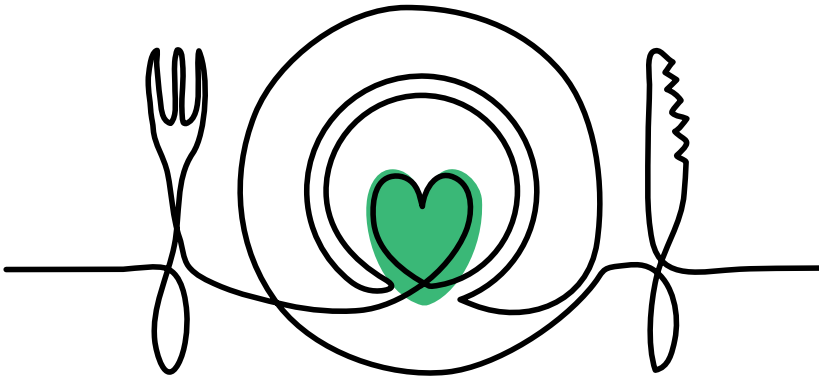
Bariatric Surgery Nutrition Guide



Sleeve Gastrectomy
Duodenal Switch (DS)
Roux-en-Y Gastric Bypass (RYGB)
Single Anastomosis Duodeno-Ileal Bypass With Sleeve (SADI-S)

CENTER FOR WEIGHT MANAGEMENT
HORIZON HEALTH

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INTRODUCTION

Welcome! We are excited that you have chosen to pursue bariatric surgery with the Horizon Health Center for Weight Management. Our goal is to help you learn a new way forward in becoming a healthier and improved you!

This guide contains nutrition recommendations specific to bariatric surgery and what you need to know to have a successful journey. It covers the period before surgery, the initial period after surgery, and expanded food choices after your surgery. **It is imperative that you follow the eating and drinking instructions from this guide and your dietitian right from the start so that you have a successful surgery and will lose weight correctly while becoming healthier.**

In addition, this guide provides sample menu ideas, recipes, and tips for managing food when you are not at home. Weight loss surgery is a tool to help you achieve sustained weight loss. The way you eat and the foods you choose will be crucial in achieving and maintaining lifelong health after your procedure.

Your commitment to health and wellness, as well as the education available to you through our bariatric team, will help you obtain your weight loss goals. We are committed to helping you succeed in your weight loss journey, and we wish you the best of luck!

MODIFYING YOUR LIFESTYLE

In conjunction with weight loss surgery, it is now more important than ever to start learning intelligent eating habits before and after surgery. We know this is a huge change, but it will help you to be successful in your journey. **These changes include the following:**

- Evenly space meals throughout the day.
- Avoid skipping meals and/or grazing on unplanned foods.
- Eat balanced meals, choosing foods from all food groups each day, including vegetables and fruits, whole grains, low-fat dairy, and lean protein.
- Eat slowly, allowing 15 to 30 minutes to eat a meal.
- Stop eating at the first sign of fullness. Focus on recognizing this feeling.
- Practice not drinking fluids with meals. Practice the 30-Minute Rule: Do not drink 30 minutes before or after a meal.
- Reduce concentrated sweets, such as cakes, candy, pies, pastries, ice cream, juice, and chocolate milk.
- Use low-fat cooking methods, such as baking, grilling, roasting, steaming, air frying, or using a slow cooker such as a Crock-Pot.
- Stay hydrated during the day; **water** is your best choice. Other recommendations:
  - ›› No carbonation as the extra gas can be very uncomfortable after surgery.
  - ›› Reduce/stop caffeine intake as it can dehydrate you after surgery and be a gastric irritant.
  - ›› No sugar-sweetened beverages. Make sure all fluids are calorie-free or low-calorie.
  - ›› No straws as they can add extra air to your stomach.
  - ›› No chewing gum as it can add extra air to your stomach, and if swallowed, could lead to a blockage.
- Plan ahead. Even with the busiest of schedules, you can still meet your nutrition goals. However, it is all about how you plan ahead. Examples may include:
  - ›› Making your lunch the night before.
  - ›› Problem-solve challenging food situations in advance (party, late meeting, doctor's appointment, on lunch break, etc.).
- Honor your feelings. Find ways to comfort, nurture, and resolve your issues without using food.
- Increase physical activity and reduce sedentary time.

NUTRITION JOURNEY

It is very important to learn healthy eating and exercise habits to achieve and maintain a successful outcome for many years to come. Our goal is to get you to surgery as efficiently as possible, but this often requires a change in your current diet. Depending upon your insurance plan and its requirements, you will meet with the dietitian between 3–12 times prior to surgery. After surgery, you will continue to follow up with the dietitian in these time increments: two weeks post-op, two months post-op, three months post-op, six months post-op, nine months post-op, 12 months post-op, and annually thereafter. Your initial nutrition visit will last 45 to 60 minutes, and your follow-up nutrition visits will typically last approximately 30 minutes. If you are more than 15 minutes late for a nutrition visit, you will be marked as a no-show unless you have notified the nutrition department prior to arrival.

If you cannot come to a scheduled appointment and need to reschedule, or if you are going to be late, please call 217-466-4939. It is important you come to each of your nutrition visits prepared with your food journal and a list of nutrition questions. **All non-nutrition related questions should be directed to the bariatric coordinator at 217-466-4868 or bariatrics@myhorizonhealth.org.** Our teaching methodology follows the Academy of Nutrition and Dietetics recommendations for bariatric surgery.

Nutrition goals that must be met prior to surgery:

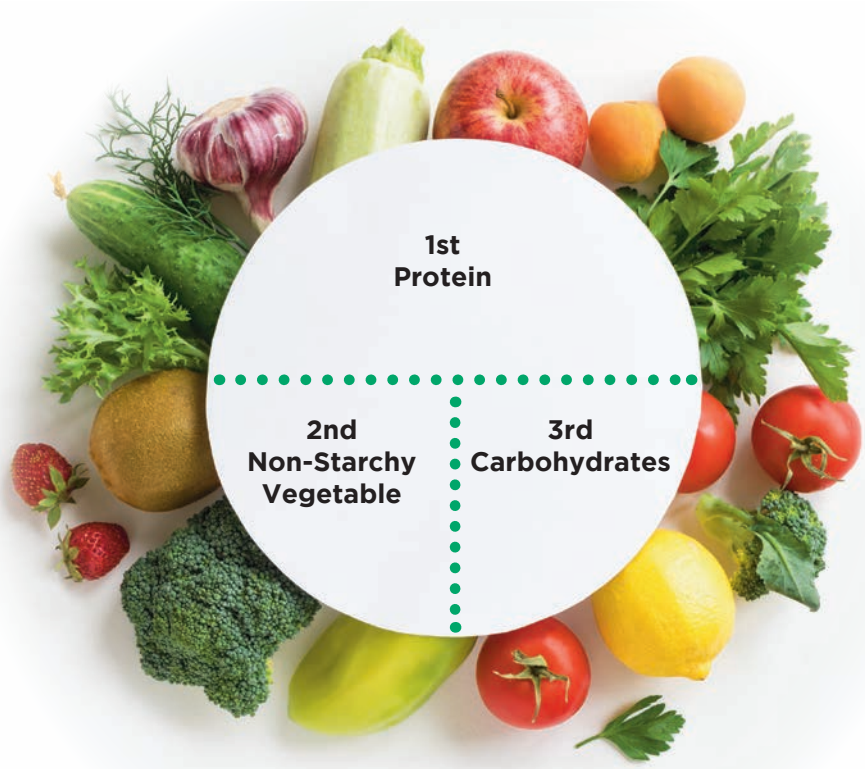
- **No weight gain.**
- **Structured eating:** Eating four to six small meals per day at regular times.
- **Well-balanced meals:** Meals should contain at least three different food groups. At a minimum, this includes protein-rich food, fruit and/or vegetable, and starch/whole grain.
- **Protein:** At least 60–80 grams of protein should be consumed each day.
- **Fruits and vegetables:** At least 2 cups of fruit and 3 cups of vegetables should be consumed per day.
- **Portion size:** It is important that you are monitoring your food portions for the different food groups. Keep in mind, post-surgery your portions will be 1/4 to 1/2 cup of food per meal.
- **Fluids:** 64 ounces (8 cups) per day; no carbonation, reduced caffeine, no straws, no sugar-sweetened drinks. After surgery, alcohol will need to be avoided. If you are older than 21 years AND it's been a year since surgery, speak with your physician to see if consumption of alcohol is a safe choice for you.
- **Food records:** You should be monitoring your food and beverage choices with daily food records. Please download the Baritastic app and begin logging your intake or begin a written food journal. Please bring your food record to each of your dietitian visits.
- **Exercise:** You should be engaging in planned exercise for at least 30 minutes three days per week.

After surgery, protein foods should be carefully eaten with each meal. Protein is necessary for wound healing, preservation of lean body mass, hormone and enzyme regulation, and satiety (feeling full). Everyone's protein needs are a little different, but in general the goal is to get at least 60–80 grams per day. If you would like to know your exact protein needs, please ask your dietitian. Please keep track of your protein intake and bring it to your dietitian appointments! The list below provides some common protein food sources. Use this to help track your daily protein goal and assist with meal planning.

8 oz fat-free or 1% milk	8 grams
1/2 cup low-fat yogurt	7 grams
6 oz Greek-style yogurt	13–15 grams
1/2 cup part-skim ricotta cheese	10 grams
1/2 cup low-fat cottage cheese	12 grams
1 oz provolone cheese	7 grams
1/2 cup beans (such as garbanzo, black, kidney, pinto, navy)	6–10 grams
3 oz tofu	9 grams
Egg, medium	6 grams
3 oz water-packed tuna	21 grams
1/2 cup chicken salad	18 grams
3 oz roasted chicken breast	22 grams
2 oz sliced deli turkey	13 grams
3.5 oz fish	21 grams
1 oz 90% lean ground beef	8 grams

Plate Portions

After surgery and once you are on a general diet, it will be important to re-size your mind in relation to choosing a plate for your food. The recommended plate size after surgery is 5 inches (size of a small saucer). There are bariatric plates, bowls, and utensils that you can purchase online as an option to help with balanced eating.



PATHWAYS TO LIFELONG SUCCESS

- Eat 4–6 well-balanced meals daily consisting of lean proteins, fruits, vegetables, whole grains, and low-fat dairy.
- Chew food well. Eat slowly, 15 to 30 minutes per meal. Put your fork down between bites.
- Eat 60–80 grams of protein daily.
- Take all vitamin and mineral supplements as directed.
- Stop drinking fluids 30 minutes before each meal, and wait to begin drinking fluids until 30 minutes after finishing a meal.
- DO NOT use a straw to drink liquids. This can overfill your stomach pouch with liquid or air.
- Long-term, after one year post-op, meal volume should never exceed 1 and 1/2 cups.
- Add new foods slowly and cautiously.
- Savor each bite of food and stop eating when full. Stop eating immediately if you develop a pain in your left shoulder or chest. This indicates that you have overeaten.
- Snacks should be low in calories and high in nutrients. Ask yourself, "What is in this food that is making me healthy?"
- Picking or grazing all day long will never result in a feeling of satisfaction and stomach pouch fullness. Your stomach pouch is designed to fill up and slowly empty. Picking or grazing will add extra calories, defeating the restrictive component of surgery and resulting in weight regain.
- Avoid fluids high in calories and sugar.
- Be physically active. Start with 10 minutes of exercise per day and increase to 30 minutes per day.
- Typically, around one year post-op, patients continue to maintain weight loss with 1,200–1,300 calories per day; however, individual needs vary.
- Avoid alcoholic beverages, including beer, wine, and liquor. Alcohol is not only high in calories, but also can irritate the new stomach. If you are older than 21 AND it's been one year since surgery, speak with your physician to see if consumption of alcohol is a safe choice for you.

