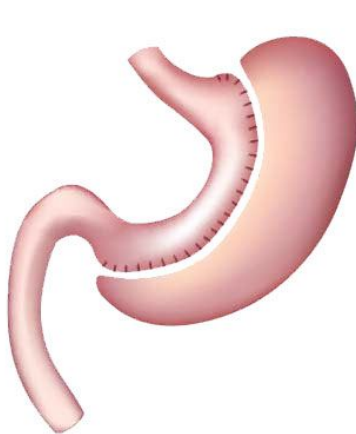


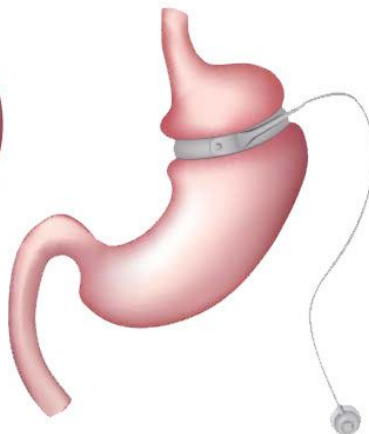


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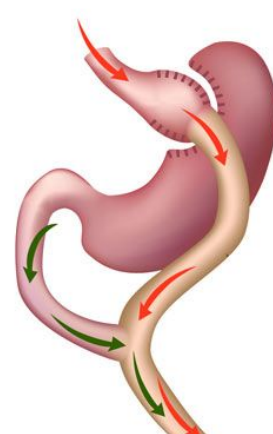
# ***Nutrition Guidelines***



**Gastric Sleeve**



**Lap-band**



**Gastric Bypass**

## ***The Center for Bariatric Surgery***

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## **APPENDIX**

### **INCLUDES:**

- Pre-Surgical Meal Planning Guidelines
- Possible Nutrition Issues Post-Op
- Checklist After Gastric Sleeve Surgery
- Protein Content of Common Foods
- High Protein Snack Ideas
- Calcium Content of Foods
- Kitchen Essentials
- Tips and Tricks for Hydration
- Protein Shake Tips and Tricks
- Protein Supplement Recipes
  - Stage 3: Pureed Recipes
  - Stage 4: Soft Recipe Ideas
- Exercise
- Dining Out
- Post-Test
- Bariatric Dietitian Contact Info

## **INTRODUCTION**

The Bariatric Dietitian will provide ongoing support before and after surgery through nutrition counseling, education, and support groups. The gastric sleeve creates a “tool” to help you lose weight. It will help to control your portion sizes, reduce your caloric intake and control hunger as long as the proper dietary and behavior changes are followed.

***It is up to you to change your life to succeed.***

### **Pre and Postoperative Period**

This handbook is focused on assisting you in your short and long-term success with bariatric surgery. Long-term weight management and overall nutritional health is largely determined by adhering to these guidelines. Individual results vary from patient to patient. Please understand there can be no guarantees as to the amount of weight loss and other results. Typically, patients lose 50-60% of their excess body weight within the first year and a half to two years.

This guide is designed to help you succeed. Since you will be losing a large amount of weight, nutrition is essential. Your physician has prescribed the following dietary program to help your body maintain muscle tone, skin elasticity, and to minimize hair loss. You will also find practical and useful information to help create new patterns of eating, exercise, and living. In addition, your team of doctors, nurses, dietitians, and other health care members are available to answer questions and provide support.

### **How does this procedure work?**

The Laparoscopic Gastric Sleeve Procedure you will undergo is to help induce weight loss and to prevent, cure, or improve some of the medical complications associated with obesity. During this procedure, 85% of the stomach is removed so that it takes the shape of a tube or sleeve. The tube shaped stomach that is left is sealed closed with both sutures and staples. Proper post-operative care and dietary intake will help to ensure a safe recovery. Since your intake is greatly reduced, it is vital for you to eat nutritious foods after your surgery to help heal the incision and to maintain your nutritional health. A commitment to a changed eating pattern is essential to achieve substantial weight loss, avoid gastric discomfort, and to prevent nutritional deficiencies.

#### **Questions to ask yourself and things to remember:**

1. This surgery creates a “tool” to help you lose weight. It is up to you to change your life to succeed.
2. Are you ready to do the work needed to get healthy?
3. Are you ready to change your life?
4. Do you have the social support system intact to help you post-operatively?

***\*Remember: Bariatric surgery provides the means to weight loss, but your commitment to follow the surgery guidelines (including eating, exercise, and behavior modifications) will determine your success.***

# Goal Setting Using the SMART Acronym

Goal setting is a process of determining what your goals are, working towards them and assessing whether your goals are met. A prevalent process for setting goals uses the SMART acronym, Specific, Measurable, Achievable, Realistic, and Timely. Each visit, with the help of your dietitian, you will use this acronym to assess and set goals of your own.

**S** = Specific **M** = Measurable **A** = Attainable/Achievable **R** = Realistic **T** = Time Bound

## Specific

A specific goal has a much greater chance of being accomplished than a general goal. There should be no indecision as to what exactly you should be doing. An example of a general goal would be, *"Increase consumption of fruits and vegetables."* But a specific goal would say, *"Increase fruits and vegetables consumption by including a serving of fruit and a serving of vegetables per day."*

## Measurable

Choose a goal with measurable progress, **so you can see the change as it occurs**. A measurable goal has an outcome that can be assessed either on a sliding scale (1-10), or as a hit or miss, success or failure. Based on our example, *"Increase fruits and vegetables consumption by including a serving of fruit and a serving of vegetables per day"* would be a measurable goal because we are measuring if the participant consumed fruits and vegetables one meal per day.

## Attainable/Achievable

An achievable goal has an outcome that is realistic given your current social, economic, or cultural resources and time available. Goal achievement may be more of a "stretch" if the outcome is difficult to begin with. Our example of a goal was to *"Increase fruits and vegetables consumption by including a serving of fruits and a serving of vegetables per day."* Is consuming a serving of fruits and vegetables one meal a day possible for you? If not, then this would not be an attainable goal.

## Realistic

Start small; with what you can and will do and enjoy meeting your goal. Gradually increase the intensity of the goal at each visit. Is our example goal *"Increase fruits and vegetables consumption by including a serving at one meal per day"* realistic? If not, then we might want to redefine the goal. If yes, next visit *"Increase fruits and vegetables consumption by including 2 servings of fruits and 2 servings of vegetables per day."*

## Time Bound

Set a timeframe for the goal: for next week, next month, by three months. Setting an end point for the goal gives you a **clear target** to achieve. In your case, most likely the timeframe will be one month.

# **EXPECTATIONS BEFORE SURGERY**

## **WEIGHT LOSS GOALS**

*You are expected to achieve these nutrition, behavioral and exercise goals prior to surgery so that you can more easily transition into your new lifestyle after surgery*

### ***Nutrition Goals***

- ✓ Take Multivitamin each day
- ✓ Limit Alcohol Beverages
- ✓ Limit Carbonated Beverages
- ✓ Limit Caffeine
- ✓ Eliminate fruit juice & sugar sweetened beverages
- ✓ Drink 64 oz. of non-carbonated, non-caffeine beverages
- ✓ Eat protein at each meal, 60-80g per day
- ✓ Eat more fruits and vegetables two choices of each, daily
- ✓ Choose whole grains (brown rice, quinoa, farro, oats, etc.)
- ✓ Limit high fat, high sugar foods (cakes, cookies, candy, chips, donuts)
- ✓ Use the plate method as your guide
- ✓ Portion control



### ***Behavioral Goals***

- ✓ Eat three meals per day/don't skip meals
- ✓ Take 20-30 minutes for each meal
- ✓ Practice taking small bites and sips
- ✓ No straws, no chewing gum
- ✓ Chew foods thoroughly, 20-25 times per bite
- ✓ Avoid eating and drinking together
- ✓ Keep a food log/Track food daily
- ✓ Implement meal planning and preparation
- ✓ Practice mindful eating
- ✓ Get 7-9 hours of sleep per night
- ✓ Smoking Cessation



### ***Exercise Goals***

- ✓ Walk 30 minutes three times a week
- ✓ Treadmill and/or elliptical for 30 minutes three times a week
- ✓ Swim/water aerobics for 30 minutes three times a week
- ✓ Ride a bicycle for 30 minutes three times a week
- ✓ Exercise at the gym for 30 minutes three times a week



# **Nutrition, Behavioral and Exercise Goals**

*It is a good idea to start working on these behaviors before surgery to help you prepare for your new lifestyle after surgery.*

## **Nutrition Goals**

**1. Start taking a multivitamin.** Start taking the vitamins and supplements daily to get into the habit.

- You can take the tablet form of the supplement prior to surgery, but for the first 3 months after surgery vitamins that are chewable, liquid, or powder are required.
- These vitamins are specific to your bariatric surgery procedure and you will be taking them for the *rest of your life*.
- Do NOT take the multivitamin with iron and calcium at the same time; separate by 2 hours. Calcium can reduce the absorption of iron.
- DO NOT TAKE ANY supplements in gummy form. Gummies do not have all the vitamins and minerals you need, are not well absorbed and can get stuck.

**2. Drink adequate fluids to prevent dehydration\*\*\*. Aim for 64 oz (8 cups) of fluid a day. Avoid fluids 15 minutes before eating, with meals, and wait 45 minutes after a meal to resume drinking.**

For the first week post-op your stomach is swollen and it may take 30-60 minutes to drink a cup of liquid. Keep sipping all day to help prevent dehydration. Know that it gets easier as the weeks pass. Soon it will only take 5-15 minutes to finish a cup.

**\*\*\*Your urine should be very light, if not clear, as a sign you are getting enough fluid. Increase your fluid intake if any of the following signs are present: dark urine, headache, dizziness, confusion, a white coating on the tongue. Avoid carbonated beverages and beverages containing sugar or caffeine.** The bubbles may cause pouch irritation and gas. Caffeine can irritate the lining of the stomach and may increase your risk of ulcers after surgery.

### **\*Tips for Beverages to Choose After Your Surgery:**

- Wean off carbonated and caffeinated beverages *before* surgery to help prevent withdrawals.
- Choose sugar-free, non-carbonated, decaffeinated drinks such as: Crystal light, Propel Zero Water, Diet Lemonade, Decaffeinated / Herbal Tea.
- If plain water sits heavy and you are having problems tolerating it add a sugar-free flavoring (e.g. Crystal Light, Fresh lemon, lime or orange slice, etc.)

**There are many options available to meet your fluid needs.** Here are a few suggestions:

- Try flavoring water with slices of cucumber or citrus; lemon, lime or orange.
- Infuser water bottle
- Herbal teas
- Liquid Water Enhancers
- Crystal Light
- Electrolyte waters

**3. Avoid alcoholic beverages.** Alcohol, beer, and wine can cause weight gain and result in poor nutrition, since they are high in calories and low in nutrients. Alcohol may be absorbed more quickly than before due to your small stomach. Alcohol is discouraged overall, but your doctor may give you the okay to drink small amounts of dry wine several months after surgery. You may feel the effects of the alcohol after consuming a small amount, so definitely avoid driving or operating heavy machinery if you have ingested any alcohol.

**4. Read food labels.** Food choices should be no sugar added and low in fat. You should stay away from or significantly limit refined sugars, especially if it is one of the first 3 ingredients.

- **Check serving size and servings per container**
- **Know your calories per serving**
- **Limit** (5% or less) Saturated fat, Trans fat, Cholesterol, Sodium, and (10% or less) Added Sugars.
- **Get plenty of** (20% or more) fiber, vitamins, and minerals.
- **Look at grams of protein:** keep in mind your protein goal of 60 – 80 grams per day.
- **Review the ingredient list.** Ingredients in a food product are listed by weight in decreasing order.

**NEW LABEL / WHAT'S DIFFERENT**

**Servings:**  
larger,  
bolder type

**New:**  
added sugars

**Change**  
in nutrients  
required

**Nutrition Facts**  
8 servings per container  
**Serving size** 2/3 cup (55g)

---

**Amount per serving**  
**Calories** **230**

---

% Daily Value\*

<b>Total Fat</b> 8g	16%
Saturated Fat 1g	2%
Trans Fat 0g	
<b>Cholesterol</b> 5mg	10%
<b>Sodium</b> 160mg	32%
<b>Total Carbohydrate</b> 35g	70%
Dietary Fiber 4g	8%
Total Sugars 12g	
Includes 10g Added Sugars	20%
<b>Protein</b> 3g	
<hr/>	
Vitamin D 2mcg	40%
Calcium 260mg	52%
Iron 8mg	16%
Potassium 205mg	41%

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

Serving sizes updated

Calories: larger type

Updated daily values

Actual amounts declared

New footnote

### Refined Sugars/Sugar Alcohols to limit

Barley	Invert Sugar	Sorbitol
Malt	Raw Sugar	Dextrose
Honey	Confectioners Sugar	Maltose
Granulated Sugar	Isomalt	Turbinado
Brown Sugar	Sorghum	Fructose
High Fructose corn syrup	Corn Syrup	Mannitol
Molasses	Lactitol	Table sugar
Cane Sugar	Sucrose	Glucose
	Corn Sweeteners	Maple Syrup
	Levulose	Xylitol
		Agave

***Note:** Artificial sweeteners such as Stevia, NutraSweet/Equal®, saccharine/Sweet & Low®, and sucralose/Splenda® are acceptable to use in moderation.*

Nutrition Facts	Amount/serving	% DV*	Amount/serving	% DV*
	<b>Total Fat</b> 1.5g	3%	<b>Total Carb</b> 27g	54%
Serv Size 1 cup (33g)	Sat Fat 1g	2%	Fiber 0g	0%
Servings about 9	Trans Fat 0g		Sugars 13g	
<b>Calories</b> 120	<b>Cholest</b> 0mg	0%	<b>Protein</b> 0g	
Fat Cal 15	<b>Sodium</b> 280mg	12%		

**INGREDIENTS:** enriched flour (wheat flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), corn syrup, sugar, soybean and palm oil, corn syrup solids, dextrose, high fructose corn syrup, fructose, glycerin, contains 2% or less of cocoa, modified corn starch, salt, calcium carbonate

**\*It is important to limit your intake of foods with high amounts of added sugar. The American Heart Association (AHA) recommends limiting the amount of added sugar you consume based on gender.**

**Men:** no more than 9 teaspoons of added sugar per day (36 grams / 150 calories)  
**Women:** no more than 6 teaspoons of added sugar per day (25 grams / 100 calories)

**Nutrient Label Claims.** *The claims on food labels can be confusing. Knowing what these claims mean can help you choose healthier products*

<b>Nutrient Claim</b>	<b>What does it mean?</b>
Calorie Free	Less than 5 calories per serving
Low calorie	40 calories or less per serving
Fat free	Less than 0.5g of fat per serving
Low fat	3g or less of total fat
Low saturated fat	1g or less saturated fat per serving
Saturated fat free	Less than 0.5g of saturated fat less than 0.5g trans-fat per serving
Reduced fat , less fat	At least 25% less fat than the original food item
Sugar free	Less than 0.5g of sugar per serving
Reduced sugar	At least 25% less fat than the original food item
High fiber	5g or more fiber per serving
Good source of fiber	2.5g – 4.9g of fiber per serving
Cholesterol free	Less than 2 mg per serving
Low cholesterol	20 mg or less per serving
Reduced cholesterol, less cholesterol	At least 25% less fat than the original food item
Sodium free, salt free	Less than 5 mg of sodium per serving
Low sodium	140 mg of sodium or less
Reduced sodium, less sodium	At least 25% less fat than the original food item



**4. Limit high fat foods.** Fat is an essential nutrient that provides energy, energy storage, insulation, and contour to the body. Fat contains over twice the calories (energy) as protein or carbohydrates, so be careful to avoid foods high in fat. If you eat too much fat, it is stored in fat cells and adipose tissue.

**Examples of high fat foods to avoid:** potato chips, fried foods, fast food, bacon, sausage, hot dogs, bologna, pepperoni, cream soups, alfredo sauce, donuts, cakes, cookies, and pastries.

**Fat is necessary to:**

- Surround and protect organs, such as kidneys, heart, and liver.
- Balances hormones.
- Insulates the body from environmental temperature changes and preserving body heat.
- Long-fasting fuel source for low-intensity exercise.
- Provides fat-soluble vitamins and vitamins A, D, E, and K.

## Types of Fats

<b>Monounsaturated fats</b>	<p>Liquid at room temperature.  The most heart healthy, increase HDL in the blood  Sources: olives, olive oil, canola oil, nuts and avocados.  When you eat fat, monounsaturated fats should be your FIRST choice.</p>
<b>Polyunsaturated fats</b>	<p>Liquid at room temperature  Sources: vegetable oil, corn oil, sunflower oil, and margarine spreads.  More heart healthy than the saturated fat, but less so than the monounsaturated  These fats should be your second choice.</p>
<b>Saturated fats</b>	<p>Solid at room temp  Found in animal fats &amp; tropical oils (palm, palm kernel, &amp; coconut oil).  Increase the risk of heart disease by increasing the ‘bad’ or LDL cholesterol  Remove visible fat</p>
<b>Trans fat</b>	<p>Created in a process called ‘hydrogenation’  Created to increase the shelf life of foods and to improve their texture and flavor.  Sources: vegetable shortenings, stick margarine, crackers, cookies, snack foods, and other foods made with or fried in partially hydrogenated oils.  Raise LDL cholesterol that increases your risk for heart disease.</p>

## **5. Protein is the most important nutrient you need to consume after surgery.**

**You need at least 60-80 grams of protein a day.**

### **Why is protein important to Bariatric patients?**

Weight loss surgery causes trauma to the body. After bariatric surgery, you must take in sufficient protein every day to speed wound healing, preserve your lean body mass, enhance your fat-burning metabolism and minimize hair loss.

**Protein aids in proper wound healing after bariatric surgery.** It helps to build and repair body tissues including skin, muscle and major organs.

**Protein helps keep your hair, skin, bones and nails healthy.**

**Protein helps form hormones, enzymes and immune system antibodies to help your body function properly.**

**Protein helps your body burn fat instead of muscle for a healthier weight loss.** When you are trying to lose weight after bariatric surgery, you reduce calories. Unfortunately, the human body tends to view fat stores as more precious than lean muscle tissue, and will burn or "catabolize" muscle tissue, before it goes to fat for energy. By consuming sufficient protein each day, you will spare and preserve your muscle tissue, which forces your metabolism to go to your fat for energy. This particular benefit of protein is often referred to as "protein sparing" or "anti-catabolic".

**Protein supports your natural metabolism so you lose weight quicker.** The more muscle you have on your body, the *higher your metabolism* and the more fat calories your body will burn, even while at rest. Pound for pound, your lean *muscle burns 25 times more calories* than fat! Conversely, less muscle tissue means a slower metabolism. To illustrate this, one pound of muscle can burn 30 to 50 calories in a day, or 350 to 500 calories a week. On the other hand, one pound of fat only burns about 2 calories a day, or 14 calories a week. Therefore, building and preserving lean muscle tissue not only makes fat loss easier, but more permanent.

**Protein curbs your hunger between meals and avoids "snacking temptation".** One of the amino acids in protein, tryptophan (a precursor of serotonin) has been shown to work on the satiety (hunger) center in the brain.

