

**Nutrition “After Surgery”**

Sharon Zarabi RD, CDN, CPT

After surgery you will need to make changes to your eating patterns. The diet after surgery progresses from a liquid diet to a pureed diet to a soft diet and then a modified regular diet. The diet progression is designed to allow your body to heal.

**It is imperative that you follow the diet’s progression and adhere to this regimen to maximize healing and minimize the risk for unnecessary complications**

You will eat smaller portions of food, and happily find that you are satisfied. If you eat nutritious foods, your weight loss will proceed rapidly and safely, and you will avoid discomfort.

***How to Eat***

Establish a pattern of eating, so that your body will be accustomed to it, and you do not become excessively hungry. It is best to make a rule in your mind, designating a time and a place where you eat. When you leave your designated place for dining, all eating should cease. Think of “closing the kitchen.” Avoid eating on the run, or mindless eating such as watching TV, working on the computer, or reading a book. This is KEY to long-term success.

***Each Meal Should Contain Protein: 60-80grams/day!!!!!***

When you eat, make sure that each and every meal is at least half composed of protein. This is the main source of irreplaceable building materials, which our bodies require to repair and maintain our organs, muscle tissue, skin, and hair to name a few. Protein takes longer to digest and metabolize, thereby making you feel more satisfied. Focus on eating protein first so you feel satiated.

***Eat Slowly***

A very important part of eating is enjoying and savoring your food. Take a look at your meal before eating so you really see how much you will be putting into your new pouch. Take your time to avoid discomfort and potential nausea.

***Chew Your Food Well***

You will get more satisfaction and enjoyment from your food, if you chew it thoroughly, before swallowing. More importantly, your food will be able to empty out of your stomach through the small opening at the bottom of the pouch and help you feel full and satisfied. Swallowing food without chewing properly may block the opening which may result in vomiting or the inability to eat or drink anything until food is gradually digested.

Red meats are especially difficult to chew completely, and may cause trouble. We therefore advise you to avoid red tough meats for the first six months after surgery, and to be especially cautious when you do try them. It is best to buy cuts of meat such as Filet Mignon, or double-ground sirloin. Make sure the meat is very moist and not overcooked. Cut your meat in very small pieces, and chew very carefully and thoroughly. Reheated meat is never well tolerated the next day because it gets too dried out.

***Avoid Eating Sweets and Sugars***

Foods that contain sugar can make you feel very strange, especially if you eat them on an empty stomach. It is best to avoid these types of foods since they are a source of empty calories and may cause you to become hungrier which can hinder weight loss efforts.

**Food Guide for Each Post-Operative Stage**

**Day 1: Stage I Clear Liquids**

Take small sips all throughout the day, for a total of 8 cups. Do not use a straw! It can trap gas and you will already be gassy.

* Sugar free, calorie free, caffeine free, non-carbonated beverages
* Ice chips, water, diet beverages with less than 40 calories per serving
* Hint Water® Diet Snapple®, Crystal Light®, Propel®, G2 by Gatorade®, Vitamin Water Zero®
* Clear beef, chicken, turkey or vegetable broth
* Miso soup
* Sugar-free popsicles or sugar free jello

**Day 2-14: Stage II Full Liquids**

Liquids that are well tolerated include:

* All fluids listed above, Blended Soups
* V8® tomato juice
* Low Fat milk or light soy milk, unsweetened almond milk
* Approved protein shakes (see attached list)
* **Avoid** Ensure®, Glucerna®, Slim Fast® and all other non-approved shakes as they are high in sugar and low in protein
* **By Fifth Day** you may add- low fat 2% plain Greek yogurt (Fage®, Chobani®), light varieties of yogurt (Dannon Light n’ Fit®)
* By **Tenth** **Day** if hungry by tenth day add hummus, peanut butter or homemade egg drop soup

**Day 15: Stage III Thin Purees**

During this very early period limit your intake to foods that roll easily off the back of a spoon, in very small amounts. This will give your new stomach pouch time to heal properly.

You will increase your clear liquid intake to 6-8 cups per day. Sip fluids in between meals to prevent dehydration. Remember “The RULE of 30” - Wait 30 minutes to drink after eating.

Add pureed protein sources as tolerated. Protein sources are encouraged as 3-6 small (bites size portions) meals per day. Chew very well with each bite.

