

Nutrition

It is essential after surgery and for life, to follow the recommended nutrition protocols. Post-surgical diets may differ between bariatric centers. Optimal weight loss success and health maintenance with massive weight reduction will be best achieved by following our guidelines and recommended nutrition program.

Post-operatively, the surgical weight loss patient's nutrition needs have changed. Nutrition principles that apply to someone with a normal gastrointestinal (GI) tract will no longer apply to the individual whose GI tract has been altered by surgery.

Most of us have used food to celebrate happy events, to show love to family or friends, to relax or socialize, or to seek comfort when unhappy. Surgical weight loss will significantly influence the emotional relationship with food. Food will no longer be the central focus of life. Over time, and with behavioral modification, food will be used to sustain life, rather than to mask emotions or prevent boredom.

With such change, experiencing a feeling of loss and other emotions are natural. It is important to recognize these emotions and to grieve. There are five stages of grieving which you will likely experience:

1. *Denial and Isolation* – it is important to remember that you are not alone, turn to your support system, and stay involved in the support groups.
2. *Anger, Rage, Envy & Resentment* – develop new outlets for your emotional steam such as exercise, a new hobby, shopping, etc.
3. *Bargaining* – even if you try something and get away with it, it is always wiser to follow the rules.
4. *Depression* – focus on the positive and seek psychological consultation if it becomes overwhelming.
5. *Acceptance* – the awareness of a new person emerging allows one to appreciate the benefit of this commitment.

It is obvious that this process must come with behavioral change and modification. This is not an easy journey, but a very rewarding one. Barriers and obstacles to sustaining healthy habits will pop up during this journey. It is important to look at our goals and barriers and identify ways that we can sustain the necessary habits to achieve success with the SWL tool.

Short-Term Goal (next 30 days): _____

Long-Term Goal (1 year): _____

Barriers to Goals:

1. _____

2. _____

Ways to decrease barriers:

1. _____

2. _____

In order to prepare for surgery, you will be required to make changes to your diet and lifestyle. **The following habits must be in place prior to surgery:**

_____ Eating at least 3 meals per day with a lean protein focus

_____ Elimination of all soda, caffeine and sugar-sweetened beverages

_____ Practicing mindful eating behaviors

_____ Practicing not drinking with meals; waiting until 30 minutes after eating to drink

_____ Avoidance of fried foods and high sugar foods

_____ Decreasing fast foods and going out to eat; preparing majority of meals at home

_____ Participating in an exercise routine

Avoid bingeing/“last supper” eating: Remember that surgery is a “tool”. There are no foods that are completely off limits. However, we should be trying to make healthier food choices that best fuel our body. Priority at meals and the amount we intake will change. In order to create this lifestyle change, try not to focus on what foods you “can’t have”, but rather the benefits that you are making to your overall health.

