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SAMPLE *SOLID FOOD* DIET

For
Gastric Bypass Patients

BREAKFAST:

1 egg or ¼ cup cottage cheese
½ c milk

AM SNACK: small fruit; ½ cup protein drink

LUNCH:

2 oz meat or fish (1/2 cup if canned)
¼ cup vegetable
½ cup milk or yogurt

PM SNACK: 1 oz low fat cheese; 4 crackers
½ cup milk

DINNER:

2 – 3 oz meat or fish
¼ - ½ cup vegetable OR ¼ - 1//2 cup canned fruit or 1 small fruit
¼ - ½ cup mashed potato (1 small)
½ cup milk

Evening SNACK: ½ cup of Protein Drink
4 crackers with 2 Tbsp canned fish

Sip slowly, 2 oz every 15 minutes

Try to drink 4 - 6 (1 – 1 //2 Liter) of water throughout the day.
If at least 2 oz meat /fish are not eaten at lunch and dinner,
Add 4 – 8 oz protein drink to the menu.

BYPASS RULES FOR REGULAR DIET

- Solid food must be eaten **slowly**, in **small bites**, **chewed** well +++
- As time goes by you will find you can eat more at one sitting
- Therefore, as time goes by, you may want only 3 meals a day
- As time goes by you may ‘challenge ‘ yourself with greater variety
- Make meal time a “**focused event**” – pay attention to volume of food
- Pay attention to signals of satiety – stop when for feel ‘full’
- In time, you should be able to complete a meal in 20 – 40 minutes
- Your Dietitian will advise you, if a protein drink is still needed
- Tolerating liquids with solids varies with people - experiment
- Avoid carbonated beverages; choose low fat foods/ cooking methods
- Take an adult chewable multi - vitamin

AVOID DURING THE INITIAL STAGES OF THIS DIET PHASE:

Bread, of any kind; muffins, cakes, cookies

Pasta and rice

Raw vegetables and fresh fruit

FIRST TRY:

Fish, minced or soft white meats, eggs, low fat cheese

Soups, not pureed

Canned vegetables or well cooked fresh vegetables

Canned fruit

Cold cereals, potatoes, pita bread or wraps for sandwiches, low fat crackers

LAST TRY:

Red meat

Bread (try toasted first), pasta and rice

Fresh fruit (peel the apple skin; others are usually tolerated)

Fresh vegetables and salads

Prepared by Denise Poirier, RD

Revised January 2006