

Bariatric Post-Op Diet Instructions

The bariatric post-op diet is divided into stages to allow for gradual adjustment to foods. Please be familiar with the foods allowed at each stage. Do not advance to the next stage of your diet until your surgeon instructs you. Remember that all these meals should take 20-30 minutes to consume. Take small bites, chew well and stop eating as soon as you begin to feel full. Be sure to sip your fluids. Do not guzzle, gulp, or use a straw.

Bariatric Liquid Diets

While you are on either of the bariatric liquid diets, drink ½ cup broth every day or every other day to keep your sodium level within normal limits.

Bariatric Clear Liquid Diet

This diet consists of clear liquids that are **very low-calorie or sugar-free and have no caffeine or carbonation.**

1. While you are in the hospital, your doctor will prescribe a **Bariatric Clear Liquid** diet for you which includes broth, Crystal Light®, sugar-free Kool-Aid®, sugar-free Popsicles®, sugar-free Jell-O®, herbal or decaffeinated tea, decaffeinated coffee, and water.
2. No carbonated beverages, caffeinated beverages or fruit juices are allowed on this diet.
3. Your surgeon will tell you which liquid diet you are to follow when you are discharged from the hospital.
4. **Stay hydrated! Sip 3 to 4 ounces every 30 minutes.** Work toward a minimum fluid goal of 64 ounces of all fluids. Do not use a straw.
5. **If you are on the Bariatric Clear Liquid diet for more than four days, add a clear liquid protein supplement to reach a protein goal of 40-50 grams/day. Choose from the following:**

- Unjury® Medical Quality Protein™ Chicken Soup flavor or Unflavored
- Nectar™ protein supplement, fruit-flavored (mixed with water)
- Isopure® protein supplement (ready-to-drink)

Bariatric Clear Liquid Diet Fluids Allowed:

- | | |
|-------------------------|-------------------------------|
| • Water | • Powerade Zero™ |
| • Clear, fat-free broth | • Wyler's® Light Lemonade |
| • Sugar-free Jell-O® | • Minute Maid Light |
| • Sugar-free Popsicle® | • Dasani® flavored waters |
| • Crystal Light® | • Sugar-free vitamin water |
| • Sugar-free Kool-Aid® | • Decaffeinated coffee |
| • Propel® | • Decaffeinated or herbal tea |

Remember: No fruit juice, alcohol, carbonated beverages, or caffeinated beverages.

*Pre: 3 days full liquid
1 day clear
Post: 7 day clear
1 day full*

Luke's

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Bariatric Full Liquid Diet

Advance to Bariatric Full Liquid Diet when your surgeon tells you.

This diet consists of liquids and blended or very soft foods.



1. Your protein supplement drink will be your main source of nutrition, protein, and calories. **Your protein goal for this stage is 40-60 grams/day.**
2. Work toward a minimum fluid goal of 64 ounces low-calorie, non-carbonated, decaffeinated fluids. Your protein supplement counts toward this goal.
3. Blend your foods until they are the consistency of a smoothie. Add any of the fluids on the Bariatric Clear Liquid Diet while blending to make it pourable and drinkable. Do not use a straw.
4. Sip your fluids slowly, stopping whenever you feel full. It is normal to have a reduced appetite in the days following surgery.

Protein Supplements

- Protein is needed for healing, maintenance of muscle, energy, and a healthy immune system. Look for the following when choosing a protein powder:
 - whey protein isolate or whey protein isolate/whey protein concentrate blend
 - high protein (at least 20 grams protein per scoop)
 - low carbohydrate (less than 5 grams per scoop)
 - low fat (less than 5 grams per scoop)
 - no added sugar, sucrose, or high-fructose corn syrup
- Some suggestions are:
 - ✗ *Unjury[®] Medical Quality Protein[™]* (St. Luke's Boise and Meridian pharmacies or online at www.unjury.com)
 - ✗ *Nectar[™]* (St. Luke's Boise and Meridian pharmacies, BodyBuilding.com or The Vitamin Shoppe)
 - *Isopure[®], Designer Whey[®], ON[®] Any Whey, 100% Whey Gold Standard[™], and Matrix[™]* (available in nutrition stores like BodyBuilding.com, The Vitamin Shoppe, GNC, or on the internet)
 - ① *Body Fortress Super Advance Whey Protein* (Walmart)
 - ② *Muscle Milk[®] 100% Whey Protein Powder* (Costco)
 - Ready-to-drink supplements such as *EAS Myoplex[®] Light* (Walmart), *Muscle Milk[®] Light* (Walmart and Costco), and *Premier Protein* (Costco)
 - *Beneprotein, unflavored* (Walgreen's)

Protein Drink (3-4 per day)

Blend all ingredients together in a blender. Each protein drink with this recipe has about 14 grams protein.

- 1/2 scoop protein powder
- 4 ounces (1/2 Cup) skim or 1% milk, lactose-free skim or 1% milk, or plain or light soy milk

Optional (for extra flavor): 2 Tablespoons yogurt, no-sugar-added, low-fat or fat-free vanilla, plain or fruit-flavored; 2 Tablespoons sugar-free pudding; one strawberry or a 1" piece of banana

Bariatric Full Liquid Diet (continued)

Fluids/Blended Foods Allowed

You may add 1-2 teaspoons whey protein powder to any of these foods.