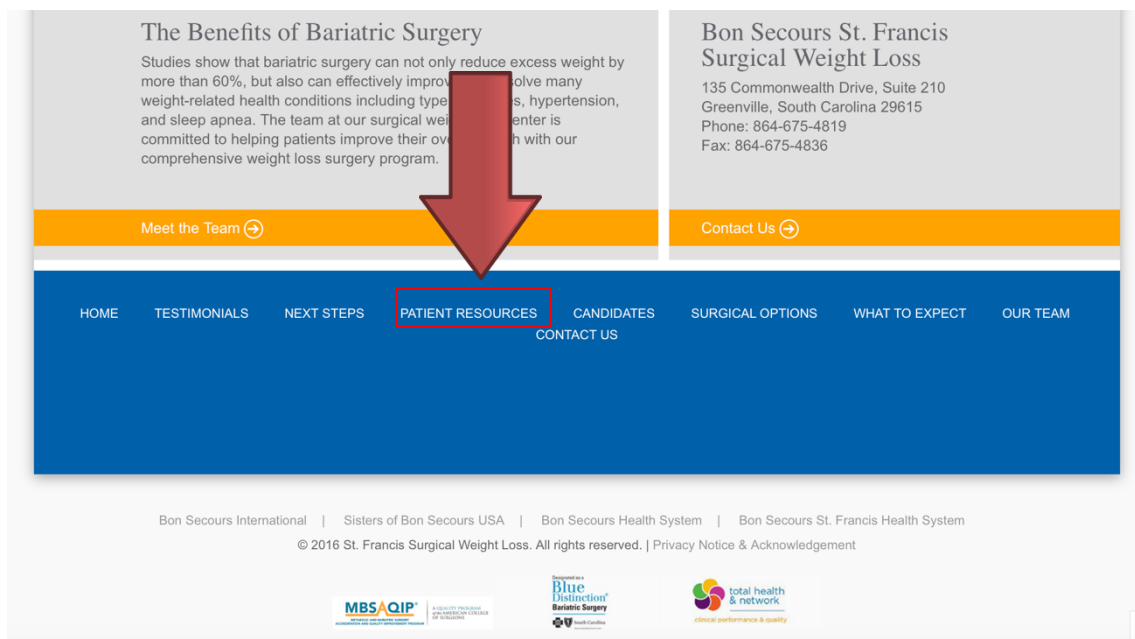
Educational Videos

The following videos correspond with the nutrition education and information in following pages. These videos must all be watched prior to surgery.

- ___ **Video #1:** Foundation of Nutrition
- ___ **Video #2:** Mindful Eating Behaviors
- ___ **Video #3:** Lean Protein & Meal Priority
- ___ **Video #4:** Counting Protein & Fluid Intake
- ___ **Video #5:** Supplements After Surgery
- ___ **Video #6:** Pre-Operative Diet
- ___ **Video #7:** Post-Operative Diet
- ___ **Video #8:** Nutrition-Related Issues
- ___ **Video #9:** Pre-Operative Visit Video

To Access Educational Videos:

Go to our website at gottolose.org. Scroll to the bottom and click on the **Patient Resources** tab.



Mindful Eating Behaviors

Mindful eating is one of the most important changes to work on to help prepare for your new lifestyle. Mindful eating is the act of paying attention to, and being present in, the thoughts, feelings, sensations, tastes and emotions before, during, and after eating. Not practicing these mindful eating behaviors can cause a lack of overall success with the surgical weight loss tool.

1. **Listen to your body cues:**

- Focus on what your body does when it is hungry and when it is full.
- Rate your body on a scale of 1-10 at various points during the day: 1 is starving and feeling weak/dizzy, 10 is so full that you feel sick.
- Distinguish between physical and emotional hunger:
 - *Physical*: stomach growling, low energy, time has passed since last meal, food is satisfying
 - *Emotional*: no physical cues, specific cravings, food doesn't satisfy

2. **Chew food thoroughly:** With the decreased size of your stomach after surgery, you must chew food to a pudding-like consistency before swallowing.

- Cut food into smaller pieces and take smaller bites.
- Chew each bite at least 20 times.
- Choose moisture rich foods.

3. **Practice slowing down at meals:**

- Put your fork down in between bites.
- Avoid distractions while eating (phone, TV, driving, etc.)
- Savor your food and acknowledge its smell, taste and texture.

4. **Sip on fluids throughout the day and avoid drinking with meals:** Drinking with meals can cause issues with absorption and discomfort. Drinking too fast or gulping can cause pain and nausea.

- Slowly sip fluids throughout the day. Keep a bottle or cup around you at all times.
- Avoid straws as they may introduce air, which can cause discomfort.
- Practice waiting at least 30 minutes after you eat to drink. You may drink up to 15 minutes before a meal, but must wait the full 30 minutes after.

Consequences of Variation of Rules

- Nausea, vomiting, discomfort, gas
- Dumping Syndrome (RYGB)

Macronutrients

Carbohydrates: *Sweet and starchy foods*

- Provides energy to support physical activity and bodily functions.
 - Complex Carbohydrates contain vitamins, minerals, and fiber that are often lacking in other forms of carbohydrates (simple carbohydrates).
 - Cereal and Grains with less than 6g sugar per serving and at least 5g fiber per serving
 - 100% Whole grain or whole wheat breads, crackers, tortilla, pasta and rice
 - Starchy Vegetables: corn, peas, potatoes
 - Legumes and Beans: soybeans, lentils, peas, all beans
 - Fruits without added sugar or syrup
- *Non-starchy vegetables without added sauces or gravies: broccoli, cauliflower, green beans, greens, onions, peppers, etc.

Protein: *Any animal, anything that comes from an animal, beans, peas, soy, nuts and seeds.*

- Powers necessary processes in the body, provides transport of materials, and provides structure to body tissues, like muscles.

