

Guide for Eating After Gastric Bypass Surgery



Prepared for Patients of the
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Your New Relationship With Food!

Congratulations! You have worked very hard in preparation for Gastric Bypass Surgery. Now you will have to implement your new drinking and eating behaviors. **Review this booklet carefully.** Remember these are guidelines and everybody is different, so dietary substitutions can be made with the help from your medical care team and dietitian.

Your new stomach, also known as “the pouch,” is about 1 ounce in size. Your pouch will take about 6-8 weeks to heal. To help this healing process you will progress through 5 stages that are laid out in this booklet.

Your meal plan will be high in protein to help the healing process, promote weight loss and preserve lean body mass (muscle). Your meal plan will also be low in fat (5 grams or less per serving) and low in sugar (14 grams or less per serving).

There are 5 Stages to your new meal plan: You will be on a high protein liquid diet for about 2-3 weeks, progress to soft-solid proteins for about 4-6 weeks and then move to soft, moist, whole foods to create a balanced diet. At each follow-up visit your dietitian/clinician will progress and advance your diet accordingly.

As you advance through the 5 stages, you may consume any food you had in the previous stage. When advancing try one new food at a time by itself so that if you have difficulty tolerating it, you can eliminate it from your diet for 2-3 weeks and then attempt to re-introduce the food back into your daily diet.

Your meals should take about 30-60 minutes to eat. It is recommended you take about 10 minutes for each ounce of food you eat. You will need to use all the mindful eating techniques that you have learned through your preparation for surgery. Taking tiny eraser size bites, chewing your food to a liquid consistency, sipping slowly on liquids etc...

It is acceptable to be unable to finish the recommended serving size of a food. DO NOT FORCE yourself to finish your food. Stop eating as

soon as you start to feel full. If necessary, put the food away and finish it later.

About 6-8 weeks after your surgery you will typically be at the last stage (Stage 5). At this time you will introduce various foods into your diet. Your dietitian will help you assess what your needs are and make a plan on how to meet them. Once on stage 5 this means you will be following these nutritional guidelines for the rest of your life. Over time you will be able to eat and tolerate more foods. To help with weight maintenance and healthy eating lifestyle it is important to keep the following things in mind:

- ✓ **Exercise:** After your clinician approves it, we encourage you to participate in cardiovascular and resistance training. Exercise is key for maintaining and building muscle mass and keeping weight off.
- ✓ **Weight loss may slow down at times:** Your weight loss may seem like a staircase. You are also going to experience “plateaus,” which are normal. Everyone will lose weight at different rates, so please do not compare yourself to other people. If you hit a plateau (not losing weight for longer than 2 weeks), continue to keep food records and track your exercise. You may need to adjust your diet or exercise to help with your weight loss. If a plateau lasts longer than 4 weeks call your dietitian.
- ✓ **This is a BIG change in your life:** You may start to feel anxious about your choices and/or comments that are made to you about your weight loss. You may at times “feel fat”, deal with relationship changes, social changes, and experience new emotions. Remember you are not alone in this process. It is important for you stay involved in post-operative support groups, and continue to see your medical team (behavior psychologist, medical physicians, dietitians, and surgeon).

There are also some nutrition considerations with the gastric bypass you should be aware of and prepared for:

- **Protein is key!** Protein is essential after surgery to help the healing process, and preserve your lean body mass (muscles). Meeting your protein goals is essential. **EAT YOUR PROTEIN FIRST!**
- **Fluids:** It is important to maintain fluid intake of about 64 ounces or more per day. This will help maintain the appropriate body levels of fluids and replace the losses from weight loss. You need to take small slow sips of fluids throughout the day. Fluids should have minimum calories, no caffeine and no carbonation. To help meet both nutrition and fluid goals you need to keep fluids separate from meals by at least 30 minutes.
- **Mindful Eating:** It is key to use all your mindful eating techniques to help meet your nutrition goals. Small frequent meals, tiny bites, eating slow etc.
- **Lactose intolerance:** If you experience any bloating, gas, cramping or diarrhea in the initial stages you may have developed an intolerance to lactose from the sugar found in milk. This intolerance is often temporary and may resolve in 3-6 months. In the meantime, you may need to follow a lactose free diet.
- **Dumping Syndrome:** Almost flu-like symptoms (nausea, vomiting, sweating, bloating, diarrhea, etc) that usually occur after high-fat or high sugary foods. The symptoms typically last about 1/2 hour. However, not everyone experiences dumping. To avoid these symptoms you should select foods that have 14 grams of sugar or less per serving and 3-5 grams of fat or less per serving.
- **“Honeymoon Period” (lack of appetite):** Often you may experience a lack of appetite after surgery. In turn this often causes patients to skip meals, depriving themselves of their nutritional needs. You will need to plan to have 4-6

small meals per day to meet your nutrition goals and have a successful weight loss.

- **Hair Loss:** Sometimes after surgery patients will complain of hair loss. It can be related to not getting enough protein or vitamins in your diet. This is often the body's response to rapid weight loss. Hair loss is usually not permanent and re-growth typically occurs 3-6 months after it starts falling out. Talk to your dietitian if you are experiencing this.
- **Taste Changes:** You may experience changes in taste and food preferences.
- **Vitamins:** Being compliant with your vitamins is key for your health, meeting your nutrition goals, and preventing deficiencies. The most common deficiencies you may be at risk for are B12, Iron, Vitamin D and folate. We will test your labs periodically to help prevent and/or treat any deficiencies you may develop.
- **Keeping Self-Monitoring Logs:** Keeping food records will help facilitate timing of your meals and help you keep track of what you need to finish by the end of the day.

Diet Following Gastric Bypass Surgery

As a result of your surgery, your stomach has been altered in both anatomy and function. Special dietary changes are necessary to ensure successful weight loss without causing harmful malnutrition. These guidelines will help you understand the various stages.

During your 2-3 day hospitalization, you will complete Stages 1 and 2 and be sent home following Stage 3.

Stage 1: Water

Duration: 1 day

Start: In the hospital, typically on the day following your surgery.

Goals:

- *1 ounce of water per hour*

Instructions:

- Sip water slowly from the medicine cup, 1-ounce per hour.
- Please stop if you feel nauseated
- You often will experience dry mouth. The hospital will provide you with swabs to moisten your mouth with.

Stage 2: Clear Liquids

Duration: 1 day

Start: In the hospital, typically the day following your surgery.

Goals:

- *3 ounces of sugar free gelatin and/or bouillon consumed 3 times per day*
- *Between meals you can sip on water or flat diet ginger ale*

Instructions:

- Sip and eat slowly. Stop if you feel full or nauseous.

- Walk as much as you can with your nurse, friend or family member (unless instructed not to do so by your medical team).
- Try to sip on 1-4 ounces of fluid per hour between meals.
- If you get a meal tray with anything other than sugar-free gelatin or bouillon, **DO NOT EAT IT!**

Stage 3: High-Protein Full Liquids (sugar-free, low fat)

Duration: 2-3 weeks

Start: In the hospital, typically 24 hours after Stage 2. This is the diet you will be **discharged home on**.

Goals:

- *64+ ounces of Fluids*
- *Protein*
 - ◆ *50-60 grams of protein/day (Women)*
 - ◆ *60-70 grams of protein/day (Men & Women 5'8" or taller)*
- *Use the Stage 3 Food List*
- *Use the Fluid List*
- *Keep Stage 3 Self Monitoring Logs*

Instructions:

- Sip and eat slowly. Stop if you feel full or nauseous.
- Meals should last about 45 minutes to an hour.
- Try to space meals no more than 4 hours apart.
- Try to meet protein goals by drinking as many high protein shakes from the stage 3 food list. Do the best you can.
- Choose foods **ONLY** from Stage 3 food list to help reach 50-70 grams protein per day.
- Fluid containing foods (ie shakes) contribute to your total fluid goal of 64+ ounces per day.