PRE-OP DIET: TWO OR FOUR WEEKS PRIOR TO SURGERY

Following the pre-op diet is particularly important, as the diet will allow better visualization for the surgeon during your surgery. The liver may be enlarged with obesity; therefore, a low-calorie, low-carb, high-protein nutrition plan will help shrink the liver prior to surgery and allow for better visualization.

BMI >50: Your pre-op diet is for four weeks total. Follow the low-calorie, low-carb, high-protein meal plans for the first three weeks. Then, one week prior to surgery, follow the full liquid meal plan.

BMI <50: Your pre-op diet is two weeks in total. Follow the low-calorie, low-carb, high-protein meal plans for the first week. Then, one week prior to surgery, follow the full liquid meal plan.

Fluids: 8 cups (64 oz) of fluids each day. Examples include sugar-free Popsicles; beef, chicken, and vegetable broth; sugar-free JELL-O®; Crystal Light®; Propel®; Powerade® Zero; Gatorade® Zero; water; unsweetened, decaffeinated iced tea; and unsweetened, decaffeinated coffee. No soda, juice, or alcohol.

GOALS:

Women: 800 calories per day and at least 50–60 grams of protein per day.

Men: 1,000 calories per day and at least 70–90 grams of protein per day.

Patients who don't tolerate dairy: Soy milk or lactose-free milk, such as Fairlife®, can be substituted for skim or 1% regular milk. An additional low-carb protein shake can be substituted for light yogurt and low-fat cottage cheese.

Low-Calorie, Low-Carb, High-Protein Meal Plan 1

Meal	Women	Men
Breakfast	1 low-carb protein shake (see protein shake guide on page 11) 1 medium piece of fruit (cut up should be 1/2 to 1 cup of fruit)	1 low-carb protein shake (see protein shake guide on page 11) 1 medium piece of fruit (cut up should be 1/2 to 1 cup of fruit)
AM Snack	1 cup skim or 1% milk 6 oz light or nonfat yogurt	1/4 cup cottage cheese 1/2 cup raw or steamed, non-starchy vegetables
Lunch	1/4 cup steamed or raw, non-starchy vegetables 1/4 cup low-fat cottage cheese	1/2 cup raw or steamed, non-starchy vegetables 1 low-carb protein shake (see protein shake guide on page 11) OR 3 oz baked or grilled chicken or fish
PM Snack	1 medium piece of fruit	6 oz light or nonfat yogurt
Dinner	1/4 cup steamed or raw, non-starchy vegetables 1 low-carb protein shake (see protein shake guide on page 11) OR 3 oz baked or grilled chicken or fish	1 cup skim or 1% milk 1 cup steamed or raw, non-starchy vegetables 6 oz light or nonfat yogurt
Snack	1/4 cup steamed or raw, non-starchy vegetables 1 medium piece of fruit	1 low-carb protein shake (see protein shake guide on page 11) 1 medium piece of fruit

Low-Calorie, Low-Carb, High-Protein Meal Plan 2

Meal	Women	Men
Breakfast	1 low-carb protein shake (see protein shake guide on page 11) 1 medium piece of fruit (cut up should be 1/2 to 1 cup of fruit)	1 low-carb protein shake (see protein shake guide on page 11) 1 medium piece of fruit (cut up should be 1/2 to 1 cup of fruit)
AM Snack	1/4 cup cottage cheese 1/2 cup raw or steamed, non-starchy vegetables	6 oz light or nonfat yogurt 1/2 cup of skim or 1% milk
Lunch	1/4 cup steamed or raw, non-starchy vegetables 1/2 cup of milk	1/2 cup raw or steamed, non-starchy vegetables 1 low-carb protein shake (see protein shake guide on page 11)
PM Snack	1 medium piece of fruit	6 oz light or nonfat yogurt
Dinner	1/2 cup steamed or raw, non-starchy vegetables 1 low-carb protein shake (see protein shake guide on page 11) OR 3 oz baked or grilled chicken or fish	1 cup raw or steamed, non-starchy vegetables 1 medium piece of fruit 1 low-carb protein shake (see protein shake guide on page 11) OR 3 oz baked or grilled chicken or fish (instead of shake)
Snack	1 medium piece of fruit 1/4 cup cottage cheese	6 oz light or nonfat yogurt 1/2 cup of skim or 1% milk

Low-Calorie, Low-Carb, High-Protein Meal Plan 3

Meal	Women	Men
Breakfast	1 low-carb protein shake (see protein shake guide on page 11) 1 medium piece of fruit (cut up should be 1/2 to 1 cup of fruit)	1 low-carb protein shake (see protein shake guide on page 11) 1 medium piece of fruit (cut up should be 1/2 to 1 cup of fruit)
AM Snack	1/2 cup of skim or 1% milk 1/2 cup raw or steamed, non-starchy vegetables	1/4 cup low-fat cottage cheese 1/2 cup of skim or 1% milk
Lunch	1/2 cup raw or steamed, non-starchy vegetables 1 medium piece of fruit	1 cup raw or steamed, non-starchy vegetables 1 low-carb protein shake (see protein shake guide on page 11)
PM Snack	1/2 cup of skim or 1% milk 1 medium piece of fruit	1/4 cup low-fat cottage cheese 1/2 cup serving of skim or 1% milk 1/2 cup raw or steamed, non-starchy vegetables
Dinner	1/2 cup steamed or raw, non-starchy vegetables 1 low-carb protein shake (see protein shake guide on page 11) OR 3 oz baked or grilled chicken or fish	1 cup raw or steamed, non-starchy vegetables 1 low-carb protein shake (see protein shake guide on page 11) OR 3 oz baked or grilled chicken or fish (instead of shake)
Snack	1/2 cup of skim or 1% milk 1/2 cup raw or steamed, non-starchy vegetables	1 medium piece of fruit 1/2 cup raw or steamed vegetables

For the last week of your pre-op diet, one week before your scheduled surgery, you will follow the full liquid meal plan below:

Meal	Women	Men
Breakfast	1 low-carb protein shake (see protein shake guide on page 11)	1 low-carb protein shake (see protein shake guide on page 11)
AM Snack	1 cup of skim or 1% milk or milk alternative OR 1 cup broth	1 cup of skim or 1% milk or milk alternative OR 1 cup broth
Lunch	1 low-carb protein shake (see protein shake guide on page 11)	1 low-carb protein shake (see protein shake guide on page 11)
PM Snack	6 oz light or nonfat yogurt with no fruit chunks OR 1 cup broth	6 oz light or nonfat yogurt with no fruit chunks OR 1 cup broth
Dinner	1 low-carb protein shake (see protein shake guide on page 11)	1 low-carb protein shake (see protein shake guide on page 11)
Snack	1 sugar-free pudding cup OR 1 cup broth	1 sugar-free pudding cup OR 1 cup broth OR 1 low-carb protein shake (see protein shake guide on page 11)

You may also have sugar-free JELL-O and sugar-free popsicles on this diet.

Milk alternative examples:

- Fat-free (skim) or 1% Fairlife or LACTAID® milk (these brands of milk are lactose-free)
- Unsweetened soy milk, almond milk, oat milk

PROTEIN SHAKES

Before starting the pre-op diet, think about what type of protein shake you will use. Consider trying a variety of flavors and brands to determine which one tastes the best to you. There are many different protein shakes on the market, so if you have any questions, please reach out to your dietitian.

Guidelines:

- Protein supplements can be premixed liquid or powder that can be mixed with water, skim milk, or 1% milk.
- Look for brands with the following per 8 oz serving:
  - 20 grams or more of protein
  - 5 grams or less of fat
  - 4–6 grams carbohydrates
  - 140–160 calories
- Read the ingredient list to see if the product contains sugar alcohols (mannitol, sorbitol, maltitol, xylitol, lactitol, erythritol). Sugar alcohols may cause bloating, gas, and diarrhea.

Example protein shakes:

Protein Shake Name	Where to Buy	Protein (grams)	Carbohydrate (grams)	Fat (grams)	Calories
UNJURY®	Paris Clinic Pharmacy	21	0	0	100
Premier Protein	Walmart, Sam's Club, Amazon	30	3	3	160
Boost® MAX	Walmart, CVS, Walgreens, Amazon	30	3	3	160
Ensure® Max	Walmart, CVS, Amazon, Walgreens	30	1.5	1.5	150
Pure Protein®	Walmart, Amazon	30	2	2	140
Fairlife Core Power® Protein Shakes	Walmart, Sam's Club	30	2.5	2.5	150

Additional Resources:

- **BariatricAdvantage.com** — Bariatric Advantage sells nutrition supplements specific to bariatric patients.
- **Unjury.com** — Unjury sells soda-flavored protein shakes with no carbonation, a vegan and lactose-free protein powder, Planted, as well as unflavored protein powder. Sold in the clinic pharmacy at Horizon Health.
- **BariatricFusion.com** — Bariatric Fusion has savory protein shake options.
- **ProCareNow.com** — ProCare Health has protein powder as well as other bariatric supplements.
- **Clear Protein Shakes** — Premier Clear, Isopure Clear, LiquaCel, Unjury Chicken, Beef, or French Onion soup flavored, SEEQ Clear Protein, Wicked Clear Protein, Protein2O, Gatorade Zero with Protein.

SUMMARY OF POST-SURGERY NUTRITION ADVANCEMENT

Here are the diet phases you will be following for eight weeks after surgery or as directed by your surgeon:

Phase 1: Sugar-free clear liquids (Week 1)

Phase 2: Full liquids (Week 2)

Phase 3: Puréed foods (Weeks 3, 4, 5, 6)

Phase 4: Soft solids (Weeks 7 and 8)

Phase 5: Regular diet (Weeks 9 and beyond)

Post-Op Phase 1: Sugar-Free Clear Liquids — Week One After Surgery

During your hospital stay, once the surgeon approves you to move to Phase 1, you will be given sugar-free clear liquids beginning with 1 oz (equal to 2 Tbsp) over 30 minutes then increasing to 1 oz over 15 minutes. To prevent nausea and vomiting, it is important to sip fluids slowly.

Sugar-free clear liquids maintain vital body fluids while allowing your stomach to heal after surgery by reducing stimulation of the digestive system. The goal during the early postoperative period is to protect the small stomach pouch. Until your one-week follow-up visit with the surgeon, you will be on a clear liquid diet. You must record what and when you drink and bring it to your one-week post-op surgeon visit.

Sugar-free clear liquids that you may drink:

- Water
- Decaffeinated coffee or decaffeinated tea (can be sweetened with a sugar substitute, such as NutraSweet, Splenda, Sweet'n Low, Stevia)
- Sugar-free Popsicles and sugar-free JELL-O, sugar-free Italian ice
- Noncarbonated, sugar-free flavored waters, such as Crystal Light, Propel, or sugar-free flavor packets that are added to water
- Sugar-free electrolyte drinks, such as zero-sugar Gatorade, zero-sugar Powerade, Body Armor Light
- Veggie, chicken, or beef broth (bone broth has added protein and can be found at most grocery stores)
- Diet or zero-sugar juice drinks, such as V8 Splash Diet, Ocean Spray Zero Sugar, Ocean Spray Diet 5, Welch's Zero Sugar. Make sure these have less than 2g carbs per serving. Avoid acidic juice drinks, such as lemon, lime, orange, and grapefruit, as these could cause GI upset/reflux.
- Clear protein drinks: Premier Clear, Isopure Clear, or LiquaCel, or Unjury Chicken, Beef, or French onion soup flavored, SEEQ Clear Protein, Wicked Clear Protein, Protein2O, Gatorade Zero with Protein

Post-Op Phase 2: Full Liquids — Week Two After Surgery

The intake of full liquids allows for more nutrients, specifically protein, for further healing of the stomach. Continuing the liquid texture will help to AVOID the risk of vomiting, which may occur if solid or even soft foods are eaten when there is still swelling present in the stomach. Full liquids are a step between clear liquids and puréed foods.

