



POST-OP

GASTRIC SLEEVE DIET



416-360-7360 • www.360sleeve.com

POST GASTRIC SLEEVE DIET TIMELINE

PHASE 1

DAY
1-3

Clear liquids only. It is recommended that you stay on this diet for 2-3 days from your surgery

PHASE 2

DAY
3-13

Full fluids diet

PHASE 3

WEEK
2-3

Blenderized to pureed foods in addition to full fluids.

PHASE 4

WEEK
3-4

Soft minced foods

PHASE 5

WEEK
4-6

Soft foods to regular foods

Adding more solid high protein foods each week until you tolerate regular foods. Most patients can progress to a regular diet after 6 weeks.



PHASE 1

CLEAR FLUIDS

DAY 1 - 3

For the first day after surgery, you will only be allowed to have very small sips of water. For the next day or two, you will be on a **clear liquid diet - these are fluids that you can see through**. Keep sipping throughout the day to stay hydrated.

GOALS

- Drink $\frac{1}{2}$ - $\frac{3}{4}$ cup of clear fluids every hour.
- Target total fluid intake of 6-8 cups (1500-2000 ml) per day as tolerated.

PHASE 1

WHAT ARE CLEAR FLUIDS?

WATER AND SUGAR-FREE WATER ENHANCERS



Water



Sugar-Free Water Enhancer



HERBAL TEA, DECAF COFFEE/ TEA (NO ADDED CREAM OR MILK)



Decaf Coffee/ Tea



Herbal Tea

CLEAR BROTH/ STOCK - STRAINED

Example:



Vegetable Broth



Chicken Broth



Beef Broth

CLEAR JUICE, PULP FREE , NO SUGAR ADDED, DILUTED 50/50 WITH WATER

Example:



Apple Juice



Cranberry Juice



White Grape Juice

SUGAR-FREE ELECTROLYTE

Example:



Vitamin Water Zero



Gatorade Zero

SUGAR-FREE SNACKS



Sugar-Free Clear Jello



Sugar-Free Clear Fluid Popsicle

GENERAL GUIDELINES:

- This diet contains only fluids that are clear-these are fluids that you can see through
- Take very small sips of your clear liquids and rest in between them
- Please sip on these fluids all day
- Do not take a large gulp
- No straw
- No carbonated beverages
- No caffeinated beverages
- Use sugar substitutes
- **SIP SIP SIP**



PHASE 2

FULL FLUIDS

DAY 3 - 13

After about 2-3 of days post surgery, you will be able to introduce full liquids such as vegetable juice and milk. **This diet consists of clear liquids, low-fat blended, and full liquids.** The portions are very small to help prevent vomiting.

- ✓ Start taking your chewable vitamin and mineral supplement - See page 20
- ✓ Start your protein supplements - See page 21
- ✓ Continue to drink a minimum 4-6 cups or 1-1.5 L of fluid every day
- ✓ Eat/drink only the liquid foods and drinks listed

GOALS

Total fluids: 6-8 cups /day; more if tolerated. • Drink $\frac{1}{2}$ - $\frac{3}{4}$ cup fluids every hour.

Protein: Minimum 65g protein for women and 80g protein for men per day by using protein supplements.

Number of meals: Aim for 3 small meals + 3 small snacks every 2 hours.

PHASE 2

WHAT ARE FULL FLUIDS?

LOW-FAT STRAINED OR PUREED CREAM SOUP (MADE WITH SKIM MILK)

Example:



Butternut Squash Soup



Cream of Mushroom Soup

COOKED CEREALS (THIN, SOUPY CONSISTENCY)

Example:



Cream of Wheat Cereal

LOW-FAT, NO SUGAR ADDED MILK

Example:



1% or Skim Milk



LF Soy Milk



LF Almond Milk



NF Milk Powder

ALL TYPES OF JUICE, NO SUGAR ADDED, DILUTED 50/50 WITH WATER



Apple Juice



Vegetable Juice

PROTEIN SHAKES OR POWDER (with at least 10 grams of protein per 100 calories, fewer than 3 grams of fat per 100 calories, and fewer than 12 grams of carbohydrate per serving.)

