

Bhatti

WEIGHT LOSS

NUTRITION MANUAL

Bariatric Surgery Focus

My Surgery Date: _____



1457 White Oak Drive • Chaska, MN • 952.368.3800

6500 Barrie Road • Edina, MN • 952.207.2424

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Contact Information

Scheduling Appointments

Main Office: 952.368.3800 (Edina) or 952.207.2424 (Chaska)

Consultation Request Online Form: www.bhattiweightlosscenter.com

Clinic Locations:

Telehealth appointments are available upon request

Bhatti Weight Loss- Edina Clinic

6500 Barrie Rd.

Edina, MN

Bhatti Weight Loss- Chaska Clinic

1457 White Oak Dr.

Chaska, MN

Nutrition Questions/Concerns

Registered Dietitian: Emily Klein, RD, LD

Email: eulschmid@bhattigi.com

Office: call main line and you will be directed to the correct scheduler

Bariatric Surgery

Important Considerations

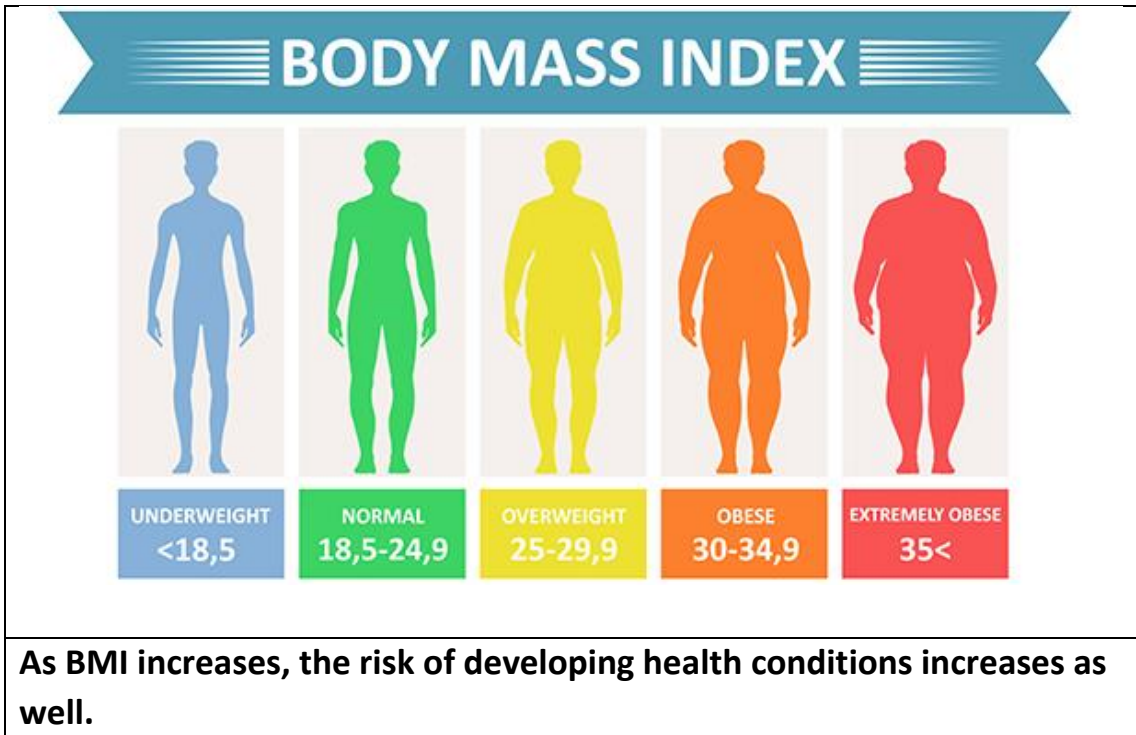
Bariatric surgery should be discussed with your doctor as well as our surgeons to determine the best option based on your medical history and weight journey.

1. Bariatric Surgery is not cosmetic surgery.
2. Bariatric surgery does not involve removal of adipose or fat tissue by suction or surgical removal. It's intended to be a tool for weight loss.
3. Our surgeons will meet with you prior to making a decision to discuss the risks and benefits of each procedure option.
4. The patient must commit to a long- term lifestyle change, including diet and exercise which are key to optimal success post bariatric surgery.
5. Patients need to be aware that problems after surgery may result in further operations, IV fluids or medical complications.



Body Mass Index

Body Mass Index (BMI) is a measurement based on height to weight ratio. This number is used to determine eligibility for bariatric surgery as well as determine how much risk a person is at for developing health problems as a result of his or her weight. The higher the BMI, the more potential for additional health problems (heart disease, high cholesterol, hypertension, diabetes etc.)

