

BARIATRIC NUTRITION & LIFESTYLE PLAN

Obesity is a chronic disease that requires ongoing effort and permeant lifestyle changes. Bariatric surgery is not a cure nor is it to be considered a “one and done” approach to treating obesity. Weight loss surgery is a simply a tool to help you achieve a healthier weight and lifestyle.

In order to have a successful long-term outcome, it is necessary to make a number of **permanent** lifestyle changes. You will need to change your eating habits, behaviors, mindset, stress management strategies, and physical activity. **While the nutrition plan is one of the most important parts of this journey but it is not the only component to success.** Establishing healthy self-care habits is the key.

“A journey of a thousand miles begins with a single step.” ~Lao Tzu

Start Now!

- Weight loss and optimal health is more than diet and exercise; it’s an accumulation of habits that are integrated into your daily life.
- The bariatric team expects you to start making small lifestyle changes now in preparation for the surgery. Waiting for the pre op consults with the surgeon and dietitian to get started sends the message you are not committed to the process.
- The surgery only changes the size of your stomach; **you have to do the rest** to get the results you want long term.
- As you work through your Bariatric check list, begin to establish the healthy habits that will make you successful.
- The sooner you start, the more prepared you will be for the surgery, recovery, and for the rest of your life.
- Certain things will change once you have surgery; such as food intake, separating fluids from meals, but the fundamentals are the same: healthy habits create a healthy body and life.



Building a Healthy Foundation

Fuel your body

- Kick start your metabolism by eating breakfast within 1-2 hours after waking up.
- Establish regular meal times throughout the day; never skipping meals or going more than 4 - 5 waking hours without eating.
- Eating breakfast primes your metabolism to maintain stable blood sugar levels after subsequent meals.
- Studies indicate prolonged fasting might lead to a bigger than normal increase in ghrelin, known as “hunger hormones.” This encourages you to overeat at your next meal and leading to peaks and crashes in your glucose and energy.
- Choose protein and complex carbohydrates to get your day going. For example: cottage cheese or yogurt with berries, a protein shake and banana, veggie omelet.



Plan your meals

- We live in a “high” society. Restaurants and grocery stores are packed with high fat, high carb, high sugar and high salt foods.
- When you don’t plan and prep your meals it’s easy to choose the fast, higher fats/sugar/salt/carb foods when you need to eat.
- Create a list of different meals you enjoy for each meal. (i.e. breakfast foods: protein and fruit smoothie, cottage cheese and fruit, or egg and veggie scramble).
- Having a few “go to” food items makes shopping and planning much easier to eat healthy and less likely to eat out.

Protein

- Protein is the cornerstone of your diet after surgery but not all proteins are created equal.
- High fat meats, such as pork sausage, salami, prime rib, bacon, and cheese can be substituted for leaner, healthier options: fish, chicken, lean pork, lean red meat, low-fat dairy products, eggs, and soy products.
- Plant-based proteins (i.e. nuts, seeds, legumes, grains) do not contain all the essential amino acids that are found in animal based proteins. These proteins also tend to be high fat (typically healthy for your heart, but not your waistline), high carbohydrate and high calorie.
- Start to substitute leaner proteins for the higher fat proteins. For example: substitute chicken for beef when making tacos, eat lean ham in place of porksausage.
- Start to buy different protein shakes and powders to find ones you like. Drink them for breakfast or as a quick snack.

Fruits & vegetables - 5+ a day

- Vegetables and fruits are packed full of nutrients, are low calorie and very filling.
- Aim for 5+ servings a day (ratio of 3 vegetables & 2 fruits).
- Start with 1 fruit and 1 veggie a day.
- Gradually increase until consistently eating 5+ servings per day.



Serving sizes:

- One cup of fruit or vegetable - **non-starchy veggies encouraged**
- One piece of fruit (5 - 6 oz.)
- 3 cups of leafy raw vegetables: cabbage, spinach, lettuce
- ½ cup of legumes (black beans, garbanzo beans, lentils, etc.)*
Note: Legumes and beans are nutrient dense and higher calories per cup than other vegetables. (Average cup: 200 - 300 calories and 10 - 20 grams of protein).
- Not recommended: dried fruit or juice
- Vegetables average 50 calories/cup
- Fruits average 100 calories/cup or piece

Getting Started:

- Buy fresh, frozen and canned. Keep a variety on hand.
- Fresh and frozen vegetables and fruits are more nutritious than canned but canned is still better than eating fast food. Keep a few cans of veggies you like in your pantry.
- Use fresh garlic, herbs, spices and flavored vinegars to season your veggies. (i.e. fresh ginger, curry, salt-free seasoning blends or balsamic vinegar)

Fluids

- Aim for 64 oz. of non-caloric fluids a day; water is preferred.
- Post-surgery, you will be drinking sugar-free, non-carbonated, herbal beverages so start exploring options now.
- Buy an infused water bottle. Try different combinations such as strawberries and kiwi.
- There are many options available; here are a few suggestions:

- Try flavoring water with slice of cucumber or citrus; lemon, lime or orange.
- Mio Liquid Water Enhancer (sucralose)
- Sweet Drops Liquid Stevia
- Water Drops (stevia)
- Propel Zero or Vitamin Water Zero
- Crystal Light Pure



Artificial sweeteners

- **NO NutraSweet/aspartame or Sweet & Low/saccharine products.**
- NutraSweet, also known as Equal or “the blue packet.” Aspartame is in A LOT of products. For example: Crystal Light, diet soft drinks, sugar free Jell-O, puddings, popsicles, etc. Sweet & Low are the “pink packets.”
- If you are consuming products that contain aspartame, start to wean off of them and incorporating new alternatives.
- Try using Stevia, Truvia and Monk fruit products.
- Try different brands and types of sweeteners to find one that you like and can tolerate.
- Splenda (sucralose) is okay to use and is in many of the protein shakes.
- Just like any other healthy habits, **moderation is key.**



Vitamins/Supplements

- Start taking the vitamins and supplements daily to get into the habit.
- You can take tablet form of the supplement prior to surgery. For the first 2 months after surgery, liquid or chewable supplements are recommended.
- These vitamins & supplements are specific to the bariatric surgery and you will be taking them for the rest of your life.
- **Do NOT take the multivitamin with iron and calcium at the same time; separate by 2 hours.** Iron inhibits the absorption of calcium.
- **DO NOT TAKE ANY supplements in gummy form.** Gummies do not have all the vitamins and minerals you need, are not well absorbed & can get stuck.
- See Tab 7 for more information and a list of recommended vitamins and supplement brands.

Vitamins/Minerals	Gastric Bypass	Sleeve Gastrectomy
Multivitamin with iron: (chewable or liquid)	1 svg/day	1 svg/day
Calcium Citrate with Vitamin D3 (chewable or liquid)	500 - 600 mg svg, 3x/day (1500 - 2000 mg day)	500 - 600 mg svg, 3x/day (1500 - 2000 mg day)
Probiotic	1 svg daily	1 svg daily
Vitamin B12	1 svg/day (500 micrograms)	NA



Food Records

- Start keeping food journal/records to increase your awareness of your food habits and track the health habits necessary for success.
- Food records increase your awareness around your eating habits. While it can be uncomfortable writing down the “bad foods” you’ve eaten (i.e. chips, cookies, bread, ice cream), it will give insight into your deep-seated eating habits so you can make plans in how to change them. Food records are feedback, not failure.
- You can buy a special food diary, a simple notebook, an online or phone app; choose the type that works best for you.
- Food records are a tool for you to learn what foods work best in your body and with your lifestyle.
- Keeping food records will also help the dietitian and bariatric team assess your diet/nutrition and make recommendations if you have any challenges.

The Essentials	Advanced
time of day	hunger and fullness levels: before & after meal
food item(s) and amount (oz., Tbsp., cup)	feelings/mood (happy, bored, depressed)
protein grams	who you dine with (alone, coworker, family)
calories	location of meal (work desk, in front of TV, car)
fluids – type & ounces	post op: challenges, nausea, vomiting, or pain
list of vitamins & supplements taken	food intolerances
exercise – type and minutes	foods well tolerated & filling

Websites/Phone Apps:

www.baritastic.com
www.supertracker.usda.gov
www.CalorieKing.com
www.MyFitnessPal.com
www.FitDay.com
www.Loselt.com



Portions are important

- Start to become aware of how much you eat by weighing and measuring your protein/meals.
- Weigh and measure your food before eating your meal.
- Start learning portions sizes now to be prepared after surgery.
- A deck of cards is approximately 3 ounce of chicken or meat.
- Put all extra food away before eating.
- Use small dishes, glasses and child-size utensils. This will make your portions look bigger and slow down your eating.



Eat mindfully

- The practice of mindful eating helps raise your awareness of your thoughts, actions, feelings, and motivations of why and what you eat.
- A habit is a routine of behavior that is repeated regularly and tends to occur subconsciously.
- Many of the habits that drive food choices and overeating are these unconscious behaviors that have been repeated for years; they are automatic and you may act on them without even realizing it.
- Eating mindfully raises your awareness so you can make changes.
- This practice of eating slowly and mindfully is very important before and after you have surgery.

Mindful eating includes:

- Recognizing your body's hunger and fullness signals.
- Being aware of your emotional cues.
- Identifying your non-hunger triggers for eating.
- Learning to meet your other needs in healthy, effective ways other than eating.
- Fueling your body with foods that energizes you, nourishes your body, and provides you satiety and satisfaction.



Mindful eating is eating with intention and attention.

Try some of these tips to eat mindfully and heighten your awareness:

- Make a guideline to sit whenever you are eating (car not included).
- Eat without distraction (TV, computer, phone or iPad) choosing a spot at home and work just for eating, most likely the kitchen, dining room, or breakroom.
- Savor each bite. Pay attention to flavors, textures, and consistency.
- Notice any emotions/feelings you are experiencing.
- Make eating a mindful and enjoyable activity. Set a placemat, use nice dishes, slow down and savor the food.
- Post op practice: when eating a meal, start with protein first and then vegetables.
- Eat slowly, making meals last 20 minutes. Check in with your hunger level at 20 minutes and decide if you are still hungry or full and ready to stop eating.
- Take small dime-sized bites and chew food thoroughly.
- Set your utensils down in between bites.
- Make a sign that says “EAT SLOWLY” as a reminder.
- Resign from the “clean plate club.”



Mindful eating exercise: Hunger/Fullness Scale

- Many chronic dieters have learned to ignore their body's hunger and fullness cues.
- Diets have taught them to chew gum or drink a diet soda to help stave off hunger.
- They are in the habit of cleaning their plate regardless of their fullness level.
- Food may have become a coping strategy for a stressful day, to avoid conflict, or a way to numb uncomfortable feelings.
- At first, it may be difficult to determine your hunger cues and stop when you are full. Be patient.
- Before a meal or snack, check in with your body and determine your hunger level.
- Close your eyes, place your hand on your stomach, and take a few deep breaths.
- Pay attention and listen to the cues your body is giving you.
- Remember that taste buds are on your tongue and not your stomach; physical hunger is very different than “head hunger.”

The Hunger-Fullness Scale



Use this scale (1-10) to help you identify your initial hunger when you begin to eat. This rating system is purely subjective and will help you get in touch with your body's inner signals.

Visualize your stomach getting emptier and hungrier as you go down on the scale to 1, completely empty.

At 1, starving, completely empty, feeling weak/dizzy.

At 2, very hungry, irritable, low energy, stomach growling loudly.

At 3, pretty hungry; stomach is beginning to growl.

At 4, beginning to feel hungry.

At 5, satisfied, neither hungry nor full.

At 6, slightly full/pleasantly full.

At 7, slightly uncomfortable.

At 8, feeling stuffed.

At 9, very uncomfortable, stomach aches.

At 10, so full you feel sick, nausea.

Every time you start to eat check your hunger level. Ideally it should be a 3 or 4 level. If you are at a 3 or lower, you're over hungry and at risk for overeating.

- Take the time to find discover what hunger and fullness feels like for you.
- Fullness can range from the mere absence of hunger to physically suffering from stuffing too much food in.
- You won't hear your body's signals if you are multitasking at your desk or distracted by the TV, phone or while driving.
- Before, during and after you eat, rate your physical hunger and fullness.
- Practice using this scale as often as possible.
- Spend time getting to know the scale and use it shift your eating behavior.



Body awareness

We live in a culture that allows the mind to make all the decisions; usually at the expense of the physical body. Pushing too hard at work, multitasking, and overcommitting are the norm. It's time to let your body be heard.

Check in with your body throughout the day to see what you need. Your body continually gives you signals of what it needs. Tune in, listen, and learn what the signals are telling you.

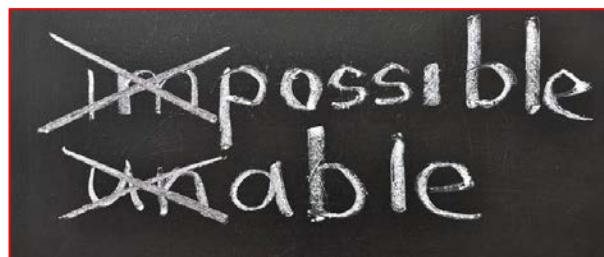
- Do you need a stretch break?
- Is it time for a trip to the restroom?
- Are you thirsty?
- Need to rest your eyes from the computer screen?
- Too cold? Too warm?
- Need a hug?
- Does a coworker leave you feeling drained or uplifted?
- Are you hungry and ready for a meal?
- Need to take a walk or be physically active?
- Tired and ready for bed?
- How do you feel?



Take the time to honor your body's needs in healthy and constructive ways.

Mental mindset

- The journey toward weight loss, weight maintenance and better health takes time, effort and self-compassion. **Surgery is not a quick fix.**
- Establish the mindset: strive for progress, not perfection. You will have challenges and difficult times; it's normal and it's a learning process.
- When things don't go as planned, don't beat yourself up; adopt the motto "it's feedback, not failure."
- Setting a small, achievable goal each day and reaching it will do better in the long run than attempting to do things perfectly and coming up short.
- Start slow, make course corrections when needed and keep going!



Photos and measurements

- Take photos & measurements now. You will be losing weight prior to surgery to meet your 5% weight goal so start now to track your progress.
- The scale weighs everything: fat, muscle, water, organs, etc., and will not always display the success you are achieving.
- By taking measurements and photos you will have additional evidence of your success to keep you motivated throughout this journey.
- Take photos (front & side) and measurements (chest, waist & hips) every month.
- The first month, choose one outfit you want to keep from your start weight. This will be your “before” outfit.
- Every month after surgery, take 2 photos. In the first photo wear the “before” outfit. In the second photo wear clothes that fits properly and shows your weight loss. In just a few months post op, you will see the before outfit get bigger and bigger while the second photo will show the physical transformation occurring.
- Print these photos and tape them to your mirror to look at daily. This will help your mind catch up with your body. Often patients look in the mirror and don’t see their true body image.



Clothes

- Go through your clothes; sorting and grouping the different sizes.
- Keep the next smaller size ready. You will lose quickly and sometimes clothes can be too big in a matter of a week or two.
- When clothes get too big for you to wear, donate them; you don't want the mindset of having a closet full of bigger clothes “just in case” you gain back weight.
- Instead, focus on implementing the healthy habits that will maintain your weight loss for life and imagine all the new, smaller sized clothes you will wear.



