken and fish are better tolerated.

Sample Days

Breakfast	2 scrambled eggs with tomatoes, onions and spinach	Breakfast	1 whole grain English muffin with 1-2 Tbsp. natural peanut butter
AM Snack	1/2 cup low fat vanilla Greek yogurt with 1/4 cup blueberries	AM Snack	1/4 cup cottage cheese with 1/2 diced apple and cinnamon
Lunch	3 oz. turkey burger with side salad (mixed greens, cucumber, carrot, etc.)	Lunch	3 oz. tuna salad with 1 slice whole wheat toast with lettuce and tomato
PM Snack	2 baby bell cheeses and 1 small apple	PM Snack	1/2 cup edamame
Dinner	3 oz. roasted chicken breast with 1/4 cup roasted carrots and 1/4 cup green beans	Dinner	3 oz. baked salmon with 1/3 cup grilled zucchini
Evening Snack	3 Tbsp. hummus with 6 baby carrots	Evening Snack	2 laughing cow cheese wedges with 5 Triscuits

Protein Sources

Meat, Fish, Poultry & Eggs

Food (cooked)	Serving Size	Calories	Protein (g)
Chicken breast, skinless	3 oz.	141	28
Turkey breast	3 oz.	135	25
Pork	3 oz.	122	22
Egg	1 egg	71	6
Turkey or chicken breast, cold cuts (low sodium)	3 oz.	90	18
Ham, cold cuts (low sodium)	3 oz.	90	15
Salmon	3 oz.	155	22
Cod or other white fish	3 oz.	70	15
Tuna	3 oz.	99	22
Shrimp	3 oz.	101	20

Nuts, Beans, Lentils & Legumes

Beans and lentils	1/2 cup	~100	7-10
Almonds	1 oz.	163	6
Peanuts	1 oz.	166	7
Pistachios	1 oz.	161	6
Walnuts	1 oz.	185	4
Cashews	1 oz.	162	4
Flax seeds	1 oz.	140	6
Pumpkin seeds	1 oz.	159	9
Peanut butter (natural)	2 Tbsp.	190	8
Almond butter	2 Tbsp.	210	7

Dairy Products

0% plain Greek yogurt	1/2 cup	70	12
2% plain Greek yogurt	1/2 cup	85	12
Total (full fat) plain Greek yogurt	1/2 cup	110	10
1% plain cottage cheese	4 oz.	76	10
2% plain cottage cheese	4 oz.	90	10
4% plain cottage cheese	4 oz.	115	11
Skim milk	1 cup	80	8
Fairlife brand skim milk	1 cup	80	13
1% milk	1 cup	100	8
2% milk	1 cup	122	8
Cheese, mozzarella (part-skim)	1 oz.	72	7
Cheese, string cheese (fat free)	1 piece	50	6
Cheese, string cheese (regular)	1 piece	80	8
Cheese, ricotta cheese (part skim)	1/2 cup	140	12

Easy Ways to Boost Calorie Intake

After surgery it is important to slowly increase calories until you reach your goal of **1,000 - 1,200 calories daily**.

Consuming too little calories can cause your body to conserve energy, preventing you from losing weight.

Here are a few simple tips on ways to boost your calorie intake:

- Switch from using fat free dairy products to using 2% or full fat cheeses, cottage cheese, Greek yogurt, etc.
 - Once you are consistently able to consume 1,000 – 1,200 calories you can switch back to lower fat options.
- Add olive oil when cooking proteins or veggies; ½ Tbsp. = 60 calories.
- Add natural peanut butter or almond butter to snacks.
- Use olive oil mayonnaise.
- Try adding a slice of avocado or guacamole when having low sodium cold cuts.