### **What are the types of proteins to eat?**

- Animal proteins – include meat, poultry, fish, dairy products and eggs and are of high biological value. As well as Soy products: soy milk, tofu, edamame. These foods contain all the essential amino acids your body requires.
- Vegetable, Grain, Legume, Seed or Nut proteins – these are considered incomplete proteins, since each individual food does not contain all of the essential amino acids. To get all of the essential amino acids, simply choose foods from two or more sources.
  - Grains: barley, corn meal, oats, brown rice, quinoa, whole grain pasta, whole grain breads
  - Legumes: beans, lentils, peas, peanuts
  - Seeds and Nuts: sesame seeds, sunflower seeds, pumpkin seeds, walnuts, cashews, almonds, peanuts, chia seed, flax seed, hemp hearts
  - Vegetables: green leafy, broccoli
- We recommend at least 60-80 grams of protein each day. Foods that are high in protein should always be eaten first during meals. Protein should be consumed first at each meal, then vegetables and fruits, then “whole” grains. The preferred sources of protein from food include: Poultry, Fish, Eggs or Egg Beaters, Lean meats, Low fat dairy products, Soy Products, Beans and lentils. *\*Some red meats such as beef, pork, lamb or veal can be difficult for a bariatric surgery patient to digest.*

**6. Focus on fiber.** Fiber is an essential component for a healthy diet and along with adequate water intake; it can help keep your digestive tract functioning properly along with other health benefits including increased fullness to aid in weight loss and avoid excess hunger.

- **There are two general types of fiber:**

- o Insoluble- Improves or maintains bowel function  
Sources: whole-wheat flour, wheat bran, nuts and many vegetables
- o Soluble- May help lower blood cholesterol and glucose levels  
Sources: Oats, peas, beans, apples, citrus fruits, carrots, barley

- **Benefits of Dietary Fiber and Weight Loss:**

- o High fiber foods require more chewing which will help you eat slower and feel more full from less food o  
May help to slow down digestion and help you feel fuller longer

- **Fiber Needs:**

- o Men: 38 grams
- o Women: 28 grams

- **Your Best Fiber Sources:**

- Whole grain products: brown rice, quinoa, farro, black rice, wild rice, plain oatmeal, cream of wheat, whole grain bread, whole grain crackers, whole grain cold cereals, whole grain pasta
- Fruits
- Vegetables
- Seeds
- Legumes: beans, lentils, peas, nuts

**7. Eat more fruits and vegetables.** Vegetables and fruits are packed full of nutrients and are low calorie.

- Aim for two servings of each per day.
- Start with one fruit and one vegetable and gradually increase until consistently eating four or more per day. • Not recommended: dried fruit with added sugars or juices
- Serving sizes:

Fruit	<ul style="list-style-type: none"><li>• Medium piece of fruit (5 - 6 oz.)</li><li>• 1 cup</li><li>• ½ cup dried fruit (no added sugar)</li></ul>
Vegetable	<ul style="list-style-type: none"><li>• 1 cup non-starchy veggies encouraged</li><li>• 3 cups of leafy raw vegetables: cabbage, spinach, lettuce</li><li>• ½ cup of legumes (black beans, garbanzo beans, lentils, etc.)</li></ul>

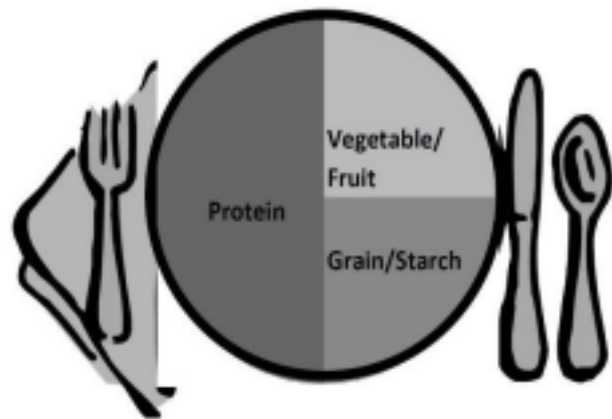
\* Note: Legumes and beans are nutrient dense and higher calories per cup than other vegetables

- Getting Started:

- ✓ Buy fresh, frozen and canned. Keep a variety on hand.
- ✓ Fresh and frozen vegetables and fruits are more nutritious than canned but canned is still better than eating fast food. Keep a few cans of veggies you like in your pantry.
- ✓ Use fresh garlic, herbs, spices and flavored vinegars to season your veggies.

**8. Use the Plate Method as your guide.** Before surgery, you want to make sure to start building a healthy plate and watch portion sizes at meals. The less food in front of you, the less you may eat.

- **50% of your plate should be lean and low fat protein.** Your protein foods should consist of lean and low fat options such as; poultry, seafood, dairy, eggs, beans, and soy based products. You should limit processed or packaged protein sources.
- **30%-50% of your plate should be fruits and vegetables.** Eat a colorful assortment to get adequate vitamin and fiber intake.
- **20% or less of your plate should be high fiber carbohydrates.** Eat whole grains and starchy vegetables such as potatoes, yams, corn, and peas to contribute to higher fiber and lower carbohydrate intake.
- **Add a serving of a healthy fat.**



***Tips:*** Use a 4-6 inch salad or appetizer sized dish or bowl for meals. Buy small tupperware for portion control outside of the home. If dining out, take at least half home (perhaps more, depending on portions).

### **Behavioral Goals**

**1. Eat 3 small meals throughout the day and 1-2 small snacks.** It is important to eat every 3- 4 hours to stimulate your metabolism and burn more calories throughout the day.

**2. Practice Bariatric Eating principles.** Eat slowly and chew your food thoroughly. Failure to do so can cause pain, nausea, vomiting, and irritate your new pouch.

#### **Tips:**

1. Take 20-30 minutes to eat your meal; It takes this long for your brain to identify that your stomach is full.
2. Take tiny bites (e.g. pencil eraser-size or size of plain M&M)
3. Use infant utensils to help slow you down.
4. Put utensil down between bites.
5. Chew thoroughly (25-30 times) until the food is liquid/puree.
6. Avoid distractions when eating.
7. Stop eating when you feel comfortably satisfied.

***Tips:*** Eat slowly to recognize this feeling of fullness. Avoid distractions, as much as possible, while eating, promoting mindfulness. Listen to your body's natural signals of hunger and fullness. This will allow you to have optimal satisfaction and enjoyment without eating to excess.

**3. Practice Mindful Eating.** *Mindfulness* is a meditation practice that involves bringing awareness to and coping with physical and emotional sensations. *Mindful eating* is a technique that uses mindfulness to help individuals reach a state of full attention to experiences, cravings and physical cues when eating.

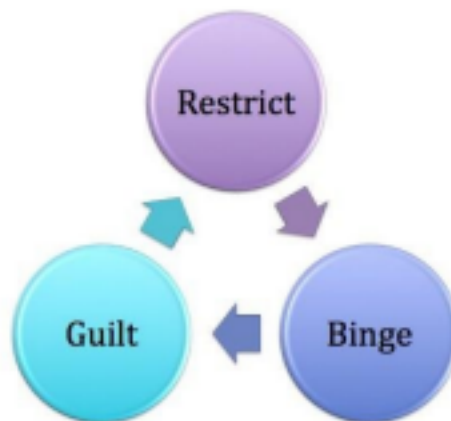
### **Mindful eating makes it possible for you to:**

- Fosters a healthy relationship with food; decreases anxiety associated with eating or losing weight
- Reduces mindless, compulsive eating behavior such as binge eating which has been linked to weight gain
- Prioritizes healthy behaviors over weight loss and promotes sustainable changes
- Allows you to recognize food-related triggers and gives you freedom to CHOOSE a different response to them when physical hunger is absent

Food-Related Triggers (Why are you eating?)	Responses/Alternative Behaviors
<b>Physical:</b> genuine hunger, grumbling of the stomach, low energy	Eat mindfully
<b>Emotional:</b> Stress, boredom, loneliness, excitement, anxiety	Go on a walk, journal, read a book, watch a movie, call a friend, clean the house, exercise, knit, etc.
<b>Environmental:</b> smell/sight of food , social gatherings, celebrations/holidays	

### **Restrict/Binge Cycle:**

Restriction (undereating due to skipping meals and snacks or dieting behavior) is often followed by a period of bingeing or overeating, which can lead to weight gain over time. As blood sugar decreases due to calorie restriction, compulsive behavior may increase making people more vulnerable to bingeing on large amounts of calorically dense foods. This can often be followed by feelings of guilt or shame and the cycle inevitably continues. Mindful eating is a great tool to help with breaking this cycle.



*\*Mental Health Therapists can be a valuable resource during this time of transition. Ask staff for a referral list if needed.*

## Simple Steps for Mindful Eating

- ✓ **Don't wait until you're famished.** One of the keys to conscious eating is to keep your body adequately fed to avoid becoming *overly* hungry which increases the chance that you will overeat.
- ✓ **Set the table in a pleasant manner.** Creating a pleasant ambience adds to the enjoyment of eating and to your level of satisfaction. Besides, you deserve it.
- ✓ **Eat without distractions.** If you eat while you're distracted by watching television, driving, or talking on the telephone, you won't be giving your food or your body's signals your full attention. As a result, you may feel full but not satisfied.
- ✓ **Eat when you are sitting down.** Choose one or two particular areas at home and at work that are only used for eating and eat only there. For example, do not eat while standing over the sink, peering into the refrigerator or sitting in bed.
- ✓ **Take a few breaths and center yourself before you begin eating.** This will help you slow down and give eating your full attention.
- ✓ **Appreciate the aroma and the appearance of your food and savor each bite while you eat.** Notice the colors, textures, and smells of the food.
- ✓ **Push your plate forward or get up from the table as soon as you feel satisfied.** The desire to keep eating will pass quickly. Keep in mind that you will eat again when you are hungry.
- ✓ **Use the hunger scale to rate your hunger.** Eat when your hunger is 3 (hungry, slightly hungry), Stop when your hunger is 6-7 (satisfied).



10	Uncomfortably Full- Thanksgiving full
9	Stuffed and Uncomfortably full
8	Too full, somewhat uncomfortable
7	Satisfied, but not yet uncomfortable
6	Filling up, but still satisfied
5	Neutral- neither hungry nor satisfied
4	Slightly hungry, signals that your body needs food
3	Hungry, your stomach is rumbling
2	Very hungry, irritable or anxious
1	Starving, feeling weak and lightheaded

*As you practice Mindful Eating, you will develop the skills and confidence toward a new and more balanced relationship with food and regain a sense of ease and enjoyment with eating.*

**4. Beverages must be sipped, not gulped.** Try children's "sippy" cups or a sports top water bottle to slow you down. Keep fluids with you all day long and keep sipping, avoid fluids on the table while you eat.

**5. No drinking and eating at the same time.** After the surgery, do not drink fluids 15 minutes before, during or 45 minutes after meals. This will take up too much room in your stomach, leaving less room for the food. Long term this may contribute to stretching your new stomach. In addition, drinking right after a meal will wash the food through your stomach, leaving you feeling hungry.

**6. Sleep.** Poor sleep habits can lead to weight gain. Sleeping less than 5 hours or more than 9 hours have been shown to increase the chance of weight gain. This may be attributed to a preference for high calorie foods or possibly less physical activity from fatigue. Another explanation could be sleep duration's effect on hormone ghrelin and leptin which stimulate appetite. The recommendation for adults is to sleep 7-9 hours. Quality of sleep is also important.

**7. Avoid "last supper" eating** (that "last hurrah" before your surgery). Weight gain, especially within a few weeks of your surgery, can increase the size of your liver, and may make it harder for your surgeon to get under your liver and to the stomach to perform the weight loss surgery.

**8. Quit Smoking.** In addition to the numerous negative health effects caused by smoking, smokers who undergo bariatric surgery are at an increased risk for surgical complications such as blood clots, pneumonia, ulcers, gastric leaks, and surgical wound infections. Smoking also increases the need for certain nutrients. Smoking cessation is required prior to surgery and you must permanently refrain from smoking after surgery.

**9. Keep a food log.** Start keeping a food journal/records to increase your awareness of your food habits and track the health habits necessary for success.

- Food records increase your awareness around your eating habits.
  - While it can be uncomfortable writing down the "bad foods" you have eaten (i.e. chips, cookies, bread, ice cream), it will give insight into your subconscious eating habits so you can make plans in how to change them.
- Food records are feedback, not failure.
  - Food records are a tool for you to learn what foods work best in your body and with your lifestyle.
- Keeping food records will also help the Dietitian assess your diet/nutrition and make recommendations if you have any challenges.
- You can buy a special food diary, a simple notebook, or an online or phone app. Choose the type that works best for you.
  - Websites/Phone Apps: **Baritastic**, Lose It, My Fitness Pal, Calorie King, Fit Day

### **Exercise Goals:**

**Exercise!** Aim for at least 30 minutes every day. Exercise helps maintain long-term weight loss. The first eight weeks, walking may be your main form of exercise. After about 8 weeks, try introducing strength exercises. Always check with your surgeon first to be sure. In addition to walking, swimming and bike riding may be other options.

You can choose from a variety of different exercises. Choose something you enjoy to make the activity more sustainable long term. Here is a list of different activities:

Strength training, Aerobic training (walking, running, biking, elliptical etc.), Yoga, Dancing, Martial arts, Group Classes (Zumba, Spin, etc.), Swimming, Pilates, Workout videos at home (DVDs or free videos on YouTube) , Team Sports, Chair Exercises

## **PURCHASING A PROTEIN SUPPLEMENT**

*You will be required to use a whey protein **ISOLATE** powder starting on your pre-surgical diet 1-2 weeks prior to surgery and resume after surgery the day you are discharged from the hospital for the first two months- you will have 3 shakes per day.*

**Your Protein Goal: 60-80 grams of protein per day!**

### **Things to look for when purchasing a protein supplement:**

1. **Powdered Protein:** It is important that your protein supplement be in powdered form after surgery. You will be required to concentrate a small volume of liquid (4oz) with 20g of protein. This can be easily done with a powdered protein supplement.
2. **Whey Protein Isolate:** This should be the first ingredient listed on the ingredient list. Not “whey protein blends” or “whey protein concentrate.” They are not absorbed as well as whey protein isolate- always check the ingredient list
  - ✓ Whey protein isolate is absorbed very well and does not contain lactose also known as milk sugar.
  - ✓ Lactose may be an issue after bariatric surgery. Lactaid pills or Dairy Care (dairycare.com) can help with symptoms of lactose intolerance
3. **20 Grams of Protein Per Serving:** Protein supplement must contain between 20-30g of protein, about 150 calories and less than 10g of carbohydrates; **60-80g per day is required for healing.**
4. It is your job to begin experimenting with protein powders before surgery! Please make sure you find brands/flavors you like before your procedure.



\*Avoid products with collagen (not complete protein) such as hydrolyzed collagen

\*\*Protein blends, pre-made protein shakes, and protein bars are not appropriate until 8 weeks post-op!



### **Preferred Bariatric Brands:**

**Unjury** - 20 grams of protein per scoop. Available in chocolate, vanilla, strawberry sorbet and unflavored. [www.Unjury.com](http://www.Unjury.com) Tel: 1800 517 5111. *Not available in stores.*

**Bariatric Advantage High Protein Meal Replacements** – 27 grams of protein per scoop. Available in chocolate, vanilla, strawberry, banana and unflavored. Can be purchased at [www.bariatricadvantage.com](http://www.bariatricadvantage.com) use referral code **BAYSHORE** *Not available in stores.*

**Celebrate High Protein Meal Replacement** - 27 grams of protein per scoop. Available in cinnamon roll, deep chocolate, bananaberry, vanilla bean, chicken soup, tomato soup. Can be purchased online at [www.celebratevitamins.com](http://www.celebratevitamins.com) *Not available in stores*

**Fusion: Complete Nutrition** – 27 grams protein per scoop. Variety of flavors. Aspartame & gluten free. Single serve shake & go bottle. *Available at Bayshore Homecare Pharmacy.* [www.bariatricfusion.com](http://www.bariatricfusion.com)



## **Popular commercially prepared products include:**

**Inspire Pure Whey Isolate**-20 grams of protein per scoop. Available in caramel latte, pumpkin pie, vanilla, white chocolate, dutch chocolate cake, peanut butter cookie, banana, pomegranate raspberry, summer melon and unflavored. [www.bariatriceating.com](http://www.bariatriceating.com). *Not available in stores.*

**Eat The Bear Whey Pure Isolate Protein**- 25 grams of protein per scoop. Available in chocolate, cinnamon bun, vanilla, chocolate peanut butter and ice cream sandwich. *Available in Vitamin Shoppe, Walmart or at* [www.etbfit.com](http://www.etbfit.com)

**GNC Pure Isolate** - Provides 25 grams of protein per scoop. Available in vanilla, chocolate, strawberry, cookies and cream. [www.gnc.com](http://www.gnc.com)

**Isopure Zero Carb**- 25 grams protein per scoop. Available in creamy vanilla, dutch chocolate, cookies & cream, mango peach, strawberries and cream, pineapple orange, banana cream and more. *Available in Vitamin Shoppe and GNC* [www.theisopurecompany.com](http://www.theisopurecompany.com)

**Syntrax Nectar**- 23 grams protein per scoop. Available in a variety of flavors, apple ecstasy, cappuccino, chocolate truffle, twisted cherry, caribbean cooler, lemon tea, and strawberry kiwi. *Available in Vitamin Shoppe, Walmart* [www.si03.com](http://www.si03.com) **ONLINE 25% OFF CODE: SYNTRAXRDN**

*\*to order the variety sampler of 17 flavors for \$15 + \$1.99 shipping and handling call (573) 388-2301.*

**Jay Robb- whey, egg white or soy protein.** Provides 23-25 grams of protein per scoop. Sweetened with Stevia. Available in chocolate, pina colada, strawberry, tropical dreamsicle and vanilla. *Available in Vitamin Shoppe, Whole Foods* [www.jayrobb.com](http://www.jayrobb.com)

**Blue Bonnet 100% natural whey protein isolate**- 26 grams protein per scoop. Gluten Free. Flavors include vanilla, chocolate, strawberry and mixed berry. *Available in Whole Foods, Dean's Natural Market* [www.bluebonnetnutrition.com](http://www.bluebonnetnutrition.com)

**Optimum Nutrition Platinum Hydrowhey**- Provides 30 grams of protein per scoop. Available in turbo chocolate, velocity vanilla, supercharged strawberry. *Available in Vitamin Shoppe and GNC* [www.optimumnutrition.com](http://www.optimumnutrition.com)

**BiPro Instant Whey Protein Isolate**- Provides 20 grams of protein per scoop. Sweetened with Stevia. Available in French vanilla, chocolate and unflavored. *Not available in stores.* [www.biprousa.com](http://www.biprousa.com) **ONLINE \$5.00 OFF CODE: BPCA**

**Confidence Whey Protein Isolate**- Provides 25 grams of protein and 5 grams of fiber per scoop. Available in banana cake, chocolate peanut butter, cookies & cream, oatmeal cookie, orange cream, unflavored. *Not available in stores.* [www.JBN.com](http://www.JBN.com) **ONLINE 15% OFF CODE: BAYSHORE15**

**Body Tech Whey Protein Isolate**- Provides 25 grams of protein per scoop. Available in rich chocolate, apple cinnamon cereal, chocolate peanut butter, cinnamon cereal. Cookies & cream, French vanilla, fruity cereal, orange & cream, peanut butter, salted caramel, strawberry banana, unflavored. **Product is Gluten Free.** *Available in Vitamin Shoppe* [www.vitaminshoppe.com](http://www.vitaminshoppe.com)

**Equate Isolate Whey Protein** - Provides 30 grams of protein per scoop. Available in vanilla and chocolate. **Product is Gluten Free.** *Available in Walmart* [www.walmart.com](http://www.walmart.com)

## **Plant Based Proteins**

**Planted** – A product of Unjury. Provides 20 grams of pea protein per scoop. Available in chocolate and unflavored. [www.Unjury.com](http://www.Unjury.com) Tel: 1800 517 5111. *Not available in stores.*

**Orgain** - Provides 21 grams of Pea and Brown Rice protein per 2 scoops. Available in chocolate and vanilla. *Available at Costco, target, Shoprite* [www.orgain.com](http://www.orgain.com)

**Vega** - Provides 25 grams of pea protein per scoop. Available in chocolate and vanilla. [www.myvega.com](http://www.myvega.com) *Available in Vitamin Shoppe, Walgreens, ShopRite, CVS, GNC.*

**Plant Fusion** - Provides 21 grams of pea protein per scoop. Available in chocolate, chocolate raspberry, vanilla bean, cookies n' crème, and unflavored. [www.plantfusion.net](http://www.plantfusion.net) *Available in Vitamin Shoppe, Whole Foods, Dean's Natural Market, Wegmans.*

**Raw Fusion** - Provides 21 grams of pea protein per scoop. Available in chocolate, vanilla, banana nut, chocolate strawberry, peanut butter chocolate fudge, and unflavored. *Available in Walmart, Walgreens* [www.rawplantprotein.com](http://www.rawplantprotein.com)

**Genisoy UltraXT** - 4 tablespoons provides 18 grams protein. This product is vegan and Kosher. Available in vanilla, chocolate and unflavored. Can be purchased from [www.genisoy.com](http://www.genisoy.com)

## MAKING YOUR PROTEIN SHAKES

1. You will need either a blender or a shaker bottle. (We suggest a shaker bottle for ease and convenience). Shaker bottles can be purchased at GNC, The Vitamin Shoppe or online.



