



3 EDGEWATER DRIVE, SUITE 102 • NORWOOD, MA 02062
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Post –Operative Diet

Begins: Two days after surgery and continues until you meet with Adam or Arthur

During this stage you will begin to eat more than just liquids. You may begin this stage when you get home from the hospital, and continue it until you see Adam or Arthur for follow-up.

Consume 16 ounces of a protein drink per day. Make sure to eat no bread, no crackers, no rice and no pasta.

Food & Beverages Allowed

- Flavored yogurt (no sugar added, low fat or fat free)
- Fat free or 1% small curd cottage cheese
- Cream of wheat made with fat free milk instead of water
- Cream of rice made with fat free milk instead of water
- Oatmeal made with fat free milk instead of water
- Strained or pureed low fat or fat free soups
- Fat free milk or Lactaid milk
- Plain soy milk
- V8 juice or tomato juice
- No sugar added, high protein, low fat drinks: No-Sugar-Added Carnation Instant Breakfast (CIB) (in a blue box), UNJURY (to order email nutrition@unjury.com or go to www.unjury.com, or phone (800) 517-5111), or Ultra Pure Protein Shake (available at GNC, Trader Joe's or other nutrition stores)
- No sugar added protein powder (as needed to meet your protein needs): whey protein, egg white protein, or soy protein. Available at GNC or other nutrition stores.
- Coffees and teas

Protein

- 50 grams of protein per day is needed for healing, healthy weight loss and the best outcome from surgery.
- To meet the 50-gram per day protein goal, please choose from these foods.

Food	Amount	Protein (grams)
Cottage cheese	1/2 cup	13
Ultra Pure Protein Shake (or similar) (UNJURY)	4 ounces	10-12
Ultra Slimfast soy-Made with water	4 ounces	7
Ultra Slimfast soy-Made with fat-free milk	4 ounces	12
CIB, no-added-sugar, made with milk	4 ounces	7
Soy milk	4 ounces	4-5
Glucerna Shake	4 ounces	5
Fat-free milk	4 ounces	5
Yogurt, no-sugar-added	4 ounces	4
Low-fat cream of chicken, mushroom, or broccoli soup (canned condensed, then reconstituted with fat-free milk)	4 ounces	3
Whey Protein Powder (available at GNC) (Add to foods or shakes)	1 scoop	21

Sample Meal Plan-Stage III

7 a.m.	Breakfast (20 minutes)	1/4 cup (2 oz) cream of rice, cottage cheese or yogurt
9 a.m.	Snack (60 minutes)	1 cup (8 oz) CIB + 1 scoop of protein powder.
12 Noon	Lunch (20 minutes)	1/4 cup (2 oz) cottage cheese or yogurt
3 p.m.	Snack (60 minutes)	1 cup (8 oz) CIB + 1 scoop of protein powder.
6 p.m.	Dinner (20 minutes)	1/4 cup (2 oz) strained cream soup, cottage cheese, or yogurt