Prep your home

With your family's help, clean out the pantry, freezer, and refrigerator of food challenges. Stock with healthy options: fruits, vegetables, lean proteins and protein shakes.



- Place a bowl of fruit on the counter and cut up veggies in a clear container in the fridge.
- Keep the foods that tempt you out of the house.
- If family members want tempting foods in the house, designate a specific area for them, out of sight and accessibility.
- Use smaller plates for your meals.
- When serving meals, keep pots or serving platters on the stove – not on the table.
- Store leftovers immediately after meals or immediately throw them in the trash.
- Designate space on the kitchen counter and cupboard just for your things.
- Start collecting the protein shakes and powders, sugar free syrups, extracts, flavored waters and drops, herbs, spices and food journal needed after surgery.
- Once you've had surgery, keep the blender, protein shakes, scale, and other things you will need, right on the counter, for you to see and use easily.
- Make sure your home is your haven - free from tempting foods.

Change your food shopping habits

- Make a shopping list.
- Place lean proteins and fruits and vegetables at the top of the list.
- Avoid grocery shopping on an empty stomach; it will save your waistline *and* wallet.
- Shop the supermarket perimeter. Most whole foods are found along the walls of the store and it decreases temptation.
- By avoiding the inner isles, you can avoid the highly processed and tempting foods.
- Buy only the items that are necessary for you and your family.
- Avoid buying food items for other people that you may eat. If the thought, "But it's for the kids" pops into your head, take a moment and ask yourself if you would eat it too if it was in the house. If the answer is yes, put it back on the shelf.
- For vegetables and fruits, buy canned, fresh and frozen. While canned is not as nutritionally dense as fresh or frozen, it is easy to have on hand and better than fast foods choices.
- Buy canned or fresh packed its own juice, no added sugar or syrup.



Things to buy

Purchase the items you will need for the pre and post-surgery diets.



- Blender
- Ice cube tray – to freeze small portions of pureed foods.
- Small dishes and utensils (child-sized).
- Measuring cups, measuring spoons and a food scale. These items are needed to determine the exact portion sizes of the food you eat and drink.
- Crockpot – to prepare moist proteins, i.e. chicken or pork loin.
- Food journal or food record app – to track your protein, calories and all other habits needed to lose the weight and be healthy.
- The vitamins & supplements required for Bariatric surgery (see section 7 for more information). Buy both solid/tablet form to take now and liquid or chewable form for the first 2 months postop.
- High Protein, low sugar beverages and powders. **Be aware your taste preferences might change after surgery** so you may not want to buy protein shakes a case at a time.
- Buy a variety of flavors and brands of protein shakes/powders to ensure you have options after surgery.
- Sugar-free syrups made with sucralose (i.e. DaVinci and Torani brands) will make your vanilla and chocolate protein shakes more appetizing (i.e. vanilla shake with SF raspberry, caramel, or coconut. The chocolate shake with SF mint, coffee, or amaretto). Cash & Carry have a wide selection for a lower price.
- A supply of sugar-free, non-carbonated, non-caffeinated beverages. Herbal tea, Propel water, Sweet Leaf stevia drops, etc.
- Herb and spice blends – these help to make your protein meals more flavorful and interesting during the post op diet progression. (i.e. Italian blend, Creole seasoning, curry powder, etc.). No hot sauces or cayenne pepper for the first two months after surgery. Your pouch needs time to heal.



Physical Activity

When planning for bariatric surgery, it's easy to focus only on the diet and overlook exercise. In reality, exercise is just as important as your diet for your long term success. There are many benefits you will reap when you exercise regularly but the most important as you proceed with this surgery is you will lose more weight and have an easier time maintaining it.



For many, the thought of exercise conjures up images of the gym, every day for an hour, sweating and huffing and puffing; followed by soreness and fatigue caused by being too aggressive right away. Stop! It doesn't have to be that way. Instead, start slow so you don't get discouraged or injured. Think small, do-able steps.

10 minute rule

- Begin with 10+ minutes a day of some type of activity.
- Knowing you only have to do 10 minutes can make getting started much easier.
- If you want to continue after 10 minutes, go for it!
- If you are done at 10 minutes, congratulations, you met your goal.
- Walking is the easiest and most accessible form of activity for most people.
- Wear good shoes. Buy shoes that feel good right away, without need to "break them in."
- Activate your lifestyle: park farther away, take the stairs, clean the house, mow the lawn, and take stretch breaks at your desk. It all adds up.
- Joint pain is not healthy pain. If the exercise causes pain, modify the exercise to alleviate the pain or stop.
- If you have physical limitations in your lower body, try performing your strength exercises from a seated position.
- Try "Sit and Be Fit" videos or a mini exercise bike pedal system for upper body.



Note: Some patients may find it difficult to exercise prior to surgery due to health conditions such as shortness of breath upon exertion, knee or back pain, and heart conditions.

Always check with your primary care physician before starting an exercise routine.

Benefits of Exercise:

- Increased life expectancy
- Burns calories
- Reduces fat while building muscle
- Weight management
- Lower blood pressure
- Improves mood and self-esteem
- Improved blood sugar control
- Improved insulin control
- Helps control hunger
- Stronger bones and muscles
- Improved sleep
- Increased energy
- Improved balance
- Reduced cholesterol
- Relieves stress



Strength Training & Flexibility

For long term success you will need to incorporate strength training and stretching/balance into your routine.

- Strength training is essential to losing weight after surgery; it helps you build muscle, burn more calories, and improve balance. With your doctor's permission, you can begin strength training at least 3 times a week.
- Stretching activities that stretch and lengthen muscles can help you prevent back pain, injuries, and balance problems. Activities such as yoga combine stretching and relaxation and also improve balance; a great way to relax and unwind from a stressful day.



Sleep

Most people don't realize that a lack of sleep, especially on a regular basis, has long-term health consequences.

Chronic lack of sleep can lead to:

- diabetes
- obesity
- high blood pressure
- heart disease
- early mortality



Sleep plays an essential role in good health and well-being throughout your life.

- Getting enough quality sleep can help protect your physical and mental health, your quality of life, and safety.
- Sleep affects almost everything in your body: immune system, stress hormones, appetite, blood pressure, and cardiovascular health to name a few.
- Get enough sleep. Aim for 7 - 8 hours a night. Some people will need more.

Benefits of sleep:

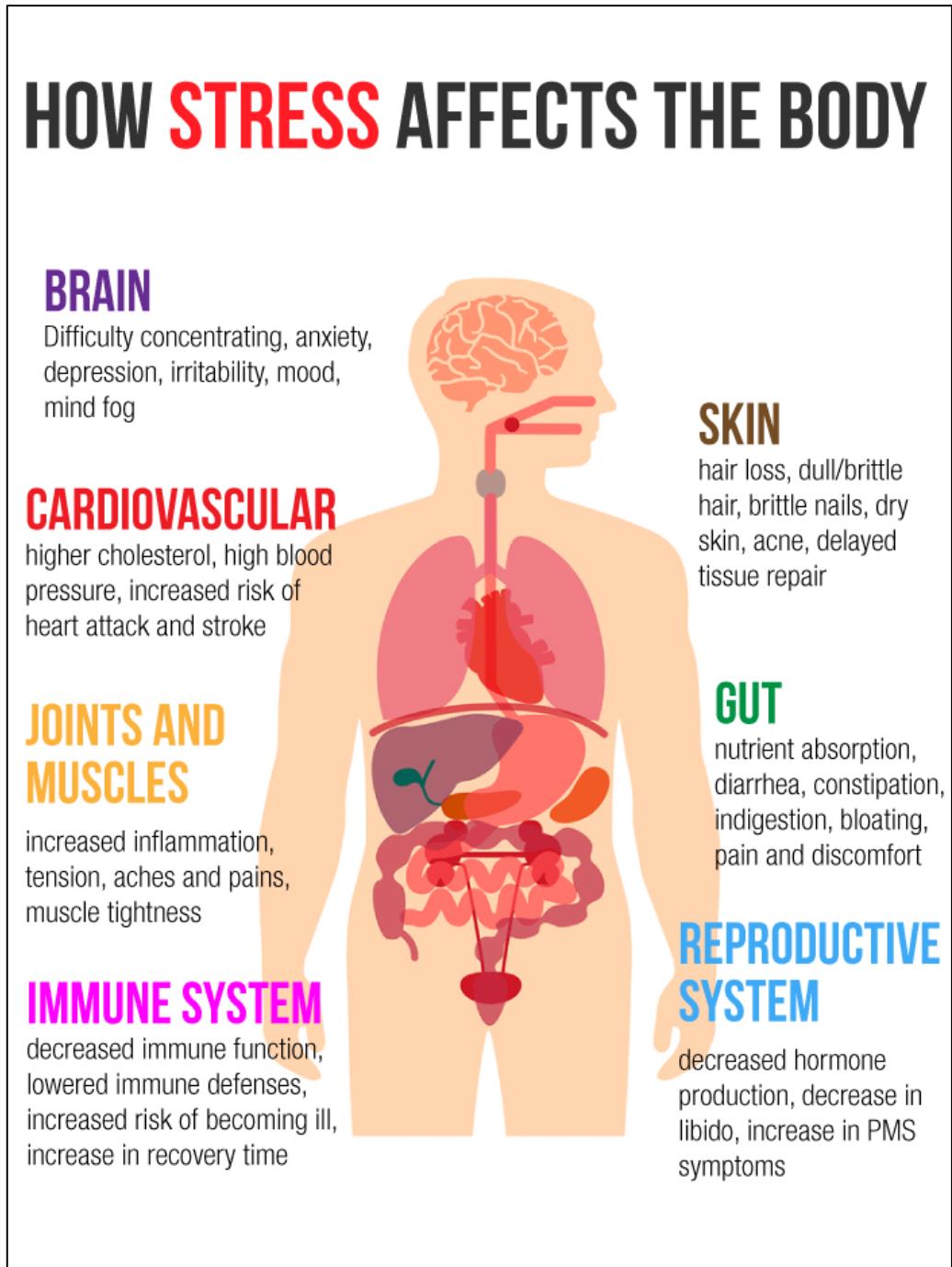
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| <ul style="list-style-type: none">• Better weight control• Manage blood sugars• Boost immune system• Improved mood• Boosts creativity and focus | <ul style="list-style-type: none">• Lower risk of injury• Clearer thinking• Better memory• Quicker reflexes• Less pain |
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A few ideas for better sleep hygiene:

- Avoid alcohol, caffeine, or nicotine. They disrupt sleep.
- Exercise early in the day to help you fall asleep faster and sleep more soundly.
- Avoid difficult conversations or arguments before bed.
- Turn down the lights an hour before bedtime. This signals your body it's time to rest.
- Establish a relaxing pre-sleep routine to help with the transition to sleep time. Read a book, meditate, or take a bath or shower to wind down.
- Power down. Light from the TV, cell phone, tablets can prevent you from falling asleep.
- Keep your bedroom dark, cool and quiet for a better slumber.
- If you have sleep apnea, use your C-pap machine.

Stress Management

- Our bodies are hard-wired to react to perceived danger and stressful situations.
- Threats of predators or other aggressors are rare today but the insidious stressors of work responsibilities, commuting, keeping up on home chores, caring for a family, and making ends meet can take their toll.



Negative effects of stress on your health on mind, body, emotions and behavior:

- Overeating
- High fat/high calorie food choices
- Drinking too much alcohol
- Lack of exercise
- Headaches
- Fatigue
- Tight muscles
- Insomnia
- Nightmares
- Restlessness
- Worrying
- Indecision
- Negativity
- Impaired judgement
- Apathy
- Depression
- Irritability alienation
- Loss of confidence

All of these consequences can derail your weight-loss efforts. Integrating daily stress management habits can counteract the negative effects of stress and bring positive outcomes like increased productivity, better health and more happiness in general.

Here are a few ideas to get you started:

- Take 3 - 5 long, slow deep breathes
- Hug your spouse, kids or pet
- Walk away for a stressful situation and cool down for 5 - 10 minutes
- Call a friend for support
- Adult coloring books
- Long hot shower or bath
- Blow bubbles
- Take a 10 minute nap
- Gardening
- Go for a walk
- Smell a rose, hug a loved one or smile at your neighbor
- Read a good book
- Try meditation or prayer to break the negative cycle



Support

- The treatment of obesity is a lifelong process that requires continued support. Having a strong support network will help keep you on track when old maladaptive behaviors pop up.
- Be mindful who you want to know about your surgery. Some people may not agree with your decision and make unfavorable comments. The people you choose *not* to tell is just as important as the people you choose to tell.
- Determine the type of support/help you prefer.
- Let your family and friends know how they can support your efforts.
- Ask for the support and help you need and be willing to receive it.

A few ideas:

- Keep all of your appointments with the bariatric medical team.
- Line up a few walking buddies and schedule regular walking dates.
- Have your spouse watch the kids so you have time to exercise.
- Ask family members keep tempting foods out of the house or hidden.
- Tell people who do not agree with your decision to be supportive by remaining silent about your decision.
- Let well-meaning friends know that you enjoy compliments but would rather not hear about bariatric failure stories.
- Receive encouraging comments on the habits you are establishing such as walking, drinking water or keeping food records.
- Ask spouse to cook healthier foods for you.
- Have a loved one come to the Bariatric support groups and medical appointments with you so they have a better understanding of your process.



Nutrition Support with the Bariatric Dietitian

The Bariatric dietitian is here to provide the education and support you will need to optimize your nutrition and maximize your weight loss. The surgery alters your anatomy, making your nutritional needs very different from before surgery. You will need to establish and maintain eating habits that will be new to you. The dietitian will assist you in creating a plan to meet your needs.

- **Pre op appointment:** review the diet stages pre and post- surgery, give ideas to make the diets as enjoyable as possible, create a plan, and answer all of your questions.
The \$500 nutrition services fee is due at this appointment.
Pay at the front desk when checking in.
- **Post op appointment:** 7 - 10 days after surgery, review your progress, plan for the upcoming diet stages, and answer your questions.
- **2 month appointment:** review your progress, tweak your plans to maximize your weight loss and meet your nutritional needs, and answer your questions.
- **6 month appointment:** review your progress, make a plan to meet your ongoing nutritional needs, and answer your questions.
- **Ongoing support:** access to the Bariatric dietitian through phone ***and My Group Health/My Chart.***



Preparing for your bariatric appointments

Your bariatric team is here to support you through this process. At every visit or phone call you will be asked a series of questions to help assess your progress. Keeping food records and having them totaled and ready will help expedite this process. The better prepared you are with the answers to questions, the more time you will have to ask questions and receive the care you need.

Have this information ready to go for all your appointments.

- Any nausea, vomiting or other problems?
- Keeping food records?
- Daily average of protein grams?
- Protein sources (i.e. protein shake, yogurt, chicken, eggs, cottage cheese)?
- Daily average of calories?
- Daily average of fluids? Types of fluids?
- Separating your fluids from meals? (post op Stage 3 and beyond) and number of minutes before &/or after meal?
- List of your daily vitamins & supplements. Chewable/liquid or regular?
- Are you exercising? What type, how much?
- Are you staying full?
- Any problems with grazing?
- What questions do you have today?



BARIATRIC DIET PROGRESSION

Bariatric surgery is only the “starting line” of this treatment. The diet you follow **after** surgery and for the rest of your life will affect your ability to manage your weight. The diets before surgery and after are very different and move through many stages.

