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Nutrition Guide to Bariatric Surgery

This booklet describes the diet progression you must follow after surgery. Reading this packet and following these guidelines will help ensure your safety, comfort, and long-term success after weight loss surgery. We are happy to support you and answer questions when needed.

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Merrimack Health Weight Management & Bariatric Center

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My Bariatric Shopping List

Each item below must be purchased before advancement to surgery.

Items to **BRING** to your next appointment with the nutritionist:

Daily food journal

Vitamins:

Multivitamin with minerals (must contain iron, folic acid, zinc, and selenium)

Calcium citrate (500-600 mg per serving)

Vitamin D3 (2000 IU per serving)

Vitamin B12 (500 mcg per serving, "sublingual", or dissolves under your tongue)

Iron (65 mg) (**pre-menopausal women only**)

OR

Nutrition Direct (mail order vitamins)

100% whey protein powder (200 calories or less, 20 grams of protein or more, less than 10 grams of sugar, 5 grams of fat or less per serving)

**NO GUMMY
VITAMINS**

Items to purchase (they do not need to be brought to your next appointment):

Measuring cups and spoons

Blender

Fat-free (skim) or 1% milk

Food Scale (optional)

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My Bariatric “To Do” List

Each item below must be completed before advancement to surgery.

- Read “Nutrition Guide to Bariatric Surgery” packet
- Buy everything on “My Bariatric Shopping List”
- Lose 5% and of my starting weight by following a low calorie diet and **maintain** weight loss for surgery. (Goal: _____)
- Keep daily food journal
- Measure & weigh all food and drinks and understand how to count and track my protein and fluid intake
- Understand daily protein goal of 60-80 grams
- Understand daily fluid goal of at least 64 fluid ounces
- Avoid caffeine, soda, carbonation, juice, sweetened drinks, and alcohol
- Take all vitamins as directed and understand that vitamins are recommended lifelong
- Practice drinking meal replacement protein shakes
- Incorporate intentional exercise of 150 minutes per week, or 30 minutes most days
- Eat and drink slowly, aim to take 30-45 minutes to complete each meal
- Avoid eating and drinking together; wait 15 minutes before and 30 minutes after eating to drink.
- Try Stage 2 Pureed diet for at least 1 full day
- Understand Pre-op Liquid Diet
- Understand Post op Diet Stages 1-3
- Completed all online modules and/or attend nutrition class
- Do not smoke or have stopped smoking
- Obtained medical clearance from my primary care doctor

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Pre-Op Weight Loss Plan

Follow this healthy meal plan to prepare for surgery and achieve your pre-op weight goal.

- ⇒ Record everything you eat and drink in your food journal
- ⇒ Measure all portions of food and drinks
- ⇒ Do not skip any meals
- ⇒ Do not go longer than 4-5 hours without eating a meal

Breakfast

1 scoop of whey powder + 8 ounces (oz) fat free or 1% milk + ½ cup frozen fruit



Lunch (choose one from each group):

Protein: 3-4 ounces / palm sized piece skinless chicken, skinless turkey, fish, lean beef, **or** pork

Starch: 2 slices of whole grain bread, ½ cup pasta or rice, ½ cup beans, **or** ½ cup starchy vegetable (potato/plantain/corn/peas)

Non-starchy vegetables:

1 cup or more (unlimited), (see list on next page)

Healthy fat: 1 slice avocado,

2 tbsp light or reduced fat dressing, 1 tbsp light mayonnaise, 1 tsp oil, **or** 1 tsp light margarine

Morning Snack

1 piece fruit **or** 1 cup fruit
+
1 single serving Greek yogurt,
or
½ cup low fat cottage cheese



Afternoon Snack

1 piece fruit **or** 1 cup fruit
+
1 oz low fat cheese, 1 tbsp.
nuts, **or** 2 tbsp. peanut



Dinner (choose one from each group):

Protein: 3-4 ounces / palm sized piece skinless chicken, skinless turkey, fish, lean beef, **or** pork

Starch: 2 slices of whole grain bread, ½ cup pasta or rice, ½ cup beans, **or** ½ cup starchy vegetable (potato/plantain/corn/peas)

Non-starchy vegetables:

1 cup or more (unlimited), (see list on next page)

Healthy fat: 1 slice avocado,

2 tbsp light or reduced fat dressing, 1 tbsp light mayonnaise, 1 tsp oil, **or** 1 tsp light margarine

Frozen meals like Lean Cuisine, Healthy Choice, or Smart Ones with salad or non-starchy vegetables can be used as a meal replacement for lunch or dinner.

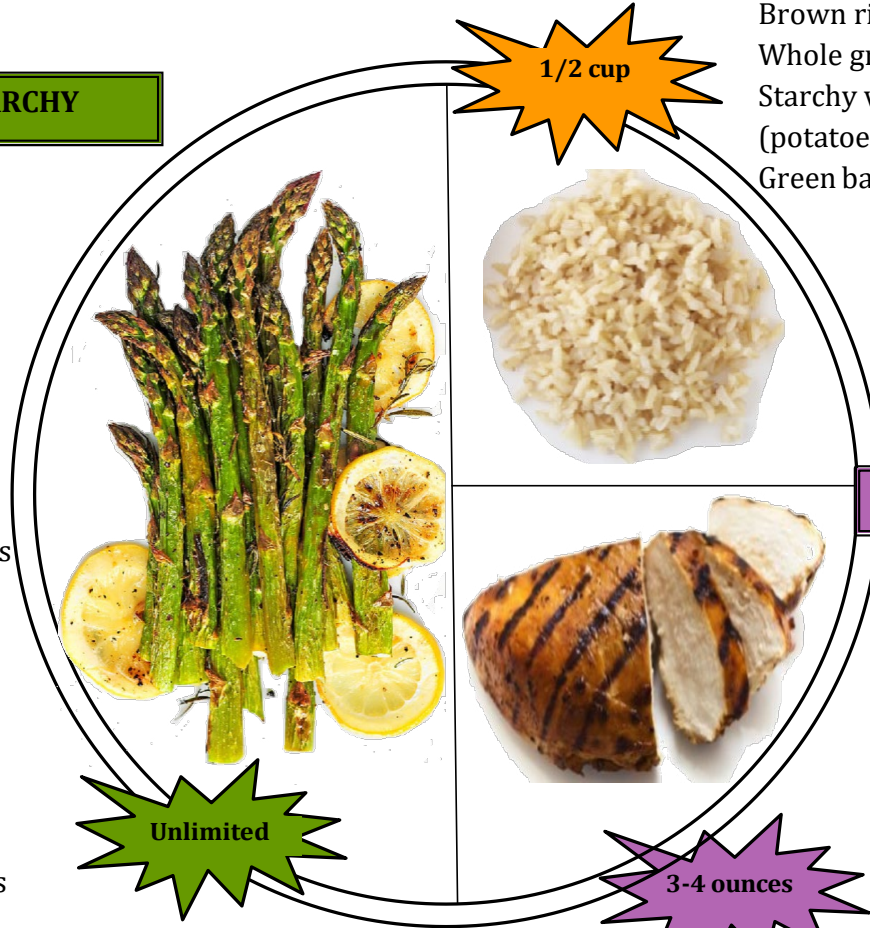
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PRE-SURGERY BARIATRIC PLATE

NON-STARCHY

- Salad greens
- Tomato
- Cucumber
- Broccoli
- Cauliflower
- Eggplant
- Zucchini
- Celery
- Cabbage
- Brussels sprouts
- Green beans
- Onions
- Peppers
- Asparagus
- Mushrooms
- Beets
- Artichoke
- Sugar snap peas
- Kale and other greens
- Carrots



STARCH/WHOLE GRAINS

- Bread (whole grain)
- Brown rice or quinoa
- Whole grain pasta
- Starchy vegetables (potatoes, corn, peas)
- Green banana, Plantain

PROTEIN

- Chicken, turkey
- Fish, shellfish
- Lean beef or pork
- Beans
- Eggs
- Egg beaters
- Egg whites
- Cheese
- Nuts or seeds
- Nut butter

OTHER HELPFUL TIPS:

- ◆ Eat your protein first!
- ◆ Chew foods well, 20-30 times per bite
- ◆ Use small amounts of oil, dressings, etc.
- ◆ Choose fruits or low fat dairy for snacks
- ◆ Wait 30 minutes before and after a meal to drink
- ◆ Take vitamins 15 minutes before a meal

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Daily Food Journal

A detailed food journal has multiple benefits including;

- Increased accountability and awareness of food and drink consumed
- Greater understanding by dietitian of patterns in patient eating
- Serving as a tool for counting protein and fluid consumed
- Post-operatively serving as a tool to identify potential food intolerances and weight plateaus

It is required that you keep a food journal to track all meals, snacks, and beverages consumed before and after surgery. You may choose to make copies of the attached example form, or simply use a notebook to record required information. Additionally, you may use a smart phone application to track food and drink consumed, examples include*:

- MyFitnessPal
- FitBit
- Loselt
- Baritastic

**Please note that we do not endorse any specific product*

What should I include in my food journal?

