



BAPTIST
Hospital - Pensacola

Eating For "The New You"!

Experience & Passion.....Hope & Health

Baptist Hospital Bariatric Center

Surgical Weight Loss Program

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Weight Loss Surgery Diet

Following the diet guidelines will be essential in promoting and maintaining weight loss after your surgery and preventing complications. The diet is intentionally low in calories, and will require lifetime vitamin and mineral supplementation.

Post-surgery dietary guidelines will vary by surgeon. You may hear of other patients who are given different guidelines following their weight loss surgery. It is important to remember that every surgeon does not perform the exact same weight loss procedure and dietary guidelines may be different depending on the procedure and surgeon. What is most important is that you adhere to your surgeon's recommended guidelines.

Immediately after your surgery, you will be maintained on intravenous fluids and kept NPO (nothing by mouth). Some physicians allow a few ice chips at this stage.

Additional tests may be ordered after your surgery prior to advancing your diet. These may include the "grape juice test," an upper GI series, or other.

Below is chart of the diet phases that may be used by your surgeon.

Your surgeon will direct you as to which phase to follow and how long each phase will last. Follow your surgeon's instructions.

Phase	Diet Type	Total meal size	Meals per day
Phase 1	Clear liquid	1-2 oz. (or 2-4 Tbsp)	3-5
Phase 2	Full liquid	1-2 oz. (or 2-4 Tbsp)	3-5
Phase 3	Puree	1-2 oz. (or 2-4 Tbsp)	3-5
Phase 4	Soft	1-2 oz. (or 2-4 Tbsp)	3-5
Phase 5	Regular	1-2 oz. (or 2-4 Tbsp)	3-5
With time Regular diet		3-4 oz. (or ~1/2 cup)	3 meals

***Remember: Advance your diet only when your surgeon advises.**

Daily Supplements

Prior to surgery, begin taking a daily multivitamin/mineral supplement with iron to ensure your nutrition status is at its best. **After the surgery**, your surgeon will start you on the following as soon as you can tolerate:

Roux-en-Y Gastric bypass	2 chewable multivitamins --Centrum chewable, or --Flintstones Complete	Calcium citrate 500mg + Vit D 3 to 4 x/day	B-12 <input type="checkbox"/> Injection (monthly) or <input type="checkbox"/> Sublingual (daily)
Adjustable Band	2 chewable multivitamins --Centrum chewable, or --Flintstones Complete	Calcium +Vit D 500mg 3x/day	B-12 sublingual daily (as per MD)

Supplements are to continue for life. Follow-up care throughout your lifetime will help identify if any further changes in your supplements are necessary.

Fluids

1. **In the hospital**, you will be maintained on IV fluids to prevent dehydration. Use this time to practice taking small amounts and sipping slowly.
2. **Sip all fluids slowly.** Take at least **5 minutes to consume 1 oz (30cc)** of fluid. You will be given small 1 oz. medicine cups to help train you to take small amounts. Avoid using a straw.
3. **Drink between meals, not with meals.** Avoid drinking right before eating and wait 30-60 minutes (1 hour) after a meal before starting to drink your beverages.
4. **Always be aware of your fluid intake!** You should drink at least **48-64 oz** of low calorie liquids each day between meals. Water is the best choice, but other choices include: iced or hot tea, coffee, herbal teas, *Crystal Light or equivalent*, low sugar sports drinks, or sugar-free flavored water. Sugar free fluids are recommended. You may use sweeteners such as Splenda, Equal, Sweet/Low or other as preferred. Cold or hot beverages may be used. Avoid beverages with regular sugar.
5. **Carbonated beverages** may cause uncomfortable fullness after surgery. Avoid any carbonated beverages right after surgery. Your surgeon will direct you on the use of these as your diet progresses.
6. You may drink **4 to 8 oz. of fruit juice, Gatorade or Powerade** daily, but these are a source of simple sugars that may cause dumping syndrome, and, in excess, may increase caloric intake limiting weight loss. Dilute these beverages 50/50 with water to help decrease the chances of dumping syndrome.
7. **Consume caffeinated beverages in moderation.** Tea and coffee (even caffeine-free) can interfere with iron and other nutrient absorption. Prior to surgery, you may want to wean yourself from caffeine to help prevent withdrawal and headaches post-op, as your consumption will be limited right after surgery. Drink in moderation as you resume caffeinated beverages.
8. **Milk** provides essential nutrients like protein, calcium and other vitamins and minerals and should be included daily after advancing to the phase 2 diet and beyond. It does, however, contain calories, and could limit weight loss if consumed in excess. **2 cups of fat-free (skim) or 1% milk daily is recommended.** If you do not tolerate milk after surgery, try soy milk or lactaid milk or you may need to increase protein supplements to provide additional protein.

