

Nutrition Guidelines for Gastric Bypass and Gastric Sleeve Surgery

Both the gastric bypass and gastric sleeve procedures are useful tools that will assist you in making the lifestyle changes necessary to lose weight and keep it off. Some changes include adjusting both food portions and the types of food you eat. Long term health benefits and weight loss maintenance depend on making good choices and maintaining healthy eating behaviors. Because you will be eating very small portions, you will not be able to get enough vitamins, minerals and other nutrients without careful planning and preparation. Working on these changes prior to surgery will help you be better prepared for life after surgery.

In order for you to understand the nutrition guidelines after surgery, there is some basic information that you need to understand prior to surgery. This booklet will cover several different areas:

- General Guidelines
- Changes to the Body After Surgery
- Behavior Modification
- Diet Guidelines
- Checklist for Preparedness Prior to Surgery
- Tips for Label Reading and Dining out

Remember to attend all of your scheduled appointments before and after surgery so that the guidelines and information in this booklet can be explained by a registered dietitian. This booklet is yours to keep and will help guide you through the necessary information that you will discuss with the dietitian. It is very important to follow the nutrition recommendations to recover faster, prevent side effects and reduce the chance of developing complications. Depending on your surgeon's preferences and your specific needs, nutrition guidelines may vary from one person to the next. Always remember to follow your bariatric team's recommended guidelines.

Procedure type:

- ☐ Gastric Bypass: A small, egg sized pouch is created from the upper portion of the stomach. This will only hold a few ounces at a time.
- ☐ Gastric Sleeve: Approximately 75-85% of your stomach is removed. A new tube shaped stomach will hold ~ ½ cup to 1 cup at a time.

General Guidelines

- Follow your bariatric team's recommendations
- Take your recommended vitamins and mineral supplements

○ Gastric Bypass- Multivitamins and additional Vitamin B12, Vitamin C, Iron and Calcium with Vitamin D are **REQUIRED** daily (Follow up with your surgeons recommended blood work, 1-2 x/year)

○ Gastric Sleeve- Multivitamins and additional Vitamin B12 are **REQUIRED** daily (Follow up with your surgeons recommended blood work, 1-2 x/year)

- Eat 3 well balanced, nutritious meals daily. DO NOT SKIP MEALS.
- Cut foods into pea sized pieces.
- Eat **very** slow. A meal should take at least 20 minutes, but no longer than 30 minutes.
- Chew, chew chew, ~ 20 times each bite. This prevents obstruction of the stoma.
- STOP eating as soon as you feel satisfied. AVOID eating until you feel full to avoid nausea and vomiting.
 - **Indications of overeating**- feeling of pressure or fullness just below your rib cage, feeling of nausea or pain in your shoulder or upper chest. If these symptoms persist or worsen, contact your surgeon.
- Eat adequate protein: Eat protein-rich foods first
 - Females: 50-60 gm of protein per day
 - Males: 60-70 gm of protein per day
- Choose foods low in fat and sugar.
- Avoid alcohol.
- Avoid sugar, sugar-containing foods and beverages, concentrated sweets and fruit juices.
- Avoid rice, bread, raw vegetables and fruits as well as meats that are not easily chewed. Ground meats are usually tolerated better.
- Stay hydrated: Sip on non-carbonated, no calorie or caffeinated beverages between meals.
 - Drink up to 6-8 cups (48-64 oz) per day. Sip 1 cup (8 oz) over 1 hour period of time.
 - Stop drinking 30 minutes before & after eating.
 - Sip allowed beverages slowly.
- NO STRAWS. This may introduce air into you pouch and cause discomfort.
- Use low calorie sweeteners in both beverages and foods. These include: Truvia®, Equal®, Splenda®, Sweet n' Low® or Sweet Leaf®.
- Remain active: participate in regular activity. Your Surgeon will let you know when to begin and what will be safe to do.

General Diet Guidelines:

Your diet will be advanced by your surgeon. Please refer to your surgeon for specific diet transitional recommendations.

After the surgery, your stomach will not be able to hold as much food or liquid as it had prior to surgery. Your stomach will need gradual introduction of food and fluids

Before Surgery Preparation	Recommended Length
Clear Liquid Diet	5-7 days

After Surgery diet Stage	Recommended Length
Phase I: Clear liquid	In the hospital and first 2 weeks after surgery
Phase II: Full Liquid/Pureed diet	Second 2 weeks after surgery
Phase III: Soft diet	Month 2-3 after surgery
Phase IV: Stabilization/Regular	Life long

Phase I: In the hospital and first 2 weeks after surgery

Phase II: Full Liquids/Pureed diet – Second 2 weeks after surgery

Phase III: Soft diet- Month 2-3 after surgery

Phase IV: Stabilization/Regular diet- Life long

Before Surgery Diet – Clear Liquid Diet

This diet may be started before the date of your surgery. This diet helps prepare your body for surgery.

