

Supplements to take after Gastric Banding and Sleeve Gastrectomy

1. Multivitamin:

These are to be taken daily. Chewable vitamins with Iron and Zinc are recommended for the first 2 months after surgery; afterwards a tablet form is typically acceptable if desired.

You can choose to take 2 chewable children's multivitamins with minerals (such as Flintstone's Complete) or an adult chewable (see packaging for serving size).

2. Calcium with Vitamin D:

Choose a calcium supplement that also contains vitamin D which helps to absorb calcium. These should be taken in 400-600 mg doses of calcium 1-2 times per day, unless otherwise directed. Remember to take your calcium supplements at least 2 hours separately from your multivitamin with iron or iron supplement (if you are taking a separate iron supplement). This will help you to better absorb the calcium and iron.

If you regularly take an acid blocker, you should choose a **calcium citrate supplement that contains vitamin D** for best absorption. Examples include: Citracal Calcium Citrate caplets, CVS Brand Calcium Citrate with Vitamin D, Twinlab Calcium Citrate Chewable Wafers, Life Time Liquid Calcium Magnesium Citrate, and Bariatric Advantage Calcium Citrate Lozenges. Bariatric Advantage Calcium Citrate Lozenges are available at the Weight Management Clinic in Del Mar.

Identify Fullness-Prevent Nausea/Vomiting

Fullness

After eating you may feel pressure or a tight feeling under your breastbone on the lower left rib cage. This is where your stomach is located and you are experiencing stomach fullness. Remember, you will feel full after eating very small amounts of food (usually only 3-6 ounces).

Nausea and Vomiting

Listen to your body, when you feel a sense of fullness: STOP EATING IMMEDIATELY. One extra bite may cause nausea, pain, discomfort or vomiting. If you experience problems with discomfort, pain, nausea or vomiting, identify the cause and make adjustments in your eating style.

Ask yourself:

- ✓ Have you eaten too fast?
- ✓ Have you eaten too much?
- ✓ Did you drink fluids with the meal or too soon afterwards?
- ✓ Did you skip meals or wait longer than 5 hours to eat?
- ✓ Did you lie down too soon after the meal?
- ✓ Did you not tolerate the food you ate?

Food Intolerance

Everyone will tolerate foods differently. If you are not able to tolerate a food, record it on your food log and keep a list. Don't be afraid to reintroduce the food at another time. Bring your food log to your next appointment with the dietitian to discuss.

If you continue to vomit throughout the day, STOP eating solid foods:

- ✓ Sip clear liquids such as broth, tea, water, Crystal Light, Propel, sugar free Jell-O
- ✓ Gradually reintroduce soft foods to your diet

Dietary Protein Sources

- ✓ Include a protein source with every meal. Eat protein foods first
- ✓ Track protein intake daily to help you meet your goal consistently

Remember to choose heart healthy protein options that are low in saturated fat and trans fat. The American Heart Association recommends 7% or less of your daily calories come from saturated fat and less than 1% from trans fat.

	Grams of Protein
Dairy and Eggs	
1 oz low fat cheese	7
¼ cup low fat cottage cheese	7
6 oz light yogurt	5
6 oz low fat plain yogurt	8
6 oz non fat plain Greek yogurt	15
8 oz 1% or skim milk	8
1 large egg	6
1 egg white	3
¼ cup egg substitute	6
Meat and Fish	
1 oz fish, chicken, turkey, lean beef	7
Beans, Tofu, and Veggie Burgers	
½ cup cooked dried beans, lentils	7-9
½ cup tofu	10
½ cup edamame, shelled	10
Boca Burger, original vegan (1)	13
½ cup (3 oz) tempeh	16
2 T hummus	2
Other Foods	
Protein powder (average, 1 scoop)	20
Pro-Cal shake (1 packet)	15

Grocery List: Liquid/Pureed Diet Stages

<u>Protein</u> ○ Pureed baby meats Foods to make purees with: ○ White meat chicken (no skin) ○ White meat turkey (no skin) ○ Fish ○ Tuna packed in water ○ Lean ham ○ Bean/lentil low fat soups ○ Non fat refried beans ○ Tofu	<u>Dairy Protein</u> ○ skim or 1% milk ○ LF or FF cottage cheese ○ LF or FF ricotta cheese ○ LF or FF cheese ○ FF or LF yogurt (no sugar added) ○ Eggs ○ Egg substitutes ○ LF cream soups
<u>Protein Supplements</u> ○ Low sugar, LF protein drinks ○ Low sugar, LF protein powders (whey, soy, egg based) ○ Non fat dry milk	<u>Soy Protein</u> ○ Low fat, plain soy milk (fortified) ○ Soy cheese ○ Soy yogurt (no sugar added) ○ tofu
<u>Fruits /vegetables/starches</u> ○ fresh, frozen or canned unsweetened fruits (to puree) ○ pureed unsweetened fruits/pureed baby fruit ○ fresh or frozen vegetables (to puree) ○ pureed vegetables/baby food vegetables ○ V-8 Juice/tomato juice ○ Sweet potatoes	<u>Other</u> ○ Water ○ SF non carbonated beverages ○ SF Jell-o ○ Broth or bouillon ○ Lemon or lime juice ○ SF popsicles ○ SF pudding ○ Extracts (vanilla, almond, etc) ○ Sugar substitutes
<u>Miscellaneous</u> ○ Sippy cup ○ Baby/toddler utensils ○ Ice cube trays (to freeze pureed foods) ○ Measuring cups and spoons ○ Shot glass (for portion control)	<u>Vitamins</u> ○ Chewable multivitamin: children's complete or adult chewable ○ Chewable calcium with vitamin D

LF= low fat, FF= fat free, SF= sugar free