

## DIETARY STAGES

The stages are designed to avoid damage to the staple lines, discomfort, dumping, vomiting, and to prevent the newly formed 'baby' stomach from being stretched. Below is an overview of the stages. You will require much more detailed information. Your dietitian will discuss each stage at the appropriate time with you.

DIET	Duration (days)	Recommendations
<b>VLED</b>	.....DAYS PRIOR TO SURGERY	<p>TO SHRINK THE LIVER IN PREPARATION FOR SURGERY            AVOID ALL- Carbohydrates Sugars and Alcohol  <b>HAVE:</b> 2 shakes and 1 protein-based meal (no carbs) daily with low carb snacks</p> <ul style="list-style-type: none"> <li>✓ <b>Practice Regular eating- 3 meals and 3 snacks daily</b></li> <li>✓ <b>Meal prep and planning -cooking meals and bringing lunches and snacks with you</b></li> <li>✓ <b>Practice slow eating</b> - use small utensils &amp; put them down between mouthfuls</li> <li>✓ <b>Practice not eating &amp; drinking with meals</b> - stop drinking 15 min before meals &amp; until 30min post</li> </ul>
<b>FLUIDS (Week 1)</b>	POST SURGERY FOR 7 DAYS	<ul style="list-style-type: none"> <li>✓ <b>FLUIDS ONLY- no solid foods – Could drink through a straw</b></li> <li>✓ <b>Day 1:</b> clear fluids (in hospital). Constant sipping</li> <li>✓ <b>Days 2:</b> Fluids - Commence shakes when you get home</li> <li>✓ <b>Days 3 – 7:</b> Aiming for 1-1.5L of fluids by day 5 (no fizzy drinks)</li> <li>✓ Chewable Vitamins – (Multivitamin and calcium daily)</li> </ul>

**REMEMBER TO PLAN YOUR MEALS, GO SLOW**

<b>PUREE</b> <b>(approx. week 2)</b>  ____/____	7 DAYS	<ul style="list-style-type: none"> <li>✓ <b>Smooth pureed food – no lumps, should be moist/wet – Should drip off a spoon. Use a blender, stick mixer or food processor to puree your food</b></li> <li>✓ Casseroles, low fat curries, stews &amp; slow cooker meals work well</li> <li>✓ ¼ - ½ cup (max) at a time</li> <li>✓ Separate food &amp; fluids- no drinking 15 min pre- until 30min after food/ meal</li> </ul>
<b>MINCED/ MASH</b> <b>(approx. week 3)</b>  ____/____	7 DAYS	“Mash” texture- holds form on spoon, heavy thick drizzle Time to move to using a baby/ cake fork (not splade!) Sandwich tuna/ chicken, cottage cheese, mashed vegetables, mashed baked beans/ refried beans work well
<b>SOFT</b> <b>(approx. week 4-5)</b>  ____/____	14 DAYS	<ul style="list-style-type: none"> <li>✓ <b>Protein based foods that can be roughly mashed with a fork , minced meats, pulled meats ( if moist) , fish ( fresh or tinned)</b></li> <li>✓ Moist/wet - soft casseroles/ slow cook meals, soft vegetables (not raw), soft fruits</li> <li>✓ ½-2/3 cup (max)</li> <li>✓ <b>Chew well and eat mindfully ie no screens</b></li> </ul>
<b>FULL DIET</b> <b>(approx. week 6)</b>  ____/____	Long Term	<ul style="list-style-type: none"> <li>✓ <b>Mindful eating, small and slow - Back to “normal” high protein, nutritionally complete foods –</b></li> <li>✓ NO biting into food/ cut food up – eating MINDFULLY</li> <li>✓ ½ - 2/3 cup -eat 5x day ie 3 meals and 2 snacks</li> <li>✓ Small meals, AND SNACKS even if not hungry</li> <li>✓ Separate food &amp; fluids- no drinking 15min pre- until 30min after food/ meal</li> <li>✓ No Fizzy drinks or alcohol or sweet drinks</li> <li>✓ PROTEIN based meals and snacks</li> <li>✓ <b>PREP AND PLANNING -Take food with you</b></li> </ul>