* All well-tolerated liquids listed above
* Cottage cheese, soft tofu
* Baby foods with less than 10 grams sugar per serving (you MUST read the label)
* Scrambled, poached or **soft** boiled egg
* Pureed soups or egg drop soup (no chunks of meat or vegetables unless pureed)
* Pureed bean dishes
* Oatmeal thinned with low fat milk, grits, cream of wheat

**Starting Fourth Week: Stage IV Thick Purees**

Check with your Dietitian or Doctor before progressing to this phase. It is still very important to adhere to the guidelines, as your new pouch is still healing and you are adjusting to a new way of eating. Limit your intake to liquids, and thick pureed foods if all foods listed above are tolerated. Thick pureed foods mash with the back of a fork. Foods well tolerated during this period are **moist, juicy tender** products in small servings in no more than of 3-4 oz:

* Pureed or well-cooked soft vegetables and fruits
* Pureed dark meat chicken or turkey
* Ground meats with gravy
* White, flaky fish such as sole
* Tuna fish with light mayonnaise
* Egg salad with light mayonnaise
* Use 1 oz medicine cups to measure portions
	+ Week 4: 1-2 oz protein + 1 oz fruit/vegetables
* Advance diet as tolerated if protein foods agree with you. ALWAYS EAT PROTEIN FIRST!

**After the Fifth Post-Operative Week**

Tolerance to foods varies from one individual to the next. Gradually, try other sources of protein such as soy products, dark meat poultry, fish (no shellfish), and lastly, meats. We advise patients to avoid red tough and stringy cuts of steak until their stomach is functioning very well, usually after 3 to 4 months.

Introduce one food at a time in order to rule out intolerance. Keep a journal of what foods you tolerate and what foods you do not. Your tolerance to a food may improve over time.

* Try only a very small amount of a food at first to see if you tolerate it
* Focus on moisture and texture, slow eating, small bites, and chew your food well
* Do not drink with meals. Wait 30 minutes before and after meals to drink
* Toasted light, whole wheat bread or whole grain crackers (e.g. Wasa Crispbread) may be added to meals if tolerated- *but will take up space for protein so limit intake.*
* Raw peeled fruits, raw vegetables and salads may be added to meals if tolerated
* REMEMBER: Always eat PROTEIN FIRST, then fruit/vegetable, and starch last
* Sample meal plans can be found in the following pages

**BAND ONLY**: Start Stage III Thin Purees on Third Day Post Op. Your first fill will be approximately 6 weeks post-operative. After the fill you must remain on full liquids for the remainder of the day. Progress to Stage II the next day, and Stage IV two days after the fill.

**Fluids**

Drink at least 8 cups (64 ounces) of fluid per day, between meals. Recommended beverages are water and unsweetened, low calorie, non-carbonated drinks. Juices and drinks that are high in calories could cause dumping or low sugar “crashes” and provide very little nutritional value. Here are some tips:

* Do not drink 30 minutes before or after meals
* Sip slowly and carefully
* Sip fluids continually all day long to prevent dehydration
* Avoid drinking from straws - it may cause gas and/or bloating
* Eliminate high calorie drinks such as milkshakes, soda, alcoholic beverages and juices. Weight loss can be slowed down dramatically and even cease

**Protein in future months**

Protein helps with wound healing, aids in tissue repair, boosts your metabolism, and helps fight infection. It is important to get at least 60 grams of protein daily. You may not hit 60 grams in the initial weeks, but make it a goal as you are able to better tolerate foods. Remember that if you have not taken in adequate amounts of protein after three weeks, your body will start to break down it’s own muscle. This will cause you to feel nauseated and weak - prevention is important!

If the focus of each meal is protein-rich foods, deficiency is very unlikely to occur. Early on, when you are taking in protein drinks, it is easy to keep track of how much protein you are consuming, but later, when you are eating regular food, it may be a little more difficult. Use the nutrition labels as your guide. On the following page is a list of approved protein drinks and where you can purchase them. Foods that are high in protein and generally well tolerated include:

* Dark meat poultry
* Thin sliced deli meat
* Ground lean beef, chicken and turkey
* Canned chicken and tuna
* White flaky fish, salmon, tuna
* Baby shrimp, scallops, gefilte fish, sashimi
* Low fat milk, cottage cheese, low fat cheese and low sugar Greek yogurt
* Scrambled, poached and soft boiled eggs
* Tofu, soy products (read labels - some soy products are very high in calories and low in protein), veggie burgers, edamamme
* Beans

**Lifetime Success**

To maintain a healthy weight and to prevent weight gain, you must develop and keep healthy eating habits. Be aware of the volume that you can tolerate and do not try to go beyond that. Frequent snacks slow down the weight loss. However, you should not go long periods without any food. You will be more prone to overeat later and fail to meet your protein requirements.

A well balanced diet is the key to long-term success.

