

1200 Solid Calorie Diet

Diet Instructions:

- 900 – 1200 calories a day
- Avoid all high calorie and soft, mushy foods that can easily pass through a dilated gastric pouch or dilated GJ outlet (stoma).
- Avoid any foods that dissolve in your mouth or do not require chewing
 - i.e. Crackers or pretzels; yogurt or ice cream or soup
- Avoid all highly refined or processed foods
 - i.e. Protein bars, fast food, frozen meals
- Avoid condiments
 - i.e. butter, gravy, cream cheese, peanut butter, oil
- Avoid liquid calories, all beverage should have zero calories
 - Crystal Light, Diet Snapple, Fruit 2O, water are ok to drink

Important Information:

- Examples of foods to avoid:
 - Beverages high in calories
 - Fruit juice, fruit smoothie or frappes
 - power drinks, soda, coffee with added cream or sugar
 - Foods that do not require chewing
 - Soups, cottage cheese, yogurt, peanut butter, mashed potato
 - apple sauce, pudding, ice cream
 - Foods that dissolve in your mouth
 - White rice, white bread, crackers, chips, pretzel, cereal
 - Foods that are processed
 - Cookies, protein bar, prepackaged foods, frozen meals
 - Fast food, 100 calorie packs of any kind
 - Do not consume protein shakes unless directed to do so by your physician
- **We encourage you to eat solid, bulky, high fiber, low fat foods.**

Sample Diet:

Meal	Food	Liquid	Calories	Protein
Breakfast	-1 scrambled egg		78	6
	-1 piece whole wheat toast		100	3
	-2 links turkey sausage		140	13
		8 oz Decaf coffee	5	0
		8 oz water		
Snack	1 serving fruit		60	0
	Chewable Calcium	8 oz water	0	0

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Lunch				
	2 cups salad greens with non-starchy vegetables 4 oz grilled/steamed chicken 2 teaspoons oil 1 Tablespoon vinegar OR 1 Tablespoon light dressing Herbs, salt, pepper		250-330	21-28
Snack	Chewable Multivitamin	8 oz water	0	0
	1 hard boiled egg		78	6
Dinner		8 oz water	0	0
	-3 oz grilled/steamed/poached fish -1 cup steamed broccoli -1/3 cup sweet potato Sodium free herbs/seasoning		120-150 50 80 0	21 2 3 0
Snack	Chewable Calcium	8 oz water	0	0
	1 serving fruit		60	0
		8 oz water	0	0
Total		8 oz water		
		64 oz water	1021-1131	75-82g

Variations:

Instead of:

1 Egg
2 turkey sausages
1 piece whole wheat toast

Breakfast above

1 serving fruit in AM

Lunch above

2 teaspoons oil and
1 Tablespoon vinegar

Use:

¼ cup Egg beaters (30 calories, 6 g protein)
2 veggie sausages (120 calories, 13 g protein)
½ Whole wheat English Muffin

1 cup skim milk and ½ cup of steel cut or Irish oatmeal

½ cup grapes
1 cup cubed melon
1 cup fresh pineapple
½ whole pear

3-4 oz meat, fish, or poultry, a non-starchy vegetable, and a starch (rice, pasta, potato)

1 Tablespoon regular salad dressing
2 Tablespoons light salad dressing

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1 hard boiled egg

¼ cup boiled edamame (soybeans)

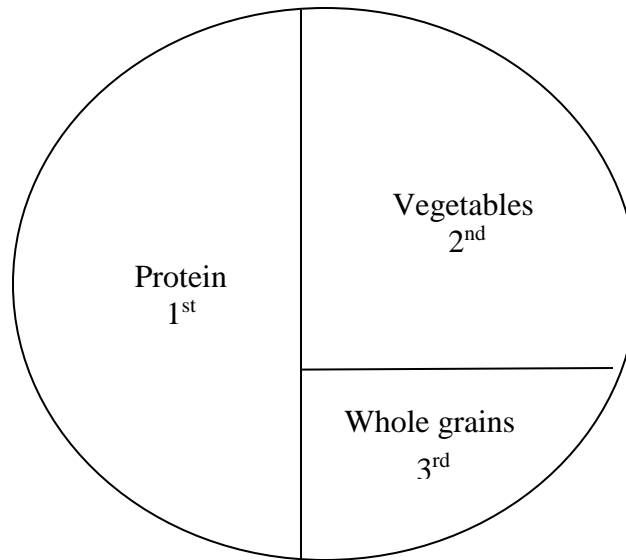
Dinner above

3-4 oz meat, fish, or poultry, a non-starchy vegetable, and a starch (brown rice, whole grain pasta, baked potato)

1 cup cooked vegetables

2 cups raw vegetables (exclude starchy vegetables, such as peas, corn, potatoes, lima beans, plantain, squash, and yams)

Sample Plate:



Exercise:

Please attempt at least 30 minutes of vigorous exercise 3 times per week.

Activities can include: walking outdoors or on a treadmill, elliptical machine, bicycling, exercise video, strength training, house cleaning, outdoor play with children, swimming or water aerobics.