Nutrition Guide After Gastric Sleeve Surgery

Baptist Health
Nutrition Guide after Gastric Sleeve Surgery

Goals: Achieve and Maintain your desired weight loss
Prevent nausea and vomiting
Remain nutritionally healthy while you are losing weight

What we will cover today:

How to Eat
Protein, Vitamins & Minerals
Recommended Fluids
What to Eat
Foods to Avoid
Sample Menus
Nausea & Vomiting
Grocery Shopping
Activity

Dietitian’s Name: ________________________________

Phone Number: 501-202-1877

Email Address: ________________________________@baptist-health.org
How to Eat After Surgery

- Always eat your protein food first.

- Chew your food at least 20-30 times. Food should be mushy before swallowing.

- Eat SLOWLY. It should take you about 30-45 minutes to eat your meals.

- Stop eating as soon as you feel full. Remember, your stomach is smaller than before.

- Do NOT drink fluid with your meals. This could overfill your pouch and cause vomiting.

- Stop drinking fluids 20-30 minutes before eating.

- Wait at least 30-60 minutes after you eat to begin drinking fluids.

- Sip at least 6 cups of fluid each day (48 oz total). Beverages should be sugar free.

- Do not use a straw. This can cause gas or bloating.

- Eat at the table. Avoid any activity that could distract you - phone, computer, video games, tablets, TV and cause you to eat too fast or not realize when you are full.

- Serve food on a small plate and use small utensils to help you eat slower.

- Don’t skip meals. Eat 3 balanced meals each day with protein supplements between meals.

- Do not chew gum. This can cause gas.

- Take your vitamins as directed.

- Food intolerance is not uncommon. It varies from one person to another and is not always permanent. If you find that you do not tolerate a certain food, just stop eating that food for a while and try it again later.
Your Protein Needs

Protein is necessary to help your body heal from surgery, as well as preserve muscle tissue while you are losing weight. Your body does not store protein, so it must be replaced every day.

You will need **60 grams of protein each day**, however, the small capacity of your stomach makes it difficult to eat enough high protein foods at one time.

### The BEST SOURCES of protein are:

<table>
<thead>
<tr>
<th>Food Item</th>
<th>Serving Size</th>
<th>Grams of Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lean Beef, Chicken, Fish, Turkey, Pork</td>
<td>1 oz</td>
<td>7</td>
</tr>
<tr>
<td>Skim Milk, Yogurt</td>
<td>1 cup</td>
<td>8</td>
</tr>
<tr>
<td>Canned Tuna, Salmon, Ham or Chicken (water packed)</td>
<td>¼ cup</td>
<td>7</td>
</tr>
<tr>
<td>Low Fat Cottage Cheese</td>
<td>¼ cup</td>
<td>7</td>
</tr>
<tr>
<td>Low Fat Cheese</td>
<td>1 oz</td>
<td>7</td>
</tr>
<tr>
<td>Egg</td>
<td>1 each</td>
<td>7</td>
</tr>
<tr>
<td>Smooth Peanut Butter</td>
<td>1 tbs</td>
<td>4</td>
</tr>
</tbody>
</table>

### Protein Supplements

You will need liquid protein supplements between meals

**Recommendations:** 1-3 per day depending on how tight your sleeve is and how much protein is in the supplement you choose

Look for Supplements that are high in protein and low in sugar/calories

- **Protein** at least 15 grams per serving - preferably more
- **Sugar** < 5 grams per serving
- **Calories** < 200

### Good Examples

- **AdvantEdge Carb Control®**
  - Protein = 17 grams
  - Sugar = 0 grams
  - Calories = 110

- **Atkins Advantage®**
  - Protein = 15 grams
  - Sugar = 1 gram
  - Calories = 160

- **Slim Fast Low Carb®**
  - Protein = 20 grams
  - Sugar = 1 gram
  - Calories = 190

- **Muscle Milk Light®**
  - Protein = 20 grams
  - Sugar = 3 grams
  - Calories = 160
Vitamin and Mineral Supplements