2. Your protein powder tub will contain a plastic scoop inside. Use **1 FULL SCOOP** of powder for every protein shake.



3. For your Pre-op Diet (Before Surgery) **mix one scoop of powder with 8 ounces (1 cup) of skim milk, skim plus, FairLife skim milk, unsweetened almond milk, unsweetened soy milk, or water.**



4. For your Post-Op Diet (After Surgery) **mix one scoop of powder with 4 ounces (1/2 Cup) of skim milk, skim plus, FairLife skim milk, unsweetened almond milk, unsweetened soy milk, or water.**



5. Close Shaker Bottle and shake thoroughly until all powder is dissolved.



***TIP:*** Use a thermos or chill your glasses in the freezer to keep your protein supplement cool while you are drinking it.

# VITAMIN AND MINERAL SUPPLEMENTATION

- Bariatric Patients need to take daily vitamin supplementation. ***Vitamins are required for the rest of your life!***
- Make sure to purchase your Bariatric vitamins before surgery.
- Vitamins must be chewable for at least the first 2 months and **need to be formulated for bariatric patients.**
- Hold off on additional supplements other than Bariatric vitamins until you are at least 2 months post op.  
\*\*Be sure to speak with your dietitian before starting any supplements

**Bariatric patients require daily supplements that meet the following requirements:**

## **Bariatric Multivitamin with minerals:**

- Choose a Bariatric complete formula with at least 12 mg thiamin, 18 mg of iron, 400-800 mcg folic acid or 800-1,000 mcg if female is childbearing age, 16-22 mg zinc & selenium per serving
- Do not take Multivitamin on an empty stomach

**\*\*Please note: Centrum, One a Day, Flintstones and Advanced Bariatrics from the Vitamin Shoppe are not appropriate after Bariatric Surgery as they do not meet the vitamin/mineral requirements post Bariatric Surgery**

## **Calcium Citrate:**

- *Additional Calcium will be needed if your Bariatric multivitamin does not provide at least 1200 mg in divided doses.*
- 1200-1500mg per day is required for bypass and sleeve patients
- A maximum of 500-600 mg should be taken at one time for better absorption.
- Must contain Vitamin D (at least 400 IU) and Magnesium.
- Calcium citrate may be taken with food or in between meals.
- Allow 2 hours in between taking calcium and iron and/or multivitamin with iron.

## **Vitamin D3**

- *Will be found in your Bariatric multivitamins*
- 3000 IU (75mcg) per day (total)

## **Vitamin B12**

- *Will be found in your Bariatric multivitamins*
- At least 500mcg per day
- Options for B12 are orally, sublingual (under the tongue) once a day or equivalent with higher doses or 1000 mcg vitamin B12 shot once a month (injections prescribed by your PCP)

## **Iron:**

- **MUST** be taken if your multivitamin does not contain at least 18 mg of Iron
- 18mg per day minimum is required
- 45-60mg/day if you have a history of anemia or are a female still menstruating
- Do not take with bran, fiber supplement, tea, coffee, dairy products or eggs as these foods can interfere with absorption
- Take at least 3 hours apart from Calcium supplement

# BARIATRIC VITAMIN OPTIONS

*Please choose from one of the following vitamin regimens:*

## Bariatric Fusion

### Bariatric Fusion Complete Chewable Multivitamin



- Take 4 chewable tablets per day; must be spaced throughout the day at least 2 or 3 hours apart. Please do not take more than 2 tablets at once
- If you choose this option, you will only need **one** bottle per month
- Can be purchased from [www.bariatricfusion.com](http://www.bariatricfusion.com) or **Bayshore Home Care Pharmacy: 733 North Beers Street, Holmdel** (brown building next to the Bayshore Medical Center)
- Available in a variety of flavors such as mixed berry, orange cream, wild cherry, strawberry and tropical

#### Vitamin Schedule

After Breakfast 1 chewable tablet

After Lunch 1 chewable tablet

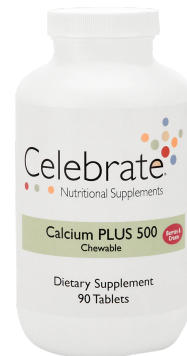
After Dinner 1 chewable tablet

Before bed with snack or protein shake 1 chewable tablet

**OR** if you are not immediately post-op and can tolerate, you can take 2 after breakfast and 2 after dinner

# Celebrate Vitamins

- **Multivitamin:** CelebrateONE (18 or 45) chewable: Take 1 chewable daily
- **Calcium:**
  - o Celebrate Calcium Citrate Soft Chews
  - o Celebrate Calcium Citrate Chewable
- Take 1 chewable multivitamins and 2-3 calcium chews
- Space calcium at least 3 hours apart from multivitamin
- Can be purchased at [www.celebratevitamins.com](http://www.celebratevitamins.com)



## Schedule:

After Breakfast 1 Celebrate chewable multivitamin

After Lunch 1 Celebrate Calcium Citrate soft chew or chewable

After Dinner 1 Celebrate Calcium Citrate soft chew or chewable

Before Bed 1 Celebrate Calcium Citrate soft chew or chewable



# **Bariatric Advantage**

- Multivitamin: Bariatric Advantage Chewable Advanced Multi EA
- Calcium:
  - Bariatric Advantage Calcium Citrate Chewy Bite
  - Bariatric Advantage Calcium Citrate Chewable
- Take 2 chewable multivitamins and 3 calcium chews
- Space calcium at least 3 hours apart from multivitamin
- Can be purchased at [www.bariatricadvantage.com](http://www.bariatricadvantage.com)



## **Schedule:**

After Breakfast 2 Chewable Multivitamins

After Lunch 1 Calcium Chewy Bite

After Dinner 1 Calcium Chewy Bite

Before Bed 1 Calcium Chewy Bite



## **Nutrition Considerations & Diet Progression**

The gastric sleeve diet is designed to provide adequate fluids and nourishment while promoting weight loss before and after surgery. *Failure to follow the post-op diet progression properly will put you at a high risk for complications such as; diarrhea, dehydration, constipation, bowel obstruction, or a very serious gastric leak.*

- ❖ Pre-Surgical Diet (1-2 weeks before surgery)
- ❖ Stage I: Bariatric Clear Liquids with Protein Supplement (Week 1)
- ❖ Stage II: Full Liquids (Week 2)
- ❖ Stage III: Low Fat, No Concentrated Sweets Pureed Diet (Weeks 3-4)
- ❖ Stage IV: Soft Food Diet (Weeks 5-7)
- ❖ Stage V: Regular: low fat, no concentrated sweets (Week 8 and beyond)

### **Pre-Surgical Diet:**

Our pre-surgical diet is high in protein and low in calories, fats, and carbohydrates.

This diet is designed to:

- Reduce body fat in and around the liver
- Preserve and protect muscle tissue
- Improve surgical outcomes and recovery
- Increase rate of weight loss
- Prepare patients for the post-op diet

### **Stage I: Bariatric Clear Liquids Diet (clear liquids and protein supplement)**

This diet begins the day after surgery and lasts up to approximately one week after surgery. If you do not experience any problems with clear liquids, your surgeon will add 3 high protein supplements (fat-free/skim milk, water, or unsweetened almond/soy milk mixed with protein powder) to your diet to begin when you have been discharged from the hospital.

### **Stage II: Full Liquid Diet**

Approximately one week after surgery, your surgeon will progress your diet to full liquids. All foods need to be a full liquid and to the consistency of applesauce for one week.

### **Stage III: No Concentrated Sweets, Low-fat Puree Diet**

Approximately two weeks after surgery, you will progress your diet to pureed foods. All foods should be blended to the consistency of applesauce. This stage usually lasts two weeks.

### **Stage IV: Soft / Mechanically Altered Diet**

Depending on your progress, approximately 5 weeks after surgery your surgeon will advance your diet to chopped or ground foods.

### **Stage V: Regular Weight Reduction Diet**

Depending on your progress, approximately 8 weeks after surgery, your surgeon will progress you to a regular texture, high protein, low fat, no added sugar diet, including soft, moist foods.

# PRE-SURGICAL DIET

## Pre-Surgical Diet should begin :

- BMI 49 or less – follow diet plan for **ONE** week prior to surgery
- BMI 50 or greater – follow diet plan for **TWO** weeks prior to surgery
- \*\* If you have a history of fatty liver, you must do the pre-op diet for 2 weeks**

## Daily Requirements :

1. Drink **3** servings of protein supplement each day.
  - ✓ Mix with either 8 ounces of skim milk, Skim Plus, water, Lactaid or unsweetened soy/almond/coconut milk
  - ✓ Each 8-ounce protein supplement must have at least **20 grams of protein per serving** , and *no more than 30 grams per 8-ounce serving*.
2. Drink at least **64 ounces of fluid** . Beverage choices should be:
  - ✓ sugar-free
  - ✓ caffeine free
  - ✓ non-carbonated
  - ✓ Examples include water, sugar-free ice pops, low-sodium broth, herbal tea, sugar free/calorie free electrolyte waters *\*see page 36 for a longer list of clear liquids*
3. Include at least **6-8** servings each day from this food listed on the following page.
  - ✓ Add herbs & seasonings to boost flavor without fat, sugar, or salt
  - ✓ Avoid eating more than 1 serving of fruit per day and avoid eating more than 1 serving of grain per day
  - ✓ Avoid bread/rice/pasta and potatoes and other starchy vegetables – they are not appropriate on this diet
  - ✓ Limit fats to 1 tablespoon per day, these can include olive oil, canola oil, avocado, or natural almond/peanut butter
4. **Avoid “last supper” eating** (the last hurrah before your surgery). Weight gain, especially within a few weeks of your surgery, can increase the size of your liver, and may make it harder for your surgeon to get under your liver and to the stomach to perform the weight loss surgery.
5. Take a Multivitamin and Calcium with Vitamin D daily to meet vitamin requirements.
6. **The day before surgery you should be consuming ONLY liquids!**  
**This includes your protein shakes and clear liquid choices.**

# Food list for Pre-Surgical Diet

## Proteins

**Choose 2 three-ounce servings/day**

Chicken (no skin)  
Turkey (no skin)  
Fish  
Egg Whites (3-4)  
Tofu (4 oz.)

\*Cook w/o added fat

\*Bake/Broil/Steam/Roast/Grilled

## Non-Starchy Vegetables

**Choose at least 2 cups per day**

Artichokes  
Asparagus  
Beets  
Broccoli  
Brussel sprouts  
Cabbage  
Carrots  
Cauliflower  
Celery  
Cucumbers  
Eggplant  
Green beans  
Greens (spinach, lettuce, collard, kale, romaine, watercress)  
Leeks  
Mushrooms  
Okra  
Onion  
Parsnips  
Peppers  
Radishes  
Sugar snap peas  
Tomato  
Turnips  
Yellow Squash  
Zucchini  
V-8 Vegetable juice (low sodium)

## Grains

**Choose only ½ cup per day**

Oatmeal  
Cream of wheat  
Grits  
Quinoa  
Farro

Tip cook grains in low sodium broth instead of water to add flavor

## Dairy Foods

**Choose 1-2 servings/day (4-6oz each)**

Low fat yogurt (no chunks or fruit mixed)  
Low fat cottage cheese

You may use skim milk in your protein shakes, try to avoid drinking just plain milk to save calorie intake for foods only.

Make sure dairy foods are low fat/skim

## Fruits

**Choose only ½ cup per day**

Strawberries  
Blueberries  
Blackberries  
Raspberries  
Unsweetened applesauce

Only stick to 1 serving/day to avoid eating too many carbohydrates on this diet

# Recipe Ideas for Pre-Surgical Diet

## **Hi-Protein Jell-O:** *(can have on stage 1 and beyond)*

- Use Sugar Free Jell-O, 4 servings package, any flavor
- Follow package directions for dissolving Sugar Free 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 of cold water.
- Add two scoops of Unflavored UNJURY to cold water, one scoop at a time, stirring slowing to dissolve. ● Stir UNJURY mixed in cold water into dissolved Jell-O.
- Chill quickly. The protein will settle somewhat to create a smooth cloud at the bottom. \* *Protein: 20 grams per 1 cup Jell-O*

## **Hi-Protein Pudding:** *(can have on stage 1 and beyond)*

- Use Jell-O Sugar Free Instant Pudding (Not Cooked) 4 servings package
- Measure 2 cups of cold fat free milk following package directions.
- Add two scoops of Unflavored UNJURY to the two cups of cold milk.
- Mix thoroughly the dry UNJURY in the milk by shaking or stirring.
- Then follow pudding package directions by putting the
- Jell-O Sugar Free Instant (Not Cooked) Dry Pudding Mix into a bowl.
- Pour in the previously-mixed UNJURY-plus-milk.
- Mix and Chill and Enjoy!

\* *Protein: Each ½ cup serving has 14 grams*

## **Ranch-style Greek Yogurt Dip:** *(can have on stage 2 and beyond)*

- 1 cup plain, non-fat Greek yogurt.
- ¾ teaspoon garlic powder.
- ½ teaspoon onion powder.
- ½ teaspoon dried dill.
- ¼ teaspoon kosher salt.
- ¼ teaspoon Worcestershire sauce.
- ⅛ teaspoon cayenne pepper.
- Mix ingredients together, top with fresh chives as garnish

## **Roasted Vegetables without oil:** *(can have on stage 4 and beyond)*

- Preheat the oven to 390 °F
- Place the chopped vegetables onto a baking sheet, add the thyme and balsamic vinegar to taste
- Bake for about 25 minutes or until the vegetables are cooked

## **Cauliflower Watercress Soup:** *(pureed and freeze to use on stage 3: pureed diet)*

- Place 4 cups of vegetable broth in pot on stove and start to heat. Add 1 head of chopped cauliflower and bring to a boil. Lower heat and cook for about 45 minutes or until very soft/tender.
- Add 2 bunches of fresh washed watercress or other green leafy vegetable (kale and spinach also work well) stir about 5 minutes
- Add 2 TBSP of Bragg's Liquid Amino or Low Sodium Soy Sauce, fresh black pepper, juice of ½ a lemon ● Puree soup w/blender or immersion blender

## 7 Day Pre-Op Diet Meal Plan

Meal/Snack	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Breakfast</b>	<b>½ cup cream of wheat or oatmeal</b> w/vanilla extract & cinnamon <b>½ cup applesauce</b> (mixed in oatmeal/cream of wheat)	<b>Egg whites (3)</b> w/1 cup <b>spinach &amp; mushrooms</b>  <b>½ cup cream of wheat or oatmeal</b> w/vanilla extract & cinnamon	<b>6 oz. non-fat Greek yogurt</b>  <b>1 small apple</b>  <b>1 tbsp peanut butter</b>	<b>½ cup of low fat cottage cheese</b>  <b>½ cup raspberries</b>	<b>½ cup cream of wheat or oatmeal</b> w/vanilla extract & cinnamon <b>½ cup applesauce</b> (mixed in oatmeal/cream of wheat) <b>1 tbsp peanut butter</b>	<b>½ cup of low fat cottage cheese</b>  <b>½ cup strawberries</b>	<b>Protein shake</b>
<b>Snack</b>	<b>Protein shake</b>	<b>Protein shake</b>	<b>Protein shake</b>	<b>Protein shake</b>	<b>Protein shake</b>	<b>Protein shake</b>	
<b>Lunch</b>	<b>3 oz roasted turkey</b> w/tomato in lettuce wrap  <b>6 oz. non-fat Greek yogurt</b>	<b>6 oz. non-fat Greek yogurt</b>  <b>1 small apple</b>  <b>1 tbsp peanut butter</b>	<b>3 oz roasted chicken</b>  <b>½ cup farro</b>  <b>1 cup cauliflower watercress soup</b>	<b>3 oz. roasted turkey breast</b>  <b>Small Salad</b> with 1 tbsp. olive oil & 1 tbsp. balsamic vinegar	<b>6 oz. plain Greek yogurt</b> seasoned w/dill <b>1 cup of raw sliced veggies</b>  <b>High protein pudding</b>	<b>3 oz grilled chicken</b>  <b>Small Salad</b> with 1 tbsp. olive oil & 1 tbsp. balsamic vinegar	<b>Protein shake</b>
<b>Snack</b>	<b>Protein shake</b>	<b>Protein shake</b>	<b>Protein shake</b>	<b>Protein shake</b>	<b>Protein shake</b>	<b>Protein shake</b>	
<b>Dinner</b>	<b>3 oz. grilled chicken</b>  <b>Small Salad</b> with 1 tbsp. olive oil & 1 tbsp. balsamic vinegar	<b>3 oz salmon</b>  <b>½ cup roasted carrots</b>  <b>½ cup quinoa</b>	<b>3 oz broiled turkey</b>  <b>½ roasted zucchini</b>  <b>½ cup carrots</b>	<b>3 oz flounder</b>  <b>1 cup grilled asparagus</b>  <b>½ cup farro</b>	<b>½ cup grilled tofu</b> seasoned w/old bay <b>½ cup of steamed broccoli</b> <b>½ cup quinoa</b>	<b>3 oz flounder</b>  <b>½ cup quinoa</b>  <b>1 cup roasted brussel sprouts</b>	<b>Protein shake</b>
<b>Snack</b>	<b>Protein shake</b>	<b>Protein shake</b>	<b>Protein shake</b>	<b>Protein shake</b>	<b>Protein shake</b>	<b>Protein shake</b>	

