

WEEK 7 & BEYOND

SLEEVE GASTRECTOMY
SOLID DIET

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Solid Diet

Well done, you have made it to 6 weeks after your surgery!

By weeks 6-8 after surgery, your stomach has healed quite a fair bit. You should have started to become familiar with your new eating patterns and behaviours. You would have also noticed the new feelings and signals from your stomach.

Provided that you tolerated soft foods well, you will now be able to progress onto having solid foods. From 6 weeks after your surgery, we aim to have you eating solid, nutritious food, but just less of it.

Keep following the Eating Guidelines

Include small regular meals in your daily routine

- Aim to have **3-4 small meals per day**
- You have reduced appetite after your surgery- this is normal. You may need to remind yourself to eat
- Choose healthy snacks in between meals only if necessary. (Be mindful to not develop 'grazing/snacking patterns through the day)

Each meal/ snack should not exceed ½ cup- 1 cup or an entree sized plate portion of food at each meal

- 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

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 (I.e chicken skin)

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 help with small portion

Eat Slowly

- Relax and take your time to eat
- Meals should last about 20-30 minutes aim for 1 bite per minute (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

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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

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 (feels 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 consume in moderation.

Avoid high calorie drinks

- High calorie drinks including fruit juice, fruit smoothie, energy/sports drink, full sugar cordial, flavoured beverage, milkshakes/smoothies and alcohol will give you a lot of calories without making you feel satisfied.

Avoid carbonated /fizzy drinks

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

Continue taking your daily multivitamin supplement

- You will require life-long multivitamin supplementation to ensure adequate nutrition and prevent deficiencies. This is because your food intake is decreased following your surgery
- Ensure that the multivitamin contains B1 (thiamine), B6 (pyridoxine), B12 and folic acid (folate). Iron, zinc and calcium are also desirable. Menstruating women may need additional iron, post-menopausal women may need calcium.
- Multivitamins recommended: BN Multivitamins (Chewable/ Capsules /Tablets)

Commence taking your Calcium supplement

- 1200-1500mg of calcium over the day in doses no larger than 500mg
- Make sure you take the Calcium Citrate form- this is better absorbed than other types because stomach acid is reduced after surgery

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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)

Continue taking your daily fibre supplement (Benefibr)

- Taking Benefibr 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)**

Exercise

- Regular exercise and physical activity is essential for weight loss and maintenance
- Aim to be active every day
- Start with incidental activities (I.e walking to the shops and gradually increase to 30 minutes or more of planned physical activity)

Hair Loss

- It is not uncommon for gastric sleeve patients to experience hair/thinning after surgery.
- Reduced intake of calories and rapid weight loss places the body into a state of 'stress'. The body compensates by using the nutrition it receives to perform vital bodily functions rather than growing new hair follicles.
- Hair loss is usually experienced around the third and eleventh month after surgery when calorie intake is very low.
- Hair loss is a temporary problem and will resolve once nutritional in improves and rate of weight loss slows down.
- Consuming foods rich in protein and taking multivitamins daily may help to minimise hair loss

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Dumping Syndrome

- After having gastric sleeve surgery, high fat/ high sugar foods may be poorly tolerated.
- When consumed , the high osmolarity of sugary/ greasy food can cause lots of fluid to shift into the small intestine to try and reduce the high concentration
- This sudden rush of fluid into the intestine can lead to unpleasant side effects such as nausea, abdominal discomfort (pain, bloating, rumbling sounds), dizziness, heart palpitations, sweating and diarrhoea
- Tips to avoid dumping syndrome:
 - Avoid fatty and sugary foods such as milkshakes /flavoured milk, ice cream, sweet biscuits /cakes, soft drink/ cordial/ sports drinks, high sugar breakfast cereals and lollies
 - Avoid eating and drinking at the same time (drink fluids 30 minutes before or after a meal)
 - Eat slowly
 - Consume small portions
 - Natural sugars (i.e from fruits and low fat dairy) are unlikely to cause dumping syndrome and should be part of your daily healthy balanced diet

SOLID DIET MEAL PLAN - BREAKFAST

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.

