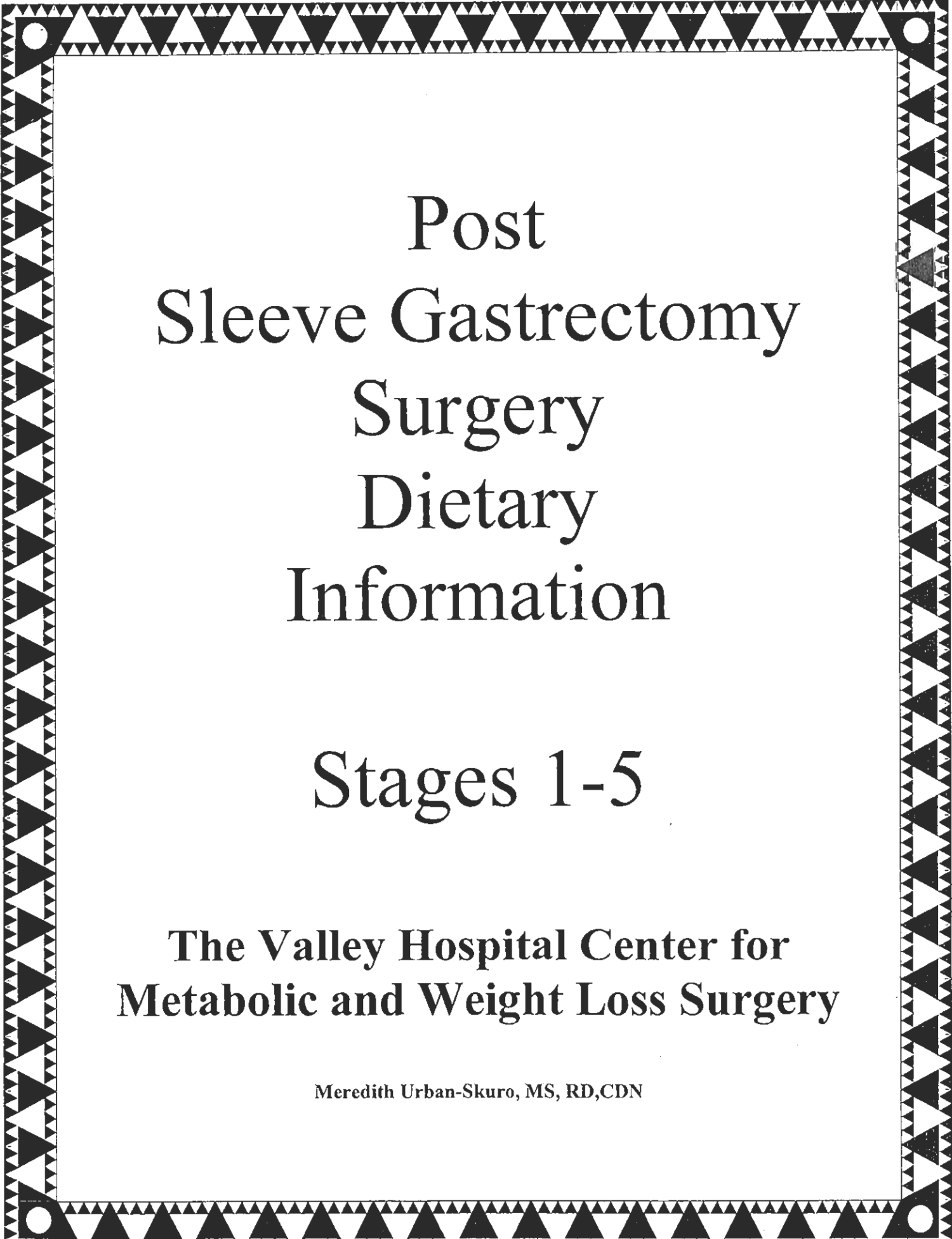




Post Sleeve Gastrectomy Surgery Dietary Information

Stages 1-5

**The Valley Hospital Center for
Metabolic and Weight Loss Surgery**

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Table of Contents

	<u>Page</u>
Stage 1 of Diet –Pre-Surgery Diet-----	1
Stage 2 of Diet – Before Surgery-----	1
Stage 3 of Diet – Clear Liquids-----	1
Stage 4 of Diet – Full Liquids-----	1
Stage 5 of Diet – Pureed Food-----	2
The Pureed Diet-----	2
High Protein Foods and Beverages-----	4
Instructions for Cooking and Pureeing Foods-----	5
Creative Suggestions-----	5
Reminders for Pureed Diet -----	7
Sample Menus-----	7
Beverages -----	8
Changes in Bowel Habits -----	10
Vomiting -----	10
Vitamins/Minerals-----	11
Medications-----	12
Exercise-----	13
Summary-----	14
Follow-up Appointments -----	14

Start now: ^{1000 mg} ~~Multi-vitamin/mineral~~ and ~~calcium~~ supplements every day.

Stage 1 – Pre-Surgery Diet

- FOOD/BEVERAGES: High protein, low fat and low carb
Full liquid diet or combination liquid and food diet. See separate handout given to you by your dietitian.
- DURATION: Usually 2 weeks prior to surgery but if your BMI is 50 or greater, we recommend that you lose 10% of your body weight before surgery.
- REASONS: 1) To reduce fat in the liver which will decrease risks of liver damage during surgery.
2) To reduce weight which will decrease overall surgical risks.

Stage 2

- FOOD/BEVERAGES: None.
- DURATION: Day of surgery and about 24 hours after surgery.
- REASONS: To prevent aspiration of vomit during surgery and complications after surgery like pneumonia.

Stage 3

- FOOD/BEVERAGES: Clear liquids and water – 1 to 2 ounces every 20 minutes while awake (POWERADE[®]/Gatorade[®], chicken broth, diet gelatin, decaffeinated tea)
- DURATION: Day after surgery, if well tolerated, and for rest of hospital stay.
- REASONS: To insure that your gastrointestinal tract is working properly before burdening it with solid food and to prevent overly distending your stomach.
- SUGGESTIONS: 1) Sip slowly.
2) Stop sipping as soon as you feel full. Never force yourself to finish. "When in doubt, wait it out!"
3) Ask the nurse for 1 oz medicine cups and use these to measure your liquids.

Stage 4

- FOOD/BEVERAGES: Full liquids, 2 high protein shakes daily and water.
Each high protein shake should provide at least 25g of protein.
Consume 1 to 2 ounces every 20 minutes while awake.

FULL LIQUIDS		
2 HIGH PROTEIN SHAKES DAILY, 25G PROTEIN PER DRINK		
Water	Broth	Coffee
Tea	Fat free or 1% milk	Crystal Light
Diet Snapple	G2	Powerade Zero
Vitaminwater Zero	Diet gelatin	Sugar free frozen fruit pops
No sugar added frozen fruit pops	Sugar free hot cocoa	Fat free or light yogurt, smooth without bits of fruit
Sugar free pudding	High protein pudding	Light soymilk
Rice milk	Almond milk	

- DURATION: Starting when you get home from the hospital and for the remainder of the first week after surgery.

- REASONS: To insure that your gastrointestinal tract is working properly before burdening it with solid food and to prevent overly distending your stomach.
- SUGGESTIONS:
- 1) Sip slowly.
 - 2) Stop sipping as soon as you feel full. Never force yourself to finish. "When in doubt, wait it out!"

Stage 5

- FOOD/BEVERAGES: Pureed foods and liquids *with an emphasis on protein* (specifics will follow).
One high protein shake daily.
- DURATION: The 2nd and 3rd week after surgery.
- REASONS:
- 1) To provide your body with the nutrients that it needs.
 - 2) To provide sufficient protein for wound healing and to prevent hair and muscle mass loss
 - 3) To prevent injury to the sutures and/or stomach staple line.

For safe weight loss and to keep your body functioning properly, you need to eat a balanced, low fat diet. However, while you are losing weight rapidly, we are emphasizing the protein in your diet. Your skin and muscles are made up of protein and thus need extra protein to heal and rebuild. Also, sufficient protein will prevent loss of muscle mass and hair. The vitamin and mineral supplement that you will be taking daily will help insure adequate nutrition.

