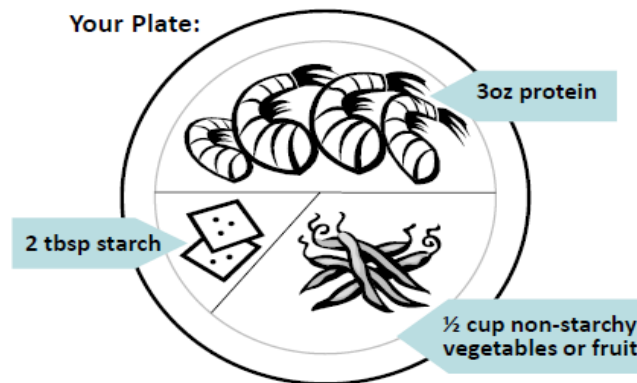


One Month After Surgery: Regular Diet

Advance to Regular Diet as Tolerated

At one month, you can **slowly** add back in solid foods, but it is still best to **stick with moist and tender foods**. You may now begin eating: lean meats, eggs, shellfish, raw vegetables and salads.



Follow these guidelines:

The operation is not a cure. To be successful, **you must change your eating and exercise habits for life!** To maximize your weight loss and limit the risk of regaining weight, follow these tips:

1. Eat slowly and chew well

CHEW 25-30 times per bite. Meals should take you 30-40 minutes to eat. Try putting your utensils down between bites. Stop eating before you feel uncomfortably full.

2. Fully separate eating and drinking

Stop drinking 30 minutes before a meal and wait to drink until 30 minutes after. Drinking fluids with meals limits the amount of protein you eat during each meal and can make the food come back up or go through the pouch too quickly. Taking a few small sips with meals to avoid choking or after spicy food is allowed.

3. Meals should contain 3 oz. or 15-30 g of protein

You may have to work up to this at first. Begin adding non-starchy vegetables to meals once able to meet protein goal.

4. Eat only 3-4 meals/snacks per day

Always eat protein first. Avoid mindless eating – listen to your body and eat for hunger. Avoid high-calorie foods, drinks, and desserts. Avoid grazing between meals. Do not eat because you are stressed, bored, “because it’s there,” etc.

5. Keep portions small

Limit meal size to 1/2 cup initially and work up to 3/4 to 1 cup as tolerated. Never exceed more than 1.5 cups of food at once. Use measuring cups/spoons for serving sizes.

6. Limit Starches

Eliminating starches will maximize weight loss. Starch foods can also swell in the stomach and can cause you to become full before you are able to meet your protein needs.