- Everything you eat and drink
- Portion of food/drink consumed
- Time of consumption
- Protein amounts (in grams)
- Fluid amounts (in ounces)
- Exercise type and time spent

Example Food Journal:

Time	Foods and Drinks	Portion Consumed	Protein (grams)	Fluid (ounces)
8 AM	Whey protein powder 1% milk Frozen berries	1 scoop 8 ounces ½ cup	20 8 0	0 8 0
9 AM	Water	16 ounce bottle	0	16
10 AM	Dannon Triple Zero Greek yogurt	1 individual container	15	0
12 PM	Tuna, canned in water Salad with lettuce, tomato, peppers, onions Light salad dressing	3 ounces 2 cups 2 tablespoons	21 0 0	0 0 0
1 PM	Crystal light	1 packet	0	16
2 PM	String cheese Banana	1 1 small	5 0	0 0
3 PM	Vitamin Water ZERO	1 bottle	0	20
5 PM	Skinless chicken breast, baked Broccoli, steamed Brown rice	3 ounces cooked 1 cup ½ cup	21 0 0	0 0 0
7 PM	Water	1 bottle	0	16
Total protein and fluid:			90	76

Exercise: Walking Minutes: 30

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Why Should I Exercise?

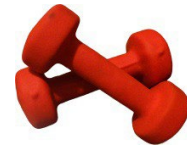
Staying physically active throughout your bariatric journey will ensure success in reaching your goals. Exercise is critical to maximize weight loss and prevent weight regain.

What counts as exercise?

You are likely incorporating small amounts of exercise naturally in your day through household chores, playing with your children at the playground, grocery shopping, shoveling, gardening, washing the car, climbing stairs, or helping a friend move. **Keep in mind that any increase in physical movement over what you are currently doing is a step in the right direction.**

There are two principal kinds of exercise that you should try to incorporate into your weekly routine:

- **Aerobic (“cardio”) exercise:** defined by the American College of Sports Medicine (ACSM) as any activity that uses large muscle groups, can be maintained continuously, and is rhythmic in nature. Aerobic exercise strengthens your heart and lungs. Examples include: walking, running, dancing, swimming, hiking, and bicycling.
- **Resistance (strength) training:** defined by the ACSM as a form of physical activity designed to improve muscular fitness by exercising a muscle or a muscle group against external resistance. Resistance training helps increase metabolic rate, muscular strength, bone density, and endurance. Examples include: exercises using your own body weight such as arm circles, push-ups, squats, sit ups, or any exercise using weight machines, dumbbells, or resistance bands.



How often should I exercise?

You should aim to exercise **30-60 minutes daily**. Keep in mind that this can be cumulative, for an example:

- Walk the family dog in the morning (15 minutes)
- Clean the house (10 minutes)
- Walking at lunch time (15 minutes)
- Exercise home video (20 minutes)
- **Total exercise: 60 minutes**

Live an Active Life:

- Take the stairs
- Park far away
- Walk instead of drive
- Swim with your kids
- Take the dog on a longer walk
- Do yard work
- Enjoy a nature hike
- Family walk after dinner
- Dance to music

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Understanding Food Labels

Claims on the front of food packages can be confusing. The best way to know what is in your food is to check the “**Nutrition Facts**” label and the **ingredient list**. The ingredients are listed from the most abundant to the least abundant.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	Calories 230
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Serving size - all information on the label is based on this amount.

Measure this serving size using measuring cups or a food scale.

Servings per container - This tells you how many servings you should get from the whole package. Is it realistic?

1.

2.

Calories - a measure of energy. Everyone has different calorie needs. Too many calories will result in weight gain. Reducing calories will result in weight loss. Ask your dietitian how many calories you need.

3.

Protein - Your protein goal is 60-80 grams per day. Include foods with protein at most meals and snacks. NOTE: Not all foods with protein are healthy! Check other nutrients to make sure a food is healthy.

Check these too...	More or Less?	Goal Per Serving
Dietary fiber	More ↑	3 grams or more
Fat	Less ↓	Focus less on total fat. Instead, look for <u>lower</u> amounts of saturated fat and trans fat and <u>higher</u> amounts of polyunsaturated fat and monounsaturated fat.
Total sugars	Less ↓	12 grams or less
Sodium	Less ↓	140 milligrams or less. 5% or less is low, 20% or more is high
Vitamins & Minerals	More ↑	Look for foods with higher amounts of iron, calcium, vitamin D

Ingredients: Dextrose, fructose, honey, invert sugar, raw sugar, malt syrup, rice syrup, sucrose, xylose, molasses, corn sweetener, fruit juice concentrate, high-fructose corn syrup, brown sugar, corn syrup, glucose, lactose, maltose, sucrose, evaporated cane juice, agave nectar, cane crystals, cane sugar, crystalline fructose, barley malt, beet sugar, caramel.

The **ingredients list** is usually listed below the Nutrition Facts label. Ingredients are listed from most predominant, to least. Avoid products where various forms of sugar (see examples to the left) are listed earlier in the ingredients list. Additionally, on grain-based products, look for the word “**whole**” as the first ingredient.

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Vitamin and Mineral Supplement Guidelines

Vitamins and minerals are absorbed differently after surgery. In order to avoid deficiencies that may occur as a result of surgery, it is required that you take the vitamins and minerals listed below **lifelong**. Vitamins may be chewable, liquid, or in tablet/pill form. **Avoid timed-release forms. Gummy vitamins may be difficult to digest directly following surgery and are not recommended.** You will need to purchase the following vitamins and minerals listed below:

- Multivitamin with minerals:** You may choose to buy a Bariatric specific vitamin like Celebrate Vitamins or simply a children's multivitamin. If you choose to buy a children's multivitamin be aware that you will be taking double the dosage recommended. **Multivitamins should include 18 mg iron, 400 mcg folic acid, and must contain zinc and selenium.**
 - Calcium Citrate (1200mg+):** Calcium is best absorbed in the form of **calcium citrate** in postoperative bariatric patients and poses a lower risk for kidney stones compared to other forms. To maximize absorption, follow the schedule provided. Typically, the dosage is 2 regular sized tablets twice daily or if a petite formula, 4-6 tablets twice daily.
 - Vitamin D3 (2000 IU):** In addition to the Vitamin D3 contained in your calcium supplement, you will also need to buy a separate supplement providing 2000 IU.
 - Vitamin B12 (500 mcg):** Vitamin B12 is best absorbed in sublingual form ("under the tongue"), liquid form, or nasal sprays. Avoid timed release formulations. If you choose to take a nasal form, it is usually taken 1x/week.
 - Iron (65 mg) (pre-menopausal women):** Iron is recommended for menstruating women and those at risk for anemia. If you are unsure whether or not you should be taking an iron supplement, please discuss further with your dietitian.
- OR**
- Nutrition Direct (Mail order Vitamins):** please follow instructions provided by the manufacturer. If you have any questions about these vitamins, please discuss at your Nutrition Appointment.
 - ***Other vitamins may be recommended as needed based on your surgery, symptoms, and/or lab values.***

You will start taking these vitamins before surgery, stop taking the day before surgery, and will resume them upon discharge from the hospital, or as directed by your dietitian. Pay close attention to the schedule listed below. Failure to follow the recommended schedule may result in malabsorption of vitamins and minerals.