During surgery, most of your stomach will be removed, leaving a portion that is shaped similar to a banana. This remaining portion of your stomach will hold about 4-5 ounces at one time which reduces the amount and type of food you can eat at one time, thus causing weight loss. Since your stomach was cut and sewn during surgery, it will be swollen so your capacity for the first few weeks will be less than 4-5 ounces. If you vomit before you are fully healed, you could rupture your sutures that will require additional surgery. Consequently, we recommend pureed food for the first two weeks after surgery as this consistency of food will pass through your swollen stomach more easily, preventing vomiting.

The Pureed Diet

WHEN YOU START STAGE 5 OF YOUR DIET PROGRESSION, YOU SHOULD CONSUME A "MINI MEAL" EVERY 3 TO 4 HOURS. A "mini meal" is a small amount of food which will vary from one person to another and depends on the type of food. The heavier the food, the less you will be able to eat. **Always eat slowly and stop eating when you are comfortably satisfied. Do not consume fluids for at least 1 hour after eating.**

You will need to consume at least **60 grams to 80 grams (g)** of protein per day. *It may be very difficult to consume this much protein right after your surgery but do your best.* You may want to add unflavored protein powder to your pureed food. Some suggestions for unflavored protein powders are: Beneprotein[®] and ProCel[®], both available from www.Amazon.com. You may want to add a second, *more concentrated* high protein drink where you would drink only 1.5 ounces to 4 ounces, depending on the product. Suggestions for these concentrated protein drinks are: GNC's Pro Performance[®] Liquid Protein (3 TBSP's /day), Resource[®] Optisource[™] (4 ounces/day), Profect[®]-25g protein (2.9 ounces/day) and Proteinex[®]-15 (1 ounce/day). The last three products can also be purchased from www.Amazon.com.

You can choose food and beverage items from the following list that will help you to meet your protein requirements by the end of the day. Additionally, **MOST OF YOUR FOOD HAS TO BE PUREED TO THE CONSISTENCY OF APPLESAUCE.** Stage 1 or 2 baby foods can be consumed as an alternative.

Obviously, you will need to buy or borrow a blender or food processor if you don't already own one. It is also important for you to use measuring cups, spoons, and an accurate weighing scale (which can measure up to 16 ounces) to learn what serving sizes look like. If you don't already own these, you should purchase them immediately.

REMEMBER TO EAT EVERY 3-4 HOURS EVEN IF YOU ARE NOT HUNGRY! This will actually help you to lose more weight, prevent you from becoming overly fatigued and prevent gas and acid from building up in your stomach which will cause gas pains and distress when eating.

ONCE YOU START STAGE 5 OF YOUR DIET, STOP USING ONE-OUNCE MEDICINE CUPS FOR FOOD AND LIQUIDS!! Use small plates and bowls and regular cups and glasses. Those designed for children work very well. You can also use children's forks and spoons or an espresso spoon to eat.

NOTES: If you experience cramps, bloating, gas and/or diarrhea after consuming milk products, chew Lactaid[®], Dairy Ease[®] or Dairy Care[®] enzyme tablets (available over-the-counter in pharmacies/drug stores) or switch to Lactaid[®] or Dairy Ease[®] milk (fat free or 1%).

Remember, you need to consume at least **60g -- 80g** of protein each day so concentrate on those foods/beverages that are highest in protein. Also, make sure that you consume as much non-caffeinated liquid as possible to prevent dehydration (symptoms: fatigue, weakness, lightheadedness, headache, nausea, dry mouth and/or infrequent urination). More information about beverages will follow.

The following table lists all the high protein foods and beverages that you should eat and drink after surgery.

NOTE: The high protein items that are bold and italicized do not have to be pureed.



FOOD / BEVERAGE	PORTION	AMOUNT OF PROTEIN (GRAMS)
HIGH PROTEIN SHAKE -MUST HAVE DAILY-	8-14 OUNCES	25
<i>Fat free or light yogurt</i>	6-8 ounces	6-8
<i>Fat free Greek yogurt</i>	5-6 ounces	14-15
<i>Fat free or 1% milk</i>	1 cup	8
<i>Skim Plus or Smart Balance milk</i>	1 cup	11
<i>Soy milk</i>	1 cup	6
<i>Simple eggnog, recipe follows</i>	1 recipe	14
Beef: sirloin, loin, round	1 ounce	7
Veal: loin, leg	1 ounce	7
Pork: tenderloin, loin, ham cuts	1 ounce	7
Lamb: loin, sirloin or leg cuts	1 ounce	7
Chicken/turkey without skin	1 ounce	7
Fish, fin or shellfish	1 ounce	7
Eggs	1 whole	6
Egg whites	2	7
Egg substitutes	¼ cup	5-7
<i>Cottage cheese: fat free, 1%, 2%</i>	¼ cup	7
<i>Ricotta cheese: fat free, lite, part skim</i>	¼ cup	7
<i>Cheese, sliced: no more than 3g of fat per ounce/slice/piece</i>	¾-1 ounce	6-7
<i>Cheese, string: no more than 3g of fat per piece</i>	1 piece	6
<i>Cheese, shredded: fat free, lite, part skim</i>	2 TBSP's	4
Beans	½ cup	8-10
<i>Split pea soup</i> and other bean soups	1 cup	8-10
Tofu	½ cup or 4 ounces	8-10
Tempeh	½ cup	15
Texturized vegetable protein	½ cup	11
Edamame	½ cup	10
Seitan	4 ounces	18-26
<i>Miso paste, soybean based, stir into hot water</i>	3 TBSP's	7
<i>Peanut, almond, cashew and soy nut butter: creamy without sugar</i>	2 TBSP's	7
<i>Baby food: Stage 1 or 2, <u>meat or poultry only</u></i>	2.5 ounce jar	8-9
<i>High protein pudding-available on the internet</i>	4 ounces	15-20

Instructions for Cooking and Pureeing Foods

A. Basic Cooking Instructions

Meats – cook ground meats in water until done. Drain, reserving the cooking liquid

Poultry – Cut into small pieces and cook in water until done. Alternatively, place prepared poultry in microwave-safe dish with ¼ cup of water. Cover. Microwave on MEDIUM power for 6 to 8 minutes or until done. Drain, reserving the cooking liquid.

Fillet of fish – Steam for 5 to 7 minutes or until opaque and flakes easily with a fork. Alternatively, place fish in microwave-safe bowl with 3 TBSP's of water. Cover. Microwave on HIGH for 3 to 5 minutes. Drain, reserving cooking/steaming liquid. Remember that canned tuna and salmon are already cooked.

Shellfish – Remove shell and de-vein if necessary. Cook in boiling water or steam until opaque. Drain, reserving the cooking/steaming liquid.

Fruits – Wash. Remove skin and pit/seeds if necessary. Steam lightly until tender. Reserve the steaming liquid.

Vegetables – Wash and cut into small pieces. Steam, cook in a pot of boiling water or microwave until tender. Reserve the cooking/steaming liquid.

Winter Squash Vegetables – Wash. Cut into pieces and remove seeds if necessary. Bake, steam or cook in a pot of boiling water until soft. Drain, reserving the steaming/cooking liquid.

B. Those with cooking experience can cook their foods as they did prior to surgery. You can use the same herbs and spices on your food as you did prior to surgery but limit the use of hot, spicy seasonings which could cause an ulcer to form in your stomach. Also, limit the fat used in cooking.

C. Pureeing Foods

1. Place (cooked) foods in blender or food processor.
2. Add liquid to cover the blades for the meats, poultry and shellfish (broth, steaming/cooking liquid, clam juice, lemon juice, tomato sauce, onion soup, etc.).
3. Blend until smooth like applesauce
4. Add a liquid to fin fish, fruits and vegetables if needed. Add additional liquid to meats, poultry and shellfish if needed.
5. Strain out lumps, seeds and pieces of food.
6. Use spices and herbs to flavor foods.
7. Enjoy!

Eating pureed food for the first two weeks will be a challenge for you. Stick to it! Be creative!

Creative Suggestions

- 1) ½ cup canned fruit pureed with ¼ cup cottage cheese (add sugar substitute to sweeten).