Before Surgery:

- Pre-op Diet (2-4 weeks)
- Day before surgery diet

After Surgery:

- Stage 1 Clear liquid diet (in hospital only)
- Stage 2 Full liquid diet (2 weeks for Bypass, 4 weeks for Sleeve)
- Stage 3 Puree diet (3 weeks)
- Stage 4 Soft diet (2 weeks)
- Stage 5 Regular bariatric diet (high protein, carbs from vegetables, fruits & legumes)

Diet Progression

Progression	Diet	Duration	Dates
Pre-op	3+2+5	2 weeks (BMI <50) 4 weeks (BMI >50)	
Day before Surgery	Full Liquid (<i>Gutpa</i>) Clear Liquid-Bowel Prep (<i>Landers</i>)	1 day 1 day	
Surgery Day	No food or drink	1 day	
Stage 1	Clear Liquid (in hospital only)	2 days	
Stage 2	Full Liquid (start once home)	2 weeks (Bypass) 4 weeks (Sleeve)	
Stage 3	Pureed	3 weeks	
Stage 4	Soft	2 weeks	
Stage 5	Regular Bariatric	Lifetime	

PRE-OP DIET

Preparing for Surgery

The purpose of the pre-op diet is for your safety and help to:

- **Shrink the liver.** The liver sits on top of your stomach. When you gain weight, the liver gets larger. The pre-operative weight loss diet helps to shrink the liver and gives the surgeon greater visibility and more space to work.
- **Make the operation safer;** reduce the risk of major complication such as leaks, infection, and the need for readmission to the hospital or the need to re-operate.
- **Prevent the “last supper syndrome” and weight gain.** Many people spend days or even weeks over-eating all their favorite foods believing that having weight loss surgery is the end of eating as they know it. Don’t worry, food won’t go away forever, you will just eat differently. Your eating will change dramatically and you will likely prefer foods that are healthier as you are losing weight. You will focus on quality rather than quantity and you may still have some of the same foods but in different portions and different preparation.
- **Meet your 5% goal weight.** We highly recommend you are close to or have reached your 5% goal weight at the time of your pre op consults with the surgeon and dietitian.
Note: some patients may be required to lose more weight per the surgeon’s instructions.
- **Establish as many healthy habits prior to surgery as possible.** After surgery you are learning how to eat and drink in a completely new way. The more habits you have integrated into your life (i.e. food records, taking bariatric vitamins, exercising, etc.) the easier your transition post op will be.
- **Reduce decision anxiety.** By following the pre-op diet, you will reduce decision anxiety around food since you will have a specific meal plan. You can start to focus on positive behaviors related to eating and using other coping methods.

When to start the Pre-Operative Diet:

If your BMI is less than 50, start the diet 2 weeks before your surgery date.

If your BMI is greater than 50, start the diet 4 weeks before your surgery date.

Please make sure to read this part carefully and follow these instructions. You will be reviewing this diet during your first visit with the dietitian.

Please bring this binder with you for ALL visits.



PRE-OP DIET

3+2+5 Daily Food Plan - these are your only food options:

- ✓ 3+ Protein shakes
- ✓ 2+ Low calorie entrees
- ✓ 5+ Servings of fruits & vegetables

This food plan is designed to provide a structured diet that will simplify your food/meal choices, provide balanced nutrition, and keep you fueled and full throughout the day.

Recommended Meal Replacement Products

Shakes (a few examples)

Premier Protein Shake
Bariatric Advantage
Pure Protein



Entrees

Lean Cuisine® entrees
Healthy Choice® entrees
Weight Watchers® Smart Ones entrees
Atkins® entrees
*Most entrees average 200-400 calories.



Fruit and Vegetables

A serving is:

One cup of fruit or vegetable - **non-starchy veggies encouraged**

One piece of fruit (about 5 - 6 oz.)

3 cups of leafy raw vegetables: cabbage, spinach, lettuce

½ cup of legumes (black beans, garbanzo beans, lentils, etc.)

Note: Legumes and beans are nutrient dense and naturally higher in calories per cup than other vegetables. Average cup: 200 - 300 calories and 10 - 20 grams of protein.

- You can eat fresh, frozen and canned veggies and fruits.
- Fresh and frozen vegetables and fruits are more nutritious than canned but canned is still better than eating fast food.
- Keep a few cans of fruits and veggies you like in your pantry.
- Buy canned fruit packed in its own juice; no heavy syrup or sugar added.
- Use herbs, spices and flavored vinegars to season your veggies. (i.e. fresh ginger, curry, salt-free seasoning blends or balsamic vinegar)

***Aim for the ratio: 3 vegetables & 2 fruit servings per day**

- Most vegetables average 50 calories/cup
- Most fruits average 100 calories/cup or piece

Note: No juice or dried fruit.



Sample day:

Breakfast: protein shake

Snack: 1 piece fruit

Lunch: low calorie entrée + 1 - 2 cups veggies

Snack: protein shake

Dinner: low calorie entrée + 1 - 2 cups veggies

Snack: protein shake with 1 cup frozen fruit

- This diet plan will provide **a minimum of 1200 calories and 90+ grams of protein** per day when you eat at least 3 protein shakes, 2 low calorie entrees and 5 servings of fruits & vegetables.
- **You do not need to go hungry;** you can always have another shake, more fruits & vegetables or even an extra entrée(s). An extra protein shake is better than grabbing for chips or going through a fast food drive through.

Men: may need to eat more to stay full; averaging 1400-1800 calories per day.

Women: may need fewer calories; averaging 1000-1400 calories per day.

- **If you cannot eat everything on the pre op diet (3+2+5); it's okay.** As long as you are eating 3 meals a day, eating breakfast within 2 hours of waking up, never going longer than 5 waking hours without eating, and are staying full, you don't have to get all the servings in. Stop eating when you are full. This is great practice for after surgery.
- **Eat at regular times throughout the day;** never go more than 4 - 5 waking hours without eating. Fueling your body throughout the day increases your energy and allows your body to lose weight.
- **When to start the pre op diet:** you will be on the pre op diet for either 2 or 4 weeks, depending on your BMI. Once you have your surgery date you can calculate the dates you need to be on the diet with an added day for the "day before surgery diet."
- **Reaching your 5% with a modified pre op diet:** Many patients like to start a modified version of this diet right away to help reach their 5% weight goal. You can start now by having a protein shake for breakfast rather than skipping, eat more veggies and fruits for snacks, and having a low calorie entree for lunch.

Food records

- Start keeping records if you haven't already.
- This is an essential part of your success and the Bariatric team will ask about your food, fluid, vitamin intake, and exercise, etc.



The Essentials	Advanced
time of day	hunger and fullness levels: before & after meal
food item(s) and amount (oz., Tbsp., cup)	feelings/mood (happy, bored, depressed)
protein grams	who you dine with (alone, coworker, family)
calories	location of meal (work desk, in front of TV, car)
fluids - type & ounces	post op: challenges, nausea, vomiting, or pain
list of vitamins & supplements taken	food intolerances
exercise - type and minutes	foods well tolerated & filling

Vitamins/Supplements

- Start taking the required supplements if you haven't already.
- Regular vitamins are permitted after surgery but most patients find taking either *liquid or chewable for the first 2 months after surgery more comfortable*.
Separate the multivitamin with iron and calcium citrate by 2 hours.

NO GUMMY SUPPLEMENTS OF ANY KIND.

Vitamins/Minerals	Gastric Bypass	Sleeve Gastrectomy
Multivitamin with iron: (chewable or liquid)	1 svg/day	1 svg/day
Calcium Citrate with Vitamin D3 (chewable or liquid)	500 - 600 mg svg, 3x/day (1500 - 2000 mg day)	500 - 600 mg svg, 3x/day (1500 - 2000 mg day)
Probiotic	1 svg daily	1 svg daily
Vitamin B12	1 svg/day (500 micrograms)	NA



Fluids

Aim for 64 ounces of non-caloric fluids a day. Water is preferred.

- Post-surgery, you will be drinking sugar-free, non-carbonated, non-caffeinated beverages so start exploring options now.
- Try flavoring water with slice of cucumber or citrus; lemon, lime or orange.
- Carbonated drinks, coffee, tea (both decaf and regular) and other caffeinated beverages are not permitted after surgery, so you may want to wean off of them now.

Fluids after surgery:

- No carbonated beverages; that is a permanent change.
- No coffee or tea (decaf include) for the first 2 months after surgery.
- In Stage 2 - Full Liquid, you will start to separate your clear fluids from your full liquid meals.
- **In Stage 3 - Pureed you will now need separate your fluids and wait 60 minutes after your meals and snacks to drink clear fluids again.** Separating fluids from meals is a lifetime habit.
- Drinking with your meals can wash food through too quickly causing dumping, take away the feeling of being full and lead to overeating. For others, drinking may fill them up and prevent them from getting enough protein or cause pain and vomiting.
- Practice separating your fluids from your meals. Wait 60 minutes after your meal before you drink liquids again.



Exercise

- Start being active if you haven't already.
- Aim for doing some type of physical activity for 10+ minutes a day.
- Work on consistency and looking for ways to incorporate more activity into your life.
- Gradually increase over time.
- Developing an exercise routine is vital to maximizing your weight loss and keeping it off!



DAY BEFORE SURGERY DIET

Dr. Gupta Full Liquid Diet	Dr. Landers Clear Liquid Diet - Bowel Prep
<p>Allowed:</p> <p>Protein shakes (from pre-op diet) Whey or soy powdered drinks Nonfat plain yogurt (sweeten with stevia or sugar-free syrups) Soup (liquid only soups) Vegetable Juice Broth, Bouillon, bone broth Herbal tea</p> <p>Not Allowed:</p> <p>Fruit juices Ice cream</p>	<p>Allowed:</p> <p>Clear soup/broth/bouillon Herbal tea Clear juices: apple, cranberry, white grape Nondairy popsicles Sugar free gelatin Water</p> <p>Not Allowed:</p> <p>Orange juice Milk Ice cream Milk based soups</p>
<p>You can drink as many of the listed beverages or protein shakes you need to stay full throughout the day.</p> <p>NO SOLID FOODS OF ANY KIND; NOTHING BLENDED</p>	<p>Laxative: Suprep 1 bottle at 8:00 am. 1 bottle at 8:00 pm</p> <p>Fluids: Be sure to drink plenty of clear fluids to avoid dehydration from the laxative. You may continue to drink clear fluids until midnight the night before surgery.</p>
REMEMBER: DO NOT eat or drink after midnight the night before your surgery.	

GET READY!

DAY 1

DAY of SURGERY

Nothing to eat or drink the morning of surgery; except enough water to swallow the medications you've been instructed to take. If you eat or drink anything the morning of surgery, it will be cancelled.

- This means no food, beverages, mints, or gum. You can brush your teeth, rinse and spit.
- Know which medications to take and which to stop.
- You will not be eating or drinking the day of surgery, though you may be given ice chips after surgery.

DAY 2 - in hospital

STAGE 1 CLEAR LIQUID

Goal

The goal of the clear liquid diet is to provide liquids that are easily digested (broken down) and do not put a strain on your new stomach or intestines.

- The clear liquid diet does not provide all the nutrients, vitamins, minerals, or calories that your body needs.
- A clear liquid diet is made up of clear liquids and foods that are liquid at room temperature.
- **Clear liquids include:** water, clear broth, sugar-free Jell-O and sugar-free beverages, herbal tea.

On Day 2, while in the hospital, you will be instructed to sip slowly and gradually increase your fluids:

1oz every hour for 4 hours
2oz every hour for 4 hours
3oz every hour for 4 hours
4oz every hour for 4 hours

Overlake Hospital offers sugar free Jell-O and beverages made with NutraSweet (aspartame). Your bariatric team does not recommend this artificial sweetener; however if you want it while you are in the hospital that's okay. If you do not wish to have this, simply refuse it and ask for something else.

DAY 3 - discharged home

Clear Liquids to Full Liquid

You will go home on the third day if all goes well. You will most likely be able to drink 1 oz. every 15 minutes. The most important thing is you practice drinking slowly to avoid pain or dumping.

Discharge from the hospital is usually between 11:00 am – 1:00 pm.

Once home you start the full liquid diet.

Your home should set up and be ready for you:

- Protein shakes and powders – a variety of brands and flavors.
- High protein soups
- Broths, liquid only soups and low fat cream soups
- Yogurts – nonfat plain Greek yogurt and other SF, nonfat flavors with no fruit at the bottom
- Bariatric chewable or liquid supplements (multivitamin, calcium citrate, probiotic, and Vitamin B12 (bypass only)
- Sugar free syrups and PB2
- Herb and spice blends
- Small dishes and spoons
- Shake bottles
- Food record – app or journal

Post Op Dietary Goals

The post op diet progresses through 5 stages over about 2 months' time. This progression is designed for your health and safety. The diet progression is a medically prescribed diet will help you:

- Maximize your protein intake to assist wound healing and preserving as much muscle mass as possible.
- Minimize occurrences of dumping syndrome or physical complications.
- Make the diet as enjoyable as possible.

Dumping Syndrome

- Dumping syndrome is the result of the rapid emptying of foods or beverages into the small intestine.
- **Dumping is an expected consequence to what you ate or drank (high fat or sugar) and how you did it (too fast, too much).**
- When high concentrations of sugar or fat hit the small intestine, it causes an influx of fluid into the small bowel. This can lead to dumping.
- This is less likely to happen with the sleeve, but it certainly can, when eating inappropriately.



Symptoms

- Diarrhea
- Nausea
- Vomiting
- Pain
- Abdominal cramps
- Bloating
- Epigastric fullness
- Sweating
- Headache
- Flushing
- Lightheadedness
- Palpitations (rapid heart rate)
- A strong desire to lie down



Preventing Dumping Syndrome

- Avoid foods that are high in sugar &/or saturated fats.
- Do not drink with your meals, use a straw, or drink carbonated beverages.
- Don't eat full fat dairy products. Low fat dairy is typically fine.
- Avoid ice cream, cookies, juices, rice, pasta, bread, crackers, pizza, and similar foods.
- Avoid high fat meats, like hot dogs, burgers, pork sausage, bacon, pepperoni, etc.



Stage 2 - FULL LIQUID (once discharged home)

The start date of the full liquid diet is the day you are discharged home (not day of surgery).

Duration: **Bypass = 2 weeks**
 Sleeve = 4 weeks

GOALS

This is a prescribed nutrition plan to allow the staple line in your stomach to heal without being stretched. Follow the diet guidelines to avoid side effects and complications.

- **Protein:** minimum 40 - 50+ grams/day; more if tolerated. Your first priority will always be to get in your protein.
- **Calories:** average 300 - 400+ calories/day; more at times, depending on the person & procedure.
- **Number of meals:** 4 - 6 meals. The protein shakes, yogurt, & soups (with protein powder added) are your meals. You will be eating and drinking throughout the day. Most meals average 2 - 4 oz.
- **Length of meal:** Meals should take a full 20 minutes to finish; no more than 30 minutes.
- **Mindfulness:** eat or drink very slowly; taking **small, dime-sized bites or sips**. Listen to your body to determine the amount you can consume in the 20 - 30 minute period; checking in often to determine your last sip/bite “threshold.”
- **Total fluids:** minimum 40 - 50+ ounces/day; more if tolerated. Aim for 4-6 ounces per hour to meet this goal. No coffee/tea; including decaf or green tea for first 2 months; it’s too acidic. No straws: this is a lifetime habit. Sip throughout the day & avoid gulping.

