

NUTRITION

Before & After BARIATRIC SURGERY



Ochsner Medical Center
Surgical Weight Loss Program



Pre-op Liquid Protein Diet

Two weeks prior to your bariatric surgery, your surgeon and dietitian will have you start a liquid diet. (One week liquid diet if your BMI is under 40). You will lose weight by making these changes before surgery, which will shrink your liver and decrease the size of your abdomen. This will help to decrease your risk of complications during surgery. Your dietitian will help you to decide which protein drinks are right for you.

Protein Drinks –

Your goal is to get **80-120g protein** and **600-800 calories** per day. There are many different protein drinks available at local drug and grocery stores, as well as health food stores. Protein drinks must have 0-4 grams of sugar per serving. Best quality protein is ‘whey protein isolate’ or ‘soy protein isolate’. Avoid products labeling ‘hydrolyzed collagen’ as the main ingredient, as this is not a complete protein. Please read the food label before you purchase.

Protein Supplement Suggestions

**Products are Lactose free!

<u>READY-TO-DRINK SHAKES (RTD)</u>	<u>Calories</u>	<u>Grams Protein</u>
<u>Atkins LIFT</u> (walmart): Berry, Lemon, Orange	95	20
<u>Premier Protein</u> (Sam's, Costco):chocolate, vanilla, strawberry	160	30
<u>Muscle Milk Light</u> ** (GNC): Chocolate, Chocolate Mint, Vanilla	160	20
<u>EAS AdvantEDGE Carb Control</u>	110	17
<u>EAS Myoplex Light</u>	170	20
<u>GNC Total Lean 25 ready-made:</u> ** Vanilla, banana cream, swiss chocolate, strawberries and cream	170	25
<u>Smoothie King “The Gladiator”20oz (without fruit)</u> (Gladiator protein powder available for purchase)	187	45
<u>Oh Yeah!</u> ** (Vitaminshoppe)	220	32
<u>Zero Carb Isopure</u> ** (GNC): Ready to drink glass bottle: grape frost, apple melon, alpine punch, blue raspberry, pineapple orange mango, mango peach, passion fruit, icy orange	160	40
<u>Cytosport Whey Isolate</u> ** (Vitaminshoppe): tropical, tangerine, watermelon	130	32
<u>Pure Protein</u> ready-made shakes	110	23

PROTEIN POWDERS

Mix 20-30 grams of protein powder (normally 1 scoop) with 8oz skim-1% milk, unsweetened soy or almond milk

(Mixing with 8oz skim milk adds 90 cal and 8g protein)

<u>Body Fortress Whey Isolate</u> (Wal-Mart, Winn Dixie)	170	30
<u>Pure Protein powder</u> (Walmart, Winn Dixie)	140	25
<u>Blue Bonnet Powder</u> (Whole Foods)	125	26
<u>Unjury Protein Isolate</u> ** (www.unjury.com)		
unflavored/choc/van/straw/chicken soup.	90	20
<u>Nectar</u> ** (Vitamineshoppe): Fuzzy Navel, Lemon Tea, Cappuccino, Kiwi Strawberry, Caribbean cooler, etc.	100	23
<u>GNC Pro Performance 100% Soy Isolate</u> **		
chocolate, vanilla	130	25
<u>GNC Lean Shake 25</u> ** (use 2 scoops per shake)	200	25
<u>Zero Carb Isopure</u> ** (GNC): Chocolate, vanilla, banana, cookies and cream, strawberries and cream, alpine punch, mango peach, unflavored	100	25

Sugar Free Clear Liquids Allowed in Unlimited Amounts

- | | |
|--|--|
| <ul style="list-style-type: none"> ➤ Bottled Water or Tap Water ➤ Water with fresh lemon or lime slices ➤ Diet Snapple ➤ Crystal Light ➤ Propel Water ➤ Wyler's Light ➤ Mio liquid water enhancer ➤ Dasani water drops ➤ Vitamin Water Zero (<i>stevia</i>) ➤ SOBE Lean Sugar Free (<i>stevia</i>) ➤ Crystal Light PURE (<i>stevia</i>) | <ul style="list-style-type: none"> ➤ Sugar Free Kool-Aid ➤ Minute Made Light Lemonade ➤ Sugar free & caffeine free tea, Cold or Hot ➤ Diet V8 Splash ➤ Diet Cranberry Juice ➤ Decaf Coffee ➤ Sugar Free Popsicles
No creamy popsicles ➤ Sugar Free Jell-o ➤ Low Sodium Broth ➤ Powerade Zero |
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Exclude the following –

- Caffeine (for first 2 months after surgery to prevent dehydration)
- Alcohol (empty calories)
- Carbonated beverages and drinking through a Straw: can cause gas, bloating, and possibly extend the stomach pouch

Questions –

If you have any further questions before or after your surgery, **please call the department of surgery at 504-842-2701**. The operator can transfer you to either the bariatric dietitian or the bariatric nurse to assist you.

For the 2 weeks before and after surgery, you may **NOT** add fruit/fruit juices OR yogurt to your protein shakes. You may add flavor extracts and sugar-free syrups. Here are some ideas to add variety:

Strawberry Lemonade:

Mix 1 scoop Strawberry protein powder in 8oz of sugar-free lemonade

Dreamsicle:

Mix 1 scoop Vanilla protein powder in 8oz of Sugar-Free Tang or Orange Crystal Light

Proteina Colada:

Mix 1 scoop Vanilla protein powder, 8oz skim milk, 2 drops McCormick Imitation Pineapple Extract, 2 drops McCormick Imitation Coconut Extract – adjust to taste

Root Beer Float:

Mix 1 scoop Vanilla protein powder, 8oz skim milk, McCormick Root Beer Concentrate or DaVinci Root Beer syrup to taste.