Eating Tips

1. **Think slow:** Take at least **5 minutes to consume 1 oz. of food**. Never eat on the run. Relax, sit down and enjoy your meal. Avoid nibbling while preparing your meals. A two ounce meal should take at least 10 to 15 minutes to eat and a four ounce meal at least 20 minutes.
2. **Think small:** Measure all your foods. See table below for measuring tips. Use smaller plates such as salad plate or coffee saucer to help ensure smaller portions and make food more appealing. Small bites are necessary—consider using baby silverware to help ensure small bites. Practice putting your fork or spoon down between bites to avoid putting too much in your mouth at one time.
3. **Concentrate on what you put in your mouth:** Chew thoroughly. Swallowing foods that are not chewed thoroughly may cause food to block the opening from your new pouch to the intestine. Wait after you swallow to allow time for each bite to settle in your new pouch before taking another bite. Not chewing thoroughly or eating too much at one time is a common cause of cause vomiting.
4. **Learn to listen to your body:** With your smaller stomach pouch, you will probably be able to identify signals of fullness that you may not have experienced before. Learn to stop eating at the first signs of fullness. If left shoulder or esophageal pain develop, stop eating immediately—this is a sign you have overeaten. “Listening to your body” will also help you identify foods that are not well tolerated.
5. **Introduce one new food at a time:** This may help identify foods that are not well tolerated.
6. **Aim for 60 grams (or _____gms) of protein daily initially after surgery:** Always include a good protein source with each meal. Eat your protein foods first to ensure these are eaten before you become to full. Include two 8 oz. cups of fat free (skim) or 1% milk daily. Use a protein supplement in the initial stages, or if you are not tolerating protein foods. (See pages 14 and 15.)
7. **No solid red meat for 3-6 months, and avoid bread, rice or pasta initially.** These can be difficult to tolerate.

Measuring Tips:		
1 oz.	= 30cc	= 2 Tablespoons = 1/8 cup
2 oz.	= 60cc	= 4 Tablespoons = 1/4 cup
3 oz.		= 6 Tablespoons
4 oz.		= 8 Tablespoons = 1/2 cup
8 oz.		= 16 Tablespoons = 1 cup

Phase 1 – Clear Liquid Diet

1-2 oz meals; 3-5 times per day

Food Group	Amount	Food Choices
Juice	Limit 4-8 oz. per day	Clear juices: grape, apple, cranberry, Powerade, Gatorade
Fluids (calorie-free)	At least 48-64 oz.	Water, sugar-free flavored water, coffee, sugar-free tea, <i>Propel</i> , <i>G2</i> , <i>Crystal-Lite</i> , sugar free popsicles, chicken, beef or vegetable broth
Gelatin	1-2 oz. portion	sugar-free
Other	Use in moderation	sugar-free sweetener (Equal, Splenda, Sweet/Low) Mild seasonings and spices.

Sample Clear Liquid Menu:

Breakfast--1-2 oz sugar-free red gelatin

Beverage between meals

4 oz apple juice with 4 oz water
8 oz water

Lunch1-2 oz sugar-free green gelatin

Beverage between meals

8 oz. sugar-free koolaid

Snacks—1/2 sugar-free popsicle

Beverage between meals

12 oz Crystal Lite and 8 oz. water

Dinner--1-2 oz sugar-free yellow gelatin

Beverage between meals

12 oz black cherry *Propel*
8 oz hot chicken broth

(Total fluids for day = about 64 fluid oz.)