- Choose sugar-free and/or “no sugar added” products. This will reduce your caloric intake to facilitate weight loss, as well as lower your risk for dumping syndrome.
- If you are having trouble meeting protein goals, you may consider adding a whey or soy protein powder to your meals. Powders should have at least 10 grams of protein, 14 grams sugar or less and 5 grams of fat or less per serving. Before purchasing you may want to consult with your dietitian.
- Tolerance of food and drink can vary. Temperatures often can influence this. Some people find ice-cold beverages are better, while other might prefer room temperature or warm temperatures.
- Diarrhea and stomach cramps may occur due to temporary lactose intolerance. Try “Lactaid” pills with lactose containing foods, or use lactose free or soy products.
- If you experience any dry mouth, you may be dehydrated. If you have already consumed your 64 ounces of fluid, it likely means you need to drink more. Keep an eye on your urine color, if it is dark in color it means you need to drink more. If you have any dizziness, head aches etc, contact your medical team.
- Continue to take your prescribed medication as explained to you upon discharge from the hospital. You can mix your medication with unsweetened applesauce to help in swallowing.

**If you have any problems contact the medical team at
(617) 636 0158.**

Fluids:

Fluid intake is crucial for preventing dehydration. Fluids should not replace meals or snacks. Make sure to keep fluids about 30 minutes separate from meals. Your goal is to get at least 64+ ounces per day.

<i>Fluids</i>	
• Water	• Power Aid Zero
• Flavored Waters	• 4 Cs
• Fruit ₂ O	• Diet Ocean Spray
• Crystal Light	• Decaffeinated Tea
• G2	• Decaffeinated Coffee
• Fat-free, low sodium broth	• Flat, caffeine- free, diet soda
• Sugar Free Jell-O	• Sugar Free Popsicles

Food Choices: 60-70g protein per day

Stage 3 Food			
Food	<i>Amount</i>	<i>Grams of Protein</i>	<i>Calories</i>
Carnation Instant Breakfast- No Sugar Added Powder + 8 ounces Skim Milk	8 ounces	13	150
Carnation Instant Breakfast No Sugar Added- Ready to drink	8 ounces	13	150
EAS AdvantEdge – Ready to Drink	11 ounces	17	110
Slimfast – Ready to Drink (Original, Easy to Digest, Low Carb, High Protein, Optima)	8 ounces	10-20	220-180
Whey or Soy Protein Powders (14 grams sugar or less per serving & 3-5 grams of fat or less per serving)	1 scoop	Various	Various
Skim Milk	8 ounces	8	90
Simple Smart/ Over the Moon Fat Free Milk	8 ounces	10	90
Soy Milk (low-fat and low-sugar)	8 ounces	6	105
Lactaid Skim Milk	8 ounces	8	80
Light Yogurts (14 grams sugar or less per serving & 3-5 grams of fat or less per serving)	6-8 ounces	5-8	60-120
Greek Yogurt (Fage 0%, Oikos)	5-8 ounces	15-20	90-120
Fat-free or 1% Cottage Cheese (Lactaid available)	½ cup	13-14	70-80
Fat –free ricotta cheese	¼ cup	6-10	40-80
Sugar Free or Fat Free Pudding (instant or cook n serve)	½ cup	4-5	75-100
Fat-free/Low-fat cream soups made with 8 ounces skim milk	8 ounces	10	190
Scrambled liquid egg substitute (Egg Beaters, Scramblers)	½ cup	12	60
Egg Whites	2 whites	8	34

Stage 3- Sample Meal Plan

Meal	Time	Day 1	Day 2	Day 3
Fluids	7:00-7:30	8 oz water	12 oz crystal light	12 oz Diet Ocean Spray OJ
Meal #1	8:00-9:00	EAS Shake (110 calories; 17 grams)	Slim Fast (180 calories; 20 grams)	Carnation Instant Breakfast- No Sugar Added (150 calories; 13 grams)
Fluids	9:30- 11:30	12 oz crystal light	8 oz water	12 oz G2
Meal #2	12:00-1:00	½ cup cottage cheese (80 calories; 14 grams)	8 oz light yogurt (110 calories; 8 grams)	8 oz low fat cream soup made with skim milk (190 calories; 10 grams)
Fluids	1:30-3:00	12 oz water	24 oz Power Aid Zero	24 oz water
Meal #3	3:30-4:00	Sugar Free Jello Pudding (100 calories; 5 grams)	½ cup cottage cheese (80 calories; 14 grams)	Greek yogurt 8 oz (90 calories; 20 grams)
Fluids	4:30-6:00	20 oz Fruit ₂ O	12 oz water	8 Oz Diet Ocean Spray
Meal #4	6:30-7:30	Greek yogurt 8 oz (90 calories; 20 grams)	½ cup Egg beaters (60 calories; 12 grams)	EAS Shake (110 calories; 17 grams)
Meal #5	9:00- 9:30	8 oz skim milk (90 calories; 8 grams)	Sugar Free Jello Pudding (100 calories; 5 grams)	½ cup ricotta cheese (60 calories; 8 grams)
Total:		Calories: 470 Protein: 64g Fluids: 60 oz	Calories: 530 Protein: 59g Fluids: 56 oz	Calories: 600 Protein: 68g Fluids: 56 oz

Protein Shake Guidelines

Protein shakes and powders are great ways to increase the protein content of your diet both pre-operatively and post-operatively.

However there are key things to look for when selecting a shake:

- ✓ Whey or Soy based
- ✓ 14 grams of sugar or less per serving
- ✓ 5 grams fat or less per serving
- ✓ At least 10 grams of protein or more per serving

Both powdered and ready to drink forms can they be purchased at:

- ✓ CVS, Walmart, Grocery Stores, Target, Health Food Stores, GNC, Vitamin Shops, Etc...
- ✓ Online at:

- o www.Unjury.com
- o www.bariatricadvantage.com
- o www.bariatricchoice.com
- o www.gastricbypasssupplements.com
- o www.robard.com
- o www.bariatriceating.com

Ways to use the protein powders:

- Add the flavorless powder to yogurts, cottage cheese, soups, mashed potatoes, applesauce
- Add flavored powders to your No Sugar Added Carnation Instant Breakfast or Slim-Fast or other already made shakes
- Add to skim or soy milk
- Create you own protein shake (see protein shake recipes)

Protein Shakes:

EAS Shakes	Unjury Protein Powders	Country Life 100% Green & Whey Vanilla Powder	Nectar
Slim Fast	GNC Pro Performance Whey Protein	Gensoy: Soy Natural Protein Powder	Matrix 2 Pound
Carnation Instant Breakfast- No Sugar Added	Whole Foods 365 Whey or Soy Protein Powders	BSN Lean Dessert	Whey Gourmet
Isopure	BariCar Beverage	Smartforme Nutrifast	Bariatric Advantage

Sample Stage 3 Shopping List

Yogurt

- ☐ Yoplait, Light Thick & Creamy; Yoplait, Light
- ☐ Dannon Light & Fit; Dannon Light n'Fit 0% +; Dannon All Natural Plain nonfat
- ☐ Dannon Activia Light
- ☐ Weight Watchers
- ☐ Breyer's Light, Breyer's YoCrunch Light
- ☐ Columbo Light
- ☐ LaYogurt Light
- ☐ Silk Live, Plain
- ☐ Fage (Greek yogurt) 0%, 2%
- ☐ Chobani (Greek yogurt), Plain (nonfat), Vanilla (nonfat)

Ricotta Cheese

- ☐ Dragone (part-skim)
- ☐ Sorrento, Fat-free

Cottage Cheese

- ☐ Breakstones 2% low-fat, 4%; Breakstones Cottage Doubles Low-fat (blueberry, pineapple, peach), Breakstones LiveActive 2% milkfat
- ☐ Cabot (non-fat, low-fat)
- ☐ Hood low-fat; Hood Large Curd; Hood Country Style; Hood Cottage Cheese with pineapple; Hood with Chive
- ☐ Lactaid, low-fat
- ☐ FiberOne, low-fat
- ☐ Friendship 1%, 2%, 4%, 1% whipped

Milk

- ☐ Hood Simply Smart, Fat-free, 1%
- ☐ Garelick, Over the Moon, Fat-free
- ☐ Hood Calorie Countdown, 2% Reduced Fat, Fat-free (chocolate, plain)
- ☐ The Organic Cow, Low-fat, Reduced-fat
- ☐ Stonyfield Farms, Fat-free
- ☐ Garelick Farm, 2%, 1%. Fat-free; Garelick Skim and More
- ☐ Hood 2%, 1%, Fat-free

