



NUTRITION AND DIETARY TRANSITION  
FOR  
POST - SLEEVE GASTRECTOMY SURGERY

DIETITIAN: \_\_\_\_\_

CONTACT NUMBER: 9272 0408

# POST SURGERY TRANSITION DIET

## TO COMMENCE 2 WEEKS AFTER SURGERY

During the first two weeks post-surgery for sleeve gastrectomy you have been following a liquid diet.

You are now ready to commence the **Transition Diet** that will slowly progress you back to normal food textures.

Commence the diet at **Stage 1** and remain on this stage for about a week. If you are not experiencing any adverse symptoms, progress to Stage 2. Repeat this process through each stage until you reach the final stage of normal diet.

If you do experience adverse symptoms during the transition process return to food texture that you were previously tolerating. Maintain this texture stage for another week before attempting to progress to the next stage again.

### **Adverse Symptoms may include**

- vomiting or regurgitation of food
- pain or discomfort on or after eating
- severe reflux or indigestion
- nausea

The purpose of the Transition Diet is to allow you to slowly adjust to the restrictions of the sleeve gastrectomy procedure and to develop healthy eating and drinking behavior.

### **Key Behaviours to Learn During the Transition Phase**

- Eat slowly
- Cut food into small pieces
- Chew each small portion of food thoroughly until it reaches a mushy consistency in the mouth
- Avoid drinking 30 minutes BEFORE and AFTER eating
- Sip liquids slowly and regularly between meals
- Aim for nutritionally balanced meals. Choose lean proteins and fibre rich vegetables. Avoid refined carbohydrates.
- Include lean protein at each meal and snack

**If you are having any problems during the Transition Phase of your diet, please contact your Dietitian for advice on 9272 0408**

## Transition Diet Stages

### *Stage 1 (Week 3-4)*

<b>HIGH PROTEIN</b>	<b>LOW PROTEIN</b>
<b>Eggs: scrambled, poached</b>	Cooked breakfast cereals (quick oats)
<b>Fish: soft flesh, steamed, poached, tinned salmon</b>	Soft cereals (Weetbix)
<b>Legumes: lentils/ fork mashed baked beans/ chickpeas/ hommus</b>	Mashed vegetables (steamed, roasted, baked)
<b>Milk, smoothies, yoghurt, custard</b>	Chunky vegetable soup
	Tinned/stewed fruit

### *Stage 2 (Week 4-5)*

<b>HIGH PROTEIN</b>	<b>LOW PROTEIN</b>
<b>Minced meats (include sauce) Boiled eggs (mash with low fat mayo)</b>	Most cereals (except those containing nuts/dried fruits)
<b>Steamed white fish Soft seafood (prawns, crab, crayfish)</b>	Steamed vegetables
<b>Chicken/ Tuna mornay</b>	Soft fresh fruit ( banana, melons, berries, kiwifruit, stone fruit)
<b>Legumes: lentils, baked beans, kidney beans, 4 bean mix</b>	
<b>Milk, smoothies, yoghurt, custard, cottage cheese</b>	Avocado (1-2 tbsp)

### *Stage 3 (Week 5-6)*

<b>HIGH PROTEIN</b>	<b>LOW PROTEIN</b>
<b>Casserole/ slow cooked meats</b>	Stir fried vegetables
<b>Lean finely shaved meats ( ham, beef, chicken, turkey)</b>	High fibre cereals including Allbran, branflakes, oatflakes, wheatflakes
<b>Soft chicken, fish &amp; legumes</b>	Most fruits (may need to peel apples and pears)
<b>Low fat milk, smoothies, yoghurt, custard, grated cheese</b>	Wholegrain cracker + peanut butter/ avocado/ hommus/ ricotta

### *Stage 4 (Week 6 onwards)*

<b>HIGH PROTEIN</b>	<b>LOW PROTEIN</b>
<b>Grilled/ BBQ meat/ chicken/ fish</b>	Salad and raw vegetables
<b>Roasted meat/ chicken</b>	All fruit including dried fruit
<b>Nuts/ seeds</b>	Flat bread/ mountain bread wrap
<b>Cheese slices/ cubes</b>	Brown rice/ couscous/ quinoa/ freeka

## **Multivitamin**

It is recommended that you take a multivitamin supplement to help you achieve your recommended dietary intake of nutrients. You will require a high dose vitamin & mineral supplement to maintain your nutritional status in the long term. The multivitamin recommended by your dietitian is