SOLID DIET MEAL PLAN - BREAKFAST

MEAL IDEAS	SUITABLE CHOICES	TIPS	CAUTION
Breakfast Cereals	High fibre varieties e.g. Weetbix, Special K Advantage, Guardian, All Bran, Uncle Toby's Plus Cereals	Aim for high fibre, low GI, low sugar varieties	
Toast	Wholegrain, sourdough, rye, raisin breads	Always include a protein food source with bread-cheese, egg or salmon	Avoid high calorie spreads i.e butter, cream cheese, jam
Egg		Boiled, scrambled, poached or omelette	Use spray oil to reduce fat content if frying
Baked Beans		Choose low salt- varieties	Try on wholegrain crackers instead of bread
Yoghurt	Low fat plain yoghurt, or diet flavoured yoghurt or Fruche	<ul style="list-style-type: none"> Choose > 97% fat free or <3g fat per 100g of natural yoghurt. Choose diet flavoured yoghurt (e.g Nestle Soleil diet, Yoplait Forme) 	Some 'low fat' yoghurt can be high in calories due to the sugar content
High Protein meal replacements	Optifast, Sustagen, Sanitarium Up&Go or other commercial protein drinks/bars	If you are unable to consume enough protein, a high protein meal replacement may be taken once per day	

SOLID DIET MEAL PLAN - LUNCH | DINNER

MEAL IDEAS	SUITABLE CHOICES	TIPS	CAUTION
Meat /Chicken (Protein)	Lean minced meat/chicken/slow-cooked meat/chicken	Use a slow cooker/casserole to soften dry and hard to manage	Chicken breast may be dry/stringy making it difficult to tolerate - try thigh instead
Fish (Protein)	Fresh/smoked/canned in spring-water/frozen fish (without crumbs/batter)	Grill/bake/microwave fish fillets	Choose tinned fish in spring-water rather than in brine or olive oil
Legumes (Protein)	Lentils, chickpeas, mixed beans (i.e red kidney beans, canellini beans, baked beans)	Add legumes to a salad or soup to boost the protein and fibre content	
Egg (Protein)		Add a hard boiled egg to a salad or use eggs in an omelette/frittata	Limit eggs to no more than 6 per week
Tofu (Protein)	Firm/Silken or marinated tofu	Toss into a salad, stir-fry OR add to vegetables	
Free vegetables or salad (vegetables)	All non-starchy vegetables and salads	Try cooking vegetables until they are soft if the raw/ crunchy are difficult to tolerate	Always add a protein food source to vegetables to ensure adequate intake of protein
Starchy vegetables (Carbohydrates)	Fresh or frozen starchy vegetables (i.e potato, sweet potato, pumpkin, corn, peas)	<ul style="list-style-type: none"> • Steam/microwave or mash with a small amount of skim milk • Use spray oil when roasting 	Limit intake to a small portion of the meal
Pasta /rice/noodles/couscous (Carbohydrates)	Different shaped pastas, basmati rice, couscous, well-cooked noodles, quinoa	Try wholemeal varieties to boost fibre intake	<ul style="list-style-type: none"> • Limit intake to a small portion of the meal • Always add a protein food source

SOLID DIET MEAL PLAN - HEALTHY SNACKS

You may need to include 1-2 healthy snacks if:

- Your overall main meals size remains small
- you are very active
- aim for snacks that are 100 calories (420kJ) or less

MEAL IDEAS	SUITABLE CHOICES	TIPS	AVOID
Fruit	Any fresh, stewed or canned fruit in natural juices e.g Goulburn Valley, Weight Watchers snack pack portions	Peel fruits with hard skin, chop up into bite sized pieces and chew thoroughly	Dried fruit - least desirable
Low Fat Dairy	Low fat plain yoghurt, or diet flavoured yoghurt or Fruche	Choose > 97% fat free of <3g fat per 100g of natural yoghurt Choose diet flavoured yoghurt (e.g. Nestle Soleil Diet, Yoplait Forme)	Choose tinned fish in spring-water rather than in brine or olive oil
High fibre crisp bread/cracker	Multigrain Ryvita, Vitaweat	Wholegrain crackers provide you with more fibre Always serve with a protein food source (i.e tuna/egg/low fat cheese)	
Nuts/Seeds	Almonds, Walnuts, cashews, peanuts, Brazil nuts, pepitas sunflower seeds, chia seeds	Choose unsalted varieties	<ul style="list-style-type: none"> • Beware of portion size • Aim for < than 30g per day • Nuts are high in calories and it can be easy to over consume
Diet Jelly	Weight Watchers jelly tub or Diet Aeroplane Jelly crystals	Add fruit pieces (fresh or tinned) to boost fruit intake	Choose diet varieties as some ready made jelly tubs are high in sugar and may contain empty calories