Length of Stage: 5-7 days

Fruit Juice

- 100% fruit juice- apple, grape or cranberry (limit to 4 ounces a day)

Broth

- Beef, chicken, and vegetable

Other foods

- Decaffeinated coffee or tea (sugar substitutes may be added)
- Sugar free popsicles
- Sugar free Jello-O®
- sugar free frozen juice bars
- Crystal light®
- Sugar free Kool-aid®
- non-carbonated flavored waters
- Propel®, Powerade zero® or G2®

Tips:

- Clear liquids are fluids that you can see through when poured into a glass but are not always clear in color.
- Fluids must be sugar-free, non-carbonated, and decaffeinated
- Limit fruit juice to ½ cup (4 ounces) a day
- Room temperature liquids may be tolerated better in this phase
- Take 20-30 minutes to eat your meals

❓ Keep yourself well hydrated by sipping on water between meals and snacks.

***This page was removed from binder. It will be available per request by surgeon only.**

Before Surgery Bowel Preparation (Only if directed by your surgeon)

Prior to surgery, your surgeon may require you to follow a clear liquid diet (anything you can hold up to the light and see through clearly) and GI prep to help empty your intestines and colon.

Length of stage: _____

This diet is intended to be used a couple days prior to surgery. Because this diet is used before surgery, it would be ok to have some beverages without carbonation or caffeine that have a small amount of sugar.

If a clear liquid diet is desired by your surgeon, start ____ days before surgery. Follow the clear liquid diet for the remaining meals.

Recommended Clear Liquids:

- Water
- Clear fruit juice, 100%: cranberry, cranberry-grape, cranberry-apple
- Lemonade
- Clear flavored fruit drinks: any powdered drink mixes
- Clear canned or bottled fruit drinks
- Clear flavored gelatin
- Clear broth
- Non- carbonated soft drinks such as flavored water
- Decaffeinated tea, coffee
- Popsicles
- Sugar, honey, salt of sugar substitute
- Clear liquid high protein supplements; ensure clear, boost breeze, etc.

Phases I: Clear liquid

Recommended length of time: In hospital and first 2 weeks after surgery

Immediately after surgery:

- 1oz every hour for the first 4 hours
- Then, 1oz every 1/2 hour for next 4 hours
- Then sipping 2oz every 1/2 for next 8 hours

At home, advance to sipping 1 cup (8oz) over an hour as tolerated.

Daily fluid goal: > 64 oz (8 cups)/ day.

Examples of Foods:

Fruit Juice

- 100% fruit juice- apple, grape or cranberry (limit to 4 ounces a day)

Broth

- Beef, chicken, and vegetable

Other foods

- Decaffeinated coffee or tea (sugar substitutes may be added)
- Sugar free popsicles
- Sugar free Jello-O®
- sugar free frozen juice bars
- Crystal light®
- Sugar free Kool-aid®
- non-carbonated flavored waters
- Propel®, Powerade zero® or G2®

Tips:

- Clear liquids are fluids that you can see through when poured into a glass but are not always clear in color.
- Fluids must be sugar-free, non-carbonated, and decaffeinated
- Limit fruit juice to ½ cup (4 ounces) a day
- Room temperature liquids may be tolerated better in this phase
- Take 20-30 minutes to eat your meals

❓ **Keep yourself well hydrated by sipping on water between meals and snacks.**

Phase II: Full Liquids/Pureed Diet

Recommended length of time: Second 2 weeks after surgery

Pureed foods place little stress on your new stomach but are thicker and include a wider variety of foods. You can use baby food or puree your own foods using a blender or food processor. This phase includes full liquids.

At each meal you will have up to 2 oz protein portion and 2 oz. starch portion.

Key goals of this stage:

- Add more variety of foods.
- Start taking multivitamin, B12 and calcium supplements.
- Continue the meal pattern established with 3 meals, 3 high protein snacks and water in between.

