

## FULL

### STARTING \_\_\_\_\_

Nice work! You have made it through the first few months' post-surgery and are now able to gradually start the introduction of fuller textured foods back into your diet.

#### AVOID FOODS WHICH ARE:

**Dry** - Chicken breast -choose moist foods, **saucers** & gravy may improve tolerance

**Slippery** - oysters, mango (with care)

**Doughy or from a ball** - fresh bread -choose wholegrain/ wholemeal bread/ wraps rather than white and avoid hot chips, pastry & other doughy dense textures.

**Tough Meats** – Eye Fillets are much better tolerated

Below are some recommendations for you to follow

#### REMEMBER

**GO SLOW - Especially important now you are on full textures. Remember to eat mindfully – when you eat, only eat.**

- ✓ Concentrate, and chew thoroughly, e.g., put down your utensils between mouthfuls, and finish your mouthful before starting the next
- ✓ Use small utensils & crockery, e.g., teaspoons, baby fork, small knife
- ✓ Take 20 minutes + to eat
- ✓ Allow sufficient time to eat – avoid eating on the run, while working at your desk or driving

**Separate Foods & Fluids** – finish drinking 15 minutes before your meal, and then don't drink until 30 minutes afterwards

**✗ Fizzy drinks** - the gas causes severe discomfort and possible pain by placing too much pressure on your new stomach and may stretch your stomach.

**✗ High Calorie liquids** - e.g.: alcohol, juices, cordial, iced teas. These provide lots of calories with little nutritional benefit and can make you nauseous or cause dumping syndrome

**Constant sipping between meals** – continue to be deliberate with your sipping. Carry a water bottle with you to remind you to drink. Choose low-calorie drinks like water +/- squeeze of juice, non-fizzy diet drinks, tea/ coffee (hot or cold). Remember adding protein water or diet cordial can help water go down easier.

**Sweet and fatty foods should be avoided** - can cause dumping syndrome and are low in nutritional value (need to make mouthfuls count nutritionally)

**Eat regularly and small serves** – remember the following

- ✓ 3 meals – breakfast, lunch, dinner.
- ✓ Mid-meals are necessary for energy and nutrition. Think of as “mini meal” rather than snack/treat time.
- ✓ Volume should be small - 2/3 (portion perfection bariatric plate) including protein.
- ✓ Cut up all food into thumb nail size pieces using a sharp knife (your bite size is too big) **If you can't cut, remember to nibble.**

**Be Prepared / Plan meals** – Take appropriate food with you for meals & mid-meals when you leave the house. Ensure you have portioned pre-prepared meals frozen for quick snacks work - portioning leftovers works really well.

You could try the following.

- ✓ Leave non-perishables (tinned fish/tuna/chicken) in the cupboard at work or ready to grab on the go
- ✓ High protein yogurt in the fridge
- ✓ Boiled eggs at work

**Benefibre** is helpful for good gut health as well as keeping regular.

**Dulcolax** is useful should you need to deal with constipation. Should this happen, be sure you are drinking sufficient water!

**Daily Vitamins** - small tablets or capsules are now ok. We recommend taking bariatric specific multi-vitamin and calcium + D twice a day. **Please speak to your dietitian who will prescribe the best vitamins and dosage for you.**

**I will be taking.**

\_\_\_\_\_ **multi-vitamin** \_\_\_\_ **per day** (recommended times \_\_\_\_\_)

\_\_\_\_\_ **calcium + D** \_\_\_\_ **per day** (recommended times \_\_\_\_\_)

**Exercise** – now you can try to include resistance training along with your daily walking, meeting at least 10,000 steps per day.



## SAMPLE FULL MENU

Breakfast	Lunch	Dinner
<b>Eggs + 1/2 thin or HPLC toast+ veg</b>  <b>Shake - can add shot of coffee</b>  <b>Oats+ fruits+ seed mix</b>  <b>Yoghurt +fruit+granola</b>  <b>1/2 thin + baked beans</b>	<b>2 Vita wheat +tuna+tomato</b> <b>Leftover vegies+ tuna/ chicken</b>  <b>Chopped salad/ superfood slaw + protein</b>  <b>Omelet or scrambled egg</b>  <b>1/2 mountain bread wrap +chicken+ avocado</b>  <b>Chicken+ veg soup = vita wheat</b>	<b>1/2 plate of protein - first</b> - 50-60gm meat, fish, chicken, egg  <b>About 1/3 plate of free vegetables - second</b> - see list  <b>Less than 1/4 plate of carbohydrate (1-2 tsp only) - third</b> - sweet potato, chat potato, peas, corn, rice/pasta - best choices are quinoa or legumes etc.