Fat: *Oils, butter, salad dressing, nuts and seeds, high fat meats (bacon, sausage, hot dogs)*

- Protects organs, aids in production of hormones, and stores energy
- Focus on healthy fat options from: fatty fish, oils, nuts and seeds, avocados, etc.
- **AVOID:** high fat meats (bacon, sausage, hot dogs), lard or margarine, processed foods

KNOWLEDGE CHECK

Circle which macronutrient group the bolded food is a part of:

- | | | | |
|------------------------|--------------|---------|-----|
| 1. Turkey | Carbohydrate | Protein | Fat |
| 2. Sweet Potato | Carbohydrate | Protein | Fat |
| 3. Strawberries | Carbohydrate | Protein | Fat |
| 4. Olive Oil | Carbohydrate | Protein | Fat |

Fluids

The goal range of fluid is > 64 oz per day. Right after surgery, fluid intake may be difficult due to swelling. Work toward incorporating at least 4-8 oz of fluid per hour. All fluids must be:

- Decaffeinated
- Non-carbonated
- Sugar-free or no-sugar
- Non-alcoholic

Caffeine and alcohol may be able to be incorporated back after at least 2 months post-operative. However, remember that alcohol is often empty calories.

Meal Priority

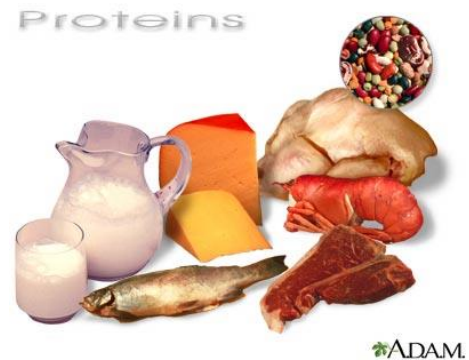
- Eat protein with each meal/snack
- Eat protein foods first, followed by non-starchy vegetables and then complex carbohydrates.
 - Think Protein first, Produce second

Why Protein First?

Of the three essentials macronutrients - carbohydrates, fat and protein - protein is the only macronutrient that our bodies cannot make on their own. Protein is an essential part of cells and tissues in the body and is necessary for healing. When protein is deficient, muscle or other lean tissue (even the heart) is broken down to supply the body's protein needs. To prevent the breakdown of muscle and other lean body tissue, adequate intake of protein is necessary.

Maintaining muscle mass by eating protein helps your body to lose fat. Muscle has a high metabolic rate (burns a high number of calories) and oxidizes (uses) fat for fuel. And, a protein-first diet forces the body to utilize fat stores, making more fat available for muscle and other lean tissue to burn for fuel and further enhancing weight loss.

A protein-first diet is recommended during the weight loss period because protein has high nutritional value and is more filling than carbohydrates. High protein intake is needed to prevent or reduce the loss of muscle and other lean tissue that may occur with weight loss, to prevent reduction in metabolic rate, to increase fat breakdown and usage, and to feel full.



Religious and cultural needs are considered when planning meals during weight loss and maintenance. Protein comes from a wide variety of food, which provides many choices for meal planning. Our meal plans can be modified to meet individual needs.

Meal Planning and Preparation

Most meals should contain at least one source of lean protein, non-starchy vegetables and a complex carbohydrate. Remember to eat with priority.

KNOWLEDGE CHECK

Write one healthy meal that contains all desired components:

Preparing lean protein sources, non-starchy vegetables, and complex carbohydrates in various ways can produce added flavor and different textures. Try to incorporate different healthy cooking methods, while avoiding frying, breading, and gravies. To add flavor to dishes, utilize various seasonings and spices (look for low/no sodium), rather than high-fat and/or high-sugar sauces.

Cooking Methods

Baking: food is placed in an oven, surrounded by hot, dry heat

Boiling: cooking food in hot water

Broiling: food is placed under a heat source (oven broiler setting where heat comes from the top)

Grilling: food is placed over a heat source that is open to air

Roasting: food is placed in an oven, surrounded by hot, dry heat; typically at a higher temperature than baking

Sautéing: food is placed in a hot pan, with a small amount of liquid or fat, to quickly cook

Steaming: food is placed above boiling water, the food is cooked by the gas/steam from water

Sources of Lean Protein

***Avoid frying, breading and gravy**

***Avoid high-fat meats like bacon, sausage, bologna, hot dogs, etc.**

Seafood/Fish

Fish is one of the healthiest sources of lean protein. It is naturally lower in saturated fat than poultry, beef or pork. Coldwater fish, such as salmon, is an excellent choice as it contains high amounts of omega-3 fatty acids, a good fat that can be beneficial to your health.