Breakfast: Multivitamin
Iron (65 mg) (**pre-menopausal women only**)
Vitamin B12 (500 mcg)
Vitamin D3 (2000 IU)

Lunch: Calcium Citrate (500-600 mg **this may be 2 tablets*)

Dinner: Calcium Citrate (500-600 mg **this may be 2 tablets*)



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Protein

What is Protein?

Protein is a nutrient found in a variety of foods that is made up of building blocks known as **amino acids**. Amino acids are needed to create new proteins in the body. The body is unable to make about half of the amino acids that we need, so we must get them from food.

Why is Protein Important?

Protein in the body is found in cells, muscles, organs, hair, and nails. When the diet is low in protein, the body breaks down muscles and organs to use as its protein source. This causes muscle loss or wasting. A diet too low in protein may impair healing after surgery, increase risk for infection, and alter digestion and absorption of other nutrients.

Where is Protein Found?

Protein is found mostly in animal-based foods and some in plant-based foods.

Protein-rich animal-based foods include chicken, turkey, fish, beef, yogurt, eggs, cheese, milk etc. These are a **high quality protein** source because they offer all required amino acids and keep you fuller for longer. Animal-based sources of protein are also naturally higher in fat, so it is important to choose lean or low-fat versions whenever possible.



Protein-rich plant-based foods include soy, legumes (dry beans and peas), whole grains, nuts, and seeds. Some vegetables may also provide small amounts of protein in comparison to other sources. Many of these protein-rich plant-based foods are high in vitamins and minerals, and are usually low in calories and fat.



Protein supplements (powders, shakes, bars) provide concentrated protein taken from various animal-based sources (i.e. whey, which comes from milk) or plant-based sources (soy). Protein supplements are usually high in protein and low in calories. For this reason, they can be used as a meal replacement before and after surgery to help lose weight while maintaining muscle mass. Liquid protein shakes are gentle on the stomach and easy to digest and can help you reach your protein goals post-operatively.

How much Protein do I need?

Most people require 60-80 grams daily after surgery. Your dietitian will tell you if you need more or less than this.

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Counting Protein

Counting your daily protein intake can assure you are meeting your goal of **60-80 grams per day** to help with weight loss, healing, and preserving muscle.

Getting Started:

- Check the Nutrition Facts label but looking at the **servicing size** you are consuming and the protein content.
 - 8 ounces (1 cup) cow's milk (1% or skim) = 8 grams protein
 - 1 tablespoon of peanut butter = 4 grams of protein
- If the food you are eating does not have a nutrition label, you will want to use this guide:
 - EGGS**
 - 1 egg = 6 grams of protein
 - 1 egg white = 3 grams of protein
 - BEANS**, use measuring cups
 - ½ cup cooked beans = 8 grams of protein
 - MEAT, FISH and SEAFOOD**, place the **COOKED** amount on the food scale
 - For every 1 ounce = 7 grams of protein
 - For example, 4 ounces chicken= 28 grams protein
 - NUTS AND SEEDS**, place the portion on the food scale
 - For every 1 ounce = 7 grams of protein
 - CHEESE**, place the portion on the food scale
 - For every 1 ounce = 7 grams of protein

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



- This how you would write it in your food journal:

Time	Foods and Drinks	Portion Consumed	Protein (grams)	Fluid (ounces)
12pm	Baked Chicken	4 ounces	4 ounces x 7 grams= 28 grams	-

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Protein Content in Foods

Food	Serving	Grams of Protein
Beans: lima, kidney, black or garbanzo, canned	½ cup	5-7
Beans: white, navy, or great northern, canned	½ cup	9
Beef, ground sirloin	1 oz	8
Beef, top round, braised	1 oz	10
Cereal, breakfast, higher protein	½ cup	4-6
Cheese, low fat	1 oz	7
Cheese, cottage, low fat	½ cup	14
Cheese, parmesan	2 tbsp	4
Cheese, ricotta, fat free	½ cup	14
Chicken breast	1 oz	9
Dried beans and peas	½ cup	6-9
Egg substitute	¼ cup	6
Egg, whole or hard boiled, large	1 each	6
Fish, filet or steak	1 oz	7
Lamb	1 oz	7
Lentils or split peas	½ cup	9
Lunch meat: ham, turkey, chicken	1 oz	3-4
Milk, skim, 1%, lactaid	1 cup	8
Milk, skim, 1% SimplySmart	1 cup	10
Milk, skim, 1% Fairlife	1 cup	13
Milk, evaporated, canned	½ cup	9
Milk, nonfat dry solids	1/3 cup	8
Nuts: cashews, walnuts	1 oz	4-5
Nuts: peanuts, pistachios	1 oz	6
Peanut butter	2 tbsp	8
Pork tenderloin	1 oz	9
Pudding, prepared w/skim milk	½ cup	4
Sardines	1 oz	7
Sausage, turkey patty	1 oz	5
Seeds, pumpkin	1 oz	9
Seeds, sunflower	1 oz	6
Shellfish or crab	1 oz	6
Soy milk	8 oz	8-11
Soybeans	½ cup	14
Tofu, firm	¼ cup	5
Tuna, canned, drained	1 oz	7
Turkey	1 oz	8
Veggie or soy patty	1 each	5-11
Yogurt, low-fat	6-8 oz	5-8
Yogurt, low-fat, Greek	5-8	12-20

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On-the-Go High Protein Snacks

Dairy: Choose milk and yogurt with 12 grams of sugar or less per serving.



Cheese: Choose those with 6 grams of total fat or less per serving (often labeled “light”, “low fat”, “2%”, or “part-skim”).



Bars & Cereals: Choose ones with less than 10 grams of sugar, 3 grams or more of fiber, 6 grams or more of protein.



Proteins (Nuts, Meat, Beans, etc.)



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Protein Supplement Guidelines

Immediately after surgery, your goal for protein intake will be **60-80 grams per day**. Meeting this goal will help with:

- ✓ healing process
- ✓ promote weight loss
- ✓ prevent hair loss
- ✓ preserve lean body mass (muscle)

Since protein shakes are prepared in a liquid drink, this makes it easy for the body to digest to help you reach your protein goal. Protein shakes will be your primary source of protein during stages 1 and 2 until you are able to tolerate more protein-rich foods in stage 3. **You will be required to purchase and begin using protein supplements as you prepare for surgery.**

It is important to read labels to choose the safest supplement for surgery. For example, choosing a protein supplement too high in sugar could cause dumping syndrome. Choosing a supplement too high in calories could lead to weight gain.

The best supplements have **whey protein isolate, soy protein isolate, or egg white protein** as their first ingredient. These are digested well and are considered lactose free. Whey protein concentrate is acceptable, however, does contain lactose, which may not be tolerated well after surgery. Avoid collagen-based products as they are incomplete proteins.