Hot Chocolate:

Mix 1 scoop Chocolate protein powder in 8oz warm skim milk

Café Mocha (warm, iced, frozen):

Mix 1 scoop Chocolate protein powder, 4oz skim milk, 4oz decaf coffee. (Blend with ice for a frappuccino)





McCormick Extracts

Baker's Imitation Vanilla	Clear Imitation Vanilla Extract
Imitation Almond Extract	Imitation Butter Flavor
Imitation Coconut Extract	Imitation Rum Extract
Imitation Vanilla Butter & Nut Flavor	Mint Extract
Pure Almond Extract	Pure Lemon Extract
Pure Peppermint Extract	Raspberry Extract
Cinnamon Extract	French Vanilla Blend
Imitation Banana Extract	Imitation Cherry Extract
Imitation Maple Flavor	Imitation Strawberry Extract
Mapleine	Premium Imitation Vanilla Extract
Pure Anise Extract	Pure Orange Extract
Pure Vanilla Extract	Root Beer Concentrate

Sugar-free Syrups (Davinci brand or Torani Brand)

Amaretto	Dulce de Leche	Peanut Butter
Almond	Egg Nog	Peppermint Patti
Banana	English Toffee	Pineapple
Blueberry	German Chocolate Cake	Praline
Butter Rum	Gingerbread	Raspberry
Butterscotch	Hazelnut	Root Beer
Caramel	Irish Cream	Simple Syrup
Cherry	Kahlua Café	Strawberry
Chocolate	Macadamia Nut	Toasted Marshmallow
Cinnamon	Malibu Rum	Vanilla
Coconut	Orange	Watermelon
Cookie Dough	Peach	White Chocolate

Dietary Progression after Bariatric Surgery

DIETARY PHASE	Time frame POST-SURGERY	FOODS AND BEVERAGES
<p>1 LIQUID</p> 	<p>Weeks 1 and 2</p> <p>For 1st week post-surgery avoid Ready-To-Drink protein shakes</p>	<p>Sugar-free decaffeinated non-carbonated beverages</p> <p>Protein shakes with 4 grams of sugar or less</p> <p>NO FRUIT, FRUIT JUICES, VEGETABLES OR YOGURT ADDED TO PROTEIN SHAKES</p>
<p>2 PUREE</p> 	<p>Weeks 3 and 4</p>	<p>All Phase 1 food and beverages &</p> <p>Pureed lean meats, seafood and beans</p> <p>Soft scrambled egg</p> <p>Low fat dairy</p>
<p>3 SOFT</p> 	<p>Weeks 5-12</p>	<p>All Phase 2 food and beverages &</p> <p>Cooked fork tender lean meats, fish and seafood</p> <p>Lean deli meats</p> <p>Eggs-scrambled, boiled and poached</p> <p>Fruits and cooked vegetables – no peel</p>
<p>4 SOLID</p> 	<p>3 Months and Lifelong</p>	<p>All Phase 3 food and beverages. &</p> <p>Raw vegetables and lettuce</p> <p>Fruit with peel</p> <p>Nuts and seeds</p> <p>Protein bars with 4 grams of sugar or less</p>

Bariatric High Protein Liquid Diet: Weeks 1+2 after surgery

Begin Protein Liquid Diet when you get home from the hospital.

- Day 1: protein powder + clear liquids (water, Crystal Light, broth) or Zero Carb Isopure in a glass bottle from GNC. Aim to finish at least 1 protein shake and 1 bottle of water or Crystal Light. Drink more if you can.
- Days 2-3: Increase protein shakes and fluids as tolerated. Sip on 2oz every 15-30 minutes. Continue using protein powder + clear liquids (water, Crystal Light, broth) or Zero Carb Isopure in a glass bottle from GNC. May begin mixing protein powder with skim-1% milk or Lactaid/Soy milk as tolerated.
- Days 4-6: If you haven't already, try to mix protein powder with skim-1% milk or Lactaid/Soy milk instead of water, to increase calorie and protein intake.

Protein and Fluid Goals:

- 1 week after surgery: aim for at least 40 grams of protein per day and at least 24 ounces of water or Crystal Light.
- 2 weeks after surgery: aim for 80 grams of protein per day and 48 ounces of water or Crystal Light.

Tips:

- Avoid ready-to-drink protein shakes and smoothies for at least 1 week after surgery because they are thicker, and make it difficult to reach your protein goals. We can discuss advancing to ready-to-drink shakes during your 1 week post-op phone call with the dietitian.
- Sip slowly and continuously on protein shakes and water throughout the day. Start with ¼ cup liquids every 15-30 minutes; advance as tolerated.
- Avoid sugary drinks. Also avoid caffeine, carbonation, straws, and alcohol.
- If you experience persistent nausea, vomiting, constipation, diarrhea, dizziness or weakness, please call the office.

Vitamins/Minerals:

- Do not take vitamins, fish oil or herbal supplements for 1 week before your surgery as a general precaution.
- Start taking your vitamins when you get home from the hospital.
- See vitamin section on page 16 in the Nutrition Guidebook.
- No swallowing whole pills.

Light Exercise –

- If your doctor has cleared you for walking or bike riding before your surgery, you can continue this after surgery.
- Try not to lift anything heavier than 10 lbs for the first 6 weeks after surgery.