Fluids include: water, herbal tea, broth, stevia or Mio drops, sugar-free flavored water (i.e. Vitamin Water Zero or Crystal Light Pure). You may need to vary fluid temperatures. **Protein shakes can count toward your total fluids during this stage only (Stage 2- Full Liquid).**

- **Separate Fluids from Meals:** separate clear fluids (i.e. water, broth) from your full liquid meals (protein shakes, yogurt, soup with protein powder). You may drink clear fluids again right after your meals. Waiting 60 minutes before drinking fluids again does not begin until Stage 3.

FULL LIQUID GOALS – continued

- **Food Records:** keep daily records! Though your meals/nutrition intake is repetitive during this stage, keep food records to reinforce this habit of writing down your food and fluids. This is essential to long term success!

Records include: time of day, food, amount (oz., cup, Tbsp.), protein grams, calories, fluids (type & amount), exercise (type & minutes), and any challenges, symptoms or questions.

- **Vitamins/Supplements:** liquid or chewable for the first 2 months after surgery are easiest to take. Separate the multivitamin with iron and calcium citrate by 2 hours.

NO GUMMY SUPPLEMENTS OF ANY KIND.

Vitamins/Minerals	Gastric Bypass	Sleeve Gastrectomy
Multivitamin with iron (chewable or liquid)	1 svg/day	1 svg/day
Calcium Citrate with Vitamin D3 (chewable or liquid)	500 - 600 mg svg, 3x/day (1500 - 2000 mg day)	500 - 600 mg svg, 3x/day (1500 - 2000 mg day)
Probiotic	1 svg daily	1 svg daily
Vitamin B12	1 svg/day (500 micrograms)	NA

- **Exercise:** you will take gentle, short walks even while you are in the hospital. Once home, for the first 2 weeks, no more than 10 minutes per session and no than 20-30 minutes per day.
- Start slow, move often; walk around every 1-2 hours. Remember you just had major surgery and can tire and fatigue easily. When exercising, listen to your body. If you feel as if you are pushing yourself, stop!
- **After 2 weeks,** incrementally increases every week until you are doing 30 - 45 minutes per day, 5 - 7 days a week.
- Do not lift weights or swim until your surgeon gives you clearance.



Full Liquid Food Options

Protein Shakes & Powders:

- Many patients taste preferences change after surgery. Have several different brands and flavors on hand in case this happens to you.
- Buy a variety of protein shakes and powders to determine the ones you like best.
- Chocolate, vanilla, unflavored protein powder, and chicken soup can be flavored to your liking.
- After surgery, your nutritional needs have been changed so you will need to read the labels to ensure you are meeting your protein requirements.
- Inadequate protein shakes can lead to high calories, low protein intake as well as dumping syndrome if the sugar content is too high.



Yogurt: no chunks, no added sugar, no added fruit.

- Non-fat, plain Greek yogurt (i.e. Fage, Oikos).
- Stir in flavored protein powders (i.e. chocolate) SF syrups (i.e. DaVinci), stevia flavored drops (i.e. Sweet Leaf) to add variety of flavors.
- Buy several different flavors to increase variety.



Soups and Broths with unflavored protein powder added.

- High protein soups: beef, chicken, or tomato protein soup
- Liquid only soups (i.e. tomato, squash, carrot)
- Low-fat cream soups (i.e. chicken, mushroom, broccoli) strained
- There are many unflavored protein powders available. Make sure to keep temperature under 140 degrees.
- Broth, bouillon, or consommé, or bone broth are clear liquids. You can add protein powder or NF plain Greek yogurt to make them into a meal/protein source.
- No high fat cream soups, no chunks, and no broth-based soups with noodles, rice, grains.
- No chili, bean or lentil soups (these are allowed in Stage 3, pureed).



IMPORTANT: Follow the diet guidelines your bariatric dietitian has provided you. You will find a lot of information about post op bariatric diets available on the internet and through friends and family but they may not be in alignment with what your bariatric surgeon, dietitian, and team want you to follow. When in doubt, contact the dietitian and ask first.

Formula for high protein shakes and powders:

- 150 - 180 calories or less
- 20+ grams of protein
- < 7 grams of sugar
- No aspartame (NutraSweet). Sucralose (Splenda) is okay.

AVOID: high calories & sugar, low protein

NUTRITION FACTS

Serving Size: 3 scoops (60g)

Servings per Container: 9

Amount Per Serving

Calories	240
Calories from Fat	70
	% Daily Value
Total Fat 7g	11%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Potassium 460mg	13%
Total Carbohydrate 33g	11%
Dietary Fiber 8g	32%
Sugar 18g	
Protein 15g	30%

BEST: high protein, low calories & sugar

Nutrition Facts

Serving Size 1 Rounded Scoop (31.5g)

Servings per Container 30

Amount Per Serving

Calories 120	Calories from Fat 15
	% Daily Value
Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 330mg	4%
Total Carbohydrate 2g	1%
Sugars 0g	
Protein 25g	60%

BETTER: but protein is low

NUTRITION FACTS

Serving Size: 1 bottle (11.5 oz.)

Servings per Container: 4

Amount Per Serving

Calories 180	Calories from Fat 70
	% Daily Value
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 300mg	13%
Potassium 310mg	9%
Total Carbohydrate 14g	5%
Dietary Fiber 3g	12%
Sugar 6g	
Protein 15g	30%

BEST: high protein, low calories & sugar

Nutrition Facts

Serving Size 1 Shake (11 fl oz.)

Servings per Container

Amount Per Serving

Calories 160	Calories from Fat 25
	% Daily Value
Total Fat 3g	5%
Saturated Fat 0g	5%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 270mg	11%
Potassium 310mg	9%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugar 1g	
Protein 30g	60%

Protein Drinks & Powders Brands

Note: the calories, grams of protein and sugar may be slightly different depending on the flavor of each protein shake or powder. Make sure to read the label.

Brand	Calories	Protein grams	Sugar grams	Where to buy
Premier Protein	160	30	1	Amazon, Costco, Target
Pure Protein	170	35	1	Amazon, Walmart, Walgreens
Optimum Nutrition	120	24	2	Amazon, Costco, GNC, Vitamin Shoppe
EAS 100% Pure Whey Protein Powder	160	30	2	Amazon, Walmart, Target
Muscle Milk Lite	100	20	0	Amazon, Sam's Club
Bob's Red Mill All Natural Whey Protein Concentrate	80	15	1	Amazon, local grocery stores
Quest Nutrition Protein Powder	100	20	0	Amazon, GNC

Lactose-Free (whey protein isolate)

Brand	Calories	Protein grams	Sugar grams	Where to buy
Bariatric Advantage	160	27	0.5	BariatricAdvantage.com
Unjury	100	21	3	Unjury.com
Beneprotein (1 scoop)	120	24	2	Amazon, Walmart
Isopure Zero Carb Powder (1 scoop)	160	30	2	Amazon, GNC, Vitamin Shoppe
Isopure Zero Carb Ready-to-Drink	100	20	0	Amazon, GNC, Vitamin Shoppe
Syntrax Nectar	80	15	1	Amazon, Vitamin Shoppe

Soy Protein Powders

Brand	Calories	Protein	Sugar grams	Where to buy
Bob's Red Mill Gluten Free Soy Protein Powder	80	17	0	Amazon, local grocery stores
Trader Darwin's Soy Protein Powder	110	23	0	Amazon, Trader Joes
Jarrow Formulas Iso-Rich Soy	110	25	0	Amazon, GNC, Vitacost

Egg white Protein Powders

Brand	Calories	Protein grams	Sugar grams	Where to buy
MRM Egg White Protein Powder	110	25	0	Amazon, Vitamin Shoppe
Jay Robb - Egg White Protein Powder	115	24	0	Amazon, Vitamin Shoppe, jayrobb.com
Now Foods Egg white Protein	100	20	1.5	Amazon, iherb.com
PaleoPro Protein Powder	127	23	0	Amazon

Plant-based, Organic Protein Options

Brand	Calories	Protein grams	Sugar grams	Where to buy
Nutiva Organic Hemp Protein Powder	90	15	1	Amazon, Costco, Target, Vitamin Shoppe
Bob's Red Mill Hemp Protein Powder	120	14	1	Amazon, local grocery stores
Bob's Red Mill Protein & Fiber Nutritional Booster	160	20	1	Amazon, local grocery stores
Bob's Red Mill Vanilla Protein Powder Nutritional Booster	180	20	3	Amazon, local grocery stores
Orgain Organic Protein	150	21	1	Amazon, Costco, Target
Unjury Planted True	120	20	3	Unjury.com

Note: plant based protein powders have a tendency to be a bit chalky or grainy. Make sure the return policy before buying, in case you do not like it.

Enhancing the Full Liquid Diet

- 1. Your tastes may change after surgery** so have a variety of different brands of shakes & powders on hand to ensure you have several to choose from after surgery.
- 2. Buy “base” flavors that can be flavored to increase variety:** of vanilla, chocolate, unflavored protein powders and chicken soup.
- 3. Buy different flavors of sugar free syrups to add to your protein shakes and nonfat, plain yogurt.** Sugar free DaVinci and Torani brands are both sweetened with sucralose (Splenda) and Cash & Carry stores have a wide selection for a lower price than regular grocery stores.
- 4. Stock up on herbs and spices to flavor broths and low fat cream soups.** There are many blends already for you to use: Italian, taco, Creole seasonings. Mild curry powder, thyme, basil, rosemary, cumin, etc.

For the first 2 months avoid any spicy seasonings like cayenne pepper, Tabasco or hot sauce; it's too hard on the pouch.

For protein shakes and powders:

- Vanilla + SF caramel
- Vanilla + SF white chocolate mocha
- Vanilla + SF orange = “creamsicle”
- Vanilla + SF pumpkin spice
- Chocolate + SF raspberry
- Chocolate + SF coconut
- Chocolate + PB 2 = “chocolate peanut butter cup”
- Chocolate + SF peppermint

For soups or broths:

- NF plain Greek yogurt + strained low-fat cream of chicken soup + taco seasoning
- NF plain Greek yogurt + butternut squash soup + mild curry powder
- Unflavored protein powder + chicken broth + Creole seasoning
- Unflavored protein powder + strained low-fat cream of mushroom soup
- High protein chicken soup + thyme and rosemary

Be very careful with soups available in the deli section at grocery stores; many are high fat and sugar. Be sure to read the label before buying to determine if it meets your needs.

Remember: the post op diet progression (Stages 1 – 5) lasts approximately 2 months.

During this time it's important to adhere to the prescribed diets (full liquid, pureed, and soft foods) to ensure proper nutrition, promote healing, and reduce chances of dumping syndrome or complications.

Yogurt

Yogurt is a very healthy protein option *depending* on the individual and type of yogurt you eat.

There are many yogurts with high protein and low sugar and there is just as many with high sugar and low protein. You will need to read the labels carefully to determine if the yogurt meets your nutritional needs.

Yogurt label reading guideline:

- Look for high protein, low sugar, and low calorie.
- Keep sugar grams <7 grams to avoid dumping.
- Try buying plain, nonfat yogurts and adding flavored protein powder or sugar free syrups to flavor them.

Recommended Yogurts

Yogurt	Calories	Protein	Sugar
Dannon Oikos Nonfat Plain Greek	80	15	6
Chobani Nonfat Greek	80	15	4
Stonyfield Organic Greek, Nonfat, Plain	80	15	6
Siggi's 0% Nonfat Plain	80	15	4
Fage Total 0% Plain Greek	100	18	7
Nancy's Nonfat Plain Greek	120	22	7
Carb Master (Kroeger) - average all flavors	80	12	3
Dannon Activia Greek Light Vanilla Nonfat	80	13	6
Yoplait Greek 100 Vanilla	100	13	6
Dannon Light & Fit Nonfat Greek - average all flavors	120	15	7
Dannon Oikos Triple Zero - average all flavors	120	15	7

Stage 2 - FULL LIQUID SAMPLE Meal Plan

- Separate your fluids from your meals but you do not have to wait 60 minutes before drinking again.
- Meals include protein shakes, yogurt, and soups or broths with protein powder added.

Time	Food or beverage (20 minutes for meals)	Protein grams	Calorie s	Time (minutes)	Notes
8:00 am	3 oz. Premier protein shake <i>1 calcium citrate chewy bite</i>	8	44 15	22	 <i>1 svg. calcium</i>
8:25 am	10 oz. water	0	0	60	
10:00 am	3 oz Fage Total Fat 0% plain Greek yogurt, w/SF peach syrup	9	50	18	Walked around block 5 minutes
10:30 am	6 oz. Propel Lemon water	0	0	50	
12:00 pm	4 oz. Unjury Chicken soup protein shake with curry powder (1/2 packet) <i>1 calcium citrate chewy bite</i>	11 0	45 15		Tasted good. <i>1 svg. calcium</i>
12:40 pm	8 oz. water with lime juice	0	0	1 hour	Walked around house
2:10 pm	4 oz Vitamin Water Zero - orange	0	0	30	
3:00 pm	4 oz vanilla protein shake with SF raspberry flavored syrup <i>2 chewable multivitamin w/iron</i> <i>1 chewable probiotic</i> <i>1 Vitamin B12. 500 mcg</i>	11 0	60 35	45	Napped 30 minutes <i>1 svg Multivitamin</i> <i>1 svg probiotic</i> <i>1 svg Vit B12</i>
5:15 pm	¼ cup cream of mushroom soup (strained) with ¼ scoop Unjury unflavored protein powder <i>1 calcium citrate chewy bite</i>	1 5	40 25 15	18	Walked around house <i>1 svg. calcium</i>
7:00 pm	8 oz. lemon zinger tea	0	0	30	
Totals	Total fluids: 52 oz. Exercised: 10 minutes Vits/Supps: all in	45 grams	344 calories	Meals: ~20 minutes	

TIPS



- If foods feels ‘stuck” do not try to push it down by swallowing fluids as drinking fluids will cause more discomfort and possibly regurgitation. Instead get up and walk around.
- Consuming smaller servings of protein at each meal is metabolically more effective than all at once.
- Make sure to measure the amount of protein shakes and fluids you are taking into ensure you are properly hydrated and receiving enough protein grams.
- Plan ahead and have the protein drinks ready to drink.
- Use a thermos or chill your glasses in the freezer to keep your protein drinks cool while you are drinking them.
- **Water:** some patients find that water tastes “funny,” have a metallic taste, or even be painful to drink. This is usually temporary but can be remedied by adding in some flavoring (i.e. squeeze of lemon, stevia, or Mio drops).
- Often patients are sensitive to the temperature of fluids after surgery; hot or cold may be less tolerable. If this happens, experiment with the temperature of your fluids until you find what works best for you.
- It is very important to stay hydrated; sip fluids throughout the day. If you are well hydrated, your urine should be light yellow.
- Set a timer throughout the day to help you remember to have a meal.
- Set a time for 20 minutes at meal time to keep you from drinking too fast.

