

Stage 3: *Healthful Foods for Life*

You will begin this stage at **4 weeks postop and continue for life**. The purpose of this stage is to transition to regular consistency foods and develop long term healthy eating habits.

➤ **Tips:**

- Maximize nutrient quality of all foods you put into your pouch. Solid foods are the best choices & will help control hunger. Healthy but soft foods must be avoided. **Remember The Funnel Factor!**
- Learn from each meal – the more solid a protein is, the quicker you will fill up & the longer you will stay full!
- **Focus on QUALITY not QUANTITY!** Success is about what you eat not necessarily how much you eat. Focus on proper food choices instead of how much you are eating.
- Learn to be satisfied with a smaller portion of food without overeating.
- Remember, the brief gratification that you may feel if you eat foods that are not recommended is not worth the physical discomfort or potential weight gain.

➤ **Life Long Meal Composition:**

- **Protein: 2/3 of your meal**
 - Protein will be your **primary** food for the rest of your life.
 - Choose lean cut of meat most often and avoid breaded proteins.
 - Vegetable protein sources should be used in strict moderation because of their starch content.
 - Protein supplements? Protein shakes/bars may be used as tools if deemed appropriate by your healthcare team, but the majority of your nutrition should come from whole foods.
- **Complex Carbohydrates: 1/3 of your meal**
 - The types of carbohydrates you eat will have a significant effect on hunger and your weight loss.
 - Focus on non-starchy vegetables.
 - **No starchy vegetables (potatoes, peas, winter squash & corn) OR dried fruit/vegetables.**
 - **No fruit for the first-year post-op, at least.**
- **Healthy Fats- strict moderation**
 - Fats provide essential fatty acids and fat soluble vitamins the body needs to function properly.
 - **A very small amount of healthy monounsaturated and polyunsaturated fats prevents fatty acid deficiencies. Speak with dietitian before adding into diet.**
 - Minimize saturated and *trans* fats which are found in fried foods/processed snacks/high fat meats. These can cause abdominal bloating/diarrhea/nausea/vomiting and have a negative effect on your weight loss. Examples: bacon, butter, coconut, cream, cream cheese, half-and-half, shortening, lard, sour cream.

Stage 3: Food Choices

Protein Options:

Beef: Tenderloin, top loin, sirloin tip, roast; steak, ≥90% lean ground

Cheese Reduced-fat (2%): Sliced, string, hard, shredded or cubed cheese;

Plain Greek yogurt & cottage cheese (in moderation/soft texture)

Eggs: Whole eggs, egg whites, egg substitute

Fish/Shellfish: Catfish, cod, flounder, haddock, halibut, herring, orange roughy, sardines, tilapia, trout, tuna, salmon, clams, crab, lobster, oysters, scallops, shrimp

Game: Skinless duck/pheasant, venison, buffalo, ostrich, rabbit

Lamb: Roast, leg, loin chop, tenderloin

Luncheon/Processed Meats: 97 - 99% Fat free: Including turkey, roast beef, ham, chicken, low fat hot dogs, turkey sausage, bacon, pepperoni, kielbasa, pastrami, beef jerky

Pork: Lean ham; Canadian bacon; center loin chop, tenderloin

Poultry: Skinless chicken/turkey (light/dark), ≥90% lean ground, chicken/turkey breast cutlets

Soy/Beans (limit to 2 times per week due to starch content): Edamame, tofu, legumes/beans

Veal: Roast, loin chop

Low carbohydrate protein supplements: can introduce as recommended at 6 weeks postop

Non-Starchy Vegetable Options:

Artichoke/artichoke hearts	Greens	Radishes
Asparagus	(collard/kale/mustard/turnip)	Rutabaga
Beans (green/wax/Italian)	Green onions/scallions	Salad greens
Beets	Herbs	Sauerkraut
Broccoli	Jicama	Snow Peas
Brussels sprouts	Leeks	Spinach
Cabbage (bok choy/Chinese/green)	Mushrooms	Squash
Carrots	Okra	(yellow/spaghetti/zucchini)
Cauliflower	Onions	Sugar snap peas
Celery	Pea pods	Swiss chard
Cucumber	Peppers (all varieties)	Tomatoes (raw/canned)
Eggplant	Pumpkin	Turnips

Healthy Fat Options:

Monounsaturated Fats

Almonds or cashews.....	6
Avocado (medium).....	1/8 or ¼ cup
Brazil nuts	2
Filberts (hazelnuts)	5
Macadamia nuts.....	3
Nut butters (almond/cashew/peanut).....	1 ½ tsp
Oil (canola/olive/peanut).....	1 tsp
Olives, black.....	8 large
Olives green w/pimento.....	10 large
Peanuts.....	10
Pecans.....	4 halves
Pistachios.....	16

Polyunsaturated Fats

Flaxseed, ground.....	1 ½ tbsp.
Hummus.....	2 tbsp
Margarine (stick/tub/squeeze).....	1 tsp
Margarine, low-fat (30-50% vegetable oil).....	1 tbsp
Mayonnaise, regular.....	1 tsp
Mayonnaise, reduced fat.....	1 tbsp
Oil (corn/cottonseed/flaxseed/grapeseed/safflower/soybean/sunflower).....	1 tsp
Pine nuts.....	1 tbsp
Pumpkin or sunflower seeds.....	1 tbsp
Salad dressing, regular.....	1 tbsp
Salad dressing, reduced fat.....	2 tbsp
Tahini.....	2 tsp
Walnuts.....	4 halve