

## Phase 5: Normal Diet

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This final phase introduces your lifelong way of eating. Focus on protein first as you add solid foods back into your diet. Add tougher foods like fruits, vegetables and whole grains more slowly. These foods, unless chewed well, have a tendency to plug the outlet from your stomach pouch. Introduce new foods at separate times to see how you tolerate them.

### Tips

- Remember to eat slowly and chew your food thoroughly
- Cut your food up into small pieces to remind yourself to take small bites

**This diet should be followed for the rest of your life.**

### To maintain success with weight management do the following:

- ✓ Drink fluids 30 minutes before or after meals, *not* during the meal
- ✓ Eat lean sources of protein first, followed by fruits, vegetables and whole grains
- ✓ Aim for a minimum of 50 to 60 grams of protein per day
- ✓ Avoid high-fat or high-sugar foods. Eat foods with less than 3 grams of fat per serving and less than 10 grams of sugar per serving.
- ✓ Drink at least 6 to 8 cups of non-calorie fluids daily (choose water most often)
- ✓ Limit fluids with calories to skim, 1% or soy milk (2 cups daily between meals)
- ✓ Eat three meals a day
- ✓ Take multivitamins and supplements daily

**Amount:** ½ to ¾ cup at meals (maximum amount allowed, start gradually); at least 8 cups or 64 oz. of fluids per day

The following is an example of how you could use the allowed foods to create meals.

**Breakfast**     1 scrambled egg  
                     1 to 2 tablespoons small ripe pear (cut up in small cubes)

**Lunch**            ¼ whole wheat bagel with 4 tablespoons tuna and 1 tablespoon light  
                         Miracle Whip®  
                         2 to 4 tablespoons cinnamon applesauce

**Dinner**            2 to 4 tablespoons baked halibut  
                         2 to 4 tablespoons green beans