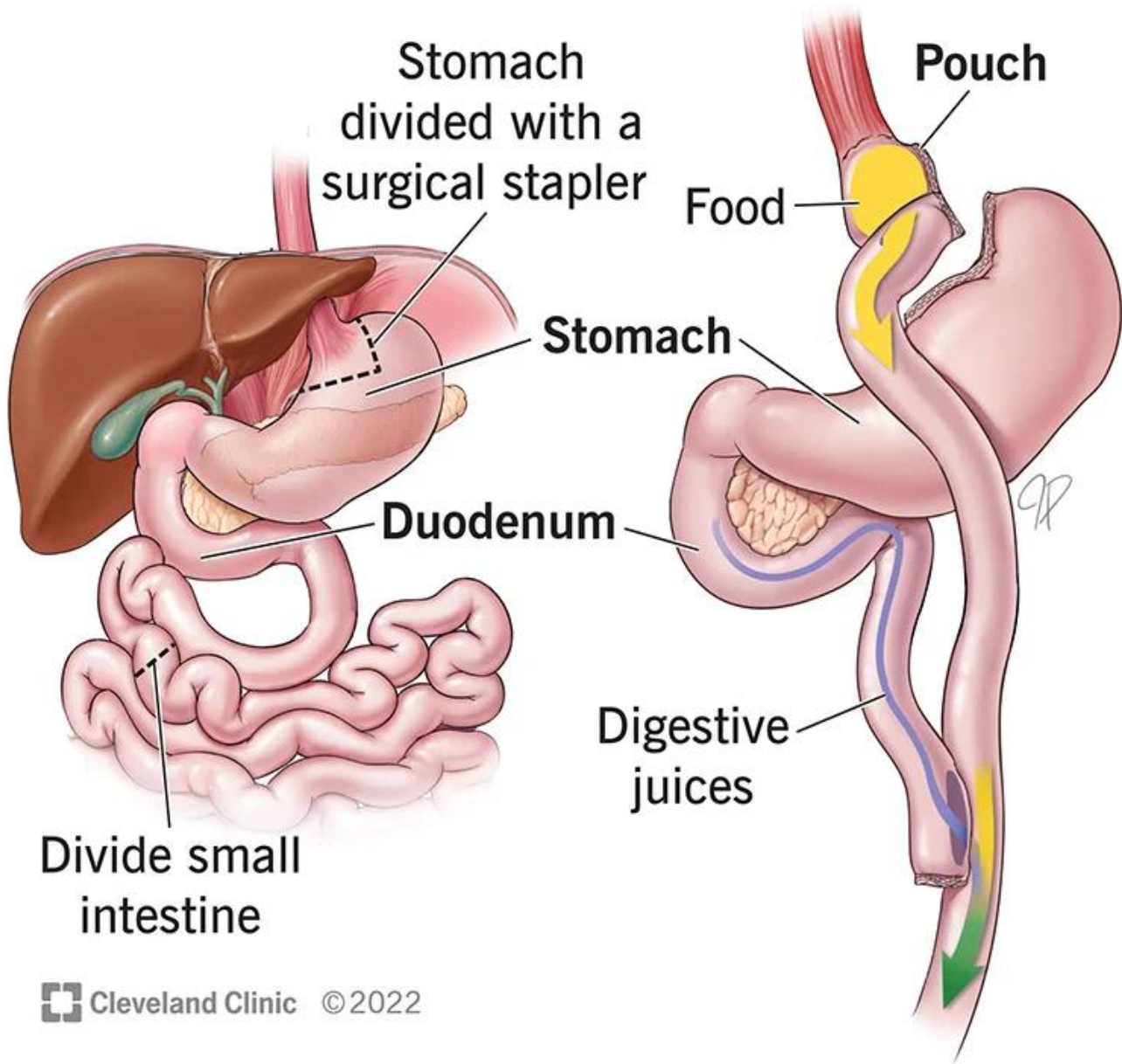


Calculate your BMI: https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm

Roux- en- Y Gastric Bypass

Gastric bypass surgery

Roux-en-Y

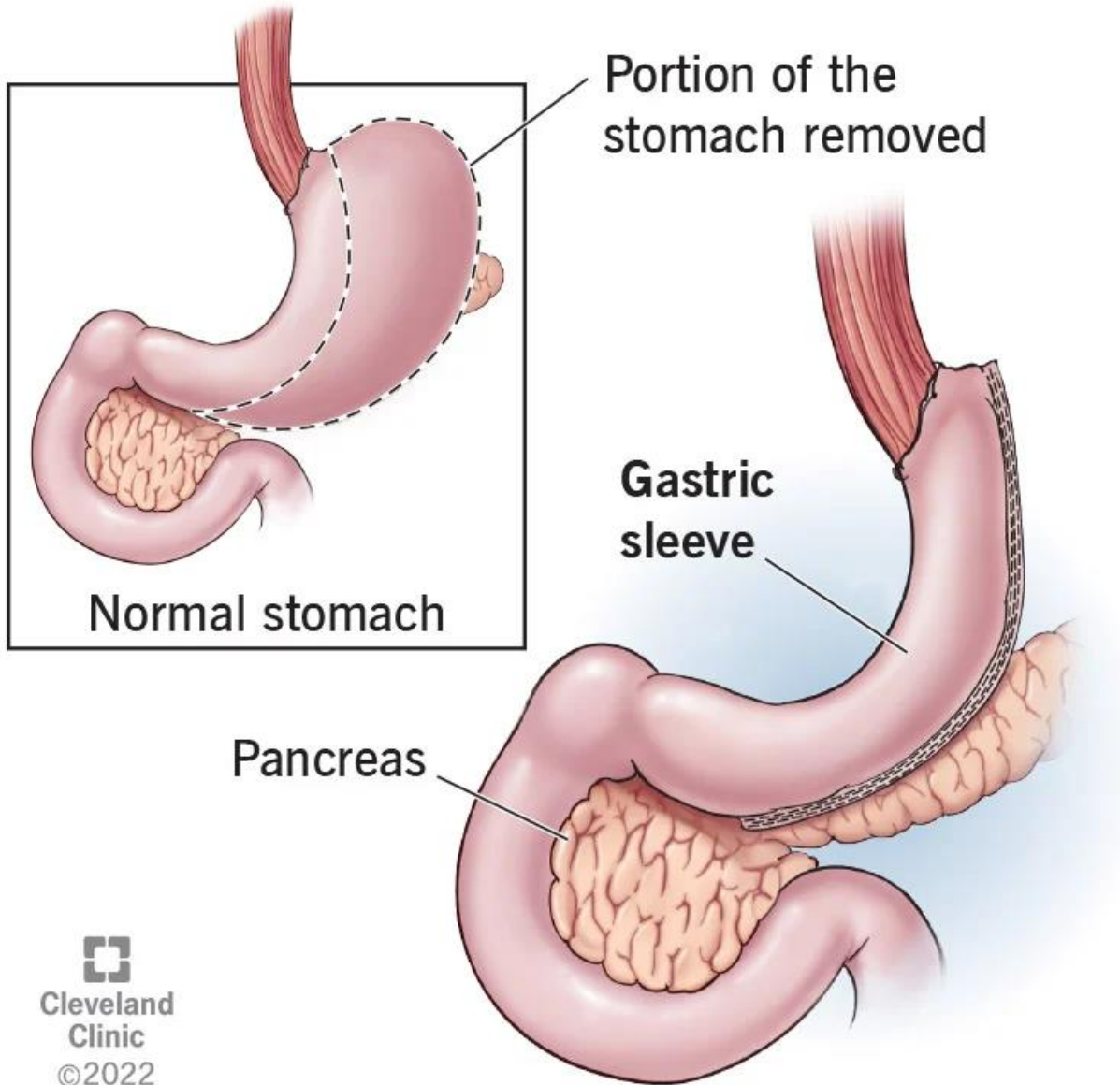


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Sleeve Gastrectomy (Laparoscopic or Endoscopic)



Gastric Sleeve Surgery



Weight Loss Surgery:

Recommended Vitamin and Mineral Supplementation

Daily vitamin and mineral supplements should be taken for a lifetime. Chewable and liquid forms are recommended for at least the first 3-6 months after surgery as they may be better tolerated and better absorbed. Progression to capsules or tablets may be an option and can be discussed with the dietitian.