## 14 Day Pre-Op Diet Meal Plan – Week 1

Meal/Snack	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Breakfast</b>	<b>½ cup cream of wheat or oatmeal</b> w/vanilla extract & cinnamon ½ cup applesauce (mixed in oatmeal/cream of wheat)	<b>Egg whites (3)</b> w/1 cup peppers and onions	<b>6 oz. low fat yogurt</b>  ½ cup strawberries  1 tbsp peanut butter	<b>½ cup cream of wheat or oatmeal</b> w/vanilla extract & cinnamon ¼ cup applesauce	<b>Egg whites (3)</b> w/ 1 cup spinach & mushrooms topped with 1 tbsp avocado	½ cup of low fat cottage cheese  ½ cup raspberries	<b>6 oz. low fat yogurt</b> ½ cup strawberries  1 tbsp peanut butter
<b>Snack</b>	<b>Protein shake</b>	<b>Protein shake</b>	<b>Protein shake</b>	<b>Protein shake</b>	<b>Protein shake</b>	<b>Protein shake</b>	<b>Protein shake</b>
<b>Lunch</b>	<b>3 oz roasted turkey</b> w/tomato in lettuce wrap  6 oz. non-fat Greek yogurt	6 oz. non-fat Greek yogurt  ½ cup strawberries  1 tbsp peanut butter	<b>3 oz roasted chicken</b>  ½ cup farro  1 cup of mixed vegetable soup	½ cup of low fat cottage cheese  ¼ cup raspberries  <b>High protein pudding</b>	½ cup ranch style Greek yogurt dip 1 cup sliced raw veggies  ½ cup blueberries	<b>3 oz grilled chicken</b>  Small Salad with 1 tbsp. olive oil & 1 tbsp. balsamic vinegar	<b>3 oz flounder</b>  ½ cup cauliflower rice  ½ cup steamed broccoli
<b>Snack</b>	<b>Protein shake</b>	<b>Protein shake</b>	<b>Protein shake</b>	<b>Protein shake</b>	<b>Protein shake</b>	<b>Protein shake</b>	<b>Protein shake</b>
<b>Dinner</b>	<b>3 oz. grilled chicken</b>  Small Salad with 1 tbsp. olive oil & 1 tbsp. balsamic vinegar	<b>3 oz salmon</b>  ½ cup roasted carrots  ½ cup Farro	<b>3 oz roasted turkey</b>  1 cup spaghetti squash  ½ cup diced tomatoes	<b>3 oz flounder</b>  1 cup grilled asparagus  Small Salad with 1 tbsp. olive oil & 1 tbsp. balsamic vinegar	½ cup grilled tofu seasoned w/old bay ½ cup of steamed broccoli ½ cup quinoa	<b>3 oz tuna</b>  ½ cup quinoa	<b>3 oz. grilled chicken</b>  ½ cup Farro  1 cup roasted brussel sprouts
<b>Snack</b>	<b>Protein shake</b>	<b>Protein shake</b>	<b>Protein shake</b>	<b>Protein shake</b>	<b>Protein shake</b>	<b>Protein shake</b>	<b>Protein shake</b>

## 14 Day Pre-Op Meal Plan – Week 2

Meal/Snack	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
<b>Breakfast</b>	<b>½ cup cream of wheat or oatmeal</b> w/vanilla extract & cinnamon <b>½ cup applesauce</b> (mixed in oatmeal/cream of wheat)	<b>Egg whites (3)</b> w/1 cup spinach & mushrooms <b>½ cup cream of wheat or oatmeal</b> w/vanilla extract & cinnamon	<b>6 oz. non-fat Greek yogurt</b> <b>1 small apple</b> <b>1 tbsp peanut butter</b>	<b>½ cup of low fat cottage cheese</b>  <b>½ cup raspberries</b>	<b>½ cup cream of wheat or oatmeal</b> w/vanilla extract & cinnamon <b>½ cup applesauce</b> (mixed in oatmeal/cream of wheat) <b>1 tbsp peanut butter</b>	<b>½ cup of low fat cottage cheese</b>  <b>½ cup strawberries</b>	<b>Protein shake</b>
<b>Snack</b>	<b>Protein shake</b>	<b>Protein shake</b>	<b>Protein shake</b>	<b>Protein shake</b>	<b>Protein shake</b>	<b>Protein shake</b>	
<b>Lunch</b>	<b>3 oz roasted turkey</b> w/tomato in lettuce wrap  <b>6 oz. non-fat Greek yogurt</b>	<b>6 oz. non-fat Greek yogurt</b>  <b>1 small apple</b> <b>1 tbsp peanut butter</b>	<b>3 oz roasted chicken</b>  <b>½ cup farro</b>  <b>1 cup cauliflower watercress soup</b>	<b>3 oz. roasted turkey breast</b>  <b>Small Salad</b> with 1 tbsp. olive oil & 1 tbsp. balsamic vinegar	<b>6 oz. plain Greek yogurt seasoned w/dill</b> <b>1 cup of raw sliced veggies</b>  <b>High protein pudding</b>	<b>3 oz grilled chicken</b>  <b>Small Salad</b> with 1 tbsp. olive oil & 1 tbsp. balsamic vinegar	<b>Protein shake</b>
<b>Snack</b>	<b>Protein shake</b>	<b>Protein shake</b>	<b>Protein shake</b>	<b>Protein shake</b>	<b>Protein shake</b>	<b>Protein shake</b>	
<b>Dinner</b>	<b>3 oz. grilled chicken</b>  <b>Small Salad</b> with 1 tbsp. olive oil & 1 tbsp. balsamic vinegar	<b>3 oz salmon</b>  <b>½ cup roasted carrots</b>  <b>½ cup quinoa</b>	<b>3 oz broiled turkey</b>  <b>½ roasted zucchini</b>  <b>½ cup carrots</b>	<b>3 oz flounder</b>  <b>1 cup grilled asparagus</b>  <b>½ cup farro</b>	<b>½ cup grilled tofu seasoned w/old bay</b> <b>½ cup of steamed broccoli</b> <b>½ cup quinoa</b>	<b>3 oz flounder</b>  <b>½ cup quinoa</b>  <b>1 cup roasted brussel sprouts</b>	<b>Protein shake</b>
<b>Snack</b>	<b>Protein shake</b>	<b>Protein shake</b>	<b>Protein shake</b>	<b>Protein shake</b>	<b>Protein shake</b>	<b>Protein shake</b>	

## **The day before surgery**

The day before surgery you should be consuming **ONLY** liquids!

This includes your **protein shakes** and **clear liquid choices** . No solid foods.



**STAGE 1**  
**POST-OPERATIVE DIET:**  
Bariatric Clear Liquids with Protein  
Supplements  
**(WEEK 1)**

# STAGE 1: BARIATRIC CLEAR LIQUID DIET GUIDELINES

## IN THE HOSPITAL:

The day after surgery, once the upper gastrointestinal (Upper GI) series has verified that there are no leaks, you will begin the Stage I: Bariatric Clear Liquids Diet.

Your food tray will contain: sugar-free gelatin, Italian ice, low-sodium broth, decaffeinated tea and water.

**Use the medicine cups (1 oz.) to begin sipping the liquids provided.**

**1 ounce (oz.) of water should be consumed every 15 minutes for a goal rate of 4 oz. (½ cup) per hour.**

Only clear liquids are allowed initially. Avoid sweetened beverages unless sweetened with a sugar substitute.

Liquids should be sipped very slowly! Do not use a straw. Drinking through a straw can overfill your pouch with liquid and air. If the pouch gets full very quickly, you may experience nausea, vomiting, and pain.

**SIP MEDICINE CUPS SLOWLY. STOP DRINKING IF YOU FEEL FULLNESS, PAIN, OR DISCOMFORT. DO NOT DRINK MORE THAN 4 MEDICINE CUPS PER HOUR.**



## **WHEN YOU GO HOME:**

Upon discharge from the hospital , **until you return to the doctors' office for your 1-week post-op visit, you will follow Stage 1, Bariatric Diet .**

- ✓ Your goal will be to consume 60-80 grams of protein per day by drinking **3 protein supplements that are 4-6 oz. each per day**
- ✓ Each protein supplement should contain 1 full scoop of protein powder mixed with 4 ounces of skim milk, almond milk or water
- ✓ Your goal will be to consume **64 oz. of liquid** , in addition to your protein supplements.  
You can accomplish this by drinking 4 oz. - 6 oz. (1/2-3/4 cup) of liquid per hour while awake.

## **Clear Liquids:**

- You must consume at least 1 bottle (20 ounces) of an electrolyte water daily  
\*Propel, LifeWater SmartWater, Powerade Zero, G2, Gatorade Zero, Vitamin Water Zero
- You must consume at least 8 ounces of fat-free, low sodium broth daily
- Avoid fruit juices, even diet (too many calories: 64oz juice= 960 calories)
- Avoid carbonated beverages and beverages containing sugar or caffeine. The bubbles may cause pouch irritation and gas. Caffeine is dehydrating and can irritate the lining of the stomach increasing your risk of ulcers after surgery.

## **You may select from the following beverages:**

Crystal Light *\*make sure it is decaffeinated*  
Mio Liquid Water Enhancer  
True Lemon Drink Mix  
Decaffeinated Tea  
Herbal Tea  
Fat Free, Low Sodium Broth/Consommé  
Wyler's Light  
Plain Water  
HINT water  
Stur All Natural Stevia Water Enhancer  
Sobe Lifewater 0 Calorie  
G2/ Gatorade Zero  
Vitamin Water Zero  
SmartWater  
LifeWater  
Propel  
Powerade Zero  
Vitamin Water Zero  
Water infused with fresh fruit  
No Sugar Added Ice Pops  
No Sugar Added Sorbet/Sherbet  
No Sugar Added/Sugar Free gelatin (Sugar Free Jell-O)  
No Sugar Added/Sugar Free Italian Ice (Rita's or Luigi's)

## **SAMPLE MENU FOR STAGE 1 (BARIATRIC CLEAR LIQUID DIET)**

7:00 a.m.-8:00 a.m. 4- 6 oz. Decaffeinated Hot Tea

8:00 a.m.-9:00 a.m. **4 – 6 oz. Protein Supplement\***

9:00 a.m.-10:00 a.m. 4- 6 oz. Decaffeinated Hot Tea

10:00 a.m.-11:00 a.m. 4 oz. Diet Gelatin/ Diet Jell-O

11:00 a.m.-12:00 p.m. 1 Sugar Free Ice-Pops

12:00p.m-1:00 p.m. **4 – 6 oz. Protein Supplement\***

1:00p.m-2:00p.m. 4-6 oz. Smartwater

2:00p.m-3:00p.m. 4-6 oz. Broth

3:00p.m-4:00p.m. 4-6 oz. Diet Lemonade

4:00p.m-5:00p.m. 4-6 oz. Crystal Light

5:00p.m-6:00p.m. **4 – 6 oz. Protein Supplement\***

6:00p.m-7: 00p.m 4 oz. Sugar free Italian Water Ice

7:00p.m-8:00p.m. 4-6 oz. G2

8:00p.m-9:00p.m. 1 Sugar Free Ice-Pop

9:00p.m-10:00p.m. 4-6 oz. Propel

10:00p.m-11:00p.m. 4-6 oz. Decaffeinated Herbal Tea

**\* This is a sample menu. You may choose any beverages from the list provided on page 36.**

**\*Each supplement consists of one (1) heaping scoop of protein powder and 4 oz. Skim Plus Milk (or fat free milk) to provide more than 70 grams of protein/day.**

**\* Vitamin & Mineral Supplementation WILL NOT begin until your 1-week appointment after surgery. Your Dietitian will let you know when to start taking them.**

# SHOPPING LIST FOR WEEK 1

## Purchase the following items at least one week prior to surgery:

- Multivitamins, Calcium, B12, Vitamin D3 and Iron Supplements (if needed)
- Measuring cup and/or measuring spoons
- Baby spoon, sippy cup, protein shaker bottle, & refillable water bottle

## Clear Liquids – Choose from the following:

- You must consume at least 20 ounces of an electrolyte water daily (Propel, LifeWater SmartWater, Powerade Zero, Vitamin Water Zero, G2)
- You must consume at least 8 ounces of fat-free, low sodium broth daily
- Avoid fruit juices, even diet. These are not hydrating beverages and have too much sugar.
- Avoid carbonated beverages and beverages containing sugar or caffeine.
  - ✓ The bubbles may cause pouch irritation and gas.
  - ✓ Caffeine is dehydrating and can irritate the lining of the stomach increasing your risk of ulcers after surgery.

## You may select from the following beverages:

Crystal Light *\*make sure it is decaffeinated*  
Mio Liquid Water Enhancer  
Decaffeinated Tea  
Herbal Tea  
Fat Free, Low Sodium Broth/Consommé  
Wyler's Light  
Plain Water  
HINT water  
Stur All Natural Stevia Water Enhancer  
Sobe Lifewater 0 Calorie  
G2 / Gatorade Zero  
Vitamin Water Zero  
SmartWater  
LifeWater  
Propel  
Powerade Zero  
Vitamin Water Zero  
Water infused with fresh fruit  
No Sugar Added Ice Pops  
No Sugar Added Sorbet/Sherbet  
No Sugar Added/Sugar Free gelatin (Sugar Free Jell-O)  
No Sugar Added/Sugar Free Italian Ice (Rita's or Luigi's)

## Protein Supplement

Prior to surgery, try different protein supplements and find two that you like as well as an unflavored powder.

Skim Milk (fat-free milk), Skim Plus Milk, Lactaid Fat-Free Milk, Unsweetened Soymilk, Unsweetened Almond Milk, Unsweetened Coconut Milk, or Water to mix with Protein Supplement.

**STAGE 2**  
**POST-OPERATIVE DIET:**  
Full Liquid  
Gastric Sleeve  
**(WEEK 2)**

## STAGE 2: FULL LIQUID DIET GUIDELINES

**100% compliance with our Post-Operative Diet is necessary to ensure safely and healing!**

Remember your stomach is restricted by stapling, dividing it vertically, and removing 60-70% of it. The tube shaped stomach that is left is sealed closed with both sutures and staples. The stomach that remains is shaped like a very slim banana and measures from 1-4 ounces.

For safe weight loss you need to eat a healthy, well-balanced diet. All foods need to be a full liquid and to the consistency of applesauce for one **(1) week**. This may be a challenge. Stick to it and be creative! Buy or borrow a blender or food processor if you do not own one.

### 1. Clear Liquids – same as Stage 1 (page 32)

- 64 ounces sugar-free liquids (less than 5 grams of sugar per serving)
- No caffeine, alcohol, carbonation
- No drinking with meals—you must avoid drinking 15 minutes before and 45 minutes after eating

### 2. Protein Supplement – same as Stage 1

- 60-80 grams of protein per day
- 1 scoop of protein powder (at least 20g protein) mixed with 4-6 ounces of fluid taken **3** times a day. May be mixed with skim milk, Skim Plus, unsweetened almond/soy/coconut milk, Lactaid or water

### 3. Vitamins – begin now

- Bariatric Multivitamin containing 12mg B1 (thiamin) and 18 mg of iron
- 1200 mg Calcium daily in divided doses (500-600mg 2x per day)
- 3000 IU Vitamin D daily
- 350-500 mcg B12 daily

### 4. Three meals per day – each meal should be approximately 1 ounce of full liquids. See next page for appropriate foods.

- Aim to take at least 20-30 minutes to complete meal.
- Use a small utensil such as a baby spoon and put the utensil down in between bites.
- Take tiny bites

<b>1 ounce (oz) = 2 Tablespoons = 1/8 cup</b>
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**HINT: Keep food records** – Tracking intake is beneficial to ensure you are meeting your protein goals at this time. It can also be helpful in identifying foods/beverages that may be causing nausea/pain/discomfort. Avoid foods causing nausea/vomiting for at least 1 week before trying again.

### IF YOU EXPERIENCE PAIN OR DISCOMFORT:

- Get up and walk around for 10-15 minutes. Do NOT force yourself to vomit or regurgitate
- Make sure you are following ALL bariatric eating and drinking principles

### IF YOU DO EXPERIENCE VOMITING OR REGURGITATION:

- Consume **ONLY** ice chips until the next day (NO FOOD, NO PROTEIN SUPPLEMENTS, NO VITAMINS) and then begin:
  - Stage 1: clear liquid diet with protein supplements for 24 hours, then
  - Begin stage 2 again: full liquid diet with protein supplements with vitamins
- If no improvement, contact your surgeon's office **(732) 739-5925** immediately.

## SHOPPING LIST FOR STAGE 2 DIET (WEEK 2)

**Clear Liquids** – same as Week 1

- 64 ounces of clear liquids in addition to protein shakes
- See page 28 for clear liquid suggestions

**Protein Supplement** – same as Week 1

- 1 scoop of protein powder (at least 20g protein) mixed with 4-6 ounces of fluid taken 3 times a day
- May be mixed with skim milk, Skim Plus, unsweetened almond/soy/coconut milk, Lactaid or water

**Choose 1 ounce (2 Tbsp) of the following food items at each meal :**

- Low-fat, no sugar added yogurt w/ <10g sugar per serving
- Part skim ricotta cheese
- Low Fat cottage cheese
- Sugar-free pudding
- Unsweetened applesauce
- Pureed soup (e.g. bean/lentil, split pea, butternut squash, etc.)

**Tips:**

- **Use 1 ounce cups from the hospital to measure full liquids. Each cup = 1 ounce (30 ml)**
- **Add unflavored protein powder** to complementary foods
- **All food must be the texture of smooth yogurt for SAFETY and HEALING**
- **NO SOLID FOODS!**
- **AVOID** bread, rice, and pasta



## Sample Menu Stage 2: Full Liquid Diet

Time Schedule	Day 1	Day 2	Day 3
7:00 am	decaf hot tea	decaf hot tea	decaf hot tea
Breakfast 8:00 am	<b>1 oz yogurt</b>	<b>1 oz fat free cottage</b>	<b>1 oz yogurt</b>
9:15 am	Water with lemon	Smartwater	Crystal Light
Shake 11:00 am (~2hrs after meal)	<b>4-6 oz Protein Supplement</b>	<b>4-6 oz Protein Supplement</b>	<b>4-6 oz Protein Supplement</b>
11:45 am	Smartwater	low sodium broth	herbal tea
Lunch 1:00 pm	<b>1 oz pureed lentil soup</b>	<b>1 oz applesauce</b>	<b>1 oz ricotta cheese</b>
2:30 pm	Crystal Light	Vitamin Zero	Propel Zero water
Shake 3:30 pm (~2hrs after meal)	<b>4-6 oz Protein Supplement</b>	<b>4-6 oz Protein Supplement</b>	<b>4-6 oz Protein Supplement</b>
4:30 pm	Water with lemon	Crystal Light	low sodium broth
Dinner 6:00 pm	<b>1 oz sugar-free pudding</b>	<b>1 oz Split pea soup</b>	<b>1 oz yogurt</b>
7:30 pm	low sodium broth	water with lemon	1 sugar free ice pop
Shake 8:45 pm (~2hrs after meal)	<b>4-6 oz Protein Supplement</b>	<b>4-6 oz Protein Supplement</b>	<b>4-6 oz Protein Supplement</b>
10:00 pm	Vitamin Water	HINT	Smartwater

*\*Vitamin & Mineral Supplementation will begin now.*

**STAGE 3**  
**POST-OPERATIVE DIET:**  
NO CONCENTRATED SWEETS, LOW-FAT  
PUREED DIET GUIDELINES  
**(WEEKS 3 & 4)**

## STAGE 3: NO CONCENTRATED SWEETS, LOW-FAT PUREED DIET GUIDELINES

**100% Compliance with our Post-Operative Diet is Necessary to Ensure Safety and Healing!**

For safe weight loss you need to eat a healthy, well-balanced diet. All foods need to be blended to the consistency of applesauce for **two (2) weeks**.

