



Stage 4: Regular Diet

- Stage 4 Tips
- Fluid/Protein, Vitamin/Mineral Checklist
- Sample Meal Plan
- You can access this packet on our website:
www.capitalhealth.org/weightloss

DAILY GOAL:

- ✓ 8-10 protein servings
- ✓ 2-3 vegetable servings
- ✓ 2 fruit servings
- ✓ 1-2 dairy servings
- ✓ 2 fat servings
- ✓ 3 starch servings

Key tips for Stage 4:

- Always eat your protein first and then focus on vegetables and fruits.
- Listen to your body and stop eating when full. It's normal to not be able to eat all of the recommended food at the beginning.
- Chew food 22-25 times and Eat Slowly! Take at least 30 min for meals/snacks
- Work towards an eating schedule. If you are not hungry, take a few bites of a protein food to stay on schedule. As you are able to eat more at each meal time, your frequency of eating will decrease.
- Avoid picking or grazing which can lead to weight gain. Have planned meals and snacks.
- Keep track of how much you are eating and drinking using a food log, website, or smart phone app.
- You will need to avoid alcohol for several months after surgery. Alcohol irritates your stomach, increases the risk of stomach ulcers, is high in calories, and you are at higher risk for becoming dependent upon alcohol after surgery. Please speak with your bariatric team before consuming alcohol after surgery.
- Some foods have tough textures that are difficult to tolerate. Please wait until you are 3-6 months post-op before trying these foods. Remember to take tiny bites, chew thoroughly, and eat slowly. (SEE PAGE 4)
- ****ALSO SEE OUR WEBSITE FOR RECIPES, TIPS, & APPROPRIATE SERVINGS OF FOOD GROUPS**** www.capitalhealth.org/weightloss

Fluid and Protein Checklist for Weeks 3-6 After Weight-Loss Surgery (Stage 4)

Fluids

Aim for **64 oz (8 cups)** of sugar-free, low-calorie, non-carbonated, non-caffeinated liquid per day. This does **not** include your protein shakes.

GOAL = 64 oz

Protein Grams

AIM FOR: 8 Protein servings. See list of Protein Foods and their Serving size in the Back of this packet and on our website

Check off each circle for every gram of protein you consume.

1 Serving of protein (see list for serving sizes of protein foods)= 7 grams

GOAL = Servings YOUR GOAL= _____ Servings ; _____ grams of Protein

Physical Activity

Type of activity: _____ Minutes per day: _____

Recommended Calorie Level: _____ Calories

Sample Meal Plan: (see attached)

Other Food Groups: (See end of Packet for the correct serving sizes for each food group)

Vegetables (Aim for 2-3 Servings)



Fruits (Aim for 2 Servings)



Dairy (Aim for 1-2 Servings)



Fat (Aim for 2 Servings)



Starch (Aim for 3 Servings)



Foods that can be Difficult to Tolerate:

- Tough meats such as red meat, hamburger, lobster, scallops, clams, and shrimp
- Raw fruits and veggies that are stringy or have peels and membranes
Examples: Celery, asparagus, oranges, pineapple, peapods, grapes
- Popcorn and nuts
- Doughy breads
- toasted breads tend to be better tolerated
- Rice and pasta

Supplements

Multivitamin: _____

- 2 Daily (can take 2 at the same time)
- Take two hours apart from Calcium
- Must be chewable or liquid (no gummies)
- Must have copper, zinc, iron

Calcium citrate: _____

- Take 1200 – 1500 mg of calcium citrate daily, divided in 2-3 doses.
- Separate each dose by 4 hours.
- Separate from multivitamin by 2 hours
- Calcium citrate (read supplement facts and ingredient list)
- No more than 600 mg of calcium per tablet

Vitamin B-12 (for Gastric Bypass): _____

- Take 350-500 micrograms of vitamin B12 daily.
- May take with other vitamins.
- Choose sublingual B12
- Included in Bariatric Advantage Advanced Multi EA Chewable (sold in office)

Additional Iron (for Gastric Bypass): _____

- May be needed- will recommend based on blood levels

Other supplements (if needed): _____

Serving Sizes

Very Lean Meat/Protein and Substitutes

Each item on the list is one serving.

Each serving contains 0 grams of carbohydrates, 7 grams of protein, 0-1 gram of fat, and 35 calories.

Poultry (without skin): Chicken, turkey, Cornish hen 1 oz

Fish: Fresh or frozen cod, flounder, haddock, halibut, trout, tuna 1 oz

Shellfish: Crab, lobster, scallops, shrimp, clams (fresh or canned in water) 1 oz

Game: Pheasant (without skin), venison, buffalo, ostrich 1 oz

Cheese: Non-fat cottage cheese, non-fat ricotta cheese ¼ cup

Greek yogurt: 0% 3 oz

Beans, peas, lentils (cooked): also count as 1 starch ½ cup

Deli meat: 95% fat free 1.5 oz

Egg substitutes ¼ cup

Lean Meat/Protein and Substitutes

0 grams of carbohydrate, 7 grams of protein, 3 grams of fat, and 55 calories.