Your dietitian will review all vitamin and mineral requirements more in depth prior to your surgery.

1. Multivitamin

Multivitamin must be complete, containing iron and other trace minerals. Should contain at least:

- ✓ 200% Daily Value for most contents, specifically iron (36mg), folic acid (800mcg) and thiamin (3mg)
- ✓ 100% Daily Value for zinc (15mg), copper (2mg) and other nutrients

- Taking a Bariatric Multivitamin may eliminate the need for additional Vitamin D and B12 supplements.
- AVOID GUMMY Multivitamins. Gummies do not have all the vitamins and minerals you need.

| Multivitamin Options | Serving Size Per Day | Amount of Iron | Where to Purchase |
|--|----------------------|------------------------|--|
| Chewable | | | |
| Bariatric Formulations- include higher levels of vitamin D and Vitamin B12. Do not need to take an additional supplement of these if taken. | | | |
| Bariatric Advantage <ul style="list-style-type: none"> • Bariatric Advantage Ultra Solo with Iron | 1 | 45 mg | www.bariatricadvantage.com |
| Celebrate <ul style="list-style-type: none"> • Celebrate One 45 • Celebrate Multi Complete 60 • Celebrate Multivitamin Soft Chew | 1 2 2 | 45 mg 60 mg none | www.celebratevitamins.com or at your local pharmacy |
| ProCare Health <ul style="list-style-type: none"> • Bariatric Multivitamin w/ 45 mg Iron | 1 | 45 mg | www.procarenow.com |
| Over the Counter (OTC)- Need to take additional Vitamin D and Vitamin B12 with these options. | | | |
| Equate Childrens Multivitamin Complete | 2 | 36 mg | Walmart or most grocery stores/ online |
| Target Brand Kids' Multivitamin Complete | 2 | 36 mg | Target or most grocery stores/ online |

2. Calcium Citrate

Choose Calcium Citrate as this type is better absorbed than other types (i.e., calcium carbonate and gummy tricalcium phosphate).

- Recommended daily dose is 1,200-1,500 mg per day.
- Take in divided doses of 500-600 mg 2-3 times a day. Your body can't absorb more than this at one time.
- Calcium should contain Vitamin D to increase absorption. • Take at least 2 hours apart from multivitamin with iron and any additional iron supplements to maximize absorption

| Calcium Citrate | Amount of Calcium | Where to Purchase |
|---|------------------------|--|
| Chewable | Per tablet/chew | |
| Bariatric Advantage <ul style="list-style-type: none"> • Calcium Chewable • Calcium Chewy Bites | 500 mg 500 mg | |
| Celebrate <ul style="list-style-type: none"> • Calcium PLUS 500 chewable • Calcium Soft Chews | | |
| Liquid | Per Tbsp | |
| Lifetime Calcium Magnesium Citrate | 600 mg | On line |
| Solgar | 600 mg | Vitamin Shoppe/ On- line |
| Wellesse to Liquid Calcium | 500 mg | www.wellesse.com/ Drug Store/ Costco/ On line |
| Powder (add to fluid) | Per 2 scoops | |
| Bariatric Advantage Powder Mix Calcium | 600 mg | www.bariatricadvantage.com |

3. Vitamin D

Take 3,000 International Units (IU) of Vitamin D3 per day.

- If included in your bariatric brand multivitamin, you do not need to take a separate supplement.
- Vitamin D liquid and soft gels are best absorbed when taken with food. Chewable and quick melts can be taken at any time.

| Vitamin D | Amount of Vitamin D | Where to Purchase |
|----------------------------------|--|--|
| Chewable/Chewy | Per tablet/chew | |
| Bariatric Advantage chewable gel | 5000 International Units | www.bariatricadvantage.com |
| Celebrate Quick Melt | 5000 International Units | Local pharmacy or www.celebratevitamins.com |
| Kal | 1000 International Units 2000 International Units | Vitamin Shoppe/GNC/ On- line |
| Nature Made Chewable | 1000 International Units | Drug Store/Costco/ On- line |
| OPURITY Chewable D3 | 5000 International Units | www.opurity.com |
| GNC Chewy D3 | 1,000 International Units | GNC |
| Vitamin Shoppe D3 Chews | 1,000 International Units | Vitamin Shoppe |
| Liquid | Per Serving | |
| Bariatric Advantage | .5 ml= 5000 International Units | |
| Carlson Super Daily | 1 drop= 1,000 International Units | Vitamin Shoppe/ On line |
| Nature's Answer | 1 drop= 2000 International Units | Walmart/Target/ On line |
| Wellesse | 2 tsp= 1000 International Units | Drug Store/Costco/ On- line |

4. Vitamin B12

Take 350-500 mcg per day or 1,000 mcg every other day by mouth in the form of a disintegrating or sublingual (under the tongue) tablet or liquid.

- If included in your bariatric brand multivitamin, you do not need to take a separate supplement.
- Alternate options to discuss with your primary care physician:
 - o Injection- 1,000 mcg once a month
 - o Nasal Spray- 500 mcg once a week

| Vitamin B12 | Amount of B12 | Where to Purchase |
|---------------------|-------------------|--|
| Sublingual | Per Tablet | |
| Bariatric Advantage | 1,000 mcg | www. Bariatricadvantage.com |
| Celebrate | 1,000 mcg | www.celebratevitamin.com |
| GNC | 1,000 mcg | GNC |
| Nature Made | 1,000 mcg | Rite Aid, Walgreens, On-line |
| OPURITY | 1,000 mcg | www.opurity.com |
| Rexall | 500 mcg | Walmart |
| Twin Lab | 500 mcg | Vitamin Shoppe/Walmart/Walgreens |
| Injections | 1,000 mcg/month | Prescription |
| Nasal | 500 mcg/week | Prescription |

5. Iron

The iron in your multivitamin may be sufficient. Most people need 36 mg per day.