Chicken and Turkey

Poultry is a good source of protein usually low in calories and cholesterol. Choose white meat and remove skin before eating. Ideal preparation methods include roasting, grilling and baking.

Beef and Pork

Watching your calories and fat intake doesn't mean you give up red meat. Choose healthier cuts like ones with "round" or "loin" in the name and those with less visible marbling. Trim excess fat and look for 90% or above on ground meats.

Eggs

Despite getting a bad reputation a few years back due to cholesterol concerns, eggs can truly be part of any healthy diet. Eggs provide around 6-7g of protein per serving. They can be extremely budget friendly as well! If you are concerned about fat, use fewer yolks, as the fat is housed in the yolk. Tip: Try making scrambled eggs with one whole egg and 1-2 egg whites.

Low-Fat Dairy

Low-Fat dairy products are an ideal source of lean protein because much of the saturated fat has been removed from them. They provide Vitamin D and Calcium. Low-fat cheese, cottage cheese and Greek yogurt are staples of a healthy diet and can be worked into almost any meal, or as part of a healthy snack.

Legumes, Nuts and Seeds

Beans, peas and lentils are also good lean protein sources, particularly for those following a vegetarian diet. Nuts and seeds also pack a good amount of protein and healthy fats. As a whole, these foods provide good fiber, which along with protein can help you feel fuller for longer and prevent overeating. Try adding these foods to various dishes, soups and even salads.

Reading and Understanding Nutrition Facts Labels

Nutrition Facts Labels are very important in helping us choose healthy items that will fuel our body best. Look for the following items on a nutrition facts label. You will start to see more of the new labels seen below, as the FDA has required this change.

- Choose lower fat foods:
 - Choose foods without trans fats and with low saturated fat content
- Choose foods that are low in cholesterol
- Choose foods with less than 300mg of sodium per serving
- Look for foods with at least 3g of fiber per serving
- Choose foods with less than 5g of sugar/added sugar per serving
- Look at protein to make sure you are consuming enough per day



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

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

Counting Protein

After surgery, your goal range of protein will be **60-80 grams per day**. You will need to know how to count your protein following surgery to ensure that you are meeting your needs. You only need to count the strong sources of protein, not the smaller amounts in vegetables, etc. Most foods have a nutrition facts label where you can identify the amount of protein you are consuming. You can also estimate your protein intake based on the following:

*** 1 oz of protein = 7 grams of protein**



- **3 oz of protein is about the size of a deck of cards or your palm**
- **1 oz is the size of a matchbox or 2 dominos**
- **1 oz slice is the size of a CD**

KNOWLEDGE CHECK

How much protein is in the following meal: 2 ounces of fish, 3 ounces of broccoli, and ½ sweet potato?

- 40g
- 21g
- 14g

Surgical Weight Loss Vitamins and Supplements

What is a supplement?

- A supplement is any edible product that is higher in nutrient(s) than one would normally consume in their daily diet.
- “Supplements” to bariatric patients generally refer to *protein* supplements as it is hard for bariatric patients to consume enough protein due to the small size of their new stomach.

Why do I need to take a supplement?

- Immediately after surgery to 3 months, we might see some protein, vitamin, and mineral deficiency as the patient cannot eat enough volume to provide the essential nutrients.
- The first week following surgery, patients will be on a liquid diet and these supplements are essential for meeting protein needs.

What kind of protein supplement do I need to take?

- Protein supplements can come in many forms: powders, ready-to-drink beverages (“shakes”), protein “shots”, jello, puddings, etc. All protein supplements used in the first 3 months must be in liquid or soft form (pudding/jello). **NO PROTEIN BARS.**
- **Whey protein** is preferred because it is more readily absorbed by the body. However, you can use alternative sources of protein (soy, egg, vegetable) if dietary concerns arise.
- Supplements can be purchased at most retail/grocery stores as well as GNC, Vitamin Shoppe, Walmart/Target, and Costco/Sam’s Club. You can also order many supplements online.
- Rules to follow when purchasing supplements:
 1. Total Carbohydrates must be:
 - LESS than 10g per serving
 2. Protein must be between 20-30g per serving.
 3. Do not be concerned with calories, but they will typically fall within 160-240 calories per serving.

Examples: Premier Protein, Unjury, Isopure, Oh Yeah, Nectar, Muscle Milk Light and Beneprotein.

NO ENSURE, GLUCERNA OR BOOST!