**Basic Rules for LIFE after Surgery**

* **Rule of 30**
	+ Do not drink any liquids for 30 minutes before or after a meal
	+ Avoid having a beverage on the table when eating a meal
* **Each meal should last 20 minutes to eat no more than 3-4 oz food**
	+ Pause between each bite
	+ Swallow to allow the food to settle in the pouch
	+ Your pouch is about the size of a golf ball so it fills up quickly. It is very easy to have “one bite too many” which may result in pain or vomiting
* **Eat protein first/Vegetables second/ Starch last**
	+ *60-80 grams per day by the fourth week* Remember to prioritize how you nourish your body
* **Avoid ‘empty’ calories that have no nutritional value**
	+ Even though you may not always experience ‘dumping syndrome,’ too much fruit, fruit juice, sugars, soft drinks and refined starches will slow down your weight loss
* **Avoid ALL fried, oily or fatty foods**
	+ These foods empty rapidly from your stomach into your small intestine, which can cause ‘dumping syndrome’ and also interfere with your long-term weight loss
* **“Full” feels different**
	+ You will not feel “belly fullness,” but rather pressure or discomfort in the chest area. Some experience hiccups and sneezing as “fullness” approaches
	+ Listen to your body - *When in doubt, wait it out!*
* **Read Food Labels**
	+ Look for foods with Sugars <10g per serving, and Fiber >3g per serving
* **Join A Support Group**
	+ Support Groups meet on the SECOND MONDAY and THIRD THURSDAY of every month at 6pm in the hospital
* **Exercise**
	+ To preserve lean muscle mass and speed up your metabolism
* **Keep yourself hydrated**
	+ Aim for 8 cups (64 oz/2 quarts) per day of water or other unsweetened, low-calorie, non-carbonated, decaffeinated drinks (e.g. crystal light, herbal tea, etc)
* **Always take your vitamin and mineral supplements as directed**

**Vitamin/Mineral Guidelines After Surgery**

Here are some general guidelines regarding what vitamins and minerals you must take *FOR LIFE* after surgery. You will be given a specific vitamin and mineral protocol from your health care provider. *All vitamins must be chewable for the first month then you may proceed to pills- NO GUMMIES*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Vitamin/Mineral** | **Adjustable Gastric Band** | **Gastric ByPass** | **Gastric Sleeve** | **Duodenal Switch/SIPS** |
| **Complete Multivitamin** Centrum® or Flintstones Complete® | Take once a dayStart first Sunday after surgery | Take twice a dayStart first Sunday after surgery | Take once a dayStart first Sunday after surgery | Take twice a dayStart first Sunday after surgery |
| **Calcium Citrate** **with Vitamin D**Citracal®**NOT** Calcium carbonate |  | Citracal® 2 pills crushedStart first Sunday after surgery | Citracal®2 pills crushedStart first Sunday after surgery | Citracal®2 pills crushedStart first Sunday after surgery |
| **B12** Nature’s Bounty sublingual or dropper |  | 1,000 microgramsTake once a weekStart first Sunday after surgery | 1,000 microgramsTake once a weekStart first Sunday after surgery | 1,000 microgramsTake once a weekStart first Sunday after surgery |
| **Vitamin A,D,E,K**In dry formBariatric Advantage ADEK combination formula or MultiVitamin EA [www.bariatricadvantage.com](http://www.bariatricadvantage.com) |  |  |  | *Vitamin A:* 10,000 IU to 30,000 IU*Vitamin D*: 800-2,000 IU*Vitamin E*: 100-800 IU*Vitamin K*: 120- 450 mcgStart first Sunday after surgery |
| **Iron** DO NOT take with milk, tea, coffee, calcium supplements or antacids (wait 2 hours)Try Slo-Fe if iron causes stomach upset |  | 2 iron tablets a day each containing 50-65 mg of elemental iron OR 300 mg per day iron gluconate or iron sulfateStart **3 weeks** after surgery as prescribed |  | 2 iron tablets a day each containing 50-65 mg of elemental iron OR 300 mg per day iron gluconate or iron sulfateStart **3 weeks** after surgery as prescribed |

**Label Reading for Healthy Meal Planning**

**Remember!**

# Nutrition Facts

Serving Size ½ cup (114g)

Servings Per Container 4

## Amount Per Serving

**Calories** 190 Calories from Fat 30

 **% Daily Value\***

### Total Fat 3g 5%

 Saturated Fat 0g **0**%

### Cholesterol 0mg 0%

### Sodium 135mg 6%

### Total Carbohydrate 13g 4%

 Dietary Fiber 3g (A*im for greater than 3 grams)* **12**%

 Sugars 13g (*Keep sugars less than 10g*)

### Protein 3g (*Try to keep this high*)

Vitamin A 80% • Vitamin C 60%

Calcium 25% • Iron 4%

\* Percent Dally Values are based on a 2,000

 calorie diet. Your daily values may be higher or

 lower depending on your calorie needs:

 Calories 2,000 2,500

Total Fat Less than 65g 80g

Sat Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Fiber 25g 30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

* 3,500 calories = 1 pound of body fat
* You need only 1,500-2,000 calories/ day
* Fiber and protein keepyou full
* Always read labels. 1 bottle of ‘no sugar added’ juice can still have 320 calories!

**Serving Size**

Take note of the amount of food shown as a serving. This may not be the amount you are eating, but it is the amount containing the nutrient values listed.

