

Solid Food Diet

During this stage you will begin eating solid foods. It will be important to adhere the principles of this diet to maintain your weight loss you have achieved thus far. This is the time you will build foundational nutrition habits that you will follow for the rest of your life.

- It is important for you to eat all of the recommended dietary protein
- Re-establish a regular meal pattern
- If you are having trouble beginning solid foods, return to the soft food diet for a day or two and then try again

START/DURATION: Weeks 4 and on

DIET INSTRUCTIONS: 900-1200 calories a day

Considerations

1

Avoid all high calorie and soft, mushy foods that can easily pass through your stomach.

2

Avoid any foods that dissolve in your mouth or do not require chewing i.e. crackers or pretzels; yogurt or ice cream

3

Avoid all highly refined or processed foods i.e. protein bars (unless health care provider recommends a specific brand), fast food, frozen meals

4

Avoid condiments
i.e. butter, gravy, cream cheese, peanut butter, oil

5

Avoid liquid calories, all beverages should have zero calories
i.e. Crystal Light™, Diet Snapple™, Fruit 20, diet soda, water

** Your doctor may recommend following a different plan. Follow what your dietitian or doctor recommend. These are just guidelines.*



Regular Diet: Sample

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		
Lunch	2 cups salad greens with non-starchy vegetable 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	3 oz grilled/steamed/poached fish		120-150	21
	1 cup steamed broccoli		50	2
	1/3 cup sweet potato		80	3
	sodium free herbs/seasonings		0	0
Snack	chewable calcium	8 oz water	0	0
	1 serving fruit		60	0
		8 oz water		
		8 oz water		
Total		64 oz water	1021-1131	75-82g

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Food Substitutions

INSTEAD OF	USE
1 egg	¼ cup egg beaters, (30 calories, 6 g protein)
2 turkey sausages	2 veggie sausages (120 calories, 13 g protein)
1 piece whole wheat toast	½ whole wheat English muffin
Breakfast example	½ cup Fiber One™, high fiber cereal, 1 cup skim milk, and 1 scrambled egg
1 serving fruit in AM	½ cup grapes 1 cup cubed melon 1 cup fresh pineapple ½ whole pear
Lunch example	3-4 oz meat, fish, or poultry, a non-starchy vegetable, and a starch (rice, pasta, potato)
2 teaspoons oil	1 Tablespoons regular salad dressing
1 Tablespoon vinegar	2 Tablespoons light salad dressing
1 hard boiled egg	¼ cup boiled edamame (soybeans)
Dinner example	3-4 oz meat, fish, or poultry, a non-starchy vegetable, and a starch (rice, pasta, potato)
1 cup cooked vegetables	2 cups raw vegetables (exclude starchy vegetables: peas, corn, potatoes, lima beans, plantains, squash, and yams)

EXERCISE:

NIH recommends 150 minutes of exercise per week.
You should be incorporating at least 30 minutes of exercise 5 times per week.

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