

Overview

Diet upgrade after Bariatric Surgery

When should this diet be used?

After surgery you will need to follow a special diet for about 6 weeks. This diet is set out over three phases:

1. Fluids (liquids)
2. Pureed (blended) foods
3. Soft moist foods, and then finally
4. Healthy Eating (Normal solid food)

Your doctor or dietitian will tell you when you are ready to move onto the next stage of the diet. Expect to be on each stage for at least 2 weeks.

Stage 1 – Fluids (liquids) only (2 weeks)

This first stage of the diet gives your body time to heal and recover from the surgery. It will also help the rearranged stomach structure to settle into the correct position.

The capacity of your stomach is now greatly reduced compared to before surgery. The size of your new stomach pouch is about the size of an egg. The fluids only stage of the diet preserves and protects the new stomach structure.

In the case of a gastric band; eating solid food too soon will cause the band to move making the new stomach pouch bigger. This will defeat the purpose of the surgery. If you have had a sleeve gastrectomy or gastric bypass, eating solid food too early may put pressure on the staple line and cause it to perforate.

Stage 2 – Pureed (blended) food (2 weeks)

This stage allows the body to continue to heal. At this stage of the diet you may find that you vomit if you:

- Eat too much pureed food
- Drink a large amount of fluids
- Drink with your pureed meals
- Eat solid food.

It is therefore, very important to take it slowly and stick to the recommended amounts at each meal.

Stage 3 – Soft, moist food (2 weeks)

At this stage of the diet you can introduce soft and crunchy textured foods to your diet. With trial and error you will find there are some foods you can't manage at this stage. It is **very important** at this point to chew all food really well to prevent pain and vomiting. You will also need to eat very slowly and **stop eating** as soon as you feel comfortably satisfied. This is because the healing process is continuing.

Eating too much at this stage of the diet, or eating too quickly may cause pain, vomiting and aggravate your surgical wound.

Stage 4 – Healthy Eating (normal food)

When you start this phase of the diet, you will be eating normal textured foods. Aim for a healthy, balanced diet, which incorporates a wide variety of foods from the five food groups. See phase 4 – healthy eating information sheet.

It remains important at this stage to chew every mouthful to a paste before swallowing. Avoid swallowing big pieces, or tough sinewy meats. This will help you avoid discomfort.

More Information

Each phase of the diet is covered in more detail in the following pages.

Be sure to talk to your dietitian if you have any questions at any stage of the diet, or if you are having any difficulties.



Stage 1: Fluids (liquids)

Diet upgrade after bariatric surgery

After your surgery

The first month after your operation is a very important phase.

It is really important that you follow these dietary instructions closely.

If nausea or vomiting persists, contact your dietitian or surgical care co-ordinator.

How long must I have fluids only?

For at least the first two (2) weeks after your operation you will need to have a diet of only fluids (no solid foods).

Why can I only have fluids?

Your progression to normal food needs to be taken slowly and carefully. If you have had a gastric band, this is to prevent the band from moving or slipping while it is settling into place. If you have had a sleeve gastrectomy or bypass it allows the stomach wound to heal.

How much and when?

Keep in mind that your 'new' stomach pouch is very small (about the size of an egg) so go slowly.

- During the first 4 days take only 50mls of liquid every 20-30 minutes or you may feel nauseous and vomit. When you feel full, stop!
- **Drink slowly** in small sips. You should expect to take 30 minutes to drink half a cup of liquid. By taking fluids slowly you will give yourself more time to figure out when your pouch is full, without overfilling.
- Avoid drinking more than 200ml at once during the 2 week liquid phase. This means you will need to drink very often.
- Aim for **2L of fluid per day** including
 - 1200ml low fat milk based fluids marked with a *. These give you protein.
 - 800ml of low joule fluids such as water, diet cordial, tea or coffee.
 - 200ml of fruit or vegetable juice

What kinds of fluids can I have?

A fluid is suitable if it

- Is thin enough to run through a fork, and
- Is smooth and lump free and
- Has less than 15g of sugar per serve.

It is not good enough to just drink any old fluids. You need drinks that will give you protein, energy and nutrients to help heal your wounds and maintain muscle while you lose weight.