Full liquids that you may drink:

- Pre-mixed milk-based protein shakes, or protein powder added to skim or 1% milk or water
- Low-sugar or light yogurt (without any fruits, nuts, or seeds)
- Skim or 1% milk (Fairlife milk has added protein)
- Lactaid or unsweetened soy milk/almond milk/oat milk
- Low-sodium veggie juice, such as V8®
- Sugar-free pudding
- All the sugar-free clear liquids mentioned in Phase 1

Daily Goals:

- No more than 1/4-1/2 cup of high-protein liquids per “meal”
- Eat 4–6 “meals” per day
- At least 60–80 grams protein per day
- 64 oz of fluids per day

In Phases 1 and 2, we ask that you follow these important guidelines:

- Sip slowly. **STOP BEFORE YOU FEEL FULL.** Do NOT gulp your fluids.
- Slowly increase fluids as tolerated up to 64 oz per day.
- Do NOT use straws. Using a straw makes it difficult to control the amount consumed and could lead to gas due to air ingestion.
- Avoid chewing gum. If it is swallowed it can cause a blockage.
- Avoid regular juices and regular Gatorade or Powerade, which are too high in sugar and calories; opt for zero-sugar drinks.
- Avoid carbonation and caffeine.

RECIPES AND SAMPLE MENUS: HIGH-PROTEIN FULL LIQUIDS

Mint Chocolate Shake

Yield: 1 cup

Protein per cup: 22 grams

- 4 to 6 oz skim milk
- 1/2 cup crushed ice
- 1 scoop chocolate protein powder
- 1 drop peppermint extract

Mix protein powder into milk and place in blender. Add ice and peppermint extract. Blend for 10 to 15 seconds, until a smooth consistency is reached.

Variation: Instead of peppermint, add 1 Tbsp PB2 (powdered peanut butter).

High-Protein Strawberry Lemonade

Yield: 3 cups

Protein per cup: 20 grams

- 24 oz cold water
- 2 single-serve, on-the-go packets of Crystal Light lemonade
- 3 scoops strawberry protein powder

Measure 24 oz of cold water in a shaker bottle. Add Crystal Light packets and shake to dissolve. Add protein powder and shake until dissolved. Before serving, shake again as protein powder will settle at the bottom. Serve over ice.

Chocolate Peanut Butter Supplement

Yield: 1 cup

Protein per cup: 30 grams

- 1 scoop chocolate protein powder
- 6 to 8 oz cold fat-free milk
- 1 Tbsp PB2 powder
- 1 Tbsp chocolate fudge sugar-free pudding powder

Mix all ingredients in a blender or shaker bottle until smooth.

High-Protein Pudding

Yield: 2 cups

Protein per cup: 28 grams

- 1 (4-servings) box sugar-free instant pudding
- 2 cups fat-free milk
- 2 scoops unflavored protein powder

Add 2 scoops of unflavored protein powder to 2 cups of cold milk. Pour the instant pudding mix into a separate bowl. Pour in the protein powder-milk mixture and combine.

High-Protein Fruit Punch

Yield: 3 cups

Protein per cup: 20 grams

- 3 cups cold water
- 2 single serve on-the-go packets of Crystal Light fruit punch
- 3 scoops unflavored protein powder

Measure 3 cups of cold water in a shaker container. Add Crystal Light packets. Shake until dissolved. Add protein powder and shake until dissolved. Store in refrigerator and serve over ice.

High-Protein Chocolate Milk

Yield: 1 cup

Protein per cup: 30 grams

- 1 cup skim milk
- 1 scoop chocolate protein powder
- 1 tsp vanilla extract

Mix all ingredients in a blender or shaker bottle. Store in a cooler or refrigerator.

Pumpkin Spice Smoothie

Yield: 1 cup

Protein per cup: 28 grams

- 1 scoop protein powder
- 3/4 to 1 cup light vanilla soy milk
- 1/2 tsp pumpkin pie spice
- Dash ground nutmeg

Mix all ingredients in a blender or shaker bottle. Add ice if needed.

Creamy Chicken Soup

Yield: 2 cups

Protein per cup: 16 grams

- 1/2 cup fat-free Greek-style yogurt, plain
- 2 cups chicken broth
- 1 clove garlic, minced
- 1 scoop chicken soup-flavored protein powder
- Dry seasonings or herbs to taste

Spray bottom of saucepan with cooking spray. Sauté garlic for 1 minute. Add chicken broth and warm over medium heat, ensuring temperature does not go over 140 degrees Fahrenheit. Remove from heat and mix in yogurt, protein powder, and seasonings.

High-Protein Cheesecake Yogurt

Yield: 1 cup

Protein per cup: 26 grams

- 1/2 scoop protein powder
- 1 cup fat-free Greek-style yogurt, plain
- 1 Tbsp sugar-free cheesecake-flavored dry pudding mix
- 1 Tbsp sugar-free strawberry gelatin powder

Combine all ingredients in a bowl and chill.

High-Protein JELL-O

Yield: 2 cups

Protein per cup: 20 grams

- 1 (4 servings) box sugar-free flavored JELL-O
- 1 cup boiling water
- 1 cup cold water
- 2 scoops unflavored protein powder

Follow package directions to dissolve the JELL-O in 1 cup of boiling water. After dissolving, set aside to cool for 3 to 5 minutes. In a different bowl, measure 1 cup cold water. Add 2 scoops of unflavored protein powder to cold water, 1 scoop at a time, stirring slowly to dissolve. Stir into dissolved JELL-O. Chill quickly. The protein will settle to create a smooth cloud at the bottom. The taste is unchanged.

Protein Fudgesicle

Yield: 6

Protein in one Fudgesicle®: 10 grams

- 1 (4-servings) box sugar-free instant chocolate pudding powder
- 2 cups skim milk
- 2 scoops unflavored protein powder

Mix the protein powder with milk in a shaker bottle or blender. Put the sugar-free instant pudding powder into a bowl and add the protein powder-milk mixture. Mix for 2 minutes. Pour into 6 small paper cups (3 oz per cup). Place popsicle sticks in the center of each cup. Place cups in freezer for at least 4 hours.

Coffee Lovers Delight — Chocolate/Vanilla

Yield: 1 cup

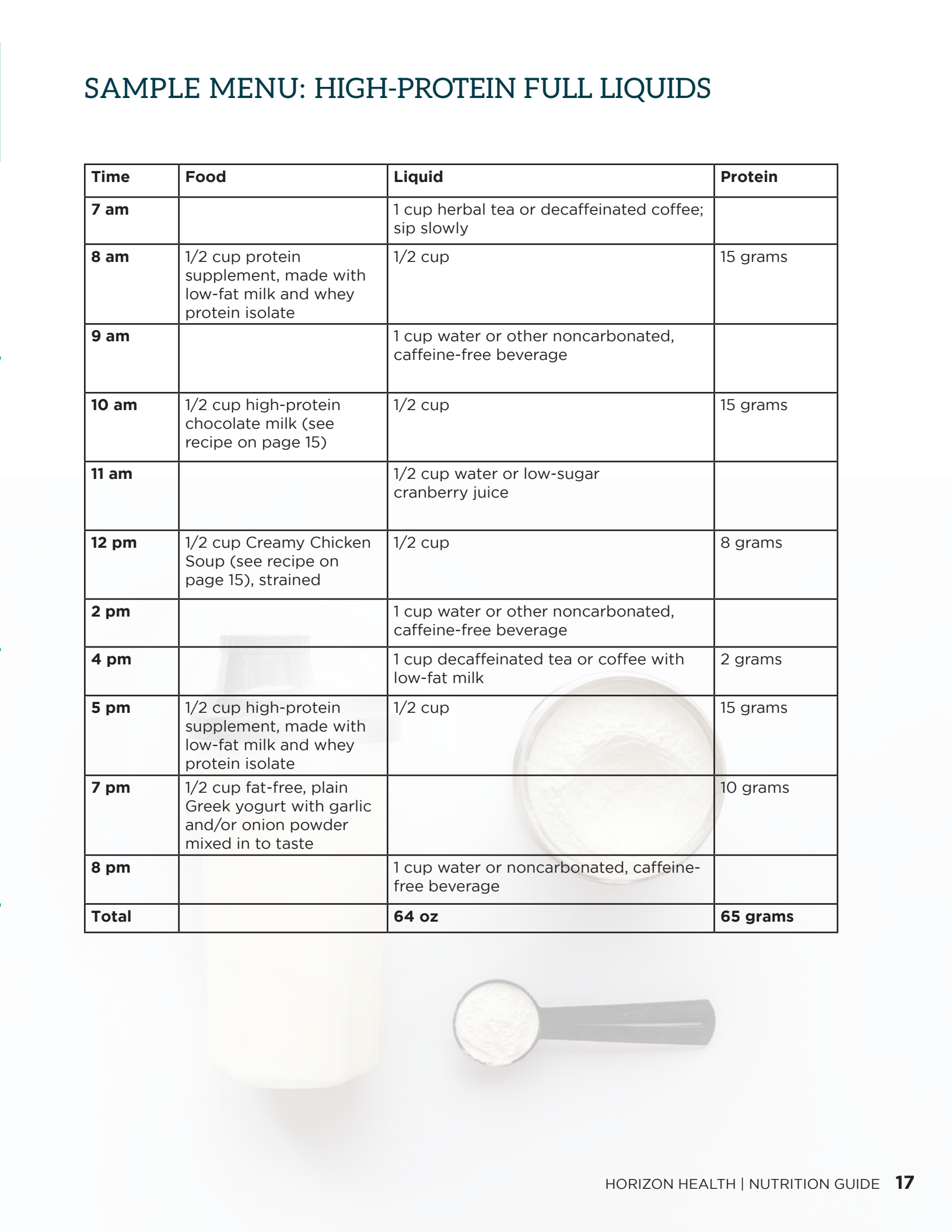
Protein per cup: 28 grams

- 1 cup skim milk
- 1 scoop vanilla or chocolate protein powder
- 1 Tbsp decaffeinated instant coffee or 2 Tbsp strong brewed decaffeinated coffee
- 1/2 tsp vanilla extract

Mix all ingredients in a blender or shaker bottle.

SAMPLE MENU: HIGH-PROTEIN FULL LIQUIDS

Time	Food	Liquid	Protein
7 am		1 cup herbal tea or decaffeinated coffee; sip slowly	
8 am	1/2 cup protein supplement, made with low-fat milk and whey protein isolate	1/2 cup	15 grams
9 am		1 cup water or other noncarbonated, caffeine-free beverage	
10 am	1/2 cup high-protein chocolate milk (see recipe on page 15)	1/2 cup	15 grams
11 am		1/2 cup water or low-sugar cranberry juice	
12 pm	1/2 cup Creamy Chicken Soup (see recipe on page 15), strained	1/2 cup	8 grams
2 pm		1 cup water or other noncarbonated, caffeine-free beverage	
4 pm		1 cup decaffeinated tea or coffee with low-fat milk	2 grams
5 pm	1/2 cup high-protein supplement, made with low-fat milk and whey protein isolate	1/2 cup	15 grams
7 pm	1/2 cup fat-free, plain Greek yogurt with garlic and/or onion powder mixed in to taste		10 grams
8 pm		1 cup water or noncarbonated, caffeine-free beverage	
Total		**64 oz**	**65 grams**



POST-OP PHASE 3: PURÉED FOODS — WEEKS THREE TO SIX AFTER SURGERY

Once clear liquids and full liquids are well tolerated, your surgeon will progress you to foods of thicker consistency. Puréed foods should be the consistency of baby food or applesauce. This texture promotes tolerance of a gradual increase in gastric residue. It is important to add high-protein foods into this phase in addition to protein supplements to reach your daily protein goal. Tip: the moister the food is, the better it will blend. Examples: yogurt puréed with frozen strawberries or low-fat cream of chicken soup blended with canned, drained chicken breast. You still need to drink plenty of water in between the four to six mini-meals per day.