Because your pouch is too small to allow adequate intake of foods, you will need a vitamin and mineral supplement. It should be in a liquid or chewable form to avoid blocking the outlet of the pouch. You should not stop taking the multi-vitamin unless directed by your doctor. Vitamins and minerals perform many specific and individual functions. They do not provide energy in the sense of calories, but they are important in maintaining the function of the cells in your body. In some instances problems can occur if you are deficient in a vitamin or mineral. To prevent this from happening, you should include enough protein in your diet and ensure that you are meeting your vitamin and mineral needs. Two problems which could occur if you become deficient in a nutrient are hair loss and anemia.

Hair loss:  Deficiencies of protein, zinc and vitamin A may contribute to the problem of hair loss.
Anemia:  The cause of anemia may be due to deficiency of Iron, Vitamin B-12 or Folic Acid.

*** It is very important that you take your prescribed multivitamin daily for the rest of your life.
**DO NOT quit taking vitamins unless your physician tells you to do so.

Deficiencies may occur within a few weeks during the rapid weight loss phase after your surgery. Severe complications such as Anemia, Metabolic Bone Disease, Osteoporosis, and hair loss can occur with inadequate vitamin/mineral supplementation.

Multi-Vitamins

Take one chewable multivitamin with minerals every day
Examples:  Centrum Chewable or Liquid, Flinstones Complete, Viactiv Multi-Vitamin Soft Chews

Calcium & Vitamin D

Take 600 mg of Calcium Citrate in the morning and 600 mg of Calcium Citrate in the evening. Choose a Calcium supplement with at least with 200 IU Vitamin D every day
Examples:  

- Citrical Petites with Vitamin D
  2 tablets = 400 mg of calcium
  2 tablets = 500 IU of Vitamin D

- Calcium Citrate Wafer
  4 wafers = 1000 mg Calcium
  4 wafers = 400 IU Vitamin D
**Recommended Fluids**

Drink all beverages BETWEEN meals
- Water
- Skim Milk
- Vegetable Juice (V-8, tomato)
- Unsweetened 100% Pure Fruit Juice (Limit to 8 oz per day)
- Tea or Coffee (unsweetened)
- Crystal Lite or other sugar free beverages
- Protein Shakes

To Prevent Dehydration, sip at least 6 eight ounce cups of fluid each day (48 oz total). Do NOT drink Carbonated Beverages. These can cause gas or bloating. Do NOT drink beverages sweetened with sugar. These can cause weight gain.

**Meal Time Portion Progression**

- **Week 1-3:** 1-2 Tablespoons per meal (about 1/8 cup)  
  *(Days 1-21)*

- **Weeks 4-5:** 2-4 Tablespoons per meal (about 1/4 cup)  
  *(Days 22-35)*

- **Weeks 6-8:** 4-6 Tablespoons per meal (about 1/3 cup)  
  *(Days 36-56)*

Do NOT ever exceed 8 tablespoons per meal (1/2 cup). It takes 6-9 months, possibly longer, for stomach size to stabilize and allow you to determine your normal meal time amount.
What to Eat After Surgery

Day of Surgery

The first thing you will be given after surgery is ice chips. Eat the ice chips VERY slowly.

Volume Guideline: Ice chips 1-2 oz per hour

Day 1 - Day After Surgery

You will only be able to eat/drink 2-3 ounces or 2-3 Medicine Cups over an hour. Sip VERY slowly and STOP as soon as you feel full. Do not use a straw.

Volume Guideline: 2-3 ounces or 2-3 Medicine Cups over an hour

Sugar Free Clear Liquids:
- Broth
- Sugar Free Jello
- Coffee/Tea
- 100% Fruit Juice
- Sugar Free Popsicles

Between meals, sip liquids VERY slowly (about 2-3 oz per hour)
Days 3-7

Continue to sip clear fluids between meals, stop 30 minutes before and after meals. Now you will eat soup, pudding, yogurt or cereal at meal time. Eat VERY slowly and STOP as soon as you feel full. Do not use a straw. You may choose from the list above and below.

