

Bariatric Surgery Diet Progression

** Your diet progression and length of stages will be dependent on your surgeon.*

Stage I: Bariatric Clear Liquids

- If pouch is irritated or you are nauseated
- May use clear liquid protein supplement (NO DAIRY)
- **Goal:**
 - sip liquids NOT gulp liquids
 - 40 grams of protein/40 ounces of fluid
- Walk often to prevent blood clots and decrease gas pain
- It is more important to get your fluid in at this stage

Stage II: Bariatric Full Liquids

- Begin protein – liquid or powdered
- Begin supplements (liquid or chewable):
 - Multivitamins
 - Calcium citrate +D
 - B-complex
 - B-12 sublingual (bypass/sleeve)
 - Iron (if instructed by your surgeon)
- **ADD:** soy milk, skim milk, or double protein milk
- **Goal:**
 - Fluids 64 ounces per day
 - Liquid protein 60-80 grams per day
- Continue to walk frequently 10 minutes 3x a day

Stage III: Bariatric Soft

- No chunks or lumps (applesauce consistency)
- Continue SIPPING fluids
- Continue all vitamin supplements
- **ADD:** low-fat cheese, moist meats and fish
- **Goal:**
 - Fluids 64 ounces per day
 - Solid Protein 60 – 80 grams per day
- Walk farther 20 – 30 minutes per day

Stage IV: Bariatric Regular

- Continue all vitamin supplements
- May continue protein supplements if unable to get 60 gm of solid protein.
- **ADD:** produce (vegetables and fruit)
- **Goal:**
 - Fluids 64 ounces per day
 - Protein 60 – 80 grams per day
 - Produce 3 cups per day
- Structure/Non-structured activity 30 minutes per day. – H.E.P. (home exercise program) or G.U.A.M. (Get Up And Move hospital walking program)

Stage I: Clear Liquids

Stage I: Bariatric Clears
Goal 40/40 - 40 ounces of Fluid and 40 grams of protein

Food Group	Allowed Foods	Avoid
Beverages	Water, ice, non carbonated flavored water, caffeine-free herbal teas, sugar-free sports drinks, sugar-free powdered drink mixes (Crystal Light)	Sugar sweetened drinks, alcohol, carbonated drinks, juices
Dairy/Protein Others	None Sugar-free popsicles and gelatin	All Sugar sweetened popsicles or gelatin, ice cream, sherbets, frozen yogurt, Icees, snow cones, milkshakes etc.
Soup	Clear broths	High sodium broths or soups that are not clear or have solid ingredients
Starches	None	All
Supplements	Clear protein liquids or unflavored protein powders with >20gm of protein, <250calories	Proteins drinks that are not clear

Consuming beverages that are not on the approved list could result in pouch irritation or nausea, vomiting, or abdominal cramping. You may count half the volume of your protein drink towards your fluid intake.

Instructions:

- Take 1 – 2 ounces slowly over 15 to 45 minutes.
- It should take 8 – 10 sips to finish one ounce.

Sample Menu:

Breakfast: 2-4 ounces of clear liquid protein or any approved liquid with unflavored powder protein

Lunch: 2-4 ounces of broth with unflavored powdered protein or clear liquid protein

Dinner: 2-4 ounces of sugar free Jell-O

Start taking chewable multivitamin and supplements.

Stage II: Full Liquids

Stage II: Bariatric Full Liquids
Goal: 64 ounces of fluid and 60 – 80 grams of protein per day.

Food Group	Allowed Foods	Avoid
Beverages	All from Stage I, decaf tea, decaf coffee, warm sugar-free drinks.	Sugar sweetened drinks, alcohol, carbonated drinks, juices
Dairy/Protein	Skim Milk, blended or whipped low-fat yogurt, blended low-fat cottage cheese, lactose reduced or soy milk, soft silken tofu (blended)	Sweetened milk or milk with syrup
Others	All from Stage I	Sugar sweetened popsicles or Jell-o, ice cream, sherbets, frozen yogurt, Icees, snow cones, milkshakes etc.
Soup	All from Stage I, low-fat cream soups (blended), tomato soup	High sodium or high fat soups
Starches	None	Cold cereal, grits, cream of wheat, oatmeal
Supplements	All from Stage, protein shakes with >20gm of protein, <250calories	

If you are unable to tolerate the current stage, remember you can always go back a stage.

Instructions:

- Eat 3 small meals of 2-4 ounce servings per day
- Wait 30 minutes after a meal to begin sipping additional fluids
- Between meals continue sipping approved beverages frequently

Sample Menu:

Breakfast: ~ 2 - 4 gm of protein

¼ to ½ cup of yogurt (<14gms sugar per serving, low or non-fat)

Lunch: ~7 - 14 gm of protein

¼ cup to ½ cup of blended low-fat cottage cheese

Dinner: ~3 - 9 gm of protein

2 – 4 ounces of cream or strained, blended soup with skim milk or double protein milk

Between Meals: 1-2 protein shakes sipped slowly.

Continue multivitamins and supplements.