- ☐ Nature's Promise Vanilla Organic Soymilk, Original Organic Soy Milk
- ☐ Silk Soy Milk (vanilla, plain); Light Silk Soy Milk (plain, vanilla, unsweetened)
- ☐ Lactaid Low-fat/Fat-free
- ☐ Lactaid Calcium Fortified, fat-free

Eggs

- ☐ All Whites, Egg Beaters, Giant Eggs Made Simple, Better'n Eggs, Nulaid ReddiEgg, Gold Circle Farms

Puddings

- ☐ Jello Sugar-Free, Fat-free
- ☐ Kozy Shack, No-sugar added Rice Pudding, Chocolate, Tapioca
- ☐ Soy Pudding

Protein Powders/Shakes

- ☐ Worldside Pure Protein Shake; Vanilla Cream, Frosty Chocolate
- ☐ Met-Rx Protein Plus RTD51 Creamy Vanilla
- ☐ Lean Body on-the-go, Vanilla Ice Cream, Chocolate Ice Cream
- ☐ Carnation Instant Breakfast, No Sugar Added (with splenda), Milk Chocolate
- ☐ Designer Whey Protein 2GO Pomegranate Fruit, Orange Mango
- ☐ Nature's Best, Isopure Zero Carb
- ☐ EAS Myoplex Carb Control Chocolate Fudge, French Vanilla, Strawberry Cream
- ☐ EAS Myoplex Lite – French Vanilla
- ☐ CytoSport Muscle Milk, Light – Chocolate Mint (Lactose-Free)

***** It is ONLY okay to have fruit blended in shakes otherwise you should avoid fruits and vegetables*****

Stage 3 Recipes:

High Protein Pudding

Use Jell-O Sugar Free Instant Pudding (Not Cooked) 4 servings package.

Measure 2 cups of cold skim milk following package directions.

Add two scoops of Unflavored protein powder to the two cups of cold milk.

Thoroughly mix the powder with the milk by shaking or stirring.

Then follow pudding package directions by putting the Jell-O Sugar Free Instant (Not Cooked) Dry Pudding Mix into a bowl. Add the powder and milk mixture.

Mix Well. Chill and Enjoy!

Wild Berry Boost

2 scoops vanilla flavor protein powder
4 raspberries
4 strawberries
8 blueberries
8 ounces nonfat milk
1/2 cup ice cubes

Place all the ingredients in blender and

Mocha Proticcino

A fun Mocha Protein Cappuccino

1 scoop chocolate or vanilla protein powder
8 ounces skim milk
1 tablespoon decaf instant coffee

Place all ingredients in a shaker and shake until blended. Enjoy!

Extra ideas

Add Peanut Butter: Add a couple of teaspoons of low-sugar peanut butter to the Chocolate or Vanilla Protuccino. Blend until smooth. Add a Banana: Add 1/4 banana to Chocolate or Vanilla Protuccino. Blend.

The Hulk

2 scoops vanilla protein powder
1/2 tbsp sugar-free pistachio pudding mix
1 mint leaf or a few drops peppermint extract (optional)
1 few drops green food coloring (optional)
8 oz. cold water or low-fat milk
3-5 ice cubes

Add all ingredients to blender, and blend..

Apple Cinnamon

1 to 2 scoops of vanilla whey protein powder
1 1/2 cups of pure water or skim milk
1/2-1 cup of chopped frozen apple
1 tsp cinnamon

Add all ingredients to blender, and blend.

Cinnamon Roll Protein Shake Recipe

1 scoop vanilla protein powder
1 tbsp sugar-free instant vanilla pudding
1/4 tsp cinnamon
1/2 tsp imitation vanilla (or 1/4 tsp extract)
1 packet Splenda
a few dashes butter flavor sprinkles or butter-flavor extract
8 oz. water (or low-fat milk)
3-5 ice cubes

Add all ingredients to blender, and blend.

Pumpkin Pie Shake

1/4 cup pumpkin puree
1 cup skim milk or soymilk
1 scoop vanilla protein powder (such as Matrix Simply Vanilla)
1/2 teaspoon pumpkin pie spice (or 1/4 t. cinnamon, 1/8 t. cloves, 1/8 t. ginger)
2 tablespoons Splenda Granular
1/4 cup Vanilla yogurt
1 cup ice cubes

*****Before advancing to Stage 4, you will come for a 2 week post-operative appointment, where you will see our physician assistant and your dietitian *****

Stage 4: Soft and Moist Protein

Duration: 4-6 weeks

Start: Usually after your 2 week post-op follow-up appointment with the dietitian

Goals:

- 64+ ounces of Fluids
- Protein
 - ◆ 50-60 grams of protein/day (Women)
 - ◆ 60-70 grams of protein/day (Men & Women 5'8" or taller)
- **No Fruits, Vegetables or Carbohydrates**
 - ◆ If meeting protein goals you may add in 1/2 cup mashed potatoes made with skim milk or mashed cooked vegetables 1x per day
- Use the Stage 4 Protein List
- Use the Fluid List
- Start Multivitamin + minerals, Calcium Citrate + Vitamin D and Sublingual B₁₂
- Mindful Eating
- Keep Stage 4 Self Monitoring Logs

Supplements:

- ◆ **Multivitamin with minerals**
 - Daily
 - Chewable for at least first 6 months
 - 200% Daily Value- typically 2 pills per day
 - With IRON
- ◆ **Calcium Citrate plus Vitamin D**
 - Daily
 - Chewable for at least the first 6 months
 - 1200-1500 mg per day

- Take only 600mg at one time (your body can only absorb 600 mg at one sitting)
- Keep calcium away from IRON by at least 1 hour
- ♦ **B₁₂**
 - 1000 mcg sublingual pill (place under the tongue) per day
- ♦ **Vitamin D₃**
 - Daily
 - 1000 IU/day

Instructions:

- **PROTEIN FIRST!!** Protein is needed to heal your wounds, maintain body functions, and maintain lean muscle mass.
- Make sure you cut or chop all foods until they are a ground consistency.
- Please use your mindful eating techniques and make sure all the food that you eat after surgery is a liquid consistency in your mouth before swallowing. If you struggle with this, you may need to ground or puree your food.
- Make sure your food is very moist, by adding fat free/sugar free condiments (gravy's, sauces, salad dressing, mayonnaises) Use moist methods of cooking, such as baking, roasting, steaming, or poaching.
- Consume meals very slowly, 45 minutes or longer per meal. If you feel full stop immediately, put your food aside and go back after a few hours.
- **DO NOT DRINK FLUIDS WITH MEALS.** To help meet both nutrition and fluids needs you need to keep fluids separate from meals by at least 30 minutes.
- If you feel “tightness”, nausea, and/or vomiting, you most likely ate too quickly, swallowed too large of a bite, did not keep your food moist enough, or did not chew well enough. Monitor your eating behaviors and the time it takes to eat by recording your starting and finishing times.

- Use smaller plates to make it appear like you have more food on your plate. Also using smaller eating utensils will help you take smaller bites as well. To help with timing, put your utensil down after you take a bite, avoid distraction, and try to enjoy your meals.
- Weigh your food using a food scale after it has been cooked. Goal is to attempt to consume about 3 oz of protein at a meal, about the size of a deck of cards.
- **DO NOT EAT RAW FRUITS & VEGETABLES** on stage 4.
- **If you are meeting your protein goals** then you may have 1/2 cup of mashed potatoes made with skim milk, 1/2 cup cooked mashed vegetables. Limit this to one time per day.
- Please avoid chewing gum! Once swallowed it may cause an obstruction or blockage.
- Baby food warmer trays may be helpful for keeping food warm while it is being slowly eaten.
- If struggling with constipation, make sure you are meeting your fluids goals and try adding a fiber supplement such as Benefiber or Fiber One.
- Keep food records, to help identify any food intolerances or nutrient deficiencies.
- If you have any problems contact the medical team at **(617) 636 0158**.