***Take at least 5 minutes to consume 1 oz food or drink.**

*** Wait 15 minutes before and 30-60 minutes after meals to drink.**

Add **Protein supplements** to Phase 1 (Clear Liquid) per your surgeon's instructions (See page 15); 2-3 servings per day

Phase 2 – Full Liquid Diet
1-2 oz meals; 3-5 times per day

Food Group	How Much	Foods Choices
Juice	Limit 4-8 oz. per day	grape, apple, cranberry, pineapple, orange, or grapefruit juice, <i>Powerade</i> , <i>Gatorade</i>
Fluids (low-calorie)	At least 48-64 oz.	water, sugar-free flavored water, coffee, sugar-free tea, <i>Propel</i> , <i>Crystal-Lite</i> , SF <i>Koolaid</i> , SF popsicles, chicken, beef or vegetable broth
Refined cooked cereals	1-2 oz portions	Cream of rice, cream of wheat, thin grits (cook with lots of water or milk)
Strained soup	1-2 oz portions	Strained soups, strained cream soups (avoid tomato or bean based soups)
Other	1-2 oz. portions	Sugar-free pudding or egg custard, Sugar-free gelatin
Milk or yogurt	2 cups	Fat-free (skim), 1% milk, buttermilk, soy, lactaid, sugar free smooth yogurt
Protein supplement	To equal 60 grams	See supplement list on page 15

Sample Full Liquid Menu:

Morning

Breakfast

1-2 oz. thin grits w/1/4 tsp margarine & sprinkle salt

Afternoon

Lunch

1-2 oz strained cream of mushroom soup

Evening

Dinner

1-2 oz sugar-free vanilla yogurt

Snack 1

1-2 oz sugar-free egg custard

Snack 2

1-2 oz sugar-free pudding

Beverages

8 oz fat free milk with protein powder
8 oz water

Beverages

16 oz Crystal Lite

Beverages

8 oz fat free milk with protein powder
8 oz water

*Take at least 5 minutes to consume 1 oz food or drink. (Total protein = 60-70 grams)

*Wait 15 minutes before and 30-60 minutes (1 hour) after meals to begin drinking.

Phase 3 – Puree Diet

1-2 oz meals; 3-5 times per day

The puree diet consists of low residue foods requiring minimal chewing. It is designed to avoid obstruction or blockage of the gastric bypass channel opening and to allow sufficient time for healing. Choose **1oz. high protein foods with each meal**. Use a blender, food processor, and/or strainer to make foods a smooth consistency like applesauce. Add a little broth, cream soup, milk or other liquid to cooked foods to make pureeing easier. Baby foods (stage 1) are convenient on this phase of the diet.

Food Group	Foods Allowed	Foods to Avoid
Juice	Limit 4-8 oz. per day grape, apple, cranberry, pineapple, orange, or grapefruit juice, <i>Powerade, Gatorade</i>	<i>Apricot, peach or pear nectars</i> Alcoholic beverages
Fluids (low-calorie) At least 48-64 oz.	water, sugar-free flavored water, coffee, sugar-free hot or cold tea, <i>Propel, G2, Crystal-Lite</i> , SF <i>Koolaid</i> , SF popsicles, chicken, beef or vegetable broth, diet soda (2-3 weeks after surgery per surgeon ok)	Regular sodas, beverages sweetened with sugar, sweet tea, fruit punch, lemonade, etc.
Meat HIGH PROTEIN	All meats must be pureed, trim fat, remove poultry skin. May use beef, pork or ham, poultry, or fish. Bake, broil, boil or steam meats before pureeing.	Fried meats, spiced meats, fatty meats (duck, goose, deviled ham, bacon, sausage, salami, pickled herring, smoked lunch meats)
Eggs HIGH PROTEIN	Pureed cooked eggs (scrambled, poached or boiled)	Fried Eggs
Cheese HIGH PROTEIN	Melted cheese, smooth cheese dips, 1% cottage or ricotta cheese	Spicy cheese containing onions or peppers or those containing nuts.
Milk & Yogurt HIGH PROTEIN 2 cups (16 oz) daily	Fat-free or skim, 1% milk or buttermilk; Soy or lactaid milk; Sugar-free flavored low-fat or non-fat smooth yogurt	Whole or 2% milk; whole milk yogurt
Protein supplement HIGH PROTEIN	To equal ~40-60 grams of protein	See supplement list on page 15
Nuts and Seeds	Smooth peanut butter	all nuts and seeds; crunchy peanut butter
Soups and Sauces	Strained soups only, cream soups, bisques and chowders	tomato based soups, bean based soups or chili, french onion soup
Cereals	Cream of rice, cream of wheat, strained oatmeal, thin grits	High fiber cooked or dry cereals