- Protein supplement
- All fluids on Bariatric Clear Liquid Diet
- Sugar-free pudding (no tapioca or rice pudding)
- Yogurt, no-sugar-added, low-fat or fat-free vanilla, plain or fruit-flavored (no fruit pieces unless blenderized)
 - Fred Meyer® Carbmater Dairy Blend
 - Yoplait Light
 - Dannon Lite & Fit
 - Lite Activia
 - Light Greek yogurt
- Low-fat cottage cheese (**blend until smooth**)
- Reduced-fat cream soups (**blend until smooth**)
 - Reduced-fat cream of chicken
 - Reduced-fat cream of mushroom
- Soups without noodles or rice (add lean meat for extra protein if desired) – **blend until smooth**
 - Split pea
 - Lentil
 - Bean
 - Tomato
 - Chicken vegetable
 - Vegetable
- Skim or 1% milk, lactose-free skim or 1% milk, or plain or light soy milk



Sample Bariatric Full Liquid Diet Schedule:

Breakfast	4 oz whey protein supplement drink
Mid-morning	1-2 oz – choose from the list above (optional, if hungry)
Lunch	4 oz whey protein supplement drink
Mid-afternoon	1-2 oz – choose from the list above (optional, if hungry)
Dinner	4 oz whey protein supplement drink
Evening	4 oz whey protein supplement drink

Weeks 4/5

Bariatric Soft Diet *(2 weeks)*

When your doctor allows you to move to Bariatric Soft Diet, gradually add soft, easy-to-chew foods to your diet. This diet includes semi-solid soft foods that are easily digested. For several weeks after your surgery, your stomach is still healing. Limiting your diet to these foods will help to avoid a blockage or other complications. You may experience occasional vomiting after eating, diarrhea, or cramping during the recovery period. If your symptoms are severe, go back to Bariatric Clear Liquids for 24 hours and call your surgeon's office if you do not improve.

Remember:

1. Eat only three times per day with NO SNACKING.
2. **Protein goal is 60-100 grams/day.**
 - Eat three meals of high-density protein. Protein from animals is a more complete protein than protein from plants.
 - If needed to meet protein goal, you may have up to 6-8 oz of a whey protein supplement drink per day.
3. Take small bites. CHEW WELL. Food must be almost liquefied before swallowing.
4. Be sure to stop eating as soon as you begin to feel full.
5. Sip liquids on Bariatric Clear Liquid diet between meals to a goal of 64 ounces/day.
6. **DO NOT DRINK FLUIDS WITH MEALS.**
 - Do not drink fluids 15-30 minutes before you start a meal.
 - Do not drink fluids during your meal.
 - Do not drink fluids for 30 minutes after you finish a meal.
 - Remember, do not use a straw.
7. Total carbohydrate intake will come from dairy, fruit and vegetable products.
8. Do not introduce carbohydrates from breads and cereals until you have reached 75% of your weight loss goal.
 - When mixed with saliva, these foods tend to form a paste which may potentially create a blockage.
 - Additional carbohydrates limit the body's ability to burn fat for energy needs.
9. Add only one new food at a time to make sure you can tolerate it.
10. **Do not eat** foods that are difficult to digest such as:
 - raw vegetables
 - fruits with seeds or skins (strawberries are okay)
 - stringy fruits and vegetables such as celery, fresh pineapple, and asparagus spears
 - dry or tough meats
 - red meat
 - fried foods
 - bread or doughy starches, crackers, pretzels, etc.
 - rice and pasta
 - cereals (oatmeal, grits, cream of wheat, cream of rice, etc.)
 - nuts
 - popcorn

Bariatric Soft Diet Foods Allowed

Higher Protein Foods

- Eggs or liquid egg substitute
 - Poached, boiled, or scrambled
 - If scrambled, moisten with skim, 1% milk, or water.
 - Prepared without added fat.
- Fish
 - Soft cooked or canned, such as tuna, tilapia, and salmon
 - Steamed, broiled, or poached
 - Prepared without added fat or breading
- Chicken or turkey
 - Canned or finely ground
 - May mix with light mayonnaise or fat-free liquid from can
 - Try blending with low-fat cottage cheese.
- Deli-style lunchmeats, thinly sliced, such as turkey, chicken, or lean ham.
- Low-fat cottage cheese
- Low-fat or light cheeses, preferable grated, crumbled, or spreadable
 - Low-fat or part skim mozzarella cheese – (Remember to “peel” string cheese.)
 - Low-fat cheddar cheese
 - Low-fat Swiss cheese

Lower Protein Foods

- Low-fat or light cheeses, preferably grated, crumbled, or spreadable
 - Low-fat American cheese
 - Reduced-fat Feta
 - Laughing Cow Light Original Swiss
 - Parmesan (adds flavor)
- Yogurt -- vanilla, plain, or fruit-flavored (Soft fruit pieces are okay – chew well)
 - No-sugar-added
 - Low-fat or fat-free
 - Fortify with 1-2 teaspoons whey protein powder
- Pudding
 - Sugar-free
 - Fortify with 1-2 teaspoons whey protein powder
 - No rice pudding or tapioca
- Soft cooked beans such as fat-free refried beans
 - May top with shredded low-fat cheese.
 - May mix with shredded canned chicken.
- Tofu

Bariatric Soft Diet (continued)

Non-Protein Foods

(One or two bites only after you've eaten your protein.)