### **1. Clear Liquids** – same as Stage 1 (page 32)

- 64 ounces sugar-free liquids (less than 5 grams of sugar per serving)
- No caffeine, alcohol, carbonation
- No drinking with meals—you must avoid drinking 15 minutes before and 45 minutes after eating

### **2. Protein Supplement** – same as Stage 1

- 60-80 grams of protein per day
- 1 scoop of protein powder (at least 20g protein) mixed with 4-6 ounces of fluid taken **3** times a day. May be mixed with skim milk, Skim Plus, unsweetened almond/soy/coconut milk, Lactaid or water

### **3. Vitamins** – same as Stage 2

- Bariatric Multivitamin containing 12mg B1 (thiamin) and 18 mg iron
- 1200 mg Calcium daily in divided doses (500-600mg 2x per day)
- 3000 IU Vitamin D daily
- 350-500 mcg B12 daily

### **4. Three meals per day** – each meal should be approximately 1-2 ounces of pureed foods. Baby food is acceptable.

- Aim to take at least 20-30 minutes to complete the meal.
- Use a small utensil and put the utensil down in between bites.
- Take tiny bites, chew very well (25-30 times)

1 ounce (oz) = 2 Tablespoons = 1/8 cup	2 ounces (oz) = 4 Tablespoons = 1/4 cup
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**HINT: Keep food records.** Tracking intake is beneficial to ensure you are meeting your protein goals at this time. It can also be helpful in identifying foods/beverages that may be causing nausea/pain/discomfort. Avoid foods causing nausea/vomiting for at least 1 week before trying again.

### **IF YOU EXPERIENCE PAIN OR DISCOMFORT:**

- Get up and walk around for 10-15 minutes. Do NOT force yourself to vomit or regurgitate
- Make sure you are following ALL bariatric eating and drinking principles

### **IF YOU DO EXPERIENCE VOMITING OR REGURGITATION:**

- Consume **ONLY** ice chips until the next day (NO FOOD, NO PROTEIN SUPPLEMENTS, NO VITAMINS) and then begin:
  - Stage 1: clear liquid diet with protein supplements for 24 hours, then
  - Stage 2: full liquid diet with protein supplements for 24 hours, then
  - Begin stage 3 again: low-fat pureed diet with protein supplements
- If no improvement, contact your surgeon's office **(732) 739-5925** immediately.

## SHOPPING LIST FOR STAGE 3 DIET (WEEK 3 & 4)

### **Protein:** Choose pureed & well moistened

- Low-fat, no sugar added yogurt w/ <10g sugar per serving
- Part skim ricotta cheese
- Low Fat cottage cheese
- Pureed chicken or turkey
- Pureed Fish (soft cooked, tuna, sole, flounder, crabmeat, tilapia)
- Pureed beans: canned /cooked (hummus, lentils, garbanzo, black, navy, pinto)
- Pureed tofu or edamame
- Pureed bean/lentil soup
- Split pea soup

### **Produce:**

- **Fruit-** Choose from:
  - o Unsweetened pureed fruits such as applesauce, pears, peaches
- **Vegetables-** Choose from:
  - o Cooked and pureed carrots, cauliflower, plantains, yams, pumpkin, butternut squash, spaghetti squash, summer squash, zucchini, mushrooms, pureed vegetable soup, butternut squash soup, tomato soup, etc.

### **Grains and Starches-** Choose from:

- Pureed white or sweet potato (no skin, no added fat)
- Unsweetened hot cereal, e.g., cream of wheat, farina, instant oatmeal, grits *NO STEEL CUT OATMEAL*
- **AVOID RICE, BREAD, CRACKER AND PASTA PRODUCTS AT THIS TIME** \*may cause pain/discomfort and increase a risk for a leak

### **Additional Options:**

#### **Healthy Fats: (limit to 3 teaspoons per day)**

- Avocado, olive oil, Smart balance Buttery Spread
- nut butters: almond, peanut & soy nut butter
- Pureed reduced fat cream-based soups

### **Tips:**

- **Add unflavored protein powder** to complementary foods
- **Moisten foods with No or Low-fat Sauces or Gravy:** Fat-free broth, fat-free gravy, tomato sauce, salsa, low-fat mayonnaise, low-fat salad dressing
- **All food must be the texture of smooth yogurt for SAFETY and HEALING**
- **NO SOLID FOODS**
- Recipes for stage 3: puree diet are on pages 72-77 in your nutrition handbook

### **Instructions for pureeing foods:**

1. Cut food into small pieces about the size of your thumbnail.
2. Place food in the blender.
3. Add enough liquid (fat free chicken broth or fat free gravy) to cover the blades.
4. Blend until smooth like applesauce.
5. Strain out the lumps, seeds, or pieces of food.
6. Use spices (avoid spicy ones) to flavor food.
7. Blend and enjoy!

**Tip:** Use ice cube trays. Each cube holds about 1 ounce. This will help you to control portion sizes and estimate protein (each cube is about 7 grams of protein if you are putting pureed meat, chicken or turkey in the trays). Try preparing reduced fat cream soups, pureed meats, and vegetables in advance and storing them in the trays.



### Sample Menu Stage 3: Low Fat, No Concentrated Sweets, Pureed Diet

Time Schedule	Day 1	Day 2	Day 3
7:00 am	water	water	water
Breakfast 8:00 am	<b>1 oz. plain fat-free Greek yogurt</b> 1 oz. medium banana (mashed)	<b>1 oz. fat free cottage cheese</b> 1 oz. unsweetened applesauce	<b>1 oz. plain fat-free Greek yogurt</b> 1 oz. oatmeal (cooked)
9:15 am	decaffeinated hot tea	decaffeinated hot tea	decaffeinated hot tea
Shake 11:00 am (~2hrs after meal)	<b>4-6 oz. Protein Supplement</b>	<b>4-6 oz. Protein Supplement</b>	<b>4-6 oz. Protein Supplement</b>
11:45 am	Propel	low sodium broth	Vitamin Water Zero
Lunch 1:00 pm	<b>1 oz. pureed chicken or mashed tofu</b> 1 oz. pureed green beans	<b>1 oz. pureed chicken</b> 1 oz. pureed squash	<b>1 oz. tuna fish</b> blended with low fat mayonnaise 1 oz. mashed potatoes w/ fat free gravy
2:30 pm	Crystal Light	Vitamin Zero	water
Shake 3:30 pm (~2hrs after meal)	<b>4-6 oz. Protein Supplement</b>	<b>4-6 oz. Protein Supplement</b>	<b>4-6 oz. Protein Supplement</b>
4:30 pm	Water with lemon	Crystal Light	low sodium broth
Dinner 6:00 pm	<b>1 oz. flaked fish</b> 1 oz. pureed broccoli	<b>1 oz. pureed turkey</b> blended with fat free gravy 1 oz. mashed sweet potato	<b>1 oz. Hummus</b> 1 oz. pureed carrots
7:30 pm	low sodium broth	water	Crystal Light
Shake 8:45 pm (~2hrs after meal)	<b>4-6 oz. Protein Supplement</b>	<b>4-6 oz. Protein Supplement</b>	<b>4-6 oz. Protein Supplement</b>
10:00 pm	Vitamin Water	HINT	Smartwater

*\*Protein rich choices are highlighted in bold print.*

**STAGE 4**  
**POST-OPERATIVE DIET**  
**Soft /Mechanically Altered Diet**  
**(WEEKS 5, 6, & 7 )**

## **STAGE 4: SOFT DIET**

### **(WEEKS 5, 6, & 7)**

**100% Compliance with our Post-Operative Diet is Necessary to Ensure Safety and Healing!**

1. **Clear Liquids** – same as Stage 1 (page 32)
  - 64 ounces sugar free liquids (less than 5 grams of sugar per serving)
  - No caffeine, alcohol, carbonation
  - No drinking with meals- you must avoid drinking 15 minutes before and 45 minutes after eating
2. **Protein Supplement** – same as Stage 1
  - 60-80 grams of protein per day
  - 1 scoop of protein powder (at least 20g protein) mixed with 4-6 ounces of fluid taken **2-3** times a day  
May be mixed with skim milk, Skim Plus, unsweetened almond/soy/coconut milk, Lactaid or water
3. **Vitamins** – same as Stage 2
  - Bariatric Multivitamin containing 12 mg of vitamin B1 (thiamine) and 18mg iron
  - 1200 mg Calcium daily in divided doses (500-600 mg 2x per day)
  - 3000 IU Vitamin D daily
  - 350-500 mcg vitamin B12 daily
4. **Three meals per day** – each meal should be approximately 3 ounces of soft, chopped, ground, very tender food per meal.
  - Aim to take at least 20-30 minutes to complete the meal.
  - Use a small utensil and put the utensil down in between bites.
  - Take tiny bites, chew very well (25-30 times)

<b>3 ounces (oz) = 6 Tablespoons = 1/3 cup</b>
--

**HINT: Keep food records** – Tracking intake is beneficial to ensure you are meeting your protein goals at this time. It can also be helpful in identifying foods/beverages that may be causing nausea/pain/discomfort. Avoid foods causing nausea/vomiting for at least 1 week before trying again.

#### **IF YOU EXPERIENCE PAIN OR DISCOMFORT:**

- Get up and walk around for 10-15 minutes. Do NOT force yourself to vomit or regurgitate
- Make sure you are following ALL bariatric eating and drinking principles

#### **IF YOU DO EXPERIENCE VOMITING OR REGURGITATION:**

- Consume **ONLY** ice chips until the next day (NO FOOD, NO PROTEIN SUPPLEMENTS, NO VITAMINS) and then begin
  - o Stage 1: clear liquid diet with protein supplements for 24 hours, then
  - o Stage 3: puree diet with protein supplements for 24 hours, then
  - o Begin stage 4 again: soft diet with protein supplements
- If no improvement, contact your surgeon's office **(732) 739-5925** immediately.



## SHOPPING LIST FOR STAGE 4 DIET (WEEKS 5, 6, & 7)

### **Protein:** Choose chopped, ground & well moistened

- Eggs/ Egg whites/ Egg beaters
- Flaked Fish (soft cooked, tuna, sole, flounder, crabmeat, salmon, tilapia)
- Ground chicken, turkey, and beef that is 90% or leaner
- Low-fat meatloaf, chili, meatballs, lean turkey burger
- Canned, finely flaked, Tuna, Chicken, Salmon
- Beans: canned /cooked (hummus, lentils, garbanzo, black, navy, pinto, etc.)
- Low-fat, no sugar added yogurt w/ <10g sugar per serving
- Part skim ricotta cheese
- Low Fat cottage cheese
- Low Fat shredded cheese
- Tofu / Tempeh / Veggie Burger
- Bean/lentil soup
- Split pea soup

### **Produce:**

#### • **Fruit-** Choose from:

- o Unsweetened cooked or canned fruits in their own juice (no syrup) such as applesauce, pears, peaches, mandarin oranges
- o Fresh Ripe fruit **without skin or seeds** (e.g. cantaloupe, melon, banana)

#### • **Vegetables-** soft cooked until fork tender. Choose from:

- o Carrots, cauliflower, broccoli, mushrooms, summer squash, zucchini, eggplant, beets, plantains, yucca, yams, pumpkin, spaghetti squash, butternut squash, vegetable soup
- o **AVOID** seeds, skins, and tough hulls (corn, peas, fresh tomato skins)

### **Grains and Starches-** Choose from:

- White or sweet potato (no skin, no added fat)
- Unsweetened hot cereal, e.g., cream of wheat, farina, instant oatmeal, grits *NO STEEL CUT OATMEAL*
- Unsweetened cold cereals- *without nuts or seeds* (Cheerios, Special K, Total wheat)

### **Additional Options:**

#### **Healthy Fats: (limit to 3 teaspoons per day)**

- Avocado, olive oil, Smart balance Buttery Spread
- nut butters: almond, peanut & soy nut butter
- Reduced fat cream-based soups

#### **Tips:**

- **Add unflavored protein powder** to complementary foods
- **Moisten foods with No or Low fat Sauces or Gravy:** Fat-free broth, fat-free gravy, tomato sauce, salsa, low-fat mayonnaise, low-fat salad dressing
- **AVOID** bread, rice, crackers, pasta, shellfish, pork, processed meats, raw vegetables, nuts and seeds, full fat foods
- Recipes for stage 4: soft diet are on pages 78 – 80 in your nutrition book

### Sample Menu Stage 4: Soft Diet / Mechanically Altered Diet

Time Schedule	Day 1	Day 2	Day 3
7:00 am	decaf herbal tea	decaf hot tea	decaf hot tea
Breakfast 8:00 am	<b>4 Tbsp. low fat yogurt</b> ¼ of a medium banana (mashed)	<b>4 Tbsp. low fat ricotta cheese</b> 2 Tbsp. canned pears	<b>4 Tbsp. scrambled egg</b> 2 Tbsp. oatmeal (cooked)
9:15 am	Propel Zero water	water w/orange slice	Crystal Light
Shake 11:00 am (~2hrs after meal)	<b>4-6 oz. Protein Supplement</b>	<b>4-6 oz. Protein Supplement</b>	<b>4-6 oz. Protein Supplement</b>
11:45 am	diet lemonade	Propel	water with lemon
Lunch 1:00 pm	<b>2 oz. ground chicken breast</b> 1 Tbsp. cooked green beans 1 Tbsp. mashed potatoes	<b>2 oz. (4 Tbs) tuna mashed w/ plain Greek yogurt</b> 1-2 Tbsp. roasted zucchini	<b>2 oz. tofu</b> 1-2 Tbsp. cooked spinach
2:30 pm	Crystal Light	water with lime slice	water
Shake 3:30 pm (~2hrs after meal)	<b>2 oz. egg salad</b> with low-fat mayonnaise <b>OR</b> <b>4-6 oz. Protein Supplement</b>	<b>2 oz. nonfat, no sugar added yogurt</b> 1-2 Tbsp. canned peaches <b>OR</b> <b>4-6 oz. Protein Supplement</b>	<b>2 oz. low fat cheese</b> 1 – 2 Tbsp. ripe melon <b>OR</b> <b>4-6 oz. Protein Supplement</b>
4:30 pm	decaf iced tea	Crystal Light	diet lemonade
Dinner 6:00 pm	<b>2 oz Chili</b> 2 Tbsp. low fat shredded cheese	<b>2 oz (6 Tbs) ground turkey</b> 1 Tbsp. mashed potato 1 Tbsp. cooked carrots	<b>2 oz flaked flounder</b> 1 Tbsp. cooked broccoli 1 Tbsp. sweet potato
7:30 pm	water with lemon	water	Crystal Light
Shake 8:45 pm (~2hrs after meal)	<b>4-6 oz. Protein Supplement</b>	<b>4-6 oz. Protein Supplement</b>	<b>4-6 oz. Protein Supplement</b>
10:00 pm	Vitamin Water	HINT	Smartwater

*\*Protein rich choices are highlighted in bold print.*

**STAGE 5**  
**POST-OPERATIVE DIET**  
Regular Texture: Low fat, No Concentrated  
Sweets Diet  
(2 months and beyond )

## STAGE 5: REGULAR TEXTURE-LOW FAT, NO CONCENTRATED SWEETS DIET GUIDELINES

After 3 weeks of the soft food diet, you should gradually introduce more food choices, by adding one new solid food per day and progress to a “REGULAR Diet.” This nutrition lifestyle consists of fruits, vegetables and whole grains while avoiding tough skins and/or doughy breads for better tolerance.

### 1. Clear Liquids – same as Stage 1 (page 32)

- 64 ounces sugar free liquids (less than 5 grams of sugar per serving)
- Avoid carbonation—may cause pain and discomfort
- Avoid alcohol—recommendation is to avoid alcohol for 6 months to 1 year post-operatively
- No drinking with meals- avoid drinking 10 minutes before and 30 minutes after eating ● May had 1 cup (8 – 12 ounces) of caffeinated tea or coffee back into diet

### 2. Frequent Meals and Snacks – each meal should be approximately 4 – 5 ounces.

- Aim for **3 meals and 2-3 snacks daily**, focusing on nutrient density
- Protein:
  - Continue to strive for **60-80 grams of protein daily**, mostly from whole food sources. Aim for a source of protein and produce (fruit or vegetable) at every meal and snack.
  - Continue to use protein supplements as needed to help meet protein needs
    - 1 shake is needed daily for the first 6 to 12 months.
    - Premade protein shakes and protein bars are now acceptable. Look for premade protein supplements that are approximately 200 calories or less, at least 15 grams of protein, and less than 10 grams of sugar per serving.
- Aim to take at least 20-30 minutes to complete meal.
- Use a small utensil and put the utensil down in between bites.
- Take tiny bites, chew very well (25-30 times)
- Incorporate mindful eating principles

**NOTE:** At 2 months post-op, typical caloric intake ranges from 700-900 calories per day. Calories should gradually increase to 1,000 to 1,200 calories per day by 12 months post-op to meet your basic metabolic needs (the amount of energy needed to support your body’s basic functions). Eating less than your basic metabolic requirements can cause fatigue, weakness, muscle wasting, hair thinning, nutrient deficiencies, bradycardia, increased cravings/increased risk for compulsive eating, and slowing of the metabolism.

*\* Check in with your dietitian at follow-up appointments for more information regarding appropriate, individualized nutritional intake long-term. If you are in need of more support, schedule a 1-1 appointment with your dietitian by calling (732) 739-5925.*

### 3. Vitamins – same as Stage 2. We will check for vitamin deficiencies at 6 months post-op.

- Bariatric Multivitamin containing 12 mg of vitamin B1 (thiamine) and 18 mg iron
- 1200 mg Calcium daily in divided doses (500-600 mg 2x per day)
- 3000 IU Vitamin D daily
- 350-500 mcg vitamin B12 daily

### 4. Exercise

- Exercise will be an important component to weight maintenance. You should be aiming for about 30 minutes of intentional movement most days of the week.
- Increase intensity of exercise slowly; remember that calorie intake is very low at this point and exercising too intensely may induce lightheadedness and fatigue.

