

Postoperative '10-10-10' Diet

This postoperative diet will help you make a safe transition to your new way of eating. There are three phases to this diet. Each phase is 10 days long.

All Phases

You should drink 64 ounces of liquids every day (protein shakes do not count toward this 64 ounce total). Measure the amounts you are consuming. Drinking too much can strain the staples that form your new stomach pouch. You will need to supplement your intake with protein shakes to meet your body's nutritional requirements. Take the dietary supplements recommended by your surgeon (you will need to do this for the rest of your life). Make a switch to liquid or chewable medications, or crush (or chew) your pills. Eat and drink slowly. Avoid foods that are high in fat and sugars.

Phase 1 (the first 10 days after your release from the hospital)

This phase of your diet is the most restrictive. Your intake must be carefully metered to make sure you get enough nutrition, and to avoid straining the staples in your stomach. Your focus should be on healing. Don't drink more than 2 ounces at any one time. Please no blenderizing during this phase - only thin liquids. **You should never use a straw for drinking.** Make sure you drink at least 40 grams of protein each day. Your food choices should include:

- Low-sodium broth
- Unsweetened fruit juice (no orange)
- Milk (non-fat)
- Strained cream soups
- Sugar-free gelatin
- Hot cereals (thinned with water or milk)
- Thinned sugar-free custard
- Thinned sugar-free puddings
- Strained, thinned nectars
- Sugar-free Popsicles
- Light Muscle Milk *no Ensure or Boost*
- Water
- Unsweetened tea

Phase 2 (days 11-20 after your release from the hospital)

You may continue to drink the foods from Phase 1, but now you may start adding soft foods. Anything you can mash with a fork is fair game. Go slowly. You should introduce ONE new soft food per meal. If a particular food doesn't sit well, you will want to wait for a few months to try it again, or avoid that food altogether. Your protein intake should be 40-60 grams per day (closer to 60 per day is better). At this point you should avoid drinking 30 minutes before your meal, avoid drinking with your meal, and avoid drinking 30 minutes after the end of your meal.



Continue with your Phase 1 foods, but you no longer need to thin them. Blenderizing solid foods is OK during this Phase. Your food choices should include:

- Beans
- Tofu
- Cottage cheese
- Soups
- Fish
- Egg whites
- Plain yogurt
- Ground tuna, or chicken
- Melted cheese

Phase 3 (days 21-30, and beyond)

Continue building on your Phase 1 and Phase 2 diets by introducing one new solid food per meal. Your bite size should be about the size of a peanut m&m. Each bite of solid food needs to be chewed at least 25 times (it should be nearing a liquid state in your mouth before you swallow). Your protein intake should be 60 grams per day. Continue the same routine of not drinking 30 minutes before, during, and 30 minutes after your meal. Just as you did in Phase 2, introduce the solid foods one-at-a-time. You will find that some foods you ate before surgery will not sit well after surgery. By introducing one food at a time it will be easy to discover which foods to avoid. Protect your delicate new stomach pouch by limiting your meal size to about the size of one egg or less, and stop eating as soon as you are no longer hungry. Don't ever eat to the point of being 'stuffed'.

Things to Avoid

- Never drink with a straw
- Never drink carbonated beverages (even if it seems 'flat')
- Avoid foods high in sugar
- Avoid foods high in fat (nothing fried should ever be a part of your meal)
- Avoid coffee
- Avoid gum chewing
- Avoid eating steaks and chops for the first year



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Protein Boosters!

The following recipes can help increase your protein intake. If you are lactose intolerant, you can substitute lactose-free milk, such as Lactaid, in place of regular fat-free milk. Two ounces of milk (nonfat) contains 2 grams of protein.

Double Strength Milk

1 qt nonfat milk
1 1/3 c powdered skim-milk
Mix together with spoon, or whisk. Two ounces contains 4 grams of protein. Three ounces contains 6 grams of protein.

High Protein Milk

1 c nonfat milk
2 scoops (1 oz) Carb Solutions, or other protein powder
Sugar substitute
Vanilla, or other flavoring
Mix all in a blender. Two ounces contains 7 grams of protein. Three ounces contains 10 grams protein.

Sherbet Shake

1/2 c non-dairy creamer
1 c sherbet
2 tbsp powdered milk
Mix in blender. Two ounces contains 1 gram of protein. Three ounces contains 2 grams of protein.

High Protein Fruit Punch

6 oz sugar-free powdered fruit drink (e.g., Crystal Light, or sugar-free Kool Aid)
2 scoops (1 oz) Carb Solutions, or other protein powder
4 ice cubes
Mix in blender. Two ounces contains 6 grams of protein. Three ounces contains 10 grams of protein.

Homemade Supplement

1 c Double Strength Milk
1 pkg Carnation Instant Breakfast
Mix together with spoon. Two ounces contains 6 grams of protein. Three ounces contains 9 grams of protein.

High Protein Cream Soup

1/3 c nonfat dry milk powder
1 tsp chicken, or beef bouillon
3 tbsp protein powder
Add enough hot water to equal 1 cup. Mix well. Drink soup when it is lukewarm. Two ounces contains 6 grams protein. Three ounces contains 9 grams protein.

When choosing protein supplements, look for at least 15 grams of protein per 8-ounce (1 cup) serving and less than 5 grams of fat per 8-ounce (1 cup) serving. Do not use Ensure, Slim-Fast or Boost (too high in carbohydrates).



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Patient Label

Powdered Protein Supplements

(Mixed with 8 oz. Water)

Brand	Protein (2 oz)	Protein (3 oz)	Calories (8 oz)	Fat (8 oz)	Cho (8 oz)	Cost (8 oz)
Body Fortress Super Advance	7	10	140	2	3	\$19.99 (32 oz)
EAS	6	8	120	2	3	\$10.99 (12.5 oz)
Top Care	5	8	110	1.5	4	\$11.99 (16 oz)
Jillian Michaels	4	6	100	2	7	\$12.99 (14 oz)
Muscle Milk	4	4	150	6	9	\$15.99 (16 oz)



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