- Menstruating women and/or patients with iron deficiency anemia need more iron.
- Take 45-60 mg per day if you are female and are still menstruating.
 - o If your bariatric brand multivitamin contains 45-60 mg of iron, you do not need to take a separate supplement.
 - o If you take an over-the-counter multivitamin, take an additional 18-30 mg iron supplement.
- If you are anemic, discuss current iron supplementation and recent blood work with the dietitian to determine the correct dose.
- Taking Vitamin C at the same time as iron can increase absorption.

| Iron | Amount of Elemental Iron | Where to Purchase |
|--|--------------------------------|---|
| Chewable/Chewy | Per tablet/chew | |
| Bariatric Advantage <ul style="list-style-type: none"> • Iron Chewable • Iron Chewy Bite | 18, 29, & 60 mg 30 mg | www.bariatricadvantage.com |
| Celebrate <ul style="list-style-type: none"> • Iron + C Chewable • Iron + C Soft Chew | 18,30,45, & 60 mg 45, 60 mg | Local pharmacy or www.Celebratevitamins.com |
| Liquid | Per Tbsp | |
| Ferretts IPS Liquid | 40 mg | www.pharmics.com |
| Wellese Liquid Iron | 18 mg | www.wellesse.com/ Drug Store/ Costco/ On line |

For further questions or concerns, please contact your dietitian at Bhatti Weight Loss.

Bariatric Surgery Nutrition Checklist

Begin practicing the following habits to make it a smoother transition after surgery.

- Practice chewing foods thoroughly-** 25- 30 chews per bite and 20-30 minutes per mealtime.
- Eliminate caffeinated and carbonated beverages.** Caffeine acts as a diuretic and can dehydrate, in addition it interferes with iron absorption. Carbonated beverages can cause excess gas in the stomach which can be irritating and even stretch your pouch or sleeve.
- Practice not drinking with meals.** After surgery you will need to wait 30-45 minutes after eating to drink fluids. This wait allows you to feel full and not wash the food through your pouch or sleeve. Practice not drinking 15-30 minutes before, during a meal and 30-45 minutes after a meal.
- Drink 64 oz+ of fluid per day.** Practice always carrying your beverage container with you. Work on taking small frequent sips, 1 oz. every 15 minutes. Avoid using straws as this increases the air swallowed and can build up gas.
- Find a protein supplement** and/or protein powder that you like and meets the criteria. (list attached)
- Continue or start taking a multivitamin/mineral supplement daily.**
- Start or maintain an exercise regimen.** Your goal should be 30 minutes per day at a brisk pace.
- Stop smoking/inhalant use at least 8 weeks prior to surgery.**

Pre-Op Diet

To safely perform bariatric surgery on our patients, most patients will need to follow a preoperative low-carbohydrate, low-fat, high protein diet. The operations performed typically involve retraction of the left lobe of the liver, which sits on top of a large portion of the stomach that will be operated on. The preoperative diet requirements prior to the operation allow the liver to shrink in size leading up to surgery, which allows your surgeon to better retract the liver to visualize the stomach and perform the procedure most successfully.

Your **preoperative diet should begin at least 1 week prior to your procedure**—the **exact duration and structure of your diet will be determined by your surgeon** at your preoperative appointment based off your BMI (height and weight ratio).

- BMI: 35-39.9 = 1 week of 3 protein drinks + 1 solid meal**
- BMI: 40-49.9 = 2 weeks of 3 protein drinks+ 1 solid meal**
- BMI: 50 and < = 2 weeks of 3 protein drinks+ 1 solid meal and 1 week of 3 protein drinks+ 1 high protein snack (3 weeks total)**

Begin your pre op diet on: _____

Follow the guidelines outlined below:

1. Avoid caffeinated and carbonated beverages.
2. You should aim to take in a **MAXIMUM of 1000-1200 calories per day** during this preoperative diet
**You may want to download a calorie counting app (i.e., Lose It! Calorie Counter, MyFitnessPal, etc.) and keep track of your daily caloric intake during your preop diet)*
3. Drink low-carb, low-fat liquid protein shakes (i.e., Premier Protein, Bariatric Advantage, etc.) as meal replacements.

Criteria for 8 oz protein drink/ meal replacement:

- At least 20 grams protein
- 10 grams or less carbohydrate
- 5 grams or less fat
- 200 calories or less

**See recommendations on the following page. **

4. **Plan solid meal choices- choose from *Option 1 or Option 2***

Option 1:

MEAL COMPONENTS FOR FRESHLY PREPARED MEAL: Choose one lean protein option and one non-starchy vegetable option. Eliminating starch from your meal will help reduce your daily carbohydrates, it is okay to have ¼ cup if needed. Cook by grilling, baking, broiling, steaming, or microwaving.

**NOTE* If choosing this option, ALL portions must be measured. The meal does not have to be consumed all at once.*

| Food Group | Amount | Example |
|----------------------|--------------------------------|--|
| Lean Protein | 4 oz | Tuna, chicken breast (no skin), beans, tofu, pork tenderloin, fish or shrimp, 2-3 eggs |
| Starch | 1/4 cup | Potatoes, rice, pasta, peas, corn, low fat crackers |
| Vegetable | 1 cup cooked or raw | Broccoli, cauliflower, carrots, zucchini, peppers, cucumbers, mushrooms, asparagus |
| Fruit | 1 whole fruit or ½ cup berries | Apple, banana 4", peach, pear, berries, grapes |
| Fat | 1 tsp regular or 1 TBS light | Butter, margarine, oil, mayo |
| Low Fat Dairy | 4 oz | Low fat or fat free milk, yogurt, low fat cottage cheese |

Option 2: Premade Meal Choices (Pick one per day)

Meals must be:

- Less than 250 calories
- At least 15 grams protein per serving
- Less than 30 grams of carbohydrates per serving

Examples of common brands: Lean Cuisine, Smart Ones, Health Choice, Atkins- ask your dietitian for further approved meals.

Diet examples of how to include shakes and solid food choices:

- A vanilla premade protein shake for breakfast, a chocolate protein shake for lunch with sliced cucumbers, and 4 oz grilled chicken breast with 1.5 cups broccoli for dinner, Clear Protein Shake for snack
- Scrambled eggs (2-3) w/ tomatoes, peppers, and a sprinkle of cheese with a flavored protein water shake, chocolate protein shake for lunch, and Vanilla protein for dinner
- Chocolate protein shake for breakfast, Smart Ones premade frozen meal with clear protein drink, Strawberry protein shake for dinner, steamed broccoli for snack before bed.