Your supplement should contain (per serving):

- ✓ 200 calories or less
- ✓ 20 grams of protein or more
- ✓ Less than 10 grams of sugar
- ✓ 5 grams of fat or less

Nutrition Facts			
Serving Size 2 Scoops (64g)			
Servings Per Container About 21			
Amount Per Serving		Calories from Fat 10	
Calories 210			
	% Daily Value*		% Daily Value*
Total Fat 1g	2%	Potassium 950mg	27%
Saturated Fat 0.5g	3%	Total Carbohydrate 0g	0%
Trans Fat 0g		Dietary Fiber 0g	0%
Cholesterol 20mg	7%	Sugars 0g	
Sodium 490mg	20%	Protein 50g	100%

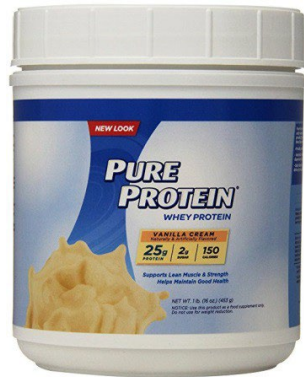
Protein bars may be used to increase protein intake 3 months after your surgery. Check the nutrition facts label for **sugar alcohols**. If present, it will be listed below sugar as either: sugar alcohol, mannitol, sorbitol, maltitol, xylitol, lactitol, or erythritol. These may cause bloating, gas, and/or diarrhea in excess. **Aim for less than 5 grams daily.**



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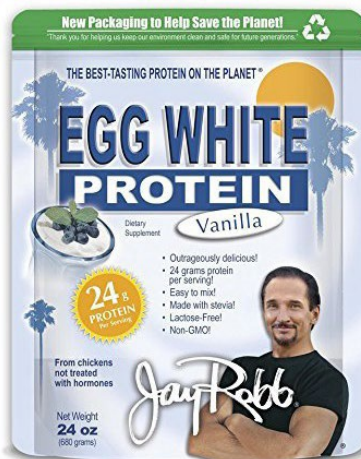
Protein Supplements

Whey protein powder: Choose a protein powder with at least 20 grams of protein, less than 10 grams of sugar, and 5 or less grams of fat.



*lactose free

Soy, Egg White, and Vegetarian blend protein powder: For use in patients avoiding or intolerant to dairy.



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Preparing Protein Supplements

Use a BLENDER:



1 serving

+



8 oz (1 cup) skim or 1% milk or water

+



blender

Use a SHAKER BOTTLE:



1 serving

+



8 oz (1 cup) skim or 1% milk or water

+



shaker bottle

Ways to Spice Up Your Shakes!

1. **Fruit** – Blend in ½ cup fresh, frozen or canned fruit (canned in light syrup or canned in 100% juice).
2. **Flavor extracts** – Add 1 teaspoon vanilla, coconut, maple, lemon, peppermint, or other flavor extracts.
3. **Flavor syrups** – Add 1-2 tablespoons sugar free coffee syrups (available in many flavors like vanilla, hazelnut, caramel).
4. **Nut butter** – Add 1 tablespoon peanut or almond butter or 2 tablespoons powdered peanut butter.
5. **Coffee/Tea** – Use 8 ounces decaf brewed cold coffee in place of milk or add 1-2 teaspoons of decaffeinated instant coffee.
6. **Cocoa** – Add 1 tablespoon unsweetened baking cocoa powder for a chocolate flavor without the calories!
7. **Sugar free, fat free instant pudding mix** – Add 1 tablespoon of powder mix to create different flavor combinations.
8. **Spices** – Try a dash of cinnamon, pumpkin pie spice, nutmeg, ginger, etc.
9. **Drink them hot** – Microwave your milk then add protein powder.
10. **Drink (or eat!) them cold** – Simply add ice, or pour prepared shakes into popsicle molds and freeze.
11. **Sugar free drink mixes** – Add a to-go packet of Crystal Light or other sugar free drink mix to a vanilla or unflavored protein shake.



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Protein Shake Recipes:

Directions: For each recipe below, add all ingredients to blender, and blend until smooth.

Wild Berry Boost

1 scoop vanilla protein powder
½ cup frozen mixed berries
8 ounces skim or 1% milk
2-3 ice cubes

Mocha or Vanilla Cream Cappuccino

1 scoop chocolate or vanilla protein powder
8 ounces skim or 1% milk
1-2 teaspoons decaffeinated instant coffee

Apple Cinnamon

1 scoop vanilla protein powder
½ cup unsweetened applesauce
8 ounces skim or 1% milk
½ teaspoon cinnamon

Pumpkin Pie Shake

1 scoop vanilla protein powder
2-4 tablespoon canned pumpkin puree
½ teaspoon pumpkin pie spice
8 ounces skim or 1% milk
¼ cup low-fat light vanilla yogurt
2-3 ice cubes
(Optional: 1-2 packets sugar substitute)

High Protein Tropical Shake

1 packet of powdered Vanilla “No Sugar Added” Carnation Instant Breakfast®
1 scoop vanilla whey protein powder
8 ounces low-fat milk
½ cup sliced banana/ papaya/mango
¼ teaspoon coconut extract

“The Hulk”

1 scoop vanilla protein powder
1-2 tablespoons sugar free, fat free instant pistachio pudding mix
8 ounces skim or 1% milk
2-3 ice cubes

Peppermint Patty

1 scoop chocolate protein powder
8 ounces skim or 1% milk
½ teaspoon peppermint extract
2-3 ice cubes

Creamy Orange Shake

1 scoop vanilla protein powder
1-3 teaspoons sugar-free orange powder drink mix
8 ounces skim or 1% milk

Cinnamon Roll Protein Shake Recipe

1 scoop vanilla protein powder
1-2 tablespoons sugar free, fat free instant vanilla pudding mix
¼ teaspoon cinnamon
8 ounces skim or 1% milk
2-3 ice cubes

Peanut Butter Banana Chocolate Shake

1 scoop chocolate protein powder
½ medium frozen banana
2 tablespoons powdered peanut butter
8 ounces skim or 1% milk
Dash of cinnamon
2-3 ice cubes

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Protein Supplements

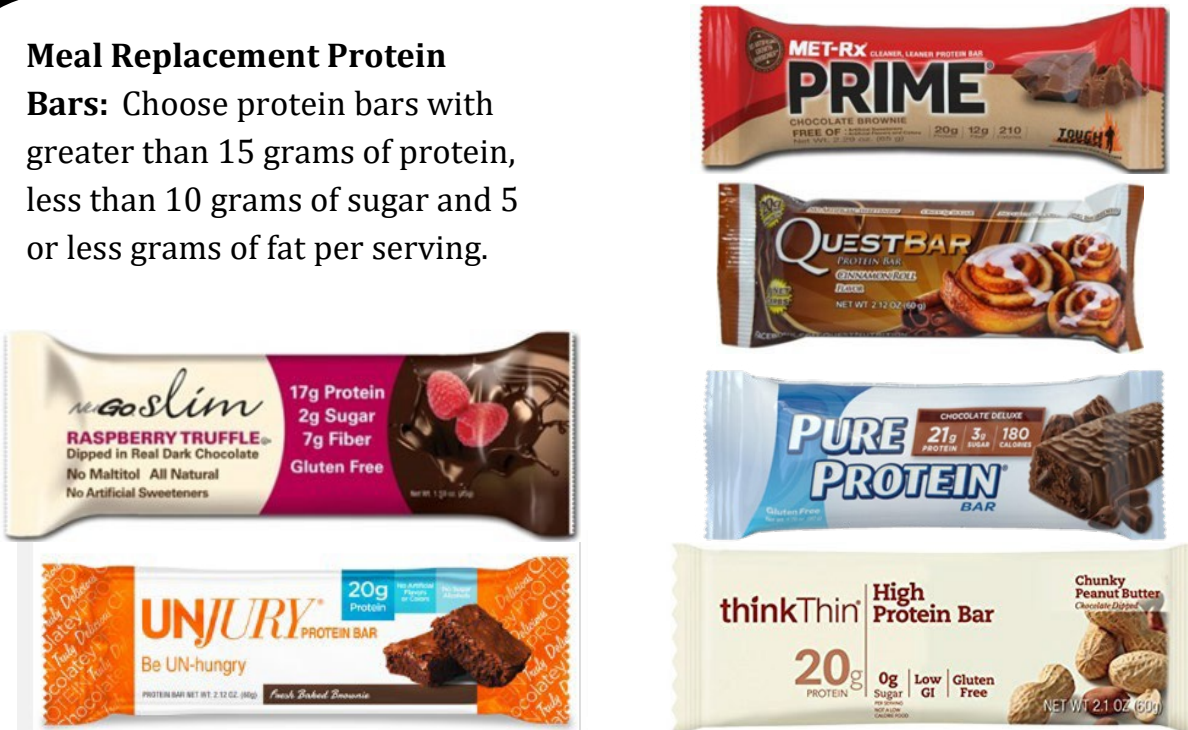
Prepared Protein Drinks (meal replacement): Choose protein shakes with at least 20 grams of protein, less than 10 grams of sugar and 5 or less grams of fat per serving.