- 2) 2.5 ounce jar strained (Stage 1 or 2) baby food meat or poultry pureed with 1 cup of soup.
- 3) 1 ounce low fat cheese melted into ½ cup of fat free refried beans.
- 4) Puree a 1 ounce meatball made from ground sirloin with pasta sauce.
- 5) Puree low fat chili. Wendy's makes a tasty, low fat, high protein chili.
- 6) Add protein powder into a pudding mix for a high protein pudding.
- 7) Make sugar-free, fat-free pudding with 2 cups of Skim Plus[®] milk (5.5 g of protein per ½ cup)
- 8) Make sugar-free cocoa with 1 cup of Skim Plus[®] milk (13-15 g of protein)
- 9) Make protein powder more interesting:
 - add flavored extracts to vanilla powder to create new flavors
 - add 1 tsp instant coffee to vanilla powder to make coffee flavor
 - add 1 tsp instant coffee to chocolate powder to make mocha flavor
 - blend powder with ice cubes to create low calorie frappe
 - add fruit, peanut butter and/or sugar-free, non-fat frozen yogurt to your favorite flavor of powder
- 10) Flavor plain, nonfat yogurt with extracts, sugar substitutes, diet Jell-O[®], Crystal Light[®] or sugar free hot cocoa powders.
- 11) Add powdered milk to eggs or egg substitute before cooking to increase protein content. (Each TBSP of powdered milk will add 1½g of protein per serving).
- 12) Add unflavored protein powder to beverages and pureed food to increase the protein content.
- 13) Try mixing fish and/or poultry with lemon juice, fat free/reduced fat mayonnaise, vinegar, tomato sauce, soy sauce or fat free salad dressings.
- 14) Try using ice cube trays for storing pureed food portions. Each ice cube section holds about 1 ounce or ⅓ cup. Freeze the food in the ice cube trays. When frozen, remove the cubes and store in a freezer bag in the freezer. Use 3 cubes as one serving.
- 15) Use small glass custard cups for defrosting the cubes in the refrigerator, microwave or in a pot of water on the stove. If using the later method, the water in the pot should not be higher than ⅔'s of the height of the glass cup.
- 16) Baby warmer trays can be used to keep pureed food warm while you are slowly eating your meal.
- 17) Use a baby spoon or an espresso spoon to eat your pureed food. This will help to control how much food you put in your mouth at one time.

Simple Eggnog Shake

6 ounces of Skim Plus[®] milk (83 Kcal, 8g protein)
2 ounces (¼ cup) egg substitute (30 Kcal, 6g protein)
Artificial sweetener to taste
Rum or vanilla extract to taste
Several ice cubes

Put everything in a blender or food processor and blend until smooth.

Calories: 113 Protein 14 grams

Reminders for Pureed Diet

1. **EAT ALL FOODS IN A PUREED FORM.** All foods must be the texture of applesauce before putting it in your mouth.
2. **EAT SLOWLY!** Use these guidelines to help pace yourself while eating: 10 minutes per ounce for heavier foods such as meat, poultry, fish and eggs, and 5 minutes per ounce for lighter foods such as yogurt and cheese. **Do not spend more than 20 minutes eating at one meal.** Use a baby spoon or espresso spoon to eat.
3. **STOP EATING WHEN COMFORTABLY SATISFIED.** Overeating can lead to nausea and vomiting.
4. **EAT 4 TO 6 MINI-MEALS A DAY.** Small frequent meals are necessary to: meet your nutritional needs, prevent gas build-up, prevent vomiting from overeating and maintain metabolism at a high level.
5. **STOP DRINKING FLUIDS 15 MINUTES BEFORE MEALS AND THEN WAIT AT LEAST ONE HOUR AFTER MEALS TO DRINK. NEVER DRINK DURING MEALS.** Taking fluids during meals or too soon before or after meals may speed emptying of the pouch, causing you to feel hungry more quickly after your meal.
6. Weigh the food on a scale after it has been cooked to make sure that you are getting the right amount of protein.
7. 1 ounce of cooked, ground meat (i.e. 1 serving) is equal to approximately 2½ ounces pureed after sufficient liquid is added to achieve proper consistency.
8. **MAKE SURE THAT YOUR FOOD IS AS MOIST AS POSSIBLE.** Dry food is harder to ingest and may cause gagging and vomiting.
9. Limit the amount of hot, spicy foods consumed as they increase stomach acid, which could cause stomach ulcers.

SAMPLE MENUS

Eat a “mini-meal” every 3-4 hours and make sure to consume at least **60g – 80g** of protein daily.

SAMPLE DAY FOR 6 MINI MEALS

		FOOD GROUP	PROTEIN GRAMS
7am	½ cup fat-free milk blended with ½ scoop Isopure® protein powder	1 milk	4 12.5
10am	¼ cup fat free refried beans 1 TBSP fat free shredded cheese	1 protein ¼ protein	3 2
1pm	1 oz cooked, ground turkey, blended	1 protein	7
4pm	½ cup fat-free milk blended with ½ scoop Isopure® protein powder	1 milk	4 12.5
7pm	1 TBSP creamy peanut butter, without sugar	½ protein	3.5
10pm	5 ozs Total 0% Greek Yogurt	1 milk	15

TOTAL: 63.5g**SAMPLE DAY FOR 6 MINI OVO-LACTO VEGETARIAN MEALS**

		FOOD GROUP	PROTEIN GRAMS
7am	½ cup fat-free milk mixed with 1 scoop Isopure® protein powder	½ milk	4 12.5
10am	½ cup tofu, blended with 2 tsp soy sauce	1 protein	7
1pm	½ cup cooked chick peas blended with lemon juice and cumin	1 protein	7
4pm	¼ cup lite ricotta cheese	1 protein	7
7pm	3 soy meatballs blended with tomato sauce	1 protein	8
10pm	½ cup fat-free milk mixed with 1 scoop Isopure® protein powder	½ milk	4 12.5

TOTAL: 62g**Beverages**

It is important for you to consume as much fluid as possible during the day to prevent dehydration and to excrete the waste products that are a result of fat breakdown, which should be occurring rapidly. The following are acceptable fluids as they are CALORIE FREE or LOW CALORIE beverages:

- Water, plain or flavored without sugar
- Crystal Light®
- Sugar-Free Kool-Aid®
- Coffee or tea
- Bouillon or broth (preferably low sodium)
- Diet Snapple®
- G2® by Gatorade®
- POWERADE ZERO™
- vitaminwater zero®
- Diet Jell-O®
- Sugar-free or "No Sugar Added" popsicles
- Sugar free, fat free hot chocolate (preferably made with water)

Keep the following in mind when consuming beverages:

- 1) CONSUME ONLY **CALORIE FREE OR LOW CALORIE** BEVERAGES. Fluids can pass through your stomach very easily so you can quickly consume a lot of calories by drinking high caloric beverages. This can slow down, stop or reverse your weight loss. **ALL OF YOUR CALORIES SHOULD COME FROM FOOD, NOT FROM BEVERAGES.** The **only exception** to this rule is the **high protein drink**.
- 2) **ACCEPTABLE SWEETENERS** for *beverages and food* include: aspartame (Equal[®], NatraTaste[®]), acesulfame-K (Sweet One[®]), saccharin (Sweet 'n Low[®], Sugar Twin[®]), sucralose (Splenda[®]) and stevia (Truvia[™], PureVia[™]).
- 3) DRINK FLUIDS SLOWLY (I.E. SIP, NOT GULP) AND DO NOT USE A STRAW. Drinking through a straw can overfill your stomach pouch with liquid and air, causing pain and/or vomiting.
- 4) **STOP DRINKING FLUIDS 15 MINUTES BEFORE MEALS AND THEN WAIT AT LEAST ONE HOUR AFTER MEALS TO DRINK. NEVER DRINK DURING MEALS.** Taking fluids during meals or too soon before or after meals may speed emptying of the pouch, allowing you to eat more food during a meal because you are flushing the food out of your pouch quickly. This will also cause you to feel hungry more quickly after your meal because the food has left your pouch quickly.
- 5) **WHEN YOU START STAGE 5 OF YOUR DIET PROGRESSION, STOP USING THE ONE-OUNCE MEDICINE CUPS TO DRINK FLUIDS.** Use regular glasses and cups to drink.
- 6) **WHEN YOU REACH STAGE 5 OF YOUR DIET PROGRESSION, TRY TO DRINK AT LEAST SIX TO EIGHT 8 OZ. CUPS (48-64 OZS.) OF NON-CAFFEINATED BEVERAGES EVERY DAY.** This may be difficult to do during the first 2 weeks after surgery. Just try your best. Aim to slowly drink 3 to 4 ozs. every 30 minutes between your "mini meals". Your high protein drink, which is one of your "mini meals", counts as 8 ozs. toward your daily fluid goal. Start and end the day with another 3 to 4 ozs. of fluids. After 2 weeks post-op, you should be able to **slowly** drink 8 ozs. of fluids at one time. Drinking fluids between meals will help you to feel full and, hopefully, keep you away from high calorie snacks.
- 7) DO NOT FILL UP ON FLUIDS without first meeting your protein requirements for the day.
- 8) DO NOT DRINK **ALCOHOLIC BEVERAGES** (beer, wine and liquor) FOR **ONE MONTH** AFTER SURGERY. Alcohol does not provide any good nutrition (i.e. empty calories) and will take up space in your stomach pouch needed for nutritious food and beverages. Also, if alcoholic beverages make you vomit, your sutures could rupture if you are not fully healed.
- 9) **DO NOT DRINK JUICE.** It is very easy to consume a lot of calories by drinking juice (4oz = about 60 calories). This will slow down your weight loss.
- 10) **NO CARBONATED BEVERAGES** AFTER SURGERY. They could cause gas pains and lead to weight re-gain.
- 11) **NO POWERADE[®]/Gatorade[®]** ONCE YOU LEAVE THE HOSPITAL. At 50 calories per 8 ozs. it is too high in calories.