Example:



Premier Protein

SUGAR-FREE SNACKS



Sugar-Free Pudding



Sugar-Free Hot Cocoa



SF Greek Yogurt - thinned with Skim Milk

GENERAL GUIDELINES:

- Avoid thick pudding consistency fluids or lumpy liquids (ex: cream soups with food particles)
- No alcohol, caffeine, or carbonated beverages (soft drinks)
- Choose one item from the protein group at each meal. These foods are high in protein and should be eaten first. Protein helps your body heal from surgery.
- Record everything that you eat and drink and include amounts
- Restaurant foods are NOT recommended during the first few weeks

MEAL PLANNING

Use foods from the following food groups to plan your meals.



PROTEIN

- ½ cup skim or 1% low-fat milk, lactaid milk, soy milk or Fairlife skim milk (extra protein)
- 2 tablespoons non-fat dry milk powder (mixed into soup or milk)
- ½ cup fat free drinkable yogurt
- ½ package instant breakfast drink, or nutrition supplement, or other high protein beverages
- ½ cup broth or cream soup (chicken) made with skim milk, strained

4-6 Servings/Day • 2 Cups Total



FRUITS & VEGETABLES

These foods are good sources of vitamins, minerals and fiber and are low in calories.

- ½ cup vegetable juice (tomato, carrot, V-8).
- ½ cup prune juice, unsweetened other juice diluted with ½ cup water

2-4 Servings/Day • 1-2 Cups Total

RECIPE IDEA:

Protein Fortified Breakfast Drink

(1 Serving) - Blend together.

- ½ Packet Carnation Instant Breakfast (Sugar free)
- ½ Scoop Protein Powder
- ½ Cup Skim milk



PHASE 3

BLENDERIZED / PUREED DIET

WEEK 2 - 3

Moving slowly from a liquid diet to a regular diet is an important step. Eating this way allows your stomach pouch to slowly adjust to regular food. **Use a blender or food processor to puree your food.**

- ✓ You can still include foods from phase 1 and 2 in this stage
- ✓ Continue taking your chewable vitamin and mineral supplement
- ✓ Continue with your protein supplements
- ✓ Continue to drink a minimum 4-6 cups or 1-1.5 L of fluid every day
- ✓ Add foods slowly and be very mindful of how you are feeling
- ✓ The portions are very small to help prevent vomiting

GOALS

Total fluids: 6-8 cups/day; more if tolerated • Drink $\frac{1}{2}$ - $\frac{3}{4}$ cup fluids every hour

Protein: Minimum 65g protein for women and 80g protein for men per day by using protein supplements

Number of meals: 3 small meals + 3 small snacks every 2 hours

BLENDERIZED / PUREED DIET

WEEK 2 - 3

GENERAL GUIDELINES:

Continue to eat six, small liquid and blended meals each day, but add one solid food item at one meal the third day.

All new foods should be soft cooked, or canned. Avoid all raw fruit and vegetables, nuts, seeds, skins, popcorn, pickles, olives, or relishes.

Stop eating when you begin to feel full. Eat only the amount of food that is comfortable for you that could be 1-2 spoonfuls.

Remember to be mindful of how you are feeling while you are eating or drinking!

Steps For Adding Solid Foods

- Try only one small bite of the new food and chew well
- Wait a while and if there are no problems take another bite
- If at any time you feel full, nauseated, or vomit, stop eating and rest
- Try one solid food again the next day

Tips On Blending Foods

1. Cut food into small pieces. Place food into blender or food processor
2. Add liquid such as broth or milk
3. Blend or puree until smooth
4. Strain foods that do not blend in a completely smooth consistency
5. Season foods to taste. You may want to avoid spicy foods (Tabasco sauce, white pepper, cayenne, red pepper, etc.)