## SHOPPING LIST FOR STAGE 5 DIET (WEEKS 8 & BEYOND)

### **Protein:** Cook tender with a lot of moisture

- Low-fat dairy products
  - o Yogurt, ricotta cheese, cottage cheese, shredded cheese
- Eggs/ Egg whites/ Egg beaters
- Fish and shellfish
- Diced chicken, turkey, beef, pork
- Beans: canned /cooked (hummus, lentils, garbanzo, black, navy, pinto, etc.)
- Tofu / Tempeh / Veggie Burgers
- Bean/lentil soup
- Split pea soup

### **Produce:**

- **Fruit-** Examples include
  - o Apples, pears, peaches, oranges, bananas, cantaloupe, grapes, blueberries, strawberries, etc.
- **Vegetables-** Cooked or raw vegetables. Examples include
  - o Carrots, cucumber, peppers, onions, broccoli, cauliflower, mushrooms, summer squash, zucchini, eggplant, beets, plantains, yucca, yams, pumpkin, spaghetti squash, butternut squash, vegetable soup, etc.

### **Grains and Starches-** Choose from:

- Potatoes, corn, peas
- High-fiber whole grains (look for at least 3 grams of fiber per serving)
  - o Quinoa, farro, toasted whole grain bread, whole grain pasta, brown rice
- Hot cereals without added sugar (cream of wheat, farina, oatmeal, grits)
- Cold cereals without added sugar (Kashi, Cheerios, Special K Protein Plus, Total Wheat) ▪ Whole grain crackers (i.e. reduced fat Triscuit, Wasa Crackers, Rice Crackers)

### **Additional Options:**

#### **Healthy Fats: (limit to 3 teaspoons (tsp) per day)**

- Avocado, olive oil, Smart balance Buttery Spread
- Nuts and seeds (almonds, pecans, sunflower seeds, walnuts, cashews, etc.)
- nut butters: almond, peanut & soy nut butter
- Reduced fat cream-based soups

#### **Tips:**

- **Add unflavored protein powder** to complementary foods
- **Moisten foods with No or Low fat Sauces or Gravy:** Fat-free broth, fat-free gravy, tomato sauce, salsa, low-fat mayonnaise, low-fat salad dressing
- Wait another 2 weeks before eating rice or pasta, it is generally not well tolerated at this time
- Only try one new raw vegetable a day to monitor tolerance

## SAMPLE MENU FOR STAGE 5 (REGULAR)

Time Schedule	Day 1	Day 2	Day 3
7:00 am	water	water	water
8:00 am	<b>1 scrambled egg</b> ½ slice whole wheat toast ¼ cup cantaloupe	<b>¼ cup cottage cheese</b> ¼ cup unsweetened pears	<b>2 Tbsp natural creamy PB</b> ¼ cup of oatmeal ¼ cup sliced banana
9:15 am	decaffeinated hot tea	water	Crystal Light
11:00 am (~2 hrs after meal)	<b>4-6 oz Protein Supplement or high protein snack</b>	<b>4-6 oz Protein Supplement or high protein snack</b>	<b>4-6 oz Protein Supplement or high protein snack</b>
11:45 am	water	low sodium broth	water
1:00 pm	<b>½ cup turkey chili</b> 1 ounce shredded low fat cheese 1 tbsp low fat sour cream	<b>2 oz tuna fish</b> 2 tsp low mayo ¼ cup lettuce 1 tbsp low fat dressing	<b>2 oz low fat cheese</b> 1 slice turkey breast 1 small sliced tomato 1-2 tbsp. cantaloupe
2:30 pm	Crystal Light	Vitamin Zero	water
3:30 pm (~2 hrs after meal)	<b>¼ cup cottage cheese</b> ¼ cup strawberries	<b>5 oz. no sugar added, low fat Greek yogurt</b>	<b>1-2 hard boiled eggs</b>
4:30 pm	Water with lemon	Crystal Light	Water with lemon
6:00 pm	<b>3 oz baked salmon</b> 1-2 tbsp. steamed broccoli 1-2 tbsp. mashed sweet potato	<b>3 oz turkey</b> 1-2 tbsp. string beans 1-2 tbsp. roasted potatoes	<b>3 oz baked chicken, no skin</b> 1-2 tbsp. boiled potato 1-2 tbsp. steamed carrots
7:30 pm	Propel	water	1 sugar free ice pop
8:45 pm	water	Decaf tea	water

*\*Protein rich choices are highlighted in bold print.*

# APPENDIX

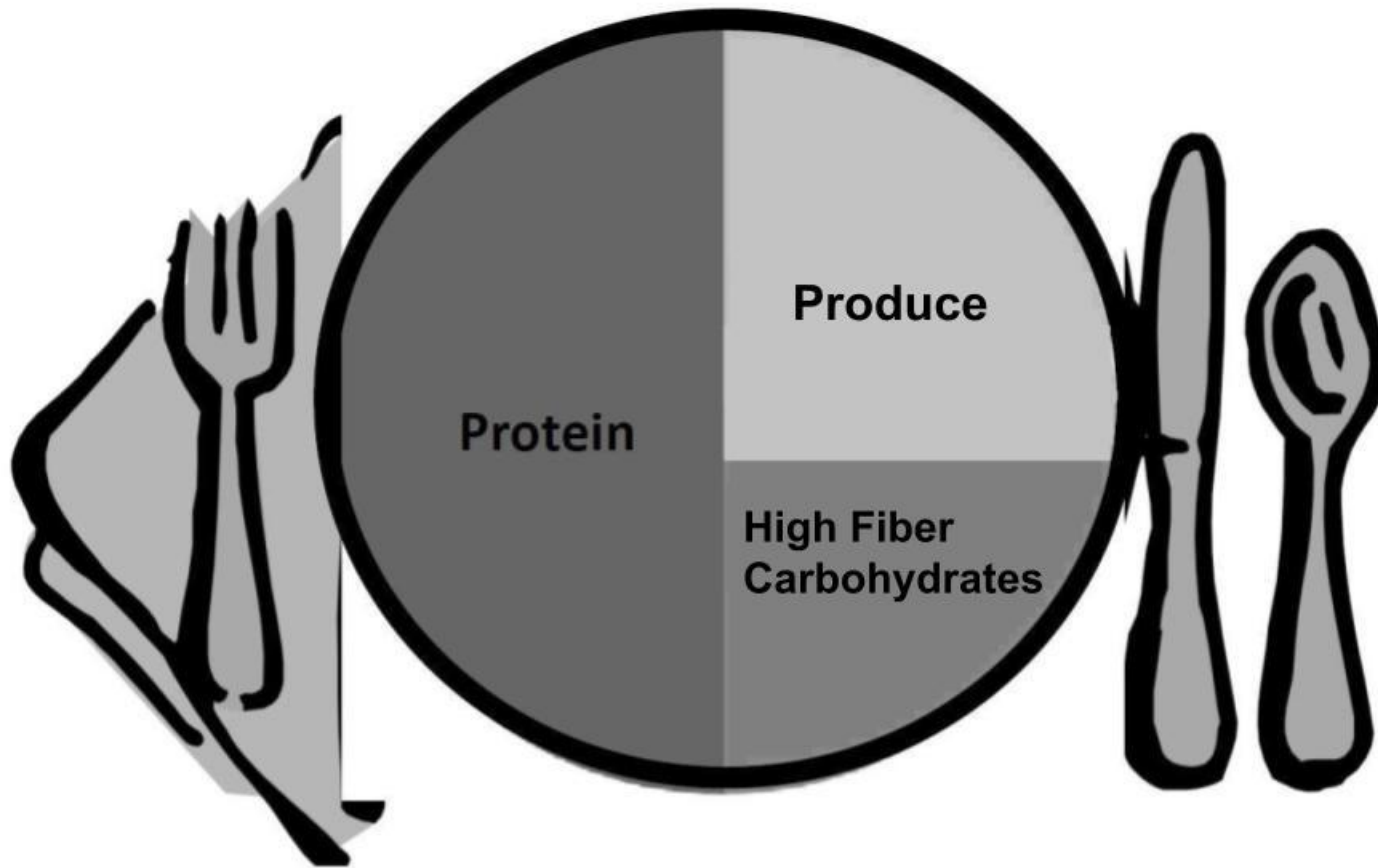
## Pre-Operative Meal Planning Guidelines

***These guidelines should be followed once you complete your initial nutrition class***

Carbohydrates	Protein & Meat	Fats	Free Foods
<p><i>Carbohydrates include grains, beans, breads, starchy vegetables, fruits, and milk.</i></p> <p><b>High fiber Carbs: (2-3/day)</b></p> <ul style="list-style-type: none"> <li>• ½ cup cooked cereal</li> <li>• ½ cup cooked rice or pasta (whole grain)</li> <li>• 1 slice whole grain bread</li> <li>• 1 small (3 oz.) potato</li> <li>• ½ cup starchy vegetables (peas and corn)</li> </ul> <p><b>Fruit: (2/day)</b></p> <ul style="list-style-type: none"> <li>• 1 small or ½ large banana</li> <li>• 1 cup chopped fruit</li> <li>• 1 small piece of fruit</li> <li>• ¼ cup raisins/dried fruit (no sugar added)</li> </ul> <p><b>Non-Starchy Vegetables: (3-4/day)</b></p> <ul style="list-style-type: none"> <li>• 1 cup raw</li> <li>• 1 cup cooked</li> <li>• 2 cups mixed greens</li> </ul>	<p><i>Aim for 20-30 protein/meal</i>  <i>Aim for ~10g of protein per snack</i></p> <p><b>Protein: (Every meal and snack)</b></p> <ul style="list-style-type: none"> <li>• 2-4 oz. lean meat, chicken, or fish</li> <li>• ½ cup tofu</li> <li>• ½ cup cottage cheese</li> <li>• 1 oz. cheese</li> <li>• 2 whole egg</li> <li>• ½ cup egg whites/egg substitute</li> <li>• ½ cup cooked beans</li> <li>• 1-2 scoops protein powder</li> </ul> <p><b>*Milk (contain carbohydrate &amp; protein)</b></p> <ul style="list-style-type: none"> <li>• 1 cup (8 oz.) skim milk</li> <li>• ½ cup or 5oz. low fat or nonfat, no sugar added yogurt</li> </ul>	<p><b>Each meal should contain no more than 2 servings of fat.</b>  <i>This includes fats used in cooking.</i></p> <p><b>One serving of fat:</b></p> <ul style="list-style-type: none"> <li>• 1 tsp. butter or plant-based margarine</li> <li>• 1 tbsp. low fat mayonnaise</li> <li>• 1 tsp. oil (olive oil, canola, vegetable)</li> <li>• 1 tbsp. yogurt-based salad dressing</li> <li>• ¼ avocado</li> <li>• 1 oz. unsalted nuts</li> <li>• 1 oz. unsalted seeds</li> <li>• 1 oz. hummus</li> <li>• 1 Tbsp. peanut butter</li> <li>• 1 Tbsp. chia seed</li> <li>• 1 Tbsp. flax seed</li> </ul>	<p><i>Free foods contain less than 20 calories per serving.</i></p> <p><b>These foods may be limited to 2-3 per meal:</b></p> <ul style="list-style-type: none"> <li>• 2 tbsp. tomato sauce</li> <li>• 1 tbsp. fat-free gravy</li> <li>• 1 tbsp. fat-free salad dressing</li> <li>• 1 tbsp. fat-free cream cheese</li> <li>• 2 tbsp. sugar-free syrup</li> <li>• 2 tbsp. salsa</li> <li>• 1 tbsp. ketchup</li> <li>• 1 tbsp. low fat sour cream</li> <li>• sugar free gelatin</li> <li>• 2 tsp no sugar added BBQ sauce</li> <li>• ½ cup unsweetened almond milk</li> </ul>



## Use the Plate Method as Your Guide



- **50% of your plate should be lean and low-fat protein.** Your protein foods should consist of lean and low fat options such as; poultry, seafood, dairy, eggs, beans, and soy based products. You should limit processed or packaged protein sources.
- **30% of your plate should be fruit & non-starchy vegetables.** Eat a colorful assortment to get adequate vitamin & fiber intake.
- **20% of your plate should be healthy carbohydrates.** Eat fruits, whole grains and starchy vegetables such as potatoes, yams, corn, and peas to contribute to higher fiber and lower carbohydrate intake.
- **Accompany meals with healthy fats.** Unsaturated fats such as olive oil, nuts, seeds, hummus, avocado, low fat condiments

# **Before Pre-Surgical Diet Meal Plan Schedule:**

## **Breakfast**

**within 2 hours of waking up**

2-3 protein choices (P)  
1 fruit and/or 1 non-starchy vegetable (F/V)  
1 high fiber carbohydrate (C)  
optional: 1-2 fat choice and/or free food (F)

## **Snack**

**\*if breakfast and lunch are farther than 3-4 hours apart**

1 produce choice (fruit or veggie) (F/V)  
1 fat choice and/or 1 protein choice (P/F)

## **Lunch**

**~3-4 hours after breakfast**

3-4 protein choices (P)  
1-2 non-starchy vegetable choice (V)  
1 carbohydrate choice (fruit/starchy vegetable/grain) (C)  
optional: 1-2 fat choice and/or free food (F)

## **Snack**

**\*if lunch and dinner are farther than 3-4 hours apart**

1 produce choice (fruit or veggie) (F/V)  
1 fat choice and/or 1 protein choice (P/F)

## **Dinner**

**at least 2 hours before bed**

3-4 protein choices (P)  
1 non-starchy vegetable choice (V)  
1 carbohydrate choice (starchy vegetable/grain) (C)  
optional: 1-2 fat choice and/or free food (F)

# Before Pre-Surgical Diet Meal Plan Schedule:

## **Breakfast**

**within 2 hours of waking up**

2 scrambled eggs (P)  
1 cup sauteed spinach (F/V)  
1 slice sprouted grain bread (C)  
¼ avocado (mashed) (F)

## **Snack**

**\*if breakfast and lunch are farther than 3-4 hours apart**

1 cup berries (F/V)  
½ cup cottage cheese (P/F)

## **Lunch**

**~3-4 hours after breakfast**

3 oz. chicken salad (P)  
\*made with 2 tbsp. low-fat mayo (F)  
1 cup sliced bell peppers and cucumbers (V)  
6 whole grain crackers (C)

## **Snack**

**\*if lunch and dinner are farther than 3-4 hours apart**

1 cup carrots (F/V)  
2 oz. hummus + 1 oz. cheese (P/F)

## **Dinner**

**at least 2 hours before bed**

3-4 oz. teriyaki chicken (P)  
1 cup sauteed broccoli (V)  
½ cup brown rice (C)

## **POSSIBLE NUTRITION ISSUES THAT *MAY* OCCUR POST OP:**

**Dehydration:** Dehydration is the number one reason patients are readmitted back into the hospital after weight loss surgery. It is crucial that you stay hydrated after surgery by continuously sipping on liquids throughout the day.

**Trouble tolerating dairy products or lactose intolerance:** Milk and other dairy products may cause cramping, bloating, excessive gas, and diarrhea. If these problems occur, try Lactaid fat free milk or natural unsweetened soymilk. If you are still having issues with lactose, try water or crystal light with your shakes. You may also purchase lactase supplements to help with digestion of dairy products.

**Hair thinning:** This most times is due to rapid weight loss. However, the good news is that it is typically not noticeable (usually only to you) and resolves on its own. Biotin (a B vitamin) may help, as well as ensuring that your fluid, protein, iron and zinc levels or intake are good. Also, watch stress, since that is another possible cause of hair loss. Thyroid issues may also cause hair loss. Be sure to ask the doctor or dietitian before beginning any additional supplements.

**Nausea or Vomiting:** Usually caused by eating too fast, too much, or drinking with your meals. If it is not food related, call your surgeon's office.

**Bad taste in mouth:** This is common right after the surgery and should go away after a few weeks. You may use Listerine strips, mouth rinse or breathe spray. **Do not chew gum!** Gum can increase air in stomach.

**Decreased appetite and taste changes:** It is very common to not feel hungry right after surgery and to have altered taste sensation. You need to ensure that you get proper nutrition to prevent complications.

**Increased gas:** This is also common after the surgery, especially during the first few weeks. If you have gas pains at home, try walking and adequate hydration. You may also take Gas-ex strips or Mylicon drops.

**Constipation:** This is also common after the surgery, especially during the first few weeks. If you experience constipation, make sure you are drinking enough fluids. You may also try a liquid or chewable stool softener such as Colace or milk of magnesia.

**Excess skin:** With significant weight loss, there is usually excess skin, but the level will depend on several factors, including how much weight you lose, where you lose it, genetics, age, and whether you're a man or a woman. Weight training and adequate protein and hydration may help minimize the appearance of loose skin, but only plastic surgery will help to get rid of it. Most people find it's really not a big issue, especially in light of how great they feel at a much lower weight, and how they've improved their health with the surgery and weight loss.

**Pregnancy:** This must be avoided for the first 18 months following surgery. Pregnancy during this time could cause complications and deficiencies for you and your baby and may result in birth defects. For this reason, you need to take precautions to prevent pregnancy, even if you had problems getting pregnant in the past. Rapid weight loss increases fertility so you must be very careful.

**Weight loss plateau:** skipping meals or inadequate protein intake can lead to a weight loss plateau. Your body goes into starvation mode and will not allow weight loss if it does not have the calories and fuel to perform the necessary bodily functions for survival. To avoid this, make sure you are eating 3 small meals throughout the day and using your protein shakes where needed. If you notice a plateau, speak to your surgeon or dietitian for additional recommendations.

## **CHECKLIST AFTER GASTRIC SLEEVE SURGERY**

√ 60-80 grams of protein a day

- Eat protein first at all meals

√ Eat slowly and chew well

- Meals should take 20-30 minutes
- Avoid snacking and grazing on high calorie foods in between meals

√ 64 oz. of fluid a day (more if your urine is dark or you are dizzy)

- Beverages should be decaffeinated, non-carbonated, contain electrolytes, and sugar free or less than 5 calories per serving

√ Vitamin/mineral supplementation for life

- Multivitamin (with food; not with calcium or dairy)
- Calcium (1200 mg a day in divided doses and no more than 600 mg at one time, and apart from multivitamin and iron)
- Vitamin B12 if deficient prior to surgery (sublingual, nasal spray or IM injection)
- Iron (if deficient prior to surgery and/or not in the Bariatric multivitamin) bedtime best, not with calcium.

√ Exercise

- Aim for at least 30 minutes each day: 5 minutes at a time, and gradually build up to 30, as tolerated
- Incorporate light weights (about 2 months after surgery, and/or as your surgeon recommends)
- Consider stretching and the importance of a stress management program in your regimen

### **DIETITIAN VISITS AT THE SURGEON'S OFFICE :**

√ 1 week post-op

√ 4 weeks post-op

√ 7 weeks post-op

√ 3 months post-op

√ 6 months post-op

**NOTE :** You may need to see or speak with your Dietitian more often than above if you are having any nutrition problems and/or if your doctor feels, you need to be seen for any reason.