**Volume Guideline:**
- Clear liquids — 2-3 ounces or 2-3 Medicine Cups over an hour
- Full liquids — 1-2 tablespoons or a maximum of 1/8 a cup at mealtime

**Sugar Free Full Liquids**
- Hot Cereals (thin)  
  - Make Cereal with Skim Milk (to add protein)
- Oatmeal, or Cream of Wheat or Grits
- Low Fat Cream Soup - 98% Fat Free  
  - Make Soup with Skim Milk (to add protein) Blend or strain if not smooth
- Tomato Soup
- Cream of Mushroom
- Cream of Chicken
- Cream of Celery
- Cream of Broccoli
- Cream of Broccoli & Cheese
- Yogurt  
  - Sweetened with Splenda - No chunks
- Skim Milk
- V-8 Juice or Tomato Juice
- Sugar Free Pudding
- High Protein / Low Calorie Shakes

*Between meals, sip liquids VERY slowly (about 2-3 oz per hour)*

As the surgery swelling goes down and you are able to increase fluids between meals to reach the 48oz of fluid a day. Sip this fluid SLOWLY between meals.
Sample Menu for Days 3-7 - Full Liquids
Volume of food is 1-2 Tablespoons or a maximum of 1/8 cup per meal

<table>
<thead>
<tr>
<th>Day 3</th>
<th>Day 4</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
</tr>
<tr>
<td>Oatmeal made with Skim Milk</td>
<td>Cream of Wheat made with Skim Milk</td>
</tr>
<tr>
<td>1-2 Tbsp</td>
<td>1-2 Tbsp</td>
</tr>
<tr>
<td>Wait 30-60 minutes then High Protein Shake 4 oz</td>
<td>Wait 30-60 minutes then High Protein Shake 4 oz</td>
</tr>
<tr>
<td>Stop drinking 30 minutes before lunch</td>
<td>Stop drinking 30 minutes before lunch</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
</tr>
<tr>
<td>Low Fat Cream Soup (with Skim Milk)</td>
<td>Low Fat Cream Soup (with Skim Milk)</td>
</tr>
<tr>
<td>1-2 Tbsp</td>
<td>1-2 Tbsp</td>
</tr>
<tr>
<td>Wait 30-60 minutes then High Protein Shake 4 oz</td>
<td>Wait 30-60 minutes then High Protein Shake 4 oz</td>
</tr>
<tr>
<td>Stop drinking 30 minutes before dinner</td>
<td>Stop drinking 30 minutes before dinner</td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td><strong>Dinner</strong></td>
</tr>
<tr>
<td>Sugar Free Pudding</td>
<td>Yogurt</td>
</tr>
<tr>
<td>1-2 Tbsp</td>
<td>1-2 Tbsp to</td>
</tr>
<tr>
<td>Wait 30-60 minutes then High Protein Shake 4 oz</td>
<td>Wait 30-60 minutes then High Protein Shake 4 oz</td>
</tr>
</tbody>
</table>

Sip on Liquids between meals (about 2-3 oz per hour) stop 30 minutes before and after meals
Remember to take your multivitamin/multimineral and calcium supplement every day!

Between Meal Beverages:
Protien shake
Water
Tea/Coffee
SF Beverages without carbonation
Broth
SF popsicles
SF Jello
1 cup of fruit juice per day
V-8 juice
(SF=Sugar Free)
Weeks 2-5

Pureed Soft Diet - Soft or pureed foods
Continue to sip fluids between meals, stop 30 minutes before and after meals. Now you will eat soft or pureed foods at meal time. Include a good source of protein at each meal and Drink High Protein Shakes or Supplements (2-3 a day BETWEEN meals). Eat VERY slowly and STOP as soon as you feel full. You may choose from the list below. You will double mealtime portions at week 4.

