



KAISER PERMANENTE.

After Gastric Bypass/Sleeve Meal Guidelines

Your small stomach pouch is your new “tool” to obtain early satiety (a sense of fullness).

- Eat at least 3 small meals a day without snacking between meals.
- To get through the day without hunger between meals, space your meals about 4 ½ to 5 hours apart (i.e. breakfast at 8am, lunch at 1 pm, and dinner at 6 pm).
- Do not skip meals or you will not meet your protein and nutrient requirements.
- You should also take between 30 to 45 minutes to eat each meal. Eating slowly and chewing each bite 30 times will help prevent vomiting and obstructions. Do not eat your meal over several hours. “Grazing” on your meal will allow you to take in more calories.
- The ideal post-op meal should include:
 - 3-4 oz lean protein at each meal
 - vegetables
 - limited amounts of fruits and whole grains
 - These foods are likely to stay in your stomach longer, producing a greater sense of fullness, and will also meet your nutrient needs.
- Do not drink liquids of any kind with your meals. Keeping solid food in your stomach will cause longer periods of satiety (fullness).

Nutrition Components After Surgery

Calories: initially 400-900 calories per day as you progress through the post op stages to approximately 1200 calories a day after one year to maintain weight/loss

Protein: 70-80 grams per day; from low fat sources

Carbohydrates: 30-130 grams per day as you progress through the post op stages: from vegetables and limited amounts of fruit and whole grains

Fat: Limit to 30 grams per day; choose more mono-and polyunsaturated fats

Fluids: 64 ounces per day minimum; start drinking 30 minutes after meals and stop drinking 10-30 minutes before meals

Supplements:

Multivitamin with minerals and Iron

B1 (Thiamin)

B₁₂ (sublingual)

Calcium citrate plus Vitamin D

Vitamin D

Iron (per MD)

Clear Liquids

(Stage 1)

Start: Begins day after surgery on post op day 1.

End: Through post op day 3.

GOAL: *HYDRATION IS THE MAIN CONCERN: aim for 64 ounces a day, although you may only be able to take in 30-40 ounces.*

Description

- ◆ Consists of CLEAR, SUGAR-FREE, CAFFEINE-FREE, NON-CARBONATED fluids.
- ◆ Sip fluids SLOWLY and do not gulp or take large mouthfuls of fluids. Your mouth will be bigger than your stomach so even a mouthful of fluid may be too much and cause discomfort. Drinking too much fluid at one time may cause pain.
- ◆ Avoid drinking through a straw as it may give you gas or you may accidentally take in too much fluid at one time.
- ◆ Stop drinking when you feel comfortably full.
- ◆ We recommend diluting juice to at least 1 part juice to 3 parts water to keep the sugar content low and prevent the dumping syndrome.
- ◆ Your goal intake is approximately 4 to 6 ounces each hour.
- ◆ Liquids that are extremes in temperature (too hot or too cold) may not be well tolerated during the first few weeks or months. Room temperature fluids may be better tolerated.

It is normal to have a reduced appetite in the days following surgery. Because food choices are limited on this stage, do not worry about the amount of protein you are consuming. Beef, chicken, and turkey broth contain a little protein and are good choices initially.

Suggested List of Clear Liquids

Water	Broth	Diet Tang
Crystal Light, Crystal Light Hydration	Bullion	Diet Kool-Aid
Diet Snapple	Decaffeinated Tea	Sugar-free Popsicles
Juice (Diluted)	Decaffeinated Coffee	Sugar-free Jell-O
(1 part juice to 3 parts water)	Propel Water	Ice chips
Gatorade (Diluted)		
(1 part Gatorade to 3 parts water)		



KAISER PERMANENTE.

Meal Serving Size:

Remember that the size of your new stomach is 1 ounce (the size of your thumb) that can expand up to 2-3 ounces. You may find that you get full on just a few sips of fluid.

SAMPLE MENU BARIATRIC CLEAR LIQUIDS (STAGE 1)

BREAKFAST	LUNCH	DINNER
Sugar-free Jell-O (1-2 oz) Decaffeinated tea (1-2 oz)	Vegetable broth (1-2 oz) Diet Snapple (1-2 oz)	Chicken broth (1-2 oz) Propel Water (1-2 oz)

BREAKFAST	LUNCH	DINNER
Apple juice (diluted) (1-2 oz) Sugar-free Jell-O (1-2 oz)	Beef broth (1-2 oz) Sugar-free Popsicle (1)	Vegetable broth (1-2 oz) Decaffeinated tea (1-2 oz)

**The amount of food you will be able to tolerate will be different for everyone. Sip on liquids until you feel comfortably full. You may get full on ¼ cup of fluid or less.