# **Calories**

* Calories = Energy
* Too much energy = weight gain
* Eating less calories = weight loss

# **Total and Saturated Fat**

* Excess fat, including ‘healthy fats,’ can mean excess calories, resulting in weight gain
* A low fat diet recommended to reduce the risk of heart disease
* Choose meats, dairy, and convenience foods with less than 2 grams of saturated fat per serving

**Protein**

* Builds muscle, keeps you full
* Found in meat, fish, poultry, low fat dairy, eggs, and legumes

**Carbohydrate/Sugars**

* Carbohydrates are found in starches and sweets
* Keep SUGARS <10g per serving, and FIBER >3g per serving
* Bypass and duodenal switch patients: To avoid dumping syndrome and minimize excess calories, keep sugars less than 10grams/serving
* Avoid foods with sugar as one of the first three ingredients. Sugar can also be called: sucrose, dextrose, fructose, glucose, corn syrup, high fructose corn syrup, honey, barley malt, maple syrup, molasses, rice syrup, cane juice, etc.

**Dietary Fiber**

* Found in whole grains – 100% whole wheat, bran, oats, barley, fruits and vegetables
* Forms a ‘gel’ during digestion and takes longer to break down, keeping you full for longer
* Prevents constipation, lowers cholesterol, and maintains normal blood sugars
* 100% Whole grains contain more vitamins and minerals than white bread, crackers, etc.

**Foods to avoid: Foods > 6-10 g sugar per serving**

Here is a list of popular foods that are filled with *empty* calories that can prevent weight loss and can cause both delayed and early dumping: Ice cream; pudding; sweetened, fruited or frozen yogurt; dried fruits; candied fruit; canned or frozen fruit in heavy syrup; 100% fruit juice; sugar coated or sweetened cereal; sweet rolls; doughnuts; muffins; sports drinks or vitamin water; lemonade; sweetened iced tea; regular soda; popsicles; cakes and cookies; pies; jelly, jam**Foods To Choose and Avoid**

|  |  |  |
| --- | --- | --- |
| **Food Groups** | **Well Tolerated***These foods (especially meat and protein) are moist, tender, soft, runny, thinly sliced in a sauce, gravy or light mayonnaise; and easily pass through the outlet when well chewed* | **Not Well Tolerated***These foods may be more difficult to digest or may block the gastric outlet due to their tough, dry, fibrous, or doughy texture* |
| **Protein** |  |  |
| Poultry and meat | Dark meat chicken, thin sliced turkey, ham, veal, thin sliced medium rare filet mignon, chili, brisket, chicken salad from the can | White breast meat, pork chops lean meat, burgers, ground meat, beef***Too fibrous, dry, chewy*** |
| Fish | White flaky fish, salmon, tuna w/ light mayo, baby shrimpScallops, gefilte fish, sushi/sashimi (no rice), thin sliced seared tuna, shrimp cocktail | Any fried or breaded Fish steaks, lobster, crab, shellfish***Too rubbery*** |
| Dairy | Low fat milk, 1% cottage cheese, low fat cheese, light/ sugar free yogurt, fat free ricotta, 2% greek yogurt | Fruit on the Bottom yogurt, cottage cheese blends. (These may cause **dumping** in bypass patients due to high sugar content) |
| Eggs | Soft boiled, poached, soft scrambled, homemade egg drop soup | Hard boiled, omelet***Too rubbery*** |
| Soy products | Tofu, soy analog meat/ chicken, edamame | N/a |
| Legumes | All beans |  Beans may cause gas pain |
| **Vegetables** |  |  |
| Colorful and green leafy | All well cooked vegetables, chopped salads, crisp baby spinach, cucumber, tomato, pickles, collardsAsparagus tips, broccoli florets, peppers | No stalks, or woody stems, Poorly chewed salads or veggies***Too fibrous, stringy, difficult to chew*** |
| **Fruit** |  |  |
|  | Berries, peeled fruit, grapes | Fruit skins – ***blocks stoma***, dried fruits, fruit juice- ***too sweet/ sugary*** |
| **Starches** |  |  |
| \*Choose foods with > 3 grams fiber per serving | Cream of wheat, old fashioned oatmeal, 3-4 whole wheat crackers, whole grain cereal (Kashi brand), light wheat toast (40 calories per serving), Triscuit® crackers | Doughy, gummy bread, rice, pasta, tortilla, bagels, rolls, Italian bread***Expands and blocks stoma*** |
| Starchy vegetables | Yams, potatoes, peas, carrots, legumes  | Corn |