AVOID

- **Do not force yourself to finish fluids if you feel full.**
- Sugar-free Jell-O, puddings and popsicles contain aspartame (NutraSweet) are not recommended. If you choose to eat them, they DO NOT count as a meal since they have no or little nutritional value
- Avoid gulping, straws, or drinking too fast; it introduces air into your system and may cause gas pains.
- Fruit or vegetables juices.
- Milk, soy milk, almond milk, coconut milk, etc. They contain little to no protein.
- Carbonated beverages, caffeine, sweet beverages, sugar.
- Oatmeal or cream of wheat
- Ice cream, sorbets, or frozen desserts of any kind.

STAGE 3 - PUREED DIET

Duration: 3 weeks

GOALS

Transition from full liquid to pureed to allow your stomach to adjust to semi-solid solid protein/food. Follow the prescribed diet to help prevent dumping syndrome or blocking your stomach pouch opening.

Protein: 40 - 50+ grams/day; more if tolerated.

- **Carbohydrates:** after a few days of becoming comfortable with proteins you can tolerate, fruits and vegetables can be introduced. No stringy, fibrous or raw vegetables. Also avoid fruits with skins, seeds or membranes that could potentially “get stuck.”
- **Calories:** average 300 - 500+ calories/day. If you take in more protein grams, your calories will increase accordingly.
- **Number of meals:** 3 + 1-2 snacks as needed. Establish regular meal times and never go longer than 4 - 5 waking hours without eating. Even if you are not hungry you should take a few bites of food to stay on your eating schedule.
- **Length of meals:** meals should take a full 20 - 30 minutes to finish. Continue to drink/eat slowly with dime-sized bites and sips.
- **Mindfulness:** eat or drink very slowly; taking **small, dime-sized bites or sips.** Listen to your body to determine the amount you can consume in the 20 - 30 minute period; checking in often to determine your last sip/bite “threshold.”
- **Total fluids:** 40 - 50+ oz. /day; more if tolerated. Aim for 4-6 ounces per hour to meet this goal. Continue drinking water, herbal tea, broth, flavored waters, etc. Sip throughout the day and avoid gulping. **Protein shakes no longer count toward your total fluids.**
- **Separate fluids from meals:** stop drinking 15 minutes prior to your meal or snack, spend 20 - 30 minutes on your meal and wait 60 minutes after your meal before resuming fluids.
- **Separating fluids from meals & snacks is a lifetime habit.**

- **Food records:** continue tracking time of day, food, amount (oz., cup, Tbsp.), protein grams, calories, total amount and type of fluids, list of vitamins, exercise (type and minutes), and any challenges, symptoms or questions.
- **Vitamins/Supplements:** daily vitamins & supplements (liquid or chewable) Separate the multivitamin with iron and calcium citrate by 2 hours.

NO GUMMY SUPPLEMENTS OF ANY KIND.

Vitamins/Minerals	Gastric Bypass	Sleeve Gastrectomy
Multivitamin with iron (chewable or liquid)	1 svg/day	1 svg/day
Calcium Citrate with Vitamin D3 (chewable or liquid)	500 - 600 mg svg, 3x/day (1500 - 2000 mg day)	500 - 600 mg svg, 3x/day (1500 - 2000 mg day)
Probiotic	1 svg daily	1 svg daily
Vitamin B12	1 svg/day (500 micrograms)	NA

- **Exercise:** 20 minutes of daily activity; incrementally increases every week until you are doing 30 - 45 minutes per day, 5 - 7 days a week.
- When exercising, listen to your body. If you feel as if you are pushing yourself, stop!



ALL FOODS MUST BE PUREED.

- **ALL FOODS** need to be pureed to the consistency of applesauce; smooth with no chunks
- Your stomach is still healing and solids foods can cause dumping syndrome or pain.
- Start slowly; with about 1/4 - 1/3 cup of food.
- Listen to your body and stop when full.
- Remember to take dime-sized bites and sips to prevent eating too fast or too much.
- If you take a few bites of food and it doesn't feel right, stop eating. Your pouch may not be ready for it yet.

Meat, Fish, Poultry

- Chicken - dark meat is better tolerated (no skin)
- Shrimp, scallops or fish
- Canned chicken, tuna or salmon packed in water
- Deli meat of turkey, lean ham or lean roast beef
- PB2 - powdered peanut butter (local grocery store or Amazon)
- Tofu

Eggs, Cheese, Dairy

- Nonfat or low-fat Yogurts: sugar-free, plain Greek yogurt or regular yogurt
- Eggs, egg whites or egg beaters
- Cottage cheese, non-fat or low- fat
- Ricotta Cheese, non-fat or low-fat
- Laughing Cow cheese wedges (no hard cheese during this stage)

Soups (with protein added)

- Low-fat cream soups made with skim milk
- Black bean, lentil, split pea
- Mild chili
- Tomato, butternut squash, carrot
- Chicken or beef flavored protein powders/soups

Fruits/Vegetables: 1 - 2 dime sized bites.

- Fruits: no skins, membranes or seeds.
- Vegetables: no raw, fibrous, stringy or leafy green vegetables for the first two months post op; they are too hard on your pouch.
- Vegetables must be cooked & pureed.

Pureed Meal Ideas

- Use broth, milk or water to puree with your meats/proteins.
- Pulse the food in the blender until desired consistency of applesauce is achieved.

Meat, Fish, Poultry

- Chicken thigh with seasoning (Taco, Italian, chili powder)
- Canned tuna mixed with cottage cheese and dill weed
- Shrimp with cocktail sauce
- Chicken thigh with PB2, cilantro, and coconut water (Thaichicken)

Eggs, Cheese, Dairy

- Soft scrambled eggs with pico de gallo (liquid only)
- Laughing cow cheese with deli ham & gourmet mustard
- Nonfat plain Greek yogurt with mashed peaches (no skin)
- Cottage cheese/bleu cheese recipe and chicken
- Fat free refried beans with cottage cheese



Soups (with protein added)

- Wendy's chili with cottage cheese
- Butternut squash soup with non-fat plain Greek yogurt and Creole seasoning
- Low fat mushroom soup with unflavored protein powder
- Soups and legumes are primarily a carbohydrate source. Make sure to puree them with unflavored protein powder, cottage cheese, or tofu to ensure you are taking in protein.
- **No broth-based soups or soups with noodles, rice, or other grains.**

Fruits/Vegetables

- Mashed melons, bananas, pears, peaches, nectarines (no skin)
- Cooked & pureed sweet potatoes, butternut squash, carrots, broccoli, cauliflower.



Cottage Cheese Recipes (Stage 3 and Beyond)

Blue cheese dip/dressing

- 1 pint nonfat or low fat (1%) cottage cheese
- 1 ½ oz. blue cheese
- 1-3 cloves of garlic- to taste
- Splash of Worcestershire sauce - to taste
- Salt & pepper – to taste
- Nonfat milk



Place all of ingredients in blender or food processor.

Add enough milk to your desired consistency.

It can be used as dip, sauce or dressing.

For ¼ cup*

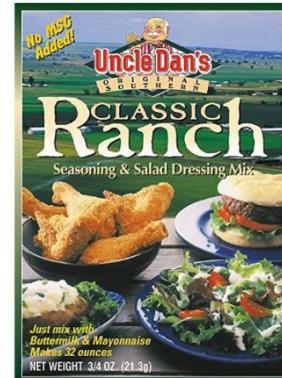
65 calories

8 protein grams

*based on 1% fat cottage cheese

Ranch dip/dressing

- 1 pint nonfat or low fat (1%) cottage cheese
- 1 packet Uncle Dan's Ranch
- Nonfat milk



Place all of ingredients in blender or food processor.

Add enough milk to your desired consistency. It can be used as dip, sauce or dressing.

For ¼ cup*

45 calories

7 protein grams

*based on 1% fat cottage cheese

* If using Hidden Valley seasoning packet it is 65 calories for ¼ cup.

Note: you could also substitute the cottage cheese with nonfat plain Greek yogurt, light ricotta cheese or tofu; though cottage cheese will provide the best calorie to protein ratio and cheesy flavor.

Stage 3 - PUREED SAMPLE Meal Plan

- Stop drinking fluids 15 minutes before your meal/snack and wait 60 minutes after to resume drinking.
- Protein shakes no longer count toward your total fluids intake.

Time	Food or Beverage (20 minutes for meals)	Protein grams	Calories	Time (minutes)	Notes
7:30 am	1 large scrambled egg with liquid from pico de gallo 1 bite peach, no skin <i>1 calcium citrate chewy bite, 500 mg</i>	6 0 -	71 3 15	22	 <i>1 svg calcium</i>
9:00 am	8 oz. peppermint tea	0	0	30	
10:00 am	12 oz. water - Mio drops	0	0	50	
11:20 am	¼ c. tomato soup with ¼ c. cottage cheese <i>1 calcium citrate chewy bite, 500 mg</i>	1 7 -	45 10 15	20	 Walked 10 minutes <i>1 svg calcium</i>
1:00 pm	16 oz. water	0	0	2 hours	
3:00 pm	4.5 oz. chocolate protein shake over ice <i>1 multivitamin with iron</i> <i>1 chewable probiotic</i> <i>1 vitamin B12, 500 mcg</i>	15 - - -	80 35 0 0	15	 <i>1 svg Multivitamin</i> <i>1 svg probiotic</i> <i>1 svg Vit B12</i>
4:30 pm	12 oz. licorice spice tea	0	0		Walked 10 minutes
6:00 pm	2 oz. chicken thigh 2 tbsp. sweet potatoes splash of chicken broth <i>1 calcium citrate chewy bite, 500 mg</i>	14 0	96 10 15	23	 <i>1 svg calcium</i>
7:20 pm	6 oz. water with lemon	0	0	20	
Totals	Total fluids: 54 oz. Exercised: 20 minutes Vits/Supps: all in	43 grams	395 calories	Meal time 20 minutes	

TIPS



- If foods feels ‘stuck” do not try to push it down by swallowing fluids as drinking fluids will cause more discomfort and possibly regurgitation. Instead get up and walk around.
- Eat slowly; use 10 minutes per ounce as a guideline & a full 20 minutes to complete a meal. Practice mindful eating. Breathe after every bite.
- Puree meats/proteins with broth, milk or water in blender; pulse until the consistency of applesauce is achieved.
- Add non-fat powdered milk or acceptable protein powders to your foods to boost protein amount.
- Use herbs and spices to flavor the proteins/meats.
- Try one new food at a time.
- Eating or drinking too fast can cause nausea, vomiting, or pain.
- Stop eating if you experience any nausea or vomiting.
- If you feel nauseated or experience gas or bloating after eating, then you are not ready for this food. Wait a few days before trying this food again.
- Listen to your body. Stop when you feel full.
- Portions may need to be adjusted depending on your individual tolerance. 2-3 bites of food may be all that you can tolerate initially.
- Gradually increase quantity as tolerated.
- Be very careful with soups available in the deli section at grocery stores; many are high fat and sugar. Be sure to read the label before buying to determine if it meets your needs.
- Eat animal proteins/meats as your main protein sources; and protein shakes and powders to supplement your daily intake.
- You will most likely only be able to eat 1-2 bites of fruits and vegetables since you are eating your protein first. You will be able to eat more in time.
- If you are feeling constipated, making sure you are drinking enough water and walking helps. If you need more help, try Miralax, a stool softener or add some Benefiber to your foods. Section 8 has more information on constipation.

AVOID

- No baby food; it does not meet the nutritional needs of adults.
- No hard cheese.
- Avoid pasta, rice, bread, crackers, pastries, ice cream, candy and other similar foods.
- Extreme temperatures may cause dumping syndrome.
- Do not chew gum or suck on hard candy. If swallowed, it can obstruct your outlet.

STAGE 4 – SOFT FOOD

Duration: 2 weeks

GOALS

The Stage 4 Soft Foods diet begins approximately 5-7 weeks post-surgery; depending on your procedure. While your foods no longer need to be pureed, you still want to focus on moist and tender foods. Make a special effort to ensure that you chew all foods thoroughly. At this point, you're starting to move toward a more regular diet that should include a variety of foods and good sources of protein at every meal.

Soft solids are gradually re-introduced to your system and will be more filling. Start to move away from soft, mushy foods and liquid protein, as these types of foods will be less filling over time.

- **Protein:** 50 - 60+ grams/day; more if tolerated. Always eat protein first and at every meal.
- **Calories:** 400 - 600+ calories/day. Choose high protein sources first, followed by vegetables, fruits, and legumes.
- **Number of meals:** 3 + 1-2 snack(s). Eat at regular meal times. Never go longer than 4 - 5 waking hours without eating.
- **Length of meals:** continue to eat slowly. Meals should take a full 20 -30 minutes to finish. Slow, mindful eating helps you determine your last bite threshold, avoid overeating and dumping.
- **Mindfulness:** eat or drink very slowly; taking **small, dime-sized bites or sips**. Listen to your body to determine the amount you can consume in the 20 - 30 minute period; checking in often to determine your last sip/bite “threshold.” This is a critical time to be mindful as your food looks normal again (not liquid or pureed). It’s easy to fall into old habits of eating too fast when foods look normal.
- **Total fluids:** 56 - 64+ oz. /day. Non-caloric, non-carbonated, non-caffeinated beverages.

- **Separate fluids from meals:** stop drinking 15 minutes prior to your meal or snack, spend 20-30 minutes on your meal and wait 60 minutes after your meal before resuming fluids. **Separating fluids from meals/snacks is a lifetime habit**
- **Food Records:** track time of day, food, amount, protein grams/ounces, calories, total and types of fluids, list of vitamins, exercise (activity, minutes), and any challenges or symptoms.
- **Vitamins/Supplements:** continue with liquid or chewable; take daily. Separate the multivitamin with iron and calcium citrate by 2 hours. **NO GUMMY SUPPLEMENTS OF ANY KIND.**

Vitamins/Minerals	Gastric Bypass	Sleeve Gastrectomy
Multivitamin with iron: (chewable or liquid)	1 svg/day	1 svg/day
Calcium Citrate with Vitamin D3 (chewable or liquid)	500 - 600 mg svg, 3x/day (1500 - 2000 mg day)	500 - 600 mg svg, 3x/day (1500 - 2000 mg day)
Probiotic	1 svg daily	1 svg daily
Vitamin B12	1 svg/day (500 micrograms)	NA

- **Exercise:** daily physical activity. Aim for 20-30 minutes a day. Increase as tolerated.



Meats

- Meats should be soft and moist enough to swallow without “sticking.”
- Marinated meats, boiled meats and the dark meat of chicken tend to be well tolerated.
- Fibrous meats such as dry turkey, chicken breast, or steak can be difficult to digest.
- Microwaving and grilling dries out meats, making them difficult to tolerate.
- Meats can dry out in the refrigerator so add some water or chicken broth before microwaving to make the meat juicier.
- A crock pot can be very helpful in keeping meats moist.
- Do not fry your meats; it adds calories, can make foods hard to digest, and cause dumping.
- Weigh food on a scale to ensure you are getting adequate protein. If you do not own a food scale, cook a piece of protein the size of a deck of cards.



Fruits and vegetables

- Vegetables need to be soft and well-cooked in the first 4-6 weeks.
- Avoid fibrous vegetables such as celery, cucumbers, corn, pea pods.
- No raw vegetables or salads while progressing through the 5 stages (the first 2-3 months post op).
- Frozen fruits and canned fruits (packed in their own juice and drained) are well tolerated as well as thawed frozen fruit.
- Avoid membranes of oranges, tangerines and grapefruit.
- Avoid cores, skins and seeds of fruits, such as apples, grapes, berries, and tomatoes.