- Fruits
 - Banana, ripe melon, strawberries, peeled ripe peach
 - Canned fruit (in its own juice or light syrup, rinsed)
 - Applesauce, no-sugar-added
- Vegetables
 - Any vegetable cooked soft and mashed with the back of a fork.
 - Absolutely no corn at this stage.
 - Limit starchy vegetables to just a few bites per week. These include potatoes, sweet potatoes, yams, peas, winter squash, and pumpkin.
- Sauces
 - Mild salsa (bottled – not fresh from the refrigerated section of the store)
 - ~~Sugar-free~~ ketchup, ~~sugar-free~~ BBQ sauce, ~~sugar-free~~ teriyaki sauce
- Spices
 - Avoid "hot" spices such as cayenne
 - Other spices as tolerated

Keep in Mind:

- You still need to focus on high protein foods.
- Fruits, vegetables, and other non-protein foods should be used only to add flavor to your meals. They should not be a significant portion of your meal while you are losing weight (your window of opportunity).

Bariatric Soft Diet (continued)

Suggested Meal Ideas

2-4 oz scrambled eggs
1 Tbsp canned peaches, no sugar added

2-4 oz low-fat cottage cheese
1-2 medium strawberries

2-4 oz canned tuna, water packed
Mix with:
1 Tbsp reduced-fat cream of mushroom soup
1 Tbsp grated low-fat cheddar cheese.
Heat and stir.

2-4 oz tilapia filet, seasoned with lemon pepper
1-2 Tbsp cooked green beans

1-2 deviled eggs (made with light mayonnaise)
1-2 Tbsp cooked carrots

2-4 oz ground turkey
1 Tbsp taco seasoning
1 Tbsp grated low-fat cheddar cheese
1 Tbsp bottled mild salsa

2-4 oz canned chicken
Mix with:
1 Tbsp reduced-fat cream of chicken soup
1 Tbsp light sour cream
½ tsp lemon juice.
1-2 Tbsp cooked zucchini or mushrooms, sliced

2 wedges soft cheese
(e.g. Light Laughing Cow)
2 slices deli turkey breast
1-2 Tbsp cantaloupe cubes

2-4 oz fat-free refried beans
1 Tbsp low-fat grated cheddar cheese
1 Tbsp bottled mild salsa

2-4 oz yogurt, light, no-sugar-added
1 Tbsp protein powder
1-2 Tbsp sliced banana

2-4 oz wild salmon filet, seasoned with sea salt and lemon
1-2 Tbsp cooked zucchini or broccoli florets, sliced

Bariatric Regular Diet

Start @
Week 6 →

You will begin the Bariatric Regular Diet when directed by your surgeon. This diet includes all the foods from the previous diets. The Bariatric Regular Diet is a green light to start experimenting with more solid foods; however, in the early weeks of this diet, you need to keep foods soft and moist. You must always pay attention to your signals of fullness and stop when you are full. Remember, these guidelines are lifestyle changes you will follow for the rest of your life.

1. **Eat your protein first with goal of 60-100 grams protein/day, ideally from solid food rather than protein drinks.**
 - 2-4 oz solid protein 3 times per day
2. Take small bites, chew well (consistency of baby food), and stop at the point of fullness.
3. Drink liquids on Bariatric Clear Liquid diet between meals to a goal of 64 ounces/day.
4. **DO NOT DRINK FLUIDS WITH MEALS.**
 - Do not drink fluids 15-30 minutes before you start a meal.
 - Do not drink fluids during your meal.
 - Do not drink fluids for 30 minutes after you finish a meal.
 - Remember, do not use a straw.
5. When choosing your meals think protein, protein, and protein; except for fruit and vegetables, virtually eliminate carbohydrates, sugars and fats.
6. Eating three meals with no snacking is the most important element to prevent weight gain.
7. Continue taking your chewable vitamin and mineral supplements.

Bariatric Regular Diet Foods Allowed

Protein

- 2 to 4 ounces meat, fish or poultry or eggs at each meal, removing all visible fat and skins, prepared without added fat such as grilling, steaming, poaching, broiling, or boiling.
 - When adding beef, start with extra-lean ground beef
 - Dry meats will be difficult to digest especially in your early post-op months.
 - Add moisture with added low-fat and sugar-free sauces or marinades such as sugar-free ketchup, sugar-free BBQ, and sugar-free teriyaki.
- 6 to 8 ounces dairy products daily. Choose low-fat milk, low-fat/light/no-sugar-added yogurt, low-fat cottage cheese and part-skim milk cheeses such as light string cheese, Parmesan, Laughing Cow, Baby Bel, ricotta, reduced-fat feta
- Beans, all varieties. Eat animal protein such as cheese or meats in the same meal.