**Sample Menus**

**Day 1: Stage I Clear Liquids**

Instructions

1. Sip fluids slowly without use of a straw as they can make you feel bloated and gassy
2. You are not expected to finish everything on your tray
3. Stop eating if you feel a slight pressure or fullness in the chest area to avoid pain or vomiting
4. As the initial swelling goes down and your pouch heals, fluids will exit the pouch as if it were going through a funnel. Try to get in 8 cups of water/ day

|  |  |
| --- | --- |
| **Acceptable Fluid Choices** - Diet or less than 40 calories per 8 oz serving, not carbonated | **Poor Fluid Choices** - Too high in sugar, calories, carbonation, or caffeine |
| * Sugar free, calorie free, caffeine free, non-carbonated beverages
* Ice chips, water, water with a slice of lemon or orange
* Hint Water®, Diet Snapple, Crystal Light, Propel, G2 by Gatorade
* Diet cranberry or other diet juices (<40 cals/8 oz), sugar free Kool Aide
* Unsweetened herbal tea
* Clear beef, chicken, turkey, or veg broth
* Miso soup
* Sugar-free popsicles and Jello
 | * Alcohol
* Diet or Regular Sodas
* Carbonated or “flat” beverages
* Carbonated water
* Vitamin Water, Gatorade, Powerade
* Regular fruit juice (apple, grape, cranberry, orange, etc.)
* Caffeinated tea or coffee
* Starbuck’s coffee drinks
* Jamba Juice or Fruit Smoothies
* Ensure, Slim Fast, Optifast
* Regular popsicles or Jello
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**Post Op Day 2-14: Stage II Full Liquids**

* All fluids listed above and blended soups
* Low Fat milk, Unsweetened Almond Milk or light soy milk
* Approved protein shakes (see attached list)
* **Avoid** Ensure®, Glucerna®, Slim Fast® and all other non-approved shakes as they are high in sugar and low in protein
* **By fifth day** **if hungry** you may add Low fat, plain Greek yogurt, (Fage®, Choban®i, OIKOS®), light varieties of yogurt (Dannon Light n’ Fit), strained soups

**Day 15: Stage III Thin Purees**

**Day 3 for LAP BAND ONLY**

Instructions

1. Thin Puree diet consists of foods that roll off a spoon like yogurt and blended soups, thinned hot cereals, or thinned cottage cheese
2. This diet texture requires little or no chewing
3. You should learn to chew your food to a paste consistency before swallowing

**Please Note:**

Stage I and II Clear and Full Liquids and Stage III Thin Puree Foods are 4-8 oz servings because liquids and soft foods pass through the stomach pouch more quickly than more textured foods.

Stage IV Thick puree foods are 2-3 oz servings because these foods take longer to pass through the stomach pouch than liquids.

**Sample Menu for Stage II Full Liquids**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Breakfast | Lunch | Snack 2 x day | Dinner |
| Day 4 | 4 oz Shake made with 1 scoop protein powder, 1 C low fat milk | 2-3 oz 96% fat free Healthy Choice soup,  | 4 oz protein shake \*sips of water throughout the day | 3-4 oz chicken brothNo noodles |
| Day 5 | 4-6 oz protein shake made with1 c low fat milk | 1 Egg blended in 4 oz chicken soup | 4 oz protein supplement | 2oz mashed runny lentil bean soup  |
| Day 6 | 4-6 oz protein shake made with1 c soy milk | 4 oz tomato soup | 4 oz protein supplement | 4 oz low fat cream of chicken soup  |
| Day 7 | 2-4 oz 2%fat greek yogurt | 1pkt Lipton chicken soup w/1 tbsp silken tofu | 4 oz protein supplement | 2 oz mashed runny black beans  |
| Day 8 | 2-4 oz 2%fat greek yogurt | 2-3 oz skim ricotta cheese w/ vanilla extract and 1 pkt Splenda | 4 oz protein supplement | 3-4 oz chicken soup |
| Day 9 | 2-3 oz greek yogurt mixed w/ 1 spoon mashed banana | 2 oz unsweetened applesauce mixed in1 oz ricotta cheese | 4 oz protein supplement | 3-4 oz egg drop soup |

**Sample Menu Stage III Thin Puree** - *An 8 oz protein shake may be substituted for any meal*

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Breakfast | Lunch | Snack x 2 (if hungry) | Dinner |
| Day 15 | 2 oz oatmeal¼ mashed banana | 3oz mashed cauliflower1 tsp margarine1 tsp parm cheese | High protein pudding | 3 oz 2% greek yogurt 2 oz chopped cooked spinach |
| Day 16 | 1 very soft boiled egg | 3 -4 oz Greek yogurt w/ cooked spinach | 1 tsp peanut butter | 1-2 oz Silken tofu cooked in chicken both |
| Day 17 | 2-3 oz Greek yogurt1 tbsp unsweetened applesauce | 1 egg whisked and boiled in4 oz chicken broth | 1 tsp almond butter | 2-3oz split pea soup2 tbsp tofu added |
| Day 18 | 2-3 oz oatmeal1 c low fat milk | 2 oz chicken liver | 4 oz protein supplement | 2 oz 1% cottage cheese1 oz unsweetened applesauce |
| Day 19 | 1 poached egg | 2-3 oz sugar free oatmeal1 c nonfat milk | 1tsp hummus (chickpea spread) | 1pkt Lipton chicken noodle soup2 tbsp tofu added |
| Day 20 | 2 tsp peanut butter | 3-4 oz blended Fat Free Healthy Choice Soup – cream of broccoli, mushroom, or chicken | 4 oz protein supplement | 4 oz egg drop soup2oz blended string beans |

