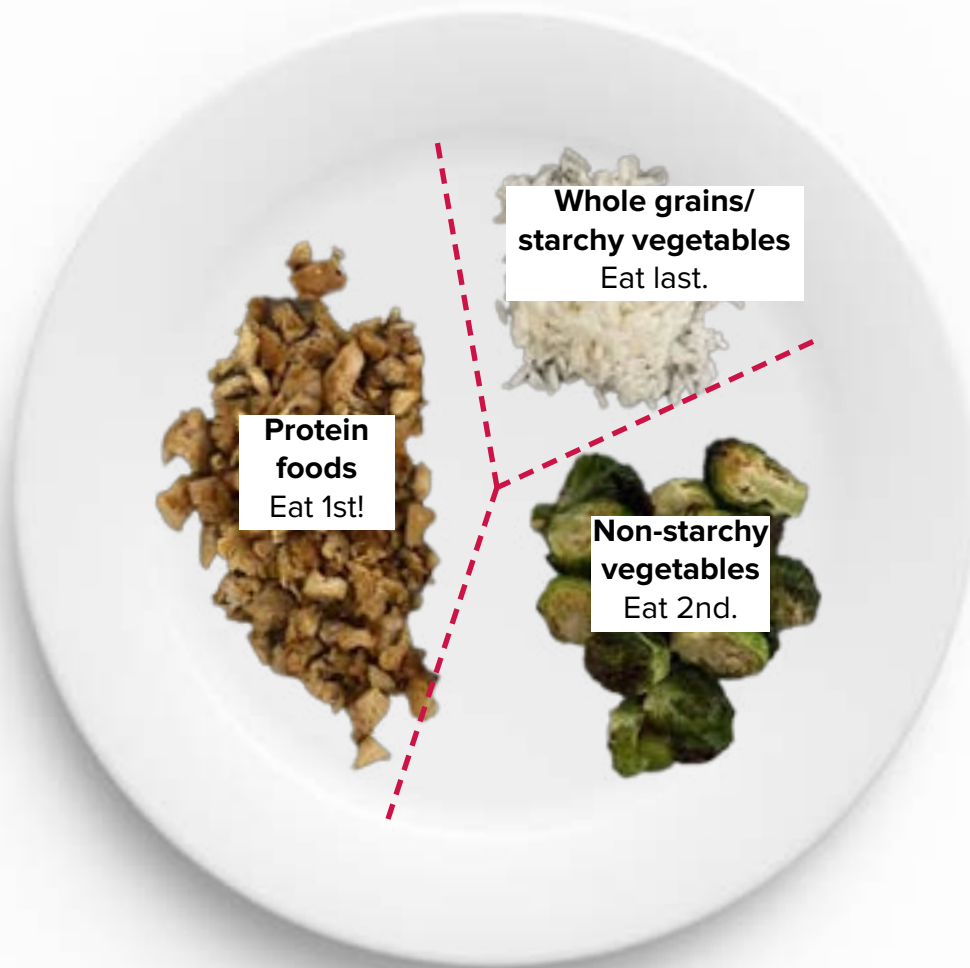


Healthy Meals After Bariatric Surgery (Step 4 Diet)



General tips

Follow the instructions in this handout to create healthy meals after bariatric surgery. This Step 4 diet provides about 1,200 calories and at least 60 grams of protein per day.

- **Eat at least 6 small meals each day.** It should take you 20 to 25 minutes to eat each meal.
- **Use baby utensils and take small, dime sized bites.** Chew thoroughly, about 1 minute per bite. Wait 2 to 3 minutes in between bites.
- **Do not drink 10 minutes before meals or during meals and wait 30 minutes after meals to drink.** Avoid drinking during meals as combining liquids and food may lead to nausea, vomiting, belly (abdominal) pain, diarrhea, and dumping syndrome.

How to create a meal

Eat 1 cup total at each meal. You may also add 1 to 2 ounces of healthy fats like olive or flaxseed oil or avocado.

To measure your meal, use a clear 1 cup measuring cup.

1. Add $\frac{1}{4}$ to $\frac{1}{2}$ cup (2 to 4 ounces) of **protein foods** like:

- Beans
- Beef (lean) or veal
- Chicken or turkey
- Egg
- Fish
- Pork
- Tofu
- Veggie burger

2. Add $\frac{1}{2}$ cup (4 ounces) of **non-starchy vegetables** like:

- Asparagus
- Bean sprouts
- Beets
- Broccoli
- Brussel sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumbers
- Eggplant
- Green Beans
- Greens (lettuce, romaine, spinach, arugula, radicchio)
- Mushrooms
- Onions
- Peppers
- Radishes
- Snow peas
- Sprouts
- Tomatoes
- Yellow squash
- Zucchini

3. Add $\frac{1}{4}$ cup (2 ounces) of **whole grains or starchy vegetables** like:

- Brown rice
- Cream of wheat
- Fruit
- Oatmeal
- Popcorn
- Saltine crackers (3 to 6)
- Starchy vegetables such as corn, peas, potatoes, and sweet potatoes
- Unsweetened dry cereal such as bran flakes, Cheerios, corn flakes, and Rice Krispies
- Whole wheat bread (toasted)
- Whole wheat pasta

Sample Menu

Here is an example of a meal with chopped chicken breast, air fried Brussels sprouts with 2 teaspoons olive oil and a dash of salt and pepper, and brown rice.