TIPS

- **If foods feels ‘stuck’ do not try to push it down by swallowing fluids as drinking fluids will cause more discomfort and possibly regurgitation. Instead get up and walk around.**
- Stop eating as soon as you know the next bite is too much.
- **Meats:** You no longer need to puree your meat, but you should still trim any visible fat and remove all of the skin from poultry. You should continue to bake, broil, or steam your meats.
- **Cheese:** have soft cheeses.
- Introduce one food at a time to determine if tolerated.
- Try new proteins on the weekends or in the evenings when you are home, just in case it's not well tolerated yet.
- If you are unable to eat enough of the protein requirements, you can supplement with protein shakes or powders. You may find that the protein shakes will be less filling over time.
- Not everyone will be able to eat all of the recommended foods, especially at first.



- Learn your body's fullness cues and do not overstuff your pouch or sleeve.
- If you are not hungry, you still need to fuel your body: take a few bites of protein to stay on schedule.
- Baby warmer trays or warming plates can be used to keep food warm while you are (slowly) eating your meal.
- If dining out and the entrée is the typical portion, plan on bringing most of the meal home in a “to-go” container.
- Continue your food records. Write down all of the food you eat and the fluid you drink. Food records are critical to ensure that you are eating enough protein.
- It's important to eat the recommended dietary protein your body needs.
- Do not skip meals. Stay on an eating schedule; never going longer than 4 - 5 waking hours without food.

AVOID:

- **All processed carbohydrates, baked products, and grains, starchy foods such as breads, noodles, crackers, rice, cakes and bagels.** They expand in your stomach and may cause pain or blockage. They can also be easy to overeat
- **No potted meats.** They are high in fat and low in protein.
- Fatty and fried foods, dry foods, high sugar, grains and refined carbs (bread, crackers, rice, cookies, etc.). They can cause dumping and have you relapse into unhealthy eating habits from the past.
- Popcorn and nuts.
- Grazing or nibbling. This will lead to weight gain.
- Do not eat coconut flakes/bits – they can easily create a blockage.
- Trying any new proteins or foods at work, restaurants, or outings. Unknown food preparations are risky. It may lead to dumping.



Stage 4 - SOFT FOOD

SAMPLE Meal Plan

- Remember to separate your fluids from your meals & snacks. Stop drinking 15 minutes prior to meal and then wait 60 minutes after meal before drinking again.
- Protein shakes no longer count toward your total fluids intake.

Time	Food or beverage (20 minutes for meals)	Protein grams	Calories	Time (minutes)	Notes
6:10 am	4 oz. water	0	0	20	
7:15 am	½ large egg 1 chicken sausage link (sweet Italian) <i>1 calcium citrate chewy bite</i>	3 11	35 100 15	22	Couldn't finish egg, liked the chicken sausage <i>1 svg. calcium</i>
8:30 am	8 oz. chamomile tea with lemon & stevia	0	0	60	walked on break 10 minutes
10:00 am	16.9 oz. Propel water	0	0	45	
11:30 am	2 oz. deli turkey 1 oz LF string cheese 1 Tbsp mustard <i>1 calcium citrate chewy bite</i>	10 7 0	60 85 10 15	18	walked at lunch 15 minutes <i>1 svg. calcium</i>
1:00 pm	16 oz. water with stevia water drops	0	0	1 hour	
3:30 pm	½ protein shake (4.5 oz) <i>2 chewable multivitamin w/iron 1 chewable probiotic 1 Vitamin B12, 500 mcg</i>	15	80 35	15	 <i>1 svg. multivitamin 1 sv.g probiotic 1 svg. Vit B12</i>
5:15 pm	10 oz. water	0	0	30	
6:00 pm	2 oz. garlic chicken ½ cup mushrooms <i>1 calcium citrate chewy bite</i>	14 1.5	96 22 15	25	 <i>1 svg. calcium</i>
7:20 pm	4 oz. water	0	0	30	
Totals	Total fluids: 59 oz. Exercised: 15 minutes Vits/Supps: all in	63.5 grams	455 calories	Meals: 20 minutes	

Stage 5 – BARIATRIC Long Term

Duration: Lifetime

GOALS

Months 2 – 6: learn what proteins and complex carbohydrates you can tolerate; continuing to try new foods. Reinforce new eating and drinking habits. Create new foods, meals and menus that reflect foods you tolerate well and enjoy. Reinforce the healthy habits needed to lose the weight and keep it off.

Month 6 – lifetime: you should be hitting your stride with your new eating and health habits. If your weight loss has stalled, make sure you are keeping food records and following the program guidelines.

- **Bariatric diet:** is much like the Paleo diet. Always eat lean proteins first and then complex carbohydrates coming from veggies, fruits and legumes.
- **Protein: 60 - 80+ grams/day.** Protein first - always! Continue to slowly introduce new, lean proteins into your diet to allow your stomach to adjust, provide variety, and overall enjoyment.
- **Calories:** 500 - 800+ calories/day for as long as you can. Over time your calories will increase naturally as you heal and are able to tolerate a wider variety of foods and eat larger amounts.
- **Be aware** that weight loss often stops when calories consistently exceed 1000-1200 for women and 1400-1600 for men. Stay <1000, and even better, under 800 calories per day with your protein grams a minimum of 60+/day for continued weight loss, for as long as you can.
- **Number of calories to maintain weight:** the caloric intake you can consume and maintain your weight will depend on many variables but a key factor is the amount and types of exercise you integrate into your daily life.
- **Number of meals:** 3 + 1-2 snack(s), as needed. Eat at regular meal times. Never go longer than 4 - 5 waking hours without eating. Eat away from distraction (desk, TV). Planning and preparing your meals is essential to ensure you meet your nutritional needs and avoid problem foods.
- **Length of meals:** meals should take a full 20 minutes to finish but no more than 30 minutes.
- **Mindfulness:** eat or drink very slowly. You may be able to take slightly bigger bites and sips at this point but always be mindful when eating or drinking. Listen to your body to determine your last sip/bite “threshold.”

- **Total fluids:** 64+ oz. /day. Non-caloric, non-carbonated, non-caffeinated beverages. No straws.
Caffeine: you may introduce coffee/tea back in your diet; limit to one cup a day. Decaf is preferred. Avoid high fat/sugar creamers. You may be able to take bigger sips but avoid gulping.
- **Separate Fluids from Meals:** you may drink up to your meals now but always separate your fluids from your meals/snacks and wait 60 minutes after eating before resuming fluids.
- **Food Records:** keep daily. Records keep you on track and help you find the foods that work best in your body. Remember that success leaves clues. Discover your secrets to success.

Food records:

- Determine if you are meeting your nutritional needs.
- Pin point the proteins/foods your new stomach tolerates well and the ones that cause problems/distress.
- Show you how certain foods affect your energy level, fullness, and even moods.
- Identify emotional or situational triggers.
- Stay out of denial. Stop fooling yourself with the idea that “If I don’t write it down, it didn’t happen.” Your body always counts calories.
- Create menus and meal plans. When stuck in a “food rut” you can review your records and find some favorites you’ve forgotten.
- Give you immediate feedback on how your choices help or hinder your progress.
- Identify and celebrate your milestones.

The Essentials	Advanced
time of day	hunger and fullness levels: before & after meal
food item(s) and amount (oz., Tbsp., cup)	mood/feelings (happy, bored, depressed)
protein grams	location of meal (work desk, in front of TV, car)
calories	who you dine with (alone, coworker, family)
fluids – type & ounces	post op: challenges, nausea, vomiting, or pain
list of vitamins & supplements taken	food intolerances
exercise - type and minutes	foods well tolerated, filling, & satisfying

Websites/Phone Apps:

www.baritastic.com
www.supertracker.usda.gov
www.CalorieKing.com
www.MyFitnessPal.com
www.FitDay.com
www.Loselt.com
www.SparkPeople.com



- **Vitamins and Supplements:** take daily. If you are comfortable, you can switch to regular tablet vitamins though be aware of dosages. Calcium citrate is always 2 large pills for one dose.
Separate the multivitamin with iron and calcium citrate by 2 hours. NO GUMMY SUPPLEMENTS OF ANY KIND.

Taking the bariatric supplements daily is a lifetime commitment to ensure optimal health and prevent any deficiencies.

Vitamins/Minerals	Gastric Bypass	Sleeve Gastrectomy
Multivitamin with iron (chewable or liquid)	1 svg/day	1 svg/day
Calcium Citrate with Vitamin D3 (chewable or liquid)	500 - 600 mg svg, 3x/day (1500 - 2000 mg day)	500 - 600 mg svg, 3x/day (1500 - 2000 mg day)
Probiotic	1 svgs daily	1 svg daily
Vitamin B12	1 svg/day (500 micrograms)	NA

Exercise: 30 - 45 minutes a day, 5 - 7 days a week and work up to a total of 300 minutes of exercise per week. After 2 months post op, add in strength training, at least 90 minutes per week. Additionally, stretching and balance training helps improve performance of everyday activities and assists with posture, minimizing stress and maximizes the strength of all joint movements.

- **Strength training** helps to preserve and build muscle mass. The more muscle you have, the more calories you burn.
- **Stretching** keeps you limber and can help prevent injuries.

TIPS

- The bariatric diet is much like a paleo diet: lean meats with complex carbohydrates (i.e. vegetables, fruits & legumes) that provide volume, satiety, and gradually empty from your stomach.
- Integrate and reinforce the healthy habits that will keep healthy and maintaining your weight.
- **Vegetables:** You should now focus on eating high-fiber vegetables. Avoid vegetables like beets, carrots, and onions.
- **Fruits:** you should focus on eating more of those fruits, including avocados, berries, cantaloupe, and citrus fruits.
- Make a list of the proteins and fruits and vegetables you tolerate well and post it to refer to often.
- Create a menu of meals that you enjoy to make meal planning and shopping easier for you.
- The first 3 months post op were a time for healing, allowing your new stomach to adjust to foods and establishing new eating/drinking habits required of a bariatric patient.
- From 3 – 6 months after surgery, you are reinforcing the healthy habits needed to lose the weight and keep it off.
- **Remember that obesity treatment is a lifelong process. The habits you build and maintain will determine your level of success.**



Stage 5 – Ongoing Bariatric Diet - SAMPLE Meal Plan

Time	Food or beverage (20 minutes for meals)	Protein grams	Calories	Time (minutes)	Challenges/Notes
7:30 am	¾ c. cottage cheese 2 Tbsp. blueberries <i>1 calcium citrate chewy bite</i>	21 0	145 10 15	18	<i>1 svg calcium</i>
8:50 am	12 oz decaf coffee with Splenda	0	0	30	
11:00 am	16.9 oz. Vitamin Water Zero	0	0	75	
12:00 pm	3 oz. salmon 1 cup spinach ¼ cup cucumber & tomato 2 Tbsp balsamic vinegar <i>1 calcium citrate chewy bite</i>	21 1 1 0	123 7 17 28 15	25	Walked 20 minutes at lunch <i>1 svg calcium</i>
1:30 pm	16.9 oz. bottle Vitamin Water Zero	0	0	1 hour	
3:30 pm	1 oz string cheese 5 grapes <i>2 chewable Multivitamin w/iron</i> <i>1 chewable Probiotic</i> <i>500 mcg Vitamin B12</i>	7 0	90 15 35	17	<i>1 svg. multivitamin</i> <i>1 sv.g probiotic</i> <i>1 svg. Vit B12</i>
5:00 pm	12 oz water infused with pineapple & mint	0	0	40	
6:00 pm	3 oz. herbed pork loin 2 oz sweet potato <i>1 calcium citrate chewy bite</i>	24 0	120 55 15	25	<i>1 svg calcium</i>
7:30 pm	4 oz. water with Mio drops	0	0	30	Strength training, 30 minutes
Totals	Total fluids: 62 oz. Exercised: 50 minutes Vits/Supps: all in	75 grams	690 calories	Meals: 21 minutes	

Protein 101

Why Protein is Important

- Protein was named after a Greek work *proteios*, meaning "of prime importance."
- It is undeniably *the most important nutrient* in the bariatric diet.
- Protein is a part of every cell in your body and these proteins are continually being broken down and replenished.
- Since the body doesn't store protein for later use, eating enough high quality protein is required, otherwise the body will suffer.
- When protein intake is insufficient, the body breaks down lean body mass to offset for poor nutrition intake.
- While loss of lean body mass is inevitable after weight loss surgery due to low calorie intake, you can minimize this by taking in sufficient high-quality protein daily.

Principle Roles of Protein in the Body

- **Protein assists in proper wound healing after bariatric surgery.**
 - It helps to build and repair body tissues including skin, muscle and major organs.
- **Protein helps your body burn fat instead of muscle for a healthier weight loss.**
 - After bariatric surgery, your calorie intake is reduced drastically.
 - Unfortunately, the human body tends to preserve fat stores while using lean muscle mass as energy before it taps into fat stores for energy.
 - When you take in sufficient protein every day, you will spare and preserve your muscle tissue, which forces your metabolism to utilize fat for its energy.
 - This is often referred to as "protein sparing."



- **Protein supports your metabolism so you lose weight faster.**
 - The more muscle you have on your body, the *higher your metabolism* and the more fat calories your body will burn, even while at rest.
- **Protein helps keep you fuller, longer.**
 - Clinical studies show that high-protein diets increase satiety and decrease hunger compared with high-fat or high-carbohydrate diets.
 - Right after surgery, the majority of patients will not be hungry and may have to be reminded to eat on a regular schedule.
 - Over time, hunger & appetite can return.
 - Building a habit of eating protein first will keep you full for longer periods of time, helping you resist the snacking/grazing temptation between meals.
- Protein helps keep your hair, skin, and nails healthy.
- **Protein helps form hormones, enzymes, and immune system antibodies to help your body function properly.**

Protein Goals

- Protein needs vary with each individual based on their age, sex, lean muscle mass, daily exercise, and overall health.
- Immediately after surgery the protein goal will range from 40 - 60 grams per day as you are adjusting to a small stomach and a new way of eating.
- Once you have transitioned to regular food, the goal is 60 - 80 grams of high quality protein daily.



Protein Shakes & Powders

- Protein shake and powders are heavily utilized in the immediate months post op to promote wound healing and minimize loss of lean muscle mass.
- Liquid protein supplements such as shakes and powders are the easiest to take in right after surgery. After the first 2-3 months you will incorporate traditional proteins and foods into your diet.
- Many patients continue to use protein shake as a convenient source of protein and nutrition.
- They are great for a quick and easy breakfast, snack, or as a backup plan when running late and have no time for a regular meal.

Liquid vs. Solid Proteins

- As you move into Stage 4 and beyond, you will incorporate more solid proteins into your diet.
- Seek out sources with more “staying power,” that will keep you fuller for longer periods of time. Liquid or soft forms, such as protein shakes, yogurt, or cottage cheese, may not keep you satiated the way a piece of chicken or eggs will.

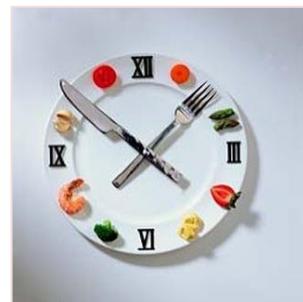
For example:

- 4 ½ ounces of chicken and a Premier protein shake both have 30 grams of protein.
 - Yet the chicken will keep you fuller for a longer period of time than the liquid protein shake.
-
- These liquid and softer proteins are still great sources of protein; simply notice if they continue to provide you with the fullness/satiety you want.
 - You may need to add protein powder or other foods such as fruit to help fill you up.