WARM TUNA SALAD



Ingredients

6 small charisma low GI potatoes
150g baby spinach, lightly blanched
1 cup halved cherry tomatoes
400g tuna in spring-water, drained
4 pitted black olives, halved
1/3 cup fresh basil leaves
2 hard-boiled eggs, thinly sliced
1/4 cup low fat mayonnaise
1 tablespoon Dijon mustard
2 teaspoons of lemon juice
Pepper to taste

Method

Boil potatoes in saucepan for 8-10 minutes or until cooked.

Drain potatoes and combine with spinach, tomatoes and beans in a large serving bowl.

Top with tuna, olives, basil and eggs.

Combine mayonnaise, mustard and lemon juice and drizzle over salad.

Season with pepper.



RATATOUILLE

Ingredients

- 1 teaspoon olive oil
- 1 small onion, chopped
- 1 clove of garlic, minced
- 1 red capsicum, thinly sliced
- 2 cups mushroom, sliced
- 2 zucchini, thinly sliced
- 1 eggplant, cubed
- 1 cup tomato, chopped
- 1 cup chickpeas (tinned, no added salt)

Method

Mix all ingredients into a large pot. Cover and cook 15 minutes or until vegetables are soft.



SWEET POTATO SHEPHERDS PIE

Ingredients

- 2 teaspoons olive oil
- 1 medium onion, chopped
- 2 medium carrots, chopped
- 2 medium celery sticks, chopped
- 750g lean lamb mince
- 1 cup frozen corn
- 2 teaspoons chopped fresh thyme
- 1 tablespoon plain flour
- 1 tablespoon Worcestershire sauce
- 1 cup water
- 1 kg sweet potato, chopped
- 2 tablespoon grated reduced fat cheese

Method

Preheat oven to 200°C

Heat oil in a non-stick pan. Add onion, cook over medium heat for 5 minutes or until onion is golden.

Add carrots and celery and cook for 3 minutes or until vegetables soften.

Add mince and cook for 5 minutes or until browned.

Add corn, thyme, tomato paste, flour and Worcestershire sauce and stir until smooth.

Add water, stir until sauce boils and thickens slightly.

Reduce heat and simmer for 15 minutes.

Cook sweet potato in a large saucepan for 15 minutes or until very soft. Drain well and mash.

Spoon meat mixture in to a 30cm x 20 cm oven proof dish.

Spread the sweet potato over the meat. Sprinkle with cheese.

Bake for 20 minutes or until cheese is golden and pie is heated through.



CHICKEN KOFTA

Ingredients

500g chicken mince
1/2 cup of breadcrumbs
1 onion, finely chopped
2 tablespoons fresh mint, finely chopped
1 clove garlic, crushed
1 teaspoon crushed chilli
Salt and pepper to taste
8 bamboo skewers, soaked
1/4 cup plain flour
Oil spray
1/2 cup low fat yoghurt
1/2 cucumber, chopped finely
1 tablespoon mint, chopped finely

Method

Pre-heat oven to 180°C.

Combine mince, breadcrumbs, onion, mint, garlic, chilli and seasoning in a bowl.

Form into sausage shapes around each skewer.

Dust in flour, shaking off excess.

Heat in a large pan. Brown each kofta on all sides.

Place on a foil-lined baking tray. Bake in oven for 15 minutes or until cooked.

To make dressing: mix cucumber and mint into yoghurt- serve with kofta.