

Diet One

Daily Allowance:

2-3 pints (pts) of skimmed or semi skimmed milk or 2 pts of unsweetened soya milk

2 diet or light natural or fruit flavoured yogurt - max 250 grams (g) per day

- Yogurt should have on it the words 'diet' or 'light'.
- Avoid yogurts which have added honey/chocolate/fruit pieces/syrup/sprinkles.
- 0% fat Greek yogurt including fruit flavoured are acceptable, but check labels that they are not sweetened with fruit puree or honey.
- Do not replace yogurt with custard, rice pudding or mousse even if low fat as these are often higher in sugar and calories than yogurt.
- If you do not like milk based yogurts, soya yogurts in natural or fruit flavours are acceptable and widely available in major supermarkets. Check labels to ensure they are low fat. Avoid all other soya based desserts.
- Avoid yogurt drinks or pouring yogurts as these are typically high in sugar.

3-4 portions of fruit

- 1 portion is 80g. This is roughly one handful.
- All fruit is acceptable except for avocados. Try to vary your choice as much as possible. Options include bananas, apples, oranges, satsumas, plums, clementines, peaches, nectarines, cherries, grapes, apricots and kiwi fruits.
- Berries are allowed but measure out an 80g portion before eating. Options include strawberries, blueberries, blackberries, raspberries.
- Tinned fruit is acceptable but check labels to ensure it's tinned in natural juice and not syrup. Drain the juice and weigh out an 80g portion before eating.
- Avoid all dried fruit.
- We do not recommend juicing fruit and vegetables as this process removes a lot of the fibre, along with vitamins and minerals.
- If you find it difficult to get through your daily fruit allowance, try blending the whole fruit with milk or yogurt from your allowance to make them more palatable.

300 millilitres (mls) Vegetable soup per day

- Home-made is preferable although tinned or fresh soups are acceptable.
- It should not contain any potatoes or pulses such as beans, peas or lentils.

Sugar free fruit flavoured jelly (optional)

- All varieties and flavours are acceptable but do not eat to excess.

Drinks

- 2 litres (L) of fluid per day is recommended. This is the amount you will be required to drink after your bariatric surgery. We strongly advise that you get in the habit of drinking adequate amounts of fluid before surgery.
- Recommended daily fluid intake does not need to be solely from water, although this is a good choice.

Choose from the following:-

- Water - tap, bottled, still or carbonated
Sugar free Flavoured water is acceptable
- Tea - all types including black and green teas, fruit flavoured and Redbush
- Coffee - all types including caffeinated and de-caffeinated
Avoid Coffee Mate, even the low sugar/fat varieties
- No added sugar squash - all flavours
- Sugar free fizzy drinks* - e.g. Diet Cola, diet lemonade, diet orange

*after surgery we advise that you do not have any fizzy drinks as they can cause uncomfortable trapped wind. If you start reducing fizzy drinks now it will be easier to cut them out after surgery.

Added flavours

- Good choices include herbs and spices, either dried or fresh, salt (moderate amounts), pepper, all vinegars including balsamic vinegar, Worcestershire sauce, soya sauce, raw garlic, chilli, and Tabasco sauce. Avoid condiments preserved in oil or salt.

Avoid adding extra salt to food where ever possible

All different brands and types of artificial sweeteners are acceptable

Diet One - Menu ideas

Try to have 3 'meals' over a day in which ever combination you find acceptable. If required have 1-2 snacks in between meals and ensure you have the recommended 2L of fluid every day.

- Fruit chopped into a diet/light flavoured yogurt.
- Sugar free jelly topped with sliced fruit and diet/light fruit flavoured yogurt.
- Fruit salad (1 small desert bowl), a mixture of any three of the following: ½ sliced banana, kiwi fruit, orange, apple, small slice melon, pear, 1 plum, 1 satsuma, peach/nectarine, 5 strawberries, 10 blueberries, 5 blackcurrants.
- Milk Shake. With an electric blender mix together 400mls skimmed or semi skimmed milk with ½ chopped banana and a small handful of strawberries, blackberries or blueberries (fresh or frozen) with several ice cubes. Drink slowly.
- Milkshakes can be made the night before and kept cool in the fridge overnight to enjoy for breakfast, particularly if you are in a hurry. Drink within 12 hours.
- Glass of ice cold skimmed or semi skimmed milk sipped slowly.
- Diet/light fruit yogurt. Experiment with different flavours so you don't get bored with the same taste every day. At this stage you can have yogurt with fruit bits in but avoid yogurts that have extra fruit puree on the side, or sprinkles of chocolate/sweets/biscuits/honey/toffee/caramel.
- Homemade smoothie made from fruit, milk and yogurt from allowance. Avoid shop bought smoothies as these tend to have added sugars or be too concentrated in fruit and fruit syrup.

Recipes

Homemade Fruit Smoothie

- Using a blender or hand blender, add a mixture of chopped fruit from allowance into the blending cup /jug
- Frozen fruit works best in smoothies so either buy ready to use frozen fruits or freeze fresh fruit (without skins or stalks)
- To the fruit add ½ - 1 pint of skimmed or semi skimmed milk from allowance
- Add artificial sweetener if required
- Add 4 ice cubes to the mix and blend
- If the consistency is too thick add more milk from allowance. If it is too thin try adding more ice cubes or diet/light yogurt from allowance to thicken it
- Pour into a glass and sip slowly