Examples of foods:

Protein foods

- Low-fat cream soups (low-fat)
- Low-fat cottage cheese (mashed)
- Scrambled egg (mashed)
- Pureed lean meat, fish or poultry
- Low fat yogurt/greek yogurt
- Blended beans (fat-free pinto, black, refried beans)
- Tofu (mashed)

Fruits and vegetables

- Unsweetened Applesauce
- Mashed banana
- Pureed cooked fruit or vegetables

Starches

- Cream of wheat, Farina or Malt- o-meal
- Mashed potatoes (no skins)
- Sweet Potatoes (mashed, no skins)
- Winter squash (mashed, no skins)

Liquids (no carbonated beverages)

- Water
- Broth
- 100% fruit juice, no sugar added (limit to ½ cup per day)
- Decaffeinated coffee or tea
- Sugar free Carnation Breakfast Essentials
- Protein supplements
- Skim, 1%, or soy milk
- Sugar free/fat free puddings
- Tomato or vegetable juice

Sample Menu: Phase II Full Liquids/Pureed Diet

Tips

- To puree foods, cut into small pieces and add a small amount of liquid. (milk and broth will add nutrients that water does not contain) Blend until smooth. Warm meats will blend better than cold meats.
- Measure your blended foods into 1 or 2 ounce portions and freeze to use at a later time.
- Start to use your high protein supplement between meals
- Continue to sip on fluids to get 48-64 ounces a day. **Do not drink** a half hour before or a half hour after you eat a meal.
- Take 20-30 minutes to eat a meal

Full Liquids /Pureed Diet Sample Menu			
Time	Food items	Examples	Protein (gm)
7-7:30 am	2 Tbsp Protein food	Eggs or egg substitute	5
	2 Tbsp starch food	Cream of wheat	6-11
8-9:30 am	1 cup water		0
10-10:30 am	1 cup high protein shake		13+
11-12pm	1 cup water		0
12:30-1 pm	2 Tbsp Protein food	Mashed cottage cheese	4
	2 Tbsp fruit	Pureed pears	0
1:30-2 pm	1 cup water		0
2:30-3 pm	1 cup high protein shake		13+
3:30-5 pm	1 cup water		0
5:30-6 pm	2 Tbsp Protein food	Pureed chicken	4
	2 Tbsp Vegetable	Pureed carrots	0
6:30-8 pm	1 cup water		0
8:30-9pm	1 cup high protein shake		13+
	Total Protein		58

Double milk recipe: 1/3 cup non-fat dry milk with 1 cup skim milk

Measurements: 1 oz = 1 tablespoons = 1/8 cup

Phase III: Soft Diet

Recommend length of time: Month 2 - 3 after surgery

Foods at this stage are solid but soft and easy to chew. These foods should be poached, steamed, baked or broiled. They must be chewed to a pureed consistency and meals continue to take 20-30 minutes to finish.

At each meal you will have up to 5-6 oz.

Key Goals of this stage:

- Increase protein intake to 60-70 grams a day
- Take vitamin and minerals daily
- Drink 48-64 ounces of water daily
- Add a variety of low fat, low calorie starches, fruits and vegetables to your diet as tolerated.

Examples of Foods to Include:

Protein Foods

- Canned tuna or chicken (canned in water)
- Cooked fish
- Low fat deli meats
- Lean ground meats
- Hard boiled, scrambled or poached eggs
- Low fat cheese (5 grams or less per serving)
- Cooked beans
- Low fat cottage cheese
- Cream soups made with double milk
- tofu

Fruits and Vegetables

- Canned fruit, water or juice packed only
- Soft cooked vegetables eg. Carrots, green beans, broccoli
- Yellow or zucchini squash

Grains/starches

- Cooked or dry cereal softened in milk
- Toast
- Saltine crackers
- White rice
- Potatoes/sweet potatoes
- White rice
- Boiled pasta

Sample Menu: Phase III Soft Diet

Continue to use same liquids as before but stop drinking any fluids ½ hour before and after eating meals and high protein snacks.