Foods you may have on the puréed diet:

- Puréed lean beef, pork, or fish
- Puréed skinless chicken or turkey
- Puréed water-packed canned tuna or salmon
- Low-fat soft cheese (less than 5 grams of fat per serving), such as Babybel® Light or The Laughing Cow® Light wedges
- Light or nonfat plain Greek yogurt (no fruit pieces, nuts, or seeds)
- 1% or low-fat cottage cheese or part-skim ricotta cheese
- Soft scrambled eggs
- Puréed cream of wheat, cream of rice, or oatmeal
- Refried beans
- Puréed cooked vegetables or baby food vegetables
- Puréed fruit, fresh or canned (in juice or no added sugar), or baby-food fruits
- Smooth, natural applesauce, no sugar added

Daily goals:

- **Fluid goal:** At least 8 cups (64 oz) per day from water and protein shakes. However, it should be primarily water. Carry a water bottle with you wherever you go.
- **Protein goal:** At least 60 grams per day from puréed food and protein shakes.
- **Amounts:** Eat four to six small puréed meals per day, consisting of 1/4 to 1/2 cup per meal.
- Aim to drink at least 1 cup protein shake per day in between your small puréed meals to reach goal.
- Begin taking vitamin supplements as directed by your surgeon; see the "Vitamin and Mineral Supplementation" section of this handbook on pages 34–36 for guidance.

How to purée foods:

1. Cut all foods into 3/4-inch pieces or smaller, if necessary.
2. Place a small amount of liquid in the blender or food processor first. Liquids that can be used include broth, skim or 1% milk, water, fat-free gravy, and tomato juice or V8.
3. Fill the blender to about 1/4 or 1/2 of total capacity with 3/4-inch pieces.
4. Place lid firmly on the blender. Rest your hand on the lid while using the blender.
5. Blend foods for about 3 seconds, then check the consistency. Repeat until desired consistency is reached. If the mixture is too thick, add more liquid gradually and continue to blend. Food may be strained through a wire mesh strainer to eliminate chunks. Remember, the longer foods are processed, the more evenly textured they become.
6. It is helpful to freeze portions of puréed food in ice cube trays, where each cube equals 1 oz. Once cubes have frozen, remove and store them in a freezer Ziploc® bag for easy access.

We ask that you follow these important guidelines:

- Try one new food at a time. If a food is not tolerated, wait a week before you try again.
- Take 15 to 30 minutes to eat your meal; eating too quickly can result in nausea or vomiting.
- Blend foods to an applesauce/baby food consistency. You may want to use small or baby-size spoons to help with small bites.
- Ensure each meal has protein, and always eat protein first.
- Ensure that your food is as moist as possible. Moisten food with broth, skim or 1% milk, tomato juice or V8, plain tomato sauce, low-sugar ketchup, mustard, low-sodium soy sauce, light mayonnaise, light salad dressing, or fat-free gravy.
- Season with herbs, but avoid spicy seasonings, such as cayenne pepper.
- Stop drinking fluids 30 minutes prior to a meal, and wait 30 minutes after a meal to resume drinking.

Greek High-Protein Berry-Licious Supplement

Yield: 3 cups

Protein per cup: 17 grams

- 1 cup nonfat milk or low-fat, low-sugar soy milk
- 1 cup fresh or frozen blueberries, raspberries, strawberries, etc.
- 2 scoops or 2 oz protein powder supplement
- 3/4 cup plain Greek yogurt
- 1 Tbsp sugar-free vanilla syrup
- 1 cup crushed ice

In a blender, combine the ice, berries, and milk. Mix protein powder into yogurt and spoon into blender. Add sugar-free vanilla syrup and blend for 10 to 15 seconds, until a smooth consistency is reached.

Note: The ice makes the supplement thicker, but if you add the ice, it will not hold in the refrigerator.

Orange Berry Smoothie

Yield: 1 cup

Protein per cup: 22 grams

- 1 scoop vanilla protein powder
- 1/4 cup vanilla Greek yogurt
- 1/4 cup Tropicana Light orange juice
- 1/4 cup ice
- 1/4 cup frozen raspberries

In a blender, combine the ice, raspberries, and orange juice. Mix protein powder into yogurt and spoon mixture into blender. Blend for 10 to 15 seconds, until a smooth consistency is reached.
Variations: Experiment with other low-sugar yogurt flavors like peach, key lime, lemon, strawberry, and raspberry. Try substituting 1/4 cup small frozen bananas, blueberries, peaches, or blackberries for the raspberries.

Cottage Cheese and Fruit

Yield: 1 cup

Protein per cup: 30 grams

- 1 cup 1% cottage cheese
- 1/2 cup canned fruit in juice

Add to food processor or blender. Cover and purée.

Frozen Fruit Smoothie

Yield: 2 cups

Protein per cup: 27 grams

- 1/2 cup frozen banana slices
- 1 cup fresh or frozen blueberries
- 1 cup nonfat milk or low-fat, low-sugar soy milk
- 2 scoops protein powder supplement

In a blender, combine the banana, berries, milk, and protein powder. Blend for 10 to 15 seconds, until a smooth consistency is reached. If desired, add crushed ice, but it will not hold in the refrigerator.

“Souper” Easy Mexican Bean Soup

Yield: 3 cups

Protein per cup: 16 grams

- 1 medium onion, chopped
- 2 cloves garlic, minced
- 1 (16 oz) can kidney beans, drained
- 1 (16 oz) can pinto beans, drained
- 1 (16 oz) can fat-free refried beans
- 1 (14 oz) can Mexican-style stewed tomatoes or diced tomatoes, not drained
- Cooking spray

Spray bottom of large saucepan with cooking spray. Sauté onion and garlic for 3 to 5 minutes. Add the remainder of ingredients, stirring until combined. If soup needs to be thinned out, stir in a little vegetable or chicken broth. Cool down and blend in a food processor for a puréed texture.

Blended Chicken With Tomato and Feta

Yield: 1 cup

Protein per cup: 32 grams

- 1/2 cup cooked chicken or 1 jar strained meat
- 3 to 4 Tbsp hot chicken broth
- 2 Tbsp tomato paste or sauce
- 1 Tbsp reduced-fat feta cheese
- Fresh basil or sprinkle of dry basil

Place all ingredients together in a blender or food processor. Cover and process on low speed until smooth.

High-Protein Oatmeal

Yield: 1 cup

Protein per cup: 30 grams

- 1 cup skim milk
- 1/2 cup instant oatmeal
- 1 scoop protein powder
- Splenda® or sugar substitute to taste, optional
- Cinnamon to taste

Mix the milk and oatmeal and cook on low heat; do not boil. Allow to cool slightly, and stir in protein powder. Place mixture into blender, and blend until smooth and thin (add additional milk as needed). Add cinnamon and Splenda to taste.

Homemade Puréed Chicken

Yield: 2 cups

Protein per oz: 4 grams

- Whole chicken
- Chicken broth
- Salt to taste
- Oregano to taste
- Garlic to taste
- Vegetable oil spray

Place whole chicken into slow cooker with a small amount of chicken broth. Season lightly with salt, oregano, and garlic. Cook for 6 to 8 hours until chicken falls off the bone. Lift chicken out of pot, and remove all skin and bones. Place the chicken in a food processor in two portions and add chicken broth. Pulse until texture is smooth. Spray ice cube trays or small plastic containers with cooking spray and divide chicken among them; place in freezer. Once frozen, place chicken in freezer bags for storage. Pull out small portions for meals and then microwave.

Tomato Crab Soup

Yield: 3 cups

Protein per cup: 15 grams

- 1 (8 oz) can tomato sauce
- 1 (14 oz) can Italian diced tomatoes with oregano, basil, and garlic
- 1 (6 oz) can fancy white crab meat
- 1 cup milk

Combine all ingredients in the order listed in a medium saucepan over medium heat. Bring slowly to a rolling boil. Using a whisk, stir until all the crab meat is broken up in the soup. Turn heat to low and simmer for 2 minutes longer. Purée.

Vanilla Egg Custard

Yield: 6 cups of custard

Protein per cup: 9 grams

- 4 large eggs
- 1 cup skim milk
- 1-1/2 cup evaporated low-fat milk
- 1/2 cup Splenda granulated (not powdered) sweetener
- 2 tsp vanilla extract
- Pinch of kosher salt

Preheat oven to 325 degrees Fahrenheit. Place 6 custard cups or ramekins in a large roasting pan, and set aside. Whisk all ingredients together and divide evenly among the custard cups. Pour enough hot water in the roasting pan to come halfway up the sides of the custard cups. Bake for 25 to 35 minutes until the custards are just set. Carefully remove the custards from the water bath and transfer to a wire rack to cool. Serve chilled.

SAMPLE MENU: PURÉED FOODS

Time	Food	Liquid	Protein
7 am		1 cup herbal tea or decaffeinated coffee with milk; sip slowly	2 grams
8 am	1/2 cup Frozen Fruit Smoothie (see recipe on page 19)	1/2 cup	13 grams
9 am		1 cup water or other noncarbonated, caffeine-free beverage	
10 am	1/2 cup cream of wheat made with low-fat milk		3 grams
11 am		1 cup water or Crystal Light	
12 pm	1/2 cup puréed vegetables and 1/4 cup puréed chicken or tuna		15 grams
1 pm		1 cup calorie-free, noncarbonated, caffeine-free beverage	
3 pm	1/2 cup High-Protein Pudding (see recipe on page 14)		14 grams
4 pm		1 cup calorie-free, noncarbonated, caffeine-free beverage	
6 pm	1/2 cup "Souper" Easy Mexican Bean Soup purée or Tomato Crab Soup (see recipes on pages 20–21)		8 grams
7 pm		1 cup decaffeinated tea or coffee with low-fat milk	2 grams
8 pm	1/4 cup 1% cottage cheese or part-skim ricotta cheese + 1/4 cup puréed peaches		7 grams
9 pm		Sugar-free Popsicle (4 oz)	
Total		**56 oz**	**64 grams**

POST-OP PHASE 4: SOFT SOLIDS — WEEKS SEVEN AND EIGHT AFTER SURGERY

Soft solids are texture-modified foods that will pass easily through the gastric pouch and transition you to more solid foods. Grinding, chopping, and mashing are all ways to modify the texture of foods to make them softer. During this phase, you should begin eliminating the protein shakes and higher calorie liquids unless you are not able to meet your protein goal. Protein powder can still be added to foods that are usually lower in protein, for example, oatmeal. Remember, proper food choices will assist with weight loss while helping to avoid complications of nausea, vomiting, blockage, and stretching the stomach pouch. Each person tolerates new foods differently, so remember not to compare yourself with other patients during post-op phases. The key is to try one new food at a time and to take it slowly!

Foods you may have on the soft-solid diet:

- Ground and chopped tender cuts of meats, poultry, and meat alternatives like tofu.
  - ›› Beef and pork (only if tolerated)
  - ›› Fish (sole, haddock, tuna, salmon, canned crab, canned shrimp)
- Cooked vegetables that are very soft.
- Soft fruits, such as bananas, melon, berries, peaches. If you eat canned fruit, make sure it is packed in water or 100% juice with no sugar added.
- Eggs must be prepared low-fat.
- Low-sugar condiments, such as mustard, salsa, or light mayo, may be used in moderation.

Daily goals:

- Fluid goal: At least 8 cups (64 oz) per day. All must be sugar-free, noncarbonated, and caffeine-reduced. Do not drink using a straw.
- Protein goal: At least 60–80 grams per day.
- Amounts: Eat 4–6 planned meals during eating times; each meal not to exceed 1/4-1/2 cup.
- Supplements: Continue daily vitamin and mineral supplementation.