Bariatric Regular Diet (continued)

Fruits and Vegetables

- 2 to 4 tablespoons of fresh vegetables daily, prepared without added fat
 - Choose cooked dark, green leafy and colorful vegetables.
 - Avoid skins or seeds for the first three months (e.g., peel cucumber, asparagus, tomatoes, etc.)
 - Avoid celery unless it is peeled or cooked
 - Limit starchy vegetables to 2 to 4 tablespoons per week. These include potatoes, sweet potatoes, yams, peas, winter squash, and pumpkin. Avoid hard, raw vegetables and corn for the first six months.
- 2 to 4 tablespoons of fruit daily
 - Choose a colorful variety of fresh, frozen, or canned without added sugar.
 - Avoid skins or seeds for the first three months i.e. peel apples, peaches, pears.
 - Avoid fruit juices as they provide too many calories **and may lead to dumping syndrome, especially for gastric bypass and duodenal switch patients.**

Fats

- Limit total fat to 3 to 4 teaspoons per day. Choose heart-healthy fats such as light mayonnaise; light margarine; olive, canola, or peanut oil; and avocado.

Fluids

- Drink at least 64 oz. of low-calorie, non-carbonated, decaffeinated liquids between meals only. Choose fluids from the Bariatric Clear Liquid diet.
- Avoid alcohol for the first 12 months after surgery and then minimize consumption to an occasional drink. Caution: Gastric Bypass and Duodenal Switch patients will absorb alcohol quickly and can become intoxicated after 1-2 drinks.

Grains

- Do not introduce carbohydrates from breads and cereals until you have reached 75% of your weight loss goal.
- When allowed, choose whole-grain only. Ways to add grains and amounts will be discussed at follow-up dietitian visits.

Bariatric Regular Diet (continued)

Suggested Meal Ideas

¼ cup Egg Beaters, scrambled
1 oz grated low-fat cheddar cheese
2 Tbsp canned peaches, no-sugar-added

6 oz light yogurt, no-sugar-added
1 Tbsp protein powder
2 Tbsp peeled, diced apple

2 oz deli ham wrapped around
1 oz light string cheese
1/3 banana

2 oz lean ground beef
1 oz fat-free pinto beans
½ oz grated low-fat cheddar cheese
Taco seasoning

2 oz canned tuna, water packed
Mix with:
½ mashed boiled egg
1 Tbsp low-fat cottage cheese
Garlic powder, lemon pepper and salt to taste

2 oz scallops, sautéed with
1 clove garlic, chopped
½ tsp olive oil
Dash of lemon pepper
2-4 Tbsp cooked sliced carrots

Wrap together:
1 slice low-fat swiss cheese
2 slices deli turkey breast
2 apple slices, peeled
½ Tbsp reduced-fat mayonnaise

2 oz canned tuna, water packed
1 tsp light mayonnaise
1-2 medium fresh strawberries

2-3 oz halibut or salmon
2 Tbsp steamed green beans topped with
1 Tbsp chopped lean deli ham

2 oz diced chicken breast
2 Tbsp total cooked soft broccoli florets,
sliced carrot, and chopped onion
2 Tbsp sugar-free teriyaki sauce

1-2 frozen turkey meatballs, thawed
½ cup low-sugar marinara sauce
2-4 Tbsp cooked green beans

¼ cup egg substitute, scrambled
2-4 Tbsp total cooked spinach, diced red
pepper, and chopped tomato
1 Tbsp reduced-fat feta cheese, crumbled

Protein Food List

	Portion	Protein grams/oz	Protein Density
Poultry and Eggs			
Chicken			
Dark meat, cooked	1 oz	8 gm	130
White meat, cooked	1 oz	8 gm	188
Turkey			
Dark meat, cooked	1 oz	8 gm	156
White meat, cooked	1 oz	8 gm	200
Deli-style turkey breast, 99% fat-free	1 oz	4 gm	160
Ground turkey, cooked	1 oz	7 gm	220
Eggs, Chicken			
Egg, whole, cooked	1 large egg	6 gm	77
Egg whites, cooked	2 large	7 gm	205
Egg yolks, cooked	2 large	5 gm	50
Egg substitute, liquid	1/4 C (2 oz)	7 gm	200
Beef			
Ground beef, 95% lean, cooked	1 oz	7 gm	160
Top sirloin steak, cooked	1 oz	7 gm	119
Beef sirloin, cooked	1 oz	6 gm	120
Beef liver, cooked	1 oz	7 gm	150
Roast, chuck, cooked	1 oz	9 gm	180
Pork			
Pork chop, cooked	1 oz	8 gm	122
Pork roast, cooked	1 oz	7 gm	140
Pork tenderloin, cooked	1 oz	7 gm	151
Canadian bacon	1 slice	5 gm	130
Deli-style ham, 99% fat-free	1 oz	5 gm	158
Game			
Bison/buffalo, cooked	1 oz	8 gm	170
Duck, breast meat, cooked	1 oz	5 gm	160
Elk, cooked	1 oz	8 gm	200
Pheasant, cooked	1 oz	9 gm	180
Quail, cooked	1 oz	7 gm	160
Rabbit, cooked	1 oz	9 gm	150
Venison, cooked	1 oz	8 gm	190
Fish			
Catfish, cooked	1 oz	5 gm	180
Cod, cooked	1 oz	7 gm	236
Halibut, cooked	1 oz	8 gm	176
Rainbow trout, cooked	1 oz	7 gm	140
Salmon, canned	1 oz	7 gm	140
Salmon, fresh, cooked	1 oz	7 gm	135
Sole, Flounder, or Haddock, cooked	1 oz	7 gm	210
Tilapia, cooked	1 oz	6 gm	200
Tuna, fresh, cooked	1 oz	8 gm	220
Tuna, light or albacore, canned	1 oz	7 gm	207

Protein Density is the protein to calorie ratio. The higher the number, the more protein with fewer calories.