Soft Diet Sample Menu			
Time	Food items	Examples	Protein (gm)
7-7:30 am	2 Tbsp Protein food	1 scrambled egg	7
	2 Tbsp starch food	Cream of wheat	6-11
	2 Tbsp fruit	Canned peaches	0
	<i>Chewable multivitamin with iron and vitamin B12</i>		
8-9:30 am	1 cup water		0
10-10:30 am	1 cup high protein shake		13+
11-12pm	1 cup water		0
12:30-1 pm	1 ounce Protein food	Deli turkey	7
	2 Tbsp Starch	Mashed potatoes	1
	2 Tbsp fruit	Pureed pears	0
	<i>500-600 mg Calcium with Vitamin D</i>		
1:30-2 pm	1 cup water		0
2:30-3 pm	1 cup high protein shake		13+
3:30-5 pm	1 cup water		0
5:30-6 pm	1 ounce Protein food	¼ cup canned Tuna	7
	2 Tbsp Starch	2 saltine crackers	0
	2 Tbsp Vegetable	Pureed carrots	0
	<i>500-600 mg Calcium with Vitamin D</i>		
6:30-8 pm	1 cup water		0
8:30-9pm	1 cup high protein shake		13+
	Total Protein		67-72

Double milk recipe: 1/3 cup non-fat dry milk with 1 cup skim milk

Measurements: 1 oz = 1 tablespoons = 1/8 cup

Phase IV: Stabilization- Regular Diet

Recommended length of time: Life Long

During this phase you will be able to eat regular textures and consistencies. REMEMBER, this is not the time to go back to your old eating habits and patterns. This is where you put all your hard work to good use. Portions will be very limited at meals and it is extremely important that you make the right choices. Continue eating balanced, nutritious meals, choosing appropriate portions of meat, poultry, pork, dairy products, vegetable, fruits and starch. These are the foods that contain the energy, protein, vitamins and minerals that your body needs.

Now, since you will not be able to eat large enough amounts to meet your daily needs it is VERY important to remember to take your vitamin and mineral supplements.

At each meal you will have up to 5-6 oz.

Goals for life long success:

- Eat 3 well-balanced, nutritious meals daily.
- Continue taking your vitamin and mineral supplements.
- Stay hydrated drink 6-8 cups (48-64 oz) daily, remember the 3 C's when making healthy beverage choices.
- Include protein at every meal. Remember you will need ~60 gm per day. Even after you transition to solids you will still need to drink some of your protein to get 60 gm per day. Eat protein foods first at meals. Commercial protein powders or non-fat dry milk can be added to milk to boost your protein intake.
- Separate fluids and foods by at least 30 minutes. Eating and drinking at the same time can stretch pouch size.
- At meals, stop eating when you feel full and do not take longer than 20 minutes for your meals.
 - You may not be able to eat 3 meals right away, so you may need to have 5-6 smaller meals/day to meet your nutrient needs

☒ Talk with your dietitian if you have concerns.

Sample Menu: Phase IV Stabilization – Regular Diet

When you are able to progress to regular textures and consistencies, it is extremely important not to return to your old eating patterns. **AVOID** grazing, meaning do not eat small amounts all day and evening long instead of your planned meals/snacks. Grazing will only take away any progress you have made along the way.

Making healthy food choices is **extremely** important for;

- ☐ Achieving optimal weight loss
- ☐ Weight maintenance
- ☐ Improving your health and well-being

REMEMBER not to compare your progress with others who have had the bariatric surgery. There are many factors that may affect the rate of weight loss.

Stabilization -Regular Diet Sample Menu		
Time	Food items	Protein (gm)
7-7:30 am	1 hard-boiled egg ½ banana <i>Chewable multivitamin with iron and vitamin B12</i>	7
8-8:30 am	1 cup water	0
10-10:30 am	1 cup skim milk with no added sugar instant breakfast	13
11-11:30 am	1 cup water	0
12-12:30 pm	1 oz meat- lean 1 oz sting cheese <i>500-600 mg Calcium with Vitamin D</i>	14 7
1-1:30 pm	1 cup water	0
3-3:30 pm	6 oz low fat, light Greek yogurt	14
4-4:30 pm	1 cup water	0
5:30-6 pm	2 oz baked fish or another lean meat 3 Tbsp mashed potatoes <i>500-600 mg Calcium with Vitamin D</i>	14
7-7:30 pm	1 cup skim milk	8
	Total Protein	77

Dry milk powder can be added to foods to increase protein. Double milk can be used to make pudding, cream soups, hot cereal and mashed potatoes.

Double milk recipe: 1/3 cup non-fat dry milk with 1 cup skim milk

No sugar Instant breakfast mix can be added to double milk to provide 21gm of protein. To add flavors use extracts, sugar-free pudding or gelatin.

Measurements: 1 oz = 1 tablespoons = 1/8 cup

How much will I eat?