When you come to the clinic for your 2 week follow up, the PA and dietitian will discuss advancing your diet. Please bring in a log of your daily protein and fluid intake. Please bring in your vitamins for review if you have not already. **If you have any questions about your diet or vitamins call (504) 842-2701 and ask for a Bariatric Dietitian.** For other questions, please ask for the Bariatric Nurses.

Bariatric High Protein Pureed Diet: Weeks 3+4 after surgery

2 weeks after gastric bypass and sleeve you may be ready to add pureed food to your diet. All food should be the consistency of baby food, or thinner. Follow pureed diet for the next 2 weeks.

Protein – It is very important to pay attention to protein intake during this time.

Inadequate protein intake can cause:

- Delayed Wound Healing
- Hair Loss
- Muscle Breakdown

Meal Plan – Eat 3-4 “meals” per day (2-4 tbsp each), with protein supplements in between to meet protein needs. Meeting protein needs daily will help increase healing, decrease muscle loss, and increase weight loss. Your goal is 80-120 grams of protein a day.

Protein First – Always eat the foods with the highest protein first. Foods high in protein include milk, yogurt, cheese, egg whites, and blenderized meat, seafood, and beans.

Fluids – Keep track in your journal of how much you are drinking; you should try to drink at least 64oz of fluids every day.

Foods allowed:	Portion size	Protein (g)
✓ Sugar-free clear liquids	As desired	0
✓ Skim or 1% milk	½ cup	4
✓ Sugar free pudding, light yogurt, custard (use skim or 1% milk in preparation)	3 oz	2.5
✓ Strained baby food meats, or home-made pureed lean meats and shrimp	1 oz	7
✓ Beans (red, white, black, lima, pinto, fat free refried, hummus) and lentils	¼ cup	4
✓ Low-fat/fat free cheese.(cottage cheese, mozzarella string cheese, ricotta cheese, Laughing Cow, Baby Bell, cheddar, etc)	¼ cup	7-8
✓ Scrambled eggs or Egg Beaters	1 or ¼ cup	6
✓ Edamame or Tofu, mashed	¼ cup	5
✓ Unflavored protein powder (add to 1 scoop to 98% fat free soups or SF pudding)	3 Tbsp	9
✓ *PB2: peanut powder (45 calories)	2 Tbsp	5

*PB2 powdered peanut butter: 45 calories vs. 190 calories in 2 tbsp of regular peanut butter. Purchase online at Amazon, or at various Rouse’s, Target, Wal-Mart, Smoothie King and Breaux Mart.

Bariatric Liquid/Pureed Sample Menu

3-4 small meals plus 2-3 protein drinks per day.

8am	1 egg or ¼ cup Egg Beaters
9am	1 cup water, or decaf coffee or tea
10am	Protein drink, 30g protein
11am	2 tbsp low-fat cottage cheese, and 1 tbsp pureed peaches
12pm	1 cup water, or sugar-free lemonade
1pm	2 tbsp pureed chicken, and 1 tbsp pureed carrots
2pm	1 cup water, or sugar-free lemonade
3pm	Protein drink, 30g protein
5pm	1 cup water
6pm	1 cup hi-protein creamy chicken soup 14g protein (see Recipe below)
7pm	1 cup water, or sugar-free fruit punch
8pm	1 cup water

This sample menu provides approx. **80g protein and 64oz fluids**. Liquid protein supplements should contain 20-30g protein and less than 4 grams of sugar each.

- Sip fluids continuously in between meals. Drink at least ¼ cup every 15 minutes.
- For fluids: ¼ cup = 2 oz = 4 tbsp

RECIPE IDEAS for Bariatric Pureed Diet:

Hi-Protein Creamy Chicken Soup: (10g protein per 1 cup serving)

Empty 1 can of 98% fat free cream of chicken soup into saucepan. Then blend 1 scoop of unflavored protein powder with 1 can of skim milk until smooth. Add protein milk to saucepan and heat to warm. (Note: Do NOT boil. Protein powder may clump if heated too hot).

Hi-Protein Pudding: (14g protein per ½ cup serving)

Add 2 scoops protein powder to 2 cups cold skim milk and mix well. Stir in dry Jell-O Sugar-Free Instant Pudding mix. Chill and Enjoy!

Tuna Mousse (12g protein per ¼ cup serving) Page 135 in book *Eating Well After Weight Loss Surgery*.

In a food processor or blender, combine all ingredients and pulse until smooth.

2 6-ounce cans tuna packed in water, drained

2 tbsp low-fat mayonnaise

2 tbsp fat-free sour cream

2 tbsp fat-free cream cheese, softened

½ cup shallots, finely chopped

1 tbsp lemon juice

¼ tsp ground pepper

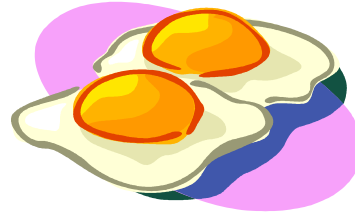
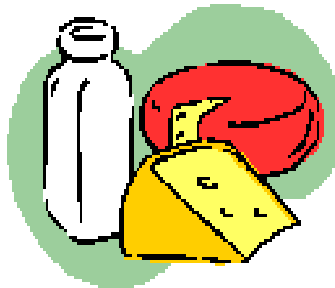
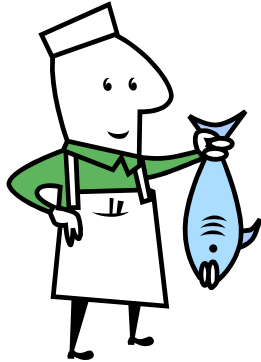
½ tsp celery seed

Chocolate Peanut Butter Mousse (28g protein total)

6oz plain Greek yogurt

4 tbsp chocolate PB2

Bariatric High Protein Soft Diet: Weeks 5-12 after surgery



- Start Soft Diet 2 weeks after gastric banding
- Start Soft Diet 4 weeks after gastric bypass and sleeve

As your stomach heals, your doctor will progress your diet to soft foods. This diet usually lasts for 2-3 months, but can last longer depending on each individual. Soft foods are those which can be easily mashed with a fork.