**Weeks 4: Stage IV Thick Purees**

Instructions

1. Food can be mashed with the back of a fork, without requiring a knife
2. You should chew food very well if it cannot be mashed with the back of your fork
3. Continue to prioritize by eating protein first followed by the vegetables/fruit, and starch
4. Use your 1 oz medicine cup to measure your food
5. **Week 4 Portions: 1-2 oz protein + 1-2 oz vegetable/fruit at meals**
6. Take small ½ teaspoon sized bites of food. Chew food 20 times prior to swallowing
7. You can substitute an 8 oz protein shake for any meal
8. Wait 30 minutes to drink after a meal

**Sample Menu Week 4** - 1-2 oz protein + 1-2 oz vegetable/fruit at meals

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Breakfast | Lunch | Snack | Dinner |
| Day 21 | 1-2 oz soggy Bran Cereal w/ unsweetened almond milk | 1-2 oz tuna1 tbsp low fat mayo1 oz canned green beans | 4-6 oz light yogurt1 oz blueberries | 1-2 oz crustless quiche1oz cooked broccoli florets1 tsp margarine |
| Day 22 | 4-6 oz light yogurt1 oz blueberries | 1-2 oz egg salad1 tbsp low fat mayo | 4 oz unsweetened apple sauce | 1-2 oz tender fish1oz mashed cooked carrots1 tsp margarine |
| Day 23 | 1-2 oz 1% cottage cheese1 oz canned peaches packed in water  | 1-2 oz veggie burger  | 1 string cheese | 1 egg frittata 1 oz sweet potato1 tsp margarine |
| Day 24 | 1-2 poached eggs | 1-2 oz fat free refried beans1 oz tomato salsa  | 1-2 oz light, skim ricotta cheese1 drop of vanilla extract, 1 pkt Splenda, cinnamon | 2 triscuit crackers w/almond butter |
| Day 25 | 1 pkt Kashi oatmeal made with 4 oz skim milk  | 1 tbsp guacamoleTurkey cold cuts | 1 tsp peanut butter | 1-2 oz tuna1 tbsp low fat mayo1oz cooked spinach |

**Sample Menu Week 5** - 2 oz protein + 2 oz vegetable/fruit at meals

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Breakfast | Lunch | Snack | Dinner |
| Day 28 | 2 oz oatmeal4 oz of nonfat milk | 2 oz egg salad w/ 1 tbsp low fat mayo | 1 tsp peanut butter | 2 oz poached cod2 oz baked potato1 tsp substitute butter |
| Day 29 | 1 scrambled egg1 oz melted low fat cheese2oz salsa | 2 oz tuna salad w/ lowfat mayo2oz tomatoes chopped | 8 oz protein supplement | 2 oz tender fish2 oz mashed cooked carrots1 tsp margarine |
| Day 30 | 2 oz 1% cottage cheese2 oz blueberries  | 2 Triscuit Crackers smeared w/ peanut butter  | 1 Laughing Cow® cheese wedge | 1 egg frittata 2 oz chopped veggies1 tsp margarine |
| Day 31 | 2 poached eggs | 2 oz fat free refried beans2 oz avocado | 2 oz skim ricotta cheese vanilla extract, 1 pkt Splenda, cinnamon | 2 oz baked potato1 oz shredded low fat cheese1 oz plain yogurt  |
| As tolerated | 1 pkt Kashi oatmeal made with 4 oz skim milk  | 2 oz poached cod 1 oz chopped stewed tomato | 8 oz protein supplement | 2 oz dark meat chicken salad 1 tbsp low fat mayo2 oz creamed spinach |
| As tolerated | 8 oz protein supplement | 4 oz fat free Healthy Choice soup2 wheat thin crackers | 4-6 oz light yogurt | 2 oz veggie chili2 oz melted shredded cheese |

**After the Fifth Post-Operative Week**

Instructions

1. This diet consists of bulkier, more textured foods which require more cutting and chewing
2. As you add more foods and textures into your diet, you may be able to tolerate a certain food one week and not the next. Try to reintroduce that particular food into you regimen a week or two later. Individuals advance differently during this stage
3. Keeping a food journal will help you define which foods you tolerate
4. Preventing food from getting “stuck” in the pouch or gastric outlet depends on the food’s texture and moisture, and how well you are able to chew it
5. Protein needs to be especially moist and tender enough so that once chewed, the food will easily exit the gastric outlet
6. Reheated meat is never well tolerated the next day because it gets too dried out
7. Eat no more than 3 small meals per day