Volume Guideline:  
Weeks 2-3 — 1-2 tablespoons or maximum of 1/8 cup  
Weeks 4-5 — 2-4 tablespoons or a maximum of 1/4 a cup

High Protein Foods (choose 1 per meal, eat protein foods first)
- Hot Cereal Made with Skim Milk (No sugar added)
- Cheerios with Skim Milk (Not sugar coated - may need to be soggy)
- Yogurt (Sweetened with Splenda)
- Cottage Cheese (Low fat or Non-fat)
- Shredded Cheese (Low fat or Non-fat)
- Soft Poached or Scrambled Egg (Hard Boiled Egg if grated into tiny flakes)
- Canned Salmon/Tuna/Chicken/Ham Salad (packed in water) Mix with Low fat or Non-fat Mayonnaise - not chunky
- Smooth Peanut Butter (No Sugar Added - Natural)
Other Foods (choose 1 per meal)

- Canned Fruit (packed in water or juice)
- Applesauce
- Banana
- Soft Pear (peeled)
- Peaches or Nectarines (peeled)
- Melons
- Canned Vegetables

- Soft Cooked Vegetables - peeled (no raw vegetables)
- Whole Grain Crackers
- Melba Toast
- Whole Wheat Pasta
- Brown or Wild Rice (not everyone tolerates)
- Sugar Free Frozen Yogurt (Low fat or Non-fat)
- Sugar Free Pudding (Make with skim milk)

Vegetables to avoid: Corn, Broccoli, Cauliflower, Celery, Asparagus

NO BREAD
Sample Menu for Weeks 2-3 Pureed Soft

Volume of food is about 1-2 tablespoon up to 1/8 cup per meal

<table>
<thead>
<tr>
<th>Day 8</th>
<th>Day 9</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
</tr>
<tr>
<td>Oatmeal made with Skim Milk</td>
<td>1 Tablespoon</td>
</tr>
<tr>
<td>Applesauce</td>
<td>1 Tablespoon</td>
</tr>
<tr>
<td>Wait 30-60 minutes then (High Protein Shake 8-12 oz)</td>
<td>Stop drinking 30 minutes before lunch</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
</tr>
<tr>
<td>Low Fat Cottage Cheese</td>
<td>1 Tablespoon</td>
</tr>
<tr>
<td>Unsweetened peaches</td>
<td>1 Tablespoon</td>
</tr>
<tr>
<td>Wait 30-60 minutes (High Protein Shake 8-12 oz)</td>
<td>Stop drinking 30 minutes before dinner</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td><strong>Dinner</strong></td>
</tr>
<tr>
<td>Blended Tuna with Low Fat Mayonnaise</td>
<td>1 Tablespoon</td>
</tr>
<tr>
<td>Whole Wheat Crackers</td>
<td>2 Crackers</td>
</tr>
<tr>
<td>Wait 30-60 minutes (High Protein Shake 1-2 oz)</td>
<td></td>
</tr>
</tbody>
</table>

Remember to take your multivitamin/multimineral and calcium supplement every day!
Sample Menu for Weeks 4-5 Soft