The following liquids are suitable:

- | | |
|--|-------------------|
| ✓ Skim milk or soy drink* | ✓ Water |
| ✓ Thin low fat custard* | ✓ Fruit juice |
| ✓ Drinking yoghurt* | ✓ Vegetable juice |
| ✓ Sustagen* | ✓ Diet jelly |
| ✓ Optifast shake* | ✓ Diet cordial |
| ✓ Pureed soup* (no bits) | ✓ Tea or coffee |
| ✓ Thin yoghurt no bits* (low fat or diet types only) | |

Avoid these liquids:

- ✗ Avoid fizzy drinks such as soft drinks and mineral water because these cause discomfort, belching and overstretching of the pouch.
 - ✗ Avoid alcohol. This can irritate the stomach and also provides empty calories.
 - ✗ Do not use a straw. Drinking through a straw after surgery will cause air to enter your new stomach pouch. The air will make you feel full and you will have less room for the liquids you need for nutrition and hydration.
 - ✗ **Avoid all food that is not a liquid.**
- NO SOLIDS**

Fluid Diet – Post op Week 1 *Suggested Meal Plan*

Breakfast

½ cup Banana smoothie (100ml skim milk blended with ½ banana & 1 tablespoon low fat yoghurt)

Morning Tea

9am ½ cup fresh fruit or vegetable juice

11am ½ cup drinking yoghurt
or thin smooth yoghurt

Lunch

½ cup pumpkin or tomato soup (pureed)

Afternoon Tea

2pm ½ cup fruit juice

4pm ½ cup low fat milk

Dinner

½ cup chicken/meat and vegetable soup
(pureed to a smooth, thin consistency)

Supper

½ cup of warm milk

NOTE – 1 CUP IS EQUAL TO 250ML

Remember to drink plenty of water in between meals to keep you well hydrated. If you feel faint or dizzy you may not be drinking enough fluid.

Fluid Diet – Post op Week 2 *Suggested Meal Plan*

Breakfast

2/3 - 1 cup Sustagen or Optifast Shake

Morning Tea

9am 2/3 – 1 cup fresh fruit or vegetable juice

11am 2/3 – 1 cup low fat fruit smoothy

Lunch

2/3 – 1 cup thin puree meat and vegetable stew or soup (thin with water or tomato juice while blending).

Afternoon Tea

2pm 2/3 – 1 cup of Sustagen or milk smoothy

4pm 2/3 – 1 cup fruit juice

Dinner

2/3 – 1 cup runny puree fruit and custard

Supper

2/3 – 1 cup warm milk

Fluid (liquid) Diet Tips

- Choose soups with pureed meat, legumes, rice, pasta or potato to help you feel fuller.
- Tinned/pre-made soups are fine. Just make sure they are thin and lump free and runny enough to run through a fork. Thin with skim milk or tomato juice or water.
- Sip on water between meals. Save space at meals for nourishing fluids.
- To make sure you drink enough fluids between meals, carry a bottle of water around with you to sip on during the day.

What if I am taking medication or insulin for my diabetes?

You must include carbohydrate containing fluids (marked with a *) regularly through the day to prevent a hypo or low blood sugar level.

Don't forget to start your multivitamin.

As the variety and volume of food you can eat is limited, your diet may be inadequate in some nutrients. Therefore it is important to take an appropriate complete multivitamin such as **Supradyn** or **Centrum**.

You will need to continue a daily multivitamin long term so it is good to get into the habit of taking it early.

Where to from here?

Continue with this fluid diet stage until your return for your first post-op clinic appointment. At this stage you should also see the dietitian to receive more information. If all is going well you will then be able to carefully upgrade your diet to stage 2 – puree foods.

(See handout “Stage 2 – Puree (blended) food”)

Warning

Just because food arrives at your hospital bed, do not assume you can have it. If anything that is not a liquid arrives eg. porridge, yoghurt, poached egg etc, do not eat it – you may stretch the pouch. Do not drink all the liquids sent to you on the tray all at once. Spread them across the day.



Stage 2: Pureed (blended) foods

Diet upgrade after bariatric surgery

Now that you have completed 2 weeks of a fluid (liquid) diet, you may be ready to slowly increase the texture of your foods to blended or puree.

To puree food you will need

- A potato masher
- A blender or food processor

How long do I need to blend my food?

For the next two weeks, you can gradually introduce blended foods to your diet. What this means is that as well as liquids you can start to introduce soft, smooth foods (similar to baby food consistency).

Why must I introduce blended food gradually?

To avoid putting strain on the band or staple line and to avoid nausea and vomiting. If any of these occur, simply step back a stage to liquids for a day or so. Once your symptoms have settled, try some blended food again. If vomiting persists, contact your dietitian or surgery care co-ordinator.

