

Diet Three – Menu Ideas

It is important to have 3 meals a day with 1-2 snacks if required

Breakfast Choices

1 small glass unsweetened pure fruit juice 150 millilitres (mls) e.g. orange, apple, pineapple or cranberry

With

1 small bowl 35 grams (g) unsweetened cereal with 150mls skimmed or semi skimmed milk from your allowance.

All cereals can be sweetened with granulated artificial sweetener if necessary but you need to avoid sugar.

Good cereals to choose from are:-

- Weetabix/Shredded Wheat (1-2 large biscuit or 1 small bowl bite size), Plain porridge, Bran Flakes, Shreddies, All Bran or Special K.

Avoid all cereals which are coated with sugar/honey/yogurt/chocolate/coco/frosting, or have dried fruit/nuts. Also avoid muesli and granola, even low sugar versions. All of these choices are high in sugar and could affect your blood sugar levels.

Avoid breakfast biscuits and bars as these can be high in sugar.

or

1-2 slices of wholemeal or seeded bread or toast (from a 400g loaf), with a thin scraping of low fat margarine or low fat cheese spread.

Do not add any jam/marmalade/lemon curd/chocolate spread/peanut butter to bread.

Lunch Choices

2 slices of wholemeal bread (from a 400g loaf)
or 4 wholegrain/whole wheat crackers e.g. Ryvita or similar crispbreads.
or 1 medium soft Tortilla, preferably wholemeal
or 1 wholemeal pitta bread

With

1 medium slice of ham, beef, chicken, turkey
or 80g low fat fish e.g. tuna in spring water/brine – not oil
or 80g fat free cottage cheese – natural or onion and chive
or 1 egg, boiled, poached or scrambled with small amount of semi skimmed milk and cooked without fat

and

1 small bowl of salad

This could contain a mix of lettuce, beetroot, spring onion, cucumber, radishes, tomatoes, red and yellow peppers, grated carrot, and celery.
You could add balsamic vinegar to your salad but you need to avoid dressings.

Or

Maximum 400g any low calorie soup – preferably home-made.

If your soup contains carbohydrate such as rice or potatoes you can have it on its own. If it does not, have it with 1-2 slices wholemeal/seeded bread or 4 wholemeal/wholegrain crackers.

Dinner Choices

Small portion of meat, chicken or fish (80g) – cooked without fat
e.g. sliced ham, beef, pork or skinless chicken breast
or low fat white fish such as tuna, cod, haddock
or Quorn, plain pieces or minced only

With

2 -3 small potatoes – baked or boiled (120g)
or 4 tablespoons boiled rice
or 4 tablespoons pasta, preferably wholemeal

With

4 tablespoons vegetables
e.g. carrots, turnip, onions, leeks, parsnips, broccoli, cabbage
or small side dish of salad

Or

Maximum 400g any low calorie soup – preferably home-made.

If your soup contains carbohydrate such as rice or potatoes you can have it on its own. If it does not, have it with 1-2 slices wholemeal/seeded bread or 4 wholemeal/wholegrain crackers.

Daily

- ½ pint skimmed or semi skimmed milk for use with cereals or in drinks
- 1 diet/light natural or fruit flavoured yogurt (max 150g/d)
- 2 x 80g portions of fruit (this is in addition to the glass of fruit juice or piece of fruit recommended to have with breakfast)
- 1 portion = 1 medium sized apple, orange, pear, banana, peach, nectarine or a small handful of strawberries, blackberries, cherries, blueberries.
Tinned fruit **in natural juice** is acceptable but drain off all juice.

Diet/light yogurt and fruit from allowance can be combined to make a snack e.g. chopped banana and yogurt, or eaten separately between meals.

Drinks

2 Litres of fluid per day is recommended. This is the amount you will be required to drink after your bariatric surgery, and in the longer term to avoid constipation and promote weight loss. We strongly advise you get into the habit of drinking adequate amounts of fluid before surgery.

Recommended daily fluid intake does not need to be solely from water.

Choose from the following:-

- Water – tap, bottled, still or carbonated*
Flavoured water is acceptable but check labels to ensure that it is sugar free
- Tea – all types including black and green teas and flavoured teas
- Coffee – all types including caffeinated and de-caffeinated
Avoid Coffee Mate even the low sugar/fat varieties
- Sugar Free Squashes – all flavours
- Sugar free fizzy drinks* – e.g. Diet Coke, Pepsi Max, diet lemonade

*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.