Volume of food is about 2-4 tablespoon up to 1/4 cup per meal

<table>
<thead>
<tr>
<th>Day 22</th>
<th>Day 23</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
</tr>
<tr>
<td>Cheerios</td>
<td>Soft Poached Egg</td>
</tr>
<tr>
<td>2 Tablespoons</td>
<td>2 Tablespoons</td>
</tr>
<tr>
<td>Skim Milk</td>
<td>Low Fat Yogurt</td>
</tr>
<tr>
<td>1 Tablespoon</td>
<td>2 Tablespoons</td>
</tr>
<tr>
<td>Mashed Banana</td>
<td></td>
</tr>
<tr>
<td>1 Tablespoon</td>
<td></td>
</tr>
<tr>
<td>Wait 30-60 minutes then High Protein Shake 8-12 oz</td>
<td>Wait 30-60 minutes then High Protein Shake 8-12 oz</td>
</tr>
<tr>
<td>Stop drinking 30 minutes before lunch</td>
<td>Stop drinking 30 minutes before lunch</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
</tr>
<tr>
<td>Smooth Peanut Butter</td>
<td>Low Fat Cheese</td>
</tr>
<tr>
<td>1 Tablespoon</td>
<td>1 oz (1 slice)</td>
</tr>
<tr>
<td>Whole Wheat Crackers</td>
<td>Whole Wheat Crackers</td>
</tr>
<tr>
<td>2-4 Crackers</td>
<td>2 Crackers</td>
</tr>
<tr>
<td>Mashed Banana</td>
<td>Applesauce</td>
</tr>
<tr>
<td>1 Tablespoons</td>
<td>1-2 Tablespoons</td>
</tr>
<tr>
<td>Wait 30-60 minutes then High Protein Shake 8-12 oz</td>
<td>Wait 30-60 minutes then High Protein Shake 8-12 oz</td>
</tr>
<tr>
<td>Stop drinking 30 minutes before dinner</td>
<td>Stop drinking 30 minutes before dinner</td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td><strong>Dinner</strong></td>
</tr>
<tr>
<td>Chicken Salad with Low Fat Mayonnaise</td>
<td>Low Fat Cream Soup made with Skim Milk</td>
</tr>
<tr>
<td>2-3 Tablespoons</td>
<td>3 Tablespoons</td>
</tr>
<tr>
<td>Whole Wheat Crackers</td>
<td>Green Beans</td>
</tr>
<tr>
<td>2 Crackers</td>
<td>1 Tablespoon</td>
</tr>
<tr>
<td>Wait 30-60 minutes then High Protein Shake 8-12 oz</td>
<td>Wait 30-60 minutes then High Protein Shake 8-12 oz</td>
</tr>
</tbody>
</table>

Remember to take your multivitamin/multimineral and calcium/vitamin D supplement every day!
Weeks 6-8

Soft Diet
Continue to sip fluids between meals, stop 30 minutes before and after meals. **Now you will eat soft textured foods at meal time.** Continue with High Protein Shakes or Supplements as needed between meals to reach 60 grams of protein a day. **Chew slowly, take small bites, chew very well and STOP as soon as you feel full.** You may begin adding items from the list below to your meal time foods.

Chicken, Turkey, Pork, Ham, Fish, Roast Beef, Lean Lunch Meats, etc
- Chopped/shredded Meats at first, then regular meats
- Choose Lean meats, moist, NOT dry
- You may use a food processor to grind, shred or chop meat

**Volume Guideline:**
- Clear or Full liquids — 48 ounces per day
- Soft Foods — 2-4 tablespoons or a maximum of 1/3 cup

**More High Protein Foods**
Start with shredded or chopped meat, then sliced
- Chicken or Turkey (no skin)
- Lean Ground Beef or Turkey
- Lean Pork
- Lean Sliced Deli meat
- Fish
- Lean Ham or Lean Beef

**Other Foods**
Start with **toasted** whole wheat bread, 1/4 slice
Sample Menu for Weeks 6-8 - Soft Diet

Volume of food should be 4-6 Tablespoons per meal (Maximum of 1/3 cup)