*lactose free

Meal Replacement Protein

Bars: Choose protein bars with greater than 15 grams of protein, less than 10 grams of sugar and 5 or less grams of fat per serving.



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Pre-op Diet: Clear Liquids

For 2 days prior to surgery, you will follow a clear liquid diet, and will not eat any solid foods. **The day of your surgery at midnight, you will not eat or drink anything** as your stomach will need to be completely empty. This will also prepare you for what you will be able to consume in the first stage after surgery.

Start: Two days prior to surgery

Duration: 2 days

Goals:

- **No food is allowed**
- Choose sugar-free, caffeine-free, non-carbonated beverages. Examples:
 - **Water**
 - **Zero/low calorie flavored waters** (Fruit20®, G2®, Propel Zero®, Power Aid Zero®, Crystal Light®, Vitamin Water Zero®)
 - **Broth** (chicken, vegetable, or beef bouillon, bone broth)
 - **Sugar-free popsicles**
 - **Sugar-free jello**
 - **Light juice** (diet Snapple®, Diet Ocean Spray®, Minute Maid® Light, V8 Splash® Diet, unsweetened tomato juice or 100% vegetable V8®)
 - **Decaffeinated coffee/tea**
 - **Ice chips**
- Choose only approved ready-to-drink protein shakes or prepare your own using this recipe:
 - 1 serving whey protein powder + 8 oz skim/1% milk + ice (optional)
 - Do not add fruit to protein shake during this time

2 Day Pre-op Diet: Sample Meal Plan

Time	Beverage
7:00 am	clear liquids
8:00 am	4+ oz protein supplement (15-20+grams protein) Multivitamin, vitamin B12, vitamin D3
9:00 am-12:00 pm	clear liquids
12:00 pm	4+ oz protein supplement (15-20+ grams protein) Calcium citrate
1:00 pm – 4:00 pm	clear liquids
4:00 pm	4+ oz protein supplement (15-20+ grams protein)
5:00 pm- 7:00 pm	clear liquids
7:00 pm	4 oz protein supplement (15-20 grams protein) Calcium citrate
8:00 pm	clear liquids

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Diet Stages Following Bariatric Surgery

Following surgery your digestive system will require 6-8 weeks to heal. To help with the healing process you will progress through 3 diet stages.

Never advance your diet without discussing with a member of the Bariatric Team.

Stage 1 : Clear Liquids and Protein Shakes

Start: The day after surgery

Duration: 7-14 days

Goals:

- Hydration: **64 ounces or more daily**
 - Choose sugar-free, caffeine-free, non-carbonated beverages. Examples:
 - **Water**
 - **Zero/low calorie flavored waters** (Fruit20®, G2®, Propel Zero®, Power Aid Zero®, Crystal Light®, Vitamin Water Zero®)
 - **Broth** (chicken, vegetable, or beef bouillon)
 - **Sugar-free popsicles**
 - **Sugar-free jello**
 - **Light juice** (diet Snapple®, Diet Ocean Spray®, Minute Maid® Light, V8 Splash® Diet, unsweetened tomato juice or 100% vegetable V8®)
 - **Decaffeinated coffee/tea**
 - **Ice chips**
- Meeting protein goal: **60-80 grams/day**
 - **No food is allowed**
 - Choose only approved ready-to-drink protein shakes or prepare your own using this recipe:
 - 1 serving whey protein powder + 8 oz skim/1% milk + ice (optional)
 - Do not use fruit in Stage 1

Diet Tips:

- Begin food journal.
- Sip 1 ounce of liquid every 15 minutes while awake (record intake on your tracking form given to you at the hospital). Sip slowly. Do not use straws. Stop if you are feeling full or nauseous.
- Have 4 ounces of a protein shake 4-5 times daily. Record in your food journal and bring to your next appointment.
- Walk around as much as possible (unless instructed otherwise) to initiate digestion and alleviate gas.
- If you experience dry mouth, bad breath, or poor taste try lemon/lime wedges or mouthwash. This may also minimize the aftertaste of non-calorie sweeteners.

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Stage 1: Clear Liquids and Protein Shakes (continued)

- Begin taking vitamins daily, continue lifelong:

Morning

Multivitamin

Vitamin B12 (500 mcg)

Vitamin D3 (2000 IU)

Iron (pre-menopausal women)

Noon

2 Calcium citrate (500-600 mg)

Evening

2 Calcium citrate (500-600 mg)

Stage 1 : Sample Meal Plan

Time	Beverage
7:00 am	4-6 oz clear liquids
8:00 am	4 oz protein supplement (15-20 grams protein) <i>Multivitamin, vitamin B12, vitamin D3</i>
9:00 am	4-6 oz clear liquids
10:00 am	4-6 oz clear liquids
11:00 am	4-6 oz clear liquids
12:00 pm	4 oz protein supplement (15-20 grams protein) <i>Take calcium citrate</i>
1:00 pm	4-6 oz clear liquids
2:00 pm	4-6 oz clear liquids
3:00 pm	4-6 oz clear liquids
4:00 pm	4 oz protein supplement (15-20 grams protein)
5:00 pm	4-6 oz clear liquids
6:00 pm	4-6 oz clear liquids
7:00 pm	4 oz protein supplement (15-20 grams protein) <i>Take calcium citrate</i>
8:00 pm	4-6 oz clear liquids
9:00 pm	4-6 oz clear liquids
TOTAL:	
Fluid	60-82 ounces
Protein	60-80 grams

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Stage 2: Blended (Pureed)

Start: 7-14 days after surgery, upon meeting with dietitian

Duration: 2-3 weeks

Goals:




- Hydration: **64 oz or more daily**
- Meeting protein goal: **60-80 grams/day**
- Continue taking vitamins

Diet Tips:




- Do not eat solid food.
- Blend food to the consistency of applesauce without lumps.
- Include protein with every meal.
- Use moist-cooking methods such as baking, roasting, steaming, poaching, or slow-cooking to cook foods.
- Add approved condiments to moisten food, see condiment section on page 24.
- Try to have 2-4 oz of food at each meal. **Always eat protein first.**
 - **1 ounce = 2 tablespoons = 1/8 cup**
 - **2 ounces = 4 tablespoons = 1/4 cup**
 - **4 ounces = 8 tablespoons = 1/2 cup**
 - **8 ounces = 16 tablespoons = 1 cup**
- Aim for 3-5 small meals at set times daily.
- Continue drinking 1-2 protein shakes daily, you may add blended fruit if desired.
- If you are not hungry at mealtimes, try to have a few bites and stick to your schedule as best as possible.
- Sip and eat slowly, meals should take 30-45 minutes. **It should take 15 minutes to eat 2 tablespoons or 1 ounce.**
- Keep foods separate from fluids. Do not drink fluids for 15 minutes before or 30 minutes after meals.
- Tolerance of foods and beverages can vary. Taste changes may occur. For example some may tolerate ice-cold beverages better while others prefer liquids at room temperature.
- Use guide on the next page to select appropriate foods:

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Stage 2: Blended (continued)