	Portion	Protein grams/oz	Protein Density
Shellfish			
Clams, steamed	1 oz (3 small)	7 gm	170
Crab, cooked	1 oz	5 gm	207
Crab, dungeness, cooked	1 oz	6 gm	200
Scallops, steamed	1 oz (2 large)	5 gm	210
Shrimp, boiled	1 oz (5 large)	6 gm	214
Milk and Yogurt			
Milk, nonfat, skim or 1%	4 oz	4 gm	93
Instant nonfat dry milk powder	1 Tablespoon	3 gm	100
Yogurt, Greek, no-fat, plain	6 oz (1 container)	18 gm	
Yogurt, light, fat-free	6 oz (1 container)	5 gm	87
Cheese			
American, low-fat	1 slice	5 gm	150
Brie or Camembert	1 oz	6 gm	60
Cheddar, low-fat	1 oz	7 gm	140
Cream cheese, low-fat	1 Tablespoon	2 gm	50
Cottage cheese, low-fat	1 oz	4 gm	140
Laughing Cow, light Swiss	1 wedge	2 gm	70
Monterey	1 oz	6 gm	60
Mozzarella, part skim	1 oz	7 gm	102
Provolone	1 oz	7 gm	70
Ricotta cheese, low-fat	1 oz	3 gm	89
Swiss, low-fat	1 oz (1 slice)	7 gm	160

Dry Beans/Soy Cheese (plant proteins)			
Edamame (green soybeans), cooked	1 oz	3 gm	90
Kidney beans, cooked	1 oz	1 gm	60
Lentils, cooked	1 oz	2 gm	80
Miso, cooked	1 oz	4 gm	60
Refried beans, canned	1 oz	2 gm	60
Soy or bean burger patty, cooked	1 oz	4 gm	110
Soy cheese	1 oz	3 gm	70
Tempeh, cooked	1 oz	4 gm	100
Tofu, firm	1 oz	4 gm	106
White beans, canned	1 oz	2 gm	60

When eating a plant protein, be sure to eat an animal protein in the same meal. For example, add cheese or lean ham with beans.

Household Equivalents

1 oz = 2 Tablespoons = 1/8 cup

2 oz = 4 Tablespoons = 1/4 cup

4 oz = 8 Tablespoons = 1/2 cup

6 oz = 12 Tablespoons = 3/4 cup

8 oz = 16 Tablespoons = 1 cup

Yummy Protein Drinks

When you begin your weight loss journey, you will need to focus on protein to meet basic body needs including wound healing, vitamin/mineral transport, skin shrinkage, hair retention, healthy immunity, and maintenance of muscle mass.

APPROPRIATE TO DRINK ON FULL LIQUID DIET

Strawberry Sensation

6 oz skim milk or water
 2 oz light vanilla yogurt
 4 frozen strawberries
 1 scoop vanilla protein powder
 3 ice cubes

Strawberry Banana

6 oz skim milk or water
 3 frozen strawberries
 ¼ frozen banana
 1 scoop vanilla protein powder
 3 ice cubes

Creamy Cinnamon

6 oz skim milk or water
 ¼ tsp cinnamon
 1 scoop vanilla protein powder
 3 ice cubes

Chocolate Almond

6 oz skim milk or water
 ½ tsp almond extract
 1 scoop chocolate protein powder
 3 ice cubes

Strawberry Cheesecake

6 oz skim milk or water
 4 frozen strawberries
 2 Tbsp reduced-fat cream cheese
 ¼ tsp almond extract
 1 scoop vanilla protein powder
 3 ice cubes

Magnificent Mocha

6 oz skim milk
 ½ tsp instant decaffeinated coffee
 1 scoop chocolate protein powder
 3 ice cubes

Creamy Almond Cappuccino

6 oz skim milk
 ½ tsp instant decaffeinated coffee
 ½ tsp almond extract
 1 scoop vanilla protein powder
 3 ice cubes

Dreamsicle

4 oz orange Crystal Light
 2 oz skim milk
 1 scoop vanilla protein powder
 ¼ tsp orange extract (optional)
 3 ice cubes

TIP: Try freezing ice cube trays full of various allowed clear liquids or
 skim milk to add to your drinks for a thicker and creamier texture.

APPROPRIATE TO DRINK ON SOFT DIET

Pina Colada

4 oz water
¼ frozen banana
2 frozen pineapple chunks
¼ tsp coconut extract
1 scoop vanilla protein powder
3 ice cubes

Berrilicious

6 oz skim milk or water
¼ cup frozen blueberries or raspberries
1 scoop vanilla protein powder
3 ice cubes

Frozen Yogurt Fruit Smoothie

6 oz skim milk or water
1 scoop of your favorite Fat-Free,
Sugar-Free Frozen Yogurt
3 frozen strawberries
2 frozen pineapple chunks
¼ frozen banana
1 scoop vanilla protein powder

Cool Chocolate Peanut Butter

6 oz skim milk or water
½ Tbsp natural peanut butter
1 scoop chocolate protein powder
3 ice cubes

PROTEIN POWDERS

When choosing a protein powder look for the following:

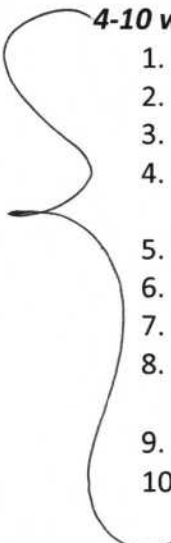
- whey protein isolate or whey protein isolate/whey protein concentrate blend
- high protein (at least 20 grams protein per scoop)
- low carbohydrate (less than 5 grams per scoop)
- low fat (less than 5 grams per scoop)
- no added sugar, sucrose, or high-fructose corn syrup

Some suggestions are:

- *Unjury® Medical Quality Protein™* (St. Luke's Boise and Meridian pharmacies or online at www.unjury.com)
- *Nectar™* (St. Luke's Boise and Meridian pharmacies, BodyBuilding.com or The Vitamin Shoppe)
- *Isopure®, Designer Whey®, ON® Any Whey, 100% Whey Gold Standard™*, and *Matrix™* (available in nutrition stores like BodyBuilding.com, The Vitamin Shoppe, GNC, or on the internet)
- *Body Fortress Super Advance Whey Protein* (Walmart)
- *Muscle Milk® 100% Whey Protein Powder* (Costco)
- Ready-to-drink supplements such as *EAS Myoplex® Light* (Walmart), *Muscle Milk® Light* (Walmart and Costco), and *Premier Protein* (Costco)
- *Beneprotein, unflavored* (Walgreen's)

22 Bariatric "To Go" Meals

4-10 weeks post-op

- 
1. Hard-cooked eggs – Peel and place in Ziploc bag with seasoned salt and pepper.
 2. Lean meat and low-fat cheese roll-ups
 3. ½ protein bar (no nuts at <14 weeks)
 4. Fat-free plain Greek yogurt (use Crystal Light, protein powder, or sugar-free Jell-O powder to flavor)
 5. Egg custard (make with skim milk)
 6. Low-fat cottage cheese with 1-2 T soft fruit
 7. Smoked salmon
 8. Shrimp cocktail (cooked baby shrimp mixed with sugar-free ketchup; add small amount of horseradish at >14 weeks)
 9. Pre-cooked grilled chicken strips (These are great cold!)
 10. High-protein spread/dip: Chicken Soup Flavor Unjury protein supplement mixed with fat-free plain Greek yogurt

10-14 weeks post-op

1. Thin apple slices and low fat cheese (peel apple if <3months since surgery)
2. Thin apple slices spread with very small amount of natural peanut butter (peel apple if <3months since surgery); eat with low-fat cheese for protein.
3. Thin apple slices (or diced) with lean turkey or lean ham (peel apples if <3months since surgery)
4. Lean meat roll-ups – spread thin layer of fat-free cream cheese on slice of lunchmeat. Roll up with cooked or pickled asparagus spear inside. Try with other soft veggies (e.g. mushrooms, or peeled and seeded tomatoes, cucumbers, or zucchini). Could also use chopped apples.
5. ½ protein bar with small piece of fruit
6. Fat-free plain Greek yogurt with small amount of blueberries or sliced strawberries.
7. tuna mixed with low-fat cottage cheese and chopped tomato or cucumber (peeled and seeded)

14 or more weeks post-op

1. Beef jerky (not teriyaki due to sugar)
2. 5-6 raw almonds with low-fat cheese
3. Egg salad with 2-3 rice crackers
4. Tuna salad – make with fluid from tuna and small amount of low fat mayonnaise. Add 2-3 sliced grapes and low fat cheese
5. Fat-free plain Greek yogurt with chopped almonds or walnuts and berries

St. Luke's Bariatric Registered Dietitians

☐ Judy Steiner, R.D., L.D. – 208-381-7281

☐ Jen Hosier, R.D.L.D – 208-381-1519

☒ Karen Mangum, M.S., R.D.L.D – 208-706-5648

Client:

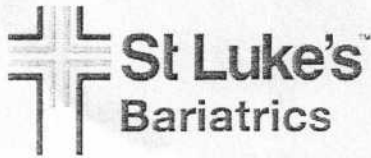
Julie Cabraw

Date:

11/10/11

- ☐ Call your dietitian as soon as you have a surgery date to schedule your first nutrition follow-up appointment.
- ☒ Begin or continue daily multivitamin.
- ☒ Begin or continue 1000 International Units Vitamin D₃ daily.
- ☒ Take small bites. Chew well, eat slowly, and stop at the point of fullness.
- ☐ Eat three meals daily with no more than one healthy snack.
- ☐ Change to 1% or skim milk.
- ☒ Wean off caffeine and carbonation before surgery date.
- ☒ Do not gulp or guzzle.
- ☒ Practice sipping fluids.
- ☒ Practice not drinking fluids with at least one meal each day.
- ☐ Track protein intake.
- ☐ Replace food triggers with non-food activities, such as gardening, crafting, woodworking, journaling, exercising, reading, puzzles, etc.
- ☒ ~~Begin or continue~~ Deep breathing planned exercise program.
- ☒ View nutrition jLogs.