REMEMBER! YOU SHOULD EAT YOUR CALORIES; DO NOT DRINK THEM!!

Changes in Bowel Habits

CONSTIPATION IS NOT UNCOMMON FROM A REDUCTION IN FOOD, FIBER AND FLUIDS. Because of possible problems with hemorrhoids, hernias and intestinal blockages, it will be important for you to prevent constipation. It may be necessary to take a stool softener for the first month or so until you can drink more fluids and eat more fiber. Stool softeners are available over the counter, such as Colace®. You can also use a daily fiber supplement such as: Benefiber®, LiquaFiber®, sugar free Metamucil® or sugar free Citrucel®. Benefiber® can be mixed into food or beverages and has no taste or color. Fiber supplements should be consumed on a daily basis to be effective and are safe.

More natural ways to help improve regularity include:

- Eat applesauce, oatmeal and/or pureed stewed prunes daily.
- When you start soft solid food, eat more vegetables, fruits, legumes (e.g. black beans, kidney beans, lentils) and whole grains (e.g. bran cereals with 5g or more of fiber per serving).
- Drink lots of water.
- Exercise daily.

If you continue to have problems, try Milk of Magnesia® (2TBSP's, twice a day). If you still experience problems, then try a Dulcolax® suppository or Fleets® enema. If these do not work for you, call your surgeon's office.

NOTE: If you do not have a bowel movement within 5 days of surgery, try Milk of Magnesia® (2 TBSP's, twice a day). If this does not work after one day, try a Dulcolax® suppository or Fleets® enema. If none of these measures help, call your surgeon's office.

GAS PROBLEMS ARE ALSO COMMON AFTER ABDOMINAL SURGERY. If you have gas pains at home, try simethicone drops or chewable Gas-X® to relieve gas pains and other symptoms. Make sure that you walk/move around as much as possible and do not use a straw to drink fluids. Eat/drink slowly and take small bites/sips. Eat smaller meals more often. bean-O®* prevents gas from gas-producing foods/beverages such as: apples, beans (legumes), broccoli, brussel sprouts, cabbage, cauliflower, corn, cucumbers, green peppers, melons, nut butters, onions, radishes, rutabagas, sauerkraut and turnips. If the problems continue, call your surgeon's office.

* Do not take if you have galactosemia or if you are allergic to penicillin.

Vomiting

VOMITING MAY BE CAUSED BY EATING TOO FAST OR TOO MUCH OR EATING PUREED FOODS THAT ARE TOO THICK. Vomiting should be avoided as much as possible as it can cause your sutures to rupture, causing internal bleeding which requires additional surgery to repair. Most patients will, at some point, vomit. ***If you vomit when you try to eat any food, stop eating and drinking for 4 hours and then try clear liquids for one day before returning to pureed foods.*** If vomiting persists, call your surgeon's office. Keeping a food diary will help you determine if vomiting is caused by the types of foods you are eating or if there is another problem. Before you call the office, it is helpful if you write down what you have eaten in the last 24 hours. PERSISTENT ABDOMINAL PAIN WITH VOMITING CAN BE SIGNS OF A BOWEL OBSTRUCTION. Call your surgeon's office immediately.

Vitamins/Minerals

YOU WILL TAKE A MULTI-VITAMIN/MINERAL, CALCIUM, VITAMIN B₁₂ AND VITAMIN D FOR THE REST OF YOUR LIFE since you may not get enough vitamins and minerals from the reduced amount of food that you will be eating after surgery. These supplements will help insure that you do not develop deficiencies. *Your dietitian will discuss vitamin B₁₂ and vitamin D with you at your first follow-up visit.*

For the first month OR until you can tolerate solid food, you cannot take pills/capsules in whole form so the supplements that you will take have to be chewable, liquid or water-soluble powder.

After the first month OR when you tolerate solid food, you can go back to taking whole pills/capsules with water.

When you get home from the hospital, start taking the following supplements in *non-pill* form:

1) A multi-vitamin/mineral (see examples below)

2) Calcium (see examples below)

- Should be taken with food in **divided** doses, no more than 600 mg/dose.
- Doses recommended:

○ Women/Men 18 yrs and younger	1300 mg/day
○ Women/Men 19-50 yrs	1000 mg/day
○ Women/Men 51 yrs and older	1200 mg/day

DO NOT CRUSH YOUR VITAMINS AND MINERALS!!!! There are plenty supplements available that are in chewable, liquid or water-soluble powder form.

MULTI-VITAMIN/MINERAL NOTE: Examples of the various *forms* of multi-vitamin/mineral supplements are as follows: children's chewable (e.g. Flintstones[®] Complete, Freeda[®] Vitalets, Maxi-Health Children's Complete[®]), adult chewable (Centrum[®] Chewable, prescription tablets, Bariatric Advantage[®] chewable tablets, Celebrate[®] Multivitamin), adult liquid (e.g. Centrum[®] Liquid, Tropical Oasis[®]), children's liquid (Maxi-Health Kiddievite[™]) and adult powder (e.g. Celebrate[®] ENS Multivitamin and Calcium Drink Mix, Isotonix[®], All One[®]). After the first month OR when you tolerate solid food, you can take regular pills, like Centrum[®] or Maxi-Health Maxicaps Supreme[™] or Maxivite Supreme[™], Freeda[®] SCD Multivitamin or Ultra Freeda with Iron or continue to use another form.

DO NOT BUY ANY GUMMY MULTI-VITAMINS. Most do not have minerals and all are missing some of the B vitamins.

CALCIUM NOTE: Examples of the various *forms* of calcium supplements are as follows: chewable (e.g. Caltrate[®] 600 Plus, Viactiv[®], Country Life[®] Cal-Snack[®], GNC ActiveCal[™], Nutrition Now[®] Calcium Soft Chews, TwinLab[®] Calcium Citrate Wafers, Bariatric Advantage[®] Chewy Bites and Lozenges, Maxi-Health CalciYum[™]), gummy (Caltrate[®] Gummy Bites, Citracal[®] Calcium Gummies, Vitafusion[®] Calcium), liquid (e.g. Just An Ounce[®], Tropical Oasis[®] Liquid Calcium & Magnesium, Bluebonnet's and LifeTIME[®]'s Liquid Calcium Magnesium Citrate) or water-soluble powders (e.g. Isotonix[®], Global Health UpCal-D[®], Kal Fizz C[™], Maxi-Health CalciFizz[™], Bariatric Advantage[®] Crystals). After the first month OR when you can tolerate solid food, you can take regular pills, if you desire, or continue to use another form of calcium.

You should start taking the multi-vitamin/mineral and calcium supplements when you get home from the hospital so make sure that they are purchased ahead of time.