We ask that you follow these important guidelines:

- Try one new food at a time. Choose foods that can be mashed and are not too fibrous (avoid skins of produce, seeds, crunchy foods, or tough, dry meats).
- All food should be eaten slowly and chewed very well. Take very small bites. Swallow and wait to feel the food go through. Always eat protein first. Meat should be tender and moist.
- Continue taking 15 to 30 minutes to finish eating a meal.
- If you vomit after a meal, go back to clear liquids for the next meal, then go to puréed foods for the following meal, and then back to soft foods.
- Season with herbs but avoid spicy seasonings, such as cayenne pepper.
- Limit starchy choices, such as potatoes, corn, peas, pasta, breads, rice, and cereals, as these can fill your pouch very quickly and not allow you to get enough protein, vegetables, or fruits.

Lentil Soup

Yield: 6 cups

Protein per cup: 20 grams

- 1 Tbsp extra virgin olive oil
- 1 cup diced carrot
- 3/4 cup diced yellow onion
- 1 cup diced celery
- 2 cloves fresh garlic, chopped
- 2 bay leaves
- 1 Tbsp low-sodium soy sauce
- 1/2 tsp black pepper
- 1 tsp dried oregano
- 1 tsp dried thyme
- 1 (14 oz) can plum tomatoes, drained
- 2 cups green lentils, soaked for 30 minutes*
- 4-1/2 cups water
- Water or low-sodium vegetable broth (optional)
- 6 sprigs fresh thyme

In a 3-quart soup pot over medium-high heat, heat the oil. Add the carrot, onion, celery, garlic, bay leaves, soy sauce, pepper, oregano, and dried thyme, and cook until the carrots begin to soften. Break apart tomatoes by crushing them with your hands, then add them to the pot. Drain the lentils and add them to the pot. Add the water and bring to a boil. Reduce the heat to a soft boil, cover partially, and cook for 20 minutes, until the lentils become soft throughout. If a thinner consistency is desired, add additional water or low-sodium vegetable broth in small amounts at a time. Remove the bay leaves prior to serving. Garnish with thyme sprigs and serve in soup bowls.

*Lentils need to be soaked for at least 30 minutes to help remove the phytates that might impede absorption of iron.

Easy Slow Cooker Baby Vegetable Beef Stew

Yield: 7 1/2 cups

Protein per cup: 42 grams

- 1/3 cup whole wheat flour
- 1 tsp kosher salt
- 1 tsp paprika
- 1/4 tsp black pepper
- 1/4 tsp dried thyme
- 2 Tbsp extra virgin olive oil
- 2-1/2 lbs lean beef, cut into 1-inch cubes
- 1 (16 oz) package baby carrots
- 1-3/4 cups low-fat, low-sodium beef broth
- 3/4 cup red wine (wine will cook out)
- 3 Tbsp tomato paste, no salt added
- 1 bay leaf
- 2 cloves garlic, chopped
- 1 tsp fresh, grated ginger
- 1 (8 oz) package sliced mushrooms

Combine the flour, salt, paprika, pepper, and thyme in a large zip-top bag, and shake well. Add the beef cubes to the bag, and toss until the meat is coated. Heat the oil in a large skillet over medium-high heat. Add the beef to the skillet and brown on all sides. Remove the beef from the skillet and add to the slow cooker, then top with the carrots. Add the broth, wine, and tomato paste to the skillet to deglaze, and pour the juices into the slow cooker. Add the bay leaf, garlic, and ginger. Cook on low heat for 6 hours. Add the mushrooms and cook for 1 to 2 more hours or until the meat is tender. Discard the bay leaf before serving.

Tuna Salad

Yield: 1.5 cups

Protein per cup: 38 grams

- 1 (9 oz) can tuna in water, drained
- 1/4 cup part-skim ricotta cheese
- 2 Tbsp light mayonnaise
- 2 Tbsp red wine vinegar
- 1 Tbsp sweet pickle relish with no sugar added
- 2 cloves garlic, finely chopped
- 1 chopped green onion
- 1 cup peeled and chopped cucumbers
- 1/2 tsp salt
- 1/4 tsp pepper

Combine all ingredients and mix well.

BBQ Turkey or Beef Meatballs

Yield: 12 (4 oz) meatballs

Protein per meatball: 9 grams

- 1 lb lean ground turkey or beef
- 1 cup chopped onion
- 3 Tbsp liquid egg substitute
- 1/4 cup low-fat milk
- 1/4 cup whole-wheat breadcrumbs
- 1 tsp kosher salt
- 1/4 tsp black pepper
- 2 (8 oz) cans tomato sauce
- 1/4 cup brown sugar substitute (suitable in cooking applications)
- 2 Tbsp vinegar
- 1 tsp garlic powder

Combine the meat, onion, egg substitute, milk, breadcrumbs, salt, and pepper in a bowl. Mix thoroughly, and shape into 12 meatballs. In a medium-size bowl, combine the tomato sauce, brown sugar substitute, vinegar, and garlic powder. Pour over the meatballs. Simmer over low heat for 10 to 15 minutes, turning frequently, until the meatballs are well glazed and are cooked through.

(If opting to take this recipe to a party, pour all ingredients into slow cooker instead of simmering. Cook on low heat for 4 to 6 hours.)

Zesty Slow Cooker Chicken

Yield: 3 cups

Protein per cup: 45 grams

- 1 whole chicken, cut up, skin removed
- 1 package Good Seasons Zesty Italian Dressing mix (powder only)
- 1/2 cup white wine (wine will cook out)

Place chicken in slow cooker and sprinkle with dressing mix. Pour white wine on top. Cook on low for approximately 6 hours.

Slow-Cooked Bone-In White Chicken Chili

Yield: 6 cups

Protein per cup: 32 grams

- 1 lb skinless chicken thighs
- 1 lb dry Great Northern White beans, rinsed
- 6 cups low-fat, low-sodium chicken broth
- 2 Tbsp tomato paste
- 1 medium green bell pepper, cored and diced, about 3/4 cup
- 1 medium yellow onion, diced, about 1-1/2 cups
- 3 cloves fresh garlic, chopped
- 1 jalapeño pepper, minced (optional)
- 1 Tbsp dry oregano
- 2 to 3 tsp ground cumin
- 2 tsp paprika
- 1 Tbsp chili powder
- Fresh cilantro sprigs
- Low-fat sour cream

Rinse chicken and pat dry with paper towels. Place the beans in slow cooker, along with broth and tomato paste. Stir to dissolve the tomato paste and add the chicken, bell pepper, onion, garlic, jalapeño pepper, oregano, cumin, paprika, and chili powder. Cook on high heat for 10 hours. Serve in bowls with sprigs of cilantro and 1 Tbsp sour cream.

Sample Menu: MECHANICAL SOFT SOLIDS

Time	Food	Liquid	Protein
7 am		1 cup herbal tea or decaffeinated coffee with milk; sip slowly	
8 am	1/2 cup Greek High-Protein Berry-Licious Supplement (see recipe on page 19)	1/2 cup	11 grams
9 am		1 cup water	
10 am	1 oz reduced-fat cheese or soft scrambled egg		14 grams
11 am		1/2 cup fat-free or 1% milk, or low-sugar soy milk	4 grams
12 pm	1/2 cup tuna mixed with 1 Tbsp light mayo and 1/4 cup soft cooked carrots		14 grams
1 pm		1 cup noncarbonated, caffeine-free beverage	
3 pm	1/4 cup 1% cottage cheese and 1/4 cup unsweetened fruit in juice		7 grams
5 pm		1 cup sugar-free lemonade	
6 pm	1/2 cup Slow-Cooked Bone-In White Chicken Chili (see recipe on page 25)		16 grams
7 pm		1 cup noncarbonated, caffeine-free beverage	
8 pm	1/2 cup low-sugar yogurt		10 grams
9 pm		Sugar-free Popsicle (4 oz)	
Total		**52 oz**	**76 grams**

POST-OP PHASE 5: GENERAL DIET — NINE WEEKS AFTER SURGERY AND BEYOND

Once you transition to a general diet, individual tolerance is to be expected. For optimal results, focus on developing intelligent eating techniques. While this is very exciting, start slowly. You may find that spicy or crunchy foods can be difficult to tolerate. Eat one new food at a time and give yourself time to digest. You'll be surprised at how full you will feel. This is a great opportunity to continue developing new eating habits that you have already started working on prior to surgery. Enjoy every bite of your food. **Your dietitian will continue to follow up with you for a three-month, six-month, nine-month, and 12-month visit, and annually thereafter.** Remember to continue to track and log your foods and fluids.

Foods to be cautious around:
To avoid gastric irritation, blockages, intolerance, delayed wound healing, or altering your weight loss efforts, it is recommended to avoid, reduce, or delay introduction of the following foods:

- Sugar-containing foods, concentrated sweets, and fruit juice
- Carbonated beverages
- Caffeine
- High-fat foods
- Soft doughy breads, fresh bread, pasta, rice (toasted bread is best)
- Tough, dry meats, such as beef, pork, or dry chicken
- Nuts, popcorn
- Alcohol
- Bran cereals and other bran products
- Vegetables that are raw, with skins and seeds, or fibrous vegetables, such as corn, dried beans, dried peas, celery, cabbage, broccoli, fresh greens, string beans, and tomato products
- Fruits with skins, seeds, or membranes, or dried fruit
- Highly seasoned and spicy foods
- Coconut

Remember, every person is different, so try one new food at a time!

Daily goals:

- Fluid goal: At least 8 cups (64 oz) per day of low-calorie liquids (water is the best).
- Protein goal: At least 60–80 grams per day.
- Amount: Eat four to six planned meals at planned eating times.
- Supplements: Continue lifelong vitamin and mineral supplementation.

We ask that you follow these important guidelines:

- All meals need to include a good source of lean protein.
- Introduce new foods individually.
- Chew food well and take your time eating, at least 15 minutes per meal or longer.
- Remember, balanced eating includes lean protein sources, vegetables, fruits, whole grains, and low-fat dairy foods.
- Gradually add raw fruits and vegetables as tolerated, avoiding skins.
- Avoid alcohol unless discussed specifically with your surgeon.

RECIPES AND SAMPLE MENUS: GENERAL

Fruity Chicken Salad

Yield: 3 cups

Protein per cup: 16 grams

- 1 (5–6 oz) can chunk white chicken
- 1 cup diced apple
- 3/4 cup quartered grapes
- 1 kiwi, diced
- 1/2 cup plain nonfat yogurt or Greek yogurt
- 2 Tbsp low-fat mayonnaise
- 1/2 tsp curry powder

Combine all ingredients and mix well. Eat alone or with whole grain crackers.

Mini Healthy Meatloaves

Yield: 8 meatloaves

Protein per loaf: 14 grams

- 1/2 cup part-skim ricotta cheese
- 1 egg
- 3 Tbsp low-sugar ketchup
- 2 Tbsp chopped onion
- 2 Tbsp chopped green bell pepper
- 1 oz dry oatmeal or 1 oz whole wheat crackers, crushed
- 1/2 tsp garlic powder or garlic salt
- 1/2 tsp pepper
- 1 lb lean ground beef or ground turkey

In a large bowl, combine all ingredients except ground meat and mix well. Add the meat and mix until combined. Divide mixture evenly between eight muffin cups. Bake at 375 degrees for 20 to 25 minutes. Let stand five minutes before serving.

Salmon Patties

Yield: 2

Protein per cup: 8 grams

- 2 (6 oz) packages of flaked salmon
- 1 large egg
- 2 Tbsp Italian breadcrumbs
- Salt, pepper, and Italian seasoning to taste

Mix ingredients together, and drop large spoonfuls onto skillet coated with nonstick cooking spray. Cook on medium heat until golden brown, about 8 to 10 minutes.