Unique ways to use protein supplements:

- Mix vanilla protein shake or powder into oatmeal, Greek yogurt or SF orange beverage.
- Mix strawberry protein powder with SF lemonade or unsweetened iced tea.
- Mix chicken soup protein powder into mashed potatoes, plain Greek yogurt as a dip to eat with non-starchy vegetables or into any soup.
- Mix unflavored protein powder with any liquid for added protein boost. Ideas include adding it to: salad dressings, casseroles and low-fat sauces.

Post-Operative Vitamin Requirements

Why do I need to take vitamins & a multivitamin (MVI)?

- Due to decreased food intake, various vitamins/minerals are prescribed to ensure that proper bodily requirements are met. Deficiencies such as anemia, osteoporosis, bone fractures, and other bone diseases are more likely to occur when vitamins/minerals are not supplemented properly.

When do I start taking my vitamins/minerals?

- The day following discharge from the hospital.

What vitamins do I need to take?

We recommend you take a Bariatric MVI with Iron and Calcium Citrate with Vitamin D. All vitamins/minerals MUST be in chewable or liquid form for the first 2 months after surgery. The following is a description of the vitamins:

- Bariatric MVI with:
 - Iron – 18 mg/d; 45-60 mg/d for menstruating females
 - Vitamin B1 (Thiamin) – 12 mg/d
 - Folic Acid - 400-800 mcg/d; 800-1000 mcg/d females of child-bearing age
 - Zinc - 8-22 mg/d
 - Copper - 1-2 mg/d
 - B12 - 350-500 ug/d
- Calcium with Vitamin D: 1000-1500 mg/d
 - Calcium Carbonate MUST be taken with food. Calcium Citrate can be taken with or without food.
 - MUST BE DIVIDED INTO ~400-600 MG DOSES THROUGHOUT DAY
 - MUST NOT BE TAKEN WITHIN 2 HOURS OF MVI
 - TAKE DOSES AT LEAST 4 HOURS APART

Sample Vitamin/Mineral Schedule - number of chews/tablets determine by product label

Breakfast: MVI

Lunch: Calcium (500-600mg)

Dinner: Calcium (500-600mg)

Where can I purchase my vitamins/minerals?

- All Multivitamins can be purchased online:
 - Bariatric Advantage: www.bariatricadvantage.com
 - Celebrate: www.celebratevitamins.com
 - Opurity: www.opurity.com
 - Trader Joe's can be found on Amazon or in-store
- Some Bariatric Advantage and Opurity products can be purchased at Nutrition Solutions (2104 Woodruff Rd. Greenville, SC).
- See chart below for purchase of Calcium Citrate

- Nascobal Supplement Program; ~\$25 per month *commercial insurances only
 - All vitamin/mineral supplements (MVI, B12, Calcium, Iron) delivered to your home. B12 is in nasal spray form.

Multivitamin Recommendations:

***Reminder: Vitamins MUST be chewable or liquid for the first 2 months after surgery**

Name	Serving Size/d	Iron (mg)	Vitamin B12 (ug)	Thiamine (mg)	Folic Acid (mcg)	Zinc (mg)	Copper (mg)	Average Cost/month
Bariatric Advantage Ultra-MVI with Iron	3 capsules	45	1000	50	800	20	2.1	\$23
Bariatric Advantage Advanced EA MVI	2 chews	45	1000	12.5	800	15	2	\$38
Celebrate Multi-Complete 45	2 chews or 3 capsules	45	1000	12	800	30	3	\$24
Celebrate Multi-Complete 60	2 chews or 3 capsules	60	500	12	800	30	3	\$24
Opurity Complete Optimized	2 capsules	18	500	12	800	30	2	\$10
Opurity Bypass & Sleeve Optimized	1 chewable	18	500	12	800	30	2	\$10
Trader Joe's MVI & Mineral Antioxidant	2 tablets	15	25 *will need additional	15	400	15	2	\$22

Supplemental Iron Recommendations: *for menstruating females or those with history of anemia

- Bariatric Advantage Iron Chew (30mg): \$15 per month
- Celebrate Chewable Iron (30mg): \$11 per month
- Opurity Chewable Iron (30mg): \$3 per month

Calcium with Vitamin D Recommendations:

***Reminder: Calcium Carbonate MUST be taken with food**

Name	Serving Size	Calcium	Calcium	Average	Where to
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		Citrate (mg) *per serving	Carbonate (mg) *per serving	Cost/month	Purchase
Caltrate Chewable and Soft Chews <i>Calcium Carbonate</i>	1 chew or chewable, 2x/d		600	\$6	Walmart, CVS, Target
Citrical Maximum <i>Calcium Citrate</i> ***	2 Tablets, 2x/d *do not take until >2 months post- op	630		\$15	Walmart, CVS, Target
Citrical Pearls <i>Calcium Carbonate</i>	2 chews, 3x/d		400	\$11	Walmart, CVS, Target
Citrical Petites <i>Calcium Citrate</i>	2 tablets, 3x/d	400		\$11	Walmart, CVS, Target
Viactive <i>Calcium Carbonate</i> ***	1 chew, 2-3x/d		500	\$10	Walmart, CVS, Target

***Look for store brands from Target (Up & Up) and Walmart (Equate) as the product may be the same, but the price may be cheaper.

Follow Up with Primary Care Physician

We ask that you set an appointment to see your primary care physician within a week following surgery to discuss your health and future plan of care. Please discuss the following **if applicable**:

- Blood sugar levels and associated medications
- Blood pressure and associated medications
- Hyperlipidemia and associated medications
- Any provider prescribed medications that may change with weight loss or surgery

Labs will also need to be drawn at various times post-operatively (3 months, 6 months, 12 months and then yearly after surgery). See page 53 and discuss this with your primary care physician.

2-Week Pre-Operative Diet

- Three meals per day (plus snacks as needed) of lean protein and salad-type vegetables.
- 64 oz fluid per day: Water, Sugar-Free drink mixes (crystal light, SF Kool-Aid), Decaf tea or coffee with non-nutritive sweetener (Splenda, Stevia, etc.). **NO PROTEIN SHAKES DURING THIS TIME.**

- Do not fry or have with gravy! Fat Free Salad Dressing is allowed.

This is a Low-No Carbohydrate Diet:

EAT	LIMIT	AVOID
Lean Protein: Turkey/Chicken Pork (chops, loin, roast, ham) Fish Beef (roast, 95% ground beef) Venison Eggs Shrimp, Crab, Lobster Tofu Low-Fat Cottage Cheese Low-Fat Cheese Salad Type Vegetables: Lettuce/Spinach/Collards/Kale Cabbage Onions Zucchini/Yellow Squash Broccoli/Cauliflower Peppers Mushrooms Cucumber Celery Green Beans Eggplant Radishes Carrots Asparagus Beets SF Jello/Popsicles	Tomatoes Nuts Seeds Ketchup Mayonnaise Oils/Sprays	Bread (breadings) Gravy Frying Rice/Quinoa Pasta Cereal Candy/Sweets Milk Potatoes Beans Peas Corn Fruit Yogurt BBQ Ribs Sausage Bacon

KNOWLEDGE CHECK

Write a meal that you could eat during the 2-week pre-operative diet:

Day Before Surgery: NO SOLID FOOD, Broth, SF drink mixes, SF popsicles

Day of Surgery: **NOTHING TO EAT OR DRINK**

Nutrition Plan AFTER Sleeve Gastrectomy & Gastric Bypass Surgery

The diet progresses from sips of clear liquids to small quantities of solid foods over a period of 6-8 weeks depending on your body's tolerance. Tips to help you establish your new eating patterns:

- Consume at least 3 meals a day.
- Drink at least 8 cups (64 ounces) of liquids per day.
- Start slowly and gradually increase protein intake to 60-80g/d to maintain lean muscle mass.
- Eat and drink slowly and chew thoroughly.
- Do not drink liquids with meals. Do not drink until at least 30 minutes following a meal. Sip liquids slowly between meals.
- Eat a protein-rich food with each meal.
- Avoid high sugar and high fat foods, along with caffeine and carbonated beverages.
- Take the recommended vitamin and mineral supplements each day.
- Include new foods gradually. Try one food at a time.

In-Hospital: Clear Liquid

- Clear liquids only.
- Sip slowly – **no straws**

You may drink:

- Water
- Sugar-Free, **non-carbonated** drinks, such as Crystal Light (not available in the hospital but you can bring your own)
- Decaf tea or decaf coffee with low calorie sweetener
- Beef or chicken bouillon/broth (clear)
- Sugar-free Jell-O/Gelatin (must dissolve completely in your mouth before swallowing)
- Sugar-free popsicles

***Your meal tray in the hospital will include many different items. You DO NOT need to eat everything that is on the tray. REMEMBER when taking medications to take one pill/tablet at a time.**

Post-Surgical Diet Progression Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 0	* Day of Surgery	* Day of Surgery		Clear/full liquids + protein supplements		
Week 1						
Week 2	Progress to Pureed/Smooth diet *once cleared by SWL team					
Week 3						
Week 4	Progress to Soft diet					
Week 5						
Week 6	Restrictions released - Progress to Regular Bariatric diet					

**Week 1: Clear/Full Liquid + protein supplements – Start when you go home
*NO SOLID FOOD**

Goals

- Start with clear liquids and progress to full liquids as tolerated.
- Work toward **60 grams of protein per day** (~2-3 protein supplements/d).
- Work toward **64 oz of fluid per day**. Protein supplements count toward fluid goals.