If choosing a snack instead of a meal, aim for:

- At least **10 grams protein** per serving
- Less than **15 grams carbohydrates** per serving
- Around **5 grams fat** per serving, no more than 10 grams
- Less than **150 calories** per serving

Snack Examples:

- 1 small apple + 1 TBSP nut butter
- ½ cup tuna w/ 1 TBSP light mayo
- 15 grapes + 1 cheese stick
- 1/2 cup cottage cheese + 1 serving fruit
- 1 Hard-boiled egg + 1 serving fruit
- 1 container Oikos Triple Zero Yogurt + ¼ cup berries
- 1/2 cup red pepper strips + ½ cup carrot sticks + ¼ cup guacamole
- 1 cup raw veggies + 3 Tbsp hummus
- Nature Valley Protein Bar
- Pure Protein Bar

If you are hungry in between liquid meals, you may do the following:

- Drink LOW Sodium broth- less than 10 calories per serving
- Eat sugar-free Jell-O or sugar free popsicles
- Eat 1 cup of non-starchy vegetables from the list between meals
- Drink plenty of water in between shakes or veggies
- If you have diabetes, you must check your blood sugar more frequently and you may be asked to change medications during this time, please discuss your medications with your surgical team or primary care provider, if you have two blood sugars of 70 or less you need to call your provider who is prescribing your medications to adjust further.

DAILY NUTRITION GOALS

- Aim to take in between **60-80 grams of protein** per day
- Aim to consume **50-70 grams or less** of carbohydrates per day
- Aim to consume **10-20 grams or less of fat** per day
- Aim to drink between **64 and 80 fluid oz.** of liquids per day
- Consider adding a multivitamin and calcium supplement daily to assist in meeting nutritional needs if you do not take one already.

Your surgery may need to be delayed if you do not follow your recommended pre-surgery diet.

(Contact your dietitian or surgeon with further questions).

Protein Shakes/Powders/Drinks

| Protein Powders | Serving Size | Sugar (g) | Protein (g) | Comments |
|---|--------------|-----------|-------------|----------------------|
| Bariatric Aid Whey Protein | 2 scoops | 2.5 | 17 | |
| Isopure | 20 oz | 0 | 40 | |
| Bariatric Advantage High Protein Shake Mix | 2 scoops | 1 | 20 | |
| Unjury | 1 scoop | 0-2 | 20 | |
| Body Fortress Super Adv. Whey Isolate | 1 scoop | 2.5 | 30 | |
| Pure Whey | 1 scoop | 2 | 25 | |
| 100% Whey Protein | 1 scoop | 2 | 21 | |
| Atkins Nutritional Shake Mix | 2 scoops | 1 | 24 | |
| Muscle Milk | 2 scoops | 4 | 32 | |
| Nectar | 1 scoop | 0 | 23 | |
| Zero Carb Isopure | 3 scoops | 0 | 50 | |
| Keto Shake | 2 scoops | 0 | 24 | |
| ISS Research | 1 packet | 1-3 | 42 | |
| Carb Watchers Lean Body | 1 packet | 2 | 40 | |
| 100% Raw Foods and Whey Protein | 1 package | 1 | 20 | |
| Biochem 100% Green and Whey | 2 scoops | <1 | 20 | |
| Orgain Vegan Protein | 1 scoop | 0 | 21 g | |
| GNC 100% Whey Protein or Whey Isolate | 1 scoop | 2 | 24 g | |
| Soy Protein Powders | Serving Size | Sugar (g) | Protein (g) | Comments |
| Genisoy Soy Protein | 3 Tbsp | | | |
| Puritan's Pride Pure Soy Protein | 1 scoop | 0 | 25 | |
| Soy Ultra XT Natural Protein Powder | 1 scoop | 0 | 25 | Available Unflavored |
| Soy Protein | 1 serving | 10 g CHO | 21 | Available Unflavored |
| Super Blue Pro- 96 | 1 packet | | | Available Unflavored |
| Protein Powders with NO Artificial Sweeteners | Serving Size | Sugar (g) | Protein (g) | Comments |
| Whey to Go | 1 packet | 1 | 16 | Available unflavored |

| | | | | |
|--------------------------------------|---------------------|------------------|--------------------|-----------------|
| Carb Solutions | 2 scoops | 0 | 21 | |
| Naked Whey | 1 scoop | 2 | 25 | |
| Orgain | 1 scoop | 0 | 21 | |
| Garden of Life Protein Powders | 1 scoop | 0 | 15 | |
| Vega Clean | 1 scoop | 1 | 20 | |
| Ready To Drink Protein Shakes | Serving Size | Sugar (g) | Protein (g) | Comments |
| Premier Protein | 1 container | 1 | 30 | |
| Pure Protein | 1 container | 1 | 30 | |
| Atkins | 1 can | 1 | 20 | |
| Slim Fast Low Carb | 1 can | 1 | 20 | |
| Fairlife CorePower | 1 container | 0 | 26-42 | |
| EAS Nyoplex Lite/Carb Sense | 1 container | 1 | 25 | |
| Ultra Pure Protein | 1 can | 1 | 35 | |
| Resource Optisource | 4 oz | 0 | 12 | |
| Quest | 1 can | 1 | 30 | |
| Equate High Performance | 1 can | 1 | 30 | |
| Orgain Organic Protein | 1 container | 1 | 20 | |
| Clear Protein Drinks | Serving Size | Sugar (g) | Protein (g) | Comments |
| Isopure Zero Carb | 20 fl | 0 | 40 | |
| Gatorade w/ Protein | 8 oz | 0 | 10 | |
| Premier Clear Protein | 12 oz | 0 | 20 | |
| Protein 20- Protein Infused Water | 16 oz | 0 | 15 | |
| About Time ProHydrate | 16 oz | 3 | 20 | |

Preferably choose a protein shake that is:

- High in protein (20 grams or more per serving)
- Low in sugar (<5 grams)

If you find another protein shake that you prefer or have any questions, please provide a label to your dietitian for approval.

Post Op Diet Progression

Bariatric surgery patients have unique dietary needs after surgery. Your diet after surgery will begin with liquids and slowly advance back to solid foods over several weeks, maintaining a low-fat, low-carbohydrate diet with an emphasis on increasing protein. Strict adherence to this postoperative diet progression will help generate weight loss success, improve, or resolve medical problems related to obesity, and help prevent unwanted symptoms such as severe nausea, vomiting, retching, and/or difficulty swallowing.