Spacing of Your Proteins

- Since the body cannot absorb more than about 30 grams at once, you will need to take in protein throughout the day, across multiple meals or healthy snacks.
- Foods that are high in protein should always be eaten first during meals, in case you feel full quickly and can't finish your meal.



Proceed with Caution

- For many patients, beef, pork, lamb, and chicken breast can be particularly difficult to digest; though chicken thigh is generally well tolerated.
- You may want to wait to introduce these proteins until at least 3 months after surgery.
- Try new proteins on the weekend or evenings in case they have a negative result.
- Be sure to choose tender cuts and avoid the higher fat (therefore higher calorie) selections.

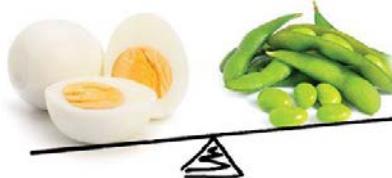
Complete vs. Incomplete Proteins

- Proteins and amino acids are used for almost every metabolic process in the body.
- Amino acids are the building blocks of protein.
- For optimal health, there are nine essential amino acids we need from dietary sources.
- However, not all proteins are alike. As a bariatric patient your primary goal is to get high quality protein sources in to meet your nutritional needs.
- Many people get confused as to what types of proteins they should eat and what is considered a good protein source.

Complete proteins

Animal-based proteins are known as complete proteins because they contain all nine of the essential amino acids your body needs to function properly.

- Beef
- Poultry
- Pork
- Seafood & Fish
- Eggs
- Dairy



Incomplete proteins

Plant-based proteins are considered to be incomplete proteins, as they lack one or more of the essential amino acids that your body needs.

- Beans (i.e. pinto, kidney, garbanzo)
- Lentils & split pea
- Nuts & seeds
- Grains & rice
- Vegetables

Complimentary proteins

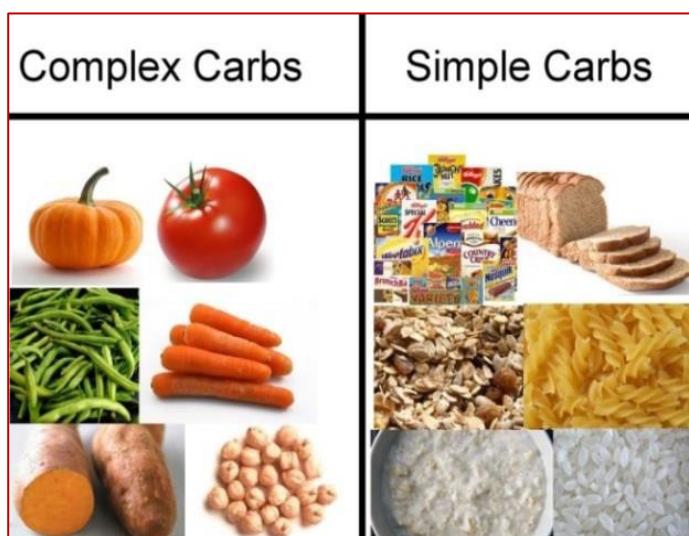
Plant-based proteins provide some of the amino acids but they need to be combined with other foods (i.e. beans with rice, whole wheat toast with peanut butter) to make a complete protein; known as complimentary proteins.

- After bariatric surgery this is not a good option. Here's why: plant source proteins are naturally higher in carbohydrates or fat and calories while lower in protein than their animal protein counter parts.

For example:

Food	Amount	Calories	Protein grams
Beans & Rice	1 cup	360	12
Peanut butter	1 <u>level</u> Tbsp.	95	4
Nonfat refried beans	1 cup	180	12
Walnuts	1 cup	840	20
Chicken	1 cup	230	30

- The bariatric diet is similar to a Paleo diet, consisting of mainly protein with carbohydrates coming from vegetables and fruits and legumes.
- Carbohydrates such as rice, breads, crackers, noodles, and cereal need to be avoided post op.
- These carbs are not well tolerated after surgery as they can swell up in your stomach and can cause pain and dumping syndrome.
- Also, the calories from these carbohydrates can add up quickly, push out protein rich foods, and for many patients, make it easy to slip back into old unhealthy grazing habits.
- Therefore food combining to create a complete protein is *not* the best option.
- Eat complex carbohydrates such as vegetables, fruits, and legumes to maximize nutrition and satiety.



Vegetarians

- Following a vegetarian diet is possible after bariatric surgery, though it does take more effort and usually is accompanied with a higher caloric intake.
- Plant-based proteins, other than soy, need to be combined with other sources to meet your nutritional needs and are naturally higher in carbohydrate and calories, and not always well tolerated.

Soy

- This legume is the exception to the plant-based protein rule.
- Soy contains all the essential amino acids necessary for proper nutrition and comes in a wide variety of products, such as tofu, tempeh, and soybeans.
- Soybeans are 250 calories and 22 grams of protein per cup.



Lupini beans



- These legumes are one the highest sources of plant proteins available, only second to soybeans, with most of the essential amino acids.
- These beans have a firm texture and are typically soaked in brine for a great salty snack.
- Lupini beans are 200 calories and 26 grams of protein per cup.

Foods Commonly Perceived as High Protein

- Legumes, nuts and seeds are often viewed as high quality proteins but they are comprised mainly of carbohydrate or fat and lacking certain amino acids to make a complete protein.
- While legumes contain a small amount of protein, it's best to view them as "bonus protein grams" but not a main source.
- Dairy products are an excellent source of protein when you select the low-fat or nonfat versions, such as cottage cheese and yogurt.
- Cheese is high in saturated fat, known to raise your "bad" cholesterol.
- Use cheese moderately as a way to add flavor, rather than a main protein source.
- Eating legumes, nuts, seeds and dairy products can be a part of a healthy diet; providing flavor, texture, and a variety of nutrients with a few extra protein grams. Eat them mindfully.

Legumes:

- Legumes include beans, peas and lentils. They are an excellent source of complex carbohydrates and provide a wide range of essential nutrients including dietary fiber, minerals, vitamins, and some protein.
- **Nutritional composition: 27% protein, 70% carbohydrates, and 3% fat.**
- Average per cup: 240 calories per cup and 15 grams of protein.
- To meet your protein needs post op, you can use soy products or add a protein-rich powder to nonfat refried beans, lentil or bean soups.
- Think of legumes as a great complex carbs with “bonus” grams of protein.



Nuts & Seeds:

- Nuts and seeds are rich sources of energy/calories, heart-healthy fats, fiber, plant protein, vitamins & minerals, and phytochemicals.
- **Nutritional composition: 13% protein, 15% carbohydrate, 72% fat.**
- Average per cup: 800 calories and 25 grams of protein.
- While nuts and seeds are healthy for your heart, they can be detrimental to your weight as the calories can add quickly.
- Use nuts and seeds to enhance the flavor and texture a meal. Eat sparingly.



Dairy:

- Cheese is a rich source of many nutrients such as calcium, phosphorus, zinc, vitamin A and vitamin B12.
- **Nutritional composition: 23% protein, 6 % carbohydrate, and 70% fat.**
- Average cheese per ounce is 100 calories, 7 grams protein & 6 grams saturated fat.
- Select the nonfat or low-fat dairy options.



Choosing Your Proteins

- The calories from the protein sources vary greatly, depending on the fat and carbohydrate content.
- When choosing protein, look for sources high in protein grams and low in calories to maximize nutrition and keep calories low for weight loss and maintenance.
- A guideline to make this selection easier is: **a minimum of 10 grams of protein for every 100 calories. The higher the protein grams and lower the calories, the better.**
- This formula will help you assess the quality of the protein source quickly to determine if it is a low, medium or high quality protein source.

For example:

Food	Amount	Calories	Protein Grams	Quality
Protein shake	1 shake	160	30	high
Chicken	1 ounce	50	9	high
Cottage cheese - 1%	1 cup	160	28	high
Halibut	1 ounce	40	8	high
String cheese	1 ounce	80	8	medium
Ribeye	1 ounce	80	8	medium
Chicken sausage	1 ounce	50	5	medium
Mozzarella cheese	1 ounce	85	6	medium-low
Almonds	1 ounce	165	6	low
Peanut butter	1 <u>level</u> tablespoon	95	4	low
Black beans	1 cup	220	15	low
Cheddar cheese	1 ounce	115	7	low

Daily Caloric Intake

- The 10% guideline also applies to your *daily calories*.
- For every 100 calories you eat, a minimum 10 grams should be coming from lean, high quality protein sources; up to the 60 grams/day.
- This guideline is designed to keep you focused in receiving enough protein each day while keeping your calories low to maximize your weight loss.
- Weight loss may slow down or stop once daily calories are 1000 or more per day depending on the individual.

For example:

Average Calories per Day	Average Protein Grams per Day	High Protein to Low Calorie ratio?
520	62	yes
925	48	no
810	65	yes
600	31	no
1250	83	yes

Protein Needs

- Your protein needs will vary with each individual though the general goal is 60 - 80 grams of high quality protein daily.
- Protein needs to be spread out throughout the day with your meals and snack(s).
- Add up the protein: 15 - 20 grams per meal/snack x 4 meals = 60 to 80 grams of protein/day

For example:

Meal	Food	Amount	Calories	Protein Grams
Breakfast	1% cottage cheese and	¾ cup	120	21
Lunch	Deli ham &	3 oz.	90	15
	LF string cheese	1 oz.	70	8
Snack	PB2 and	2 Tbsp.	45	5
Dinner	Chicken thigh	3 oz.	180	22
	Broccoli	½ cup	25	2
		Total	605	73

Tracking Protein Intake

Food records

- Keeping a food journal is essential to track your progress and ensure you are meeting your required protein needs.
- Records will also help you track which foods are best tolerated and which proteins to avoid.
- Food records include: the time, food, amount, calories, and protein grams, any intolerances, and hunger/fullness levels.
- It's also helpful to note your mood/feelings, location, and who you are eating with.
- Keeping a food journal allows you to review your progress and assess the best proteins, foods, and amounts to keep you fueled, full and satisfied.

Weigh and measure

- Weigh and measure your proteins on a kitchen scale often to ensure accuracy of your protein intake.
- Many patients overestimate their daily protein grams when they rely on "eye-balling" their protein quantity.
- Using a scale and keeping food records are critical tools for success.



If you find you are getting hungry quickly after a meal, there are several factors that may explain this:

- The carbs you are eating are quickly utilized burned up, leaving you hungrier faster.
- The protein source was in a liquid or soft form (i.e. protein shake or yogurt).
- You didn't eat enough protein grams at the meal (i.e. 1 oz. chicken vs. 3 oz. chicken)
- You didn't eat enough quantity of protein with complex carbs to last very long.
- You've gone too long between meals and need to refuel your body.

Tips:

- ✓ Eat proteins first and choose high quality protein sources.
- ✓ Have the majority of your carbohydrates come from vegetables and fruits.
- ✓ Eat at regular meal times, do not skip meals.
- ✓ Track the meals that provide you the most satiety and enjoyment.
- ✓ Continue to expand the variety of proteins and foods you eat to increase nutrition and enhance enjoyment.

Protein Meal and Snack Ideas (Stage 5 and Beyond)

- To keep meals simple and your protein intake high, create a list of 2 - 4 menu ideas for each meal that you enjoy, are high protein, and well tolerated.
- This approach provides structure, standard items on your grocery list and enough variety to provide proper nutrition and optimum enjoyment.

Breakfast:

- Cottage cheese or yogurt with fruit
- Egg & veggie scramble
- Protein shake
- Egg bites - eggs, veggies, low-fat cheese and turkey bacon, ham or chicken sausage baked up in muffin tins for a quick and easy breakfast.
- Chicken sausage (Flavors: garlic herb, sweet Italian, Andouille, pesto, hot Italian, etc.)
- Veggie-loaded breakfast casserole: eggs, spinach, mushrooms, onion, bell peppers, cheese. Add a chicken sausage for extra flavor & protein.
- Ham, egg and cheese roll ups – with spinach and tomato.



Lunch:

- Deli meat (ham, chicken, turkey, or lean roast beef) wrapped around string cheese. Dip in gourmet mustard.
- Soups- a flavorful way to get in your protein with lots of vegetables (i.e. Chicken Fiesta soup, Indian Stew, Chunky Turkey Vegetable soup).
- Small green salad topped with shredded chicken, shrimp or hard-boiled egg.
- Leftovers from dinner of lean meat and veggies.
- Mini meatloaf – bake in a muffin tin for just-right-sized meals.
- Garlic parmesan chicken thighs.
- Beef & Broccoli Stir fry with Cauliflower Rice
- Buffalo chicken salad: chicken, Cajun hot sauce, baby spinach, cherry tomatoes, onions, cilantro cottage cheese ranch dressing.



Dinner:

- Chicken sausage & mushroom pizza bowls - with marinara, low fat mozzarella cheese and Italian seasoning blend.
- Ground turkey taco wraps - with pinto or black beans, low fat cheese, tomatoes, onion, cilantro and iceberg lettuce.
- Baked salmon with avocado salsa and broccoli.
- Grilled halibut with garlic cilantro sauce and asparagus.
- Stuffed bell peppers - lean ground turkey or beef, black beans, spices and topped with low-fat cheese and green onions.
- Meat & veggie spaghetti sauce over zucchini or spaghetti squash.
- Buffalo Chicken Zucchini Boats: chicken, Monterey jack cheese, cottage cheese ranch dressing, zucchini, and hot sauce. Optional garnish: sliced red onion, fresh cilantro, avocado slices.
- Ground Beef Enchilada Zucchini Boats: ground beef, taco seasoning, onion, zucchini, enchilada sauce, cheese, & cilantro.



Dessert:

- High protein pudding: nonfat plain Greek yogurt, chocolate protein powder, stevia drops, milk. If you want the consistency of ice cream, freeze it for minimum of 1 hour.
- Low fat ricotta cheese whipped with stevia and fruit. Freeze for a minimum of one hour.
- Apple slices dipped in PB2.



Finding recipes

- There are many online resources to find new high protein recipes and ideas.
- Searching for bariatric friendly or Paleo recipes on bariatric support sites, Google, or Pinterest can be a great starting place.
- Remember that not all recipes labeled as bariatric-friendly will be appropriate for you to make or eat.
- Be sure you choose ones that are in alignment with your bariatric team's recommended dietary guidelines.

Protein Chart

This list of protein sources is based on average calories per ounce, cup, or level tablespoon.

Both calories and protein grams were rounded up or down for ease of use.