Phase 3 Puree Diet (Cont.)

Food Group	Foods Allowed	Foods to Avoid
Bread	None	Breads and bread products, crackers, popcorn, snack chips and pretzels
Potatoes, Pasta and Rice	Pureed or mashed potatoes (sweet or white), couscous	Pasta, noodles, white, brown or wild rice, cornmeal, chow mein noodles
Vegetable	All vegetables pureed, low fiber except on the restricted list green beans, carrots, squash, greens, spinach, beets, peas, canned asparagus	High fiber, gassy vegetables such as broccoli, beans, brussel sprouts, cabbage, corn, cauliflower, cucumber, onions, parsnips, green peppers
Fruits	All fruits pureed, except those in the avoid list; choose low fiber and non-citrus applesauce, baby jar food fruits	Avocado, all berries, cantaloupe, all dried fruits, fresh dates, fresh figs, pears, tangerines, citrus (grapefruit, orange,)
Other <u>Use in Moderation</u>	Sugar-free or pudding, sugar-free gelatin, sugar-free or low sugar fruit whips, sugar-free ice cream or yogurt	Ice cream, cakes, pies, candy, cookies, doughnuts, sweet rolls; desserts made with coconut, raisins, nuts
Condiments <u>Use in Moderation</u>	Salt, mayo, vegetable oils, butter, margarine, cream, sour cream butter or pan sprays All herbs & spices, vinegar	Pepper, BBQ sauce, chili sauce, catsup, cocktail sauce, tabasco, hot sauce, horseradish, mustard

Sample Puree Menu:

Morning

Afternoon

Evening

Breakfast

2 Tbsp (1 oz.) puree egg
2 Tbsp (1 oz.) crm of wheat

Lunch

2 Tbsp (1 oz) puree chicken
2 Tbsp (1 oz.) sweet potato

Dinner

2 Tbsp (1 oz) puree turkey
2 Tbsp (1 oz) puree peaches

Snack 1 oz. cottage cheese and 1 oz. puree banana

Beverages

8 oz fat free milk with protein powder
16 oz water

Beverages

8 oz Crystal Lite (or other sugar-free flavored water),
8 oz. chicken broth or tea

Beverages

8 oz fat free milk with protein powder
16 oz water

(Total fluids for day = about 64 fluid oz.)

(Total protein = 60-70 grams)

***Take at least 5 minutes to consume 1 oz food or drink.**

***Wait 15minutes before or 30-60 minutes (1 hour) after meals to begin drinking.**

Phase 4 – Soft Diet
1-2 oz meals; 3-5 times per day

The soft diet consists of non-irritating low residue foods. All foods must be **thoroughly chewed** to avoid obstruction or blockage of the gastric bypass channel opening. Include a variety of foods and a good source of protein with all meals.

