

# Diet Following Gastric Surgery

## Why follow a special diet after surgery?

After your surgery, you will need extra calories, protein, and nutrients to help you heal and prevent weight loss. It is important that you follow this diet for about 3 weeks after the operation, and then slowly add new foods as tolerated. This diet will help prevent uncomfortable side effects, such as dizziness, abdominal fullness, nausea, and diarrhea, that may occur after eating.

**Dietitian name**  
**Phone number**



AMERICAN DIETETIC ASSOCIATION

## IMPORTANT POINTS TO KEEP IN MIND

- Go easy on foods that are high in fat and/or sugar. These are the foods that may cause uncomfortable side effects.
- Drink at least 6 cups of liquids daily. Limit liquids to a ½-1-cup serving size and drink them 30-60 minutes before or after meals.
- At first, eat 5-6 small meals throughout the day. As you are able to eat more at one time, you may be able to decrease the number of meals.
- Serve food and drink at room temperature. Relax at mealtime, eat slowly, and chew food well.
- Avoid foods that are natural laxatives, such as figs, prunes, and licorice.

## NOTES:

## SAMPLE MENU FOLLOWING GASTRIC SURGERY

### BREAKFAST

Grapefruit (½)  
Oatmeal (½ cup)  
Whole-wheat toast (2 slices)  
Margarine (1 tsp)  
Milk\* (½ cup)  
Coffee or tea\* (½ cup)

### MIDMORNING SNACK

Cheese (1 oz)  
Saltine crackers (4)  
Banana (½)

### LUNCH

Lean hamburger (3 oz)  
Bun (1)  
Mayonnaise (1 tsp)  
Sliced tomato and lettuce  
Fresh fruit cup (½ cup)  
Milk\* (½ cup)  
Coffee or tea\* (½ cup)

### MIDAFTERNOON SNACK

Half roast beef (1 oz)  
sandwich  
Vegetable soup\* (1 cup)

### DINNER

Broiled skinless chicken  
breast (3 oz)  
Herbed brown rice (½ cup)  
Steamed broccoli (½ cup)  
Margarine (2 tsp)  
Unsweetened applesauce  
(½ cup)

Milk\* (½ cup)  
Coffee or tea\* (½ cup)

### BEDTIME SNACK

Peanut butter (2 tbsp)  
Graham crackers (4)  
Milk\* (½ cup)

\* Limit fluids to ½-1-cup servings and drink them 30-60 minutes after meals.

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Food Categories	Foods Recommended	Foods That May Cause Distress	Tips
<b>BREADS, CEREALS, RICE, AND PASTA 6–11 servings each day</b>			
Serving size = 1 slice bread, 1 cup ready-to-eat cereal, ½ cup cooked cereal, rice, or pasta; ½ bun, bagel, or English muffin	Whole-grain or enriched breads and cereals, rice, barley, and pastas Unsweetened, ready-to-eat, or cooked cereals	Breads made with dried fruits, nuts, and seeds Sugar-coated cereals, coarse cereals such as bran Pastries, doughnuts, and muffins	Read food labels on cereal products and check to see if they contain sugar. Avoid products with sugar, sucrose, or corn syrup listed as one of the first three ingredients.
<b>VEGETABLES 3–5 servings each day</b>			
Serving size = 1 cup raw leafy, ½ cup cooked, ¼ cup juice	All cooked vegetables; raw vegetables as tolerated Vegetable juice	Raw vegetables or vegetables prepared with sugar, such as candied potatoes	
<b>FRUITS 2–4 servings each day</b>			
Serving size = 1 medium, ½ cup canned, ¼ cup juice	Fresh or unsweetened canned fruits, unsweetened fruit juices, canned fruits in light syrup or in own juice	Dried fruits, fruits canned in syrup Sweetened fruit juice	Eat small amounts of fruit or juice at any one time. Combine fruit with another food, such as cottage cheese, yogurt, or crackers.
<b>MILK, YOGURT, AND CHEESE 2–3 servings each day</b>			
Serving size = 1 cup milk or yogurt, 1½ oz natural cheese, 2 oz processed cheese	Milk as tolerated Mild cheese such as Muenster or Colby, and other cheeses as tolerated Cottage cheese and unsweetened or plain yogurt	Chocolate milk and milkshakes Sugar-sweetened yogurt	Slowly introduce milk or milk products into your diet. Try small amounts of milk at a time to check your tolerance.
<b>MEATS, POULTRY, FISH, DRIED BEANS AND PEAS, EGGS, AND NUTS 2–3 servings or total of 6 oz daily</b>			
Serving size = 2–3 oz cooked; count 1 egg, ½ cup cooked beans, or 2 tbsp peanut butter as 1 oz meat	Lean tender meats, poultry, fish, and shellfish Eggs Peanut butter Cooked dried beans and peas	Fried or highly seasoned meats, poultry, and fish Fried eggs Nuts	Broil, roast, or grill meats, poultry, or fish instead of frying or breading.
<b>FATS, SNACKS, SWEETS, CONDIMENTS, AND BEVERAGES</b>			
	Butter, margarine, salad dressings, mayonnaise, and sour cream, as tolerated Products made with sugar substitutes, such as pudding, gelatin, frozen yogurt, and carbonated beverages Tea, unsweetened or diluted fruit drinks Spices and seasonings, as tolerated Unsweetened carbonated beverages	Sweetened desserts Sugar, syrup, honey, jelly, jam, molasses, and marshmallows Alcohol, sweetened fruit drinks, and carbonated beverages Coffee	Go easy on added fats, such as butter, margarine, salad dressings, and sour cream. Avoid desserts with sugary sauces, frosting, nuts, and dried fruit.