## **Protein Content of Common Foods**

<b>High Protein Food</b>	<b>Portion Size</b>	<b>Amount of Protein (g)</b>
Beef, Pork, Poultry, Fish	1 oz (2 Tbsp)	7
Imitation Crab Meat	1 oz	3
Crabmeat	1 oz (2 Tbsp)	6
Shrimp, Lobster	1 oz	6
Egg	1	6
Tuna Fish (in water)	1 oz	5
Lunchmeat	1 oz	3-4
Almonds	1 oz	6
Cashews	1 oz	4
Lentils	½ cup cooked	9
Lima Beans	½ cup cooked	7
Peanut butter	2 Tbsp	7
Red kidney beans	½ cup cooked	8
Soy beans	½ cup cooked	14
Tofu	2 oz	5
Refried beans	½ cup	6
Sunflower seeds	1 oz	5
Chili with beans, drained	½ cup	10
Milk, skim, 1%, or lactaid	8 oz	8
Soy milk (unsweetened)	8 oz	7
Cheese, hard (low-fat)	1 oz	7
Cottage cheese, Ricotta (part skim)	2 Tbsp	3.5
Yogurt, fat free, no sugar added	6 oz	8
Sugar free pudding, made with milk	½ cup	4

***Your total protein needs are 60-80 grams per day.***

# High Protein Snack Ideas

**Dairy/Refrigerated Products** Choose low or non-fat dairy that is sugar free, or no sugar added

Product	Calories	Protein	Sugar
Cheese slice (low-fat)	Varies	6 grams	0 grams
Low fat cottage cheese	80 calories	12 grams	4 grams
Siggi's plain yogurt	80 calories	15 grams	4 grams
Chobani (no sugar added)	120 calories	11 grams	Varies (choose plain)
Oikos Triple Zero	120 calories	15 grams	6 grams
Soymilk unsweetened	Varies	8 grams	Choose unsweetened
Milk	Varies	8 grams	Choose non-flavored
Egg whites	35 per 3 tbsps	5 grams	0 sugar
Good Food Made Simple Frozen Egg White Patties	35 calories	5 grams	1 gram
String cheese	80 calories	6 grams	0 grams
Frozen edamame	100 per ½ cup	8 grams	1 gram

## Snack choices, Non-refrigerated

Product	Calories	Protein	Sugar
Pumpkin seeds	1/3 cup	8 grams	< 1 gram
The Perfect Snaque sprouted lentils (choose the ones without added fruit)	100 per ¼ cup	6 grams	1 gram
Hemp Seeds, shelled *can add to a smoothie, yogurt, or eat out of the bag*	170 per 3 Tbsp.	10 grams	<1 gram
Almonds (highest protein of any nut)	160 per 1 oz, (23 nuts)	6 grams	0 grams
“Perky Jerky” nitrite-free beef and turkey jerky	70 calories for 1 oz	10 grams	5 grams
Peanut Butter “no sugar added”	200 calories in 2 tbsp	8 grams	1 gram
Powdered Peanut Butter- add as a boost to yogurt, smoothie	45 calories in 2 tbsp	5 grams	1 gram
Sunflower seeds	¼ cup	9 grams	0 gram

## Easy No Cook “Fast Food”

✓ ½ cup low-fat cottage cheese (11g) ✓ 5 oz. non-fat, added Greek yogurt (16g) ✓ 1 oz. low-fat block cheese (6g)  
 ✓ 1 laughing cow light cheese wedge (2.5g) ✓ 1oz. low fat cheese stick (8g) ✓ 100 calorie almond pack (3g) ✓ 2  
 hard boiled eggs (12g) ✓ ½ cup edamame (6g) ✓ 2 oz. ready to eat shrimp (14g) ✓ packaged tuna or salmon

(16g)

## High Protein Snack Ideas

1 ounce (3 slices) Hillshire Farms Deli select turkey or ham rolled up with 1 slice of Sargento reduced fat swiss cheese in a lettuce leaf	15
1 tuna package with 1 tbsp low-fat mayo spread on ½ cup cucumber, carrot sticks, and/or wasa crackers	13-16
Deviled Egg	7
2 tbsp. Peanut Butter and 3 reduced fat Triscuits	9
2 tbsp. Almond Butter and ½ apple	7
Mini Quiche (2 ounces)	5
¼ cup egg whites microwaved for 45-90 secs. and topped with salsa and 1 oz. of Cabot 75% reduced fat cheese	15
Tofu, marinated & grilled (1 ounce)	5
Chicken / Turkey Breast wrapped in lettuce wrap & mustard	9
Lunch meat : ham , turkey, roast beef wrapped around pickle spear or seeded cucumber	3-4
Shrimp, cooked & cocktail sauce (2 ounces)	14
1 ounce Crab salad & 1 Wasa cracker	6
1 ounce Salmon Salad & 4 rice crackers	7
1 ounce Smoked Salmon, 1 wasa cracker & 1 tsp. cream cheese	7
2 ounces of Tyson grilled chicken breast strips with ½ cup Chi-Chi's salsa snacker cup	15
2 ounce Meatball & tomato sauce	14
1 Morning Star Veggie Burger topped with ¼ cup black beans and salsa	14
¼ cup Cottage Cheese↓ fat & peach slice	8
¼ cup Ricotta Cheese↓ fat & berries	8
¼ cup Ricotta Cheese ↓ fat, sprinkled w/ cinnamon or mixed w/ tomato sauce & parmesan cheese	8
String Cheese, ↓ fat	7
Laughing Cow, Mini Baby Bel, light	6
½ cup Greek Yogurt & ↑fiber cereal 2Tb.	12-14
5 ounce nonfat Greek yogurt with some berries	16
5 ounce non-fat Greek yogurt, stir in Hidden Valley ranch dip and pair with veggies	16
8 ounces Skim Milk	8
¼ cup Lentils, diced avocado & salsa	5
¼ cup Edamame	5



1 ounce Pumpkin seeds	8
Nuts: pistachio, almond, peanut (1 ounce)	6
1 ounce Hummus & veggie sticks	3
¼ cup Black beans & salsa	3
¼ cup Chick peas w/ oil, lemon, salt & pepper	4
¼ cup Quinoa & roasted veggies	2

# Calcium

- ✓ Calcium is a mineral that can build strong bones and prevents osteoporosis. Calcium is measured in your diet as milligrams ( mg/day). Bariatric recommendations are 1500-1800 mg/day.
- ✓ Vitamin D is needed to use calcium. Sunlight helps our bodies make Vitamin D. Milk is the best dietary source : 1 cup =100 IU.

Sources of Calcium	Calcium ( mg)	Vitamin D (I.U.)
Yogurt, plain fat free, 6 oz.	338 mg	
Milk, fat free, 8 oz.	300 mg	100 I.U.
Swiss cheese 1 oz.	270 mg	
Mozzarella, part skim, 1 oz	210 mg	
Cheddar cheese, 1 oz.	204 mg	
Navy beans, ½ cup	65 mg	
Black beans, ½ cup	60 mg	
Almonds, 2 oz	150 mg	
Spinach, collards, ½ cup	122 mg	
Kale, cooked, ½ cup	90 mg	
Bok choy, ½ cup	80 mg	
Orange juice, calcium fortified, ½ cup	150 mg	90 I.U.
Soy drinks, calcium fortified, ½ cup	150 mg	80 I.U.
Sardines w/ bones 3 oz.	325 mg	
Salmon, canned w/ bones 3 oz.	180 mg	
Oysters, 3 oz.	80 mg	
Tofu, ½ cup	250 mg	
Cottage cheese, 1%, ½ cup	70 mg	
Clams, canned, 3 oz.	78 mg	
Rainbow trout, 3 oz.	73 mg	
Soybeans, green, cooked, ½ cup	130 mg	
Oatmeal, cooked, ½ cup	100 mg	

## **Kitchen Essentials**

- ✓ Blender/Food processor
- ✓ Crockpot/Instapot/Air Fryer
- ✓ Portable baby food grinder
- ✓ Food scale
- ✓ Measuring cups and spoons
- ✓ Liquid measuring cups
- ✓ Ice cube tray
- ✓ Sippy-cup
- ✓ Small plates
- ✓ Baby spoons/forks
- ✓ Peeler
- ✓ Cutting board/Knife
- ✓ Dried herbs/spices
- ✓ Mixing bowls
- ✓ Pots/pans
- ✓ Tupperware/Bento Box
- ✓ Mesh strainer

## **Check Your Hydration**

Staying hydrated after surgery is critical. Remember to take small sips throughout the day and count all of your clear liquids toward your fluid intake (not just water). Sometimes it requires playing with flavor and temperature to see what you tolerate best.

### ***How can you make sure you get enough fluids?***

Check your urine – it should be clear or light-colored.

### ***Dehydration: The Warning Signs***

- |                               |                            |                                       |
|-------------------------------|----------------------------|---------------------------------------|
| ● Nausea                      | ● Dry skin                 | ● Muscle cramps                       |
| ● Vomiting                    | ● Water retention problems | ● Low-volume urine                    |
| ● Headaches                   | ● Muscle or joint soreness | ● Dark colored urine                  |
| ● Elevated body temperature   | ● Hoarse voice             | ● Light-headedness and loss of energy |
| ● Dry/chapped lips and tongue | ● Constipation             |                                       |
|                               | ● Restlessness             |                                       |

## **Tips and Tricks to Meet 64 Ounces of Fluid**

- ✓ **Infuse your water.** *Take caution to avoid seeds/skin/remnants of the fruit or vegetables*
  - Cucumber, mint and lime
  - Basil and blueberries
  - Lemon and/or lime
  - Strawberry and mint or basil
- ✓ **Make your own ice pops.** Pour infused water or calorie free flavored water (ex. Crystal Light) into ice pop molds or ice cube trays. Freeze and enjoy!
- ✓ **Sip tea:** Herbal teas are naturally caffeine free and made from the infusion of herbs, spices, or other plant material in hot water. We tend to naturally sip hot beverages very slowly; many patients tolerate herbal teas very well.
- ✓ **Set a timer.** Remember, you must stop drinking 15 minutes prior to eating and you may not resume drinking until 45 minutes after eating.
  - Once you eat, set a timer to 45 minutes so you will be reminded when you can begin drinking again.
  - Download a mindfulness app that *dings* every 20 minutes or so. This will help to bring awareness to the fact that you should be focused on sipping your fluids throughout the day.
- ✓ **Invest in a reusable water bottle.** Be prepared! Make sure to carry your water bottle with you so you can stay hydrated!
  - Know how many ounces your water bottle holds so that you can track your intake.
  - Set a goal of how many times you need to fill your bottle to reach your daily fluid goal.

# Protein Supplement Tips and Tricks

During the first two months post-op, your protein supplement is vital! It is important that you meet your protein needs so you can **heal**, and this is only possible by incorporating protein powder. If you are struggling getting your protein shakes in, do not give up! There are different ways for you to get your 60-80 grams of whey protein isolate in. Use the tips below and speak to your Dietitian.

## Tips and Tricks When Struggling With Protein Powder

1. **Switch up the flavor of your protein shake** . There are so many different flavors available. Have variety to avoid getting bored of the same shake every day.
2. **Switch up the fluid you are using to mix your protein shakes** . You can use water, skim milk, Skim Plus, Lactaid or low fat, unsweetened dairy-free milks (almond, soy, coconut, etc.) Remember that lactose is a common intolerance after surgery and switching to a lactose-free fluid to make your shake may make all the difference.
3. **Switch up the brand of protein powder you are using** . Remember that everyone is different and has preferences when it comes to choosing a brand of protein powder. Your Nutrition Guidebook provides you with more than ten different brands of protein powders to choose from on page 15.
4. **Add unflavored protein powder to your foods and beverages** . Having unflavored protein powder on hand can be very useful. You can add unflavored protein powder to your beverages (herbal tea, Crystal Light, Jell-O, broth, etc.) You can also sprinkle unflavored protein powder on your foods.
5. **Do ½ and ½.** To cut down on the sweetness of your protein shake, try mixing ½ a scoop of unflavored protein powder (10 grams of protein) with ½ a scoop of the flavored protein (10 grams of protein)
6. **Freeze your protein shake** . To provide variety, you can mix your shake, pour it into a freeze-safe container, and add a Popsicle stick. Once frozen, you can consume your protein shake as a popsicle

**Remember:** *Using a pre-made protein shake is not advisable during the first 2 months post-op .*

*Most pre-made shakes are not whey protein isolates. Also, it is more difficult to consume the same amount of protein per ounce with pre-made protein shakes. For example, the popular Premier Protein has 30 grams of protein per 11 ounces of fluid. This is approximately 11 grams of protein per 4 ounces of liquid. Remember that our goal is for you to obtain at least 20 grams of protein per 4 ounces of liquid. This makes it EASIER for you to meet your 60-80 grams of protein per day. Not to mention, Premier Protein is made with a protein blend of milk protein concentrate, calcium caseinate, and whey protein concentrate (NOT whey protein isolate). Only after you have exhausted all other resources will pre-made protein shakes be advisable.*

## Protein Supplement Recipes Ideas

*Note: Be sure to avoid adding any fruit with tiny seeds to your protein shakes for the first two months (i.e. strawberries). If you do, be sure to strain your smoothie after blending with a mesh strainer. This is for your safety and to prevent tiny seeds from getting caught in the staple line.*

### Unjury Chicken Soup with Chopped Chicken and Vegetables

\*Adapted from UNJURY. May substitute with protein powder of choice

\*\*This recipe is suitable during the puree phase of the diet and beyond

#### Ingredients:

- ¼ cup cold water
- 1 scoop/packet Chicken Soup flavor UNJURY
- One-third cup frozen diced carrots or other vegetables as tolerated (optional)
- 1 Tablespoon diced onion
- ¼ cup cooked chopped chicken (may use Fat Free canned chicken breast in water)
- ¼ teaspoon basil or thyme
- Dash of nutmeg
- ½ cup water
- Salt & Pepper to taste

#### Directions:

1. Part 1 - Cold Mixture: Place ¼ cup cold water and Chicken Soup flavor UNJURY in a small shaker with tight-fitting lid. Cover and shake to blend; set aside.
2. Part 2 - Hot Mixture: Put vegetables, chopped chicken, basil or thyme, nutmeg, and ½ cup water in a microwave-safe container. Cover and cook on HIGH power for 2½ - 3 minutes, until hot, and vegetables are cooked to desired doneness.
3. Part 3 - Combine: Gradually stir 2 Tablespoons (liquid portion) of the hot mixture into UNJURY cold mixture. Continue to stir in another 2-3 Tablespoons of hot mixture. When finished, then add remainder of chicken and vegetables. Adjust seasonings with salt and pepper; serve warm. (Finished soup should be pureed until smooth on full liquid and puree diet (Bariatric Stage II and III))
4. To reheat: Place in microwave-safe container. Cover and heat 1 minute on HIGH, STIRRING EVERY 10 SECONDS UNTIL WARM. DO NOT OVERHEAT OR BOIL (texture can be affected if the protein is heated above 130° F). If you forget to stir every 10 seconds, soup may become grainy, but is still fine to eat and it still provides 29 grams of protein.

### Basic Unflavored Smoothie Recipe

\*Adapted from UNJURY. May substitute with protein powder of choice

\*\*This recipe is suitable for the puree phase of the diet and beyond

#### Ingredients:

- 1/4 cup Liquid (water or low-fat, unsweetened milk of choice)
- 1 scoop unflavored protein powder
- 1 tablespoon of PB2 powder
- 1 teaspoon of cinnamon
- ½ teaspoon vanilla extract
- ¼ banana
- ¼ cup ice

#### Directions:

1. Add liquid and ice to blender
2. Next add Unflavored UNJURY, PB2 powder, cinnamon, vanilla extract and banana
3. Blend until smooth. If you prefer a thinner consistency, add more liquid or water

*Note: This is just one example. You can add any no added sugar, low-fat flavoring to unflavored protein powder to make it suitable to your taste preference.*

## Chocolate Banana Smoothie

\*Adapted from UNJURY. May substitute with protein powder of choice

\*\*This recipe is suitable for the puree phase of the diet and beyond

#### Ingredients:

- 1 Scoop or Packet chocolate protein powder
- Low-fat, unsweetened milk of your choice (1 cup)
- 1/4 cup Sliced Banana

#### Directions:

1. Place all ingredients in a blender and blend until smooth

## Hi-Protein Jell-O

Yield: Makes 2 cups (8 oz) \*Adapted from UNJURY. May substitute with protein powder of choice. For added flavor try the flavored protein powders

#### Ingredients:

- Use Sugar Free Jell-O, 4 servings package, any flavor)
- Unflavored protein powder

#### Instructions:

1. Follow package directions for dissolving Sugar Free Jell-O in 1 cup of boiling water.
2. After dissolving, set aside to cool for 3 to 5 minutes, cool to 140\*
3. In a different bowl, measure 1 cup of cold water.
4. Add two scoops of Unflavored UNJURY to cold water, one scoop at a time, stirring slowing to dissolve.
5. Stir UNJURY mixed in cold water into dissolved Jell-O.
6. Chill quickly. The protein will settle somewhat to create a smooth cloud at the bottom.

## Protein Latte

\*NOT appropriate until 2 months post-op

\*Adapted from UNJURY. May substitute with protein powder of choice

#### Ingredients:

- 1 scoop or packet of vanilla protein powder
- ½ cup skim milk
- ½ cup brewed decaf coffee

#### Instructions:

1. Measure milk into microwave safe mug
2. Place in microwave and heat until milk reaches 140°F
3. Stir coffee into warmed milk. Slowly mix in protein powder until well blended

Optional: Pour over ice for an iced latte. May add ground cinnamon, ginger, and/or pumpkin spice for a fall latte

## **STAGE 3: Pureed Food Recipe Ideas**

**Just because you are altering the texture of food doesn't mean you have to give up flavor! Here are some tips for pureeing your foods!**

- ❖ Be creative. Try pureeing different meats and vegetables
- ❖ Add flavor by using liquids other than water: chicken broth, beef broth, vegetable broth
- ❖ Try adding herbs and spices
- ❖ Use flavor extracts to enhance taste of protein supplements (lemon, mint, almond, etc.)

### **Instructions for pureeing foods:**

- ❖ Cut food into small pieces about the size of your thumbnail
- ❖ Place food in the blender
- ❖ Add enough liquid (fat free chicken broth or fat free gravy) to cover the blades
- ❖ Blend until smooth like applesauce
- ❖ Strain out the lumps, seeds, or pieces of food
- ❖ Use spices (avoid spicy ones) to flavor food
- ❖ Blend and enjoy!

**Helpful Tip!** Use ice cube trays. Each cube holds about 1 ounce. This will help you to control portion sizes and estimate protein (each cube is about 7 grams of protein if you're putting pureed meat, chicken or turkey in the trays). Try preparing reduced fat cream soups or pureed meats and vegetables and storing them in the trays.

**Killer Combos:** Try pairing these pureed foods together

- Cottage cheese and pureed peaches
- Smooth peanut butter and pureed banana
- Ricotta cheese with cinnamon, vanilla extract, and calorie-free sweetener of choice
- Hot cereal and unsweetened applesauce



## Cream of Tomato Soup

Yield: Makes 32-1oz. food cubes \*Suitable for full liquid diet and beyond

### Ingredients:

- 1 tablespoon olive oil ● 1 large yellow onion, diced ● 3 cloves garlic, minced ● 10 plum tomatoes
- Water as needed
- 1/3 cup skim milk
- 3 scoops unflavored protein powder ● Salt and pepper to taste

### Instructions:

1. Heat oil in a stockpot or large saucepan over medium heat
2. Add onion and garlic, sauté until onion has softened
3. Add the tomatoes, cook until heated through
4. Add just enough water in the pot to just cover the vegetable mixture
5. Simmer for 10-15 minutes over low heat
6. Place the contents of the pot into a blender or food processor, puree until smooth
7. Strain contents of the blender through a fine colander
8. Add milk, protein powder, and salt and pepper to taste
9. Store in the refrigerator for up to 2 days or 1 month in the freezer.