What about drinks?

- Keep drinks for between meals only. Avoid drinking 10 minutes before, during and 30 minutes after your meal. This is to avoid a 'flush through' which will leave you hungry, or overfilling of the stomach, which could cause vomiting.
- Stop having all calorie containing drinks except for low fat milk. Avoid fruit juice, Sustagen, Optifast and milkshakes. Continue to avoid softdrink and ordinary cordial.
- Drink calorie free fluids such as *water*, *tea*, *coffee* and *diet cordial* as your main drinks. Sugar sweetened drinks pass freely and quickly making it easy to take more calories than you need.

What if I'm getting really hungry?

As you recover from surgery you may start to feel hungrier. Include blended foods from the "meat and meat alternatives" group in at least three of your meals. The protein in these foods will help you feel more satisfied after meals.

Suitable foods for this stage of the diet

- ✓ **Breads and cereals**
 - Pureed porridge or semolina
 - Soggy cereal – Weet Bix
 - Pureed pasta with pureed mince and vegetables
- ✓ **Fruit**
 - Pureed tinned or soft fresh fruit
- ✓ **Vegetables**
 - Pureed or mashed vegetables (remove skin before blending)
 - Puree vegetable soup
 - Vegetable/tomato juice
- ✓ **Meat and meat alternatives**
 - Blended meat, chicken or fish (no fat or skin). Add stock or gravy to blend.
 - Scrambled egg (soft, puree consistency)
 - Blended baked beans
 - Pureed meat and vegetable soup
- ✓ **Dairy**
 - Low fat milk
 - Low fat smooth yoghurts (no fruit bits)
 - Low fat Custard, fruche, rice pudding
 - Low fat Ricotta or creamed cottage cheese
- ✓ **Other**
 - Diet jelly
 - Blended Lean Cuisine or Healthy Choice meal for ease and convenience

Foods Not Allowed at this stage include

Avoid all food that are not blended or are not a liquid. NO SOLIDS

✗ **Breads and cereals**

- Ready to eat breakfast cereals
- Bread, bread rolls, muffins, crumpets

✗ **Fruit**

- Fruit that is not pureed
- Dried fruit

✗ **Vegetables and legumes**

- Peas and corn
- Salad and raw vegetables
- Vegetables that have not been pureed
- Baked beans or lentils that have not been pureed

✗ **Meat and meat alternatives**

- Any meat that has not been pureed or chunks remain (avoid gristle).
- Omelette, boiled, poached or fried eggs
- Pies, sausage rolls and other pastries
- Baked beans and lentils *unless* pureed
- Nuts

✗ **Dairy**

- Hard cheeses, cheese slices, cottage cheese
- Cheeses containing dried fruit and nuts
- Yoghurt with fruit pieces
- Ice cream with nuts or added bits (choc-chip, butterscotch)

Hints for your blended diet

- Start getting into the habit of eating at regular meal times. Aim to cut out snacks between meals.
- Eat food very slowly. Set aside 30 to 45 minutes for each meal.
- Eat only until you are comfortably satisfied then stop and leave what is left.
- Include some foods from ALL of the food groups EVERY day. Because the amounts you are eating are still small, it is important that the foods you choose are nutritious. This ensures you get all the essential nutrients to stay healthy and help your wounds to heal.
- Keep your food moist. You may need to thin the texture if you feel discomfort when swallowing. To do this, add stock, gravy, water, low fat milk or tomato soup (which-ever is appropriate) while blending the food.

**Blended Diet
Suggested Meal Plan 1**

Breakfast

½ cup porridge or semolina made on low fat milk
or ½ a very soggy Weetbix (use warm milk)

Morning Tea

1 piece of blended, grated or mashed fresh fruit.

Lunch

½ cup blended chicken (or meat or seafood), rice (or pasta) and vegetables.

Afternoon Tea

150g low fat fruit yoghurt (or fruche)

Dinner

As per lunch.

Don't forget to take your multivitamin

Remember to drink plenty of water in between meals **but not during or 30minutes after the meal.**

**Blended Diet
Suggested Meal Plan 2**

Breakfast

½ cup smooth low fat yoghurt + ½ cup pureed fruit

Morning Tea

150ml vegetable juice

Lunch

½ cup blended meat and vegetable soup.