**Sample Menu Week 6** - *An 8 oz protein shake may be substituted for any meal*

|  |  |  |
| --- | --- | --- |
| Breakfast | Lunch | Dinner |
| 1-2 scrambled eggs1 oz shredded low fat cheese | 2 oz tuna salad1 tbsp low fat mayo2 oz baby spinach | 6 oz chicken noodle soup1 oz sweet potato1 tsp butter |
| 2-3 oz old fashioned oats3 tbsp blueberries8 oz nonfat milk | 3 thin slices of Healthy Choice ham1 slice tomato1 slice light wheat toast | 2-3 oz cooked salmon1 tsp butter1-2 oz peas and carrots |
| 3-4 oz 1% cottage cheese2 oz canned pears in water | 3 thin slices deli turkey1 slice tomato1 slice light wheat toastdijonnaise | 2-3 oz boiled beans 1 oz low fat cheese4 wheat thins crisps |
| ½ slice whole grain toast1 tbsp peanut butter¼ small banana sliced | 2-3 oz egg salad1 tbsp low fat mayo1 slice lettuce and tomato3 melba crackers | 2 oz pork tenderloin1 oz applesauce1-2 oz asparagus tips |
| 4 oz skim ricotta cheese3 tbsp blueberries1 pkt Splenda¼ tsp vanilla extract, cinnamon | 2-3 oz blended chicken salad2 oz chopped green lettuce and tomato | 2-3 oz baby shrimp salad1 tbsp light mayo1-2 oz cooked broccoli  |
| 2 oz shredded wheat cereal4 oz skim milk 1 oz sliced strawberries | 4 oz 3-bean salad | 2 oz flounder 2 oz mango salsa |

|  |
| --- |
| full grocery bagGROCERY LIST |
|  | **Protein** |  | **Produce** |  | **Dairy** |
|   | soybeans |   | yams/ sweet potato |   | Low fat/ 1% milk |
|   | garbanzo beans |   | idaho potato |   | FAGE 2% fat greek yogurt  |
|   | lentils |   | green beans |   | 1% cottage cheese |
|   | black beans |   | unsweetened applesauce |   | skim ricotta cheese |
|   | white beans |   | banana |   | Unsweetened almond milk |
|   | tofu or meat substitutes (found in produce aisle) |   | chopped spinach |   | light/ fat free cheese |
|   | eggs/ eggbeaters |   | berries |   | low fat mozzarella string cheese |
|   | tuna/salmon/ fish |   | carrots |   | sugar free/light yogurt |
|   | veggie burgers |   | mushrooms |   |   |
|   | protein supplement |   | squash/ eggplant |   |   |
|  | **Cereal/Grain/Pasta** |  | **Canned**  |  | **Frozen** |
|   | old fashioned oats |   | chicken, beef broth |   | broccoli florets/ chop |
|   | Fiber One Cereal |   | fat free cream soup |   | beef/ bean chili |
|   | Triscuits/ Wasa |   | lentil/ split pea soup |   | spinach |
|   |  light low calorie bread |   | tomato soup |   | veggie burgers |
|   |  All bran |   | miso soup |   | berries |
|   |  Kashi Go Lean |   | egg drop soup |   | french cut string beans |
|   |   |   | Lipton chicken noodle |   |   |
|   |   |   |   |   |   |
|  | **Spices/Condiments** |  | **Beverages** |  | **Pet Food** |
|  |  |  | Hint Water  |  |  |
|   | tomato salsa |   | crystal light |   |   |
|   | light/ fat free mayo |   | fruit 2 O |   |   |
|   | splenda/ equal/STEVIA |   | diet iced tea |   |   |
|   | vanilla extract |   | diet snapple |   |   |
|   | dijonnaise |   | sugar free drinks |   |   |
|   | PAM spray |   | sugar free cocoa |   |   |
|   | Smart Balance light |   | decaf tea/ coffee |   |   |
|  | **Household Items** |  | **Pharmacy** |  | **Snacks** |
|   | strainer |   | chewable MVI |   | diet gelatin |
|   | measuring cups |   | calcium citrate |   | diet pudding |
|   | hand blender |   | iron |   |  Peanut or Almond Butter |
|   | measuring spoon |   | Vitamin B12 |   |  guacamole |
|   |   |   |   |   |   |
|   |   |   |   |   |   |

**Manhattan Minimally Invasive and Bariatric Surgery**

**Lenox Hill Hospital**

**New York, New York**

Patient Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Meets NIH requirement
* Documented, previous unsuccessful attempts at weight loss
* Is familiar with and understands surgery
* Has realistic weight goals
* Understands that this is permanent change
* Understands pouch size
* Understands importance of small meals
* Understands adequate fluid intake
* Understands general diet progression
* Able to list protein foods/ prioritize food intake
* Understands food must be chewed thoroughly to puree consistency
* Understands Dumping Syndrome for RYGB patients only
* Understands weight regain is possible
* Understands life-long need for daily vitamins
* Understands importance of support groups and follow-up with multidisciplinary team (surgeon, primary care physician, dietitian, exercise physiologist, social worker)
* Understands importance of realistic exercise goals
* Appropriate literature provided

