

LIVING WELL AFTER A GASTRIC

SLEEVE OPERATION



Diet

Remember the first 2-3 months is about recovery after surgery and allowing the swelling and dysfunction of the stomach to settle down. It is very important that you follow the directions from your dietitian and Dr Crawford at this time to avoid getting food stuck.

After 2-3 months you will be able to take 'normal' food again. This means you will be able to eat food that is solid and requires chewing.

Ravenous Hunger has been controlled by the surgery.

Dr Crawford's TIPS

- Eat at least once per day, but no more than three times per day
 - No snacks or liquid calories between these meals
- Hold off on any carbohydrates as long as possible into the day
 - Ketosis is burning more fat and making you less hungry
 - Many people find it easy to skip breakfast and hold out until lunch or later
 - If you need to eat earlier, then protein and fat is better than carbs
- Eat ONLY because you are hungry, or it is socially appropriate
 - It is important that good eating habits are embedded in a routine that is easy and feels 'natural'
- Eat what you want, but.....
 - Avoid liquid calories (including too much juice, excessive alcohol etc.)
 - Try the 'healthier' option when possible
- Always sit down to eat with Crockery and Cutlery
 - Don't snack on the run, your brain will not log those calories as well as it will if you are sitting down
 - If you want a cookie, you can have it, but you need to get out a plate, knife and fork, makes you think twice about whether you really need it
- Chew well
 - Before surgery the tightest part of your system was in the neck at the top of the Gullet, now it is down at the Stomach, you need to overcome the urge to swallow too early
- No distractions while eating
 - Do not eat with the TV on. Concentrate on your chewing and your food.
 - Enjoy the food
- Don't over-eat
 - Eating to the point of discomfort or pain may lead to stretching of your Sleeve
- Set a small plate
 - Use a saucer or a bread and butter plate or small bowl for meals
 - Do not over fill the plate thinking you will stop when full, the temptation will be to over-eat, and you don't need it for hunger
 - Learn to set your meal size with your eyes. You know how much the right amount is
- Exercise
 - Heavy people are fit from carrying extra weight, start exercising so you don't lose that fitness
- Take a chewable or dissolvable multivitamin daily while you are losing weight

If you are unsure what you should be doing, or having any trouble then book an appointment with Dr Crawford or your dietitian