*Double Protein Milk: 1/3 cup of non-fat dry milk mixed with 1 cup of skim milk

Stage III: Bariatric Soft

Stage III: Bariatric Soft
Goal: 64 ounces of fluid and 60-80 grams of solid protein per day

Food Group	Allowed Foods	Avoid
Beverages	All from Stage II, tea, coffee, warm sugar-free drinks.	Sugar sweetened drinks, alcohol, carbonated drinks, juices
Dairy / Protein	All from Stage II	Sweetened milk or milk with syrup, whole milk
Others	All from Stage II, sugar free puddings.	Sugar sweetened popsicles or J-ello, ice cream, sherbets, frozen yogurt, Icees, snow cones, milkshakes or other deserts.
Soup	All soups	High sodium or high fat soups
Meats/Protein	Low-fat cottage cheese, low-fat cheese, eggs/egg substitute, canned chicken or tuna in water, >95% lean shaved deli meats, >90% lean ground beef/turkey, medium silken or regular tofu	Dry meat or poultry, beef other than ground beef, regular cheese, fatty meats
Vegetables	Cooked, canned or pureed vegetables (soft, able to mash with a fork.) Dried beans and peas cooked without added fat (may cause gas & cramping)	Broccoli, cauliflower, cabbage, onions, snow peas, asparagus, celery, raw vegetables, salads
Fruits	Cooked, canned or pureed unsweetened fruits in it's own juice, unsweetened applesauce, and bananas	Cherries, berries, citrus fruits, grapes, plums, raw fruit
Starches	Cooked cereal, cream of rice/wheat, thinned grits or oatmeal, mashed or boiled potatoes, mashed sweet potatoes, toasted crispy breads, crackers with less than 3 gm of fat	Cold cereal, sugar sweetened cereals, untoasted breads, pasta, white rice
Fats	Light tub butter or margarine, vegetable oils, low fat mayo, low fat dressing, avocado	Saturated fats (butter) & trans fats (commercially baked goods, fried foods, stick margarine)
Supplements	All from Stage II in order to meet protein goals, protein shakes with >20gm of protein, <250calories	

If you are unable to tolerate the current stage, remember you can always go back a stage.

Instructions:

- Eat 3 small meals each day
- Eat protein first
- Protein supplements should be used to supplement solid protein.
- Wait 30 minutes after a meal to begin sipping additional fluids
- Between meals continue sipping approved beverages frequently
- Limit saturated fats and concentrated sweets
- 1-2 Tbsp should be enough for approved fats
- Avoid over cooking eggs and meats
- Try boiling & storing meats in same type broths to keep moist, and use a fork to shred before eating
- Boiling or foil baking to preserve moisture in meats
- Cut meat into tiny pieces before chewing – should be mush prior to swallowing
- Try one new food each day
- Remember solid proteins keep your pouch fuller longer than liquid proteins

Sample Menu:

Breakfast: ~15gms of protein

1 scrambled egg with 2 TBSP shredded low-fat cheese

OR

~2 - 4gm of protein

¼ to ½ cup of cooked cereal with ¼ to ½ cup of skim milk (well blended)

Lunch: ~2- 4gm of protein

¼ to ½ cup of low-fat yogurt with ¼ banana

OR

~7 - 14gm of protein

¼ - ½ cup of low-fat cottage cheese with 1/4 cup of canned fruit

OR

~ 7-14gm of protein

1-2 ounces of canned tuna (+1-2 Tbsp of light mayo) & 1-2 crackers

Dinner: ~ 7 - 14gm of protein

1 - 2 ounces of ground lean beef

½ cup mashed potatoes

Stage IV: Bariatric Regular

Stage IV: Bariatric Regular
Goal: 64 ounces of fluid and 60 - 80 grams of solid protein per day

Food Group	Allowed Foods	Avoid
Beverages	All from Stage III.	Sugar sweetened drinks, alcohol, carbonated drinks, juices
Dairy/Protein	All from Stage III.	Sweetened milk or milk with syrup
Others	All from Stage III.	Sugar sweetened popsicles or J-ello, ice cream, sherbets, frozen yogurt, Icees, snow cones, milkshakes or other deserts.
Soup	All soups	High sodium or high fat soups
Meats/Protein	All from Stage III, lean beef, poultry, and fish. All varieties of tofu, Tempeh	Dry meat or poultry
Vegetables	All from Stage III, all vegetables.	Celery, raw vegetables, and salads may get stuck.
Fruits	All from Stage III, all fruits	Raw fruits and skin on fruits may get stuck.
Starches	All from Stage III. Whole grain breads, pastas, rice, cereals, crackers, potatoes, corn and peas.	Cold cereal, sugar sweetened cereals. Untoasted breads, pasta, and white rice may be difficult to get down.
Fats	Light tub butter or margarine, vegetable oils, low fat mayo, low fat dressing, avocado	Saturated fats (butter) & trans fats (commercially baked goods, fried foods, stick margarine)
Supplements	All from Stage III in order to meet protein goals, protein shakes with >20gm of protein, <250calories	

If you are unable to tolerate the current stage, remember you can always go back a stage.