PLEASE DO NOT EAT ANY FRESH FRUITS, VEGETABLES OR STARCHY FOODS UNTIL STAGE 5 UNLESS YOU ARE INSTRUCTED OTHERWISE BY THE MEDICAL TEAM AND/OR DIETITIAN.

Reminder: Your goal is to get at least **50-70 grams of protein** per day and **64+ ounces of fluids**. Please keep track of how much protein you eat by using the Stage 4 protein table and food logs.

Free online food logs are also available at:

www.sparkpeople.com & www.fitday.com.

Stage 4 Protein List			
<i>Food</i>	<i>Amount</i>	<i>Grams of Protein</i>	<i>Calories</i>
Animal Protein Sources			
Ground meat >93% fat free (beef, chicken, pork, turkey etc...)	3 oz	21-23	150
Fish (sole, haddock, halibut etc...)	3 oz	21-23	90-120
Fatty Fish (salmon, bluefish etc...)	3 oz	21-23	160
Shrimp, Scallops, Crabmeat	3 oz	14-18	85-90
Tuna, packed in water	3 oz	20-22	100-110
Imitation seafood	3 oz	10	87
Chicken or turkey breast without skin	3 oz	25	120-150
Chicken breast, canned packed in water	3 oz	16	80
Turkey Chili	½ cup	8	92
Baby food	2.5 oz	8	50
Vegetarian Protein Sources			
Fat-free/low fat cheese	3 oz	20	124
Fat-free/1% cottage cheese	½ cup	15	80
Eggs	1 large	6	78
Scrambled liquid egg substitute (Egg Beaters, Scramblers)	½ cup	12	60
Tofu	½ cup	20	183
Tempeh	½ cup	16	165
Veggie burgers (Garden Burgers, Bocca Burger, Morningstar Farms)	1 patty	9	70
Ground Soy Crumbles	½ cup	11	70
Beans (kidney, black, refried etc)	½ cup	8	103
Lentils	½ cup	9	115
Hummus	2 Tbsp	8	100

**** If meeting protein and fluids goals, you may add ½ cup mashed potatoes made with skim milk/ mashed cooked vegetables per day****

Stage 4- Sample Meal Plan

Meal	Time	Day 1	Day 2	Day 3
Fluids	7:00-7:30	8 oz water	12 oz crystal light	12 oz Diet Ocean Spray OJ
Meal #1	8:00-9:00	EAS Shake (110 calories; 17 grams)	1/2 cup Egg beaters (60 calories; 12 grams)	1/2 cup ricotta cheese (60 calories; 8 grams)
Fluids	9:30- 11:30	12 oz crystal light	8 oz water	12 oz G2
Meal #2	12:00-1:00	3 oz ground turkey (150 calories; 21 grams)	3 oz tuna salad made with fat free mayo (110 calories; 22 grams)	3 oz scallops (90 calories; 18 grams) 1/2 cup butternut squash
Fluids	1:30-3:00	12 oz water	24 oz Power Aid Zero	24 oz water
Meal #3	3:30-4:00	2 oz fat –free Cheese (82 calories; 12 grams) 1/2 cup unsweetened apple sauce	8 oz Light Yogurt (110 calories; 8 grams)	8 oz low fat cream soup made with skim milk (190 calories; 10 grams)
Fluids	4:30-6:00	20 oz Fruit ₂ O	12 oz water	8 oz Diet Ocean Spray
Meal #4	6:30-7:30	1/2 cup fat free turkey chili (92 calories; 8 grams)	3 oz Haddock (120 calories; 22 grams) 1/4 cup mashed potatoes	1veggie burger (120 calories; 7 grams)
Meal #5	9:00- 9:30	Sugar Free Jello Pudding (100 calories; 5 grams)	Greek yogurt 4 oz (45 calories; 10 grams)	EAS Shake (110 calories; 17 grams)
Total:		Calories: 534 Protein: 63 g Fluids: 60 oz	Calories: 445 Protein: 74 g Fluids: 56 oz	Calories: 660 Protein: 60 g Fluids: 56 oz

Supplement Shopping Guide

Store	Brand Name	Description
Multivitamin with Minerals (18mg iron, 400 mcg folic acid, selenium and zinc)		
☐ Take MVI with minerals with food to help increase absorption and decrease upset stomachs ☐ Take multivitamins separate from your calcium supplement, (because you multivitamin has iron in it which prevents the absorption of calcium). ☐ For Gastric Bypass: Chewable for at least first 6 months; take 200% of the daily values or double the adult dose; avoid time release capsules; avoid enteric coating		
GNC	GNC chewable Mega Teen	Chewable with iron
GNC, CVS, Rite Aid, Wal-Mart, Walgreens, most grocery stores	Flintstones Complete	Chewable with iron; non-gummy; non- sour
CVS, Rite Aid, Walgreens, Wal-Mart, most grocery stores	Centrum Chewable	Chewable with iron
CVS	Centrum Multivitamin and Mineral liquid supplement	Liquid vitamin with iron
On-line	Celebrate Multivitamin	Chewable and will need to take additional iron www.celebratevitamins.com ; http://www.gastricbypasssupplements.com/
CVS, Rite Aid, most grocery stores	Centrum Kids Complete	Chewable with iron
On-line	Bariatric Advantage Complete Chewable Multivitamin	Chewable and will need to take additional iron http://www.bariatricadvantage.com www.gastricbypasssupplements.com
Calcium Citrate + Vitamin D		
☐ 1200-1500 mg per day plus 400 IU Vitamin D ☐ For Gastric Bypass: This is the preferred form of calcium, because it does not require stomach acid – Chewable for first 6 months; Chewable for at least the first 6 months ☐ Iron decreases how much calcium is absorbed, so we recommend that you do not take your calcium with your multivitamin. ☐ Take only 600 mg Calcium at a time, (your body can only absorb about 600mg of calcium at a time)		
On-line	UpCal D	http://www.globalhp.com/UpCal%20D.html
On-line	Calcet – Calcium Citrate + D3 – Creamy Bites	Chewable calcium 500mg and 400 IU of Vit D www.celebratevitamins.com ; http://www.gastricbypasssupplements.com/
On-line	Bariatric Advantage Calcium Citrate Chewy Bites	Chewable calcium citrate plus Vit D http://www.bariatricadvantage.com http://www.gastricbypasssupplements.com/
On-line	Celebrate Calcium PLUS 500	Chewable calcium citrate plus Vit D www.celebratevitamins.com ;

		http://www.gastricbypasssupplements.com/
On-line	Bariatric Advantage 500mg Calcium Citrate Lozenges w/ Vitamin D	Chewable calcium citrate plus Vit D http://www.bariatricadvantage.com http://www.gastricbypasssupplements.com/
GNC	GNC Chewable Calcium Plus 600 with Vitamin D3	Chaine calcium citrate plus Vit D
GNC	Calcimate plus 800	Chewable or swallow able Calcium Citrate plus Vit D
GNC	Tropical Oasis Liquid Calcium Magnesium	Liquid calcium citrate –will need to add own 1000 IU Vit D per day

Vitamin D3

Walmart, CVS, Walgreens	Vitafusion Vitamin D3 1000 IU Gummy	Chewable
GNC	GNC Vitamin D-3 1000 IU	Swallowable Vitamin D
CVS.com	Wellesse Vitamin D3 1000 IU Fast Acting Liquid Natural Berry Flavor	Liquid
Baratric Advantage	Liquid Vitamin D3- 10,000 IU	http://www.bariatricadvantage.com

Sublingual B12

☐ **For Gastric Bypass:** all Gastric by-pass patients should take this starting 2 weeks post-op

☐ Sublingual means “under the tongue” or Nasal Spray B12

Prescription	Nascobal Nasal Spray	1x/wk Nasal B12- Requires a prescription from you Medical Doctor
CVS	Natures Bounty B-12 Sublingual dots – 1000 mcg	Sublingual B12
CVS	Natures Bounty Liquid B12 complex	Sublingual liquid B12 drops
On-line	Bariatric Advantage Sublingual B-12	Sublingual liquid B-12 http://www.bariatricadvantage.com http://www.gastricbypasssupplements.com/
On-line	Celebrate Sublingual B12	Sublingual liquid B-12 www.celebratevitamins.com ; http://www.gastricbypasssupplements.com/
Trader Joes	Traders Joes Sublingual B12	Sublingual B12
Wal-Mart	Rexall Naturals, Sublingual Dots	Sublingual B12

Thiamine

☐ **For Gastric Bypass & Gastric Banding:** Significant thiamine deficiencies are rare after a gastric bypass/banding, but can occur especially with frequent vomiting.