 ALLOWED	 CAUTION <i>(tolerance varies)</i>	 AVOID
Meats, Beans & Soups		
<p>All must be blended or pureed:</p> <ul style="list-style-type: none"> ➤ Moist skinless poultry ➤ Lean ground chicken, turkey, beef (90% lean or higher) ➤ Baked or broiled fish ➤ Canned meats in water ➤ Thinly shaved deli meat (turkey, chicken, or ham) ➤ Shellfish ➤ Egg, egg substitute, or egg white ➤ Meat alternatives ➤ Beans, lentils, split peas ➤ Pureed, high protein, low fat (98% fat free) or “light” canned soups 	<ul style="list-style-type: none"> ➤ Red meats ➤ Pork ➤ Lamb ➤ Dry chicken ➤ Eggs 	<ul style="list-style-type: none"> ➤ Fried meats ➤ Meats cooked in oil, butter, cream, or high calorie sauces ➤ High fat meats ➤ Processed meats (spam, hot dogs, pastrami, bologna, salami, corned beef, sausages) ➤ Canned meats in oil ➤ Poultry with skin or dark meat ➤ Baked beans or sweet beans ➤ All non-pureed meats ➤ Non-pureed soups ➤ Lipton soup ➤ Cup of Noodles or Ramen
Dairy		
<ul style="list-style-type: none"> ➤ Skim (nonfat) or 1% milk ➤ Lactaid milk ➤ Fairlife 1% or skim milk ➤ Plain or light soy milk ➤ Low-fat greek or light yogurt ➤ Cottage cheese, low fat or fat free ➤ Ricotta cheese, low fat or fat free ➤ Laughing Cow cheese ➤ Sugar-free or fat-free pudding mix made with skim or 1% milk ➤ No-sugar added hot chocolate 	<ul style="list-style-type: none"> ➤ If you begin to have difficulty tolerating lactose, try Lactaid milk, cottage cheese, soymilk, and Lactaid pills. 	<ul style="list-style-type: none"> ➤ 2% or whole milk ➤ Chocolate milk ➤ Yogurt or cottage cheese with >10 grams of sugar ➤ Hard cheese ➤ Ice cream ➤ Frozen yogurt ➤ Creamer or half and half ➤ Sour cream ➤ Whipped cream ➤ Milkshakes ➤ Carnation milk
Non-Starchy Vegetables		
<p>All vegetables must be blended or pureed</p> <ul style="list-style-type: none"> ➤ Carrots, green beans, peppers, sweet potato, winter squash, pumpkin, beets, tomatoes, broccoli, cauliflower ➤ Low-sodium tomato juice 	<p>Fibrous stalks, skin, and seeds</p> <ul style="list-style-type: none"> ➤ Celery ➤ Asparagus ➤ Peas and corn ➤ Onions ➤ Mushrooms 	<ul style="list-style-type: none"> ➤ Raw vegetables ➤ Salad ➤ Non-pureed vegetables

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 ALLOWED	 CAUTION <i>(tolerance varies)</i>	 AVOID
Fruits		
<p>All fruits must be blended or pureed</p> <ul style="list-style-type: none"> ➤ Bananas ➤ Apples, pears, peaches ➤ Seedless melon ➤ Canned fruit in light syrup or juice (drained) ➤ Frozen fruit ➤ Unsweetened applesauce ➤ Berries 	<ul style="list-style-type: none"> ➤ Skin/peels on fruit 	<ul style="list-style-type: none"> ➤ All fruit juice ➤ Dried fruit ➤ Canned pie fillings or fruit paste ➤ Fruit skins and membranes ➤ Non-pureed fruit
Grains & Starchy Vegetables		
<ul style="list-style-type: none"> ➤ Oatmeal without added sugar ➤ Blended winter squash, sweet potatoes 		<ul style="list-style-type: none"> ➤ Bread, pasta, rice, cereal, crackers, granola or protein bars, etc. (until 3 months after surgery) ➤ Starchy vegetables
Fats & Condiments		
<ul style="list-style-type: none"> ➤ Olive or canola oil ➤ Light butter or margarine ➤ Reduced fat salad dressing, cream cheese, or sour cream ➤ 2 tbsp unsalted nuts or seeds ➤ 1 tbsp avocado ➤ 1 tbsp ground flaxseed or chia seeds ➤ Reduced fat mayonnaise ➤ Pureed salsa ➤ Hummus ➤ Ketchup, mustard ➤ Salt-free seasonings and spices (Mrs. Dash) ➤ Spray butter or light margarine ➤ Fat free cool whip ➤ Sugar-free jelly ➤ Sugar-free chocolate syrup ➤ Sugar substitutes 	<ul style="list-style-type: none"> ➤ Spicy condiments ➤ Black pepper ➤ Cayenne pepper ➤ Chili powder 	<p>ALL FATS ARE HIGH CALORIE, OVERCONSUMPTION WILL SLOW YOUR WEIGHT LOSS!</p> <ul style="list-style-type: none"> ➤ All frying oils ➤ Butter or margarine ➤ Regular salad dressing or mayonnaise ➤ Regular sour cream or cream cheese ➤ Chocolate or caramel sauce ➤ Sweet and sour sauce ➤ BBQ sauce ➤ Cream sauces ➤ Cheese sauces ➤ Candy ➤ Mints ➤ Gum

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Stage 2: Sample Meal Plan

	Day 1	Day 2	Day 3
6:00-7:45 am	16 oz liquid	16 oz liquid	16 oz liquid
8:00-8:30 am <i>Take Multivitamin, Vitamin B12, Vitamin D3, Iron (if needed)</i>	1 (5.3 oz) low-sugar, low-fat greek yogurt (12-15 g protein)	½ cup egg beaters 1 tbsp non-fat milk 1 tbsp pureed salsa (14 g protein)	¼ cup cottage cheese 2 tbsp pureed strawberries (14 g protein)
9:00-11:45 am	4 oz protein shake 12 oz liquid	4 oz protein shake 12 oz liquid	4 oz protein shake 12 oz liquid
12:00-12:30 pm <i>Take Calcium Citrate</i>	2-3 oz chicken salad 1-2 tsp light mayonnaise (14-21 g protein)	½ cup black bean soup, blended (7 g protein)	2-4 tbsp blenderized lean ground beef 1 tbsp fat free ricotta 1 tbsp tomato sauce (9-16 g protein)
1:00-5:45 pm	4 oz protein shake 12 oz liquid	4 oz protein shake 12 oz liquid	4 oz protein shake 12 oz liquid
6:00-6:30 pm <i>Take Calcium Citrate</i>	½ cup split pea soup (9 g protein)	2-3 oz blended tuna salad 1-2 tsp light mayonnaise (14-21 g protein)	2 tbsp blenderized turkey 2 tsp broth 2 tbsp pureed squash (7 g protein)
7:00-10:00 pm	4 oz protein shake 12 oz liquid	4 oz protein shake 12 oz liquid	4 oz protein shake 12 oz liquid
TOTAL: Fluids Protein	64 ounces 80-105 grams	64 ounces 80-102 grams	64 ounces 75-97 grams

Notes: tsp = teaspoon, tbsp = tablespoon, oz = ounces, g = grams

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Stage 2 Diet: Quick & Easy Pureed Meal Ideas

Canned Condensed Soup

Serving Size: 1 cup

Blending required: Yes

Check nutrition label for: ✓ Labeled “fat free”

Notes: These are low in protein. To increase protein, mix ½ cup soup with ½ cup fat free or 1% milk OR melt in 2 tablespoons low fat cheese.



Canned Soups

Serving Size: 1 cup

Blending required: Yes

Check nutrition label for: ✓ 150 calories or less ✓ 5 grams of protein or more ✓ Less than 5 grams total fat

Notes: Avoid Ramen/Maruchen Noodles or Lipton soup packets. Choose varieties without pasta, rice, or other grains.



Chili

Serving Size: ½ cup

Blending required: Yes

Check nutrition label for: ✓ 250 calories or less ✓ 10 grams of protein or more ✓ Less than 5 grams total fat



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Ready-Made Pureed Soups

Serving Size: 1 cup

Blending required: No

Check nutrition label for: ✓100 calories or less

Notes: These are typically low in protein. Blend container of soup with 1 can white (mild flavored) beans to boost the protein OR mix in ½ scoop unflavored whey protein powder at room temperature, then heat soup.



Beans or Lentils

Serving Size: ½ cup

Blending required: Yes

Check nutrition label for: Choose plain beans, avoid baked beans.

Notes: Add a few tablespoons of water or broth, dried herbs and spices of your choice (try curry, adobo, sazón, etc) and blend.



Mashed Potatoes, Squash, or Cauliflower

Serving Size: 1 cup

Blending required: Yes (or mash)

Notes: This is typically low in protein. To add protein, add 2 tablespoons low-fat shredded cheese, ¼ cup part-skim ricotta cheese, or 1% or skim milk.