Remember these principles:

- No liquids with meals. Do not drink 30 minutes before meals and wait 30 minutes to 1 hour after meals to start drinking.
- Sip on water, sugar-free beverages or non-fat milk throughout the day. You will need to continue drinking at least 1 protein drink daily to meet protein needs.
- Chew foods slowly; one meal should take 20-30 minutes.
- Eat 3-5 meals per day, without any additional snacking.
- Stop eating as soon as you feel full.
- Avoid using table sugar and foods made with refined sugar, which can trigger dumping syndrome.
- Marinating meats with a low sugar marinade, adding low-fat salad dressing, or adding low calorie gravy (made from powder and water) can help meats to digest easier.

Adding Vegetables and Fruits:

As long as you are consuming >80g total protein daily from combination of foods and protein drinks, you may start adding small bites of fruits and vegetables to your meals. Cooked, tender vegetables and ripe fruits without the peel are tolerated best.

Avoid fruit canned in syrup, sugary fruit juices, and vegetables cooked with oil, butter or bacon.

Bariatric High Protein Soft Diet: Weeks 5-12 after surgery

EAT THESE FOODS	AVOID THESE FOODS
High in Protein:	High in Fat/Sugar:
<ul style="list-style-type: none"> ✓ Canned tuna or chicken (packed in water) ✓ Lean ground turkey breast or ground round ✓ Turkey or chicken (no skin); cooked tender and cut in small pieces ✓ Lean pork or beef (cook in crock pot until very tender; cut in small pieces) ✓ Scrambled, poached, or boiled eggs ✓ Baked, broiled, grilled or boiled fish and seafood (not fried!) ✓ Silken tofu, Edamame (soybeans) ✓ Beans, hummus and lentils ✓ Lean deli meats (turkey and chicken breast, ham, roast beef) ✓ 1% or Skim Milk, Lactaid, or Soymilk ✓ Low-fat or fat-free cottage cheese, soft cheese, mozzarella string cheese, or ricotta ✓ Light yogurt, Greek yogurt, SF pudding 	<p>High fat milk (whole, 2%) Butter, margarine, oil, mayonnaise Sour cream, cream cheese, salad dressing Ice Cream Cakes, cookies, pies, desserts Candy Luncheon meats (bologna, salami, chopped ham) Sausage, Bacon Gravy Fried Foods</p> <hr/> <p><u>Tough/Crunchy-----</u></p> <p>Tough or dry meats Corn Granola/cereal with nuts Shredded Coconut</p> <p><u>May add after 3 months:</u> Raw veggies Lettuce Plain, Unsalted Nuts and Seeds Protein bars with 0-4 grams of sugar</p>
As long as you are getting >80g PRO:	Starchy Carbohydrates. At goal weight, some may include whole grains in small amounts.
Cooked tender vegetables without peel Ripe fruits without peel Frozen fruits with no added sugar Fruit canned in its own juice or in water Fat free, sugar free, frozen yogurt	White and wheat Bread, Rice, Pasta Cereals (including grits, oatmeal) Crackers, Pretzels, Chips, Granola Corn, Popcorn, Peas, Quinoa White Potatoes, Sweet potatoes Flour and corn tortillas
Fluids:	Always Avoid:
Skim/1% milk, Lactaid, Soymilk Water and Sugar-free beverages (decaf and non-carbonated) Decaf coffee & decaf tea	Sugary drinks Carbonated drinks Alcohol Drinking through straws

Protein Content of Foods Recommended after Weight Loss Surgery

<u>Food Name</u>	<u>Portion</u>	<u>Calories</u>	<u>Protein (gms)</u>
Almonds (unsalted)	1/4 cup	160	6
Almond milk, unsweetened	1 cup	30	1
Beef, Roast	1 oz	46	8
Beef, Steak, sirloin, trimmed	1 oz	55	9
Catfish, broiled or baked	1 oz	30	5
Cheese, American FF	1 oz	40	6
Cheese, Cottage 1% fat	¼ cup	41	7
Cheese, Parmesan, grated	¼ cup	128	12
Cheese, Mozzarella, part skim	1 oz	78	8
Cheese, part skim Ricotta	¼ cup	90	8
Chicken, white breast w/o skin	1 oz	46	9
Chicken, leg w/o skin	1 oz	54	7
Crab, steamed	¼ cup	40	9
Crawfish tails, boiled	¼ cup	35	8
Edamame, shelled	¼ cup	50	4
Egg	1	78	6
Ham, lean 5%	1 oz	44	7
Hamburger, lean	1 oz	56	7
Hummus	¼ cup	100	5
Lobster, steamed	1 oz	26	5
Milk, skim or 1%, soy	1 cup	90	8
Pork Tenderloin	1 oz	46	7
Pudding, SF	1 serv	60	2
Red beans	¼ cup	56	4
Refried beans, fat free	¼ cup	65	4
Salmon, baked	1 oz	52	7
Shrimp, steamed	1 oz	28	6
Soymilk, plain	½ cup	40	3
Tilapia, white fish, cooked	1 oz	36	8
Tofu	¼ cup	47	5
Trout	1 oz	48	7
Tuna, canned in water	1 oz	37	8
Turkey, white meat	1 oz	35	7
Veal Loin	1 oz	50	7
Yogurt, SF, frozen vanilla	3 oz	72	3.5
Yogurt, Fruit, FF, light	3 oz	40	2.5
Yogurt, Greek	3 oz	70	8

*Abbreviations: SF=sugar free, LF=low fat, FF= fat free, gms=grams

*3oz of cooked meat/protein = size of deck of cards or ladies palm

*1oz cheese = 1inch cube or 1 slice American cheese

Sample Menu for Bariatric High Protein Soft Diet **For Gastric Bypass and Sleeve** *Weeks 5-12 after surgery*

3 meals + 2 protein drinks
Remember: No drinking with meals.