- ☐ **Around day 15**
 - ☐ 2 tablespoons per meal
- ☐ **Month 2**
 - ☐ ¼ cup per meal
- ☐ **Month 6**
 - ☐ ½ cup per meal
- ☐ **Month 12 and the rest of your life**
 - ☐ ¾ - 1 cup per meal

How much fluid should I have daily?

- ☐ 8 cups (64 oz)

Behavior Modification

Significant weight loss with bariatric surgery requires permanent changes in the diet, activity and overall lifestyle. Remember to stay focused on success and use behavior modification techniques to keep you on track.

- Be aware of emotions that may trigger eating- anxiety, sadness, anger, boredom, etc. Have a plan and use behavior modification techniques to keep you on track.
- Have good support. Share your dietary restrictions with family and friends and ask for their help and support.
- Avoid eating in restaurants for the first 3 months and stay away from buffets.
- Avoid lettuce salads. The portions are big and it offers little protein.
- Shop for groceries after a meal. Don't shop for groceries when you're hungry.
- Avoid high calorie candy, cake, cookies, ice cream and foods containing high fructose corn syrup, sugar and foods containing sugar alcohols.
- Use spices when cooking and leave out the fat.
- Avoid sampling foods while you cook or prepare a meal.
- Leave food on the stove or put it away instead of leaving it on the table.
- Do not eat directly out of serving bowls.
- Avoid eating at social events or gatherings with food. Focus on the experience of socializing and relaxing with family and friends.
- Put the fork down in-between bites.
- Chew ~ 20 times before swallowing each bite. This will prevent obstruction of the stoma.
- Listen to slow and relaxing music during meal times.
- Brush your teeth after each meal.

Liquids

- Drink at least 6-8 cups (48-64 oz) of liquids daily to prevent dehydration
- NO STRAWS. This may result in swallowing too much air and stretching the pouch and/or cause bloating/gas pain.
- Sip slowly between meals.
 - It should take 30 minutes to 1 hour to consume 1 cup (8oz) of fluid.
 - Stop drinking 30 minutes before eating and wait 30 minutes after eating to resume drinking fluids (Drinking too quickly can cause the food to be pushed through the pouch too quickly and make you feel hungry sooner)
- Avoid Alcohol
- Avoid high calorie liquids/beverages like regular soda, juice and milkshakes
- REMEMBER the 3 C's
 - No calories
 - No carbonation (may cause gas and add to cravings)
 - No caffeine (may interfere with iron absorption and fluid balance)

Protein

Your body does not store protein, so it is very important to eat an adequate amount every day. Protein is the nutrient responsible for maintenance of all tissues in the body. These tissues include; bone, muscle, organs and even hair and skin.

Your best sources of protein are: meat, poultry, fish, milk and dairy products and eggs. Remember to choose dairy products, low in fat and lean cuts of meat, white meat poultry, fish, eggs or egg substitutes.

Daily protein requirements:

Female: 50-60 gm per day

Male: 60-70 gm per day

Benefits of protein:

- ☐ Proper healing
- ☐ Help fight infection
- ☐ Maintains muscle mass during rapid weight loss

Signs of protein deficiency are:

- ☐ Hair loss
- ☐ Lack of energy
- ☐ Loss of lean muscle mass
- ☐ Slow healing
- ☐ Brittle nails

There are several protein rich foods that may help you maintain adequate protein.

- ☐ As your surgeon allows, begin drinking skim milk throughout the day, at the designated times within our daily schedule. If this makes you bloated or you feel nauseated you may want to switch to a lactose free product, such as Lactaid® milk.

During your pureed (III) and soft food (IV) phases:

- ☐ Use low-fat cottage cheese and light yogurt at meals
- ☐ Begin pureeing low-fat and lean cuts of meats, poultry or fish. You may use baby foods with pureed meats
- ☐ Eat scrambled eggs or egg substitute

As your diet advances:

- ☐ Eat high protein foods first
- ☐ Drink skim milk or your designated protein supplemental beverage throughout the day

If you have trouble tolerating milk or other protein sources, you may want to use a protein powder to increase your protein intake.

- These can be found in supermarkets, nutrition stores or can be found in pharmacies and even online.
- These can be used in beverages or foods.
- Call your dietitian for more ideas or suggestions.

Common Measurements

3 tsp	1 Tbsp
2 Tbsp	1 fluid ounce
2 Tbsp	1/8 cup
4 Tbsp	¼ cup
5Tbsp + 1 tsp	1/3 cup
8 Tbsp	½ cup
12 Tbsp	¾ cup
16 Tbsp	1 cup

Dry milk powder can be added to foods to increase protein. Double milk can be used to make pudding, cream soups, hot cereal and mashed potatoes.

