



FOODS TO AVOID

- Soft breads, doughnuts, pastries. These may form a dough ball and block the stomach outlet.
- Salads or other raw vegetables
- Sugar and sweets (table sugar, cakes, cookies, pies, pastries)
- High fat meat (bacon, sausage, luncheon meats)
- Steak, roast beef, pork, lamb, veal, venison.
- High fat foods (butter, oil regular salad dressing, mayonnaise, sour cream, cream cheese, whole milk, cheese, ice cream, cake, cookies, pies)
- Fibrous vegetables (broccoli, cauliflower, brussel sprouts, corn, cabbage, salad greens, asparagus)
- Fresh fruit except bananas
- Rice and Pasta
- Nuts, seeds, coconut, raisins and popcorn, dried fruit

SAMPLE MEAL PLAN

BREAKFAST	¼ C egg substitute or 2 egg whites
SNACK:	¼ - ½ C 1% cottage cheese and 1-2 tbsp canned fruit
LUNCH	1/4C – 1/2C chicken
SNACK	1/4C – 1/2C blended light yogurt
DINNER	¼ - ½ C tuna fish with light mayo and 1 -2 tbsp soft cooked vegetables.