****For MEDICAL EMERGENCIES, please call 911; after receiving emergency medical attention, notify your surgeon immediately!**

For other questions or concerns, please call the office at (952) 368-3800 from Monday through Friday, 8 AM – 5 PM

Meal Plan General Guidelines

Hydration:

- Drink enough fluids to keep hydrated – aim for **64 fl oz per day** unless you have been given a higher goal.
- When you return home after surgery it may seem difficult to consume fluids initially because of inflammation. Aim for 4-8 oz of fluid over an hour.
- Eventually you should be able to take 8 oz of fluid in over 5-15 minutes.
- Take small sips frequently. AVOID gulping liquids.
- Avoid drinking fluids both 30 minutes before and 30 minutes after meals once you are on a solid diet.
- Avoid using straws to drink liquids – this can result in air entering your stomach after surgery and can result in a feeling of fullness, thus preventing you from meeting your hydration and nutritional needs.
- Wean off beverages containing carbonation, caffeine, sugar, and alcohol. Carbonation may cause abdominal discomfort and may stretch out your new stomach over time. Caffeine may irritate the stomach and increase your risk for an ulcer after surgery. Caffeine as well as alcohol may also contribute to dehydration. Beverages containing sugar and alcohol are high in calories and will hinder your weight loss. They may also cause Dumping Syndrome after the Gastric Bypass procedure. And finally, alcohol metabolism is altered, and you may feel the effects more quickly.
 - Water is a great beverage choice! If you are having trouble tolerating plain water, try adding a wedge of citrus fruit or sliced cucumbers.
 - Sugar free or light beverages with less than 10 calories per serving are also appropriate. Try beverages sweetened with artificial or non-nutritive sweeteners.
 - Try True Lemon/Lime/Orange® for touch of flavor without artificial sweetener.

- Switch to decaffeinated coffee and tea.
- Avoid ALL beverages with carbonation, even diet soda and sparkling water.
- If you choose to drink alcohol in moderation after surgery, please do not plan on driving.

Meal patterns and preparation:

- Eat very slowly, it is recommended you take 20-30 minutes to finish your meal, especially when moving to solids.
- Sit down and focus on eating. Avoid activities (i.e., reading, watching TV, on computer) where you can become distracted. Practice mindful eating.
- Savor each bite, noting its aroma, flavor, and texture. Engaging all your senses can increase satisfaction and help prevent overeating.
- Put your fork down between bites.
- Chew your food well before swallowing. Ideally, food should be a pureed consistency before you swallow it
- Meals should be relatively small in portion size.
- If you are feeling full, stop eating. Indications of fullness include a feeling of pressure in the chest just below the rib cage, feelings of nausea, and/or pain in your shoulder or upper chest.
- Read food labels. Begin by identifying the amount of sugar, fat, and protein in a particular food.

Food Components to be Aware of:

1. Sugar

Food and beverages high in sugar will slow down the rate of weight loss and may even cause weight re-gain. For patients having Gastric Bypass surgery, food and beverages that are high in sugar may cause symptoms of flushing, dizziness, weakness, headache, nausea, vomiting, diarrhea, and abdominal discomfort known as Dumping Syndrome.

- Avoid high sugar foods such as sweets, candy, fruit drinks and sodas.
- Limit foods that contain sugar in the first 3 ingredients on the food label. **Aim for no more than 10 grams of sugar per serving.**

2. Sugar Alcohols

Sugar alcohols are sometimes used in foods to provide a sweet taste without the calories of sugar. You may find sugar alcohol in sugar free foods such as sugar-free candies, cookies, ice cream and chewing gum. You may even find sugar alcohol in foods not labeled sugar free such as protein bars. If a product contains sugar alcohol the type (i.e. sorbitol, xylitol, mannitol, maltitol, starch hydrolysates, etc.) will be included on the list of ingredients and the amount will be included on the nutrition facts label. **Limit sugar alcohol to less than 10 grams per serving** as greater amounts may lead to cramping, abdominal pain, excess gas and/or diarrhea.

3. Fat

Food and beverages high in fat are high in calories and like sugar will slow down the rate of weight loss and may even cause weight re-gain. High fat intake may also cause symptoms of intolerance or Dumping Syndrome.

- Avoid obviously high fat foods such as fried foods; fast food; snack chips; high fat meats like bacon, sausage, hot dogs, bologna, pepperoni, and wings; cream soups and sauces like Alfredo; whole milk, ice cream; donuts; cakes; cookies; and pastries.
- Choose foods that are labeled “light”, “low fat” or “fat free”.
- When looking at a food label...Choose foods with 5% or less of the Daily Value (DV) for total fat. Avoid foods with 20% or more of the Daily Value for total fat. These would be considered a high fat food.
- Choose lean cuts of meat. Lean cuts include round, chuck, sirloin and tenderloin and meats that are greater than 90% lean.

4. Protein

Protein is important for wound healing, immune function and maintaining muscle mass. Needs are individual but ranges of **60-80 grams or 80-100 grams** per day are often suggested. Your dietitian can help determine the amount of protein that is best for you. **Protein should be consumed FIRST** at each meal, then vegetables and fruits, then whole grains.

- Eat protein with each meal.
- Eat protein foods first. Take 2-3 bites of protein followed by a bite of vegetable or fruit and then a bite of starch/whole grains.
- Avoid dry meats, they are usually not tolerated well.

Explore, purchase, and begin taking protein supplements (see list above).

- Choose supplements with:
 - **At least 20-30 grams of protein per serving.**
 - **Less than 5 grams of sugar per serving.**
 - **Less than or equal to 200 calories.**
 - Please account for the additional calories of any fluids or foods mixed or blended in (i.e., fruit, yogurt, peanut butter, milk, etc.).
 - Choose whey protein isolate over whey protein concentrate and milk protein concentrate if you are lactose intolerant or feel symptoms of gas, bloating or are having loose bowel movements after surgery. Whey protein isolate is absorbed well and has no lactose or milk sugar.
 - If you mix protein powder with skim or 1% milk, you will get an additional 8 grams of protein per 8 oz.