### Mid-meals snacks – morning and afternoon tea

- Chopped fresh fruits with cheese or peanut butter or nuts or high protein yoghurt
- Eggs (boiled, curried, poached) and cherry tomato/spinach leaf
- High protein yogurt or milk drinks (milk coffee, hot chocolate, fruit smoothie)
- 6-8 Raw nuts Almonds, Walnuts Brazil is the best mix
- Veggie sticks with high protein cottage cheese or good quality peanut butter or hummus.
- Crackers (vitawheats / Cruskits) with cheese / cottage cheese / hummus / tuna /smoked salmon / + salad eg (tomato, cucumber, spinach leaves)
- Salmon roll-up - veggie sticks wrapped in smoked salmon with cream/cottage cheese
- Snack pack of roasted chickpeas or fava beans

### RECOMMENDATIONS

Variety is the spice of life - An intake of a variety of foods maximises your nutritional intake and keeps life interesting. Some foods are fine one day and not the next. If a particular food causes you a problem, try it again in a few days' time. It's all about quality not quantity- buy the best cuts of meat & fresh produce. Remember to prepare – **Planning is the key!**

***Food you make yourself and bring with you is always better than food you buy!***

## Problematic foods –

See chart over page for foods which may cause unwanted symptoms of discomfort, pain or regurgitation.

FOOD	POSSIBLE PROBLEM	POSSIBLE SOLUTION
<b>Meat and seafood</b>  <b>Start with thin sliced roast &amp; gravy</b>  <b>Then try frenched lamb cutlet</b>  <b>Eye fillet – Rest all meat 5 mins in foil be after cooking</b>	Meat - whole cuts, thick pieces & diced e.g.: steak, roast, chops	<ul style="list-style-type: none"> <li>✓ When meat is partially frozen, slice into very thin slices (almost transparent) so it cooks in seconds</li> <li>✓ Avoid whole cuts – choose fillet and loins</li> <li>✓ Use more “softer” protein, e.g. lentils, fish, tofu, eggs, legumes, ...</li> <li>✓ Tenderise by marinating</li> <li>✓ Slow cook (e.g. casserole, pot, stew) for several hours until meat falls apart</li> </ul>
	Chicken breast, BBQ Chicken	<ul style="list-style-type: none"> <li>✓ Marinate and cook moist</li> <li>✓ Use moist, tender cuts, e.g. thigh or tenderloin</li> </ul>
	BBQ / Grill – Dry meat	<ul style="list-style-type: none"> <li>✓ Use foil parcels to steam your meat.</li> </ul>
	Oysters	<ul style="list-style-type: none"> <li>✓ <b>TAKE CARE</b> (unless chewing before swallowing)</li> </ul>
<b>Fruit</b>  <b>Cut Up</b>  <b>le apple into 1/16th</b>	Mango	<ul style="list-style-type: none"> <li>✓ Small pieces, make sure they are well chewed</li> <li>✓ <b>WATCH OUT</b> – that slippery pieces don't get swallowed whole</li> </ul>
	Apple (skin on), Stone fruit, Grapes, Pears	<ul style="list-style-type: none"> <li>✓ <b>Cut/slice</b> into small bite-sized portions (thumbnail size) and use a fork to eat it</li> </ul>
	Orange segments, Grapefruit segments	<ul style="list-style-type: none"> <li>✓ Cut/slice into small bite-sized portions</li> <li>✓ <b>AVOID</b> – tough fibrous pieces</li> </ul>
<b>Breads and grains</b>  <b>Crackers- vits wheat</b>  <b>Thins toasted</b>  <b>Mountain breads</b>	Doughy buns & bakery items	<ul style="list-style-type: none"> <li>✓ <b>AVOID</b></li> </ul>
	Nuts	<ul style="list-style-type: none"> <li>✓ Eaten one by one and chewed well. You may like to pre-portion these</li> </ul>
	Hot potato chips	<ul style="list-style-type: none"> <li>✓ <b>AVOID</b></li> </ul>
	Rice grains	<ul style="list-style-type: none"> <li>✓ Take care with sushi rice – try sashimi, gyoza/dumplings edamame instead.</li> <li>✓ Basmati / Brown</li> <li>✓ Try quinoa vegetable rice</li> </ul>
	Al dente pasta (pasta that is just cooked)	<ul style="list-style-type: none"> <li>✓ Overcook slightly to soften it further</li> <li>✓ Substitute thin noodles, cut up into small pieces</li> <li>✓ Try zoodles or Kojak noodles</li> </ul>
<b>Vegetables</b>	Potato (skin on)	<ul style="list-style-type: none"> <li>✓ Watch the skin/ ensure moist. Sweet potato is best</li> </ul>
	Carrot (raw)	<ul style="list-style-type: none"> <li>✓ <b>MAY</b> be ok raw when grated/ thin matchsticks</li> </ul>
	Corn	<ul style="list-style-type: none"> <li>✓ (Consider commercial creamed corn)</li> <li>✓ Cut off cob</li> </ul>
<b>Miscellaneous</b>	Reheated food	<ul style="list-style-type: none"> <li>✓ Ensure dishes stay moist</li> <li>✓ Prior to reheating – stock or tomato puree or gravy/ sauce</li> <li>✓ Avoid dry reheated dishes/meats</li> </ul>