Time of Day	Day 1	Day 2
7am:	1 egg (or ¼ cup Egg Beaters)	¼ cup low-fat cottage cheese, 1 tbsp berries
8am: 1 cup water/SF beverage		
9am: 1 cup water/SF beverage		
10am:	Protein drink	Protein drink
11am: 1 cup water/SF beverage		
12pm:	1-2 oz grilled shrimp, ¼ cup green beans	1-2oz canned chicken, shredded cheese, 1 tbsp salsa
1pm: 1 cup water/SF beverage		
3pm:	Protein drink	Protein drink
4pm: 1 cup water/SF beverage		
6pm:	½ cup low fat chili, 1oz low-fat cheese, ¼ cup broccoli	2 oz grilled fish, ¼ cup lima beans
7pm: 1 cup water/SF beverage		

This sample menu provides approx. 80g protein total, including about 40g protein from foods and at least 40g protein from protein drinks. Drinking protein drinks daily helps decrease muscle loss, increase weight loss, and prevent hair loss.

- Sip fluids continuously in between meals.
- For fluids: 1 cup = 8 oz
- For food: ¼ cup = 4 tablespoons
- No drinking from 30 minutes before meals to 30 minutes after meals.
- 3oz meat is approx. the size of a deck of cards.
- A food scale will help you determine portion size (Can be purchased at Wal-Mart)

Sample Menu for Bariatric High Protein Soft Diet **For Lap Band**

Weeks 3-12 after surgery

3-4 meals per day. No drinking with meals. No snacking in between meals.

Time of Day	Day 1	Day 2
7am: Meal #1	2 eggs (or ½ cup Egg Beaters), 1oz lean deli ham, diced green peppers and onions	½ cup cottage cheese, 1/4 cup berries
8am: 1 cup water/SF beverage		
10am: 1 cup water/SF beverage		
11am: 1 cup water/SF beverage		
12pm: Meal #2	3 oz grilled shrimp, ½ cup grilled zucchini and yellow squash, 1 pear half	3oz canned chicken, ¼ cup black beans, 1 oz low cheese, 2 tbsp salsa
1pm: 1 cup water/SF beverage		
2pm: 1 cup water/SF beverage		
3pm: Meal #3	½ cup low fat cottage cheese, 2 tbsp unsweetened applesauce, sprinkle of cinnamon	1 cup Light chocolate Soymilk
4pm: 1 cup water/SF beverage		
5pm: 1 cup water/SF beverage		
6pm: Meal #4	1 cup low fat chili, 1oz low fat cheese, ¼ cup carrots, ¼ cup green beans, sugar-free jello cup	3 oz grilled fish, 1 cup baby spinach with 1 tbsp fat-free dressing, sugar-free pudding cup
7pm: 1 cup water/SF beverage		

This sample menu provides approx. 80g protein from food. If you are unable to eat this amount of food per day, you will need to sip on a protein drink in between meals to help meet your protein needs.

- Sip fluids continuously in between meals.
- For fluids: 1 cup = 8 oz
- No drinking from 30 minutes before meals to 30 minutes after meals.
- 3oz meat is approx. the size of a deck of cards
- A food scale will help you determine portion size (Can be purchased at Wal-Mart)

Regular Bariatric Diet: 3 months and Lifelong Guidelines

Follow a high protein, low carb, low fat diet LIFELONG:

1. MAY ADD THE FOLLOWING: Raw Veggies, Lettuce, plain/unsalted nuts and seeds and Protein bars w/ 0-4 g of sugar per serving.
2. CONTINUE TO GET IN BETWEEN 80-120 GRAMS OF PROTEIN PER DAY EVERY DAY using foods and low sugar protein shakes
3. FLUID INTAKE SHOULD BE 64 OUNCES TOTAL FOR THE DAY. This includes ice, sugar-free popsicles, sugar-free jello, low sodium broths and any sugar-free non-carbonated beverages
4. LIMIT FRUITS TO 2 SERVINGS PER DAY. One serving of fruit is 1 small piece of fruit, 1 – ½ cup container of canned fruit (in its own juices or water) or ½ cup cubed fruit
5. LIMIT UNSALTED PLAIN NUTS AND SEEDS TO ¼ CUP TOTAL PER DAY
6. Aim to stay between 800-1000 calories per day