Instructions:

- Eat 3 small meals each day
- Eat protein first
- Protein supplements should be used primarily to supplement solid protein.
- Wait 30 minutes after a meal to begin sipping additional fluids
- Between meals continue sipping approved beverages frequently
- Limit saturated fats and concentrated sweets
- Avoid over cooking eggs and meats
- Try boiling & storing meats in same type broths to keep moist, and use a fork to shred before eating
- Boiling or foil baking to preserve moisture in meats
- Cut meat into tiny pieces before chewing – should be mush prior to swallowing
- Try one new food each day
- Remember solid proteins keep your pouch fuller longer than liquid proteins

Sample Menu:

Breakfast: ~15gms of protein

1 scrambled egg with shredded low-fat cheese, ½ slice of whole wheat toast, 1 tsp light margarine, 3 orange slices

Lunch: ~15 - 22 gm of protein

2 - 3 ounces of lean deli meat, ½ pita pocket, 2 slices tomato, 1 tsp reduced-fat mayo

Dinner: ~ 16 - 23gm of protein

2- 3 ounces of baked chicken breast, ¼ - ½ cup green beans, ¼ cup wild rice

Optional Snack: ~8 gm of protein

6 ounces light, flavored yogurt with 2 TBSP blueberries

Or

1 cup skim milk

Grocery List for First 2 Weeks

- Magic Bullet or Blender
- Pill Cutter or Crusher
- Teaspoon
- Small Plate
- Medicine Cups
- Gas -X
- Chewable/Liquid Multivitamins and supplements.
- Bottled Water
- Crystal Light/Sugar Free Beverages
- Juices (No added sugar, light colored if available or dilute with water)
- Broth - Vegetable, Beef, Chicken
- Low Fat Cream Soups (no lumps or bumps)
- Fat Free Milk
- Sugar free Popsicles and Jell-O
- Non-fat Dried Milk
- Protein Supplement of Your Choice



Protein Supplements

Protein Supplements:

Choose a protein that has 15 - 20 grams of protein, less than 15 grams of carbohydrates, and less than 250 calories per serving. It is best to mix your protein with skim milk the first few weeks after surgery. Once you advance to full liquids, you may mix your protein with low fat yogurt or cream soups.

Protein Selections: *(these are only suggestions)*

- Advocare www.advocare.com
- Bariatric Advantage www.bariatricadvantage.com
- www.bariatriceating.com you can request free samples from this website
- Isopure available at smoothie shops, vitamin stores or www.theisopurecompany.com
- Nectar available at vitamin stores or www.bariatriceating.com
- Unjury www.unjury.com

Tips for making your protein supplements more tasteful:

- Try cooking extracts to add a twist to the flavor
- Add sugar free coffee flavorings like DaVinci syrups to change the flavor
- Do not mix protein into hot liquids
- Pour over ice or blend with ice in the blender
- Add unflavored protein to foods that you like



Portion Sizes

Food Group	Serving size	Equivalent Measure
Bread, Cereals, Grains, Starchy Vegetables	1 slice bread 1/3 cup rice/pasta 1 tortilla 1/2 cup cooked cereal 3/4 to 1 cup dry cereal	 1 slice of bread = cassette tape  1 cup or 8 oz. = baseball
Fruit	1/2 cup chopped/mixed fruit 1 medium size fruit	 1 tortilla = CD
Vegetables	1/2 cup cooked vegetables 1 cup raw vegetables 1 cup lettuce 3/4 cup vegetable juice	 1/2 cup or 4 oz. = 1/2 baseball  3 oz. meat = woman's palm
Meat/Poultry/Fish/ /Beans/Nuts	3 oz cooked meat 1/2 cup cooked beans 2 Tbsp peanut butter 1/4 cup nuts 1/2 cup tofu = 1 oz meat	 1/4 cup or 2 oz. = 1 egg  2 Tbsp or 1 oz. = ping pong ball
Dairy	1 cup milk 6 oz yogurt 1 oz cheese 1/4 cup cottage cheese	 1/2 Tbsp or 1 oz. = thumb  1 tsp.= 1 dice
Fats/Oils	1 tsp oil 1 tsp butter/margarine 1 Tbsp dressing 1 tsp mayonnaise 2 Tbsp avocado	