☐ The thiamine stores are very short lived and deficiencies can occur in just a few months. This is the reason why it is recommended that patients after a gastric bypass/band take a multivitamin that contain B-vitamins

On-line	Bariatric Advantage Vitamin B-1 (Thiamine) Capsules	Swallowable B-1 http://www.bariatricadvantage.com
CVS	Natures Bounty B-1	Swallowable B-1

Stage 4 Recipes:

Steamed Fish with Yogurt Dill Sauce

Ingredients

- 2 Tbsp. extra virgin olive oil
- 1 Tbsp. finely chopped fresh chives
- 1 tsp. finely chopped fresh basil
- 1 Tbsp. fresh dill, divided
- 1-1/2 lb. firm-fleshed fish fillet, (e.g. halibut, cod, or salmon) cut in 4 pieces
- Salt and freshly ground pepper
- 1/3 cup low-fat, plain yogurt
- 1 scallion, finely chopped (green part included)
- 1 large lemon, thinly sliced
- 1/2 cup fat-free, reduced-sodium chicken broth
- 4 sprigs fresh dill for garnish (optional)

Directions

1. In a small bowl, mix together oil, chives, basil and half the dill. Rub mixture into both sides of fish, then sprinkle with salt and pepper. Set aside.
2. Mix remaining dill with yogurt and set sauce aside.
3. In a deep-rimmed serving dish large enough to hold the fish and broth, arrange scallions evenly along bottom. Place fish on top. Arrange lemon slices on top of fish. Add broth. Place in microwave and cook at medium power, checking every few minutes, until fish flakes with a fork.
4. Remove from microwave and garnish with remaining dill. Serve with yogurt-dill sauce.

Recommend Cookbooks:

❑ **Recipes for Life After Weight-Loss Surgery: Delicious Dishes for Nourishing the New You (Healthy Living Cookbooks)** by: Margaret Furtado, Lynette Schultz

❑ **Eating Well After Weight Loss Surgery: Over 140 Delicious Low-Fat High-Protein Recipes to Enjoy in the Weeks, Months and Years After Surgery** by Patt Levine

❑ **Culinary Classics: Essentials of Cooking for the Gastric Bypass Patient** by David Fouts

Sample Stage 4 Shopping List

Turkey

- ☐ Perdue Turkey Ground, 93% Lean
- ☐ Shadybrook Farms Turkey, 93% Lean Ground
- ☐ Applegate Farms Organic Turkey Bacon
- ☐ Applegate Farms Roasted Turkey

Chicken

- ☐ Perdue Short Cuts Chicken Carved Strips Grilled, Grilled Italian Style, Honey Roasted, Original Roasted
- ☐ Perdue Fit & Easy Chicken Breast Boneless Skinless, Thin Slice
- ☐ Perdue Perfect Portions Chicken Breast Boneless Skinless Italian Style, Natural
- ☐ Al Fresco Sausage Chicken Roasted Garlic with Onion All Natural
- ☐ Nature's Promise Sausage Chicken Apple

Chili/Soups

- ☐ Health Valley Chili Spicy Black Bean, 99% Fat-Free
- ☐ Hormel Turkey Chili, 99% Fat-Free
- ☐ Amy's Organic Low-Fat Black Bean Medium Chili
- ☐ Amy's Organic Lentil Soup, Lentil Vegetable Soup (Light in Sodium)
- ☐ Progresso 99% Fat-Free Lentil Soup

Veggie Burgers/Chicken

- ☐ Amy's Veggie Burger California Style Organic, Texas Style Organic
- ☐ Boca Meatless Burgers Patties
- ☐ MorningStar Farms Veggie Burger, Spicy Black Bean
- ☐ MorningStar Farms Veggie Patties Garden
- ☐ MorningStar Farms Meal Starters Chick'n Strips
- ☐ MorningStar Farms Breakfast Links

Fish

- ☐ Bumble Bee Chunk Light Tuna in Water
- ☐ Chicken of the Sea Tuna Chunk Light in Water
- ☐ Bumble Bee Lump Crabmeat
- ☐ Contessa Shrimp Orange Lightly Breaded with Organic Ginger Sauce

Cheese

- ☐ The Laughing Cow Light Original Swiss Spreadable Cheese Wedges
- ☐ Boursin Light with Herbs
- ☐ Kraft Natural Shredded Fat-Free Mozzarella
- ☐ Organic Valley Shredded Reduced-Fat Monterey Jack Cheese
- ☐ Cabot 75% Light Vermont Cheddar
- ☐ Coach Farm Low-Fat Goat Cheese Stick

Stage 5: Low-fat, Low-Sugar, High Protein

Start: Usually 4-6 weeks after stage 4 and 6-8 weeks after your surgical date.

Goals:

- *64+ ounces of Fluids*
- *Protein*
 - ◆ *60-80 grams of protein/day*
- *Supplements*
 - ◆ *Multivitamin + minerals –200% Daily Value*
 - ◆ *Calcium Citrate plus Vitamin D- 1200-1500 mg/day*
 - ◆ *Sublingual B12- 1000 mcg/day*
 - ◆ *Vitamin D3 1000 IU/day*
- *3 servings fruits and vegetables per day*
- *3 servings of whole grains per day (1/2 cup is a serving or 1 slice, look for 3-5+grams of fiber per serving)*

Instructions:

- **PROTEIN FIRST!!** Protein is needed to heal your wounds, maintain body functions, and maintain lean muscle mass.
- **DO NOT DRINK FLUIDS WITH MEALS.** To help meet both nutrition and fluids needs you need to keep fluids separate from meals by at least 30 minutes.
- **Add one new food at a time!** This will help identify foods that you can and cannot tolerate. Certain foods may not be tolerated. Food intolerances are individual and may be temporary.
- **Common food intolerance are: doughy breads, rice, pasta, red meat and sometimes raw fruits and vegetables.** Keep track of food intolerances and wait 2-3 weeks before re-introducing the food again.

- Make sure you cut or chop all foods until they are a ground consistency.
- Please use your mindful eating techniques and make sure all the food that you eat after surgery is a liquid consistency in your mouth before swallowing. If you struggle with this, you may need to ground or puree your food.
- Make sure you have a wide variety of foods in your diet.
- Keep daily food records: www.sparkpeople.com or www.fitday.com
- Remember you are not alone in this process. It is important to keep yourself involved in support groups, and schedule regular follow up visits with your medical team.