Afternoon Tea

200 ml fruit smoothy (made on low fat milk)

Dinner

1 cup pureed spaghetti bolognaise or blended meat and vegetable stew/casserole

Where to from here?

At the end of this blended phase you can gradually begin to introduce soft, moist foods. See the information sheet "Stage 3 – Soft Moist Foods" for more details on the next stage of your diet.



Stage 3: Soft, moist foods

Diet upgrade after bariatric surgery

Now that you have completed 2 weeks of a puree (blended) diet, you may be ready to slowly introduce foods with a little more texture (check with your dietitian first). Foods no longer need to be blended now you are on Stage 3 of the diet, but they must be soft and moist.

How long do I need to be on Stage 3?

You will need to remain on soft, moist foods for at least the next two weeks.

Important information about Stage 3?

It is very important to eat slowly. Be prepared to allow 30 to 40 minutes to eat your meal. It is also important that you stop eating as soon as you feel full so you don't stretch the pouch.

Eating too much and eating too quickly will cause pain and vomiting.

What about drinks?

- Continue to avoid calorie containing drinks such as softdrink, ordinary cordial, fruit juice, Sustagen, Optifast and milkshakes.
- It is ok to have up to 500ml low fat milk per day, on cereal and in cups of tea/coffee etc.
- Drink only calorie free fluids such as *water*, *tea*, *coffee* and *diet cordial*. Sugar sweetened drinks pass freely and quickly through the band making it easy to take in more calories than you need.
- Keep drinks to between meals only. Avoid drinking 10 minutes before, during and 30 minutes after your meal. This is to avoid a 'flush through' which will leave you hungry, or overfilling of the stomach, which could cause vomiting.

Don't forget to keep taking your multivitamin

Suitable foods for this stage of the diet

- ✓ **Breads and cereals**
 - Weetbix or Vitabrits softened with milk
 - Porridge, Sago, tapioca, couscous
 - Other cereals (except the ones with dried fruit, coconut or nuts) softened with milk
 - Soft, cooked pasta, spaghetti, noodles, macaroni, rice with a sauce (preferably a tomato based sauce)
- ✓ **Fruit**
 - Stewed or tinned fruit (except pineapple) tinned in water or natural juice.
 - Soft fresh fruit (eg. banana, paw paw)
- ✓ **Vegetables**
 - Well cooked vegetables (soft enough to be cut with a fork)
 - Mashed potato or sweet potato
 - Vegetable soup
- ✓ **Meat and meat alternatives**
 - Casseroled (slow cooked) lean meats
 - Steamed or poached, boneless fish with a sauce
 - Minced meat
 - Eggs (scrambled, boiled, poached, omelette)
 - Cooked baked beans, chickpeas, kidney beans, tofu
 - Sliced lean delicatessen meats
- ✓ **Dairy**
 - Low fat milk
 - Low fat yoghurts, custard, fruche
 - Rice pudding
 - Low fat cheese (40g/day maximum) (40g is a piece about the same size as four dice)

Foods to Avoid at this stage include

- ✗ **Breads and cereals**
 - All bread
 - Muesli or cereals that contain nuts, dried fruit or coconut.
 - Rice or pasta that is NOT bound by a sauce (eg. fried rice or sushi)
- ✗ **Fruit**
 - Fresh fruit that is not soft
 - Dried fruit
- ✗ **Vegetables and legumes**
 - Peas and corn
 - Salad and raw vegetables
- ✗ **Meat and meat alternatives**
 - Any meat that needs a lot of chewing (eg. grilled steak, chops, chicken breast)
 - Pies, sausage rolls, pastries
 - Nuts
- ✗ **Dairy**
 - Cheese with dried fruit or nuts

Amounts and Timing of Meals

- Aim to have **3 small meals** per day with one of the suggested small snacks between meals.
- Serve your meals on a **small plate** (eg bread and butter plate or child's plate) and use small utensils to slow down eating rate.
- Continue to eat slowly and chew food well. It should take you about 30 to 40 minutes to have a meal. If you eat too quickly you may experience pain or even vomit.
- Your portion sizes may increase slightly at this stage. But remember to stop eating as soon as you feel full.

Meal Ideas

Add well cooked vegetables to your meal to make it more nutritious and well balanced.

- Macaroni cheese
- Minced chicken in teriyaki sauce with rice
- Tinned tuna with mashed avocado
- Macaroni with bolognaise sauce
- Fork flaked fish with cheese sauce
- Scrambled egg or omelette
- Slow cooked meat and vegetable casserole

**Soft, Moist Diet
Suggested Meal Plan**

When you get up

Cup of tea or coffee (milk and sugar if you like) or small glass of fruit juice.