Double milk recipe: 1/3 cup non-fat dry milk with 1 cup skim milk provides 16 gm of protein.

No sugar Instant breakfast mix can be added to double milk to provide 21gm of protein. To add flavors use extracts, sugar-free pudding or gelatin.

Protein Supplements

After surgery it may be difficult to eat enough protein. Finding the right Protein supplement can be hard. Here are some guidelines to help guide you to finding the right one.

Things to remember when buying protein supplements:

- ✓ Always check your serving size
- ✓ 15g of protein or more per serving
- ✓ Less than 15g of carbohydrate per serving
- ✓ 5g or less fat per serving (can be slightly higher if contains nut butter)
- ✓ Approximately 150-200 calories per serving
- ✓ Sugar: 5gm or less per serving
- ✓

Protein Sources and quality

- Best protein sources (look at the food label ingredients)- protein casein, soy, egg whites and whey
- You may also look for protein sources that are available in concentrates or isolates. These tend to have higher concentration of protein and very little lactose. If you are lactose intolerant these may be better tolerated.

Manufacturer	Product	Portion	Calories	Protein (grams)
Protein Powders				
Nestle ®	Light Start Carnation Instant Breakfast pkt with 1 cup of Skim Milk	1 cup + 1 pkt	150	13
Nestle	Beneprotein Protein powder	1 ½ Tbsp	25	6
Bell Plantation	PB2 Powdered Peanut Butter	2 Tbsp	45	5
Performance Nutrition ®	Pure Whey Protein Isolate Powder	1 scoop	110	26
Vitamin World ®	Premium Soy Protein Isolate Powder	1 scoop	100	20
GNC	Pro Performance 100% Whey Protein	1 scoop	120	20
Met- Rx ®	Protein Plus	1 scoop	100	22
Max Muscle ®	Muscle Lean Protein	1 scoop	172	28
Nature's best ®	Isopure Zero Carb	1 scoop	105	25
Unjury®	Strawberry Sorbet	1 scoop	100	21
Unjury®	Unflavored	1 scoop	100	21
Syntrax Nectar Protein	Syntrax Nectar Protein	1 scoop	100	23
Pre-made Protein Shakes				
Nestle ®	Boost Calorie Smart	8 oz	100	10
Cyto Sport ®	Muscle Milk ® Light	8 oz	100	20
Worldwide Sport Pure Protein ®	Pure Protein® Shakes	11 oz	160	30
Cyto Sport ®	Muscle Milk Pro Series	11 oz	170	32
Protein Bar NOTE: Bars may ONLY be used during Phase IV- Stabilization				
Worldwide Sport Pure Protein ®	Pure Protein High Protein Bar	1 pouch	150-160	10
Detour ®- lower sugar	Deluxe Whey Protein Energy Bar	1 bar	170	15

South Beach Living [®]	Crispy meal bars	1 bar	180	12
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Protein Foods-Adding Up Protein Grams

The following chart will help you identify 1 serving of protein foods. Use the chart below as a guide to determine your protein you are consuming throughout the day. Depending on what phase of the diet you are following your grams of protein may vary.

Common Measurements

3 tsp = 1 Tbsp	2 Tbsp = 1/8 cup	4 Tbsp = ¼ cup
½ oz = 2 Tbsp	1 oz = ¼ cup	2 oz = ½ cup

Food	Serving Size	Calories	Protein (grams)
Dried beans (fat free black beans, chickpeas, black eyed peas, lentils)	½ cup, cooked	110	7
Non-fat or low-fat cottage cheese	¼ cup	35-55	7
Low-fat cottage cheese	2 Tbsp	20	4
Low-fat shredded cheese (ex: mozzarella, part skim)	2 Tbsp	45	4
Other Cheese (> 5 gm fat per 1 oz)	1 oz	55-75	7
Skim milk	1 cup (8 oz)	90	8
Lactaid milk	1 cup (8 oz)	90	8
Soy milk, no added sugar	1 cup	90	6
Evaporated non-fat milk	½ cup	100	8
Non-fat dry milk powder	¼ cup	80	8
	2 tbsp	40	4
No sugar added carnation instant breakfast	1 packet	60	5
Pudding, sugar-free/fat-free	½ cup	80	4
Pudding, sugar-free/fat-free made with double milk	½ cup	125	8
Plain sugar-free, non-fat yogurt	¾ cup	60	8
Low-fat, low-calorie yogurt	¾ cup	90	8
Low-fat, light greek yogurt	6 oz	80-130	10-20
Egg	1	75	7
Egg substitute, plain	¼ cup	30	6
Fish, canned, fresh or frozen	1 oz	35-55	7
Beef and lamb (lean cuts)	1 oz	55-75	7
Pork	1 oz	55-100	7
Processed meats (low-fat or very lean)	1 oz	35-55	7
Peanut butter, creamy	1 tbsp	100	4
Chicken or turkey	1 oz	35	7
Soy cheese	2/3 oz	40	4
Soy nuts	1 oz	120	12
Soy milk (low-fat, fat-free)	1 cup	80	7
Tofu	4 oz	75	7
Soy burger	2.5 oz	110	14