Baked Cod

Yield: 12 oz

Protein per 3 oz: 20 grams

- Cooking spray
- 4 (4 oz) cod fillets
- 1 Tbsp extra virgin olive oil
- 1 lemon, cut into 4 wedges
- 2 tsp Old Bay® seasoning

Preheat oven to 350 degrees. Lightly coat 4 squares of aluminum foil with cooking spray. Place a cod fillet on each piece of foil, and drizzle each fillet with olive oil. Squeeze a lemon wedge over each fillet, and sprinkle each with tsp Old Bay. Wrap the foil around the fish and place in the oven; bake until the fish is cooked through, about 10 minutes.

Asian Chicken Wrap

Yield: 4 wraps

Protein per wrap: 29 grams

- 1 Tbsp peanut oil
- 1 Tbsp toasted sesame oil
- 1 Tbsp rice vinegar
- 1 Tbsp low-sodium soy sauce
- 1 tsp garlic-chili sauce
- 1 tsp fresh, grated ginger
- 1/2 tsp orange zest (finely grated orange peel)
- 4 (4 oz) boneless, skinless chicken breast halves
- Cooking spray
- 1 cup fresh mint leaves, coarsely chopped
- 1 cup fresh baby spinach leaves, stems removed
- 1/2 cup cilantro sprigs
- 1/2 cup bean sprouts
- 8 whole Boston lettuce leaves
- 1 lime, cut into 8 wedges
- 1 Tbsp chopped peanuts, optional

In a small bowl, combine the peanut oil, sesame oil, vinegar, soy sauce, garlic-chili sauce, ginger, and orange zest, and stir vigorously with a wire whisk. Reserve 2 Tbsp of the mixture, and place the rest in a zip-top plastic bag along with the chicken, and marinate in the refrigerator for 1 hour, turning once or twice. Remove the chicken from the bag and discard the marinade. Coat a medium skillet with nonstick spray, and heat over medium-high heat. Add the chicken to the pan and cook for 6 minutes on each side. Remove the chicken from the pan, and let stand while preparing the filling. In a medium mixing bowl, combine the mint, spinach, cilantro, and bean sprouts. Add the reserved oil mixture and gently toss, just enough to expose all the surface area to the dressing, being careful not to break down the leafy structure. Slice the chicken into thin strips. Place one sliced chicken breast atop two stacked lettuce leaves, then top with the spinach mixture and wrap. Optional: garnish equally with chopped peanuts.

Spaghetti Squash With Meat Sauce

Yield: 4 cups

Protein per cup: 18 grams

- 1 medium-size spaghetti squash
- 8 oz lean ground meat
- 4 oz fresh mushrooms, sautéed lightly in butter spray, or any other vegetables (such as onions, green peppers, broccoli)
- 1-1/2 cup tomato sauce or your favorite spaghetti sauce
- 2 oz Parmesan cheese, grated

Preheat oven to 375 degrees. Using a sharp knife, carefully slice squash in half lengthwise and remove seeds. Bake, split side down, for 35 minutes; do not overcook. Remove from oven. Separate strands of spaghetti squash using a fork. It should separate easily if cooked. If too hard, put it back in oven for another 5 minutes. When done, remove the squash and place in a bowl. While squash is baking, brown ground beef until cooked. Season, if you desire, with salt, pepper, and oregano. Add cooked vegetables and tomato sauce, stirring together. In a baking dish, spread a layer of half of meat sauce, then half of the squash, and repeat. Top with grated cheese. Bake in oven until warm and cheese is lightly browned.

Honey Mustard Turkey or Ham Roll-Ups

Yield: 8 roll-ups

Protein per wrap: 4 grams

- 2 tsp Dijon mustard
- 2 tsp honey
- 1/4 lb or 8 slices of turkey breast or ham, thinly sliced
- 2 large red leaf lettuce leaves, spines removed
- 1/4 large English cucumber, seeded and cut into 3-inch sticks
- 1/4 large red pepper, sliced
- 8 basil leaves

In a small bowl, mix the mustard and honey. Lay a slice of turkey or ham on a plate or cutting board. Spread tsp of the honey-mustard mixture widthwise along the meat about 2 inches from the end of the slice. Place a piece of lettuce on top, then a couple of sticks of cucumber and a slice of red pepper. Top with a basil leaf and roll it all up in the turkey or ham slice.

Pork Tenderloin Medallions With Spanish Smoked Paprika

Yield: 4 medallions

Protein per medallion: 25 grams

- 1 lb pork tenderloin roast
- 1 Tbsp olive oil
- 2 Tbsp Worcestershire sauce
- 1 tsp olive oil
- 1 tsp Spanish smoked paprika
- 1/8 tsp ground white pepper
- 2 tsp light butter or margarine

Trim off any excess fat from the pork tenderloin and cut into four medallions. In a medium mixing bowl, combine the oil, Worcestershire sauce, paprika, and white pepper. Place the pork in the bowl with the marinade and turn it a few times to coat the medallions evenly. In a nonstick skillet, heat butter or margarine over medium-high heat. Lay the pork medallions in the pan and cook for 4 to 6 minutes, until browned on the first side. Turn and cook an additional 4 to 6 minutes, until the second side is browned.

Mock “Fried” Chicken Bites

Yield: 12 oz

Protein per 3 oz: 23 grams

- 1 lb boneless, skinless chicken breast tenderloins
- 1 cup low-fat buttermilk
- 2 cups whole wheat panko crumbs
- 3 Tbsp grated Parmesan or Romano cheese
- Salt and pepper
- Cooking spray

Preheat oven to 350 degrees. Cut each chicken tenderloin into bite-size pieces. Salt and pepper chicken pieces. Place chicken pieces into a bowl, and pour buttermilk over the top. Let sit for 10 minutes. While chicken is marinating, pour whole wheat panko crumbs into a separate bowl. Take each chicken piece out of buttermilk and coat in the crumbs. Repeat for the rest of the chicken. Lay breaded chicken pieces on a baking sheet coated in nonstick cooking spray, and sprinkle grated cheese on top. Bake for 15 to 20 minutes. If desired, turn oven to low broil for 1 to 2 minutes to toast top of chicken bites.

Turkey Breast and Apple Cracker Stack

Yield: 3

Protein per assembled cracker: 5 grams

- 2 oz maple honey turkey breast or preferred deli meat, thinly sliced
- 1/4 cucumber, sliced
- 1/2 Granny Smith apple, thinly sliced
- 6 small whole grain crackers
- Mustard, optional

Layer the apple, turkey, and cucumber onto the crackers and serve. For added flavor, spread mustard onto each wedge.

Spinach and Swiss Frittata

Yield: 8 wedges

Protein per wedge: 9 grams

- 8 large eggs
- 2 Tbsp water
- 2 tsp olive oil
- 1 small red onion, sliced (approximately 1 cup)
- 2 cups chopped, cooked spinach
- Salt and pepper, to taste
- 1/2 cup shredded, reduced-fat Swiss cheese (or Cabot Lite cheddar cheese)

Separate 4 of the eggs, putting the whites into a medium-size bowl, discarding the yolks. Add the 4 whole eggs and add water to the whites, and whisk well for a minute. In a medium ovenproof nonstick skillet, heat oil over medium heat. Add onion and cook until it softens and edges are lightly brown, about 5 minutes. Add the cooked spinach, and cook for another 2 minutes. Season with salt and pepper to taste. Pour the egg mixture over the vegetables in the skillet, covering them evenly. Reduce the heat to medium-low, cover, and let cook until the egg mixture has set around the edges, about 8 minutes. Sprinkle with cheese. Place skillet under a preheated broiler, 2 inches from the heat, until the surface is set and golden brown, 1 to 2 minutes. Do not overcook!

Turkey Omelet

Yield: 1 omelet

Protein: 21 grams

- 1 tsp olive oil
- 1/4 cup Egg Beaters brand or egg substitute or 1 whole egg
- 2 slices turkey deli meat
- 1/4 cup shredded part-skim mozzarella cheese

Add olive oil to skillet and heat to medium. Dice turkey slices into small pieces, cook on low heat until they start to brown slightly. Pour egg mixture on top of turkey. Sprinkle cheese over the top, and cook until eggs set. Flip and fold in half.

Optional: Add cooked vegetables to this, such as tomatoes, onions, spinach, etc.

SAMPLE MENU: GENERAL

Time	Food	Liquid	Protein
7 am	1/2 cup protein supplement of your choice	1/2 cup	10-15 grams
8 am		1 cup decaffeinated coffee or tea	
9 am	1 Turkey Omelet (see recipe on page 31)		21 grams
10 am		1 cup noncarbonated, caffeine-free beverage	
12 pm	1 Honey Mustard Turkey or Ham Roll-Up and cup Lentil Soup (see recipes on pages 24 and 30)	1/2 cup	12 grams
2 pm		1 cup sugar-free lemonade	
4 pm		1 cup noncarbonated, caffeine-free beverage	
5 pm	1/4 cup green beans **OR** 1/4 cup mashed sweet potato **and** 3 oz tender pork loin **OR** 3 oz moist fish	1 cup sugar-free lemonade	21 grams
8 pm	1/2 cup part-skim ricotta cheese with dash of cinnamon **OR** Vanilla Egg Custard (see recipe on page 21)		14 grams
9 pm	1/2 cup Greek yogurt	1/2 cup	10 grams
Total		**52 oz**	**76 grams**

VITAMIN AND MINERAL SUPPLEMENTATION: SLEEVE GASTRECTOMY AND GASTRIC BYPASS

After weight loss surgery, daily vitamin and mineral supplementation is required for a lifetime. Most insurances do not cover the cost of vitamin and mineral supplements. It is important to consider the financial cost of these essential supplements before proceeding with surgery. There are many vitamin brands on the market. Make sure to read the label on the back of the bottle to know exactly what nutrients you are receiving. If you have questions, please ask your dietitian.

Daily micro-nutrient needs for sleeve and gastric bypass patients:

- Iron: 45–60 mg/day
- Folate:
  - 400–800 mcg/day
  - Women of childbearing age: 800–1,000 mcg/day
- Thiamin (B1): at least 12 mg/day
- Zinc:
  - Women: 8 mg/day (**sleeve**), 8–16 mg/day (**bypass**)
  - Men: 11 mg/day (**sleeve**), 11-22 mg/day (**bypass**)
- Copper:
  - 1 mg/day (**sleeve**)
  - 2 mg/day (**bypass**)
- Vitamin A: 5,000–10,000 IU/day
- Vitamin D3: 3,000 IU/day
- Vitamin E: 15 mg/day
- Vitamin K: 90–120 mcg/day
- Calcium: 1,200–1,500 mg/day
- Vitamin B12:
  - 350–500 mcg/day oral, sublingual, or liquid OR
  - 1,000 mcg/month IM injection OR
  - 500 mcg/day (one spray) in one nostril, once weekly

Bariatric Multivitamin Brands — Choose One:

- **Bariatric Advantage** — Chewable Ultra Solo With Iron
- **ProCare Health** — Bariatric Multivitamin With 45 mg Iron
- **BariatricPal®** — Multivitamin ONE Chewable With 45 mg Iron
- **Bariatric Choice** — Once Daily Bariatric Multivitamin With 45 mg Iron
- **Celebrate** — Multivitamin Soft Chews
- **BariMELTS®** — Multivitamin With Iron
- **Bariatric Fusion** — Chewable Bariatric Multivitamin

Calcium Citrate With Vitamin D Brands — Choose One:

Daily calcium recommendation is 1,200-1,500 mg/day. That means you will be taking 2-3 calcium chews per day, depending on the amount that is in each chew.