Helpful Hints

- Blending is a process of thoroughly mixing two or more ingredients. Liquid is needed in the blending process to reach the desired consistency.
- Remove skin or any visible fat from foods before cooking.
- Remove fat from liquid after cooking the meats by cooling in the refrigerator and skimming off the fat.
- Blend foods at room temperature, then heat or cool to desired temperature.
- Use herbs and spices to add flavor to foods.
- Use cooking sprays to prevent food from sticking
- Use Double Protein Milk (DPM) to increase the protein content of foods (DPM = 1/3 C of dried non-fat milk mixed with 1 C fat-free milk)
- Chew your food very well to prevent foods from getting stuck in your pouch.
- Stop as soon as you feel full. Continuing to eat past feeling full can cause vomiting or stretching your pouch.
- Take 30 minutes to eat your food.
- Use a hot plate or electric candle warmer to keep your food warm.
- Do Not Drink with your meals. Wait 30 minutes before and after your meals.
- Use a medicine cup or shot glass for the first 2- 3 days to learn how to sip, rather than gulp liquids.
- Water may be difficult to tolerate at different temperatures, so try water at room temperature or chilled to see how you tolerate it.
- Do not use straws.
- Use smaller plates and utensils to avoid large portions and bites.
- Pre-plate your food with appropriate portions
 - 2 - 3 ounces of protein
 - 1/4 - 1/2 cup of vegetables or fruit
 - 1 - 2 TBSP of starch
- Plan ahead when traveling out of town or running errands.
- Avoid going more than 4 - 5 hours between meals.
- Do not lie down for 30 minutes after eating or drinking.
- Read food labels carefully for serving size, calories, fats, sugar, and sugar alcohols.
- Continue to increase your activity.
- When you start your day, count out your fluid goals in either a gallon pitcher or by counting out bottles of water. This will provide a visual picture of your progress.
- Once you can consistently eat 60 - 80 grams of solid protein each day, you may discontinue liquid protein shakes. Before doing so, you should keep a food journal for at least 2 - 3 days to make sure you are hitting your protein goals.
- Keep a food diary to help identify your triggers for eating.
- Stop judging foods as “good” or “bad”

Food Group Recommendations

This list is designed to help teach and guide you in choosing nutrient rich foods at meals and snacks. “Always” foods should always be stored in the house and eaten everyday. “Sometimes” foods are foods that are lower in nutritional quality or may be good in nutritional quality, but high in calories. These foods can be eaten every once in a while (one per day). “Rarely/Never” foods are high in fat/sugar and should be limited to once a week. These foods are NOT forbidden, however should be enjoyed in MODERATION and in small portions.

Food Group	Always	Sometimes	Rarely/Never
Bread, Cereals, Grains, Starchy Vegetables Whole grains (per serving): • <6.5g total fat • <1g saturated fat or less • <10g sugar • >3g fiber or more • <480mg sodium	100% whole wheat or whole grain breads or crackers Oats; Barley High fiber cereals: (>5grams/serving) Whole grain pastas Wild and brown rice Corn tortillas Popcorn (non-buttered) Starchy vegetables (prepared without added fats): peas, corn, potatoes, winter squash, legumes (dried beans and lentils)	White bread Sweetened cereals White rice Regular pasta Cornbread Regular crackers Flour tortillas Beans prepared with fat	Pastries: doughnuts, biscuits, croissants, pies, cakes, cookies, muffins. Egg noodles French fries Snacks made with partially hydrogenated oils, including chips, cheese puffs, snack mixes, butter-flavored popcorn
Fruits & Vegetables	Fruits: fresh or frozen (with no added sugar) Vegetables: fresh, frozen or canned with no added salt or sugar.	Fruits: canned in juice, dried fruits Vegetables: canned with added salt (<480mg/serving)	Fruits: canned in syrup, fried or served with butter or cream sauces. Coconut Vegetables: cooked with butter, cheese or cream sauces or fried
Meats and Other Protein Foods	Beef/pork: lean cuts (loin, leg, round, extra lean ground beef/pork >90% lean) Poultry: skinless, white meat Fish: not breaded Venison and other wild game Dried beans and peas Meat alternatives made with soy or textured vegetable protein Egg whites or egg substitute Cold cuts made with lean meat or soy protein	Whole eggs (no more than three egg yolks per week)	Beef/pork: higher fat cuts of meats (ribs, t-bone steak, 80/20 ground beef/pork) Bacon, sausage Poultry: dark meat or with skin Cold cuts: salami, bologna, corned beef, hot dogs, organ meats (liver, brains, sweetbreads) Fried meats, poultry, fish Egg yolks: >3 per week
Dairy Products	Milk: skim, ½%, or 1% Yogurt/cottage cheese: low/nonfat or light Cheese: low/non-fat, less than 3gm fat per oz. Soy milk: low/non-fat	Milk: Reduced fat (2%) Yogurt/cottage cheese: 2% Cheese: reduced fat, light cream cheese Sour cream: light	Milk: whole, half & half, cream Yogurt: regular, custard style Cheese: regular cream cheese, regular ricotta, Swiss, American, and Cheddar Sour cream: regular