Greek yogurt			6 oz	80-140	10-20
Regular Lite/light yogurt			6 oz	90-130	5-6
High protein- Low calorie liquids	Amount	Protein (gm)	Calories		
*Slim-Fast® Advanced Nutrition High protein (vanilla and caramel latte)	11 oz	20	180		
Optisource®	4 oz	16	160		

Protein Foods-Adding Up Protein Grams

Protein powders	Amount	Protein (gm)
Beneprotein®	1 scoop (1-1/2 Tbsp)	6
Promod®	1 scoop (1-1/2 Tbsp)	5

Double milk recipe: 1/3 cup non-fat dry milk with 1 cup skim milk

Vitamin and Mineral Supplements for Gastric Bypass

You will **NOT** be able to meet certain vitamin and mineral needs without supplementation after your surgery. This is because of the small amounts of foods that you will be consuming and because your body may have difficulty absorbing them.

Crushable, chewable or liquid forms are recommended for the first 4-6 weeks after surgery to maximize absorption and increase tolerance. If pills continue to be too large, cut in half, use a petite size, or continue crushing it or taking a chewable.

Deficiencies may not show up right after surgery. You will need to follow up with your primary bariatric provider for lab work as needed. If you take your supplements and have your blood levels checked as needed, you can expect to stay ahead of potential deficiencies.

REQUIRED daily:

Supplement	Dosage	Types	Administration	Interactions
Multivitamin (MVI)-Chewable	1 adult tab or 2 children's chewable tabs	<ul style="list-style-type: none"> Adult 1 a day Centrum Children's MVI 	<ul style="list-style-type: none"> Take with a meal 	None
Vitamin B12	500 mg or 1000mcg injection	<ul style="list-style-type: none"> Tablet or Injection 	<ul style="list-style-type: none"> Oral, Sublingual daily injection monthly 	None
Iron	150-325 mg daily	<ul style="list-style-type: none"> Feosol[®] 325 mg or 10 mL Elixir Fergan[®] 240 mg Niferex[®] 150 mg 	<ul style="list-style-type: none"> Take with Vitamin C for better absorption. 	Take 2 hours apart from you calcium as this will decreased the absorption.
Vitamin C	500 mg daily	<ul style="list-style-type: none"> Any type 	<ul style="list-style-type: none"> Take with Iron for better absorption 	Antacids (Tums [®] , Rolaids [®] , Mylanta [®] , etc.) may decrease absorption.
Calcium with Vitamin D	500 mg, 2-3 x daily	<ul style="list-style-type: none"> Calcium Citrate Calcium Carbonate (chewable or crushable) 	<ul style="list-style-type: none"> Take 2-3 x daily, divided doses 	Caffeinated products, spinach and whole wheat products may decrease absorption. Do not take at the same time as iron. Iron

				decreases absorption.
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- o Follow up with your surgeons recommended blood work (1-2 times per year)

Suggested Supplement Schedule for Gastric Bypass

Breakfast	Multivitamin (MVI) and Mineral with iron, Vitamin C and Vitamin B12
Lunch	Calcium (600 mg) with Vitamin D
Dinner	Calcium (600 mg) with Vitamin D

Vitamin and Mineral Supplements for Gastric Sleeve

REQUIRED daily:

Supplement	Dosage	Types	Administration	Interactions
Multivitamin (MVI)-Chewable	1 adult tab or 2 children's chewable tabs	<input type="checkbox"/> Adult 1 a day <input type="checkbox"/> Centrum <input type="checkbox"/> Children's MVI	<ul style="list-style-type: none"> Take with a meal 	None
Vitamin B12	500 mg or 1000mcg injection	<input type="checkbox"/> Tablet or <input type="checkbox"/> Injection	<ul style="list-style-type: none"> Oral, Sublingual daily injection monthly 	None