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
</tr>
<tr>
<td>Low Fat Yogurt</td>
<td>Soft Poached Egg</td>
</tr>
<tr>
<td>2-3 Tablespoons</td>
<td>1 egg</td>
</tr>
<tr>
<td>Cream of Wheat made with Skim Milk</td>
<td>Whole Wheat Toast</td>
</tr>
<tr>
<td>3 Tablespoons</td>
<td>1/4 Slice</td>
</tr>
<tr>
<td>Wait 30-60 minutes then High Protein Shake 8-12 oz</td>
<td>Wait 30-60 minutes then High Protein Shake 8-12 oz</td>
</tr>
<tr>
<td>Stop drinking 30 minutes before lunch</td>
<td>Stop drinking 30 minutes before lunch</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
</tr>
<tr>
<td>Low Fat Deli Ham</td>
<td>Low Fat Cottage Cheese</td>
</tr>
<tr>
<td>1/2 oz</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Low Fat Cheese</td>
<td>Unsweetened Peaches</td>
</tr>
<tr>
<td>1/2 oz</td>
<td>2 Tablespoons</td>
</tr>
<tr>
<td>Whole Wheat Crackers</td>
<td>Whole Wheat Crackers</td>
</tr>
<tr>
<td>4-6 Crackers</td>
<td>4-6 Crackers</td>
</tr>
<tr>
<td>Wait 30-60 minutes then High Protein Shake 8-12 oz</td>
<td>Wait 30-60 minutes then High Protein Shake 8-12 oz</td>
</tr>
<tr>
<td>Stop drinking 30 minutes before dinner</td>
<td>Stop drinking 30 minutes before dinner</td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td><strong>Dinner</strong></td>
</tr>
<tr>
<td>Ground Chicken</td>
<td>Baked Fish</td>
</tr>
<tr>
<td>2 Tablespoons</td>
<td>2 Tablespoons</td>
</tr>
<tr>
<td>Mashed Potatoes</td>
<td>Brown Rice (if tolerated)</td>
</tr>
<tr>
<td>2 Tablespoons</td>
<td>2 Tablespoons</td>
</tr>
<tr>
<td>Green Beans</td>
<td>Carrots</td>
</tr>
<tr>
<td>2 Tablespoons</td>
<td>2 Tablespoons</td>
</tr>
<tr>
<td>Wait 30-60 minutes then High Protein Shake 8-12 oz</td>
<td>Wait 30-60 minutes then High Protein Shake 8-12 oz</td>
</tr>
</tbody>
</table>

Remember to take your multivitamin/multimineral and calcium/vitamin D supplement every day!
After Week 8

Bariatric Regular Diet
After week 8 you will begin eating “regular” diet. You may now add fresh bread, raw vegetables and other meats. You should continue to use the trial and error method of adding new foods according to how well you tolerate the new items. Be sure that you only try to add one new food item at a time to see if you will be able to tolerate it. Be sure you eat 3-4 balanced meals each day. You will need to include two servings of dairy, 3 servings of meat/protein, 3 servings of fruits and vegetables and 2 servings of whole grains. Continue to limit fat to less than 30% of your total calories and drink 48 ounces of fluid daily.

Volume Guideline: Meal Time — 6-8 tablespoons or a maximum of 1/2 cup
Care Partner Daily Activity Checklist

Day of Surgery:
- Ice Chips 1-2oz every hour as tolerated on arrival to room
- Walk at least once
- Leg Compression Device on while in bed
- Cough and Deep Breath with Device

Day After Surgery:
- Walk in hallway 8-10 separate times
- Leg Compression Device back on after walk
- Cough and Deep Breath with Device
- 1000 Start Clear Liquids
- Encourage the 5 S's
  - Slow
  - Steady
  - Sips
  - Stop when full and wait
  - Stop before and after meals

Day of Discharge:
- Walk in hallway every hour until discharge
- Leg Compression device back on after walk
- Cough and Deep Breath with Device
- Encourage the 5 S's
- 0600 Discuss and write down any questions your team may have for the MD

1. 

2. 

3. 

Patient Must Do’s before discharge:
- Pass Gas
- Tolerate oral pain meds if needed
- Able to drink adequate amounts of oral fluids

Travel from Hospital to Home:
- Stop and walk around EVERY hour on the drive home
Additional Tips

Foods to Avoid
- Tough or Dry Meats
- Membranes of Oranges and Grapefruit
- Peelings of Fruits and Vegetables
- Raw Vegetables
- Fresh Bread (Toasted Bread is OK after the 6th Week)
- Fried Foods (breading will make you sick even if it is baked breading)
- Sweets: Cookies, Cakes, Pies, Candy, Regular Soft Drinks, Regular Ice Cream, Sherbet, Jelly, Jam, Syrup, other Sweets

Nausea & Vomiting Trouble Shooting Guide
You will be more successful and have fewer (or no) complications with your gastric surgery if you carefully and closely follow the guidelines recommended in this booklet. Learn and follow the guidelines on portion size, chewing, and liquid intake to prevent nausea and vomiting.