Stage 5 Sample Menu – 6-8 weeks post-op Gastric Bypass Surgery				
		Day 1	Day 2	Day 3
Breakfast	8:00 - 8:30	1 scrambled egg ½ slice dry whole wheat bread toasted	¼ cup bran flakes 1 cup skim milk	1 ounce fat-free cheese ½ toasted English muffin
Snack/ Fluids	9:00 -11:30	1 cup skim milk or 1% milk 8 ounces decaf coffee, tea, or water 8 ounces flavored water	1/2 cup unsweetened applesauce 1/4 cup fat-free cottage cheese 8 ounces decaf coffee, tea, or water	8 ounces decaf coffee, tea, or water 8 ounces flavored water 8 ounces skim or 1% milk
Lunch	12:00 -12:30	1 cup lentil soup 2 saltine crackers 2 baby carrots ½ canned peach in juice (no syrup or sugar added)	2 ounces lean ham (96% fat-free) ¼ regular-size pita pocket 1 ounce fat-free or low-fat cheese 2 tomato slices	2 ounces tuna, canned in water 1 tbsp. fat-free mayonnaise ½ slice whole wheat bread toasted 1 dill pickle spear
Snack/ Fluids	2:30 - 5:30	6 ounces fat-free light yogurt (no more than 14 grams of “sugars” per serving) 12 ounces water 8 ounces zero-calorie beverage	½ pear canned in juice (no syrup) 6 ounces fat-free light yogurt 12 ounces water 8 ounces Fruit ₂ O	½ banana 4 ounces skim milk 12 ounces water 8 ounces zero-calorie beverage
Dinner	6:00 - 6:30	3 ounces baked haddock with lemon ¼ cup steamed rice with diet margarine spray added ¼ cup steamed broccoli ¼ cup strawberries	3 ounces lean roast beef ¼ cup mashed potatoes with light margarine spray added ¼ cup cooked green beans ¼ banana	3 ounces baked chicken breast (no skin) 2 tablespoons fat-free gravy ¼ cup asparagus ¼ cup cooked pasta with butter-flavored spray added ¼ cup diced cantaloupe <i>or</i> watermelon
Snack/ Fluids	7:00 -10:00	12 ounces water 12 ounces flavored water ½ fat-free ricotta cheese	½ cup fat-free light yogurt 12 ounces water 12 ounces Crystal Light	½ cup fat-free, sugar-free instant pudding 12 ounces water 12 ounces zero-calorie beverage
TOTAL : Calories		735	881	704
Protein		69 gm (37% calories)	68 gm (30% calories)	68 gm (38% calories)
Carbohydrate		94 gm (51% calories)	147 gm (64% calories)	95 gm (53% calories)
Fat		9 gm (11% calories)	6 gm (6% calories)	7 gm (9% calories)

Stage 5 Sample Menu –Post-op Gastric Bypass Surgery

	Day 1		Day 2	Day 3
Breakfast	8:00 - 8:30	1 scrambled egg ½ slice dry wheat toast ½ cup zero-calorie beverage	¾ cup bran flakes or Fiber One cereal 1 cup skim milk	1 ounce fat-free or low-fat cheese ½ toasted multi-grain English muffin
Snack/ Fluids	9:00 -11:30	1 cup water 1 cup decaf coffee, tea, or water	½ cup unsweetened applesauce 8 ounces decaf coffee, tea, or water	8 ounces decaf coffee, tea, or water 1 cup skim milk
Lunch	12:00 -12:30	3 ounces roast turkey 1 slice wheat bread toasted ½ cup cooked carrots ½ piece of fresh fruit	3 ounces tuna (packed in water) ½ regular size pita pocket 1 ounce fat-free or low-fat cheese 2 tomato slices	3 ounces 97% fat-free deli sliced turkey 1 TBSP mustard ½ slice whole wheat bread toasted 2 slices tomatoes
Snack/ Fluids	2:30 - 5:30	6 ounces fat-free light yogurt 12 ounces water 8 ounces zero-calorie beverage	1 small ripe pear 6 ounces fat-free light yogurt 12 ounces water 8 ounces zero-calorie beverage	1 small ripe peach 4 ounces skim or 1% milk 12 ounces water 8 ounces zero-calorie beverage
Dinner	6:00 - 6:30	3 ounces baked haddock ½ cup butternut squash (add butter-flavored spray if desired) ½ cup steamed broccoli ¾ cup cut-up melon or berries	3 ounces extra lean ground beef ½ cup mashed potatoes (add butter spray if desired) ½ cup cooked green beans ¾ cup raspberries, strawberries or blueberries	3 ounces baked chicken tenders ½ cup cooked pasta ½ cup green peppers ¼ cup onions 1 cup diced cantaloupe or watermelon
Snack/ Fluids	7:00 -10:00	12 ounces water 12 ounces zero-calorie beverage ½ cup low-fat cottage cheese or ½ cup fat-free ricotta cheese 12 ounces decaff coffee or tea	½ cup fat-free, sugar-free or fat free pudding or skim milk 12 ounces water 12 ounces Crystal Light	¼ cup fat-free, sugar-free instant pudding 12 ounces water 12 ounces Kool-Aid with Nutrasweet
TOTAL : Calories		964	1174	1084
Protein		82 gm (34% calories)	70 gm (24% calories)	68 gm (25% calories)
Carbohydrate		118 gm (49% calories)	173 gm (59% calories)	163 gm (60% calories)
Fat		18 gm (17% calories)	10 gm (8% calories)	17 gm (14% calories)

Food Group Guidelines

Food Group	Serving Size	Better Choices	Not Recommended
Grains and Starches: Bread, Cereal, Rice, Pasta and Starchy Vegetables This food group provides • complex carbohydrates • fiber • energy • B vitamins • minerals Select whole grain products to maximize fiber and nutrient intake. Read food labels and ingredient lists to look for products with 100% whole wheat flour, stone ground whole wheat flour, and other whole grains.	1 serving = 1 slice of bread ½ English Muffin ½ Lender's Original Bagel ½ pita pocket 5 small crackers 1 ounce ready-to-eat cereal ½ cup pasta or rice 3 cups air-popped popcorn ½ cup starchy vegetable Serving sizes will change as your activity and lifestyle changes. Discuss adding foods from this group with your dietitian. Long-term post-op diet goal is 4 grain/starch servings per day. Determine your needs with your WWC dietitian.	Bread or toast: whole wheat, English muffins, pumpernickel, pita bread, tortilla, or rye. Crackers: lowfat saltines, Whole wheat crackers. Cereal: look for cereals with at least 3 grams of fiber per serving; no or low sugar added, such as oatmeal, Shredded Wheat, Fiber-One, Total, Bran Flakes, Special K, Cream of Wheat. Pasta (try whole wheat or lentil pasta; avoid “al dente” pasta). Rice: brown rice Other starches: soy crisps, rice cakes, plain air-popped popcorn, 99% fat-free microwave popcorn, plain bread sticks, melba toast. Starchy vegetables: corn, peas, potatoes, sweet potatoes, yams, winter squash, plantain.	High fat and/or sugary baked goods: pastries, croissants, muffins, donuts, cookies, cake, biscuits, fried dough. High fat crackers: butter crackers, Ritz crackers, Triscuits, Goldfish, Wheat Thins. Cereal: sweetened cereal, granola, fruit cereals. Avoid cream sauce, fettuccine Alfredo, macaroni & cheese. Avoid other high fat starchy foods: lowfat and regular microwave popcorns, cheese curls, and corn and tortilla chips. Avoid potato chips, French fries, Tator Tots, hash browns, and commercial potato skins.

Food Group	Serving Size	Better Choices	Not Recommended
Vegetables This food group provides • carbohydrates • fiber • energy • vitamin A • vitamin C Remember to introduce new vegetables slowly and start with soft consistencies.	1 serving = 1 cup raw leafy vegetables ½ cup raw vegetable ½ cup cooked vegetable ¾ cup vegetable juice Long-term post-op diet goal is 4 vegetable servings a day.	Raw or cooked vegetables: carrots, broccoli, green beans, summer squash, brussel sprouts, asparagus, spinach, green, yellow and red peppers, cucumbers, tomatoes, radishes, mushrooms, cauliflower, cabbage, lettuce, and a whole bunch more Use sparingly: olives, avocado Juice: V-8 juice	Avoid added fats such as • butter and margarine • cream • mayonnaise or Miracle whip • sour cream • butter sauce • au gratin • Hollandaise sauce • Bernaise sauce • cheese sauce Avoid all deep-fried vegetables
Fruit This food group provides • carbohydrates • fiber • energy • vitamin C Introduce new fruits slowly and start with softer consistencies. Remember 100% fruit juices are available with added calcium.	1 serving = ½ cup unsweetened fruit 1 melon wedge 1 medium apple, orange, peach 1 small banana 4-6 oz. 100% juice Long term post-op diet goal is 2-3 fruit servings a day.	Fresh fruit: banana, berries, kiwi, apple, orange, peach, plums, melons, mango, and many more. Canned fruit: unsweetened applesauce, any fruit packed in fruit juice or water. Juice: 100% fruit juice, calcium enriched if available *Limit: 6 oz. or ¾ cup a day	Avoid • all fruits canned in sweetened fruit juice • all fruits canned in light syrup • all fruits canned in heavy syrup • candied apples, coconut Avoid sugar-sweetened beverages, including those labeled • punch • ade • drink