- **Bariatric Advantage** — Calcium Citrate Chewable 500 mg
- **Bariatric Fusion** — Calcium Citrate Soft Chews 500 mg
- **Celebrate** — Calcium Citrate Soft Chews 500 mg
- **ProCare Health** — Calcium Soft Chews 500 mg
- **BariatricPal** — Calcium Citrate Soft Chews 500 mg

If you choose to not use a bariatric-specific brand of multivitamin, the following examples would be the next best option, but you would need to supplement with extra nutrients to meet your bariatric needs:

- **Flintstones®** — Complete Chewable for Adults
  - ›› Take 2 per day and an additional vitamin D3, thiamin (B1), iron, and calcium supplement.
  - ›› $6.88 for 1-month supply
- **Centrum™** — Complete Multivitamin Chewable
  - ›› Take 2 per day and an additional vitamin D3, thiamin (B1), iron, and calcium supplement.
  - ›› $28.99 for 1-month supply

IMPORTANT REMINDERS FOR SLEEVE AND GASTRIC BYPASS SUPPLEMENTS:

- Only liquid or chewable vitamins after surgery — no gummies.
- Take calcium supplement by itself for best absorption, at least two hours before or after taking other supplements.
- Take calcium in two to three doses throughout the day to reach a total of 1,200 to 1,500 mg/day. It's better absorbed when taken in smaller amounts. Example: Take three 500 mg chews per day.
- Begin taking vitamins around full liquid or puréed phase per surgeon direction.
- Some supplement brands may be tolerated better than others, so you may have to try a variety before finding the brands that work for your body.
- Vitamin and mineral supplements are an additional expense, so please begin preparing ahead of time.
- You will get lab work done one time before surgery. After surgery, you will have lab work done at six months, 12 months, 18 months, 24 months, and three years. If vitamin/mineral deficiency is suspected, labs may be taken more frequently.
- Overall, you will have to take **one to two bariatric multivitamins** and a **calcium** supplement. Then depending on the brand you choose, you may have to take additional supplements.

VITAMIN AND MINERAL SUPPLEMENTATION: SADI-S & DUODENAL SWITCH

After weight loss surgery, daily vitamin and mineral supplementation is required for a lifetime. Most insurances do not cover the cost of vitamin and mineral supplements. It is important to consider the financial cost of these essential supplements before proceeding with surgery. There are many vitamin brands on the market. Make sure to read the label on the back of the bottle to know exactly what nutrients you are receiving. SADI-S and duodenal switch surgeries require patients to supplement with multivitamins high in fat-soluble vitamins (vitamins A, D, E, and K). If you have questions, please ask your dietitian.

Daily micro-nutrient needs for SADI-S and duodenal switch patients:

- Iron: 45–60 mg/day
- Folate
  - ›› 400–800 mcg/day
  - ›› Women of childbearing age: 800–1,000 mcg/day
- Thiamin (B1): at least 12 mg/day
- Zinc:
  - ›› Women: 16 mg/day
  - ›› Men: 22 mg/day
- Copper: 2 mg/day
- Vitamin A: 10,000 IU/day
- Vitamin D3: 3,000 IU/day
- Vitamin E: 15 mg/day
- Vitamin K: 300 mcg/day
- Calcium: 1,800–2,400 mg/day
- Vitamin B12:
  - ›› 350–500 mcg/day oral, sublingual, or liquid OR
  - ›› 1,000 mcg/month IM injection OR
  - ›› 500 mcg/day (one spray) in one nostril, once weekly

Bariatric Multivitamin Brands — Choose One:

- **Bariatric Advantage** — Chewable High ADEK Multi With Iron
- **Bariatric Fusion** — High ADEK Multi with Iron
- **Celebrate** — Multi-ADEK Vitamin

Calcium Citrate with Vitamin D Brands — Choose One:

Daily calcium recommendation is 1,800-2,400 mg/day. That means you will be taking 3-4 calcium chews per day, depending on the amount that is in each chew.

- **Bariatric Advantage** — Calcium Citrate Chewable 500 mg
- **Bariatric Fusion** — Calcium Citrate Soft Chews 500 mg
- **Celebrate** — Calcium Citrate Soft Chews 500 mg
- **ProCare Health** — Calcium Soft Chews 500 mg
- **BariatricPal** — Calcium Citrate Soft Chews 500 mg

IMPORTANT REMINDERS FOR SADI-S AND DUODENAL SWITCH SUPPLEMENTS

- Only liquid or chewable after surgery — no gummies.
- Take calcium supplement by itself for best absorption, at least two hours before or after taking other supplements.
- Take calcium in four doses throughout the day to reach total of 1,800 to 2,400 mg/day. It's better absorbed when taken in smaller amounts. Example: Take four 500 mg chews per day.
- Begin taking vitamins around full liquid or pureed phase per surgeon direction.
- Some supplement brands may be tolerated better than others, so you may have to try a variety before finding the brands that work for your body.
- Vitamin and mineral supplements are an additional expense, so please begin preparing ahead of time.
- You will get lab work done one time before surgery. After surgery, you will have lab work done at six months, 12 months, 18 months, 24 months, and three years. If vitamin/mineral deficiency is suspected, labs may be taken more frequently.
- Overall, you will have to take **1–2 bariatric multivitamins high in ADEK** and a **calcium** supplement. Then, depending on the brand you choose, you may have to take additional supplements.

SUCCESS CHECK-UP

- ☐ I will do my best to master the success habits one more day.
- ☐ I feel in control of myself.
- ☐ I took responsibility for my actions today.
- ☐ I ate the proper quantity of food.
- ☐ I ate 4 to 6 small meals and took 15 to 30 minutes to eat.
- ☐ I ate only when I planned to eat.
- ☐ I ate protein first at each meal.
- ☐ I avoided simple carbohydrates.
- ☐ I drank at least 8 cups (64 oz) of sugar-free, noncarbonated fluid.
- ☐ I did not eat and drink together.
- ☐ I exercised 20 to 60 minutes.
- ☐ I took my bariatric vitamins.

This week I struggled with:

_____

_____

_____

This week my successes were:

_____

_____

_____

This is how I will be successful next week:

_____

_____

_____

GUIDELINES TO PREVENT COMPLICATIONS AND ISSUES AFTER SURGERY

We are here to help you through your surgery and educate you on how to prevent complications. With any surgery, complications can occur. Some go away with time, while others may be prevented. Here is what is important to know prior to surgery:

Dumping Syndrome — *When food moves from the stomach into the small bowel too quickly after eating*

- Do not drink fluids with meals after surgery.
- Do not eat foods that have sugar listed as one of the first three ingredients.
- Sugar as an ingredient may be listed as the following:
  - Brown sugar, fructose, glucose, maltose, cane juice, fruit sugar, lactose, sorghum, corn syrup, dextrose, levulose, raw sugar, corn sweeteners, granulated sugar, invert sugar, maple sugar, confectioner's sugar, honey, molasses, sucrose, maple syrup, or turbinado sugar.
- The following foods and drinks should be avoided to prevent dumping syndrome:
  - Foods: Cake, candy bars, candy, chewing gum, cookies, sugar, syrup, sweet rolls, honey, custard, molasses, sugar-coated cereals, pastries, pies, pudding, sweetened condensed milk, ice cream, sweetened fruit, jam, and jelly.
  - Drinks: Regular soft drinks, regular fruit drinks, sweetened seltzer water, regular Gatorade, regular Powerade, regular Vitamin Water, Sunny Delight, Tampico, Hawaiian Punch, Kool-Aid, and lemonade.

Nausea and Vomiting

Eating inappropriately is the most common cause of vomiting. Eating-related causes may include eating too fast, not chewing foods properly, eating too much at once, eating solid foods too soon after surgery, or eating foods that do not agree with you. Remember to:

- Eat slowly.
- Eat small amounts.
- Chew food thoroughly.
- Call your physician if symptoms persist for more than 24 hours.

Dehydration

Dehydration can be prevented by drinking at least 64 oz of fluid per day. Sip beverages slowly and wait at least 30 minutes before and after meals to drink your fluids.

Malnutrition

Malnutrition is a concern, as you will have a smaller capacity to eat regular amounts of food. The following guidelines will help you to maintain good nutrition status and avoid malnutrition:

- Consume 60–80 grams of protein daily from 4–6 small meals.
- Take recommended vitamin and mineral supplements.
- Additional vitamins may be needed based on surgery type.

Lactose Intolerance

Lactose is a sugar in milk and milk products that is broken down by an enzyme in the body. If there are not enough enzymes in the body, the undigested milk products may cause gas, bloating, cramps, or diarrhea. Remember to:

- Limit milk or milk products to 1/2 cup at a time, several times a day.
- Choose lactose-free milk, milk alternatives such as light soy milk or unsweetened almond milk, or lactase enzyme tablets.

Constipation

You will need adequate fiber and fluids for regular bowel movements. Remember to:
- Drink 6–8 cups of fluid per day.
- Eat well-balanced meals, gradually adding fiber as tolerated.
- Increase your physical activity.

Gas

Swallowing air is a common cause of gas in the stomach. Remember to:
- Eat slowly; chew well.
- Sip rather than gulp.
- Limit "gassy" foods, such as high-fat foods, products made from refined flour (white bread, crackers, cereal), dried beans, vegetables in the cabbage family (broccoli, brussels sprouts, cabbage, cauliflower, sauerkraut, turnips), cucumbers, peppers, certain fruits (apples, oranges, grapefruit, pineapple), and onions if they make you gassy.
- Limit sugar alcohols, which may cause gas and diarrhea. Sugar alcohols include mannitol, sorbitol, maltitol, xylitol, lactitol, and erythritol.
- Some over-the-counter medications may help reduce symptoms, such as antacids with simethicone, such as Gas-X.
- Be aware that gas may be foul smelling with the gastric bypass procedure.

Hair Loss

Some hair loss is not unusual because of the rapid weight loss. You can minimize hair loss by eating enough protein and taking the recommended vitamin and mineral supplements. By the end of the first year, with proper nutrition, hair should be back to baseline.

Blockage of the Stomach

Always cut food into small pieces and chew very well to prevent vomiting, cramping, or blockage. Remember to:
- Chew your food very well.
- If you are unable to eat or keep food in your stomach, call your physician's office.

Weight Gain

In the first year after surgery, the stomach pouch will limit your intake. Eventually you will be able to eat more; however, you may still need to monitor your intake to continue or maintain weight loss. Remember, this is a tool, and your tool must be used properly for long-term success. Remember to:
- Keep portions small.
- Eat 4–6 small meals a day at regular times.
- Focus on lean proteins, fruits, vegetables, whole grains, and low-fat dairy.
- Aim for 64 oz of sugar-free, noncarbonated fluids per day.

DINING-OUT TIPS FOR AFTER SURGERY

Always remember to follow the same eating principles at home as when dining out:
Once solid foods are tolerated, you can enjoy dining out with family and friends. However, be aware of the choices made, the quantity eaten, and the length of time it takes to eat.

Plan ahead:
Look at the menu ahead of time and decide what to order before going to the restaurant. Once the main course arrives, decide how much to eat, and stick to it. Ask for a to-go box when you order; after sectioning off your intended portion for this meal, immediately place the rest in the to-go box.

Read menu descriptions carefully:
Breaded, fried, creamed, scalloped, au gratin, and rich mean extra calories and fat. Instead, choose items that are poached, roasted, boiled, steamed, or stir-fried, as they are usually lower in fat.

Serving sizes:
Request half portions, share a full entrée, or order à la carte. Some restaurants permit ordering off the children's menu.

Ask about ingredients and preparation:
Ask how vegetables and meats are cooked and served as you want to avoid fats, such as cream, butter, or sauce. Always request that sauces or dressings be omitted or served on the side; then use sparingly or not at all. Broiled, grilled, baked, steamed, or poached fish, poultry, and seafood are excellent choices. Many entrées are often basted with large amounts of fat. Ask to have the entrée prepared without added fat, for chicken to be prepared without skin, and request lemon juice or a nonfat item to be used instead.

Ask for items that are not on the menu:
Nonfat or low-fat milk is usually available upon request. Light, broth-based soups and fresh fruit are often available, even though they may not be included on the menu.