Recognize and pay attention to the messages your body is giving you. If you feel pressure or fullness in the center of your abdomen or feel nauseated, STOP EATING! Just “one more bite” may cause pain and discomfort. During the meal, it may help to stand up briefly to better judge your feelings of fullness.

Use the guide below to help identify the causes of discomfort, nausea or vomiting. This will help you make the necessary changes the next time you eat.

You should AVOID Vomiting. Vomiting can lead to complications.
1. Did you eat too fast or not chew your food well enough?
2. Did you eat too much?
3. Did you drink fluids too soon after the meal?
4. Did you eat hard to digest foods such as tough meat or fresh bread?
5. Did you lie down too soon after the meal?

Suggestion:
Thick nasal drainage during colds and sinus infections can lead to nausea. You have less acid in your stomach pouch and the mucous can become too thick to empty from the stomach or it may empty slowly. If you experience nausea and fullness with any illness that causes you to cough thick mucous or thick nasal mucous try the following to thin and break up the mucous:

1/2-1 tsp. Lemon Juice

*Do contact your physician for excessive vomiting and prolonged feelings of fullness.*
**Grocery Shopping Tips**

**Choose Low Fat or Fat free Products**  
(no more than 5 grams of Fat per serving)

- Skim or 1% Milk
- Low Fat or Fat free Cottage Cheese
- Low Fat or Fat free Sour Cream
- Low Fat or Fat free Cheeses
- Low Fat or Fat free Mayonnaise
- Fat free Salad Dressings
- Low Fat or Fat free Whole Grain Crackers
- Tuna or Chicken packed in water (not oil)
- Low Fat Soups
- Lean Meats (remove visible fat and skin)

**Choose Sugar Free or No Sugar Added Products**  
(no more than 5 grams of Sugar per serving)

- Sugar Free Pudding
- Canned Fruit packed in water or juice
- Sugar Free Jello
- Yogurt with No Sugar Added - Sweetened with Splenda
- Sugar Free or Zero Calorie Beverages
- Cereal without added sugar

**Choose Whole Grain Products**

- Whole Wheat Bread (not white or wheat)
- Brown Rice or Wild Rice (not white rice)
- Whole Grain Crackers
- Whole Wheat Pasta

**Preparing Foods**

- Bake, Grill, or Broil Meats - Avoid Frying
- Avoid adding fats and oils to foods. You may use cooking spray (Pam).
- Prepare meals at home to take to work instead of eating out
- You may find it helpful to purchase some small food containers with lids to portion your leftovers.
- You may use artificial sweeteners as desired (ie. Sweet N Low, Equal, Splenda).
- Make time in your schedule to plan balanced meals.
- You can prepare some foods ahead of time and freeze it until needed.
Be Active Everyday

- Exercise is an important part of your new healthier lifestyle.
- Studies prove that the most successful weight loss occurs for people who are active 40 minutes a day for 4 days a week.
- Begin a physical activity routine. Start with 10 minute segments and gradually increase to 40 minutes 5-6 days a week. (If you cannot exercise due to leg / joint pain, try arm exercises)
- The 2005 Dietary Guidelines recommend 60-90 minutes of activity per day for those desiring weight loss and 30-60 minutes per day for those maintaining their weight.
- A combination of two types of exercise - aerobic and resistance training is most effective.
- Aerobic Exercise (walking, jogging, dancing, swimming) causes your heart and lungs to work harder and builds fitness; this increases your body’s ability to use oxygen. Aerobic exercise burns calories to help you achieve your weight goal and maintain weight longterm.
- Resistance training (weightlifting, leg lifts, squats) builds muscle and slows bone loss. As you build muscle, your body becomes more toned and burns calories more efficiently.
- Do resistance exercises for 30 minutes 2-3 days/week and avoid exercising the same muscles two days in a row as they need time to recover.
- Do something you enjoy - walk, jog, swim, dance, scrub your house until it sparkles.