SAMPLE MENU FOR 3 MONTH POST- SURGERY

Time of Day	Day 1	Day 2
7am:	Egg omelet made with 1 egg and 1 slice low-fat cheese	Quest Cinnamon Roll Protein bar <i>(warm in microwave for 10-15 seconds)</i>
8am: 1 cup water/SF beverage		
9am: 1 cup water/SF beverage		
10am:	1 ounce turkey with 1 light string cheese	¼ cup unsalted nuts + ½ banana
11am: 1 cup water/SF beverage		
12pm:	Grilled chicken (2 ounces) salad with 1 Tablespoon of low-fat Italian dressing and 1 apple	Taco Lettuce wraps: 1-2 oz of lean ground meat, sprinkle of low fat cheese, tomatoes, salsa wrapped in lettuce leaves
1pm: 1 cup water/SF beverage		
3pm:	Protein drink	Light yogurt
4pm: 1 cup water/SF beverage		
6pm:	Grilled shrimp kebobs (2 ounces shrimp, pineapple chunks, bell pepper and onions) with ¼ cup sautéed spinach and garlic <i>(use Pam spray)</i>	½ cup Red Beans (no rice) served over ¼ cup cauliflower rice
7pm: 1 cup water/SF beverage		
9pm:	1 tbsp slivered almonds sprinkled over 6 oz Greek yogurt container	Protein shake

Lifelong Nutrition Guidelines after Weight Loss Surgery

Weight Loss Surgery is designed to help people lose weight after previous attempts at weight loss have failed. However, safe and successful weight loss with this procedure requires you to make a commitment. A commitment to change current eating habits and behavior is essential to develop substantial weight loss.

As your stomach is greatly reduced following surgery (to that of a small egg), your nutritional intake is one of the most important aspects of your treatment. Adequate nutrition helps in the healing of your incisions, preventing gastric discomfort, and in maintaining your nutritional health.

Why should you follow this diet?

- You could develop nutrient deficiencies, which may consequently affect your health.
- You may not achieve the maximal amount of weight loss, or the rate of weight loss may slow down.

The following guidelines have been developed to assist you in making these changes.

1. **Eat Slowly.** Immediately after surgery the stomach is swollen and needs time to heal. Eating too quickly may cause you to over fill your pouch and bring forth discomfort (i.e. nausea and vomiting).
2. **Eat and Drink Small Amounts at a Time.** Learn to sip. Try not to fill your entire mouth with food or fluid. Use a baby spoon and a 2oz medicine cup to help determine a safe amount.
3. **Stop Eating or Drinking When You Feel Full.** Do not overeat. Learn to listen to your body. If you are unable to recognize fullness, consume only the quantity of food recommended. Eating or drinking too much may eventually stretch your pouch and prevent you from achieving maximal weight loss. Also, overeating may cause you to have nausea and vomiting.
4. **Chew Food Thoroughly Before Swallowing.** Try to chew each bite 30 times before swallowing. A big chunk of food could get caught and make you very uncomfortable.
5. **Drink Adequate Fluids in between meals to Prevent Dehydration.** Consume at least 8 cups of liquids per day (>64 oz). No drinking with meals!
6. **Eat Protein Rich Foods First.** This is necessary to meet your protein needs. Protein is necessary to promote adequate healing and to help you maintain lean body mass as you lose weight. Aim for >80 grams of protein per day.
7. **Keep Your Food Choices Sugar Free and Low in Fat.** Foods high in sugar and fat may cause diarrhea and abdominal discomfort, or the Dumping Syndrome.
8. **Avoid Starchy Carbohydrates** (bread, rice, pasta, corn, peas, potatoes, crackers, pretzels, chips, grits, oatmeal, dry cereals/granola, tortillas).

Common Nutritional Problems and Prevention Tips

- **Nausea and vomiting**
 - Cause: overeating or eating too quickly
 - Prevention tip: eat slowly, chew your food very well, and stop eating as soon as you feel full
- **Chronic malnutrition problems**
 - Cause: nutrients are absorbed differently following surgery
 - Symptoms: fatigue and aching muscles; tingling feet, calves or hands
 - Prevention tip: eat a healthy diet and always take your vitamin and mineral supplements
- **Lactose intolerance**
 - Symptoms: gas, bloating, cramping and diarrhea after drinking milk
 - Prevention tips: drink smaller amounts of milk at a time, use lactose-free or lactose-reduced milk, or try soy milk.
- **Temporary hair loss**
 - Cause: rapid weight loss and/or lack of protein in the diet
 - Prevention tip: eat the amount of protein recommended by your Registered Dietitian
- **Dehydration**
 - Cause: Not drinking enough fluids; or persistent vomiting
 - Symptoms: dark and strong smelling urine, dry mouth, headache and fatigue
 - Prevention tip: take frequent sips of liquid throughout the day
- **Dumping syndrome (Gastric Bypass)**
 - Cause: food emptying too quickly from the stomach
 - Symptoms: diarrhea, nausea, cold sweats and light-headedness
 - Prevention tips: avoid consuming sugary foods or beverages, drinking fluids too soon after a meal, or eating high fat foods
- **Constipation**
 - Cause: food and fiber intake are reduced following surgery
 - Prevention tips:
 - Drink at least 64 ounces water daily in addition to protein drinks
 - Exercise daily
 - Try Miralax (stool softener). No laxatives if possible.
 - Try a fiber supplement (Metamucil or Benefiber)



Physical Activity

Physical activity and exercise are essential to achieve and maintain your weight loss goals. Activity and exercise beginning right after your surgery will help you feel better, recover faster and minimize the likelihood of post-surgical complications. Staying active promotes mental well-being, relieves stress and reduces feelings of depression and anxiety. You feel good about your body when you exercise regularly, and therefore have a healthier body image.

After surgery it is important to design an exercise program that is appropriate for your fitness level. A physical therapist, or personal trainer, can help you establish individual goals and adjust these goals regularly as you become more fit. You may choose to exercise at a local fitness club or at home. Our goal is to guide you along your journey to lifelong fitness and healthy living. The key ingredient to beginning any program is to get moving – the more the better. You will need to make a conscious decision to start exercising.