***Nutrition fact!*** Tomatoes can increase the acid production in the stomach. If you experience increased symptoms after consuming foods/beverages with tomatoes, then you may need to avoid these products. Other foods/beverages that may aggravate acid reflux include fatty foods, peppermint/spearmint, chocolate, citrus fruits and juices, and caffeine.

## Butternut Squash and Pear Soup

Yield: 48 1oz servings \*Suitable for full liquid diet and beyond. Adapted from [www.recipes.sparkpeople.com](http://www.recipes.sparkpeople.com)

### Ingredients:

- 1 medium onion, diced
- 2 small pears, peeled and diced
- 3 sprigs of thyme
- 2 tablespoons extra virgin olive oil ● 1 large butternut squash (about 2 pounds), halved, seeds removed
- 1 cup low-fat, low-sodium broth (chicken or vegetable)
- 2 cups nonfat milk
- 1 tsp salt
- 1 tsp pepper
- *Optional: Unflavored protein powder*

### Instructions:

1. Preheat oven to 400 degrees Fahrenheit . Place onions and pears on baking sheet. Coat with 1 tablespoon of olive oil. Add ½ teaspoon of salt and ½ teaspoon of pepper. Toss onions and pears until they are fully coated in olive oil
2. Place both halves of the butternut squash on top of onion and pear mixture (flesh up, skin down). Use remaining olive oil to coat the top of the butternut squash. Roast mixture until the squash is soft and fork tender, about 50-60 minutes. Remove from oven and allow to cool slightly
3. Remove the skin from butternut squash. Add the roasted butternut squash, onion, pears and thyme to a blender or food processor
4. Once mixture is pureed, add to a large stockpot. Add milk and let simmer for an additional 5-8 minutes
5. Store in the refrigerator for up to 2 days or 1 month in the freezer

## Pumpkin and Black Bean Soup

Yield: ~ 6 cups \*Suitable for puree stage and beyond

### Ingredients:

- 2 tablespoons olive oil
- 1 medium onion, chopped
- 4 garlic cloves, minced
- 1 tablespoon ground cumin
- 1 teaspoon chili powder
- ½ teaspoon black pepper
- 2 (15 ounce) cans black beans, drained and rinsed
- 1 cup canned diced tomatoes
- 2 cups broth
- 1 (16 ounce) can pumpkin puree

### Instructions:

1. Heat oil over large pot over medium heat
2. Sauté onions until translucent
3. Add black beans, diced tomatoes, broth, pumpkin puree and seasonings
4. Simmer uncovered stirring occasionally until soup is thick, about 25 minutes
5. Puree and serve

*Optional:* To serve, add plain Greek yogurt for extra creaminess and added protein Adapted from:  
[www.froedtert.com](http://www.froedtert.com) <http://www.froedtert.com/bariatric-surgery/recipes/pumpkin-black-bean-soup>

## Basil Mashed Potatoes

Yield: Makes 25-30 1oz servings \*Suitable for puree diet and beyond

### Ingredients:

- 4 medium Yukon gold potatoes, peeled, cut into 1 inch cubes
- 3 tbsp. Smart Balance spread
- ¼ cup skim milk
- 1/3 cup of fresh basil leaves, pureed with 2 tbsp. of olive oil
- Salt and pepper to taste

### Instructions:

1. Place potatoes in a stockpot filled with cold water
2. Place pot on stovetop over high heat
3. Boil potatoes until very soft (to check if the potatoes are soft enough, just take a fork and push a piece of potato against the side of the pot. If the potato breaks easily it is ready)
4. Strain out the water from the pot in a colander
5. Place potatoes back in the empty stockpot
6. With a hand mixer mix the potatoes until they are a “paste” consistency
7. Mix in the Smart Start spread, basil puree, and salt and pepper
8. Store in the refrigerator for up to 2 days or 1-2 months in the freezer

## Soybean Puree

Yield: Makes 12 food cubes \*May also be used on soft/regular diet

### Ingredients:

- 1 cup dry soybeans
- 3 cups water
- ¾ cup unsalted tomato juice for thinning

## Mashed Cauliflower

**(Great substitute for mashed potatoes!)**

Yield: Makes approximately 2-3 cups (~16-24 1oz portions) \*Suitable for puree diet and beyond

### Ingredients:

- 1 head (or 1 bag frozen) cauliflower cut into cheese florets of roughly the same size
- ¾ cup low-sodium, low-fat broth (chicken or vegetable)
- 1 tablespoon cornstarch
- 4 ounces fat-free cream cheese
- 2 tablespoons grated Romano or Parmesan
- ½ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon paprika
- Salt and black pepper to taste

### Instructions:

1. Steam or boil cauliflower until fork tender, about 15-20 minutes. Drain.
2. Place cauliflower in food processor or blender with ½ cup of broth. Blend until pureed
3. Once mixer is pureed, transfer to medium saucepan
4. In a separate bowl or cup, dissolve cornstarch in the remaining ¼ cup of broth. Add to the cauliflower mixture
5. Add cream cheese, Romano or parmesan cheese, garlic powder, onion powder and paprika
6. Cook over medium heat until mixture begins to thicken, stirring every 2-3 minutes
7. Season with salt and black pepper to taste

Adapted from [www.joybauer.com](http://www.joybauer.com)

***Nutrition fact!*** Steaming vegetables will result in less nutrient loss than boiling vegetables. When boiling vegetables, some of the nutrients will be lost in the boiling water.

## Turkey Chili

Yield: Makes approximately 8 cups (64 1oz portions)

\*Suitable for pureed diet and beyond \*May be used on soft/regular diet without pureeing.

### Ingredients:

- 1 lb. lean ground turkey
- 2 onions, diced
- 1 green pepper, diced
- 1 (14 ounce) can Mexican-style tomatoes (like Rotel)
- 2 (8 ounce) cans tomato sauce
- 2 tablespoons cumin
- 2 tablespoons Chili powder
- 1 teaspoon salt
- ½ teaspoon cayenne pepper
- ½ teaspoon paprika (smoked, preferably)
- 1 (14 ounce) can kidney beans, drained and rinsed
- 1 (14 ounce) can black beans, drained and rinsed
- 1 cup water
- Optional toppings: low-fat sour cream, low-fat Greek yogurt, low-fat shredded cheese

### Instructions:

1. In a large pot or Dutch oven, sauté onions and peppers until soft
2. Add ground turkey. Once turkey is cooked through, drain excess grease
3. Add tomatoes, cumin, Chili powder, salt, cayenne pepper, paprika and water. Bring to a boil.
4. Add beans. Cover and simmer for 1-2 hours
5. Puree desired portion in a blender or food processor
6. Serve with or without toppings

Adapted from [www.food.com](http://www.food.com)

## Homemade Hummus

Yield: Approximately 1 ½ cups (8-12 ounces) \*Suitable for pureed diet and beyond

### Ingredients:

- 1 (15 ounce) canned chickpeas, rinsed
- ¼ cup lemon juice
- ¼ cup tahini (\*Note: Be sure to stir tahini well before measuring from container)
- 1 garlic clove, minced
- 2-3 tablespoons extra virgin olive oil
- ½ teaspoon ground cumin
- 2-3 tablespoons of water
- Salt to taste
- Paprika to serve

### Instructions:

1. Combine tahini and lemon juice in blender or food processor for one minute. Scrape the sides with a spatula and blend for another 30 seconds.
2. Add 2 tablespoons of olive oil, garlic, cumin and ½ teaspoon of salt. Blend for 30 seconds. Scrape the sides with a spatula and blend for another 30 seconds.
3. Add half the chickpeas to the blender or food processor and blend for 1 minute. Scrape the sides and add the remaining chickpeas and blend until smooth, about 1-2 minutes.
4. If hummus is too thick or has chunks in it, turn the blender/food processor on low and slowly add water one tablespoon at a time until desired consistency is reached
5. Add salt to taste. Serve with a sprinkle of paprika. Hummus can be stored in an airtight container in the refrigerator for up to one week.

\*Adapted from: [www.inspiredtaste.net](http://www.inspiredtaste.net)

***Nutrition fact!*** Hummus can often get a bad rap because it is relatively high in calories and dietary fat. It is important to remember that the dietary fat contained in hummus is coming from whole food ingredients—olive oil and tahini (toasted, ground sesame seeds). Dietary fat contains more calories per gram as compared to protein or carbohydrates which contributes to the higher calorie content in hummus. Although this is a *nutrient dense* snack, it is important to stick to appropriate portion sizes. Just 4 tablespoons of hummus is about 100 calories so be mindful and cautious of the amount of hummus you eat in one sitting!

## Silken Chocolate Pudding

\*Suitable for full liquid and beyond

\*\*Vegan

### Ingredients:

- ¾ cup sweetener of your choice
- 1-pound silken tofu
- 8 oz. high-quality bittersweet or semisweet chocolate, melted – change to unsweetened cocoa or carob powder ~try 4 TBSP
- 1 teaspoon vanilla extract
- 1 ½ teaspoons ground cinnamon (optional)

### Instructions:

1. In a small pot, combine sweetener with ¾ cup water; bring to a boil and cook until sweetener is dissolved, stirring occasionally. Cool slightly.
2. Put all ingredients in a blender and purée until completely smooth, stopping machine to scrape down its sides if necessary. Divide among 4 to 6 ramekins and chill for at least 30 minutes.

\*Adapted from: Mark Bittman, New York Times Cooking

## **STAGE 4: Soft Food Recipe Ideas**

### **High Protein Crab Cakes**

\*Suitable for soft diet and beyond

Yield: 4 crab cakes

Serving size: 1 crab cake

#### **Ingredients:**

- 2 (6 ounce) cans crab meat, well drained
- 1 egg
- 1 tablespoon fat-free mayonnaise
- ½ tablespoon mustard
- 1 teaspoon Worcestershire sauce
- 1 tablespoon parmesan cheese
- 1 tablespoon unflavored protein powder
- ½ teaspoon old bay seasoning
- ½ teaspoon onion powder
- *Optional:* cocktail sauce

#### **Instructions:**

1. Combine all ingredients. Refrigerate mixture for 30
2. Form into four patties. Cook over medium heat in skillet sprayed with cooking spray, about 5 minutes per side
3. Serve with 1-2 tablespoon cocktail sauce if desired

\* Adapted from [www.biprousa.com](http://www.biprousa.com)

### **Ricotta Bake**

\*Suitable for soft diet and beyond

Yield: Makes about 2 cups (8 ounces)

Serving size: per ½ cup

#### **Ingredients:**

- 8 ounce part-skim ricotta cheese
- ½ cup grated parmesan
- 1 large egg beaten
- 1 tsp Italian seasoning
- ½ cup low-sugar marinara sauce
- 1/2 cup low-fat mozzarella cheese, shredded
- Salt and pepper to taste

#### **Instructions:**

1. Combine ricotta cheese, parmesan, beaten egg and Italian egg together and place mixture in a small baking dish
2. Pour marinara sauce on top of mixture and sprinkle with mozzarella cheese
3. Bake in the oven at 450 degrees Fahrenheit for about 25 minutes \*Adapted from:  
[www.theworlaccordingtoeggface.blogspot.com](http://www.theworlaccordingtoeggface.blogspot.com)

## Broccoli and Cottage Cheese Casserole

Yield: Approximately 4 ½ cups \*Suitable for soft diet and beyond

### Ingredients:

- 2 cups of water
- 3 cups of fresh broccoli florets
- 16 ounces low-fat cottage cheese
- ¾ cup reduced fat shredded cheddar cheese
- 1 cup diced yellow onion
- 3 egg whites, beaten
- 1 whole egg, beaten
- 3 tablespoons grated parmesan cheese

### Instructions:

1. Preheat oven to 375 degrees Fahrenheit
2. Coat a 9-inch pie pan or 7x9-inch casserole dish with cooking spray
3. In a large saucepan, bring water to a boil
4. Add broccoli and boil for about 4 minutes or until al dente. Strain broccoli
5. In a mixing bowl, combine cottage cheese, cheddar cheese, parmesan cheese, onion and eggs
6. Pour the mixture into your greased pan and bake for 35-45 minutes, until the middle of the casserole is set
7. Allow the casserole to cool for about 10 minutes before serving

Nutrition Facts: Serving size: per ¾ cup (6 ounces)

Calories: ~150 Protein: ~18 grams Total Fat: ~5 grams Total Carbohydrates: ~8 grams

\*Adapted from: Recipes for Life After Weight-Loss Surgery

## Microwave Spinach and Cheese Quiche

Yield: Approximately 4 cups \*Suitable for soft diet and beyond

### Ingredients:

- Cooking spray
- ¾ cup white mushrooms, chopped
- ¼ cup shallots, chopped
- 2 (10 ounce) packages frozen chopped spinach
- 1 tablespoon water
- ¼ cup egg substitute
- ½ cup skim milk
- ½ cup low-fat Swiss cheese, diced
- ¼ teaspoon ground nutmeg

### Instructions

1. Lightly spray microwavable casserole dish with cooking spray
2. Add mushrooms and shallots. Cover and microwave on HIGH for 1 minute
3. Place frozen spinach and water on top of mushroom mixture. Cover and microwave on HIGH for an additional 3 ½ minutes
4. Uncover and break up spinach, flipping it over. Recover and microwave on HIGH for another 3 ½ minutes
5. Remove from microwave and drain excess liquid. Stir mixture to combine
6. In a separate bowl, combine egg substitute and milk. Stir in diced cheese and nutmeg 7. Pour egg mixture on top of spinach mixture, cover, and microwave on HIGH for 4 minutes

Nutrition Facts: Serving size: per ¾ cup (6 ounces) Calories: ~107 Protein: ~12 grams Total Fat: 3.2 grams

Carbohydrates: 7.5 grams \*Adapted from: Eating Well After Weight Loss Surgery: Over 140 Delicious Low-Fat High-Protein Recipes to Enjoy in the Weeks, Months, and Years after Surgery

## Mini Meatloaf

Yield: Approximately 4 mini loaves \*Suitable for soft diet and beyond

### Ingredients:

- 6 ounces ground turkey
- 6 ounces lean ground chicken
- 1 small egg, beaten
- 1/8 cup instant oatmeal
- 1/8 cup parsley
- 1 ½ teaspoons skim milk
- ½ medium onion, finely chopped
- Salt and black pepper, to taste
- 1/8 cup ketchup
- ¾ teaspoons Worcestershire sauce

### Instructions:

1. Preheat oven to 375 degrees Fahrenheit
2. Combine all ingredients except ketchup and Worcestershire sauce in a mixing bowl
3. Spray mini loaf pans or muffin tins with nonstick cooking spray. Divide into 4 equal parts and fill pans
4. In small mixing bowl, combine ketchup and Worcestershire sauce to form a glaze and brush on top of each loaf
5. Bake for 25-30 minutes until done

Nutrition Facts: Serving size: per loaf (approximately 3 ounces)

Calories: ~190 Protein: ~17 grams Total Fat: ~11 grams Carbohydrates: 6 grams \*Adapted from:  
The Everything Post Weight Loss Surgery Cookbook



# EXERCISE

## First Few Weeks After Surgery

After surgery, it is important that you get up and move around each hour during the day. This is vital to your recovery because it gets your blood moving, especially in your legs. Try taking short walks around your house, and when you feel better, ease yourself into walking outside.

## Exercise Goals

The development and implementation of an exercise plan should be one of your primary goals. Exercise strengthens your heart and bones, burns calories, increases your metabolism, relieves stress, and enhances the loss of fat while building muscle. It also improves blood sugar control in people with diabetes. This is all essential to successful weight loss and maintenance.

Exercise should begin before surgery and continue after surgery, as soon as you are able. You will feel better if you move, but start slowly and work your way along. You may have a few sore muscles at first, but it is extremely unlikely that you will injure your incisions or your insides. Remember to drink plenty of fluids to prevent dehydration.

Become more active. Find new ways to add activity into your daily routine. Try to park your car toward the back of the parking lot to give yourself the opportunity to walk more. Take the stairs instead of elevators, when there is an option. Put away your remote control and get up to switch the TV channel.

***Please contact your physician before starting any exercise program and be sure to inquire about special limitations of which you should be aware.***

## Get Ready...

- Get comfortable clothes and shoes.
- Warm-up: perform simple stretches (it may help to have an exercise trainer show you these exercises)

**Walk, Walk, Walk** - A regular walking program can:

- Reduce blood cholesterol
- Lower blood pressure
- Increase cardiovascular endurance
- Boost bone strength
- Burn calories
- Keep weight off
- Improve blood glucose levels

## Begin Walking

In order to make your workouts less strenuous, you can limit how fast and how far you walk.

- Begin with a five-minute walk or less (based on your tolerance) and gradually increase from there.
- Do not worry about speed. Keep a comfortable pace. Focus on good posture, head lifted, shoulders relaxed.
- Swing arms naturally.
- Be sure you can talk while walking.

## Swim, Swim, Swim

The buoyancy of water reduces a person's weight by approximately 90%. Therefore, the stress on weight bearing joints, bones and muscles is also reduced. Water exercise incorporates all components of a fitness routine: cardiovascular, muscular strength, and flexibility.

- Start in shallow water (approximately 3.5-4 feet deep).
- Water temperature should be approximately 85 degrees (for warmer temperature, consult with your physician first).

*\* Always stop your activities if you develop excessive shortness of breath, chronic pain or discomfort, nervousness or dizziness. If symptoms persist, you may need to seek medical advice.*

## Strength/Resistance Training (consult your physician first)

Strength training or resistance training can help build lean muscles. Lean muscles work as a natural catalyst burning more calories, even at rest, than fat does. Building lean muscles will also help shape and define your body. With an increase in lean muscles, you will gradually start to feel more muscular strength and endurance.

## DINING OUT

Eating in restaurants with family and friends is an important social experience you should not avoid. The following guidelines will help you maintain your new eating habits and still enjoy dining out.

- Have a meal plan in mind before you go out to eat. Planning ahead will make you more likely to select appropriate foods.
- Have in mind certain eating establishments that serve appropriate food items.
- Select foods you know you can tolerate. Many menu items have names that do not specify ingredients. Always ask if you're not sure. Experimenting with new foods could ruin what should be an enjoyable experience. You're the customer so don't be afraid to ask them to delete or add additional ingredients.
- Order a child portion or an appetizer as your entrée.
- Order dishes without sauces or dressings, or have it served on the side so you can control the amount you eat. You may want to take your own low-calorie/low-fat salad dressing because you're familiar with its taste and content.
- Avoid fried foods. Have your food baked, broiled or steamed instead.
- Beware of the salad bar. Many of the salads contain mayonnaise or other high-fat dressings.
- Share a meal. Ask for a small plate and share a meal with your dining companion.
- You don't have to eat everything on your plate. Take the leftovers home. Ask for a take-home container at the beginning of your meal and divide the extra portion before you start eating.
- Order your pasta dish with no pasta. Enjoy the meat and vegetables while staying within your food plan.

# BARIATRIC DIETITIAN

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*Call Kaitlyn for any questions or concerns regarding your pre- and post-surgical diet plan, protein/vitamin supplementation, and monthly support group information.*

## **Monthly Support Group**

Held virtually on Zoom  
the second Thursday at 8 pm

**ZOOM MEETING:**  
276 458 9002

\*Meetings are free and no registration is required\*