Food Group	Always	Sometimes	Rarely/Never
Beverages	Water Sugar-free drink mixes Calorie free drinks Unsweetened decaf tea or decaf coffee	Low carb sports drinks Sugar-free hot cocoa Regular coffee or tea	Regular soft drinks Fruit juice Sweet teas or coffee Sports drinks, energy drinks Alcohol Sugar sweetened drinks
Fats and Oils	Unsaturated fats: olive oil, peanut oil, soybean oil, sunflower oil, canola oil Vegetable oil spreads Seeds and nuts: dry roasted with no added fat or salt Avocados Fat-free or light salad dressings	Mayonnaise Salad dressings	Saturated fats: butter, shortening, stick margarine, partially hydrogenated oils; tropical oils (coconut, palm, palm kernel oils)
Free foods	Broth, bouillon* Hot pepper sauce Sugar-free drink mixes (Crystal Light®, Mio®, etc.) Cocoa powder, unsweetened (1 Tbsp) Pancake syrup, sugar-free (1 Tbsp) Coffee, tea Sugar substitutes Sugar-free gelatin Worcestershire sauce* Pickles* Vinegar Soy sauce* Mustard Lemon or lime juice Pepper Herbs and spices without salt *High in sodium. Shop for low-sodium varieties.		
<i>*Remember, even if a food falls into the “Always” category doesn’t mean you can eat an unlimited amount. Keep an eye on the portion size!</i>			

Vegetarian Tips

**Tofu and tempeh take on the flavors of whatever it is seasoned with.*

Protein in Milk Substitutes Beverage (Protein grams per 1 cup)	Protein in Soy Products (Protein grams per serving)	Protein in Meat, Chicken, Fish Substitutes (Protein grams per serving)
Soy Regular 6 - 9	Tempeh 4 oz. 12 - 20	Lightlife Smart Cutlets Seasoned Chicken 3 oz. 26gm
Rice and Soy 7	Textured Vegetable Protein TVP 1/4 cup 10 to 12	Lightlife Smart Deli Combos 2.7 oz. 17gm
Multigrain 5	Tofu - Medium to Extra Firm 3 oz. 7 - 12	Health is Wealth Chicken- Free Patties 3 oz. 14 gm
Soy Low/Nonfat 4	Tofu - Soft or Silken 3 oz. 4 to 6	Boca Burger Original Vegan 2.5 oz 13gm
Oat 4		Health is Wealth Yummie Burger 2.5 oz. 12gm
Almond 1 - 2		Lightlife Smart Dogs 1.5 oz. 9gm
Rice 1		GardenVegan Veggie Patties 2.5 oz 9gm
		Lightlife Gimme Lean 2oz. 8gm
		Mon Cuisine Breaded Chicken Patties 3 oz. 7 gm

Eating Out After Bariatric Surgery

- Plan ahead – look up the nutrition information online before you go or request the nutrition information at the restaurant
- Have a small protein snack before going out to eat
- Keep copies of nutrition information at your favorite restaurants and create a menu drawer
- Select foods that you know you can tolerate
- Don't be afraid to make special requests and substitutions
- Avoid fried foods
- Try splitting meals or ask for a to go box when your food arrives and box up half of your meal
- Avoid eating at buffets
- Order sauces and salad dressings on the side
- Avoid high fat traps like butter, cream, fried, crispy, sautéed, cheese, roux, gravy, breaded, nut-encrusted, tarter, mystery sauces.
- Check websites like www.healthydiningfinder.com or www.drjo.com



Recipes

Chapter

5

Double Protein Milk

1 cup of skim or soy or Lactaid milk
1/3 cup of non-fat dry milk

Fruit Smoothie Basic Ingredients

1 scoop of protein powder
1 cup of liquid
1 cup of ice
¾ to 1 cup of fruit (fresh or frozen)

Minted Summer Smoothie

½ cup of diced honeydew melon
¼ cup of cucumber peeled, seeded and diced
6 fresh mint leaves
½ cup of plain, fat-free yogurt
1 packet of artificial sweetener
2 ice cubes
Add all ingredients in blender and blend until smooth.

Piña Colada Smoothie

½ cup of plain, fat-free yogurt
¼ cup of fresh, diced pineapple
¼ cup of fresh, diced mango
2 packets of artificial sweetener
½ teaspoon of coconut extract
3 cubes of ice
Add all ingredients in blender and blend until smooth.

Chocolate Milkshake

8 ounces of Soy Milk
8 ounces of crushed ice
1 Tbsp of fat-free Cool Whip
1 scoop of chocolate protein powder
1 packet of artificial sweetener
1 tsp of sugar-free chocolate pudding mix
Add all ingredients in blender and blend until smooth.

Protein Frappuccino

1 scoop of chocolate protein powder
1 scoop of dry non-fat milk
1tsp of sugar-free chocolate pudding mix
1 packet of artificial sweetener
1 tsp of decaffeinated instant coffee crystals
8 ounces of crushed ice
Add all ingredients in blender and blend until smooth.

Garden Omelet

½ cup of diced zucchini

½ cup of diced plum tomatoes

¾ cup of fresh sliced mushrooms

½ cup of diced bell pepper

1 tablespoon of water

1 cup of egg whites or egg substitute

4 tsp of water

Butter-flavored cooking spray

4 ounces of sliced low-fat Swiss cheese

Salt and pepper

Combine vegetables and 1 TBSP of water in microwavable bowl, cover tightly and microwave on high 3 - 4 minutes.

Blend egg substitute or egg whites with 4 tsp of water.