Post Operative Diet Phases and Time Frame

| Stage/Day of Diet | Diet Type |
|---|--|
| <p align="center">STAGE ONE DIET DAY 1 (day of surgery) – DAY 3</p> | <p align="center">Clear Liquid Diet</p> <ul style="list-style-type: none"> ✓ Focus on staying hydrated |
| <p align="center">STAGE TWO DAY 4 – DAY 14</p> | <p align="center">Full Liquid Diet</p> <ul style="list-style-type: none"> ✓ Start protein shakes ✓ Work toward 40-60 grams of protein daily |
| <p align="center">STAGE THREE WEEK 3 – WEEK 6</p> | <p align="center">Pureed Diet</p> <ul style="list-style-type: none"> ✓ Start vitamins as advised by dietitian and surgeon ✓ Work towards protein goal as advised by your dietitian |
| <p align="center">STAGE FOUR MAINTENANCE DIET AFTER WEEK 6</p> | <p align="center">Solid, Low Fat, Low Carbohydrate, High Protein Maintenance Diet</p> <ul style="list-style-type: none"> ✓ Continue daily multivitamin and calcium ✓ 60- 80 grams of protein intake daily ✓ Begin Vitamin B12, 350-500 mcg daily |

Day 1- Day 3: Clear Liquids

Goal: 64-80 oz. of fluid

Examples:

- Non-carbonated sugar-free/low sugar clear liquids:
- Water Crystal Light®
- Wyler's Light® Tropical®
- Diet Snapple®
- Diet Iced Tea®
- Propel® , Gatorade Zero, Powerade Zero etc.
- Liquid IV Sugar Free
- Veryfine Fruit20 O Plus®
- Glaceau Smart Water®
- Walgreens Natural Flavor H2O Plus®
- Welch's® Low Calorie Juice (Splenda®)
- Arizona® Diet Iced Tea (Splenda®)
- Country Time Sugar-free Pink Lemonade Mix®
- Sugar-free Kool-Aid®
- Mix Champion Lyte Sugar-free Refresher® (Splenda®)
- Nestea®
- Diet Citrus Green Tea
- Caffeine Free Coffee
- Caffeine Free Tea
- Sugar-free Jello®
- Sugar-free Popsicle®
- Eddy's No Added Sugar Fruit Pops®
- Broth (chicken, beef, vegetable)
- Any of the above listed "Clear Protein Drinks."

Nutrition Considerations and Reminders:

- ✓ 1 ounce = 2 tablespoons = 30 mL of liquid intake is recommended every 15 minutes to maintain hydration
- ✓ Consume at least 64 ounces of sugar-free, decaffeinated, clear liquids per day
- ✓ Check tolerance level
- ✓ Stop drinking when you feel full
- ✓ Sip slowly, do not gulp
- ✓ Do not use a straw
- ✓ Avoid extreme temperatures (extreme hot or cold)
- ✓ No carbonated beverages
- ✓ No milk, cream or other dairy products
- ✓ Consume decaffeinated clear liquids for at least 3 months after surgery
- ✓ Remember to keep increasing physical activity as tolerated

Day 4- Week 2: Full Liquid Diet

****Full liquids are any low-sugar liquid that is pourable without chunks****

Examples:

- Cream of Wheat
- Yogurt (low fat, fat free)
- Milk (skim, 1%, almond, soy etc.)
- Low fat, sugar free sherbet or ice cream
- Protein drinks
- Low fat cream soups (add protein powder for extra protein)
- Low fat or sugar free pudding
- V8- Low Sodium
- All items in Clear Liquid Phase

Sample Full Liquid Diet:

- Breakfast: ½ cup protein**
 - ½ cup skim milk with either:
 - ½ scoop protein powder
 - ½ cup meal replacement
- Lunch: ½ cup protein**
 - ½ cup fat free yogurt (no added sugar)
- Dinner: ½ cup protein**
 - ½ cup strained, low fat cream soup

Recipe ideas available at:

- <https://www.upmc.com/services/bariatrics/surgery-process/post-surgery/diet/full-liquid>
- www.bariatricfoodcoach.com

Nutrition Considerations and Reminders:

- ✓ Consume sugar-free, non-carbonated, decaffeinated clear liquids in between shakes for a total of 64 ounces (8 cups) per day
- ✓ Consume at least 60 grams of protein per day in the form of a liquid (high protein shakes)
- ✓ Avoid extreme temperatures of liquids
- ✓ Consume no solid food at this time
- ✓ Check tolerance level
- ✓ Stop drinking when you feel full
- ✓ Do not use a straw
- ✓ Sip slowly, do not gulp

Week 3-Week 6: Pureed/ “Soft” Diet

Pureed foods are the consistency of applesauce. They are only slightly thicker than full liquids, as they may not be readily pourable from one cup to another. Most foods can be pureed by placing in a blender and finely blending them until the food is the consistency of applesauce or baby food.

Nutrition Considerations and Reminders:

- ✓ Begin taking chewable multivitamin and calcium citrate chews daily
- ✓ Follow the “30-Minute Rule” to fluid intake: wait 30 minutes before and after your food to drink fluids
- ✓ The goal is to consume at least 60–80 grams of protein per day in the form of soft or pureed high protein foods
- ✓ Inadequate protein intake can lead to fatigue, loss of lean body mass and increase your risk of infection and other illnesses
- ✓ Consume 3–4 ounces of protein 3 times per day (3–4 ounces for breakfast; 3–4 ounces for lunch; 3–4 ounces for dinner)
- ✓ As an estimate, 1 ounce of protein is approximately 7 grams. For example, if you consume 3 ounces of chicken, this will equal approximately 21 grams of protein.

Some good protein suggestions are:

Seafood

– Tuna, tilapia, grouper, soft flaky fish such as cod, haddock, sea bass – canned or fresh

Shellfish

– Scallops, lobster, shrimp, crab – canned or fresh

Dairy

– Low fat, sugar-free or carbohydrate-controlled yogurt without visible fruit pieces – Low fat cottage cheese, ricotta cheese, farmer’s cheese or other soft cheeses

Eggs

– Eggbeaters®, egg whites or whole eggs (no more than 1 egg yolk per day): boiled, scrambled, baked, poached (avoid fried or under cooked eggs)

Poultry

– Turkey, chicken, game hen, duck breast – Deli such as roast turkey breast or chicken breast – canned or fresh

Legumes

– Black beans, kidney (red) beans, garbanzo beans, white beans, lentils etc. – Hummus and pureed beans may be well tolerated

Tofu

– Tofu, Boca Burger® (without the bun), MorningStar Farms® soy products

Meat

– Ham (red meat and pork may be difficult to digest; always check your tolerance level) – Low sodium, rindless, no sugar added cold-cuts and deli meats – canned or fresh

Sample Pureed/Soft Menu:**Breakfast**

- Protein: 2 tablespoons to ¼ cup scrambled eggs or egg substitute
- Starch: 2 tablespoons to ¼ cup cream of wheat w/ 1 scoop protein powder