Tips:

- Do NOT take the multi-vitamin/mineral supplement on an empty stomach as this may cause nausea and vomiting.
- Take your supplements with plain water. Caffeinated beverages like tea, coffee and cola interfere with the absorption of some vitamins and minerals. Also, the ingredients in other types of beverages may cause unwanted interactions with the nutrients in the supplements.
- Do NOT take more than ~~500-600~~mg of calcium at one time, as your body will not absorb more than this amounts at one time.
- Do NOT take calcium and iron at the same time; take them at least 2 hours apart. Calcium and iron interfere with the absorption of each other.
- Calcium and iron may decrease the absorption of thyroid hormones (e.g. Synthroid®). Take calcium supplements separately from your thyroid hormone pill by 2 hours and iron separately by 4 hours.
- Caltrate® 600, Viactiv® and other calcium carbonate products are better absorbed after a meal.
- When you can swallow solid pills, take several forms of calcium supplements (pills, chewable, water soluble powder) to decrease pill-taking fatigue.
- A calcium supplement with magnesium may help to avoid constipation. Calcium citrate is less constipating than calcium carbonate.
- Take vitamin B₁₂ with your multi-vitamin/mineral to help with the absorption.
- **Stop taking your calcium supplements if you are taking a cycline antibiotic (e.g. tetracycline and doxycycline) or the antibiotic ciprofloxacin (Cipro).** Calcium blocks the absorption of these drugs. Also, keep your multi-vitamin/mineral away from these drugs by several hours.
- Wait at least one hour between taking any of your supplements and taking prescription medications as they could decrease the efficacy of each other.

Serious problems can occur if you do not take your vitamins and minerals every day:

<u>Vitamins/Minerals</u>	<u>Deficiency Problems</u>
Multi – vitamin/mineral	Eye problems, depression, anxiety, mental confusion, diarrhea, mouth sores, skin problems, difficulty eating and swallowing, fatigue, anemia, easy bruising, slow healing, teeth and gum problems, peripheral neuropathy, abnormal bleeding, etc.
Calcium	Weak & broken bones, collapsed spine, muscle spasms
Vitamin B ₁₂	Tingling in hands & feet, nerve damage, paralysis, trouble walking
Vitamin D	Weak & broken bones, collapsed spine, impaired immune system

Vitamin and mineral levels in your blood must be monitored at least yearly. Your needs will be adjusted by a member of your health care team as necessary. This is one of the reasons that you must return at least once a year for a follow-up visit.

MEDICATIONS

For one month following surgery or until you can tolerate solid food (usually 2-4 weeks after surgery), you will need to crush pills/open capsules and add to food/beverages. Check with your prescribing physician to determine if this is acceptable (e.g. time released pills can not be crushed). A “pill crusher” is recommended to help crush pills.

Your surgeon's office will prescribe medications/supplements that are in liquid or chewable form with two exceptions. One exception is Actigall® (for the prevention of gallstones) that comes only in capsule form. Actigall® is very important to take for **6 months** after surgery if your gallbladder is **not** removed and you do not already have gallstones. You will be given a prescription for Actigall® at your first follow-up visit.

The second exception is Prilosec® (generic: omeprazole), Prevacid® (generic: lansoprazole) or Zantac® (generic: ranitidine) that come in capsule or pill form. Start taking Prilosec®, Prevacid® or Zantac® (whichever one is prescribed for you) when you get home from the hospital and continue taking it for **4 weeks after surgery even if you feel OK**. Open the capsule or crush the pill and add to food or beverage. The purpose of this acid reducing medication is to protect your newly formed stomach pouch, not to make you feel better. If you are taking another acid reducing medication (PPI) besides Prilosec®, Prevacid® or Zantac®, your surgeon may prescribe this medication for you after surgery. In this case, you will stop taking this medication when your surgeon or prescribing physician tells you to stop.

EXERCISE

Exercise is extremely important to your weight loss and subsequent weight management program. Exercise:

- Diminishes the urges to eat.
- Increases energy.
- Promotes the reduction of body fat.
- Helps to balance both the loss of muscle mass and reduction in resting metabolic rate.
- Strengthens cardiovascular integrity.
- Increases sensitivity to insulin.
- Improves bone density.
- Contributes to long-term maintenance of lowered body weight.
- Improves one's sense of well-being and self-esteem.
- Decreases the symptoms of depression such as feeling sad, fatigued, worthless and unable to think or concentrate.

To start reaping the benefits of exercise, we suggest that you start a **walking** program after discharge from the hospital unless a member of your medical team recommends against your walking. You should start **SLOWLY**, even as little as a 10 minute walk, three times per day. Increasing the time that you walk by five minutes per week is a very conservative but acceptable goal. You should walk for as long as you feel comfortable **both inside and outside of the house**, but **DO NOT OVERLY EXERT YOURSELF**. **YOUR GOAL IS TO WALK 30 MINUTES PER DAY.**

The 30 minutes does not have to be done consecutively. Research has shown that you can gain the same **cardiovascular** benefit from walking 10 minutes, three times per day, as you can from walking for 30 minutes at one time. However, **to start burning fat**, you will need to walk for at least 20 minutes with elevated heart rate.

After approval from your medical advisors, we suggest that you also start a program of resistance exercises (30 minutes for 2 days per week). However, these exercises should be done under the supervision of an experienced trainer.

SUMMARY

- YOU WILL NEED TO EAT PUREED FOODS FOR THE 2ND AND 3RD WEEK AFTER SURGERY. If you experience any vomiting during that time, stop eating and drinking for 4 hours and then try clear liquids for one day before trying pureed food again.
- WHEN YOU START STAGE 5 OF YOUR DIET PROGRESSION (PUREED FOOD), YOU SHOULD CONSUME SMALL MEALS OF PUREED FOODS EVERY 3 TO 4 HOURS.
- MAKE SURE TO CONSUME 60 GRAMS TO 80 GRAMS OF PROTEIN DAILY.
- IT IS IMPORTANT TO CONSUME AS MUCH NON-CAFFEINATED FLUID AS POSSIBLE DURING THE DAY TO PREVENT DEHYDRATION. However, fluid should be consumed at least 1 hour after eating and stopped 15 minutes before eating. Your goal should be to consume at least 48-64 ounces (6-8 cups) of non-caffeinated fluids per day. Stop using the one-ounce medicine cups when you start Stage 5 of the diet progression. Use regular glasses and cups to drink.
- PERSISTENT ABDOMINAL PAIN AND VOMITING CAN BE SIGNS OF A BOWEL OBSTRUCTION. Call your surgeon's office immediately.
- YOU WILL NEED TO TAKE A MULTI-VITAMIN/MINERAL, CALCIUM, VITAMIN B₁₂ AND VITAMIN D FOR THE REST OF YOUR LIFE! You will start the multi-vitamin/mineral and calcium when you get home from the hospital. Your dietitian will start you on vitamin B₁₂ and vitamin D at your first follow-up visit.

FOLLOW-UP APPOINTMENTS

YOU WILL MEET WITH YOUR SURGEON/NURSE PRACTITIONER (NP) AND DIETITIAN TWO TO THREE WEEKS AFTER SURGERY. Your dietitian will review with you Stage 6 of your diet, which is the transition from pureed to solid foods, and your surgeon/NP will check your medical progress. You will then see your surgeon, nurse practitioner and/or dietitian at 5 to 6 weeks, 3, 6, 12, 18 and 24 months after surgery and then every year.

Please be aware that there may be some variation in the follow-up schedule depending on the preferences of your surgery team members and your needs.