Food Group	Foods Allowed	Foods to Avoid
Juice	Limit 4-8 oz. per day grape, apple, cranberry, pineapple, orange, or grapefruit juice, <i>Tang, Powerade, Gatorade</i>	<i>Apricot, peach or pear nectars</i> √with your doctor about alcoholic beverages
Fluids (low-calorie) At least 48-64 oz.	Water, sugar-free flavored water, coffee, sugar-free hot or cold tea, <i>Propel, G2, Crystal-Lite, SF</i> <i>Koolaid</i> , SF popsicles, chicken, beef or vegetable broth, diet soda (if allowed by surgeon)	Regular sodas, beverages sweetened with sugar, sweet tea, fruit punch, lemonade, etc.
Meat HIGH PROTEIN (prepare meats with a moist cooking method, or marinade to avoid dry/tough meats)	Trim visible fat from meat; remove skin from poultry; bake, broil, boil or steam meats; flakey fish, shrimp/crab, dark meat chicken, lean ground red meat, thin deli meat	Fried meats, spiced meats, fatty meats (duck, goose, deviled ham, bacon, sausage, salami, pickled herring, smoked lunch meats)
Eggs HIGH PROTEIN	Eggs; scrambled, poached, over easy	Fried Eggs
Cheese HIGH PROTEIN	Most cheeses and cheese dips, cottage or ricotta cheese	Spicy cheese containing onions or peppers or those containing nuts.
Milk & Yogurt HIGH PRTOEIN 2 cups (16 oz) daily	Skim, 1% milk or buttermilk; Soy or lactaid; Plain or sugar-free flavored low-fat or non-fat yogurt	Whole or 2% milk; whole milk yogurt
Protein supplement HIGH PROTEI N	To equal ~40-60 grams of protein	See supplement list on page 15
Nuts and Seeds	Smooth peanut butter	All nuts and seeds; crunchy peanut butter
Soups and Sauces	Chicken, beef, turkey noodle or rice soup, broth, consommé, vegetable based soups; cream based soups	Tomato based soups, bean based soups, chili, or french onion soup
Cereal	Low fiber cereals such as <i>Cheerios,</i> <i>Corn Flakes, Special K, Rice</i> <i>Krispies, Rice Chex, Corn Chex,</i> <i>Cream of Wheat</i> , puffed rice, puffed wheat Cooked cereals	High fiber cereals such as <i>Bran</i> <i>Flakes, Bran Buds, Granola,</i> <i>Grapenuts, Product 19, Wheaties,</i> <i>Shredded Wheat, Shredded Bran,</i> <i>Raisin Bran, Ralston, Total, Wheat or</i> <i>Bran Chex, Wheat Germ</i>

Phase 4 Soft Diet (cont.)

Food Group	Foods Allowed	Foods to Avoid
<p>Bread (if allowed by surgeon) ½ slice 3 small crackers (Toasted bread is usually better tolerated.)</p>	<p>Low fiber breads, bagels, English muffins, corn bread, dinner rolls, hamburger & hot dog buns, matzo, Melba toast, saltine crackers, plain bread sticks (with out sesame seeds) plain croutons</p>	<p>High fiber breads such as whole wheat, rye, boston brown & those with nuts or seeds; high fiber muffins; high fiber whole grain crackers; popcorn, snack chips and pretzels</p>
<p>Potatoes Pasta and Rice (if allowed by surgeon)</p>	<p>Baked or boiled potatoes (sweet or white, without the skin); barley, noodles & pasta, chow mein; white or brown rice, grits, cornmeal, hominy</p>	<p>Whole grain flours: “whole wheat” or “whole rye”, wild rice Potato with skin</p>
<p>Vegetables</p>	<p>Low fiber vegetable (preferably cooked or canned) asparagus, green beans, wax beans, beets, carrots, collards, eggplant, mushrooms, okra, spinach, yellow squash, zucchini</p>	<p>High fiber, gassy vegetables such as broccoli, beans, brussel sprouts, cabbage, corn, cauliflower, cucumber, onions, parsnips, green peppers, rutabaga, sauerkraut, scallions, onions, radishes, tomatoes, turnips, celery, lettuce</p>
<p>Fruits</p>	<p>Low fiber fruits; non citrus fruits (see restricted list); peel edible skins off fruits, soft bananas, applesauce, caned fruits (citrus fruits are okay 30 days after surgery)</p>	<p>Avocado, all berries, cantaloupe, all dried fruits, fresh dates, fresh figs, pears, tangerines, citrus (grapefruit, orange)</p>
<p>Desserts</p>	<p>All in moderation except those on restricted list</p>	<p>Desserts containing coconut, nuts, raisins, or seeds; fig bars, fruit cake</p>
<p>Condiments</p>	<p>Use in moderation mild salad dressing (french, 1000 island), oil & vinegar, mayo, vegetable oils, butter, butter sprays, margarine, cream, sour cream All herbs & spices, vinegar, pickles, relishes, A-1 sauce, soy sauce, teriyaki sauce, Worcestershire sauce</p>	<p>spicy salad dressing (blue cheese, Cesar, Garlic, Italian, Roquefort, Russian) BBQ sauce, chili sauce, catsup, cocktail sauce, tabasco, hot sauce, horseradish, mustard</p>

