

INTRODUCTION OF FIRST FOODS

Week 5

What can
I eat?

FIRST FOODS

- Focus on high-protein foods before eating other foods

FIRST



LATER



HIGH PROTEIN FOODS

- Choose high-protein foods that are **SOFT** and **MOIST**. Make sure you eat only one new food at a time to ensure you tolerate it.



Poached egg



Tuna or Salmon
packed in water



Chicken



Seafood



Low fat cheese



Peanut butter



Hummus

- Try to get 40g of protein each day before adding soft vegetables and fruit
*Remember, your goal is 60-80g of protein each day

Protein Foods	Portion	Protein Content (grams) *
Milk and Alternatives		
Almond or rice milk, unsweetened	125 mL (½ cup)	1
Milk, 1%, skim, low-fat buttermilk	125 mL (½ cup)	4
Pudding, ready-to-eat, low-fat, low-sugar	60 mL (¼ cup)	1
Soy beverage, unsweetened, low-fat	125 mL (½ cup)	3
Yogurt, 1% M.F. or less	60 mL (¼ cup)	3
Yogurt, Greek-style 0% M.F.	60 mL (¼ cup)	6
Cottage cheese, 1% M.F.	60 mL (¼ cup)	7
Cheese, Mini Babybel Light®	1 piece	6
Cheese, Laughing Cow, Light®	1 wedge	2
Cheese, low-fat (20% M.F. or less), diced	30 mL (2 tbsp)	4
Ricotta cheese, low-fat	60 mL (¼ cup)	7
Meat and Alternatives		
Egg, poached	1 large	6
Fish, lean, white (bass, cod, haddock, pickerel)	60 mL (¼ cup)	7
Fish, canned in water (salmon, tuna)	60 mL (¼ cup)	9
Hummus	30 mL (2 tbsp)	2
Tofu, smooth	60 mL (¼ cup)	3
Chicken	60 mL (¼ cup)	10
Chickpeas, canned	60 mL (¼ cup)	3
Cream cheese, fat-free	15 mL (1 tbsp)	2
Deli meat, chicken or turkey, fat-free	1 slice	5
Ground chicken or turkey	60 mL (¼ cup)	7
Kidney beans, canned	60 mL (¼ cup)	3
Lentils, canned	60 mL (¼ cup)	4
Peanut butter	15 mL (1 tbsp)	4
Seafood: crab, scallop, shrimp	60 mL (¼ cup)	6
Soy beans (edamame)	60 mL (¼ cup)	4
Texturized vegetable protein, uncooked	30 mL (2 tbsp)	5
5 - 6 Months After Surgery		
Ground beef, extra lean	60 mL (¼ cup)	10
Nuts: almonds, peanuts, walnuts	30 mL (2 tbsp)	3
Red meat (beef, pork, veal)	60 mL (¼ cup)	9
Soy nuts	30 mL (2 tbsp)	9

HOW MUCH PROTEIN AM I GETTING?

Use the list of Protein Foods to help calculate your protein intake

TRACK YOUR INTAKE

- Use the “Food Record After Surgery” to keep track of your daily protein intake.

<u>Time</u>	<u>How Much?</u>	<u>Food or Drink</u>	<u>Protein (grams)</u>	<u>Response: how did you handle this item?</u>
Breakfast	1	poached egg	6	good
<u>8:00</u>	1/2	whole wheat toast	-	too full, try no toast next time
Snack:	100 ml	Greek yogurt , low fat, unsweetened	8	good
<u>10:00</u>				
Lunch:				
<u>12:30</u>	1/4 cup	canned tuna with light mayo	9	good
	2	melba toast	-	
Snack:	2 slices	peeled apple	-	
<u>3:00</u>	1 Tbsp.	peanut butter	4	
Dinner:				

VEGETABLES AND FRUIT

Now that you have reached your 40g of protein from food sources, try adding foods with some fibre.



- Start with soft, cooked vegetables and fruit (no skin)



- Avoid raw vegetables and foods that have tough skins or are fibrous and stringy



GRAINS

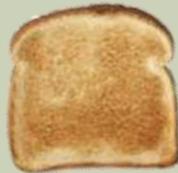
When adding grains:



- Choose grains that are high in fibre, dry and crumbly



melba toast



toasted whole wheat bread



crackers



high fibre cold cereals



- Avoid grains that are sticky, doughy and low in fibre



fresh bread



rice



pasta

HOW MUCH SHOULD I EAT?



- **Begin with 30-45mL (2-3 Tbsp.) of food**
- **Over time you will be able to eat more**
- **Work up to about 125 to 175mL ($\frac{1}{2}$ to $\frac{3}{4}$ cup)**



HELPFUL TIPS

- **Not able to tolerate some foods?**
 - Take small bites – the size of a pea
 - Chew food until it feels like applesauce
 - Slow down – pause between bites
 - Keep food moist
 - Add broth, fat-free gravy
 - Cook with a crockpot
 - Maybe it is too soon for you to introduce this new food. Try the new food again at a later date.



PROTEIN – GETTING ENOUGH?

- **Not eating your 60 -80g protein each day?**
 - Try using high protein liquids or supplements to help achieve your goal. See the handout on protein supplements.



NEED MORE HELP?

- Call the Registered Dietitian at the Bariatric Clinic if you need assistance:

519-257-5111 ext.79111



- Be sure to keep all your appointments with the dietitian to help you reach your healthy weight goal.