☐☐☐☐☐



Bariatric Surgery Nutrition Guidelines
SLEEVE GASTRECTOMY

For questions or concerns, call
208-381-1519 • 208-381-7281 • 208-706-5648

Portions and Meals

- Eat only at meal times. Do not snack as this habit can slow weight loss.
- Take small bites and chew foods thoroughly. A sticking sensation may occur if your food is not chewed well enough. You may find using smaller utensils and tableware is helpful.
- At first, appropriate portion sizes are one to two ounces (two to four tablespoons). You may even tolerate three to four ounces per meal fairly soon after surgery. Over time, you may be able to tolerate eight to 12 ounces of food at a meal. Measuring spoons will help you learn appropriate portion sizes. Remember, small portions sizes will help you maintain your weight loss over time.
- Spread meals over 20 to 40 minutes. Do not take longer than 40 minutes to eat your meal. Savor your food.
- Stop eating as soon as you begin to feel full. Don't worry about wasted food. Listen to your body's signals of fullness; don't let your eyes tell you when you are full.
- Your food interests may change. Something you like before your surgery you may not like after your surgery.
- All patients have foods that don't settle well. As this can change on a daily basis, expect that foods may be tolerated one day and not tolerated the next. Add only one new food at a time to make sure you can tolerate it.
- Some foods that may not be well tolerated include:
 - Red meat
 - Dry or tough meats
 - Bread or doughy starches
 - Rice, pastas, crackers, and hot and cold cereals
 - Stringy fruits and vegetables such as raw celery, asparagus spears, and fresh pineapple
 - Fried foods and high fat foods

Protein

- Include protein at every meal, and eat it first. Protein helps with healing, maintaining your muscle mass during rapid weight loss, and your immune system.
- Your goal for the first two weeks is 40 to 60 grams of protein per day which will be mainly from protein drinks.
- As soon as possible, you should be consuming 60 to 100 grams of protein per day. Within three months, your protein should be mostly from food instead of from protein drinks.
- Choose lean animal proteins such as chicken, turkey, eggs, tuna, salmon, crab, shrimp, lobster, or low-fat cheese. These will typically provide seven to eight grams of protein per ounce. Be sure to read nutrition labels when they are available.
- Other sources of protein include soy, non-fat light yogurt, non-fat milk, non-fat lactose-free milk, and sugar-free puddings. You may want to fortify these with protein powder.
- Keep in mind the following when choosing a protein supplement:
 - whey protein isolate or whey protein isolate/whey protein concentrate blend
 - high protein (at least 20 grams protein per scoop)
 - low carbohydrate (less than 5 grams per scoop)
 - low fat (less than 5 grams per scoop)
 - no added sugar, sucrose, or high-fructose corn syrup
- Examples of good protein powders are:
 - *Unjury® Medical Quality Protein™* (St. Luke's Boise and Meridian pharmacies or online at www.unjury.com)
 - *Nectar™* (St. Luke's Boise and Meridian pharmacies, BodyBuilding.com or The Vitamin Shoppe)
 - *Isopure®, Designer Whey®, ON® Any Whey, 100% Whey Gold Standard™, and Matrix™* (available in nutrition stores like BodyBuilding.com, The Vitamin Shoppe, GNC, or on the internet)
 - *Body Fortress Super Advance Whey Protein* (Walmart)
 - *Muscle Milk® 100% Whey Protein Powder or Isolate Advantage* (Costco)
 - Ready-to-drink supplements such as *EAS Myoplex® Light* (Walmart), *Muscle Milk® Light* (Walmart and Costco), and *Premier Protein* (Costco)
 - *Beneprotein, unflavored* (Walgreen's)

Fluid

- Your fluid goal is 64 ounces per day or 2 liters, sipping three to four ounces every 30 minutes between meals.
- Choose very low calorie, non-carbonated, decaffeinated liquids.
- As soon as you are eating solid food, do not drink fluids 15-30 minutes before a meal or during your meal. Wait for 30 minutes after a meal before drinking fluids. Drinking fluids with meals will wash the food out of your pouch causing hunger to return sooner.
- Avoid gulping, guzzling, drinking from water fountains, chewing gum, using straws or anything that causes you to swallow extra air. This can cause you to feel bloated.

- Limit fruit juice to no more than four ounces per day. Consider watering it down; remember, liquid calories will slow weight loss and not give you a feeling of fullness.
- Caffeine can be irritating to the stomach lining and increase your chance of developing ulcers. You may introduce caffeinated liquids sparingly at one year after surgery if you are consuming 64 ounces or more liquid per day.
- Avoid alcohol for at least one year. Like caffeine, alcohol can be irritating to the stomach lining. Keep in mind that alcohol contains empty calories and may contribute to weight gain.

Carbohydrates

- When allowed on your diet and if you have room after eating your protein, you may include unrefined carbohydrate sources such as fruit, vegetables, beans and lentils.
- Once you have reached 75% of your weight loss goal, you may also add a small amount of whole-wheat grains or whole-grain cereals.
- Avoid concentrated sugars such as regular desserts and sugary drinks or foods made from sucrose, high fructose corn syrup or refined white flour. These contain empty calories that will slow your weight loss.

Fat

- It is important to follow a low-fat diet. (This is not a no-fat diet.) High fat foods are a source of concentrated calories and will slow your weight loss. Avoid fried or obviously greasy foods.
- Prepare foods using low fat cooking methods such as baking, broiling, boiling or grilling.
- Choose healthy fats and fat sources such as olive, canola, or peanut oil; oily fish such as salmon, herring, albacore tuna and mackerel; and light mayonnaise or light margarine (in limited amounts).