BEEF

Food	Calories per oz.	Protein grams
Bologna	90	3
Beef jerky	80	15
Beef Top Round	50	9
Brisket	90	7
Flank	55	8
Ground beef (93% lean)	40	6
(85% lean)	70	8
(80% lean)	70	7
Hot dog	90	3
Pastrami	40	6
Pot Roast	90	9
Prime Rib	70	5
Ribeye	70	7
Ribs	100	6
Roast Beef	50	8
Salami - soft	75	4
Salami - hard	110	6
Shank	60	10
Skirt steak	65	7
Summer Sausage	100	5
T-bone	50	7
Top Loin (NY Strip)	65	6



DAIRY - low fat options

Food	Calories per cup	Protein grams
Cottage cheese		
1%	160	28
2%	200	28
4%	220	26
Greek yogurt: NF, plain	135	25
Yogurt: NF, plain	120	14



DELI

Food	Calories per oz.	Protein grams
Bologna	90	3
Canadian bacon	30	5
Chicken	30	5
Corned Beef	30	5
Ham	30	5
Liverwurst	90	4
Pancetta	100	4
Pastrami	40	6
Pepperoni	150	6
Prosciutto	55	7
Roast beef	30	5
Salami	70	4
Turkey	30	5

FISH & SEAFOOD

Food	Calories per oz.	Protein grams
Ahi	30	7
Bass	35	6
Catfish	30	5
Clams	40	7
Cod	30	7
Crab	20	5
Halibut	40	8
Lobster	25	2
Mussels	50	7
Oysters	25	3
Salmon	45	6
Smoked salmon jerky	90	15
Scallops	30	7
Shrimp	30	6
Tilapia	35	7
Tuna fish (can or pouch)	35	7



POULTRY

Food	Calories per oz.	Protein grams
<i>Chicken</i>		
breast	50	9
drumstick	50	8
thigh	60	7
wing	60	9
ground	55	6
Chicken sausage	50	5
Egg (large)	70	6
Cornish game hen	40	11

POULTRY – continued

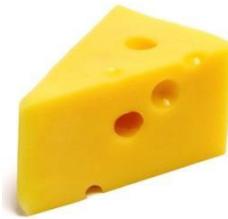
Food	Calories per oz.	Protein grams
<i>Turkey</i>		
breast	40	9
drumstick	45	8
thigh	50	5
wing	50	9
ground	65	6
turkey bacon	65	6
turkey jerky	100	19
Duck	55	6
Goose	65	8
Goose liver pate	130	3
Pheasant	70	9

PORK

Food	Calories per oz.	Protein grams
Bacon	150	11
Blood sausage	105	4
Bologna	70	4
Bratwurst	90	5
Canadian bacon	50	7
Chorizo	130	7
Ground pork	80	7
Ham steak	35	5
Pancetta	100	4
Pepperoni	150	6
Pork chops	55	9
Pork liverwurst	90	4
Pork loin	60	8
Pork roast	55	8
Pork ribs	75	8
Pork sausage – bulk, link or patty	100	6
Pork & beef salami	95	4
Prosciutto	55	7

SOY

Food	Calories per cup	Protein grams
soy beans - dry roasted	520	56
Soybeans- shelled	250	22
Tofu – firm	175	21
Tofu - soft	150	16
Tempeh	350	31



CHEESE – continued

Food	Calories per oz.	Protein grams
Mozzarella - whole milk	85	6
Parmesan	120	11
Pepper Jack	100	7
Provolone	100	7
Ricotta - light	25	2
Ricotta - part skim	40	3
Ricotta - whole	50	3
Swiss	105	7

DAIRY & PLANT-BASED PROTEINS

Plant-based and higher fat dairy proteins are typically higher calorie and lower in protein.

Choose wisely.

CHEESE

Food	Calories per oz.	Protein grams
American	90	5
Asiago	100	6
Bleu	100	6
Cheddar	115	7
Chevre	60	4
Cream cheese - regular	100	2
Cream cheese - low fat	65	3
Cream cheese - fat free	25	4
Feta	75	4
Gouda	100	7
Havarti	110	7
Laughing Cow – regular	70	3
Laughing Cow – light	45	3
Mascarpone	125	2
Monterey Jack	100	7

LEGUMES

Food	Calories per cup	Protein grams
<i>Beans</i>		
Adzuki	295	17
Black	220	15
Cannellini	180	14
Fava	180	14
Garbanzo	210	11
Great Northern	300	19
Lima	190	12
Lupini beans	200	26
Navy	295	20
Pinto	205	12
NF refried beans	260	18
Red kidney	220	16
<i>Peas</i>		
Black-eyed	185	11
Split peas	230	16
<i>Lentils</i>		
Lentils	230	18
<i>Soybeans</i>		
Soybeans	250	22

NUTS & SEEDS

Food	Calories per cup	Protein grams
<i>Nuts</i>		
Almonds	825	30
Brazil	870	19
Cashew	905	27
Hazelnut	840	16
Macadamia	920	8
Peanuts	850	35
Pecans	800	12
Pine nuts	800	16
pistachios	680	24
walnuts	800	20
<i>Seeds</i>		
Chia	960	48
Flax	745	32
Hemp	905	53
Poppy	735	26
Pumpkin	680	36
Sesame	820	26
Sunflower	760	32



NUT BUTTERS

Food	Calories per level Tbsp.	Protein grams
Almond	100	4
Brazil	95	2
Cashew	100	2
Flax	95	2
Hazelnut	90	2
Hemp seed	90	5
Macadamia	90	0
PB2 (2Tbsp)	45	5
Peanut	95	4
Pecan	125	2
Pistachio	85	3
Pumpkin seed	75	3
Sesame seed	90	3
Soynut	95	4
Sunflower seed	90	3
Walnut	100	3



Soy



- Soy is rich in vitamins, minerals, calcium, iron, fiber, phytochemicals and protein.
- Studies have found soy can help prevent and improve some of today's top health issues such as heart disease, high blood pressure, osteoporosis, certain cancers; and menopausal symptoms like hot flashes, night sweats, and insomnia.
- Soy foods are popular with vegetarians and vegans who often rely on them for their main source of protein; as soy contains all of the essential amino acids.
- Soy is very versatile and can be eaten as whole beans (edamame) or processed as tofu, tempeh, soy yogurt, miso, soy milk and other soy-based products.

Product	Amount	Calorie	Protein
Soy beans: shelled	1 cup	250	22
Soy nuts: dry roasted	1 cup	520	56
Soy cheese	1 oz.	70	7
Soy milk	1 cup	90	6
Soy powdered protein: unflavored	¼ cup	70	17
Soy yogurt	1 cup	140	6
Tempeh	1 oz.	60	6
Tofu: firm	1 oz.	30	3
soft	1 oz.	20	2
silken	1 oz.	15	1.5

Types of Tofu

- **Firm:** is dense and can be cubed and stir-fried, grilled, scrambled, pickled, smoked, baked, barbecued or served in soups. Firm tofu is higher in protein, fats and calcium than other types of tofu.
- **Soft:** is better suited for recipes in which tofu needs to be blended.
- **Silken:** has a creamy structure and is also used in blended dishes.

Lupini Beans

- Lupini beans are large, flat, round, yellowish seeds in the legume family, native to Italy.
- They are traditionally eaten as a pickled snack food, in the Mediterranean basin and Latin America.
- Lupini are commonly sold in jars; brined like pickles or olives.
- They have a thick outer skin that needs to be torn to get to the bean; though you can eat the skins too.
- Highly skilled lupini eaters learn to split the skin by rubbing the bean between forefinger and thumb; popping it directly into their mouth.
- They are a nutritious snack when you want something salty and “crunchy” to eat.

Lupini bean facts:

- One of the highest sources of plant proteins available after soybeans
- The bean skin consists mainly of cellulose (insoluble bran fiber)
- Rich in antioxidants and amino acids, especially arginine
- Have a low glycemic index; great for diabetics
- Easy to digest and high bioavailability
- High in vitamins, especially B complex, and minerals
- Low in fat, cholesterol, and is gluten free
- Probiotic food, promoting the growth and nurturing of “good” gut bacteria

Nutritional composition:

- 45% protein
- 34% carbohydrates
- 21% fat



Nutrition Facts	
Serving Size 1 cup	
Amount Per Serving	
Calories 197	Calories from Fat 40
Total Fat 4.8g	7%
Saturated Fat 0.6g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 6.6mg	0%
Potassium 406.7mg	12%
Total Carbohydrate 16.4g	5%
Dietary Fiber 4.6g	19%
Sugars 0g	
Protein 25.8g	52%
Vitamin A 0%	• Vitamin C 3%
Calcium 8%	• Iron 11%
Thiamin 15%	• Riboflavin 5%
Vitamin B6 1%	• Niacin 4%
Magnesium 22%	• Phosphorus 21%
Zinc 15%	• Copper 19%
Pantothenic Acid 3%	•

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie

Cooking Lupini Beans

These delicious beans are a healthy protein snack but they do require a bit of patience to prepare.

1. Pick over beans to remove any debris.
2. Put the beans in the pot of water and soak overnight for 24 hours. Be sure that the water covers the beans totally. After twelve hours, check on the beans to make certain they're completely immersed and add more water if required.
3. After the 24 hour period of soaking, drain the water and refill with fresh water covering the beans completely.
4. Bring the beans into a boil as well as simmer for 1 ½ hours. Add more water if needed.
5. Drain, rinse well, and cover with salted water (about one tablespoon per quart of water).
6. Allow them to cool and then refrigerate.
7. Repeat this process twice a day for 7 days or until the soaking brine is no longer bitter.
8. Store the beans in air-tight container within the fridge. They'll keep for about 6+weeks.



Where to Buy

Dried: Amazon, Nuts.com

Prepared: Amazon, Walmart.com, Luckyvitamin.com

FAQ - Frequently Asked Questions

How will I know when I am full?

- Your tiny stomach won't be able to hold much, so initially you may only be able to tolerate 2 - 3 teaspoons of food at one time.
- You may have trouble knowing when you are comfortably full. Take dime-sized bites or sips so if you eat too much it's a very small amount and less likely to cause distress.
- **Meals should take the full 20 minutes to complete** (but no longer than 30). Eating slowly allows you the time to determine your "last bite/sip threshold."
- Nausea may be your first indication of fullness. Don't let this alarm you.
- You may feel pressure in the center of your stomach or pain in the shoulder area or upper chest when you are full.
- It will take time for your body to adjust to the stomach's smaller size and return to a normal "full" feeling.
- Eat mindfully, with intention and attention (awareness).

What is the Honeymoon period?

- The time period you have no hunger. The length of time this occurs varies widely; between weeks, months to years.
- Often patients decide to skip meals because they are not hungry or have no appetite. They deprive themselves of their nutritional needs.
- You will need to plan your meals to fuel your body throughout the day to meet your nutrition goals and have a successful weight loss.

If I get upset and want to eat, what will I do?

- Managing stress is important to your overall health and well-being.
- Try different ways to handle your stress by talking with someone, exercising, reading or enjoying a hobby.
- Integrate healthy stress management daily habits, keeping your stress lower on a daily basis helps keep the stress under control.
- You may consider talking with a mental health professional if you feel you need additional assistance in dealing with stress or learning how to constructively meet your emotional needs.



You cannot drink
from an empty cup.

FILL YOURSELF UP. YOU'RE WORTH IT.

What about carbs?

There is no definitive recommendation for daily grams of carbohydrate (aka “carbs”) after bariatric surgery. It’s more important to focus on *the type* of carbohydrate rather than the quantity of grams.



Complex carbohydrates:

- Vegetables
- Fruits
- legumes

Complex carbs provide vital nutrients and are digested slowly; supplying a steady release of glucose in your blood stream.

When combined with protein, you will stay fuller, longer. Complex carbs from vegetables, fruits and legumes (i.e. i.e. black beans, lentils, and split pea) are chalked full of vitamins, minerals, fiber and small amounts of protein.

These foods are also naturally low in carbs, usually 5-15 grams per serving.

Processed and simple carbohydrates: avoid excessive carbohydrate intake of these foods.

- Bread
- Pasta
- Rice
- Crackers
- Tortilla
- Cereals



- Cookies
- Candy
- Cake
- Pastries
- Fruit juices
- Other sweets

These carbs potentially cause dumping syndrome or can cause a blockage.

If the carb is tolerated, then you can fall into old eating habits, slowing down weight loss and potential weight gain.

Every person has their “crack” food item in regards to carbs. The food that they turn to when stressed or need some comfort or a reward. The carb they crave. The carb they easily overindulge in and fight to resist.

When you are contemplating have a processed carbohydrate, the question you have to ask yourself is “Will eating this food (carb) help me or lead me down a slippery slope?”

For example, if you know you have a weakness for bread (aka it's your "crack"), **then don't eat it!**

Trying to convince yourself "just this once" is the type of thinking that got you to the bariatric program in the first place. Be honest with yourself. "Just once" easily turns into every few weeks, then every week, and eventually all the time.

On the other hand, if bread is not your carb of choice, having a slice of bread for a half sandwich now and then might be just fine for you (if you can tolerate it without dumping). *Only you can determine if the carb/food you want to eat will ultimately help you toward your weight/health goals or sabotage you.*

What will I eat when I go to a restaurant?

- Restaurant eating will be a very different experience for you after the surgery.
- Ask the server to prepare your food in a low-fat manner.
- Be prepared to bring much of your meal home in a "doggie bag".

Dining out tips:

- Bring your Bariatric restaurant card (given to you at your 2 month visit) with you so you can order off the smaller menu.
- Look online to preview the menu. Be assertive in asking for special orders.
- Focus on protein first and then vegetables.
- Try ordering 1 dinner and splitting it with someone else or 1 - 2 appetizers instead of a full meal.
- Ask that your food be broiled or baked with no added butter, oil, or fat.
- Ask that bread, rolls, or chips not be brought to the table.
- Concentrate on talking and listening to conversation.
- **No alcohol for the first year**, then only in very small amounts.
- The children's menu is not always the answer for smaller portions as they are often laden with fat calories so learning how to meet your dietary needs is essential.

How can I have fun at parties or weddings if I can't eat a lot?

- Focus on the social aspect of the event, making a point to engage in conversation.
- Position yourself away from the food table and catch up with friends or get on the dance floor.
- Scan the buffet in advance and make a plan as to what food you can eat.
- If the meal is served, call the facility ahead of time and ask what they will be serving and make a request that will meet your needs.
- Try eating 1 or 2 healthy appetizers and/or a smaller portion of the meal.
- Your dietitian can provide you with tips to make parties and events more enjoyable and healthy.

When can I drink alcohol after surgery?

- Alcohol is not recommended after bariatric surgery for a minimum of one year and then only in moderation.
- Alcohol provides calories with minimal nutrition; working against your weight loss goal.
- Alcohol absorbs more quickly after surgery and the alcohol will be more potent.
- For some patients, alcohol use can increase and lead to alcohol dependence.
- Alcohol can lead to developing an ulcer.
- For all of these reasons, it is recommended to avoid alcohol after bariatric surgery.



Do I really need to go to all my bariatric follow up appointments?

YES! Your anatomy has changed; therefore your medical and nutritional needs have changed. Long-term follow up with your bariatric team requires attention to several aspects of care.

- Make sure you are adjusting to your procedure.
- Assess your nutrition intake to safely maximize weight loss and prevent weight gain.
- Discuss weight loss progress.
- Evaluate potential complications resulting from improper behavior or from surgical complications.
- Monitor status of your comorbidities.
- Adjust medications, if needed.
- Check laboratory values.
- Answer any questions or concerns you may have.
- The follow-up visits may be the surgeon, a physician assistant, a nurse, or the dietitian.
- It is important that you follow this long term care so that any problems or concerns that develop over time can be addressed by your team.
- The team is here to educate, guide, support, and motivate you continuously, so you can achieve a healthy weight after surgery.