MEAL PLANNING

Allowed $\frac{1}{4}$ - $\frac{1}{2}$ cup of food per meal.

Use foods from the following food groups to plan your meals.



DAIRY

These foods are good sources of protein & calcium.

- $\frac{1}{2}$ cup of skim or 1% low fat milk, lactaid milk, soy milk or Fairlife skim milk (extra protein)
- 2 tablespoons low fat dry milk powder (mixed into soup or milk)
- $\frac{1}{2}$ cup low fat yogurt
- $\frac{1}{2}$ package instant breakfast drink, or other high protein drink
- $\frac{1}{2}$ cup sugar free pudding

3-4 Servings/Day



FRUITS

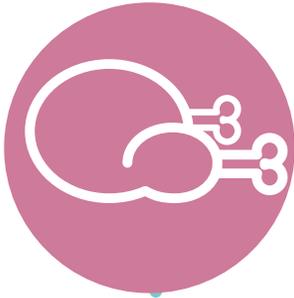
These foods are good sources of vitamins, minerals and fiber and are low in calories.

- $\frac{1}{2}$ cup unsweetened fruit juice
- **Puree** $\frac{1}{4}$ cup cooked or canned, unsweetened fruit

AVOID: Raw Fruits

1-2 Servings/Day

PHASE 3 • PUREED DIET

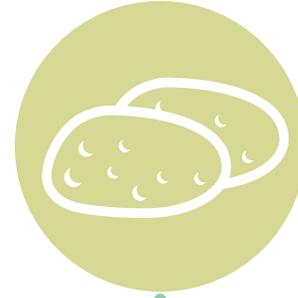


MEAT / PROTEIN

These foods are good sources of protein, B vitamins and iron.

- 1 **pureed** large egg or $\frac{1}{4}$ cup egg substitute
- 1 oz **pureed** cooked meat (beef, fish, turkey, chicken, pork, veal). Meat should be very moist. Chop fine & chew carefully.
- 1 tbsp smooth peanut butter
- 1 oz **pureed** low fat mild cheese (mozzarella, provolone, low fat cheese string)
- $\frac{1}{4}$ cup **pureed** cottage cheese
- $\frac{1}{2}$ cup **pureed** soup beans

4 Servings/Day



GRAIN & STARCH

Remember to have your protein containing foods first! These foods are good sources of energy, B vitamins and iron, if fortified.

- **Pureed** $\frac{1}{2}$ cup soup, any kind
 - $\frac{1}{2}$ cup cooked pasta. Pasta must be thoroughly cooked & very moist and **pureed**
 - $\frac{1}{2}$ cup cooked **pureed** cereal, cream of rice, oatmeal, grits, cream of wheat
 - $\frac{1}{4}$ cup **pureed** cooked starchy vegetables: peas, winter squash, potatoes, yams, sweet potatoes
- AVOID: bread, rolls, buns, biscuits, rice and the skins of potatoes

2 - 3 Servings/Day - Optional

PHASE 3 • PUREED DIET



VEGETABLES

These foods are good sources of vitamins, minerals, fiber & are low in calories.

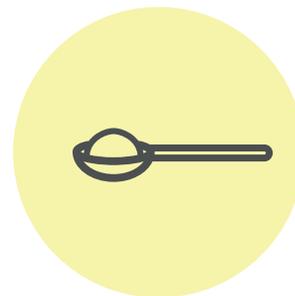
- ½ cup vegetable juice (tomato, carrot, V-8)
- ½ cup **pureed** or ½ cup cooked, tender vegetables

Examples: Asparagus Tips, Leafy Greens, Beets, Carrots, Spinach, Tomato Sauce, Green Beans, Zucchini.

Note: Cabbage, cauliflower, broccoli and Brussels sprouts may cause abdominal discomfort and bloating.