Spray non-stick skillet with cooking spray and heat. Pour in egg mixture to coat the bottom of the skillet.

Cut each slice of cheese into 4 pieces and place on one half of the omelet. Cover cheese with 2-3 TBSP of vegetable mixture and fold omelet. Lower heat, cover pan and cook 1-2 minutes until cheese melts.

Slide omelet onto plate. Add salt & pepper to taste.

Spanish Sausage Omelet

2 eggs

1 TBSP of water

Cooking spray

1 ounce of lean cooked sausage (ground turkey)

1 tsp of chopped bell pepper

1 tsp of chopped onion

1 tsp of chopped tomato

2 tsp of shredded low-fat cheddar cheese

Mix eggs and 1 TBSP of water.

Spray non-stick skillet with cooking spray and heat, and sauté vegetables for 2 minutes.

Add egg mixture to skillet and cook. While the top is still moist, add sausage and cheese to one side of the omelet and fold over.

Slide omelet onto plate. Add salt & pepper to taste.

Breakfast Wrap

1 whole-wheat flour tortilla

Cooking spray

1 large egg

1 ounce of lean ground sausage (cooked)

1 TBSP of diced bell pepper

1 TBSP of diced onion

1 TBSP of diced tomato

1 TBSP of grated low fat pepper jack cheese

Salt & pepper to taste

Warm Tortilla

Spray non-stick skillet with cooking spray and heat, and sauté vegetables for 2 minutes.

Add eggs and sausage and scramble together.

Fill tortilla with egg and sausage mixture, add cheese, and fold tortilla.

Lean Chili

1 pound of lean ground meat (at least 70% lean meat)

2 tsp of chopped garlic

½ chopped medium onion

½ chopped bell pepper

14 ounces of tomato sauce

14 ounces of diced tomatoes (drained)

2 tsp of chili powder

1 tsp of cumin

1 tsp of black pepper

1 can of pinto beans (drained)

1tsp of crushed red pepper flakes (optional)

Salt & pepper to taste

Brown ground meat in pot and drain fat.

Add remaining ingredients and simmer for 20 minutes.

Sweet-n-Sour Meatballs

Vegetable cooking spray

One 20-ounce can Splenda-sweetened pineapple (chunks or rings), juice reserved

1/4 cup apple cider vinegar

3 tablespoons soy sauce

2 teaspoons tomato paste

1/4 cup Splenda

3 teaspoons of Splenda

1/4 teaspoon ginger

1/8 teaspoon red pepper flakes

1 tablespoon cornstarch

Kosher salt to taste

2 1/2 - 3 cups cooked meatballs made from lean ground meat

1 onion, cut in 1 inch pieces

1 green pepper, cut in 1 inch pieces

1 red pepper, cut in 1 inch pieces

Preheat slow-cooker on low, or oven to 350 degrees. Coat pot or deep baking dish with vegetable spray.

Combine pineapple juice, apple cider vinegar, soy sauce, tomato paste, Splenda, ginger, and red pepper flakes in a small saucepan and reserve 1 tablespoon to a measuring cup. Bring to boil over high heat, stirring often. Mix cornstarch into reserved liquid and add to boiling sauce. Cook and stir just until thickened.

Place meatballs into the slow-cooker or a baking dish. Pour sauce over meatballs and allow to cook on low in the slow-cooker for 2 hours or in the oven for 45 minutes or until bubbling. Add pineapple, onion, and peppers; cook in slow-cooker for another hour or oven for 30 minutes or until vegetables are tender.



Beef Stroganoff

Cooking Spray

2 minced garlic cloves

1lb of lean eye round cut into 1 inch cubes

6 ounces of tomato sauce

½ cup of dry red wine

1 cup of sliced fresh mushrooms

1 bay leaf

½ cup of fat-free sour cream

Salt and pepper to taste

Spray non-stick skillet with cooking spray and heat, and sauté garlic. Add meat and brown while stirring for 3 minutes.

Add tomato sauce, wine, mushrooms, and bay leaf. Simmer covered over low heat for 1 1/2 hours.

Turn off heat and stir in sour cream. Add salt and pepper to taste.

Grilled Lemon-Dill Salmon

4 salmon filets, about 3 pounds

1 tablespoon olive oil

1 tablespoon fresh lemon juice

1/2 teaspoon lemon zest

1 teaspoon prepared garlic, minced

1 tablespoon minced fresh dill

¼ teaspoon salt

½ teaspoon pepper

1 teaspoon freshly chopped parsley

Preheat oven to 400 degrees F. Using a non-stick cooking spray lightly grease a 9 by 13-inch pan.

Rinse the filets and pat dry. Place in the pan.

Drizzle olive oil, lemon juice and lemon zest over the filets and sprinkle the garlic, dill, salt, and pepper.

Bake, uncovered, for 20 minutes. Place on serving dish and sprinkle with parsley.