Here are some suggestions to consider as you prepare to increase your activity or exercise. REMEMBER, you are expected to be an integral part of designing your program so that it will work for you, and you will be motivated to follow it.

- Choose a form of activity or exercise that you enjoy and know that you can participate in and exercise at your own pace.
- Ask a friend or family member to participate in an activity or exercise with you. Think of it as a buddy system.
- Join an exercise club or class (some enjoy Curves for Women).
- Listen to your favorite motivational music as you exercise.
- Try mall walking, aerobics, swimming or dancing.
- Park 15 minutes from your destination and walk.
- Use stairs instead of the elevator.
- Prioritize activity and exercise time into your schedule. Make the necessary adjustments to fit it in daily (30-40 minutes) or allow for several short segments (10-20 minutes) of time, which will lengthen as your endurance increases.
- Keep a record or journal of your activity. Log what sorts of activities and exercises you participate in and how long your activity lasts. Then you will have a record of your improvements and accomplishments.

Required Vitamin/Mineral Supplements:

You will need to take the following vitamin/mineral supplements for the rest of your life:

1. **Multivitamins** – one taken twice a day
2. **Iron-** 18 mg total daily (may be included in multivitamin)
3. **B-complex with at least 15 mg Thiamine (Vitamin B1)-** once daily
4. **Calcium Citrate + Vitamin D-** 500 mg three times per day
5. **Vitamin B12-** 500 mcg sublingual daily or monthly injections

Sleeve Gastrectomy: No swallowing pills for 3 months after surgery

Gastric Bypass: No swallowing pills for 6 months after surgery

Gastric Band: No swallowing pills lifelong

****No GUMMY Multivitamins**

Suggested Vitamin/Mineral Regimens for crushed/chewables forms:

Walmart/CVS:

- Flintstones Complete or Centrum Adult chewables
- B-Complex tablet (crush tablet w/ at least 15 mg Thiamine)
- Calcium Citrate tablets to crush (NOT CALTRATE brand)
- Sublingual Vitamin B12

Order from www.bariatricadvantage.com

- Chewables-Complete (orange and berry flavored)
- Iron chewable
- Calcium Citrate Chewy bites-500 (chocolate, peanut butter and caramel flavored)
- Sublingual Vitamin B12 (black cherry or peppermint flavored)

Order from www.celebratevitamins.com

- Multi-complete chewable
- Calcium citrate: Celebrate soft chews **OR** Calcet creamy bites
- B-12 sublingual quick melt

Order from www.Amazon.com:

- Flintstones Complete
- KAL coenzyme b-complex chewable tablets (cocoa mint flavored)
- Calcium Citrate: Liquid Wellesse **OR** Calcet Creamy Bites **OR** Bariatric Advantage chewy bites **OR** Celebrate soft chews
- Sublingual B12

Ochsner Pharmacy:

- Flintstones complete
- Wellesse Liquid calcium Citrate
- Wellesse Liquid B-complex
- Sublingual B12

Suggested Vitamin/Mineral Regimens for when you can swallow whole pills:

1. **Multivitamins** – one taken twice a day
2. **Iron-** 18 mg total daily (may be included in multivitamin)
3. **B-complex with at least 15 mg Thiamine (Vitamin B1)-** once daily
4. **Calcium Citrate + Vitamin D-** 500 mg three times per day
5. **Vitamin B12-** 500 mcg sublingual daily or monthly injections

Walmart/CVS:

- Centrum Adult Multivitamin
- B-Complex tablet w/ at least 15 mg Thiamine
- Calcium Citrate tablets (NOT CALTRATE brand)
- Sublingual Vitamin B12

Sam's Club:

- Centrum Adult Multivitamin Tablet
- Simply Right Wellness & Nutrition Super B-comple with C
- Citracal Calcium Citrate caplets
- Simply Right Wellness & Nutrition Sublingual B-12

Costco:

- Kirkland signature daily multi OR One-a-day women's formula
- Naturemade Super B-complex
- Kirkland Signature Calcium Citrate Magnesium and Zinc OR Citracal Calcium supplement + Vit D3
- Kirkland quick dissolve B-12 OR Nature's Bounty Sublingual B-12

Order from www.bariatricadvantage.com

- Ultra multi formula w/ iron (capsule)
- Calcium Citrate Chewy bites-500 (chocolate, peanut butter and caramel flavored)
- Sublingual Vitamin B12 (black cherry or peppermint flavored)

Order from www.celebratevitamins.com

- Multi-complete capsule
- Calcium PLUS Tablet
- B-12 sublingual quick melt

Ochsner Pharmacy:

- Leader Multivitamin/Multimineral supplement one daily women's
- Naturemade super b-complex
- Citracal Calcium Citrate + D3
- Sublingual B-12

Required Vitamin Mineral Checklist:

***Vitamin/Mineral checklist for if/when you can NOT swallow whole pills:**

Vitamin/minerals	Name	Dose	✓
<i>Multivitamin one twice a day</i>			
<i>Iron 18 mg daily</i>			
<i>Thiamine (Vit B1) 15 mg daily</i>			
<i>Calcium Citrate + Vit D 500 mg three times per day</i>			
<i>Vitamin B12 500 mcg daily</i>			

***Vitamin/Mineral checklist for if/when you can swallow whole pills:**

Vitamin/minerals	Name	Dose	✓
<i>Multivitamin one twice a day</i>			
<i>Iron 18 mg daily</i>			
<i>Thiamine (Vit B1) 15 mg daily</i>			
<i>Calcium Citrate + Vit D 500 mg three times per day</i>			
<i>Vitamin B12 500 mcg daily</i>			

NO gummy multivitamins

Do NOT take calcium citrate and Iron within 2 hours of each other.