Suggested Supplement Schedule for Gastric Sleeve

Breakfast	Multivitamin (MVI) and Vitamin B12
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- o Follow up with your surgeons recommended blood work (1-2 times per year)

Alcohol

Alcohol beverages **should not** be consumed **at all** the first year after surgery. After your surgery alcohol may pass directly from your stomach pouch to your intestines, where it is rapidly absorbed. This can be dangerous, especially when following the postoperative diet of no eating while drinking. This means that you may feel the effects of alcohol more quickly than you may have before surgery. Serious ramifications with regard to driving, performing skilled tasks, operating machinery or any other task could potentially jeopardize the safety of you or others. Alcohol may also affect absorption of vitamins and minerals. And remember many alcohol beverages are carbonated and contain high amounts of sugar and calories that are not recommended.

Sugar Alcohols

Sugar alcohols are used as sugar substitutes in foods and commonly found in sugar-free gum, candy diabetic foods and some high- protein, low carbohydrate food bars. After bariatric surgery, patients may not tolerate sugar alcohols. If consumed in large amounts it can cause large amounts of gas, bloating and diarrhea. You can locate these ingredients on the food label;

Ex: Sorbitol, Xylitol, Mannitol.

Definitions:

No sugar added (without added sugar and unsweetened): A food and beverage has no sugar or sugar containing ingredients added to it during the processing of the food. Some foods have natural sugar, like an orange or milk. Both are natural sugars, fructose and lactose. Both of these foods have no sugar added.

Sugar-free: A food or beverage has less than 0.5 grams of sugar in a labeled serving. The item has no ingredient that is sugar or generally understood to contain sugar. For example, carrots are a sugar-free food.

Possible Problems After Surgery

Nausea and Vomiting:

If you experience nausea or vomiting, stop eating. Pay very close attention to signs of fullness and ask yourself the following questions:

- ☐ Did I eat too fast?
- ☐ Did I eat more food than recommended?
- ☐ Did I chew my food well enough?
- ☐ Did I drink fluid with my meal?
- ☐ Did I drink too soon after my meal?
- ☐ Did I lie down after eating my meal?
- ☐ Did I move through the diet progression too quickly?

If you continue to experience problems, contact your bariatric provider.

Constipation:

Constipation may occur in patients following bariatric surgery. It may be due to:

- ☐ Lack of fluid or fiber intake
- ☐ Pain medications
- ☐ Nutritional supplements, including calcium and iron
- ☐ Lack of physical activity

To Prevent constipation:

- ☐ Increase activity
- ☐ Follow a regular eating schedule
- ☐ Stay hydrated, drinking a minimum of 48 oz or 6 cups of fluids daily.
 - o REMEMBER your goal is 64 oz or 8 cups daily

If this continues to be a problem, contact your primary bariatric provider for recommendations.

Benefits of Activity

Your nutritious diet always needs to be combined with activity, which is essential for weight loss. Regular activity promotes long term management of your health and quality of life.

Benefits:

- ❖ Boost energy
- ❖ Aids in sleep
- ❖ Helps prevent bone loss
- ❖ Aids in stress management
- ❖ Helps promote regular bowel movements
- ❖ Health with depression/anxiety
- ❖ Reduces risk of heart disease
- ❖ Helps lungs and heart work more efficiently
- ❖ Helps control appetite
- ❖ Decreases fatigue and shortness of breath
- ❖ Reduces/maintains blood pressure
- ❖ Increases good cholesterol (HDL)
- ❖ Decreases the bad cholesterol (LDL)

Tips for Dining Out

It is not recommended to eat out until 2-3 months after surgery. When it is time and you choose to eat out, here are some recommendations.

- ❑ Do not order a beverage or have complimentary water removed from the table.
- ❑ Instead of an entrée, order an appetizer (save ½ of your item as leftovers or share this with someone)
- ❑ Request a kids size meal or senior portion- make healthy choices (save ½ of your item as leftovers or share this with someone)
- ❑ Ask for a take-out container at the beginning of your meal and plan to separate your meal when it arrives at the table.
- ❑ At fast food restaurants, order grilled meats and eat half the serving.
- ❑ Avoid ALL fried foods
- ❑ ABOVE ALL, plan ahead before eating out. Check for online menus and food descriptions to provide you the most information to make an informed decision.