Tips

- Finding your own combination of fruits which you enjoy is part of the process
- A good mix to start with is a frozen banana chopped up with berries such as strawberries and raspberries (which can be bought frozen) or banana with pineapple with peaches
- Tinned fruit **in natural juice** can also be used from allowance
- Juicy fruits such as peaches, melon, water melon and pomegranates work well and will make for a thinner consistency
- Adding 1 banana from allowance, particularly if frozen first, will result in a thicker consistency
- Adding yogurt from the allowance, especially 0% fat Greek yogurt, will result in a thicker consistency
- For different flavour combinations try adding to the mix a teaspoon (tsp) of vanilla essence, or ground nutmeg and cinnamon, or sugar free almond extract
- Remember all milk, fruit and yogurt must be taken from daily allowance
- Fruit smoothies freeze well. Place into lolly making moulds or ½ fill a freezer proof container and chill overnight

Basic homemade soup

1 bowl per day (max 300mls)

- Peel and finely chop 1 onion. Wash and slice 1 leek. Add to a non -stick pan and cook on a low heat until softened. Add chopped garlic for extra taste.
- If the vegetables are sticking use a few sprays of a low calorie cooking spray e.g. Fry light and a tablespoon of water. Avoid using oil or butter to brown vegetables.
- Next add a combination of chopped vegetables, mixing with the onions and leeks for 2 minutes (a bag of mixed frozen vegetables can be used if fresh are not available) but avoid packs containing potatoes and pulses.
- Add 1 pint of vegetable/chicken/beef stock made from a stock cube. For a different flavour use ½ pint stock and 1 tin of chopped tomatoes.
- Bring the pan to the boil and simmer for 20 minutes until the vegetables have softened.
- You can eat this chunky or blend it if you prefer a smoother consistency.

Tips

- Vegetables that easily combine into soup include: Carrots, turnip, cabbage, parsnips, celery, cauliflower, and spinach
- Items from the added flavours section on page 2 can be useful to use in soups.
- To cut down cooking time, batch cook larger portions of soup and freeze in containers. Defrost when required in the microwave or on the stove. Ensure any food which has been frozen is fully defrosted and is served piping hot. Do not reheat once defrosted.
- Remember to avoid recipes which include any type of potato, and all types of beans, peas and lentils.
- Do not use cornflour to thicken.
- Do not have bread or croutons with the soup.
- Fresh carton soup is a good alternative if you are unable to make your own soup, or tinned if no other choices are available. Carefully read the labels to ensure that they do not contain ingredients you need to avoid.

Optional Snacks – 1-2 per day maximum

Fizzy Jelly with Fruit

- Dissolve 1 packet of fruit flavoured sugar free jelly with 150mls boiling water
- Make up as directed on packet with sugar free lemonade instead of cold water
- (optional) add ½ tin of drained mixed fruit salad **in natural juice** – this will count as 2 portions of fruit
- Chill in fridge
- Once set, serve with 1 tablespoon (tbsp) diet/light yogurt

Ice Lollies

- Slice up 2 portions of fruit (each 80g portion counts as 1 portion of fruit from allowance)
- Put in a blender and add 4 tbsp of fat free natural yogurt or diet/light fruit flavoured yogurt and add artificial sweetener to taste.
- Add 100mls pure fruit juice from allowance to blender and mix together until smooth.
- Add to lolly moulds or ½ fill a freezer proof container and carefully place in the freezer overnight.

Tips

Fruit which combines well into lolly recipes include:

- 1 banana and small handful of strawberries or blackberries
- Small handful of strawberries and raspberries
- Medium slice of melon chopped up with 1 peach or 1 nectarine

Sugar free jelly pots

You do not have to make your own jelly if you do not have time. Most supermarkets have ready made small pots of sugar free jelly in a range of flavours. Mix with diet/light flavoured yogurt and/or fruit from allowance for a different taste.

Example Menu 1

Breakfast

Milkshake made from 1 pint of skimmed or semi skimmed milk blended with 1 banana and 5 strawberries with 6 ice cubes. Drink ½ now and save the rest for later in a sealed container in the fridge.

Mid-morning

Have the rest of the breakfast milkshake, sip slowly

Lunch

150g fat free natural yogurt or diet/light fruit flavoured yogurt mixed with sugar free jelly. Top with 8 sliced grapes/cherries or a sliced peach

Mid Afternoon

1 pint of cold skimmed or semi skimmed milk

Evening meal

300mls homemade vegetable soup

100g diet/light fruit flavoured yogurt

Supper

Ice lolly - made from 150ml fruit juice blended with 80g tinned peaches and 50g 0% natural Greek yogurt and artificial sweetener frozen overnight

2L sugar free fluid sipped through out the day between meals

Example Menu 2

Breakfast

1 fruit yogurt poured over 1 sliced peach or nectarine

150ml pure fruit juice

Mid- morning

1 sugar free jelly

Lunch

1 pint of ice cold skimmed or semi skimmed milk

1 apple

Mid Afternoon

1 banana chopped into 0% fat free natural Greek yogurt

Flavour with nutmeg or cinnamon and artificial sweetener to taste

Evening meal

300ml homemade vegetable soup

Supper

1 pint of ice cold skimmed or semi skimmed milk

2L sugar free fluid sipped throughout the day between meals

Example Menu 3

Breakfast

½ 400g tin fruit salad in natural juice, drained, served with fat free low sugar yogurt

½ pint skimmed or semi skimmed milk

Mid-morning

1 banana

½ pint skimmed or semi skimmed milk

Lunch

300ml homemade vegetable soup

Small sugar free jelly

Mid Afternoon

1 pint of skimmed or semi skimmed milk blended with a handful of mixed berries and artificial sweetener to taste

Evening meal

1 diet or light fruit flavoured yogurt

½ pint skimmed or semi skimmed milk

Supper

150ml tomato juice mixed with 1tbsp lemon juice, Worcestershire sauce, 3 dashes Tabasco sauce and a celery stick for garnish. Serve over ice.

2L sugar free fluid sipped throughout the day between meals.