Steamed Lemon-Rosemary Tilapia

1 TBSP of extra virgin olive oil

1 garlic clove, minced

4 Tilapia Fillets

1TBSP of *Promise* margarine

Juice from 1 lemon

2 sprigs of fresh rosemary

Salt and pepper to taste

Heat olive oil in non-stick skillet and sauté garlic until soft.

Squeeze lemon juice over Tilapia fillets and place in skillet with *Promise* margarine over medium heat for 2 minutes.

Add rosemary, cover and simmer over low heat for 5 minutes.

Add salt and pepper to taste.

Shrimp Scampi

1 pound of peeled and deveined shrimp

1 TBSP of olive oil

1 TBSP of *Promise* margarine

1TBSP of fresh chopped garlic

1TBSP of fresh lemon juice

1 tsp of chopped parsley

Heat butter and olive oil in a non-stick skillet over medium-high heat and add shrimp. Sauté for 5 minutes.

Add garlic and sauté for 2 minutes. Add lemon juice and parsley.

Chicken and Mushrooms in White Wine

Vegetable cooking spray

1 pound skinless, boneless chicken breast *halves*

4 tablespoons flour

Kosher salt and black pepper

2 tablespoons olive oil

2 tablespoons butter

2 cups sliced mushrooms

1/2 cup white wine

1/3 cup low-sodium chicken broth

1/2 cup shredded mozzarella cheese

1/3 cup shredded or grated Parmesan cheese

1/4 cup thinly sliced green onions

Preheat oven to 375 degrees. Coat a long baking dish with vegetable spray. Cut each breast half in half again *lengthwise*. Place each piece between heavy plastic wrap and pound flat to 1/8-inch thickness. Sprinkle very lightly with salt and black pepper and dredge lightly in flour.

In a large skillet over medium heat melt half of the butter with half of the olive oil. Add half of the chicken pieces and cook for 4 minutes or until golden and crispy, turning once. Transfer to baking dish and repeat with remaining butter, oil and chicken. To skillet add the mushrooms; cook and stir until tender. Add wine and broth and bring to a boil. Boil gently 5 minutes or until mixture is reduced to half and thickened; pour over chicken. Sprinkle with mozzarella, Parmesan and green onions. Bake, uncovered, for 15-20 minutes.

Spicy Grilled Marinated Chicken Breasts

Marinade:

1/2 cup of low-fat sour cream

1 TBSP of fresh squeezed lime juice

2 TBSP of fresh squeezed orange juice

1 TBSP of fresh squeezed lemon juice

1 TBSP of chili powder

1TBSP of paprika

1/2 tsp of cayenne

1/8 tsp of fresh ground black pepper

2 TBSP of fresh tarragon

1 pound of boneless skinless chicken breast

Whisk marinade together and coat chicken. Refrigerate for 6 - 24 hours.

Spray grill or broiler pan with non-stick cooking spray.

Remove chicken from marinade and grill on each side for 5 minutes.

Orange-Ginger Chicken

1 pound of boneless, skinless chicken breast

1 TBSP of orange zest

1/4 cup of fresh orange juice

2 tsp of grated ginger root

1 TBSP of sesame oil

1 bunch of chopped scallions

1 tsp of chopped garlic

1 TSBP of olive oil

Salt & pepper to taste

Pound chicken until thin and place all ingredients in a plastic bag. Refrigerate for 1 - 8 hours.

Spray non-stick skillet with non-stick cooking spray.

Remove chicken from marinade and sauté 4 - 5 minutes.

Tempeh Lemon Broil with Onions

6 lemon-flavored tempeh

4 small white onions sliced ¼ inch thick

4 cloves of minced garlic

1TBSP of extra-virgin olive oil

Grill tempeh on both sides until hot.

Sauté onions and garlic in olive oil and place over grilled tempeh.

Chile Relleno Puffs

Vegetable cooking spray

5 eggs

3 tablespoons flour

1/4 teaspoon salt

1/4 teaspoon black pepper

1/8 teaspoon cayenne pepper

1/4 teaspoon dry mustard powder

2 cups cottage cheese

One 7-ounce can diced, mild green chilies

1 cup shredded low fat Jack cheese

1/4 cup shredded low fat cheddar cheese

Preheat oven to 350 degrees. Coat a deep dish pie plate with vegetable cooking spray and set aside.

Beat eggs for 3 minutes until lemon colored. Stir in flour, salt, black pepper, cayenne, mustard powder, cottage cheese, chilies, and Jack cheese until well mixed. Pour into prepared pie plate and sprinkle sharp cheddar over the top. Bake for 30 minutes or until puffy and a knife comes out clean and center is firm. Serve warm or at room temperature. Top, if desired, with avocados, salsa, low fat sour cream, sliced olives, green onions.

Orange-Ginger Tofu

½ cup orange juice

1 TBSP of orange zest

1 cup of fat-free, low sodium chicken broth

1 TBSP of dry sherry

1 tsp brown-sugar artificial sweetener

1 TBSP sesame oil

Cooking spray

1 TBSP of fresh minced ginger

2 minced garlic cloves

2 large leeks thinly sliced

1 pound of tofu

Combine orange juice, zest, chicken broth, sherry, sweetener, and sesame oil in bowl and set aside.