Sample Soft Menu:
***Remember to chew foods thoroughly**

Breakfast

2 Tbsp (1 oz) scrambled eggs
2 Tbsp (1 oz) oatmeal with ¼ tsp margarine and *Splenda*

Beverage, *sipped throughout morning*

8 oz. fat-free milk with protein powder or ready-to-drink protein shake
12 oz water

Lunch

1 oz sliced deli turkey meat and cheese
3 crackers

Beverage, *sipped throughout afternoon*

12 oz orange *Propel*
8 oz. fat-free milk with protein powder or ready-to-drink protein shake

Midafternoon snack

2 Tbsp (1 oz.) cottage cheese
2 Tbsp (1 oz.) sliced peach

Dinner

2 Tbsp (1 oz) dark meat chicken
2 Tbsp (1 oz) vegetable medley with ¼ tsp margarine

Beverage

8 oz fat-free milk and 8 oz water sipped through evening

(Total fluids for day = about 60 fluid oz.)

(Total protein = 60-70 grams)

***Take at least 5 minutes to consume 1 oz food or drink**

***Wait 15minutes before and 30-60 minutes (1 hour) after meals to begin drinking**

Phase 5 – Regular Diet--Initially

1-2 oz. meals; 3-5 times per day

Once on the Regular diet, **all foods may be eaten except those which cannot be thoroughly chewed or which cause discomfort or irritation.** You can begin to try some of the foods that were in the restricted/avoid list like the vegetables or fruits you enjoy, or whole grain foods.

Remember to try one new food at a time so you will be able to identify which foods you may not be tolerating. Also, if you do not tolerate a specific food initially, try again later.

Eat a variety of foods daily (fruits, vegetables and whole grains) and **be sure to include a good source of protein** with each meal. Continue to choose 2 cups of milk or yogurt daily, and a protein supplement providing about 20 grams of protein (see page 15).

Sweets/desserts, fried foods and beverages containing calories should be limited/avoided (except 4-8 oz of juice or *Gatorade* or *Powerade*, if desired)

Sample Regular Menu

Morning

Breakfast

2 Tbsp (1 oz.) egg
2 Tbsp (1 oz.) oatmeal

Snack 1

1 oz cheese
1-2 slices apple

Beverages

8 oz fat-free milk with protein powder
16 oz tea with Splenda

Afternoon

Lunch

2 Tbsp (1 oz) chicken thigh
1 tomato slice

Beverages

16 oz Crystal Lite
8 oz. broth

Evening

Dinner

¼ cup chili/beans
3 crackers

Snack 2

1 oz chicken salad
1-2 whole grain crackers

Beverages

8 oz fat-free milk with protein powder
8 oz water

(Total fluids for day = about 64 fluid oz.)

(Total protein = 60-70 grams)

***Take at least 5 minutes to consume 1 oz food or drink.**

***Wait 15-30 minutes before and 30-60 minutes (1 hour) after meals to begin drinking.**

Phase 5 – Regular Diet--Eventually
3-4 oz meals; 3 times per day

Over time, you may be able to eat slightly more at each meal. When this happens, the regular diet should consist of **three small meals per day** limited in volume to 3-4 oz (6-8 Tbsp, or ~½ cup total) per meal. However, do not try to force yourself to eat 3-4 oz. if you are not ready—**Listen to your body and stop at the first signs of fullness.**

With the larger meals, you should aim for **2 oz. of high protein foods with each meal**, and include a variety of other foods including fruits, vegetables, and whole grains. Continue to consume 2 cups of milk daily. If you are unable to tolerate milk or protein foods, protein supplements may be needed to meet your protein requirements.

A between meal snack may be needed if there is a long time between meals—limit in size to 1-2 oz and include a high protein food.