Avoid: Raw vegetables.

1-2 Servings/Day



FAT GROUP:

- 2 tsp light/low fat non-hydrogenated margarine
- 1 tbsp low-fat mayonnaise or salad dressing (oil varieties)
- 1 tbsp low fat gravy

Add if needed

SAMPLE MEAL PLAN

BREAKFAST

- 1 large soft cooked egg + $\frac{1}{2}$ cup skim milk + 10g protein powder

MID-MORNING

- $\frac{1}{2}$ cup water
- After 1 hour, $\frac{1}{2}$ cup low fat Greek yogurt blended with 4 frozen peaches

LUNCH

- 2 tablespoons instant cream of wheat cooked in $\frac{1}{2}$ cup chicken broth, mix in 10g protein from unflavoured whey protein powder

MID-AFTERNOON

- $\frac{1}{2}$ cup water
- After 1 hour, $\frac{1}{2}$ cup low sodium vegetable juice

DINNER

- $\frac{1}{2}$ cup low fat cream of chicken soup blended with 1 oz. poached chicken breast
 - $\frac{1}{4}$ cup puree sweet potato
 - $\frac{1}{4}$ cup skim fat milk
- After 1 hour, $\frac{1}{2}$ cup water

LATE EVENING

- $\frac{1}{2}$ cup skim milk + 20g protein whey protein powder



PHASE 4

SOFT FOOD DIET

WEEK 3 - 4

After a few weeks of soft, pureed foods it's time for a change. With your dietitian's approval, you can typically add soft, solid foods to your diet. These would typically include: **soft fruits, finely diced moist meats, cooked vegetables.**

- ✓ Continue to eat 3 small meals and 2 - 3 healthy snacks each day. Eat slowly and chew well.
- ✓ Add one new food from the new list at one meal each day. If you have trouble with a food, wait 1 to 2 weeks before trying it again.
- ✓ Continue to drink at least 6 cups of water or low-calorie liquid between meals each day
- ✓ Take water with you when you are away from home

GOALS

Total fluids: 7-8 cups/day; more if tolerated • Drink $\frac{1}{2}$ - $\frac{3}{4}$ cup fluids every hour

Protein: Minimum 65g protein for women and 80g protein for men per day by using protein supplements

Number of meals: 3 small meals + 3 small snacks every 2 hours

MEAL PLANNING

Allowed $\frac{1}{4}$ - $\frac{1}{2}$ cup of food per meal.

Here is a list of foods you can incorporate into your soft food diet

- Ground, shredded or pulled meat, chicken or fish
 - Cheese-all types in 30 g or 1 inch cubes
 - Legumes-soft and cooked
 - Eggs
 - Well cooked fruits and vegetables
 - All soups
 - Smooth nut butter



DAIRY

All milk products from previous phases can still be consumed. New additions include:

- $\frac{1}{2}$ cup of plain, low fat yogurt

4 Servings/Day



MEAT / PROTEIN

All meat products from previous phases can still be consumed. New additions include:

- 1 oz low fat deli meat
- $\frac{1}{2}$ cup cooked, dried beans

6 Servings/Day



GRAIN & STARCH

All grain products from previous phases can still be consumed. New additions include:

- $\frac{1}{4}$ to $\frac{1}{2}$ cup cooked starchy vegetables: peas, winter squash, yams, potatoes

3-4 Servings/Day



VEGETABLES

All vegetable products from previous phases can still be consumed. New additions include:

- $\frac{1}{4}$ to $\frac{1}{2}$ cup soft cooked vegetables

Avoid: Fibrous vegetables and with thick skins or large seeds

1-2 Servings/Day

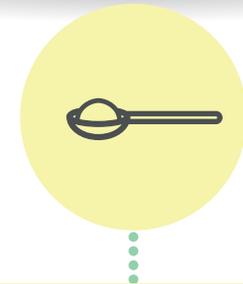


FRUITS

These foods are good sources of vitamins, minerals and fiber and are low in calories.