Snack:

8 oz Protein Shake (drinks over 20-30 minutes) or choose high protein alternative

Lunch

- Protein: 2 tablespoons to ¼ cup mashed low fat cottage cheese
- Fruit: 2 tablespoons to ¼ cup puréed peaches in own juices

Snack:

8 oz Protein Shake (drink over 20-30 minutes) or choose high protein alternative

Dinner

- Protein: 2 tablespoons to ¼ cup baked skinless chicken breast (puréed) or mashed canned chicken breast
- Vegetable: 2 tablespoons to ¼ cup puréed carrots

Liquid meal- If you're having a liquid meal replacement, soup, or high protein shake:

- Drink 4 ounces (1/2 cup) over 20 to 30 minutes
- Try adding mashed, canned chicken or tuna to soup to increase protein content

Important considerations about soft or pureed proteins

- ✓ It is acceptable to add low sodium broths or low-fat dressings to prepared protein sources to add moisture.
- ✓ Do not fry or put “breading” on the protein
- ✓ Proteins should be moist and lean
- ✓ Place food in a blender or food processor to create a soft/pureed consistency
- ✓ Avoid red meat for 6 months
- ✓ Avoid spicy foods
- ✓ Avoid dried out, over-cooked meats; many patients find that they cannot tolerate chicken after surgery; always check your tolerance to any food Introduce one “new” food at a time
- ✓ Use moist cooking methods such as boiled, baked, sautéed, poached, stewed or braised (See definitions of cooking terms)
- ✓ Avoid frying protein foods Always check for tolerance when trying a “new” food.
- ✓ Introduce solid food slowly. Even though food is soft and pureed, take small bites of food and chew food well (25 times)

Week 6 and Beyond: Maintenance Diet

Maintenance Diet – Low-carb, low-fat, high protein diet. The maintenance diet is meant to serve as “maintenance of a healthy lifestyle”. Avoid foods that are processed, high in unsaturated fat or sugar. Avoid alcohol—alcoholic beverages are “empty calories”, or calories that your body will have a very hard time processing/converting to energy and can lead to weight regain.

*Continue taking multivitamin and calcium citrate daily, **begin 350 – 500 mcg Vitamin B12 daily.***

Meet with your dietitian to help create your new lifestyle of eating tailored to your needs.

Sample Maintenance Meal Plan:

Eat $\frac{3}{4}$ to 1 cup of food per meal.

Breakfast

- 1 egg
- 1 slice of toast
- 1 teaspoon of margarine
- Snack (optional)
- 1 low-fat cheese stick

Lunch

- 2 oz. of poultry, beef, or fish – baked, broiled, or boiled, NOT fried
- $\frac{1}{4}$ cup of cooked veggies
- $\frac{1}{4}$ cup of pasta if desired

Snack (optional)

- $\frac{1}{2}$ cup of sugar-free pudding
- OR
- Protein bar – 150 kcal or less with 6 or more grams of protein

Dinner

- 2 oz. of poultry, beef or fish – baked, broiled or boiled, NOT fried
- $\frac{1}{4}$ cup cooked veggies
- $\frac{1}{4}$ cup of pasta if desired

Snack (optional)

- $\frac{1}{2}$ cup low-fat reduced carbohydrate yogurt

*****Use smaller plates and cups to assist in portion control*****

Nutrition Considerations and Reminders:

- ✓ 64-80 oz. of fluid with 60- 80 grams of protein intake or as recommended by your surgeon and/or dietitian.
- ✓ Begin exercise regimen.
- ✓ Avoid liquid calories – may need to discontinue protein shakes.
- ✓ Eat protein in your meals FIRST (protein can come from poultry, beef, fish, cottage cheese, eggs, tofu, low-fat yogurt, milk and cheese)
- ✓ If you feel full, STOP EATING – do NOT overeat.
- ✓ Chew all foods to a pureed/applesauce consistency before swallowing.
- ✓ Avoid tough/fibrous/gummy foods like popcorn, breads, raw veggies, salads, rice, watermelon.
- ✓ Avoid drinking liquids 30 minutes before and 30 minutes after meals.
- ✓ Remember, do not skip meals. Skipping meals will NOT lead to better results/faster weight loss.

Nutrition Facts Label

What to look for on a Nutrition Facts label after bariatric surgery.

See diagram of "Nutrition Facts Label."

- Choose foods that have less than 5 grams of sugar per serving
- Choose foods that are high in protein
- Aim for at least 60 grams of protein intake per day
- Look for foods that are good sources of fiber and have at least 3 grams per serving
- Choose food that is low fat and contains less than 30% of calories from fat
- Choose food that has less than 10% of calories from saturated fat
- Choose food that has less than 1% of trans fat
- Choose foods that have less than 300 mg of sodium per serving
- Choose foods that are low cholesterol
- To meet your vitamin and mineral needs, make sure you take your daily supplements

| Nutrition Facts | |
|-----------------------------------|------------|
| 8 servings per container | |
| Serving size 2/3 cup (55g) | |
| Amount per serving | |
| Calories 230 | |
| <small>% Daily Value*</small> | |
| Total Fat 8g | 10% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 160mg | 7% |
| Total Carbohydrate 37g | 13% |
| Dietary Fiber 4g | 14% |
| Total Sugars 12g | |
| Includes 10g Added Sugars | 20% |
| Protein 3g | |
| Vitamin D 2mcg | 10% |
| Calcium 260mg | 20% |
| Iron 8mg | 45% |
| Potassium 240mg | 6% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Educational Resources for Bariatric Surgery Patients

- www.upmc.com/services/bariatrics/surgery-process/post-surgery/diet/full-liquid
- www.bariatricfoodcoach.com
- [Nutrition after Bariatric Surgery and Other Resources | Johns Hopkins Medicine](#)
- www.AmericanHeart.org
- www.asmb.org
- www.bscresourcecenter.com (formerly Bariatric Support Center)
- www.ccf.org
- www.cdc.gov
- www.eatright.org
- www.fda.gov
- www.FoodSafety.gov
- www.lightandhope.com
- www.MyPlate.gov
- www.niddk.nih.gov
- www.Nutrition.gov
- www.obesity.org
- www.obesityaction.com
- www.obesitydiscussion.com
- www.obesityhelp.com
- www.soard.com
- www.wlshelp.com