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Chicken, Tuna, or Egg Salad

Serving Size: ¼ cup (2-3 ounces)



Blending required: Yes (or mash)

Check nutrition label for: ✓ Canned in water

Notes: Mash with fork and moisten with light mayonnaise. Don't like mayo? Mix with lemon juice, mustard, hummus, avocado, or light salad dressing. Add flavor with dash of onion powder, garlic powder, ground black pepper, or curry powder.

Cottage Cheese

Serving Size: ½ cup



Blending required: Yes (or mash)

Check nutrition label for: ✓ Low fat

Notes: To add flavor, mix in ½ teaspoon ranch dressing seasoning mix, 1 tablespoon sugar free jelly, or 2 tablespoons blended fruit of choice.

Ricotta Cheese

Serving Size: ¼ cup



Blending required: No

Check nutrition label for: ✓ Part-skim (low fat)

Notes: To add flavor, mix in any of the following: 1 tablespoon sugar free jelly, 2 tablespoons blended fruit, vanilla or almond extract, a pinch of instant decaf coffee granules, ½ teaspoon unsweetened baking cocoa powder, or ½ packet sugar substitute of choice.

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Ricotta Bake

Serving Size: ½ cup

Blending required: No

Notes: Makes 4 servings.

Mix 8 ounces low fat or part skim ricotta cheese, ½ cup grated parmesan cheese, 1 large egg, 1 teaspoon Italian seasoning, salt, pepper & place into an oven safe dish. Pour ½ cup marinara sauce on top and sprinkle with ½ cup shredded mozzarella cheese. Bake in the oven at 450 degrees for 20 to 25 minutes until cheese is melted. Per serving: 200 calories, 15 grams protein, 8 g carbohydrate, 12.5 grams fat. *Optional: add 90% lean cooked ground beef or turkey.*



Fiesta Bowl

Serving Size: ¼ cup beans + 2 tablespoons

salsa + 2 tablespoons shredded cheese

Blending required: No

Check nutrition label for: ✓ Fat free refried beans ✓ Part-skim, 2%, light, or low-fat shredded cheese

Notes: Layer all ingredients in a small mug or bowl and microwave 1 minute. *Optional: add 90% lean cooked ground beef or turkey.*



Protein-Packed Pudding

Serving Size: ½ cup

Blending required: No

Notes: Mix 1 envelope sugar free fat free pudding mix with 2 cups cold fat free or 1% milk with 1 to 2 scoops whey protein powder (any flavor!).



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Protein Popsicles

Serving Size: 1 popsicle

Blending required: Yes

Notes: Blend 2 cups watermelon, 2 cups strawberries or any berry, ¼ cup Splenda or Stevia with 2 scoops strawberry whey protein powder and pour into 6 popsicle molds and freeze about 6 hours or until frozen.



Protein Oatmeal

Serving Size: ¼ cup or 1 packet dry instant/quick oats + ½ cup low fat milk + ½ scoop whey protein powder (vanilla or unflavored)



Blending required: No

Check nutrition label for: ✓ Less than 10 grams sugar in oats

Notes: Combine above ingredients in a microwave safe bowl and microwave on high for 1 to 2 minutes. Add flavor with a dash of cinnamon, nutmeg, salt, 1 tablespoon sugar free jelly, 2 tablespoons blended fruit, or 1 tablespoon powdered peanut butter.

Meatballs

Serving Size: 2-3 ounces

Blending required: Yes



Check nutrition label for: ✓ 93% lean ground beef, turkey, or chicken ✓ 9 grams of fat or less per serving if pre-made

Notes: Puree pre-made or homemade meatballs with a few tablespoons of marinara/pasta sauce, and optional part-skim ricotta cheese. Top with a tablespoon of parmesan cheese.

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Stage 3: Lifelong Diet

Start: 4-5 weeks post-operative

Goals:




- Hydration: **64 oz or more daily**
- Meeting protein goal: **60-80 grams/day**
- Gradual introduction of solid foods
- Increased variety in diet
- Developing a balanced diet to achieve and maintain a healthy weight
- Continue taking vitamins

Diet Tips:




- Continue eating blended foods (Stage 2), add one new food at a time, 1-2 times daily.
- Chew solid food 20-30 times, until liquid consistency in mouth.
- Aim for 3 meals and 2 snacks each day.
- Gradually increase meal portions to ½-1 cup (4-8 oz) total.
- Meals should take 30-60 minutes.
- Stop eating or drinking when you are full, be mindful of signs of fullness.
- You may decrease protein supplements as you consume more protein in your diet.
- Use guide below to select appropriate foods:

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Stage 3: Lifelong Diet (continued)

 ALLOWED	 CAUTION <i>(tolerance varies)</i>	 AVOID
Meats, Beans & Soups		
<ul style="list-style-type: none"> ➤ Moist skinless poultry ➤ Lean ground chicken, turkey, beef (90% lean or higher) ➤ Baked or broiled fish ➤ Canned meats in water ➤ Thinly shaved deli meat (turkey, chicken, or ham) ➤ Shellfish ➤ Egg, egg substitute, or egg white ➤ Meat alternatives ➤ Beans, lentils, split peas ➤ Low fat, high protein soups or stews 	<ul style="list-style-type: none"> ➤ Red meats ➤ Pork ➤ Lamb ➤ Dry chicken ➤ Eggs 	<ul style="list-style-type: none"> ➤ Fried meats ➤ Meats cooked in oil, butter, cream, or high calorie sauces ➤ High fat meats ➤ Processed meats (spam, hot dogs, pastrami, bologna, salami, corned beef, sausages) ➤ Canned meats in oil ➤ Poultry with skin or dark meat ➤ Baked beans or sweet beans ➤ Chowders, cream-based, or high fat soups or stews ➤ Lipton soup ➤ Cup of Noodles or Ramen
Dairy		
<ul style="list-style-type: none"> ➤ Skim (nonfat) or 1% milk ➤ Lactaid milk ➤ Fairlife 1% or skim milk ➤ Plain or light soy milk ➤ Low-fat greek or light yogurt ➤ Cottage cheese, low fat or fat free ➤ Ricotta cheese, low fat/fat free ➤ Laughing Cow cheese ➤ Sugar-free or fat-free pudding mix made with skim/1% milk ➤ No-sugar added hot chocolate ➤ Reduced fat, part-skim, or 2% cheese 	<ul style="list-style-type: none"> ➤ Low fat and sugar free ice cream or frozen yogurt 	<ul style="list-style-type: none"> ➤ 2% or whole milk ➤ Chocolate milk ➤ Cheese (full fat) ➤ Yogurt or cottage cheese with >10 grams of sugar ➤ Ice cream ➤ Frozen yogurt ➤ Creamer or half and half ➤ Sour cream ➤ Whipped cream ➤ Milkshakes ➤ Carnation milk
Non-Starchy Vegetables		
<ul style="list-style-type: none"> ➤ All fresh, frozen, canned, raw, or cooked non-starchy vegetables ➤ Low sodium tomato juice 	<ul style="list-style-type: none"> ➤ Avocado, olives (use sparingly) <p>Fibrous stalks, skin, and seeds</p> <ul style="list-style-type: none"> ➤ Celery ➤ Asparagus ➤ Peas and corn Onions 	<ul style="list-style-type: none"> ➤ Fried vegetables ➤ Vegetables with added oil, butter, or high fat sauces