Breakfast

1 Weetbix/Vitabrit with low fat milk

or one sachet of instant porridge or small bowl of rolled oats porridge.

Morning Tea

Soft fruit or 100g yoghurt

Lunch

Cheese omelette made with two eggs and reduced fat grated cheese

and small tub of rice pudding

Morning Tea

250 ml fruit smoothy

Dinner

Minced meat in tomato sauce with well cooked pasta and well cooked steamed vegetables.

Remember to drink plenty of water in between meals **but not during or 30minutes after the meal**. You can also have tea, coffee, low joule or diet cordial between meals.

Suggested Snacks

(Each of the following represents one snack)

- 250ml glass of low fat milk or fruit smoothy.
- 200g low fat or diet yoghurt or fruche
- ½ cup tinned or stewed fruit in natural juice.
- one small banana
- ¼ of a small paw paw

Healthy Eating after Bariatric Surgery

Stage 4 - Solid Food

You have completed the slow upgrade of your post-op diet. You will now be able to go back to the same texture of foods that you used to eat before the bypass surgery, but most likely the **types** and **amounts** of foods will be different.

Important things to remember

This surgery is designed to **help** make it easier for you to eat healthily and lose weight. However, if you continue bad habits that led to weight gain in the first place you may not get the results you were hoping for. You must work with the surgery for it to work for you.

You will get the best results from your surgery by following these guidelines.

Healthy Eating Guidelines

Keep a food diary for the next couple of weeks to help you get into a healthy eating routine.

1 **Eat three (3) small meals/day plus one or two high protein snacks.**

The size of your new stomach pouch is now a lot smaller than your mind thinks it is. You will need to re-adjust your idea of a “normal” sized meal. To help you do this try the following.

- Serve your meals on a bread and butter plate or in a small bowl rather than on a dinner plate. The larger the meal you serve yourself, the more you will eat. So be sure to serve the correct portion in the first place.

- Use a small spoon or chop-sticks to ensure small mouthfuls and to help slow down your rate of eating.
- Start with a small, planned amount of food. Wait at least 20 minutes before you even think about having anything more. This will give your stomach enough time to get the “I am full” message to your brain. This will prevent over-eating.

Have three (3) planned meals and two (2) planned snacks per day.

- Eat only at these set meal and snack times.
- Avoid unplanned snacking or grazing. Particularly avoid high calorie snacks like biscuits, potato crisps, nuts and cakes.
- Eat your meals on time. Delaying meals increases hunger which increases the risk you will eat too quickly and over-fill your stomach pouch.

2. **Base your meals on healthy choices**

- After a weight loss operation you can only eat small amounts. It is therefore important to choose foods that are *nutritious* to maximise your intake of vitamins and minerals (see the food guide on the next page)
- Protein should be eaten first at each meal, then fruits and vegetables, then “whole” grains.

Eat 1st Protein

Eat 2nd Fruit and vegetables

Eat Last Breads and cereals (rice pasta, crackers)

2 Eat slowly and chew food really well. Stop when you feel comfortably satisfied. Pain or discomfort means you have over-eaten.

- i) Cut food into pieces before eating it.
- ii) Chew each mouthful of food to a paste before swallowing.
- iii) Eat slowly to avoid overfilling your stomach pouch. There is a 20 minute delay from the time your stomach becomes full to the time your brain makes you aware you have eaten enough. By slowing down your eating you are less likely to keep eating after your pouch is already full.
- iv) Overeating can lead to vomiting and can stretch the size of your stomach pouch.
- v) Always eat sitting at a table and eat from a plate.
- vi) Avoid distractions during meals. Turn off the TV, put the newspaper or book away and just concentrate on eating your meal. This will make you more aware of how fast you are eating, how well you are chewing and how much you have eaten. You will probably enjoy your meal more too.

4 Do not drink with your meals or right after.

- Drinking with meals will overfill your stomach pouch and increases your risk of vomiting, discomfort and stretching the pouch.
- To prevent these problems, drink no closer than **10 minutes before food**. Wait at least **30 minutes after** eating before you drink again.
- Remove all drinks from the dining table before you start to eat.