Beef: Round, sirloin, flank steak, tenderloin, roast (rib, chuck, rump), steak (T-bone, porterhouse, cubed), ground round (at least 90% lean) 1 oz

Pork: Ham, Canadian bacon, tenderloin, center loin chop 1 oz

Veal: Lean chop, roast 1 oz

Lamb: Roast, chop, leg 1 oz

Poultry: Chicken, turkey (dark meat no skin), chicken (white meat with skin) 1 oz

Fish: Salmon (fresh or canned), tuna (canned in oil), catfish, oysters, sardines (canned), herring 1 oz

Wild game: Rabbit, duck, or goose (no skin) 1 oz

Cheese: Low-fat cottage cheese, part-skim ricotta cheese ¼ cup

Egg 1

Tofu 3 oz soft/ 2 oz firm

Serving Sizes (continued)

Non-Starchy Vegetables

Each vegetable serving contains 5 grams of carbohydrates, 2 grams of protein, 0 grams of fat, and 25 calories.

- Vegetables contain 2-3 grams of fiber per serving.
- Fresh and frozen vegetables have more vitamins and less added salt than canned vegetables.
- Rinse canned vegetables under water to remove much of the salt prior to cooking/eating.

½ cup = 1 serving of cooked vegetables or vegetable juice

1 cup = 1 serving of raw vegetables

Artichoke Cabbage

Okra Spinach

Asparagus Carrots

Onions Summer squash

Beans (green, wax, Italian) Cauliflower

Pea pods Tomato

Bean sprouts Eggplant

Peppers Greens (collard, mustard, turnip)

Beets Rutabaga

Broccoli Kohlrabi

Brussel sprouts Leeks

Sauerkraut Water chestnuts

Zucchini Celery

Endive Escarole

Cucumber Lettuce

Green onion Mushrooms

Radishes Kale

Starchy vegetables such as corn, peas, potatoes, plantains and winter squash are found on the Starches list.

Fruits

Each fruit serving contains 15 grams of carbohydrates, 0 grams of protein, 0 grams of fat, and 60 calories.

- Fresh, frozen, and dried fruits have about 2 grams of fiber per serving.
- * indicates 3 or more grams of fiber per serving
- Use fresh, frozen or canned fruits without sugar added.
- Whole fruit is more filling than fruit juice or dried fruit and is a better choice for those who are trying to lose weight.

Dried Fruit (no added sugar)

*Apples 4 rings

*Apricots 7 halves

Dates 2 ½ medium

*Figs 1 ½

*Prunes 3 medium

Raisins 2 Tablespoons

Serving sizes for dried fruits are small because they are calorie-dense foods.

Fresh, Frozen, & Unsweetened Canned Fruit

Apple (raw, 2 in. across) 1 apple

Applesauce (unsweetened) ½ cup

Apricots (canned) ½ cup or 4 halves

Apricots (medium, raw) 4 apricots

Banana (8 in. long) ½ banana

*Blackberries (raw) ¾ cup

*Blueberries (raw) ¾ cup

Cantaloupe (5 in. across) 1/3 or 1 cup cubes

Cherries (canned) ½ cup

Cherries (large, raw) 12 cherries

Figs (raw, 2 in. across) 2 figs

Fruit cocktail (canned) ½ cup

Grapefruit (medium) ½ grapefruit

Grapefruit (segments) ¾ cup

Grapes (small) 15 grapes

Honeydew melon (medium) 1/8 or 1 cup cubes

Kiwi (large) 1 kiwi

Mandarin oranges ¾ cup

Mango (small) ½ mango

*Nectarine (2 ½ in. across) 1 nectarine

Orange (2 ½ in. across) 1 orange

Papaya 1 cup

Peach (2 ¾ in. across) 1 peach or ¾ cup

Peaches (canned) ½ cup (2 halves)

Pear ½ large or 1 small

Pears (canned) ½ cup or 2 halves

Persimmon (medium) 2 persimmons

Pineapple (canned) 1/3 cup

Pineapple (raw) ¾ cup

Plum (raw, 2 in. across) 2 plums

Pomegranate ½ of fruit

*Raspberries (raw) 1 cup

*Strawberries (raw, whole) 1 ¼ cup

*Tangerine (2 ½ in. across) 2 tangerines

Watermelon (cubes) 1 ¼ cup

Dairy

- Each item on the list is one serving.
- Each serving of dairy contains 6-8 grams of protein.
- Carbohydrates, fat and calories vary – please see food label.