Sample Regular Menu (3-4 oz. meals):

Breakfast

1 egg with 1 oz. cheese
½ slice whole wheat toast

Beverage

8 oz fat-free milk, and 12 oz water, sipped through morning

Lunch

1 oz. deli sliced turkey
1 oz. cottage cheese
1oz. macaroni salad
1 oz. tomato slices

Beverage

12 oz Iced tea with *Splenda* and 8 oz. water, sipped through afternoon

Dinner

2 oz. ham sliced thin
1 oz broccoli with ¼ tsp margarine
1 oz. fruit cocktail

Beverage

8 oz fat-free milk and 12 oz black cherry *Propel* sipped through evening
(Total fluids for day = 60 fluid oz.) (Total protein = 60-70 grams)

***Chew foods thoroughly**

***Take at least 5 minutes to consume 1 oz food or drink**

***Wait 15 minutes before and 30-60 minutes (1 hour) after meals to begin drinking**

Protein

After gastric bypass surgery, your protein needs are increased because you are healing, however you can't eat as much, and you may not be absorbing protein as well.

To aid healing, keep the immune system running well, and minimize the loss of lean body mass (muscles, organs, etc.) as you are losing weight, a good source of protein should be included with every meal.

After surgery, aim for at least **60 grams (or _____gms) of protein daily**. To meet this right after surgery, you will need a combination of food and protein supplements. Once you are able to eat more, you may be able to meet your requirement with food alone. Taking more protein supplements than you need may result in added calories that can slow weight loss.

Food sources of protein are the best choice as they contain not only protein, but many other vitamins and minerals that are important for good health. Whenever possible, use food sources of protein. Vary your choices of protein foods for the best nutrition value.

Food Sources

Item	Serving Size	Calories	Protein (grams)	Carbs (grams)	Fat (gram)
Beef/ Pork, lean	1oz	55-75	7	0	3-7
Fish, Tuna	1oz	35-55	7	0	<3
Chicken/Turkey	1oz	55-75	7	0	3-5
Egg	1	75	7	0	5
Egg substitute	¼ cup	55	7	0	<3
Cottage cheese	¼ cup	55	7	0	<3
Cheese	1oz	100	7	0	9
Cheese, lowfat	1oz	55-75	7-9	0	3-5
Cheese, fatfree	1oz	55	7-9	0	0
Cream cheese					
Light	1 oz (2 T)	62	3	2	5
Fat-free	1 oz (2 T)	30	4	2	0
Fat-free milk	8 oz	80	8	12	0
1% milk	8 oz	90	8	12	5
Sugar-free yogurt	8 oz	90	8	12	0-3
Powdered milk	1/3 cup	90	8	12	0
*Peanut butter	2 Tbsp	190	8	6	17
*Nuts	1 oz (1 T)	190	2-5	5	20
Beans	½ cup	80	7	15	0
Tofu	1 slice	55	5	3	3
*Bacon	3 slices	135	6	0	3-4
*Sausage	1 oz	100	7	0	5
* High fat choices—eat in moderation					

Protein (cont)

Protein supplements are needed in the first phases after surgery to meet your protein needs. Choose wisely—choose the ones that give the most protein for the least amount of calories. A protein supplement with 20 grams of protein should have 120 or less calories. You can choose ready mixed beverages, or flavored or unflavored powders to mix with your own beverage.

Decrease and then discontinue protein supplements as the size of your meals increase, unless you are not tolerating other protein foods.

Supplements

Product	Available at	Amount	Calories	Protein (gms)	Carbs (gms)	Fat (gms)	Directions
Beneprotein powder, unflavored	Walgreens.com	1 scoop	25	6	0	0	Mix 2 scoops with 16 oz crystal lite (12 gms protein 50 calories)
Unjury powder, choc, van, or unflavored	Unjury.com 800-517-5111	1 scoop	80-90	20	0	0	Mix with favorite beverage
100% Whey protein	GNC, Wal-Mart	1 scoop	~100	21	0	0	Mix with favorite beverage
Isopure products	GNC	1 scoop	100	20	2	0	Mix as directed
Wheyfruity powder	1-888-828-8008 Molecular nutrition.net	1 pkg	87	22	0	0	Mix as directed
Carb Solutions Shake Powder Mix	Wal-Mart	Prepared as indicated	120	21	3	2.5	Mix with favorite beverage
EAS Whey protein shake mix	Wal-Mart	1 scoop	115	20	4	2	Mix with favorite beverage
Optisource High Protein Drink	Walgreens.com	4 oz	100	12	6	3	Ready to drink Caramel strawberry
EAS Advant-Edge Carb Control Shake	Wal-Mart	1 can	110	15	5	4	Ready to drink
Carb Solutions Shake Canned	Wal-Mart	1 can	110	21	5	1	Ready to drink