Additional Comments/ Impressions:

**Patient Statement of Accountability:**

I have participated in pre-operative bariatric nutrition counseling and education with a registered dietitian. I understand the basic nutritional and behavioral principles that bariatric surgery will have, as outlined above. I understand that bariatric surgery is a *tool* and not a solution and that I am ultimately responsible for follow-up with my surgical team to ensure a safe and healthy weight loss.

Gastric Sleeve Duodenal Switch/SIPS LAP-BAND Roux-En Y Gastric Bypass

Patient Signature: Date:

Facebook email address \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Dietitian Signature\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**USEFUL WEBSITES**

The best patient is an informed patient

Make sure you watch this video before surgery

**http://reports.nsqip.facs.org/MBSAQIPDropVideo/**

**Calorie counters:**

Loseit.com

Myfitnesspal.com

Sparkpeople.com

Calorieking.com

Livestrong.com

**Support and Motivation:**

Obesityhelp.com

Obesityaction.org

Bariatricpal.com

NAWLS.com

**Recipes and meal plans:**

Thepaleodiet.com

Hungrygirl.com

bariatricfoodie.blogspot.com/p/favorite-recipes.html

**Vitamins:**

Bariatricrx.com

Bariatricfusion.com

Bariatricadvantage.com

Celebratevitamins.com

Vitalady.com (good for duodenal switch patients)

**PROTEIN SOURCES**

**MEAT/POULTRY/EGGS/FISH (1 oz = 7 gm)**

Salmon fillet

Chicken, dark meat, no skin

Lean ham, turkey, roast beef deli meat

Canned tuna, chicken, crabmeat in water

Frozen baby shrimp, scallops

Any white flaky fish

Beef stew meat

Eggs or ¼ C EggBeaters

Chopped Liver

**DAIRY (serving size varies = 8 gm protein)**

1 C 1% or nonfat milk, Lactaid®, Carb Countdown®, or Light plain soymilk

½ c 2% fat greek yogurt

½ C Light yogurt (less than 120 calories/ serving)

¼ C cottage cheese (Friendship® brand)

¼ C Part-skim or fat free ricotta cheese

¼ C Grated Parmesan cheese

1 oz./2 TB Part-skim mozzarella string cheese

**NUTS/ PROTEIN (1 oz only= 170-180 cal & 7 g protein)**

Soynuts

20-24 Almonds

8-11 Walnuts

20 Valencia Peanuts

6-8 Brazil nuts

Natural Peanut Butter (1 TB = 4 gm protein)

1/3 C Pumpkin seeds

**LEGUMES (1/3 C = 5 – 7 gm protein/ 15 gm CHO)**

Pinto beans

Kidney beans

Black beans

Fat free refried beans

Garbanzo beans

**SOY PRODUCTS (1/2 C = 12grams protein)**

Miso

Tempeh

Firm Tofu

Edamame

Veggie Burger

**HEALTHY FATS**

1 tsp Olive Oil, Canola Oil, Safflower Oil

1/8 Avocado- helps with constipation

1 TB transfat free margarine

1 TB Natural Peanut Butter

1TB flax seeds or chia seeds

olives, nuts, seeds, fish

\* healthy fats help w/ constipation; avoid fatty and creamy dressings and sauces

**COMPLEX CARBOHYDRATES (>3 g fiber)**

**GRAINS (1/4C – 1/2C)**

½ C Oatmeal/ \*\*(4grams of protein/serving)

½ C Whole grain cereal w/ <10 gm sugar per serving

(4)Whole grain crackers/ whole grain Triscuits

(1)Whole wheat pita bread (4”)

(1)Whole wheat tortillas (50-100 kcals each)

(1)Light Whole grain bread (~40 kcals each slice)- TOASTED

Soy crisps

**FRUITS (1/4C – 1/2C)**

Highest in fiber:

Apples (peeled)

Berries- strawberries, blueberries, blackberries

Pear

Peaches (peeled or canned in water)

Less Fiber but still ok:

Bananas

Nectarines (peeled)

Watermelon

Cantaloupe

Honeydew melon

Mango

Papaya

Lemon/lime

Orange/ tangerine/ canned mandarin oranges

**VEGETABLES (1/2 C cooked, 1C raw)**

Baby carrots

Broccoli florets (not the stems)

Cauliflower (mashed)

Collard Greens, Kale

Chopped celery

Cucumbers

Tomatoes

Green beans

Mushrooms

Mixed salad

Baby spinach

Canned asparagus

Brussels Sprouts

String Beans

Butternut Squash