Preventing Constipation

- Maintain hydration.
- Include some form of exercise (e.g. walking) in your daily activities.
- When allowed on your diet and if you have room after eating your protein, you may include unrefined carbohydrate sources such as fruit, vegetables, beans and lentils.

- Once you have reached 75% of your weight loss goal, you may also add a small amount of whole-wheat grains or whole-grain cereals.
- Consider adding one (1) teaspoon ground flaxseed one to two times per day to your diet for added fiber. You may use a supplement if necessary (such as Benefiber).

Vitamins and Minerals

- You will need to take vitamin and mineral supplements every day for the rest of your life.
- **Multivitamins** formulated for bariatric surgery are the most complete. Chewable ones are preferred. Depending on which multivitamin you choose, you may require additional supplements.
- **Calcium** (with vitamin D3) – 1500- 2000 mg/day total (including the amount in your multivitamin)
 - **Calcium citrate** is the **best choice** because it is absorbed well after weight loss surgery. DO NOT take calcium carbonate (e.g. Tums, Viactiv, or Kirkland-Costco brands) or tricalcium phosphate (e.g., Gummy Calcium or Citracal Calcium Gummies) as these are poorly absorbed after weight loss surgery due to decreased stomach acid.
 - Do not take your calcium with your multivitamin or any additional iron supplement that may be recommended.
- **Vitamin B₁₂** Sublingual (under the tongue) – 350 to 500 mcg/day total (This may be included in your multivitamin.)
- **Iron** – 30 to 65 mg (This may be included in your multivitamin.)
 - Women who are still menstruating or become pregnant are at higher risk for iron deficiency and may require 60-100 mg of iron per day total.
 - Do not take iron supplements with dairy products, calcium supplements, or multivitamins.
 - Ferrous fumarate and ferrous gluconate are the **best choices** for iron supplements because they are absorbed well after weight loss surgery.
- **Vitamin D₃** – 1000 international units daily as preventative measure in addition to the amount in your multivitamin or calcium supplements.

Other Considerations

- It is important that you have routine (at least yearly) check-ups to assess your vitamin and mineral levels.
- Consider a bone density test (DEXA) before surgery to establish a baseline as blood levels will not show if you are consuming enough calcium to maintain your bone density.
- Weigh yourself regularly, such as once per week or twice a month (not daily). When you reach your weight maintenance stage, it will be useful to monitor weight fluctuations. You can make small changes to your diet, exercise regimen or both should you start to gain weight. If you catch weight regain early, it is much easier to make these adjustments to lose five pounds as opposed to having to lose 20 to 30 pounds.
- Attend a support group. Speakers are often scheduled to present information on different topics related to the surgery and how you can be successful. Also, the input and helpful tips of those who have already had surgery can be invaluable. Support groups are held monthly in Boise, Meridian, Nampa, and Twin Falls. Your surgeon's office will have more information.
- Attend Nutrition and Cooking Classes. These free informative classes are taught by a St. Luke's Bariatric Registered Dietitian and reinforce principles of healthy eating and meal planning. No registration is required. Your dietitian can provide you with a current schedule of classes.
 - 1st and 3rd Tuesdays every month (6:30 – 7:30 p.m.)
 - FREE
 - 5th Floor cooking classroom in the Meadow Lake Building (Behind St. Luke's Meridian)

Sleeve Gastrectomy

Multivitamin ¹ (choose one)	Additional Calcium Citrate ² (chewable)	Additional Iron ³ (Do not take with calcium or dairy products.)	Additional Vitamin B ₁₂ ³	Additional Daily Supplements ³
Bariatric Fusion™ (one 4 times daily) or Optisource™ (one 4 times daily)	☒ 500 mg daily	☒ None ☐ 30-70 mg iron daily (pre-menopausal)	☒ None	☒ 1000 International Units Vitamin D ₃ daily

St. Luke's Boise and Meridian pharmacies carry the following unless otherwise noted:

☒ **Choose one multivitamin:**

- Bariatric Fusion™
- Optisource™ (also available at some Walgreen's)

☐ **Choose one vitamin D₃:**

- ~~1000 International Units Vitamin D₃~~
- Vitafusion Gummy Vitamin D₃ (available at Walmart)

☒ **Choose one calcium citrate:**

- Bariatric Advantage® Calcium Citrate Chewy Bites (250 mg ea)
- Calcet® Citrate Creamy Bites (500 mg ea)

☐ **Choose one iron supplement if pre-menopausal:**

- Ferrets Iron Tablets (53 mg elemental iron per 1/2 tablet)
- Bariatric Advantage® Chewable Iron (29 mg)

Discharge instructions:

1. **Bariatric Fusion™ or Optisource™:** Start the day after you are discharged. Chew one tablet at breakfast, lunch, dinner, and evening for a total of four tablets each day.

2. **Calcium:** Start two weeks after you are discharged. Chew calcium between meals for total of 500 mg per day. Do not take your calcium with your multivitamin or any additional iron supplements which may be recommended.

3. **If Vitamin D₃ or iron** has been recommended, start two weeks after discharge or as directed by your surgeon.