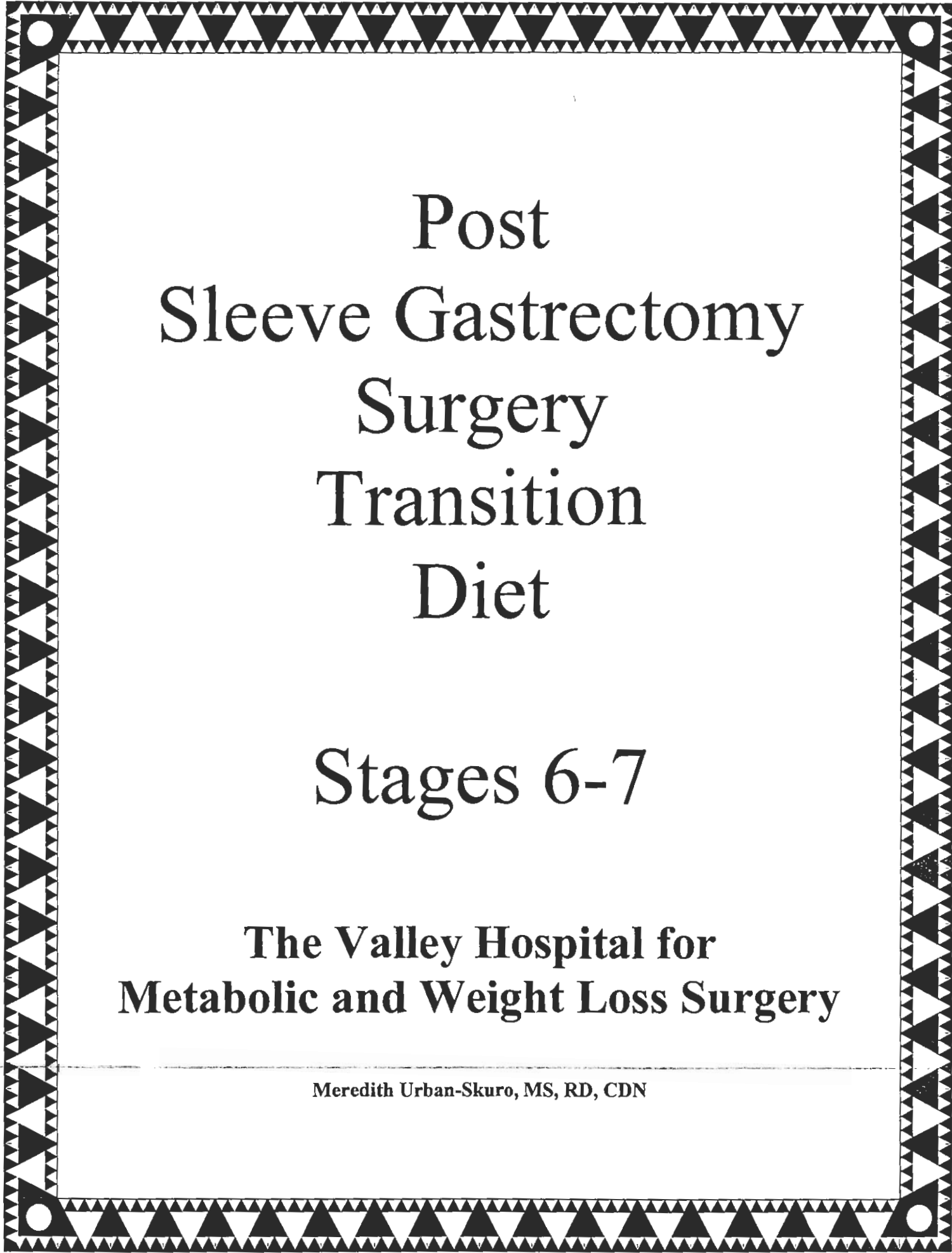
We want to:

- 1) Help you to develop new eating habits that are healthy.
- 2) Make sure that you are consuming enough protein and calories to properly nourish your body.
- 3) Assist you in choosing a variety of healthy foods.

Follow-up is for life after this surgery. You will need to take blood tests yearly to check for vitamin/mineral deficiencies and other abnormalities.

CALL YOUR DIETITIAN WITH ANY DIET-RELATED QUESTIONS!

Meredith Urban-Skuro, MS, RD, CDN
(201) 251-3496



Post Sleeve Gastrectomy Surgery Transition Diet

Stages 6-7

**The Valley Hospital for
Metabolic and Weight Loss Surgery**

Meredith Urban-Skuro, MS, RD, CDN

STAGE 6 – 4TH AND, POSSIBLY 5TH, WEEK AFTER SURGERY

FOOD: Soft solid food
REASONS: To provide an easy transition from pureed foods to regular solid food. Additionally, it will help in learning the amount of chewing that is needed after this surgery before the more difficult solid foods are encountered. Proper chewing of solid foods prevents nausea and vomiting.

ADJUSTING TO SOFT SOLID FOODS

1. **SLOWLY EAT SMALL AMOUNTS OF FOODS. TAKE BITES THAT ARE THE SIZE OF YOUR THUMBNAIL (PINK AREA) OR THE SIZE OF A DIME. STOP EATING WHEN YOU ARE COMFORTABLY SATISFIED.**

Take one small bite, put your spoon or fork down, chew well, swallow and then wait 30-60 seconds after swallowing to take another bite. When you feel satisfied, STOP EATING and wait till your next meal to eat again! If you don't stop eating when you first experience the feeling of satisfaction, you will feel pain and/or vomit. Do not watch T.V. or read while eating. Place food on a small plate to maximize its appearance. Your capacity to eat more will increase over time. You shouldn't, however, be able to consume the amount of food you did prior to surgery.

2. **CHew FOODS THOROUGHLY.**

Chew food until it is almost liquid in your mouth (about 15-25 times). Well-chewed food places less stress on your stomach pouch. Chewing well also prevents vomiting.

3. **AVOID HIGH FAT FOODS AND BEVERAGES AS WELL AS HIGH FAT COOKING METHODS.**

If you consume too much fat, you can slow down, stop or even reverse your weight loss. See page 6 for more details on this topic.

4. **KEEP IN MIND THAT EATING/DRINKING TOO MANY CALORIES CAN SLOW DOWN, STOP OR EVEN REVERSE YOUR WEIGHT LOSS EVEN THOUGH YOUR OVERALL DIET IS LOW IN FAT.**

5. **CONTINUE TO DRINK ONLY CALORIE FREE OR VERY LOW CALORIE BEVERAGES. ALL OF YOUR CALORIES SHOULD COME FROM FOOD.**

6. **DRINK FLUIDS AT LEAST 1 HOUR AFTER MEALS AND TO STOP DRINKING 15 MINUTES BEFORE MEALS.**

Fluids will fill your pouch quickly. Eat nutritious solid foods at meals and drink fluids 1 hour later to: avoid feeling bloated, eat less at a meal and to feel "satisfied" longer after the meal.

7. **AIM TO DRINK AT LEAST EIGHT 8 OZ. CUPS (64 OZS:) OF NON-CAFFEINATED BEVERAGES EVERY DAY BETWEEN MEALS.**

You should be able to slowly consume about 8 ozs. of fluid at one time.

8. **DO NOT DRINK JUICE OR EAT DRIED FRUIT.**

You can easily consume a lot of calories with juice and dried fruit (4oz juice = 60 calories; 3 dried prunes, 2 TBSP raisins, 8 dried apricot halves = 60 calories).

9. EAT **THREE** MEALS PER DAY WITH **ONE TO THREE** SNACKS.
10. YOU CAN ELIMINATE YOUR PROTEIN DRINK WHEN YOU ARE ABLE TO CONSUME YOUR REQUIRED PROTEIN FROM FOOD ALONE.
Remember, you need **at least** 60g-80g of protein per day.
11. LIMIT OR ELIMINATE SWEETS (E.G. CAKES, PIES, PASTRIES, MUFFINS, SCONES, COOKIES, CANDY, ICE CREAM, REGULAR PUDDING, QUICK BREADS).
If you have sweet cravings, eat fruit, a sweet potato or peanut butter and/or use sweet spices such as cinnamon in your food or beverages. Try sugar free, fat free pudding (limit to ½ cup per day) or sugar free/"no sugar added" frozen fruit pops (limit to 2 per day). Consuming sweets, which are usually high in calories and fat can decrease your weight loss or stop it totally.
12. START TO DECREASE YOUR CONSUMPTION OF YOGURT, CHEESE AND SOUP **AS MEALS** AND INCREASE THE AMOUNT OF FISH, POULTRY, MEAT, EGGS, LEGUMES AND VEGETABLES THAT YOU CONSUME DURING MEALS. DON'T FORGET TO HAVE 1 SERVING OF FRUIT EACH DAY.
Yogurt, cheese, and soup pass through your stomach pouch very easily, which causes hunger to return more quickly. On the other hand, fish, poultry, meat, eggs, legumes, vegetables and fruit pass through very slowly, which helps you to feel satisfied longer and thus consume fewer calories during the day.
13. MAKE SURE THAT YOUR FOOD IS AS **MOIST** AS POSSIBLE.
Dry food is harder to swallow and may cause gagging, discomfort, pain and/or vomiting. Cook foods in liquids (e.g. poaching, stewing, in soups) or add low fat gravies, sauces, salad dressings, mayo, etc. to help make foods moister. If a bite of a food that is too dry gets "stuck" and causes discomfort, get up and walk around for several minutes. If the food continues to be "stuck", drink some water which will force the food down or cause it to come up. Either way, you will get relief from your discomfort.
14. DO NOT SPEND MORE THAN **20 MINUTES** EATING.
This will limit the amount of calories consumed and prevent a "grazing" habit.