5 Drink more than 1.5L of low calorie fluids between meals every day.

- This will help keep your body well hydrated and make you less prone to dehydration headaches and tiredness.
- Keep a water bottle with you during the day. Know how much your bottle holds and how many times you refill it each day so you can keep track of how much you are drinking.

5. Only choose low energy drinks (see fluid guide over page)

- It is important not to have drinks with high energy content such as cordial, soft drink, alcohol, sports drinks, fruit juice, sweet tea or coffee.
- Sugary drinks such as these are high in calories and do not have much nutrition i.e. little protein, vitamins, minerals or fibre. It is easy to have too many calories if you are drinking them. Having too many calories means you won't lose weight. Your body will also be missing out on much needed nutrients.
- Check the ingredients list on the bottle or carton before you drink it. If sugar is listed then don't drink it.

6. Exercise for at least 30min per day.

- Avoid sitting.
- Look for any opportunities to move.
- Your GP or a physiotherapist can advise you on the most suitable types of exercise for you.
- Start slowly and gradually build up the amount and intensity of exercise over time. This way you will reduce the risk of injury.

7. Take 2 multivitamin supplements every day.

- Due to your reduced stomach size, as well as eating healthily, you will need to take 2 multivitamin supplements every day to meet your body's needs for vitamins and minerals.
- Chewable multivitamins are better absorbed so are recommended in the first 3-6 months after surgery. After that a tablet form such as Centrum is adequate.
- Regular blood tests can be organised through your GP. Based on these blood tests you may also be advised that you need additional Iron, Vitamin D, Vitamin B₁₂ and calcium supplements.
 - Take calcium supplements with meals to improve absorption.
 - Avoid taking Iron and Calcium supplements together.

Food Guide

Each day you need to have the following.

1. Protein rich foods

Meat/Fish/Poultry/Eggs/Low fat milk/yoghurt

Aim to have 60 grams of protein per day.

The following food portions have:

21g of protein per serve.

A 90 g piece of steak, chicken, fish (salmon, tuna, flounder), ham, mince, pork, veal. (this is a piece about the size of a deck of cards)

14g of protein per serve.

½ a cup of cottage, ricotta cheese or tofu.
90g of crab, lobster or 5 medium prawns.

7g of protein per serve.

½ cup baked beans, kidney beans or chickpeas, 1 large egg, 30g hard cheese (eg cheddar), 1 cup milk, soy milk or yoghurt

- Regurgitation, pain and discomfort are common if you eat tough, chewy or dry things such as a piece of steak, thick slice of roast, squid, sausages or frankfurts.
Avoid these.

- Tenderise meats by using marinades, slicing finely (shaving), cooking slowly in casseroles, or serving as lean mince.

- For a quick meal use eggs instead of meat.

- Use fresh, canned or smoked fish.

- Take off the chicken skin before cooking.

- Trim all fat from chicken and meat before cooking.

- If you have trouble tolerating dairy, substitute low lactose milk or soy milk.

2. Vegetables

- At least 1 cup/day

- Choose a wide range of different coloured vegetables and salad for the best nutrition
- Include home made vegetable soup to boost nutrition
- Cook vegetables well so they are easier to chew.

3. Fruit

- 1 -2 serves (fresh, stewed or canned, no added sugar) per day

- Have fresh whole pieces of fruit. You may need to peel if the skin is tough.
- Start with soft, easy-chew fruits – pawpaw, banana, figs and mango.
- Avoid juice. One glass of juice has the same calories as 2-3 oranges.
- Avoid dried fruit. It swells in the gut and is easy to overeat.
- Freeze mango, grapes and melon for a cool summer snack.

4. Breakfast Cereal

- 1 Weetbix/Vitabrit or
- a small bowl wholegrain cereal per day

Bread/crispbreads

- 1 slice whole-grain toast or flat bread
- If you feel discomfort with soft doughy products such as bread, buns or pasta try well toasted bread, flat bread or high fibre crackers/crispbread instead.
- The best cracker choice has less than 5g fat per 100g and more than 2 to 3 grams of fibre per serve.
- Wholegrain breads, cereals and grains are the best choices as they give you more vitamins, minerals and fibre.

5. Fats

- your body needs only a small amount of fat for good health.

- a thin spread of margarine on bread or a small amount of oil in cooking is ok.

- avoid fried foods (eg. Chips), pies and pastries or creamy cakes and desserts.

- avoid high fat condiments like sour cream, mayo, guacamole etc

- instead use a sprinkle of fresh chopped herbs or powdered spices to flavour foods.

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