***Elevit Pregnancy – 1 per day***

## **Tips for managing nausea**

In the early stages of the texture progression, you may experience some nausea. The following may help to prevent or reduce the severity:

- Spread medications over the day if possible
- Take a liquid multivitamin in the short term, instead of capsules/tablets
- Avoid becoming too hungry. Even if you don't feel hungry, it is important to achieve at least the minimum recommended food intake
- Avoid becoming overfull by eating slowly
- Have six small nutritionally adequate meals rather than three large meals
- Avoid spicy or strong smelling foods
- Avoid citrus fruits/ juices
- Drink beverages very cold
- Suck on ice cubes

## **Tips for managing constipation**

After surgery, changes in eating habits and food choices can cause constipation. A reduction in the amount of food means there is less 'bulk' and this can reduce the number of bowel movements you have. The following may help:

- Aim for one piece of fruit and two serves of vegetables per day
- Choose wholegrain carbohydrates (bread, crackers, rice, pasta, quinoa)
- Aim for at least 1.5 litres of water per day
- Take a fibre supplement such as Benefibre. This will add moisture to your stool, making it softer and therefore easier to pass.
- It is important to remember that Benefibre will only work if you are drinking enough fluids (at least 1.5 L/ day)
- Exercise on most days of the week.

## **Tips for managing diarrhoea**

Diarrhoea can occur due to the lack of solids or inadequate fibre in the diet. Benefibre can help to form stools, so there is less urgency and loose bowel movements. The recommended dose is 2 tsp / day. You will need to drink at least 1.5L of fluid/day for Benefibre to work.

### Recommended Post-Surgery Dietary Intake

The following table provides guidelines for eating at **approximately 3 to 4 months after Sleeve Gastrectomy**. This will differ for everyone. **Aim for at least 2 serves of protein-rich foods and at least 2 serves dairy to achieve your protein needs.** Speak with your Bariatric Dietitian if you require any additional support with your protein intake.

FOOD GROUP	ONE SERVE EQUALS	OTHER INFORMATION
<b>PROTEIN</b>  2 serves/ day	60g lean meat 60 g lean chicken 60g fish 2 eggs 120 g legumes	<ul style="list-style-type: none"> <li>• Always trim fat and skin and utilise low fat cooking methods</li> <li>• Important sources of protein, zinc and iron</li> </ul>
<b>DAIRY</b>  2 serves/ day	250 ml low fat milk 200g low fat yoghurt 100g cottage/ricotta 40g hard cheese	<ul style="list-style-type: none"> <li>• Always use skim or low fat</li> <li>• Important source of calcium and protein</li> </ul>
<b>VEGETABLES</b>  1- 2 serves/ day	½ cup cooked 1 cup salad	<ul style="list-style-type: none"> <li>• Steam for best retention of nutrition</li> <li>• Good source of fibre and vitamins</li> <li>• Include a variety of different colours</li> </ul>
<b>FRUIT</b>  1 serve/ day	1 small piece 1/2 cup diced 1 tbsp dried	<ul style="list-style-type: none"> <li>• Fresh is best but can have some tinned in natural juice or dried</li> <li>• Good source of fibre and vitamins</li> </ul>
<b>GRAINS</b>  1-2 serve/day	20g breakfast cereal ½ small flat bread 1 mountain bread 2 wholegraincrackers	<ul style="list-style-type: none"> <li>• Use wholegrain or wholemeal varieties</li> <li>• Good source of B group vitamins</li> <li>• Important for fibre</li> </ul>

### **General guidelines for healthy eating**

- Aim to include lean protein in all meals and snacks.
- Have ¼- ½ cup of salad or vegetables at lunch/ dinner and have at least one serve of fruit during the day to provide important vitamins, minerals and fibre.
- Eat the high protein foods on your plate before the low protein foods
- If managing less than half a cup of food at a meal time, eat 6 smaller meals per day or drink high protein drinks between meals until your volume increases.
- Remember, your progression through the textures will vary depending on your individual recovery from surgery. There is no gold standard and it's important to progress as you feel ready and comfortable.
- It is recommended that you take a multivitamin supplement in addition to a healthy diet to help you achieve the recommended dietary intake of all micro-nutrients.