

## **Dietary Advice**

Dietary treatment after surgery is divided into three periods. During the first two weeks after surgery, you should follow a liquid diet, then you should eat puree for two weeks, and thereafter you should shift to normal food taken in small portions, which is the way you will eat for the rest of your life. You will get detailed information from your dietician. The surgery often leads to a rapid and lasting sensation of satiety in connection with food intake. This means that your portions should be small, you must chew the food well and eat slowly.

### **Weeks 1 and 2 after surgery**

Liquid diet for 2 weeks.

- It is important that you eat at regular times and divide the food intake well throughout the day.
- You must eat seven meals per day.

You will already start to eat a liquid diet the day after surgery. It is important not to eat or drink too fast. Drink small sips or alternatively use a teaspoon to eat. During the fluid diet period, it is important that you chew your food to facilitate digestion.

It should take about 20 minutes to eat or drink 100 mL. Initially, it should take approx. 30-40 min to eat a meal of 200 mL.

You need to have 2 litres of fluid daily. You should split this liquid into 1.5 litres of soup and energy rich drinks, of which at least 0.5 litres should be dairy products and 0.5 litres should be calorie-free beverages. Further on, you will get advice on soups for lunch and dinner. Examples of energy rich drinks include milk, curdled milk, yoghurt, fruit and berry smoothies, and vegetable juice, porridge or meal replacements. Examples of calorie-free drinks are water, tea and coffee without sugar.

### **Liquid diet cooking tips:**

Make hot soups with potatoes, vegetables and root vegetables. Blend until it has a smooth texture and then add 50 g of blended meat, fish or poultry per serving. Boiled mashed eggs work well for vegetable soup. The soup can be viscous. Powder soups or ready-made soups should be supplemented with meat, fish or poultry, potatoes and vegetables. Blend until it has a smooth texture.

Add 0.5 tablespoons of rapeseed oil or liquid margarine per serving of soup, a total of 1 Tbsp. per day, to meet the essential fatty acid requirements.

Season to taste. To keep the soup warm for longer you can try serving it in a thermo mug.

As a snack you can blend fruit or berries with curdled milk, yoghurt or milk to make a smoothie/milk drink. Feel free to divide 100 mL of lean quark per day into your smoothies.

One snack per day may consist of a liquid meal replacement, such as Modifast, Nutrilett or Naturdiet.

**Suggested meal times during the liquid diet:**

Breakfast	7:30 am	200 mL curdled milk, yoghurt, milk or porridge.
Snack	10:00 am	200 mL dairy product or fruit-berry smoothie.
Lunch	12:00 pm	250 mL warm, blended soup.
Snack	2:00 pm	200 mL meal replacement, such as Modifast.
Snack	4:00 pm	200 mL dairy product or fruit-berry smoothie.
Dinner	6:00 pm	250 mL warm, blended soup.
Snack	8:00 pm	200 mL dairy product or fruit-berry smoothie.

In addition, please drink at least 500 mL of calorie-free drinks, evenly distributed throughout the day. It will make it easier for you to note down the amount of soup/drink you have had and at what time you drink/eat it.

**Week 3 and 4 after surgery**

Pureed food for 2 weeks.

- It is important that you eat at regular times and divide the food intake well throughout the day.
- You must eat seven meals per day.

Blend or mash the food so that your pureed food contain no whole pieces. Add a total of 1 tablespoons of rapeseed oil or liquid margarine to your food per day.

Your total fluid intake should be approx. 2 litres per day including 500 mL of dairy products such as milk, curdled milk or yogurt. Dairy products are recommended as an important protein source. 100 mL of quark or cottage cheese (Keso) contains approximately as much protein as 300 mL of milk, curdled milk or yoghurt.

You should not drink at the same time as eating lunch or dinner. Do not drink 20 minutes before and 20 minutes after a meal.

**Cooking tips for pureed food:**

Blend or mash normal food until it has a smooth texture. When blending whole meat add a little sauce or broth, otherwise it will be dry and difficult to blend. Omelettes and other egg dishes are good meals, as are Keso and quark. It is recommended that three of the four daily snacks should contain protein-rich foods such as dairy or eggs.

