

## SOLID FOODS – LEVEL 3

Solid drier foods, which require more chewing and take longer to digest.

Tender chicken, turkey, beef, pork, lamb: 1 oz/25g

Cheese

Bread toasted only, 1 slice

Leave un-toasted bread until the very end

Raw fruit, e.g. 1 small peeled apple

Small cup of breakfast cereal, e.g. bran flakes

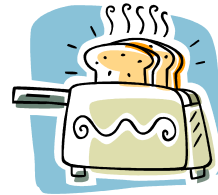
3 tablespoons cooked rice or pasta

2 rich tea biscuits

1 digestive biscuit

Raw vegetables

Salads



- Some foods particularly soft doughy bread and red meats such as steak may take longer to tolerate, and you may never be able to eat very much of them. Persevere and you should be able to eat most foods after 3-4 months.
- When you are able to eat all solid food you should be aiming to follow a healthy eating pattern with 3 meals a day, avoiding high fat and high sugar foods and drinks.
- You will find your own tolerance level for food. There may be some foods that you cannot eat to start with. Keep trying them at intervals as you may eventually manage them.
- Sometimes a food is tolerated one day and not the next day. This is quite normal.
- Remember to include a variety in your diet and keep trying different things.
- Take care with alcohol – it is high in calories, rapidly absorbed which causes you to become intoxicated more easily.
- **Things to avoid:**
  - Foods high in sugar, e.g. sweets and chocolates
  - Foods high in fat, e.g. fried food, snack food like peanuts and crisps
  - Drinks high in calories, e.g. milk shakes, full fat milk, ordinary fizzy drinks and squashes

These foods may cause discomfort and diarrhoea and will make it more difficult to reach your target weight. Most patients note that the desire for such foods is very much less after the surgery.