Recommended Foods

- All foods on clear liquid diet
- Skim, 1% or 2% milk
- Liquid protein supplements
- Soups (no chunks) i.e. Tomato, Cream of Potato, etc.
- Sugar Free Pudding, Sugar free Jello/Gelatin
- Light yogurt or Greek yogurt: no fruit at the bottom

Foods that will cause distress: Sugar, sweetened liquids, carbonated beverages, whole milk, extreme temperatures (very hot and very cold items)

Suggested Meal Plan

8 am sip on water/non-carbonated beverage
 9-9:30 am sip on protein supplement
 11 am sip on water/non-carbonated beverage
 12 pm strained soup
 1-1:30 pm sip on protein supplement
 2 pm sip on water/non-carbonated beverage
 3-3:30 pm sugar free yogurt
 5 pm sip on protein supplement
 6-6:30 pm strained soup
 7 pm sip on water/non-carbonated beverage
 8 pm sugar free pudding

Week 2 to 4: Pureed/Smooth - DO NOT START until cleared by your SWL team

***All foods should be pureed in a blender or soft enough to mash. Chew well.**

Goals

- **60-80 grams of protein per day.** Use protein supplements as snacks, NOT meals.
- **64 oz of fluid per day.**
- Eat lean protein first (3x/d) followed by cooked non-starchy vegetables as able.

Food Type	CHOOSE	AVOID
Protein	Fish, chicken, eggs, crab/imitation crab, lean beef, lean pork *all moist and tender Cottage cheese, Greek yogurt, cheese, milk *all low-fat/fat-free Tofu, beans	High fat meats, dry meats *no frying, breading or gravy Nuts, seeds and nut butters Whole milk products
Produce	Vegetables: any cooked and soft Fruits: bananas, applesauce	Raw, fibrous or with seeds and tough skins *be aware as broccoli may cause discomfort Raw with seeds and tough skins
Starches & Grains	Oatmeal, grits, cream of wheat Potatoes	Pasta, rice, bread, crackers Avoid tough skin
Miscellaneous	SF Jello, pudding, popsicles	

How to Blenderize Foods

- Canned Fruits and Vegetables in their own juice/water:
 - Drain and place in blender with no additional liquid. Blend on high speed until no chunks are present.
- Cold Cooked Meat or Fish (made into a spread)
 - Place meat or fish in blender (drain if necessary).
 - Add low-fat mayonnaise or low fat Miracle Whip. Blend until smooth.
- Hot Cooked Meats or Fish:
 - Place cooked meat or fish in blender with appropriate liquid (broth, sauce, etc.). Do not use water as it will not blend well. Blend until smooth.
- Tips:
 - Blended foods can be refrigerated for up to 48 hours or frozen for longer storage.

Suggested Meal Plan: *Listen to your body cues for fullness.*

- 8 am sip on water
- 9-9:30 am sip on protein supplement
- 11 am low-fat cottage cheese, unsweetened applesauce
- 12 pm sip on water
- 1-1:30 pm diced/pureed ham, cooked broccoli
- 2 pm sip on water
- 3-3:30 pm sip on protein supplement
- 5 pm light yogurt or Greek yogurt
- 6-6:30 pm roasted/pureed turkey, cooked carrots
- 7 pm sip on protein supplement
- 8 pm fat-free or low-fat cheese
- 9 pm sugar-free pudding or sugar-free jello

Week 4 to 6: Soft

Goals

- **60-80 grams of protein per day.** Use protein supplements as snacks, NOT meals.
- **64 oz of fluid per day.**
- Eat protein first, followed by non-starchy vegetables, fruits and then starches/grains.