- $\frac{1}{2}$ cup unsweetened fruit juice
- $\frac{1}{4}$ cup cooked or canned, unsweetened fruit

1-2 Servings/Day



FAT GROUP:

- 2 tsp light/low fat non-hydrogenated margarine
- 1 tbsp low-fat mayonnaise or salad dressing (oil varieties)
- 1 tbsp low fat gravy

2 Servings / Day

SAMPLE MEAL PLAN

BREAKFAST

- 1 large egg mixed with 1 oz. low fat milk, scrambled
- ½ cup low fat yogurt

MID-MORNING

- 1 cup water

LUNCH

- 1 cup low fat vegetable soup
- 1 oz. chopped, baked skinless chicken breast
- ½ cup unsweetened apple sauce

MID-AFTERNOON

- 1 cup skim milk

DINNER

- 2 oz. poached salmon
- ½ cup mashed sweet potato
- ½ cup soft cooked green beans
- 1 tbsp light non-hydrogenated margarine

LATE EVENING

- ½ cup skim milk + 20g protein whey protein powder blended with ½ small banana



PHASE 5

REGULAR FOOD DIET

WEEK 4 - 6 AND ONWARDS

You may add soft to regular foods. Add more solid foods on a daily basis. Include more raw fruits and vegetables at this stage. Most patients will be on a regular diet by 6 weeks.

- ✓ Eat slowly
- ✓ Separate your liquids and solids-stop drinking 30 minutes before a meal and wait 30 minutes after a meal to start drinking again
- ✓ Continue with small pieces
- ✓ Eat the high protein foods first
- ✓ Stop eating before you are full
- ✓ Stop eating if you feel any discomfort or pain
- ✓ Chose foods from all food groups

GOALS

Total fluids: 8 cups/day; more if tolerated • Drink $\frac{1}{2}$ - $\frac{3}{4}$ cup fluids every hour

Protein: Minimum 65g protein for women and 80g protein for men per day by using protein supplements

Number of meals: 3 small meals + 2-3 small snacks every 2 hours

BARIATRIC PLATE

A gastric sleeve portion plate is a great tool to help patients with portion control. The sections on the gastric sleeve portion plate reflect post-surgery diet recommendations to help patients maintain a healthy diet. These plates are usually small, around 7-9 inches in diameter, which gives patients the illusion of a “full” plate despite smaller portions.

1. Choose Lean Protein:

- Lean cuts of red meat
- Skinless chicken breast
- Tofu
- Lentil and legumes
- Low-fat dairy