Weight Loss Surgery Diet Tips

- **Contact your doctor** if you have a medical concern such as vomiting, pain when eating meals, lasting pain, fever, etc.
- **Dumping Syndrome (with Roux-en-Y Bypass):** Symptoms may include: nausea, weakness, sweating, faintness, cramping, rapid heart rate, and diarrhea. Often related to intake of concentrated sweets so you may find yourself eating fewer sweets or choosing sugar-free items more often to avoid this feeling.
- **Adequate fluid intake** (48-64 oz per day) is necessary to prevent dehydration and constipation and to decrease risk of kidney stones. Use containers that help you reach this goal, such as 20 oz water bottles—drink 3 per day and you’ve had 60 oz of fluid. Once the bottle is empty you can fill with any calorie-free fluid.
- **Freeze water bottles**—the water will stay cold as you sip it slowly through the day.
- **An increase in appetite or hunger** may be noticed by some individuals about 10 to 14 days after surgery. During this time most patients feel water intake is improved and easier to consume.
- **Never eat on the run.** Avoid eating while standing or in the kitchen. Set a place setting and sit down to eat your meals—you’re worth it!
- **Avoid distractions** when eating such as TV or reading. This will help you concentrate on your meal to chew thoroughly and identify the “full” signal.
- **Measure foods** in the beginning and learn what your meal size should look like on your plate. Then periodically afterward measure your foods to “check yourself” and avoid gradually increasing portions.
- **Attend support groups!**
- **Exercise daily!** Walking is a wonderful exercise that’s easy and inexpensive. Once your surgeon approves, weights or other muscle-toning exercises will be helpful to maintain lean body mass and help with long-term weight loss and maintenance.
- **Remember:** Weight loss surgery is a tool to lose the weight that has been so difficult in the past for you to lose. To maintain the weight loss, behavior and dietary changes are necessary. Ask for help when you need it!

Steps you can take while waiting for surgery:

- Read “Eating for the New You” several times and share it with others who will help you.
- Switch to calorie-free, non-carbonated beverages.
- Practice drinking slowly—1 oz in 5 minutes and getting 48-64 ounces in daily.
- Practice eating meals without drinking and waiting 30-60 minutes before drinking.
- Enjoy your meals free from distractions (TV, reading, eating in car, at desk/computer).
- Become aware of grazing or eating with emotions and practice other coping strategies.
- Begin eating 3 balanced meals per day. Eat protein foods with each meal, smaller portions, and a variety of fruits, vegetables, and whole grains.
- Practice concentrating on the food you eat and chewing thoroughly.
- Time yourself--Take at least 20 minutes to eat your meal (1 plate of food).
- Sample different protein supplements (see page 15) to determine which ones you might use. Avoid buying large amounts as your taste may change after surgery.
- Begin taking the daily multivitamin and calcium now to start the habit of taking supplements regularly and to ensure your body is ready for surgery.
- Walk or engage in other physical activity if able to prepare your body for surgery.
- If you smoke, stop smoking.
- Attend a support group. Baptist Hospital offers a Weight Loss Surgery support group on the 2nd Tuesday of every month at 6:30pm. Support persons are welcome!
- Grocery shop before you have surgery so that you will already have the food/drinks/equipment you need when you return home from the hospital.
- Wean yourself off large amounts of caffeine the week before surgery to avoid the “withdrawal” headache after surgery.
- After surgery is scheduled**, attend Pre-Op and Nutrition Class prior to surgery.
- Call if you have questions!

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