**Meal times, pureed food:**

Breakfast	7:30 am	either 1	200 mL curdled milk, yoghurt or porridge.
		or 2	100 mL porridge with pureed fruit and 100 mL of milk.
		or 3	100 mL scrambled eggs and 100 mL of milk.
Snack	10:00 am		See suggestions below.
Lunch	12:00 pm		100 mL of pureed meat, fish or chicken with 50 mL of mashed potatoes and 50 mL of pureed root vegetables or vegetables.
Snack	2:00 pm		See suggestions below.
Snack	4:00 pm		See suggestions below.
Dinner	6:00 pm		See lunch suggestions above.
Snack	8:00 pm		See suggestions below.

**Snack suggestions:**

- Option 1 100 mL of Keso/quark and 100 mL of fruit or berry soup.
- Option 2 100 mL of fruit or berry puree/cream and 100 mL of milk.
- Option 3 100 mL of scrambled eggs and 100 mL of milk.
- Option 4 100 mL of porridge with pureed fruit and 100 mL of milk.
- Option 5 200 mL of yoghurt or curdled milk/fruit or berry smoothie.

## **Week 5 after the surgery**

After four weeks, you will go over to normal food. This is how you will eat for the rest of your life.

It is important that you eat at regular times. Breakfast, lunch and dinner as well as four snacks. Remember to eat slowly. Lunch and dinner should take 20-30 minutes to eat. Chew the food well, it may hurt to swallow pieces which are too large.

When switching to normal food, it is recommended that you start with soft and easily chewable foods, such as fish, ground meat dishes or chicken cut into small pieces. Crisp bread and fibre-rich bread are often well tolerated by the stomach.

Add a total of 1 Tbsp. of rapeseed oil or liquid margarine to your food per day.

Furthermore, going forward, you should avoid drinking during lunch and dinner, and at least 5 minutes before meal and 20 minutes after a meal. Therefore, avoid setting the table with glasses. On the other hand, it is good to drink with snacks. Your total fluid intake should be at least 2 litres per 24-hour day including 500 mL of dairy products. Drinking carbonated beverage may hurt.

### **Consider:**

- Choosing lean foods
- Looking for foods labelled with the keyhole symbol
- Serving the food on a smaller plate
- Using measuring equipment to measure your portions to begin with
- Serve a small portion and do not take seconds

It is recommended that three of the four daily snacks should contain protein-rich foods such as dairy products, protein rich sandwich spreads or eggs.

### **Your lifestyle change:**

Limit the amount of calorie rich foods you eat, such as chips and nuts, sweets, sugary drinks, for example juice, fizzy drinks and energy drinks. Also avoid cream, ice cream, pastries, dessert cheeses, sweetened dairy products such as vanilla yoghurt as well as full cream dairy products, etc.

The surgery will result in you having to eat slowly, regularly and small portions to feel good, but you make the food choices yourself.

**Meal times, normal food:**

Breakfast	7:30 am	either 1 - 200 mL of yoghurt with 50 mL of muesli and fruit/berries.  or 2 - 100 mL of porridge with berries, 100 mL of milk and an egg.  or 3 - 1 piece of bread, low-fat margarine, 2 slices low fat sandwich meat, vegetable and a glass of milk.
Snack	10:00 am	See suggestions below.
Lunch	12:00 pm	50-60 g (100 mL) fish, poultry or one egg.  1 small potato or 100 mL of steamed rice, pasta or bulgur.  50 mL of cooked or raw vegetables. A small amount of sauce.
Snack	2:00 pm	See suggestions below.
Snack	4:00 pm	See suggestions below.
Dinner	6:00 pm	See lunch suggestions.
Snack	8:00 pm	See suggestions below.

**Snack suggestions:**

- Option 1      200 mL of yoghurt/curdled milk with 2 tablespoons of muesli and fruit/berries.
- Option 2      1 hard sandwich with low-fat margarine, 2 slices of sandwich meat, vegetable  
and a  
                    glass of milk/curdled milk/yoghurt.
- Option 3      1 fruit.
- Option 4      100 mL of Keso/quark with sliced fruit or fruit salad.

**Lactose after gastric bypass:**

After your gastric bypass operation you may become sensitive to lactose (milk sugar). Symptoms are gas, stomach ache and diarrhoea. Try lactose-free dairy products.