Food Group	Serving Size	Better Choices	Not Recommended
Meats, Poultry, Fish, and High Protein Foods This food group provides • protein • energy • iron • B vitamins Some protein foods also provide • zinc – meat, poultry, shellfish • fiber – legumes • healthy fats – fish, nuts	1 serving = 3 ounces of cooked lean meat, poultry, or fish 1 egg ½ cup cooked beans 2 tablespoons peanut butter Stage 3 and 4 goals are 3 servings of protein foods a day. Protein can come from animal, and/or vegetable sources.	Fish • Cod, flounder, haddock, halibut, perch, red snapper, sea trout, tuna canned in water • Bluefish, herring, mackerel, salmon, trout, swordfish Shellfish • Clams, crabs, lobster, oysters, scallops, shrimp Poultry • Skinless chicken and turkey breasts or thighs; 3-5 grams of fat per 3 oz. • Ground chicken or turkey, at least 93% lean beef • Lean select or choice cuts, trimmed of visible fat – loin, sirloin, round steak, tenderloin, T-bone, Porterhouse, filet mignon, rump roast, ground beef, at least 93% lean Lamb, pork, ham, veal • Lean select or choice cuts, trimmed of visible fat - loin, chop, less than 3 grams fat/oz beans, lentils Cold Cuts • 95% Fat Free, any brand less than 3 grams fat/oz – turkey,	Avoid • fried fish • fish canned in oil • commercial breaded fish products Avoid • fried shellfish • stuffed shrimp and lobster Avoid • fried chicken and turkey • commercial breaded nuggets and patties • duck, goose, and chicken and turkey wings, legs and skin Avoid • regular hot dogs & knockwurst • regular ground beef 70-92% lean Avoid • bacon • sausage, kielbasa, pepperoni, Slim Jims

Meats, Poultry, Fish, and High Protein Foods (continued)	(see previous page for serving sizes)	chicken, ham, roast beef, turkey ham, turkey pastrami, bologna • Whole Egg – 1-2 yolk per day • Egg whites only – no limit • Egg substitute (Egg Beaters, Second Nature, etc.) – • no limit on beans or legumes • Black, kidney, pinto, cannellini and Roman beans • Lentils, split peas • Black-eyed peas and chick peas • Lentil, split pea, black bean soups • Fat-free refried beans • Veggie burgers • Natural peanut butter Use sparingly	Avoid • salami, bologna and liverwurst • corned beef • pastrami • Limit fried eggs
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Food Group	Serving Size	Better Choices	Not Recommended
Dairy/Milk Group This food group provides • vitamin D • calcium	1 serving = 1 cup milk or yogurt 1 ounce fat-free or low fat cheese ½ cup cottage cheese Long-term post-op diet goal is 2 servings a day.	Milk • Skim, fat-free, or 1% • Carnation Instant Breakfast, No Sugar Added (CIB) made with skim milk • SlimFast with soy protein, powdered Yogurt • Nonfat and fat-free flavored with Nutrasweet or 1% lowfat plain Cheese • Nonfat, fat-free, lowfat - less than 3 grams fat/oz. - Alpine Lace, Healthy Choice, Cabot 75% reduced fat, part skim mozzarella Other Non-fat cottage cheese, cream cheese and sour cream	Avoid whole or 2% low fat milk, cream, half and half, regular hot chocolate, milkshakes, frappes, chocolate drinks, eggnog, chowders made with cream Avoid regular or 2% yogurt Avoid full-fat hard and soft cheeses, cheddar, American, brie, cream cheese, bleu, Colby, Swiss, Muenster, provolone, Velveeta, cheese spreads and sauces Avoid regular cottage cheese, cream cheese and sour cream
Food Group	Serving Size	Better Choices	Not Recommended
Fats This group provides • calories • fat	1 serving = 1 tablespoon fat-free or lowfat products 1 teaspoon oil 1 tablespoon peanut butter	Fat-free or lowfat salad dressing, fat-free or low fat mayonnaise, Butter Buds, Molly McButter, nonstick cooking spray, fat-free cream cheese or sour cream	Regular salad dressing, mayonnaise, reduced fat mayonnaise, butter or margarine, cream cheese, sour cream

• “mouth feel” Some items in this group provide vitamin E	Limit fat servings, and choose healthier fats to receive essential nutrients.	Select limited amounts of • *Canola, olive, soybean and peanut oils • *Natural peanut butter *Good sources of vitamin E	
Sweets This group provides • calories • carbohydrates	Optional calorie containing sweets: 1 serving = ½ cup fat-free, sugar-free pudding ½ cup fat-free, sugar-free ice cream or frozen yogurt Limit: 1-3 times per week	Fat-free, sugar-free alternatives: • Popsicles • Fudgsicles • Pudding • Diet Jello Custard made with skim milk	candy, ice cream, ice milk, pies, pastry, cake, cookies

Stage 3 Food Logs: High-Protein Full Liquids (sugar-free, low fat)

Date: _____

Goals:

- 64+ ounces of *Fluids/day*
- 50-60 grams of *protein/day (Women)*
- 60-70 grams of *protein/day (Men & Women 5'8" or taller)*

Foods & Portion Size	Grams of Protein	Ounces of Fluids	Calories
Totals:			

<i>Stage 3 Food</i>	<i>Protein g</i>	<i>Calories</i>
Carnation Instant Breakfast- No Sugar Added Powder + 8 ounces Skim Milk	13	150
Carnation Instant Breakfast No Sugar Added- Ready to drink	13	150
EAS AdvantEdge – Ready to Drink	17	110
Slimfast – Ready to Drink (Original, Easy to Digest, Low Carb, High Protein, Optima)	10-20	220-180
Whey or Soy Protein Powders (14 grams sugar or less per serving & 3-5 grams of fat or less per serving)	Various	Various
Skim Milk	8	90
Simple Smart/ Over the Moon Fat Free Milk	10	90
Soy Milk (low-fat and low-sugar)	6	105
Lactaid Skim Milk	8	80
Light Yogurts (14 grams sugar or less per serving & 3-5 grams of fat or less per serving)	5-8	60-120
Greek Yogurt (Fage 0%, Oikos)	15-20	90-120
Fat-free or 1% Cottage Cheese (Lactaid available)	13-14	70-80
Fat –free ricotta cheese	6-10	40-80
Sugar Free or Fat Free Pudding (instant or cook n serve)	4-5	75-100
Fat-free/Low-fat cream soups made with 8 ounces skim milk	10	190
Scrambled liquid egg substitute (Egg Beaters, Scramblers)	12	60
Egg Whites	8	34

Stage 4 Food Logs: Soft and Moist Protein + Stage 3 foods

Date: _____

Goals:

- 64+ ounces of Fluids/day
- 50-60 grams of protein/day (Women)
- 60-70 grams of protein per day (Men, Women over 5'8')
- Start Multivitamin + minerals, Calcium Citrate + Vitamin D and Sublingual B₁₂

Foods & Portion Size	Grams of Protein	Ounces of Fluids	Calories
Totals:			

Stage 4 Food	<i>Protein g</i>	<i>Calories</i>
Ground meat >93% fat free (beef, chicken, pork, turkey etc...)	21-23	150
Fish (sole, haddock, halibut etc...)	21-23	90-120
Fatty Fish(salmon, bluefish etc...)	21-23	160
Shrimp, Scallops, Crabmeat	14-18	85-90
Tuna, packed in water	20-22	100-110
Imitation seafood	10	87
Chicken or turkey breast without skin	25	120-150
Chicken breast, canned packed in water	16	80
Turkey Chili	8	92
Baby food	8	50
Fat-free/low fat cheese	20	124
Fat-free/ 1% cottage cheese	15	80
Eggs	6	78
Scrambled liquid egg substitute (Egg Beaters, Scramblers)	12	60
Tofu	20	183
Veggie burgers (Garden Burgers, Bocca Burger, Morningstar Farms)	9	70
Ground Soy Crumbles	11	70
Beans (kidney, black, refried etc)	8	103
Lentils	9	115
Hummus	8	100