YOUR DIET PROGRESSION

Make sure that you meet your daily protein requirements (60g to 80g) from high protein foods before choosing foods from the other food groups:

1 Fruit serving

1-2 Vegetable servings

1 Fat serving

1 Starch serving

You will eat only soft solid foods for TWO weeks, with the same restriction for fat that you followed during the pureed stage of your diet. While you will be able to eat more foods during this stage, there are still foods that you need to avoid for at least TWO more weeks. The following should help you in choosing soft cooked foods that you should easily tolerate at this time:

Milk Group (High Protein)

SOFT SOLID FOODS	FOODS TO AVOID
Non-fat, fat free, lite or light yogurt, flavored or plain	

Protein Group (High Protein)

SOFT SOLID FOODS	FOODS TO AVOID
Fin fish, lobster, shrimp, scallops, crab	Clams, mussels, oysters, squid, octopus
<i>Ground</i> lean meat	All meats <i>except</i> pureed or ground*
<i>Ground</i> chicken or turkey <u>breast</u>	All poultry <i>except</i> pureed or ground chicken or turkey breast
<i>Soft cooked</i> eggs and egg substitutes	Hard boiled eggs
Beans (legumes)	
All cheese <i>with 3g of fat or less per serving</i>	
Tofu, miso paste, tempeh	Seitan

Vegetable Group

SOFT SOLID FOODS	FOODS TO AVOID
<i>Soft cooked</i> artichoke (leaf tips and bottom), beets, cabbage, carrots, onion, mushrooms, sauerkraut, turnips and <i>skinless</i> eggplant, summer squash, tomato and zucchini	All <i>raw</i> vegetables All cooked vegetables not listed on left

Fruit Group

SOFT SOLID FOODS	FOODS TO AVOID
<i>Canned</i> fruit packed in <i>water or natural juice</i>	
<i>Unsweetened</i> applesauce	
Banana, kiwi, melon, papaya, mango, raspberries, strawberries and <i>peeled</i> apricot, nectarine, peach or plum	All <i>raw</i> fruit not listed on left

1 Starch Group

SOFT SOLID FOODS	FOODS TO AVOID
Oatmeal, cream of wheat or rice, farina or grits, all <i>without any lumps</i>	Cooked multi-grain cereals, hot cereals with nuts and/or dried fruit
Soups that contain fish, ground turkey or chicken breast, pureed or ground lean meat or soft cooked vegetables	Soups with meat*, poultry, clams, oysters, mussels, octopus, and/or squid
<i>Low fat</i> cream soups	
<i>Toasted</i> bread, bread sticks, crackers, melba toast, matzoth, rice cakes	<i>Toasted</i> rolls, bagels
Corn, peas, lima beans, plantains, potatoes, yams, winter squash, yucca	
<i>Unsweetened</i> corn, wheat or oat bran flakes and Special K	All other <i>unsweetened</i> , cold cereals not listed on left
	Pasta*, noodles, rice* and other grains

***NOTE: Beef (except ground), rice and pasta should be avoided for 3 months after surgery.**

Fat Group

SOFT SOLID FOODS	FOODS TO AVOID
Avocado, butter, cream cheese, margarine, mayonnaise, Miracle Whip, oils, olives, creamy peanut butter, salad dressing, sour cream, tahini paste <i>NOTE: Choose the light or low fat versions or limit the amount of full fat versions. Choose natural PB without sugar.</i>	Bacon, nuts, seeds, crunchy peanut butter

SAMPLE MENU—SOFT SOLID FOODS**Breakfast (7am)**

1-2 scrambled eggs

7-14 grams protein

Snack (10am):

6 ounce container Greek yogurt

14 grams of protein

Lunch (1pm):

4 ounces Wendy's chili

8.5 grams of protein

Snack (4pm):

8 ounces protein shake

25 grams of protein

Dinner (7pm):

1-2 ounces baked fillet of sole

7-14 grams protein

¼ cup broccoli florets

1 gram of protein

Snack (10pm):

½ mango

No protein

Total Protein: 62.5-76.5 grams

STAGE 7 – 5TH OR 6TH WEEK AFTER SURGERY

FOOD: Regular solid food
DURATION: On-going.

GUIDELINES FOR REGULAR SOLID FOODS

- 1) ELIMINATE THE PROTEIN DRINK, IF YOU HAVE NOT DONE SO ALREADY.
- 2) YOUR DIET SHOULD CONSIST MOSTLY OF FISH, CHICKEN, MEAT (IF TOLERATED), EGGS AND LEGUMES WITH VEGETABLES AND 1 TO 2 FRUITS PER DAY. DO NOT CONSUME MORE THAN ONE STARCH SERVING EACH DAY. CONSUME YOGURT, CHEESE AND SOUP AS SNACKS ONLY, NOT AS MEALS.
- 3) CONTINUE TO DRINK ONLY CALORIE FREE OR VERY LOW CALORIE BEVERAGES. ALL OF YOUR CALORIES SHOULD COME FROM FOOD.
- 4) CONTINUE TO DRINK FLUIDS AT LEAST 1 HOUR AFTER MEALS AND TO STOP DRINKING 15 MINUTES BEFORE MEALS.
- 5) CONTINUE TO DRINK AT LEAST EIGHT 8 OZ. CUPS (64 OZS.) OF NON-CAFFEINATED BEVERAGES EVERY DAY BETWEEN MEALS.
- 6) CONTINUE TO LIMIT OR ELIMINATE ALL SWEETS AND AVOID SUGAR-BASED BEVERAGES.
- 7) RED MEAT, SOFT BREAD, WHITE RICE AND FIBROUS (STRINGY) VEGETABLES (ASPARAGUS, LEEKS, CELERY, ETC.) MAY NOT BE TOLERATED WELL, EVEN WITH CAREFUL CHEWING.
These foods may have to be temporarily eliminated from the diet if they continue to cause nausea, vomiting and/or stomach discomfort.
- 8) THE SKIN ON SOME FRUITS AND VEGETABLES IS OFTEN DIFFICULT TO DIGEST AFTER SURGERY (I.E. THE SKIN ON APPLES, PEARS, NECTARINES, ZUCCHINI AND EGGPLANT).
You may have to peel these foods for several months.
- 9) CONTINUE TO SPEND NO LONGER THAN 20 MINUTES EATING.
- 10) CONTINUE TO EAT 3 MEALS AND 1-3 SNACKS PER DAY.

ADDITIONAL INFORMATION ABOUT THE FOOD PROGRESSION

1. As your diet progresses and you are eating more, there may be the temptation to eat foods with a higher fat content. Please resist this temptation as it will slow down or even reverse your weight loss. Keep the following in mind as you make your food choices:
 - A) **All fried foods are high in fat** whether they are vegetables (e.g. fried zucchini sticks, french fried potatoes, hash browns, fried plantains, onion rings), poultry (e.g. fried chicken, chicken nuggets, buffalo chicken wings), beans (e.g. refried beans) or snacks (e.g. Cheetos®, Doritos®, Fritos®, potato chips). Grilled cheese sandwiches, egg rolls, french toast, chow mein noodles, croutons and hard taco shells are other examples of fried foods. All fried foods should be avoided.
 - B) Use low fat cooking methods
 - 1) Bake, broil, roast, grill, poach, steam or boil your meat, poultry or fish instead of frying.
 - 2) Use a non-stick pan and/or a cooking spray (e.g. PAM®) when cooking on top of the stove. If it is necessary to use oil, use as little as possible (1 tsp should be sufficient). Do not use the following fats in your cooking: bacon grease, fatback (or salt pork), shortening (e.g. Crisco®), lard and beef tallow.
 - C) Stay away from high fat meats/poultry such as spareribs, sausages, oxtails, chicken/turkey wings, chopped chicken livers, ground pork, regular ground beef, luncheon meats that have 5 grams or more of fat per ounce (e.g. bologna, pimento loaf, salami), hot dogs (beef, turkey and chicken), bacon (unless counted as a fat serving: 1 slice = 1 fat serving).
 - 1) Instead of regular ground turkey or chicken, use ground turkey or chicken **breast**.
 - 2) Instead of regular ground beef/chuck, use ground sirloin or beef that is 91% to 99% lean.
 - 3) The best choices for luncheon meats are: turkey/chicken breast, roast beef, any of the hams or Healthy Choice® luncheon meats.
 - 4) Chicken or turkey hot dogs have almost as much fat as regular beef hot dogs. Choose **low fat beef** hot dogs instead.
 - 5) Canadian bacon is much lower in fat than regular bacon. It is a better choice.
 - D) Remove skin from poultry as almost all the fat in poultry is in or just under the skin.
 - E) Trim all visible fat from meat.
 - F) Continue to use **fat free, 1% or Skim Plus®** milk and **light or fat free** yogurt.
 - G) Consume only those cheeses with **3 grams of fat or less per ounce**. When eating away from home it is safe to assume that the cheese on your food is full fat cheese. Either eliminate it or reduce the amount that you consume.
 - H) Olives are considered a fat: 8 large black/green olives = 1 fat serving
10 small black or green, stuffed olives = 1 fat serving.
 - I) Nuts are considered a fat and may be too difficult for you to digest so proceed with caution!!
 - 4 halves of pecans, walnuts = 1 fat serving
 - 10 whole peanuts or pistachios = 1 fat serving
 - 6 almonds or cashews = 1 fat serving
 - 1 TBSP sesame, pumpkin and sunflower seeds = 1 fat serving.

