

Diet Advancement Schedule

Stage 1: Clear liquids and Protein Supplement

1 week post-op

- Main goal is hydration, reaching a minimum of 64oz per day, reaching for 72oz per day.
- Sip fluids at a rate of 1-3oz, every half hour.
- Day 3 you will begin to sip 1 protein shake mixed with water for a minimum of 20g protein.
- Avoid taking big gulps and using straws.

Clear Liquid choices include, but are not limited to:

- Diet drinks such as diet Snapple, Propel flavored water, diet SOBE, diet V8 splash, etc.
- Decaf tea or coffee with sugar substitute
- Sugar free jell-o or popsicles
- Low fat vegetable, beef and chicken broth (canned, powdered, or bouillon)

Sample Menu

- 8:00am 3-6oz of decaf tea/coffee
- 9:00am 1oz of protein drink
- 10:00am 3-6 oz propel
- 11:00am 1oz protein drink
- 12:00pm 3-6oz of broth
- 1:00pm 1oz of protein drink
- 2:00pm 3-6oz of water
- 3:00pm 1oz of protein drink
- 4:00pm 3-6oz decaf iced tea with sweetener
- 5:00pm 3-6oz of broth
- 6:00pm 1oz of protein drink
- 7:00pm 3-6oz of jell-o
- 8:00pm 1oz of protein drink

Stage 2: Full liquids

Week 2 post-op

- The goal is to have adequate fluid and protein intake.
- Protein should be between 60-80g for women and 70-90 for men.
- Food volume should not exceed ¼ cup (2oz) 3-4 times per day. These foods are in addition to the protein supplement, not in place of them.
- One protein drink is required and can be made with skim milk.
- Sip fluids in between meals, honoring the 30/30 rule.
- Begin taking your vitamins.

Full liquid foods include:

- Low-fat/fat-free yogurt (smooth without chunks)
- Skim milk, Soy milk, Lactaid
- Oatmeal, cream of wheat, grits (prepared thin and runny)
- Strained or pureed low-fat soups (no pieces or chunks, should be both based, low-fat)
- Pureed soft fruits and veggies
- Low-fat/fat-free whipped cottage cheese
- Unsweetened apple sauce (without chunks)

Sample Menu

8:00-8:30am	Calcium citrate 500mg & vitamin B12 with 4-6oz of protein shake
9:00-10:30am	12 oz of decaf coffee/tea with sweetener (sipped)
11:00-11:30am	Multi-vitamin with ¼ cup of Greek yogurt
12:00-1:30pm	12 oz of crystal light (sipped)
2:00-2:30pm	Multi-vitamin with ¼ cup of low-fat tomato soup (strained)
3:00-4:30pm	12 oz of sobe water (sipped)
5:00-5:30pm	Calcium citrate 500mg with 4-6oz of protein shake
6:00-7:30pm	12 oz of diet Snapple (sipped)
8:00-8:30pm	Calcium citrate 500mg with ¼ cup of apple sauce

Stage 3: Soft food Diet

Start the 3rd week after surgery and continue for 2 weeks.

- Fluid and protein needs are still a priority.
- Each meal will be about ½ cup, 3-4 times per day. Stop if you are feeling full.
- Always eat your protein first
- Foods should be fork tender.
- Continue to drink between meals honoring the 30/30 rule.
- Continue a daily protein drink to help you reach your protein goal of 60-80g.
- Continue a minimum of 64oz of fluid.
- At this stage you should be consuming around 600-800 calories

Soft foods include but are not limited to:

High Protein Foods

Eggs/egg whites
Low-fat Greek yogurt
Flaky fish (broiled or baked)
Shrimp/scallops/crab
Mashed beans/lentils/chili
Low-fat cottage cheese
Low-fat shredded or soft cheese
Chicken or egg salad with low-fat mayo
>93% lean ground beef
Hummus

Other Foods

Skinless fruit (Banana, melons, pear)
½ cup oatmeal/cream of wheat
Soggy cold cereal with skim milk
Cooked/mashed veggies
Soft mashed white or sweet potato
Low-fat strained soups
Unsweetened apple sauce
Crackers and toast
Soft lettuce

Sample Menu

8:00-8:30am	Calcium citrate & Vitamin B12 with ½ cup of oatmeal made with milk
9:00-10:30am	12oz decaf coffee or tea with sweetener (sipped)
11:00-11:30am	Multi-vitamin & ½ cup of Greek yogurt
12:00-1:30pm	12oz of crystal light
2:00-2:30pm	Multi-vitamin & 4-6oz of protein supplement
3:00-4:30pm	12oz of Sobe water (sipped)
5:00-5:30pm	Calcium Citrate with 3oz of salmon & 1 TBSP of spinach
6:00-7:30pm	12oz of diet Snapple (sipped)
8:00-8:30pm	Calcium Citrate & 4oz of protein supplement

Stage 4: Regular

Usually starts 5-7 weeks post surgery.

- Now you can begin to add a variety of foods back into your diet, beginning with softer foods before moving to solid foods. For example, try eating steamed broccoli before eating it raw.
- Each meal should be ½-¾ cup of food (4-6oz), 3-4 times per day.
- No meal should be more than 1 cup (8oz)
- With protein as your priority, each mini meal should have a minimum of 2 oz.
- Continue to eat slowly (20-30min.), take small bites and chew your food thoroughly.
- Stay hydrated while continuing the 30/30 rule.
- Continue to take your vitamins
- Recognize when you are full

Foods that may still be difficult to eat include:

- Fresh bread
- Sticky rice
- Pasta
- Celery, asparagus, corn
- Popcorn, chips, coconut

Foods you should continue to avoid include:

- Whole milk products
- Fried foods
- Desserts
- Tough red meats
- Sugary/ high-calorie drinks