Food Type	CHOOSE	AVOID
Protein	Fish, chicken, eggs, crab/imitation crab, lean beef, lean pork, deli meats *all moist and tender Nut butters Cottage cheese, Greek yogurt, cheese, milk (low-fat/fat-free) Tofu, beans	High fat meats, dry meats *no frying, breading or gravy Nuts and seeds Whole milk products
Produce	Vegetables: any cooked and soft	Raw, fibrous or with seeds and tough

Food Type	CHOOSE	AVOID
	Fruits: bananas, applesauce, canned fruits in 100% juice	skins Raw, with seeds and tough skins
Starches & Grains	Oatmeal, grits, cream of wheat Crackers, toast Potatoes	Pasta, rice, soft bread Avoid tough skin
Miscellaneous	SF Jello, pudding, popsicles	

Suggested Meal Plan

7:30 am	sip on water
8:15 am	scrambled egg with low fat cheese
9:30 am	sip on protein supplement
11 am	baked fish, cooked cauliflower
11:45 am	sip on water
12:30 pm	chopped baked chicken, chopped cooked spinach, canned pear *in own juice
1:30 pm	sip on water
2:30 pm	light yogurt or Greek yogurt
3 pm	sip on water
4 pm	sugar-free pudding
5:30 pm	sip on protein supplement
6:30 pm	diced pork chop, cooked green beans, canned peach *in own juice
8 pm	sip on water
8:30 pm	tuna, 1 tsp low-fat or fat-free mayonnaise, saltine crackers

Week 6: Regular Bariatric Diet - released from dietary restrictions

Goals

- 60-80 grams of protein per day. Use protein supplements as snacks, NOT meals.
- 64 oz of fluid per day.
- Eat protein first, followed by non-starchy vegetables, fruits and then starches/grains.
- Add raw vegetables, fruits, nuts and seeds as desired

Recommended Foods

- *Meats/Proteins/Protein Substitutes*
 - ALL meats– chew well before swallowing
- *Vegetables*
 - any fresh, canned, frozen or cooked vegetable
- *Fruits*
 - Fresh, frozen or canned fruit. Use caution with apples, grapes or other fruits w/skin or peels
- *Breads/Starches *LIMIT**
 - Rice, pasta, bread, crackers
 - Cooked and dry cereal

- Potatoes, corn and peas
- *Fats*: ALL, in small amounts
- *Nuts and Seeds*: May try, but be aware can cause distress at first

AVOID:

- Sugar, sweetened liquids, carbonated beverages, whole milk, sweetened condensed milk, alcohol, chocolate milk, ice cream, milk shakes, sweetened fruit juices
- Fried foods
- Spicy foods, such as chili
- Soft breads that become gummy
- Noodles or rice
- Tough meats; meats with gristle. Chew meat slowly and thoroughly.

Suggested Meal Plan: ** Protein supplements are for use between meals

Breakfast:

Scrambled Egg

Yogurt

Banana

Lunch:

Broiled Chicken breast

Boiled carrots

Grapes

Dinner:

Fish, baked or broiled

Green beans

Mashed potatoes

Possible snack ideas:

1. 1 oz cheese, apple slices
2. Greek yogurt with fruit
3. Hummus and carrots/celery
4. Graham crackers – 2 squares with 1tbsp peanut butter (natural)

KNOWLEDGE CHECK

1. In the hospital, I will be on a _____ diet.
 - a. clear liquid
 - b. full liquid
 - c. regular

2. When I go home from the hospital (and for the first week at home), I will be on a _____ diet.
 - a. pureed/smooth
 - b. regular
 - c. clear/full liquid

3. List 3 foods/beverages you can consume during each of the stages of the diet:
 - a. Clear/Full liquid: 1. _____ 2. _____ 3. _____
 - b. Pureed/Smooth: 1. _____ 2. _____ 3. _____
 - c. Soft: 1. _____ 2. _____ 3. _____
 - d. Regular: 1. _____ 2. _____ 3. _____

Six Habits of Successful Patients

1. Eat three meals per day – remember **protein first!**
2. Drink 64 ounces of fluid daily. *Wait at least 30-60 minutes after eating to drink.*
3. Take your Vitamins/Minerals every day. These are vital to your overall health and well-being. Vitamins are required for life.
4. Get adequate rest and sleep. Sleep deprivation increases your appetite, increases susceptibility to illness, and may even contribute to weight gain.
5. Exercise regularly.
6. Take personal responsibility for your weight loss: Follow guidelines, keep follow up appointments, attend support group meetings.

***Focus on:**

1. **Hydration:** more than 64 oz per day
2. **Protein:** 60-80 grams per day
3. **Movement:** 30-45 minutes daily