No bread:
Ask that the complimentary bread and chips not be placed on the table. Instead, request low-fat crackers, such as saltine crackers.

Caution at the salad bar:
Be careful with salad dressings, toppings, and creamy salads (potato, macaroni, coleslaw). These items are high in fat and calories. Use sparingly, if at all. Remember to control portions.

Avoid desserts:
They contain unnecessary calories and can cause dumping syndrome (described on page 38). Instead, try fresh fruit or a dessert with no sugar added.

Avoid grazing:
If you're at a party where there might be buffet-type servings, station yourself away from food. Engage in activities that prevent eating, such as playing cards or recreational sports. Carry a drink and sip it. Volunteer to help clear dishes. Find a good excuse to be away from the table.

No alcoholic beverages:
Alcohol is not only high in calories but can irritate the new stomach. If you're older than 21 years, AND after one year post-surgery, you may incorporate small amounts of alcohol occasionally, with physician approval only. Check with the nurse or doctor to see if this is an appropriate choice for you.

EXPECTED WEIGHT LOSS

Most weight loss takes place in the first 12–18 months following surgery. This is why it is very important to start eating and drinking correctly now. We find that patients do better in the first 18 months after surgery because they are following a consistent diet, exercise, and medical routine. You can calculate your expected weight loss below so that you have goals to work toward.

The expected weight loss (EWL) with sleeve gastrectomy surgery is 60–70% of your excess body weight (EBW). **To calculate EWL:**

Current weight – Patient weight at BMI of 25 = Excess body weight (EBW)

EBW x 0.60 = Number of pounds expected to be lost

Current weight – Number of pounds expected to be lost = GOAL WEIGHT

How to calculate your goal weight:

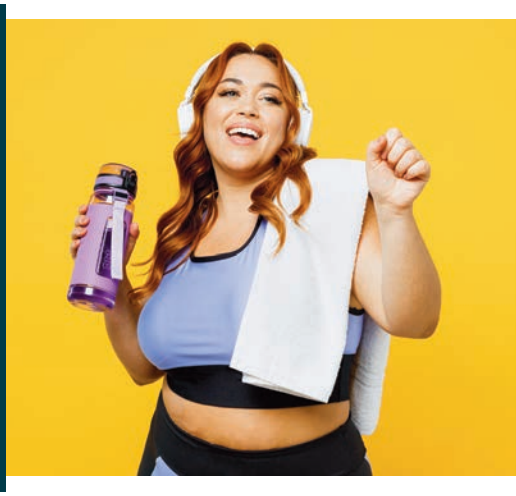
Example: Female 5 feet tall

300 lbs	current weight
– 128 lbs	ideal weight
= 172 lbs	excess weight
172 lbs	excess weight
x. 60 to .80	
= 103-138 lbs	expected weight loss
300 lbs	current weight
– 103-138 lbs	expected weight loss
= 162-197 lbs	GOAL WEIGHT

Yourself

_____	current weight
– _____	ideal weight
= _____	excess weight
_____	excess weight
x .60 to .80	
= _____	expected weight loss
_____	current weight
– _____	expected weight loss
= _____	GOAL WEIGHT

For maximum weight loss and maintenance of a healthy weight, you must exercise and eat well.



WHERE CALORIES ON YOUR PLATE COME FROM: THE STORY OF CARBOHYDRATES, PROTEIN, AND FAT

Carbohydrates (Calories per gram = 4)
Carbohydrates are your body's main source of energy. They power every function of your body from walking to breathing. Starch, fiber, and sugars are all forms of carbohydrate. Starch and sugars provide calories which are fuel for your body. However, eating too much starch and sugar leads to excessive calorie intake, which will interfere with your weight loss.

There are many forms of sugar. Some forms occur in foods naturally, while others are added to food during processing. Because this can be very confusing, it is important to monitor your total carbohydrate intake, not just your intake of sugars.

Complex Carbohydrates — Choose these more often!
Starches and fiber are complex carbohydrates. They are chains of many sugars linked together. Eventually, your body will break them down into single sugars. This simply means that they are more structurally complex and take longer to digest. Fruit is a good choice because it contains fiber and is more filling.

Complex carbohydrates are often referred to as natural sugars. Foods containing these natural sugars also contain more vitamins, minerals, and fiber, and are a better choice for overall nutrition. Examples of nutritious complex carbohydrates are vegetables, brown rice, whole-wheat bread, whole-wheat crackers, whole-grain cereals, and legumes (dry beans). White rice, white bread, most snack crackers, corn, rice-based cereals, potatoes, and pasta are also complex carbohydrates, but they contain very little nutrition and should be eaten only occasionally.

Simple Carbohydrates — Avoid these!
Simple carbohydrates are sugars that are already in their simplest form. They digest very quickly, leaving you feeling hungry soon after eating. They also have little to no nutritional value. Generally, simple carbohydrates are sugars that are added to foods to make them sweeter. White sugar, brown sugar, powdered sugar, corn syrup, honey, molasses, turbinado sugar, and high fructose corn syrup are all simple sugars.

Some naturally occurring sugars are also simple sugars, such as fruits and fruit juices. Fruits and 100% fruit juices do have many vitamins and minerals which make them more nutritious. However, even 100% fruit juice should be limited or avoided after the liquid phase of the diet because it is a calorie-containing liquid. Simple sugars digest quickly, leaving you hungry soon afterward. Fruit is a good choice because it contains fiber and is more filling.

Sugar-free
Beware: Foods that are labeled "sugar-free" are not necessarily calorie-free. Other forms of carbohydrates may be contained in the food. Always check the "Total Carbohydrate" section of the food label rather than the "Sugars" section. You may also find other confusing terms on the food label that refer to sugar.

LABEL LINGO

Label Term	What It Means
Calorie-free	Less than 5 calories
Sugar-free	Less than 0.5 grams of sugar per serving
Reduced-sugar or less-sugar	At least 25% less sugar per serving than the original product
No sugar added	No sugars added during processing or packing, but naturally occurring sugars will still be present
Low sugar	May not legally be used on a food label

Sugar Substitutes
Sugar substitutes are artificial sweeteners that contain no calories of any kind. You may use them in place of sugar to sweeten foods and drinks. Examples of sugar substitutes include Stevia, aspartame, saccharine, and acesulfame K. Brand names include NutraSweet, Equal®, Sweet'N Low®, and Splenda. Some sugar substitutes are not intended to be used in cooked or baked goods. Be sure to read the instructions before cooking or baking with your favorite artificial sweetener.

Fiber
Fiber is a general term referring to complex carbohydrates that your body cannot digest. Fiber, unlike other carbohydrates, is not used for energy. While fiber does not provide any nutrients, most fiber-containing foods are packed with vitamins and minerals, are low in fat, and contain other complex carbohydrates.

By adding both bulk and softness to stools, fiber promotes regularity and prevents constipation. However, plenty of fluids are required to keep fiber moving through your system. Increasing your fiber intake without drinking adequate liquids can cause constipation.

Fiber has also been shown to help lower cholesterol and reduce your risk of colon cancer and other chronic diseases. Aim for 20–30 grams of fiber per day in your diet.

White Bread, Wheat Bread, and Whole-Wheat Bread
All breads are not created equal. White bread is made entirely from refined white flour. It provides little fiber or other nutritional value. By law, any bread labeled "whole wheat" must be made from 100% whole-wheat flour. This is the most nutritious type of bread you can choose.

Be sure the label says WHOLE wheat. The term "wheat bread" simply means that the bread contains refined white flour and some caramel coloring, giving the bread its brown look. "Wheat bread" may contain some whole-wheat flour, but usually very little. Check the ingredient list on the label for "whole-wheat flour" to get the most nutritious bread possible. It will be more expensive, but your health is worth it.

Summary

When choosing carbohydrate foods, select complex carbohydrates more often. Higher fiber content is better. Look for the term "whole wheat" or "whole grain" on the label. Avoid simple carbohydrates as much as possible.

Protein (Calories per gram = 4)
Protein performs many functions in the body. It is part of every body cell. Therefore, your body needs a constant supply of protein to repair body cells as they wear out. During times of growth or healing, your body needs protein to build new tissues. Enzymes and hormones, which regulate body processes, are proteins. Antibodies, which protect you from disease-causing bacteria and viruses, are also proteins.

Amino Acids
Protein is made up of building blocks called amino acids. There are 20 different amino acids. Nine of these are "essential amino acids." This means that your body cannot make them, so the foods you eat must supply them. Other amino acids are non-essential, meaning your body can make them if you are consuming enough essential amino acids and calories each day.

Complete Proteins
Meat, poultry, fish, eggs, milk, cheese, yogurt, and soy provide all nine essential amino acids and are considered complete proteins. After bariatric surgery, these protein sources are the only ones you should use to obtain most of your daily protein intake.

Incomplete Proteins
Except for soybeans, plant proteins lack one or more essential amino acids and are considered incomplete proteins.

Eating a wide variety of plant foods (fruits, vegetables, whole grains, legumes, dry beans, nuts, seeds) increases the likelihood that you will get all the amino acids you need to make a complete protein.

Fat (Calories per gram = 9)
Fat is not the enemy. In fact, fat is a nutrient necessary for good health. Vitamins A, D, E, and K dissolve and are carried into your bloodstream in fat. Without fat, these vitamins could not nourish your body. Fat is a concentrated energy source that supplies more than twice as many calories per gram as carbohydrates and protein.

Fat also cushions your body organs and protects them from injury, provides insulation from the cold, and provides extra energy when needed. It helps satisfy hunger by making you feel full. This is because fat takes longer to leave your stomach than carbohydrates and protein. Choose healthier sources of fat such as avocado, fatty fish (salmon), nut or seed butter, olive oil, or eggs.

RESOURCES AND REFERENCES

Cookbooks

“Recipes for Life After Weight-Loss Surgery” by Lynette Shultz and Margaret Furtado

“The Complete Idiot’s Guide to Eating Well After Weight Loss Surgery” by Joseph Ewing and Margaret Furtado

“Cook Wise With Chef Dave” by David Fouts

“Eating Well After Weight Loss Surgery” by Patt Levine and Michele Bontempo-Saray

"Bite Size" — Kenneth Cadieux

"The Complete Bariatric Cookbook and Meal Plan: Recipes & Guidance for Life Before and After Surgery" — Megan Moore, RD

"Bariatric Meal Prep Made Easy: Six Weeks of Portion-Controlled Recipes to Keep the Weight Off" — Kristin Willard, RDN

"Best Fork Forward: Everyday Dinners After Weight Loss Surgery" — Steph Wagner, MS, RDN

"Easy 5-Ingredient Bariatric Cookbook: 100 Post-surgery Recipes for Lifelong Health" — by Megan Wolf, RDN

Books

“The Emotional First Aid Kit: A Practical Guide to Life After Bariatric Surgery” by Cynthia L. Alexander

“Eat It Up! The Complete Mind/Body/Spirit Guide to a Full Life After Weight Loss Surgery” by Connie Stapleton

“Dying to Change: My Really Heavy Life Story” by Katie Jay

“Weight Loss Surgery: Finding the Thin Person Hiding Inside You” by Barbara Thompson

Websites

Private Facebook group: **Horizon Health Center for Weight Management**

Public Facebook page: **Horizon Health Center for Weight Management**

Therealfooddietitians.com

One patient’s experience, recipes, and product links: **BariatricEating.com**

Academy of Nutrition and Dietetics: **EatRight.org**

Weight loss surgery peer support and information: **ObesityHelp.com**

Obesity Action Coalition: **ObesityAction.org**

American Society for Metabolic and Bariatric Surgery: **asmbs.org**

MEASURING GUIDE

	fl oz	ml	Tbsp
1 cup	8	240	16
1/2 cup	4	120	8
1/4 cup	2	60	4
1/8 cup	1	30	2
1 Tbsp	.5	15	1

NOTES