Heat cooking spray in nonstick skillet and stir-fry ginger and garlic for 30 seconds. Add leeks and stir-fry for 3 minutes.

Add tofu, stir-fry for 4 minutes, and remove from pan.

Pour orange juice mixture into pan, bring to a boil, and reduce heat.

Cook 10 minutes or until reduced by half.

Stir in tofu-vegetable mixture and simmer for 1 minute.

Mashed White Beans with Garlic and Rosemary

3 tablespoons olive oil

2 large cloves garlic, peeled, but left whole

1 sprig fresh rosemary

Two 14-ounce cans Cannellini beans, drained, rinsed

1-2 tablespoons chicken broth

1 tablespoon freshly grated Parmesan cheese

Kosher salt & black pepper

Olive oil

In a large skillet heat olive oil over medium-low heat. Add whole garlic cloves and rosemary sprig.

Sauté until garlic is soft and rosemary is crispy. Smash garlic with the back of a wooden spoon.

Remove rosemary, slide off the leaves and mince them; return to skillet. Add beans and heat through, stirring and roughly mashing with the spoon, adding chicken broth until desired consistency.

Stir in Parmesan, salt, and black pepper. Place in a serving bowl and drizzle with additional olive oil.

Serve hot.

Bon Appétit!!



Vitamin Supplementation

Because the quantity and composition of your diet is changing, it is necessary to take vitamins and supplements in order to avoid nutritional deficiencies. Vitamins and supplements will be required for the rest of your life or the life of your band.

There are many vitamins and supplements available on the market, and your surgeon will instruct you on what you should take based on your pre op labs.

Daily Recommendations are:

- Liquid or Chewable:
 - *Adult* Multivitamin
 - Calcium Citrate + D
 - Iron + Vitamin C (if instructed by your surgeon)
 - B -complex
 - B-12 sublingual (gastric bypass/sleeve)

Calcium citrate is best absorbed when taken with meals and separate from iron. Iron supplements can sometimes cause gastric discomfort and constipation. Several companies now make specially formulated iron supplements that cause minimal discomfort such as Ferretts IPS and Bifera. B-12 must be taken under the tongue, by injection or in a nasal spray. You cannot take it in a pill that is swallowed whole. If you are having trouble finding your vitamins and supplements in your local pharmacy, please visit the following websites:

www.bariatricadvantage.com

www.optisource.com

www.bariatricfusion.com

www.bbvitamins.com

www.celebratevitamins.com

www.bifera.com

www.betteriron.com

www.bariatriceating.com

www.walgreens.com

It will be important to keep your follow up appointments to have your labs monitored so that your surgeon can properly adjust your vitamins and supplements.

If you choose to have your labs checked by your PCP, please be sure to have a copy faxed to your surgeon's office. On the following page you will find a chart of recommended labs. You should share this with your PCP.

Bariatric Surgery Schedule of Lab Panels

Test	1 month	3 months	6 months	12 months	Annually	18 to 24 months
Thiamine (B1)	If vomiting	✓	✓	✓	✓	
PTH		✓	✓	✓	✓	
CMP		✓	✓	✓	✓	
B-12 (cobalamin)		✓	✓	✓	✓	
Iron panel (ferritin, transferin, TIBC,serum iron)			✓	✓	✓	
Pre-albumin			✓	✓	✓	
Folate (Folic acid)				✓	✓	
Homocysteine				✓	✓	
25 hydroxy-vit D				✓	✓	
Vitamin A (Retinol)				✓	✓	
Zinc				✓	✓	
DEXA scan						✓
Additional Labs as indicated by symptoms						
Anemia		Neuropathy			Hair loss	
B12		B5			Iron panel	
Copper		B6			Protein	
Folate		Copper			Zinc	
Iron panel		Niacin				
Vitamin C		Vitamin E				
Zinc						
Additional Labs						
Selenium			PTT			
Vitamin K			CBC			
PT INR						

References: Jacques, Jacquelyn. Micronutrition for the Weight Loss Surgery Patient. Matrix Medical Communications, 2006.

Sample Vitamin Schedule for gastric bypass/sleeve:

Vitamin or Supplement	Morning	Breakfast	Lunch	Supper	Bedtime
Multivitamin	X				X
Calcium Citrate		X	X	X	
Iron	X				X
B complex/B12	X				

Sample Vitamin Schedule for gastric banding:

Vitamin or Supplement	Morning	Breakfast	Lunch	Supper	Bedtime
Multivitamin	X				
Calcium Citrate		X	X	X	
B complex	X				

Use the following section to write down your vitamin and supplement regimen as given to you by your surgeon.

Vitamin or Supplement	Total Daily Dose	Times per Day
Multivitamin		
Calcium Citrate		
Iron		
B complex		
B12		

Tips for Taking Vitamins:

Place vitamins in your bathroom and take in the morning and at bedtime when you brush your teeth.

Contact vitamin companies and ask for free samples.

Keep a travel bottle at work or in your purse.