J) Foods made with mayonnaise such as egg, tuna, chicken, macaroni and potato salads and cole slaw are high in fat, mostly due to the full fat mayo that is used to make them. One teaspoon of mayo is 45 calories and 5g of fat. You are getting much more mayo than one teaspoon in one serving of these foods.

Either avoid these items when eating out or make them at home using low fat or fat free mayonnaise [Hellmann's® Light (flavored varieties are OK) or Reduced Fat Mayonnaise products are good choices].

Tartar sauce is made from mayonnaise so it is high in fat. Make your own tartar sauce using low fat or fat free mayonnaise. Good recipes are available online.

K) Choose tuna packed in water versus tuna packed in oil. You will save up to 10 calories and 2 grams of fat per ounce. Tuna salad that is purchased away from home is also made with oil-packed tuna which contributes to its high fat content, along with the high fat mayo. Similarly, by choosing skinless and boneless sardines packed in water versus oil, you could save about 30 calories and 3g of fat per ounce.

L) When eating out, the salad dressings that are served are usually high in fat. Ask for low fat or fat free dressings "on the side" (in a separate container from your salad). Pour salad dressing sparingly over your salad or dip your fork into the salad dressing first, then spear your lettuce leaves. These methods will cut back on the fat for an otherwise healthy food.

45 calories and 5 grams of fat:

* 1 TBSP regular salad dressing

2 TBSP's low fat salad dressing

Less than 20 calories with no fat:

1 TBSP fat free salad dressing

2 TBSP's fat free Italian salad dressing

M) "Light" olive oil means light in flavor. It has the same amount of fat and calories as regular olive oil.

N) Other high fat foods include: cream soups (made with heavy cream and butter), granola (cooked in oil), mashed potatoes (usually made with regular milk and butter), regular popcorn (cooked in oil), crackers stuffed with cheese or peanut butter, avocado (a good fat but 1/4 of one = 45 calories and 5g fat), sauces such as alfredo, béarnaise, hollandaise, white clam and pesto (made with cream, mayonnaise, butter and/or oil), "light" tomato sauce (has cream added to make it light in color), coconut (meat, cream and milk), hummus (made with olive oil and tahini paste, both good fats) and croissants (made with a lot of butter).

2. **Herbs and spices are fine to use in seasoning your foods.** Limit the amount of hot, spicy foods that you consume like hot pepper sauce, jalapeno peppers, red pepper flakes, etc. These may generate excess stomach acid, causing an ulcer to develop in your stomach pouch. Other acceptable seasonings and condiments to use with foods are:

Flavoring extracts

Garlic

Ketchup

Lemon juice

Lime juice

Mustard*

Pimentos

Soy sauce*

Salsa

Worcestershire Sauce*

* High in sodium

3. **Consume no more than one starch serving per day for the next month.** Too much starch (bread, rice, pasta, cereal, etc.) can slow down, stop or even reverse your weight loss.
4. **Each person has his/her own food intolerances.** By trial and error, you will find out which foods are tolerated and which ones are not.
5. **Occasionally a food which is tolerated one day is not tolerated the next day.** This is considered normal. Remember to include a variety of foods in your diet and keep trying.

VITAMINS AND MINERALS

When you are sure that you are tolerating solid food, you can take pills without crushing them and capsules without opening them into food. If you no longer want to take your multi-vitamin/mineral and calcium supplements in chewable, liquid or water-soluble form, you can switch to supplements that are in pill or capsule form that can be taken with water. Start to take your sublingual vitamin B₁₂ and vitamin D if you have not already started taking them. However, if you have problems after taking whole pills, break them in half before swallowing. **REMEMBER TO TAKE YOUR MULTI-VITAMIN/MINERAL, CALCIUM, VITAMIN B₁₂ AND VITAMIN D EACH DAY.**

COMMON PROBLEMS

1. Vomiting can occur when adjusting to solids. If you should vomit, note the amount of food that you ate and the texture of the food. Substitute a different food from the same food group as the food that caused you to vomit. For example, if toasted bread is not tolerated, then try melba toast, crackers or rice cakes. Eat small quantities, chew well, and take time to savor the flavor. Since foods that are **too dry** can be difficult to swallow, make sure that all your foods are **moist**. Add low fat gravies, salad dressings, mayo, etc. to help make the foods moister. In addition, do not drink fluids at a meal that contains solid foods. The pressure of liquids on top of food may cause distress and may cause you to vomit.

NOTE: If you continue to vomit whenever you try to eat, stop eating and drinking for 4 hours and then consume clear liquids for 1 day before trying solid food again. If vomiting persists, call your surgeon's office.

2. Constipation may occur due to a decreased food, fluid and fiber intake. Increasing fluids, fruits (especially stewed prunes), vegetables and legumes may be helpful. Your one starch serving should also be made from whole grains, e.g. whole wheat bread. If necessary, Milk of Magnesia® (2 TBSP's 2x/day) with liquids can provide quick relief. If you continue to have problems, try a Dulcolax® suppository or Fleets® enema. It may be necessary to take a stool softener (e.g. Colace®) until you can drink more fluids and eat more fiber. You can also try bulking agents like: Benefiber®, LiquaFiber®, sugar free Metamucil® or sugar free Citrucel®. They are safe to consume on a daily basis. Benefiber® and LiquaFiber® can be mixed into food or beverages. Exercising also helps. If none of this works, call your surgeon's office.

EXERCISE

Hopefully, you have been doing well with your walking program and enjoying it. **Make sure that you are walking at least 30 minutes every day.** In addition to your walking, it would also be

FOOD/BEVERAGE LOG SAMPLE

Name: Jane Doe

Date: 6/1/09

Time	Amount (tsp, oz, Tbs, cup)	Food/Supplement	Grams of Protein
Breakfast			
7:00 A.M.	1-2	Hard boiled eggs	7-14
	½ piece	Whole wheat toast	1
Lunch			
12:30 P.M.	2-3 oz	Canned tuna in water	14-21
	1 teaspoon	Light Mayonnaise	0
	1	Tomato, medium, sliced	2
Dinner			
6:00 P.M.	2-3 oz	Chicken thigh, roasted	14-21
	¼ cup	Carrots, steamed	1
	2 oz	Baked potato	2
Snack(s)			
10:00 A.M.	1	Slice low fat cheese	7
3:30 P.M.	½ cup	Low fat cottage cheese	14
	½ cup	Strawberries, medium, sliced	0
9:00 P.M.	6 oz	Dannon® Light and Fit yogurt	6
Beverages			
11:00 A.M.	8 oz	Tea with lemon	0
1:30 P.M.	16 oz.	Crystal Light®	0
7:00 P.M.	16 oz	Diet Snapple®	0
8:00 P.M.	8 oz	Skim Plus® Milk with No Added Sugar Carnation Instant Breakfast®	15

Total grams of Protein: 83-104

Glasses of water: **X1 X2 X3** ☐4 ☐5 ☐6 ☐7 ☐8

FOOD/BEVERAGE LOG

Name: _____

Date: _____

Time	Amount (tsp, oz, Tbs, cup)	Food/Supplement	Grams of Protein
Breakfast			
Lunch			
Dinner			
Snack(s)			
Beverages			

Total grams of Protein: _____

Glasses of water: ☐1 ☐2 ☐3 ☐4 ☐5 ☐6 ☐7 ☐8