Resources for Bariatric Patients:

1. Before & After: Living & Eating Well After Weight Loss Surgery by Susan Maria Leach. Harper Collins Press, 2004.
www.bariatriceating.com
2. Eating Well After Weight Loss Surgery by Patt Levine & Michele Bontempo-Saray. Marlowe & Co. Press, 2004.
3. Weight Loss Surgery for Dummies by Marina S. Kurian, MD, FACS. Wiley Publishers, 2005.
4. Exodus from Obesity: The Guide to Long-Term Success After Weight Loss Surgery by Paula Peck. BP Press, 2003.
5. Weight Loss Surgery: Finding the Thin Person Hiding Inside You by Barbara Thompson. Word Association, 2003.
6. The Don't Diet Live It Workbook by Andrea LaBue & Marsea Marcus available from www.Amazon.com
7. The Overeater's Journal by Debbie Danowski. Hazelden Press also available at www.Amazon.com
8. Moving Away from Diets available from www.nourishingconnections.com
9. Overeater's Anonymous—online, in-person, and telephone meetings available; www.oa.org.
10. Online Food Database at www.calorieking.com to find out the calories, protein, sugar, fat, fiber, etc of any certain food.
11. 50 Ways to Soothe Yourself Without Food by Susan Albers, PSY.D. New Harbinger Publications, 2009.

Helpful Apps for Bariatric Patients:

1. Myfitnesspal
2. Aqualert: water reminder
3. Fitbit or other activity device trackers/apps
4. Diabetes logbook by MySurg (track blood sugar, upload meal pics)
5. Blood Pressure Log – My Diary

TEN TIPS FOR HEALTHY AND CONSCIOUS EATING

1. Keep track of everything you eat and drink. Write it down as soon as you swallow so you don't forget! Include the type of food or beverage, amount, time, physical feeling of hunger vs. fullness, etc.
2. Base meals around LEAN PROTEIN and VEGETABLES, incorporating them into main dishes and as snacks.
3. Buy plenty of fresh or frozen FRUITS and VEGETABLES to keep on hand, wash and chop them (if applicable) ASAP, and snack on them ANYTIME! Eat at least 2 servings of fresh fruits and 3 servings of vegetables each day.
4. Eat throughout the day rather than "saving" your appetite for a huge meal. Your body can only use so much fuel at a time, so extra will more likely be stored as fat! Smaller, more frequent meals (every 3-5 hours) will help keep your energy level more consistent. Start listening to your body's signals regarding hunger and fullness!
5. Keep "junk food" and "trigger" foods out of the house. Make a special trip to the store when you MUST have it, and savor it.
6. Include good sources of protein with your meals: chicken, fish, shellfish, legumes, eggs, dairy products, soy products, and lean meats.
7. Use low fat, fat free and lean dairy and animal products. High fat animal products tend to have a lot of saturated fat, which promotes high blood cholesterol levels.
8. Choose calories you can chew - that means drinking more water instead of juice, sports drinks, regular soda, alcohol, and specialty coffees.
9. Shut off the TV, put down the book or newspaper, and turn off the computer whenever you eat - this includes meals and snacks. People tend to eat larger portions when snacking in front of the tube, and the foods chosen are often high in fat, sugar and calories. What's more, when you associate eating with particular activities, you may automatically look for something to eat when engaging in those activities, regardless of hunger.
10. Plan ahead for meals and snacks, have foods on hand to prepare them, and pack them "to go" if necessary. If you wait until you're really hungry, there may not be many healthy choices around to choose from.

Ochsner Medical Center - Surgical Weight Loss Program

Bariatric Nutrition Core Points and Contract Agreement

- ☐ Eat **protein-source** for breakfast (i.e. eggs, low-fat cottage cheese, greek yogurt, sliced deli turkey, low-fat sliced cheese, protein drinks or bars)
- ☐ **Avoid/Limit** starchy carbohydrates (bread, rice, pasta, potatoes, corn, grits, oatmeal...etc)
- ☐ **Plan** to eat 4-6 small meals per day. Protein drinks should be used for 1-2 of the small meals.
- ☐ **Measure** portion sizes. Small plates, bowls and cups make smaller portions look bigger.
- ☐ **Limit** eating out to once per week; make better choices when eating out (low fat/low carb)
- ☐ **Include** fruits and vegetables in the diet DAILY
- ☐ **Avoid/Limit** Desserts/candy
- ☐ **Low-fat** diet (Baked, broiled, grilled, and boiled instead of fried, sautéed, creamed)
- ☐ **Increase** activity (walking, swimming, exercise videos)
- ☐ **Eliminate** sugary, caffeinated and/or carbonated beverages
- ☐ Drink at least 64 oz. H₂O per day
- ☐ No alcohol
- ☐ Quit smoking
- ☐ CHEW foods thoroughly—to liquid consistency—before swallowing.
- ☐ SIP beverages—no “chugging” or gulping. No Straws.
- ☐ NO LIQUIDS 30 MIN. BEFORE, DURING, AND 30 MIN. AFTER MEALS.
- ☐ Lose _____lbs
- ☐ **Keep daily food and activity logs, and bring each visit for review**

I have been educated on the above lifestyle and nutrition changes regarding weight loss surgery. I understand and agree that following these guidelines will help me to lose weight and maintain my health long-term.

Patient Signature _____ Date _____

Dietitian Signature _____

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