

WEEKS

5-6

POST OP

SLEEVE GASTRECTOMY
SOFT DIET

SOFT DIET

Your stomach is still continuing with the healing process within the first 6 weeks after surgery. Around week 5 post-surgery, given that you are tolerating puree foods well, you can now progress to a **soft diet**.

You will be on a soft diet for 2 weeks.

Soft Foods:

- are easily digestible
- can be chewed but not bitten
- are those that require minimal cutting; can be easily broken up with a fork
- some foods are naturally soft (ie ripe banana)
- some foods need to be cooked into a soft texture
- serve foods with sauce/gravy to increase moisture content

FOOD GROUP	SUITABLE CHOICES	AVOID
Meat Chicken Fish Eggs (Protein)	<ul style="list-style-type: none"> • minced meat / casseroles with small pieces of tender meat • Moist fish • Eggs scrambled /poached • Soft tofu 	<ul style="list-style-type: none"> • Dry or overcooked fish, chewy seafood • Fried egg
Milk Yoghurt Cheese (Protein)	<ul style="list-style-type: none"> • Low fat yoghurt / milk • Low fat soft cheese (ricotta, cottage) 	<ul style="list-style-type: none"> • Yoghurt with seeds, nuts, muesli or hard pieces of fruit • Hard cheeses (ie cheddar/Tasty)
Legumes (Protein)	<ul style="list-style-type: none"> • Well cooked/ soft legumes • Tinned legumes (lentils /beans /baked beans) 	
Vegetables	<ul style="list-style-type: none"> • Well cooked vegetables • Soft canned vegetables (ie pies) 	<ul style="list-style-type: none"> • Raw vegetables /salad • Hard fibrous, stringy vegetables (ie corn brocolli stalks)
Fruit	<ul style="list-style-type: none"> • Soft fresh fruit (ie ripe banana) • Stewed fruit • Tinned fruit (in natural juice) 	<ul style="list-style-type: none"> • Fibrous fruits (ie pineapple) • Hard fruits • Fruit with hard skins - need to peel
Cereals (Carbohydrate)	<ul style="list-style-type: none"> • Porridge • Plain breakfast cereals softened in skim milk 	<ul style="list-style-type: none"> • Cereals containing dried fruits and nuts • Hard breakfast cereals that do not soften easily (ie muesli, bran based cereal)
Rice Pasta (Carbohydrate)	<ul style="list-style-type: none"> • well cooked; served with low fat sauce • Protein source needs to be included ie tuna/ chicken. 	<ul style="list-style-type: none"> • Meals containing only carbohydrate foods. This fills you up and takes the place of protein food.

EATING GUIDELINES

Freeze in ½ cup portions

- Make a batch of soft-textured foods and freeze in ½ cup portions
- This will help you have pre-prepared meals which you can then re-heat in the microwave

Include small regular meals in your daily routine

- Aim to have 4-5 small meals per day
- You have reduced appetite after your surgery- this is normal. You may need to remind yourself to eat

Each meal/snack should not exceed ½ cup

- Use a measuring cup or mark the level on a small bowl or mug
- Do not push yourself to finish it all- you may find yourself feeling satisfied with only a few teaspoons of food
- Remember- your new stomach pouch is less than ¼ of the size it used to be

Take small mouthfuls

- Try not to eat too much at once. Large mouthfuls of food can cause vomiting, nausea, discomfort/pain
- Use a teaspoon or small fork to assist in taking smaller mouthfuls.

Eat Slowly

- Relax and take your time to eat
- Meals should last about 20-30 minutes.
- Aim for 1 bite per minute (ie 20 teaspoons over 20 minutes)
- Place your cutlery down between bites

Chew thoroughly

- Do not swallow food immediately
- Chew all food thoroughly before you swallow

Do not drink with meals

- Drinking fluids with your meal can cause nausea and will feel 'full' quickly which may mean that you will not feel like eating your meal and so miss out on important nutrients; especially protein.
- Stop drinking 30 minutes before you eat
- Wait at least 30 minutes after a meal before you start drinking

Protein as priority

- Always aim to eat your protein first on your plate, then move onto vegetables or fruit and then finally onto the carbohydrate element.
- Choose lean protein with any visible fat removed (ie chicken skin)

EATING GUIDELINES

Keep your fluid intake up

- Aim to have 2 L fluid- mainly from water to ensure adequate hydration and help with bowel movements
- Remind yourself to drink regularly and try carrying a water bottle with you
- Take small sips, do not gulp (to avoid discomfort)
- If you are finding water hard to tolerate (it may feel heavy), try drinking at room temperature /warm water or adding some diet cordial/ fresh lemon juice or protein-water.
- Other low calorie drinks (including tea, coffee, diet cordial, flat unflavoured mineral water) can be consumed in moderation.

Avoid high calorie drinks

- High calorie drinks include fruit juice, fruit smoothies, energy/sports drinks, full sugar cordial, milkshakes/smoothies and alcohol.

Avoid carbonated /fizzy drinks

- The gas from carbonated/ fizzy drinks can cause abdominal pain and discomfort

Continue your daily multivitamin supplement

- You will require life-long multivitamin supplementation to ensure adequate nutrition and prevent deficiencies. This is because your food volume is decreased.
- Multivitamins recommended: BN Multivitamins (Chewable/Capsules).

Iron Supplement

- Iron supplements may be needed to maintain normal levels

Vitamin B12 Supplement

- Vitamin B12 supplements may be needed to maintain normal levels

Vitamin D Supplement

- Make sure you take 3000IU daily (you may need to take a higher dose if required to maintain normal levels)

Commence your daily fibre supplement (Benefibr)

- Taking Benfibr will boost your daily fibre intake and keep your bowels regular
- You may take 2 teaspoons 1-4 times per day (maximum 8 teaspoons per day)

Check your medications for size and dose

- Small tablets may be swallowed with adequate amount of fluid
- Large tablets/ capsules can be difficult to manage and may need to be broken/ crushed
- Check with your doctor/ pharmacist before breaking/ crushing any medications and make sure to have them reviewed after surgery

TROUBLE SHOOTING IDEAS...

What to do if I feel discomfort/ nausea or vomiting?

- Check the consistency of your food- make sure that it is soft and can be broken easily by fork rather than bitten
- You may be eating too quickly- slow down your eating
- Make sure you are chewing everything thoroughly
- You may be eating too much at once- try a smaller portion i.e less than ½ cup
- Avoid drinking and eating at the same time
- Make sure you are taking your prescribed anti-reflux medication (ie Pariet, Smoac, Nexium)

What if I have irregular bowel movements or constipated?

- Focus on adequate fibre, fluids and exercise.
- Include some pureed vegetables, fruit or legumes into your daily meals.

Note: Do not consume fruit or vegetable juice- these are calorie containing fluids and do not have much fibre

- Try adding bran to meals
- Continue taking Benfibr or gradually increase the dose (maximum 8 teaspoons per day)
- Make sure you are meeting your 2 L daily fluid requirement – have water or low calorie drinks in between meals
- Try walking after surgery to also help with regulating bowel movements

What if I have too much gas?

- The abdomen is inflated with gas during surgery. This will subside with time
- Try walking or massaging your lower abdomen to help you pass wind and relieve discomfort
- Constipation can lead to bloating and make you feel more uncomfortable
- Try having a warm drink such as peppermint tea

Note: If constipation or diarrhoea persists, please check with your doctor/ surgeon