Low-fat Cheese

(3 g saturated fat or less per serving)

Cheese or soy cheese 1 oz

Grated parmesan 2 Tbsp

Shredded cheese $\frac{1}{4}$ cup

String cheese 1 stick

Skim and Very Low-fat Milk

Skim milk 8 oz (1 cup)

1% milk 1 cup

Low-fat buttermilk 1 cup

Evaporated skim milk $\frac{1}{2}$ cup

Dry nonfat milk $\frac{1}{3}$ cup

Nonfat yogurt 1 cup

Soy milk 1 cup

Lactaid milk 1 cup

Fat

- Each item on the list is one serving.
- Each serving of fat contains 5 grams of fat and 45 calories.
- Conversion tip: 1 Tablespoon = 3 teaspoons

Unsaturated Fats

Nut butters (peanut butter) 2 tsp
Avocado 1 Tbsp
Diet margarine 1 Tbsp
Mayonnaise 1 tsp
Light mayonnaise 1 Tbsp
Oils 1 tsp
(soybean, olive, canola, peanut, sunflower)
Olives 10 small or 5 large
Salad dressing (creamy) 2 tsp
Salad dressing (light creamy) 1 Tbsp
Salad dressing (oil based) 1 Tbsp
Salad dressing (light) 2 Tbsp
Hummus 2 Tbsp

Saturated Fats (not recommended)

Bacon 1 slice
Butter 1 tsp
Coconut, shredded 2 Tbsp
Coffee creamer 4 tsp
Cream, light 2 Tbsp
Half and half 2 ½ Tbsp
Sour cream 2 Tbsp
Cream cheese 1 Tbsp

Nuts and Seeds

Almonds, dry roasted 6
Whole cashews, dry roasted 1 Tbsp
Pecans 2 whole
Peanuts 10 small
Walnuts 2 whole
Pumpkin seeds 1 tsp
Other nuts and seeds 1 Tbsp

Starches

- Each item on the list is one serving.
- Each serving contains 15 grams of carbohydrates, 3 grams of protein, 0-1 gram of fat, and 80 calories.
- * 3 or more grams of fiber
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Crackers and Other Starchy Foods

Choose whole grains whenever possible.

Animal crackers 8

Graham crackers (2.5 in. square) 3

Matzoh $\frac{3}{4}$ oz

Melba toast 5 sl.

Oyster crackers 24

*Popcorn (popped, 94% fat free) 3 cups

Pretzels $\frac{3}{4}$ oz

*Rye crisp (2 in. x 3 in.) 4

Saltine-type crackers 6

*Whole-wheat crackers 2-4 sl.

(Wasa®, Kavli®, Finn®)

Cereals/Grains/Pasta

Choose whole grains whenever possible.

*Bran cereals $\frac{1}{3}$ cup

*Bran cereals (flaked) $\frac{1}{2}$ cup

Bulgur (cooked) $\frac{1}{2}$ cup

Hot cereals (unsweetened) $\frac{1}{2}$ cup

Cornmeal (dry) 2 $\frac{1}{2}$ Tbsp

Grape-Nuts® 3 Tbsp

Grits (cooked) $\frac{1}{2}$ cup

Cold cereals (unsweetened) $\frac{3}{4}$ cup

Pasta (cooked) $\frac{1}{2}$ cup

Puffed cereal 1 $\frac{1}{2}$ cup

Rice (cooked) $\frac{1}{3}$ cup

Shredded wheat $\frac{1}{2}$ cup

Sugar-free pudding $\frac{1}{2}$ cup

Cooked Beans/Peas/Legumes

(also count as 1 very lean meat)

*Beans and peas (kidney, white, split, black-eyed, lentils) $\frac{1}{2}$ cup

*Broad beans, garbanzo, navy, pinto, chick peas $\frac{1}{3}$ cup

*Baked beans $\frac{1}{4}$ cup

Breads

Choose whole grains whenever possible.

Bagel (from cafe) $\frac{1}{4}$ (1 oz)

Bagel (pre-packaged, grocery store) $\frac{1}{2}$ (1 oz)

Bread sticks 2 ($\frac{2}{3}$ oz)

English muffin $\frac{1}{2}$

Frankfurter or hamburger bun $\frac{1}{2}$ (1 oz)

Pita, 6 in. across $\frac{1}{2}$

Plain roll, small 1 (1 oz)

Bread 1 sl (1 oz)

Tortilla, 6 in. across 1

Sandwich thins 1

Starchy Foods Prepared with Fat

(also count as 1 fat)

Biscuit, 2 $\frac{1}{2}$ in. across 1

Chow mein noodles $\frac{1}{2}$ cup

Corn bread, 2 in. cube 1 (2 oz)

Cracker, round butter type 6

French fries, 2 in. – 3 $\frac{1}{2}$ in. long 10 (1 $\frac{1}{2}$ oz)

Muffin, small 1

Pancake, 4 in. across 2

Stuffing, bread (prepared) $\frac{1}{4}$ cup

Taco shell, 6 in. across 2

Waffle, 4 $\frac{1}{2}$ in. square 1

*Whole wheat crackers (Triscuits®) 4-6 (1 oz)

Starchy Vegetables

*Corn $\frac{1}{2}$ cup

*Corn on the cob, 6 in. long 1

*Lima beans $\frac{1}{2}$ cup

*Peas, green (canned or frozen) $\frac{1}{2}$ cup

*Plantain $\frac{1}{2}$ cup

Potato, baked (3 oz) $\frac{1}{2}$ cup

*Winter squash (acorn, butternut) $\frac{1}{2}$ cup

Yam/sweet potato $\frac{1}{3}$ cup