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➤ Mushrooms		
 ALLOWED	 CAUTION <i>(tolerance varies)</i>	 AVOID
Fruit		
<ul style="list-style-type: none"> ➤ All fresh fruit ➤ All frozen fruit without added sugar ➤ Canned fruit in light syrup or juice (drained) 	<ul style="list-style-type: none"> ➤ Dried fruit (use sparingly) 	<ul style="list-style-type: none"> ➤ All fruit juice ➤ Canned pie fillings or fruit paste ➤ Sweetened coconut
Grains & Starchy Vegetables		
<ul style="list-style-type: none"> ➤ High protein, high fiber cold cereal (ex: Special K Protein, Kashi GoLean) ➤ Oatmeal (plain or Weight Control packets) ➤ Whole grain pasta ➤ Brown rice or quinoa ➤ Low carb or light whole grain bread ➤ Whole grain reduced-fat crackers, pretzels, 99% fat free popcorn 	<ul style="list-style-type: none"> ➤ Avoid rice, pasta, crackers, protein bars, and bread for at least 3 months after surgery ➤ High fiber, low sugar granola bars (Fiber One, Kashi) 	<ul style="list-style-type: none"> ➤ All white bread & pasta ➤ Stuffing ➤ White rice ➤ Tortillas ➤ Baked goods (cake, cookies, pastries, donuts, muffins, etc.) ➤ Sugary cereals, granola ➤ Chips, buttered popcorn, high fat crackers ➤ Granola bars ➤ French fries, hash browns, fried plantains
Fats & Condiments		
<ul style="list-style-type: none"> ➤ Olive or canola oil ➤ Spray butter, light butter or margarine ➤ Reduced fat salad dressing, cream cheese, or sour cream ➤ unsalted nuts or seeds, ground flaxseed or chia seeds ➤ 1 tbsp avocado ➤ Reduced fat mayonnaise ➤ Salsa ➤ Pickles ➤ Ketchup, mustard, relish ➤ Salt-free seasonings and spices (Mrs. Dash) ➤ Fat free cool whip ➤ Hummus ➤ Sugar free jelly or jam 		<p style="text-align: center;">ALL FATS ARE HIGH CALORIE, OVERCONSUMPTION WILL SLOW YOUR WEIGHT LOSS!</p> <ul style="list-style-type: none"> ➤ All frying oils ➤ Butter or margarine ➤ Regular salad dressing ➤ Full fat mayonnaise ➤ Chocolate or caramel sauce ➤ Sweet and sour sauce ➤ BBQ sauce ➤ Cream sauces, cheese sauces ➤ Candy

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Stage 3: Sample Meal Plan *(**3 months after surgery)*

	Day 1	Day 2	Day 3
7:00-7:45 am	12 oz liquid	12 oz liquid	12 oz liquid
8:00-9:00 am Take Multivitamin, B12 & Vitamin D3	Spinach & cheese omelette made with ½ cup Egg Beaters® with ¼ cup spinach with ½ slice low fat cheese	½ cup plain oats 8 oz skim milk dash of cinnamon Splenda	¾ cup Special K Protein cereal 4 oz skim milk
9:30-10:15	8 oz liquid	8 oz liquid	8 oz liquid
10:30- 11:15 am	8 oz skim milk	¼ cup fat free ricotta ½ cup sliced strawberries dash of cinnamon	1 tbsp raisins 2 tbsp sunflower seeds (shelled)
11:45 -12:30	12 oz liquid	12 oz liquid	12 oz liquid
12:45-1:45 pm Take Calcium Citrate	½ cup low-fat turkey chili 6 100% whole grain crackers* 6 baby carrots	2 oz ham (96% fat-free) ¼ 6" whole wheat pita pocket* 1 oz low-fat cheese 2 tomato slices 1 tsp mustard	2-3 oz tuna (packed in water) 1 tbsp light mayonnaise ½ slice whole wheat bread* 1 dill pickle spear
2:15-3:00 pm	8 oz liquid	8 oz liquid	8 oz liquid
3:15-4:00 pm	1 tbsp peanut butter 1 apple, sliced	¼ cup low fat cottage cheese ½ cup canned pineapple in light syrup	5 almonds 1 string cheese
4:30-5:15 pm	8 oz liquid	8 oz liquid	8 oz liquid
5:30-6:30 pm Take Calcium Citrate	3 oz baked haddock with lemon ¼ cup steamed brown rice* with diet margarine spray added ½ cup steamed broccoli	3 oz lean hamburger (made with 90% lean or higher) ¼ cup mashed potatoes with light margarine spray added ½ cup cooked green beans	3 oz baked chicken breast (no skin) 2 Tbsp. fat-free gravy ¼ cup cooked quinoa ½ cup cooked carrots
7:00-7:45pm	8 oz liquid	8 oz liquid	8 oz liquid
8:00-8:45 pm	1 boiled egg ½ cup watermelon	1 rice cake 1 Laughing Cow cheese	1 (5.3 oz) low-sugar, low-fat greek yogurt
9:15-10:00 pm	8 oz liquid	8 oz liquid	8 oz liquid
TOTAL: Fluids Protein	72 ounces 63 grams	64 ounces 71 grams	68 ounces 79 grams

Notes: tsp = teaspoon, tbsp = tablespoon, oz = ounces, g = grams

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Possible Nutrition Problems and Solutions

- **Nausea/Vomiting:**
 - Add only one new food per meal
 - Eat slower
 - Take smaller bites (try smaller utensils)
 - Chew until liquefied (think applesauce-like texture)
 - Keep food moist with low calorie condiments
 - Avoid drinking and eating at the same time
 - Return to the last diet stage you could tolerate
 - Make a list of known offending foods
 - Call the clinic if these symptoms continue >24 hours
- **Constipation:**
 - Drink more calorie-free fluids (64 ounces a day)
 - Stay active and walk more often
 - Increase fiber intake
 - If you are on stage 2, try *pureed* beans, fruits, vegetables or oatmeal
 - If you are on stage 3, try beans, peas, lentils, fruits, vegetables, whole grains
 - Try unflavored Benefiber powdered fiber supplement mixed with water
 - Try miralax or ducolax
 - Call the clinic if you do go longer than 3 days without a bowel movement.
- **Diarrhea:** It is normal to experience loose stools right after surgery due to the body's response to not absorbing nutrients, but this usually resolves over time.
 - Eat slower
 - Avoid overeating
 - Avoid drinking and eating at the same time
 - Avoid caffeine
 - Limit foods labeled "sugar free" since they may contain sugar alcohols (listed on Nutrition Facts label if present)
- **Dumping syndrome:** Gastric bypass patients may experience dumping syndrome which occurs when food passes too quickly from the stomach to the small intestine. Water from surrounding blood vessels is drawn into the small intestine resulting in nausea, vomiting, sweating, bloating, diarrhea, stomach pain, or rapid heartbeat. Symptoms can occur between 10 minutes and 3 hours after eating. To prevent dumping syndrome:
 - Avoid high sugar foods, refined (white bread, pasta, crackers), and added sugars
 - Avoid foods with sugar alcohols
 - Avoid high fat foods
 - Avoid overeating
 - Avoid drinking and eating at the same time
 - Do not lie down after eating
 - Avoid caffeine

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- **Hunger:** Following the gastric bypass/vertical sleeve, patients will often lose their sense of appetite. If this leads to skipping meals it may become difficult to reach your protein/fluid goals. Plan for 4- 6 small meals per day. Be mindful of the types of foods as well as meal timing to help control your hunger.
- **Taste changes:** You may experience changes in taste and food preferences.
- **Heartburn:**
 - Avoid caffeine and spicy foods
 - Avoid aspirin and anti-inflammatory drugs (such as ibuprofen)
 - Take Tums
 - Avoid foods that are too hot or too cold
 - Check the side effects of any medications you are taking
 - Call the clinic for persistent heartburn or if it occurs during sleep
- **Hair Loss:** Some hair loss is expected in the first 9 months after surgery due to your body's response to rapid weight loss.
 - Eat enough protein (60-80 grams per day)
 - Drink more calorie-free fluids (64 ounces a day)
 - Take your vitamins as directed daily
 - Talk to your dietitian if hair loss starts after 6 months or continues beyond 12 months
- **Dizziness/Lightheadedness/Fatigue:**
 - Eat on a regular schedule, don't skip meals
 - Drink more calorie-free fluids (64 ounces a day)
 - Add salt to your food, or try chicken broth or Gatorade G2 or Powerade Zero
 - Take your vitamins as directed daily
- **Leg Cramps:**
 - Eat a balanced diet
 - Take your vitamins as directed daily
 - Stay active
 - Try having Gatorade G2 or Powerade Zero
 - Call the clinic if cramps persist or if pain, swelling, or redness occurs
- **Wound infection:**
 - If you develop a fever or notice redness or drainage from your incision call the clinic immediately

Please discuss any additional questions with your medical team.