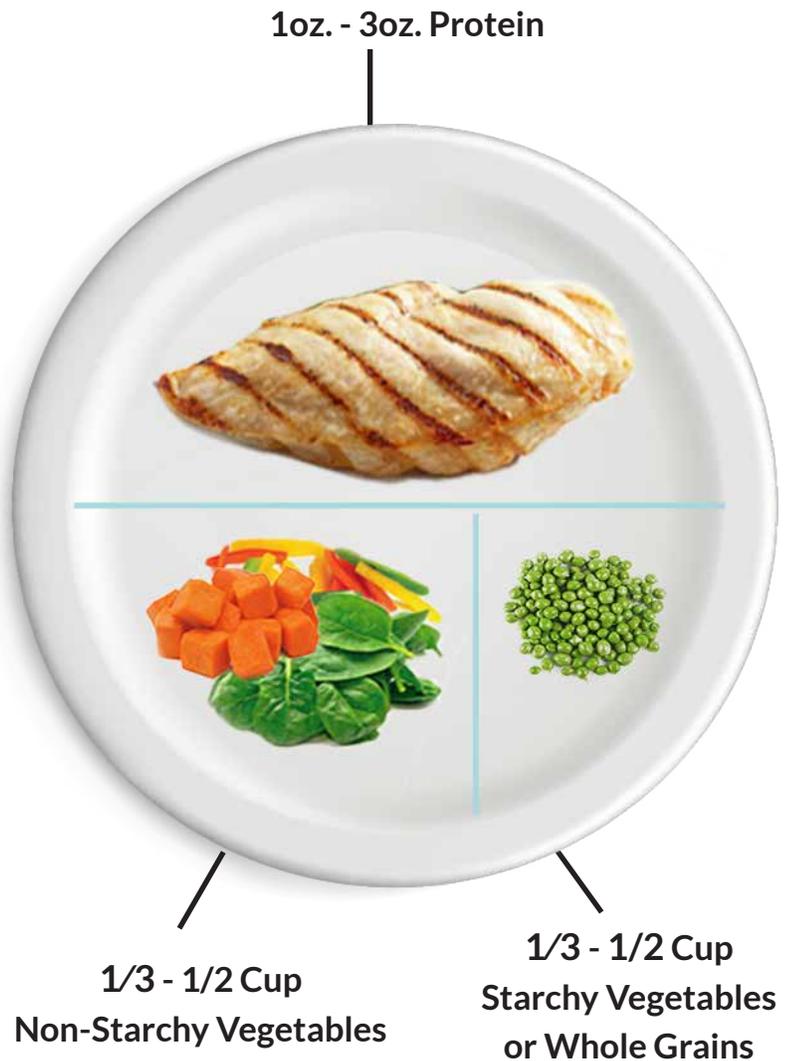
Eat protein first - Eating the protein portion of your meal first helps you to get enough protein even if you are too full to finish the entire meal. Because of the small amount of food you are eating it is important to make sure half (50%) of the food you eat is protein.

2. Choose $\frac{1}{3}$ - $\frac{1}{2}$ Cup Non-Starchy Vegetables:

- Artichoke
- Asparagus
- Arugula
- Brussels Sprouts
- Broccoli
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Eggplant
- Leafy Greens
- Lettuce
- Mushrooms
- Peppers
- Spinach
- Sprouts
- String Beans
- Tomato
- Zucchini

3. Choose $\frac{1}{3}$ - $\frac{1}{2}$ Cup Starchy Vegetables/Whole Grains:

- Vegetables
- Quinoa
- Barley
- Legumes
- Oat
- Potatoes
- Whole Grains



HIGH PROTEIN

Protein is necessary for proper healing of your incision and your new stomach. It is also important for keeping muscle mass during weight loss. Not enough protein in your diet results in poor healing, hair loss, and an overall decrease in energy.

Because you will be eating smaller amounts with your new stomach, it is important to choose foods that are high in protein. Meat and dairy products are high in protein. Try to include at least one serving from one of these food groups at each meal and snack. You are aiming for daily protein intake of 60 - 90 grams a day.

SAMPLE HIGH PROTEIN MINI MEALS

Mini Meal #1

- 1 tbsp smooth peanut butter
- 3 crackers

Mini Meal #2

- ¼ - ½ cup cottage cheese
- ¼ cup unsweetened fruit

Mini Meal #3

- 1 fruit
- ½ cup plain Greek yogurt

Mini Meal #4

- String cheese or 1 oz. other cheese
- ¼ cup unsweetened fruit

Mini Meal #5

- ½ cup unsweetened dry cereal with
- ½ cup skim or low fat milk

Mini Meal #6

- 1 hard boiled egg
- ½ cup fruit

Mini Meal #7

- 1 scrambled egg with
- 1 oz. shredded low-fat cheese

Mini Meal #8

- ½ baked potato
- ¼ cup chili or beans

Mini Meal #9

- ½ cup instant breakfast drink or other high protein drink

Mini Meal #10

- 1 tbsp peanut butter
- ½ cup instant sugar free pudding or ½ protein bar

OTHER ESSENTIALS

WATER & OTHER FLUIDS

Water is essential before and after surgery. It is found in every cell of your body and functions in many important ways.