Exercise: Cardio minutes: _____ Resistance training: _____

Stage 5 Food Logs: Low-fat, Low-Sugar High Protein + (Stage 3 & 4)

Date: _____

Goals:

- 64+ ounces of Fluids/day
- 60-80 grams of protein per day
- 3 serving fruits and vegetables per day
- 3 servings of whole grains per day (1/2 cup or 1 slice is a serving)
- Start Multivitamin + minerals, Calcium Citrate + Vitamin D and Sublingual B₁₂

Foods & Portion Size	Grams of Protein	Ounces of Fluids	Calories
Totals:			

Stage 5 Food	Protein g	Calories
Ground meat >93% fat free (beef, chicken, pork, turkey etc...)	21-23	150
Fish (sole, haddock, halibut etc...)	21-23	90-120
Fatty Fish(salmon, bluefish etc...)	21-23	160
Shrimp, Scallops, Crabmeat	14-18	85-90
Tuna, packed in water	20-22	100-110
Imitation seafood	10	87
Chicken or turkey breast without skin	25	120-150
Chicken breast, canned packed in water	16	80
Turkey Chili	8	92
Baby food	8	50
Fat-free/low fat cheese	20	124
Fat-free/ 1% cottage cheese	15	80
Eggs	6	78
Scrambled liquid egg substitute (Egg Beaters, Scramblers)	12	60
Tofu	20	183
Veggie burgers (Garden Burgers, Bocca Burger, Morningstar Farms)	9	70
Ground Soy Crumbles	11	70
Beans (kidney, black, refried etc)	8	103
Lentils	9	115
Hummus	8	100

Exercise: Cardio minutes: _____ Resistance training: _____

Frequently Asked Questions:

Question	Answer
Why have I been requested to lose weight prior to surgery?	Losing weight prior to surgery may decrease the risk of complications during surgery and may speed recovery after surgery.
What tests will I need prior to surgery?	Routine pre-operative blood work, breathing studies, chest X-ray, an electrocardiogram, and an upper abdominal ultrasound if you still have your gall bladder.
How long will I be in the hospital?	The hospitalization is typically 3 days. The recovery period varies, but some patients return to work within a few weeks after the operation. Their only restriction is no heavy lifting for six weeks after the operation.
How often will I come back for check ups?	You will have a two week follow-up visit after your surgery which will consist of your first surgical and nutrition follow-up. After this you will return after 3-4 weeks and then again after one month. You will also have a three month and six month follow-up visit at which point you will have your vitamin levels checked. We also recommend patients stay as connected to the program as possible by attending support groups regularly. These visits will help you stay focused and on track.
What do I do if I am feeling nauseous?	First look at your eating behavior. You may be eating too much and/or too fast. It is also very important to keep food records to see if this is related to certain foods. Also discuss this with your clinician or physicians if this continues.
Why is protein so important?	Protein is essential after surgery to help the healing process, and preserve your lean body mass (muscles). Meeting your protein goals is essential, and you also want to EAT YOUR PROTEIN FIRST!

Question	Answer
What if I am vomiting?	Vomiting is not an uncommon occurrence, however it can be controlled. If you are vomiting, there are some things you should be looking out for. Are you eating your food too quickly? Note the texture of the food. Is it too dry? Most often you will find meats difficult to tolerate. Make sure your meat is moist. If you are still not tolerating them, you can make substitutions for these foods. Leave them out of your diet for a few weeks and try them again at a later date. Are you chewing your food well? Enjoy, feel, and taste every bite. Remember to drink fluids separately. Do not eat and drink at the same time. Wait approximately 30 minutes before and after a meal to drink liquids. Most often liquids fill you up and may cause distress, making you feel like you need to vomit.
Why is fluid important?	It is important to maintain fluids intake of about 64 ounces or more per day. This will help maintain the appropriate body levels of fluids and replace the losses from weight loss. You need to take small slow sips of fluids through out the day. Fluids should have minimum calories, no caffeine and no carbonation. To help meet both nutrition and fluid goals you need to keep fluids separate from meals by at least 30 minutes.
What is the size of my new stomach or pouch?	About 1 ounce, which is approximately the size of a small shot glass.
Why am I having some hair loss?	Sometimes after surgery patient will complain of hair loss. It can be related to not getting enough protein or vitamins in your diet. This is often the body's response to rapid weight loss. Hair loss is usually not permanent and re-growth typically occurs 3-6 months after it starts falling out. Talk to your dietitian if you are experiencing this.

What should I do if I am having a problem with constipation?	You may need to increase your fiber and fluid intake. Food records will help you quantify how much you are actually drinking. Adding a fiber supplement may help. If increasing fiber doesn't help, you may try milk of magnesia, prune juice or stool softener.
What do I do if I have gas and bloating? What if I have some diarrhea?	Some patients may experience these symptoms due to sugar found in milk products called lactose. If you are intolerant to lactose, it may cause cramping, gas bloating, and/or diarrhea. Switch to lactaid products or soy products. Also make sure you are not eating too much or too fast. Slow down your eating, take small bites and chew well.
What if my weight loss slows down?	Your weight loss may seem like a staircase. You are also going to experience "plateaus" and this is normal. Everyone will lose weight at a different rate, so please do not compare yourself to other people. If you hit a plateau (not losing weight for longer than 2 weeks), continue to keep food records and track your exercise. You may need to adjust your diet or exercise to help with your weight loss. If a plateau last longer than 4 weeks call your dietitian.
What is the Honeymoon period?	Often you may experience a lack of appetite after surgery. In turn this often causes patients to skip meals, depriving themselves of the nutritional needs. You will need to plan to have 4-6 small meals per day to meet your nutrition goals and have a successful weight loss.

What is dumping?	Almost flu-like symptoms (nausea, vomiting, sweating, bloating, diarrhea, etc) that usually occur after high-fat or high sugary foods. The symptoms typically last about 1/2 hour. However, not everyone experiences dumping. To avoid these symptoms, you should select foods that have <u>14 grams of sugar or less per serving</u> and <u>3-5 grams of fat or less per serving</u> .
Why should I take vitamins?	Being compliant with your vitamins is key for your health, meeting your nutrition goals, and preventing deficiencies. We will test your labs periodically to help prevent and/or treat any deficiencies you may develop.
Will I be able to take my prescribed medications after surgery?	Small pills or capsules can be taken as before. Larger medications may be broken or crushed, or alternate medications may be prescribed. Check with the medical team or your prescribing physicians.
What could be causing me to feel a tight feeling in the middle of my chest while I am eating or right after I eat?	A tight feeling when eating is usually a warning sign that there is something about your eating behavior or food consistency that is not right. You may be overeating or eating too fast. Time yourself when you sit down to a meal. Remember it should take about 10 minutes to eat 1 oz food. Make sure that your food preparation methods and food consistencies are appropriate for your diet stages.
When am I allowed to drive after my surgery?	You are allowed to drive when you are no longer taking narcotics and have enough mobility to drive safe.
When can I return to work?	You may return to work as soon as you feel able as long as you are not required to do heavy lifting as part of your job. Typically 2-6 wks for most desk jobs, and 6-8 weeks for manual labor jobs.

When are the staples that hold my skin together removed?	About 2 weeks.
When can I start 1. Walking? 2. Swimming? 3. Lifting weights? 4. Aerobics? 5. Abdominal crunches?	Always check with your clinician before beginning any exercise program: 1: You can start walking IMMEDIATELY! 2: Swimming varies. Do not start swimming until you have checked with your clinician. 3: Lifting weights varies with each individual. Check with your clinician before starting. 4: You can start aerobics approximately 6 weeks after surgery. Start slowly. Listen to your body. 5: Approximately 6-8 weeks. Check with your clinician.
How much weight should I lose?	Weight loss is variable amongst bypass patients. Weight loss depends on many factors including exercise, food selections, caloric intake, starting weight, age, gender and adherence to diet guidelines.
For additional questions please feel free to talk to your medical team anytime. You can make an appointment by calling 617 636 0158. If you are having any medical emergency please call 911 and also talk to our page operator to contact our on call bariatric surgeon/fellow! 617 636 5000.	

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