Water:

- Helps break down stored fat
- Promotes kidney function and helps rid the body of waste
- Is the best treatment for fluid retention
- Maintains proper muscle tone and helps prevent sagging skin
- Helps avoid or relieve constipation

Notes:

- After surgery it may be hard to keep up your fluids
- Sip water and other fluids often between meals for the first few weeks
- Keep a record of your fluid intake
- Daily target fluid intake 6-8 cups fluids - this includes all fluids i.e. water, milk, juice, soup.

MULTIVITAMIN-MINERAL SUPPLEMENTS

Multivitamin (MVI) with Minerals:

- Start Multivitamin with Full Fluid Phase
- Take 1 Chewable tab or liquid Multivitamin supplement daily for a lifetime
- Consider taking Calcium and Vitamin D. Speak to Doctor or Dietitian

Brand Suggestions:

- Bariatric Advantage Multivitamin with iron
- Celebrate Multivitamin with iron

OTHER ESSENTIALS

PROTEIN SUPPLEMENTS

Water is essential before and after surgery. It is found in every cell of your body and functions in many important ways.

What To Look For:

There are 2 types of protein supplements

1. Protein powders
2. Premade protein shakes

- Protein powder or liquid made from Whey Protein Isolate or Soy Protein Isolate
- At least 20 – 30 grams protein per 250 mL serving (or 1 scoop)
- Less than 6 grams of sugar and less than 3 grams of fat per 250 mL serving

Where Can You Buy Protein Supplements?

- Walmart, Costco, Shoppers Drug Mart, Rexall
- GNC, Popeyes, Nutrition House
- Grocery Stores

Brand Suggestions:

- Premier Protein Premade shake
- Fairlife Protein Shakes
- Schinoussa Protein Powder-many flavours
- Lean Fit Whey Protein GFR Health
- 100% Isolate European Whey Webber Naturals
- Weider Protein fruit splash Weider 90% Protein
- Absolute Soy Protein Interactive Nutrition
- Whey Gourmet PVS 21

GROCERY / PANTRY LIST

Some Things To Have on Hand After Surgery:

- Beverages (Crystal Light, Decaf Teas, Flavoured Waters, etc)
- Unsweetened clear juices e.g. apple juice, white grape juice
- Sugar-free Jello
- Sugar-free Popsicles or Freezies
- Applesauce (no sugar added)
- Baby Food (strained)

- Broth or Bouillon
- Canned Soft Fruit (in its own juice)
- Cream of Wheat (plain)
- Smooth texture Soups (strained)
- Low Fat Cottage Cheese
- Dry Milk (non-fat)
- Instant Breakfast Drink (sugar free)

- Milk (skim, 1%, soy)
- Oatmeal (instant, plain)
- Nut Butter (smooth)

- Sugar-free Puddings
- Protein Supplements - Shakes or powder
- Tomato Juice or V-8 (low-sodium)
- Plain Greek Low Fat Yogurt

WE ARE HERE TO SUPPORT YOUR WEIGHT LOSS JOURNEY

If you have any questions or concerns regarding your gastric sleeve diet, please contact our dietitian.

Email : nutrition@clinic360.com or 416-360-7360

Write down your appointment below:

Notes:

-  PRE-OP APPOINTMENT
Dietitian Consult : _____
-  1 MONTH POST-OP
Dietitian Visit: _____
-  3 MONTHS POST-OP
Dietitian Visit: _____
-  9 MONTHS POST-OP
Dietitian Visit: _____
-  Dietitian Visit: _____
-  Dietitian Visit: _____

Note: After one year, visits with dietitian will be on as needed basis. Visits will be done in person/phone/zoom as per patients convenience. Extra visits will always be added as clinically indicated and for support. These are minimum targets