

# NUTRITION

## Before & After BARIATRIC SURGERY



Ochsner Medical Center  
Surgical Weight Loss Program



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## Preparing for Bariatric Surgery: Nutrition

Bariatric surgery is a great tool in helping you lose weight. However, we need your help to make your surgery successful by following the nutrition plans before and after surgery. You will meet with a dietitian who will go over pre and post-surgery nutrition plans and will work with you to change your nutrition lifestyle. After your decision to have bariatric surgery, we ask that you **start a high-protein/low- fat & low carbohydrate diet.**

Below is a guideline to get you started.

All meals should only include lean meats/proteins and non-starchy vegetables. Fruits can be used as snacks or desserts. Try to avoid high sugar canned fruit (most canned fruit in syrup).	Eliminate empty calorie snacks (cake, candy, chips) and eat high-protein snacks instead (cheese sticks, rolled deli meat, cottage cheese and tomatoes)
Do not include any additional foods to your meal, such as: Breads or starchy vegetables (ex. corn, potatoes, sweet potatoes, green peas)	Exercise at least 3 times a week for 30 minutes, it does not have to be 30 minutes all at once!
Switch to smaller plates to help you with portion control.	Begin limiting carbonated beverages
You may begin substituting one meal for a protein shake.	Limit Caffeine
All liquids should be sugar-free and low calorie. No Juices	Practice taking small bites and sips. Practice not drinking while eating.

### Meal Base Options

Flavor your food with lemon, vinegar, herbs and spices for big flavor without added calories.

**Lean Meats/Proteins:** **How to prepare:** bake, broil, boil, roast, grill, sauté in “Pam” or “I can’t believe it’s not butter” spray. Remove all visible fat before and after cooking. **NO BREADING or FRYING.**

**Poultry:** skinless chicken or turkey (light/dark), ground (90% lean). Take off skin from poultry.

**Fish/Shellfish:** catfish, clams, crab, crawfish, lobster, salmon, shrimp, squid, tilapia, trout, tuna

**Beef:** tenderloin, roast (rib, chuck, rump), steak (sirloin, round, cubed, T-bone, flank), ground (90% lean)

**Pork:** lean ham, Canadian bacon, tenderloin, center loin chop

**Game:** venison, rabbit, duck

**Deli meats:** turkey, roast beef, ham, chicken, low fat hot dogs

**Dairy:** low fat or fat free (3gm fat per ounce), sliced or shredded cheese, string cheese, hard cheese, cottage cheese, Greek or low-fat yogurt (aim for less than 10g sugar)

**Soy:** tofu

**Eggs:** However you like them!

**Beans and Legumes:** red, white, black, lima, black-eyed-peas, chickpeas, lentils, edamame

**Nuts and Seeds:** unsalted, ¼ cup

**Non-Starchy Vegetables:** How to prepare: boil, bake, steam, roast, microwave, grill, sauté in cooking spray. Do **not** add cream or cheese sauce.

Broccoli	Cauliflower	Carrots	Onions	Cabbage	Radishes
Zucchini	Okra	Greens	Peppers	Spinach	Turnips
Mushrooms	Tomatoes	Celery	Lettuce	Asparagus	Eggplant
Green Onions	Green Beans	Artichoke	Squash	Beets	Brussel
Kale	Leeks	Lettuce	Cucumber	Snow peas	Sprouts

**How To Choose A Protein Shake:** Check label for no more than 4gm of total sugar.

Premade options:

Premier Protein and Premier Clear	Muscle Milk
EAS AdvantEdge Carb Control	Protein 2.0
Atkins Advantage Shake	Pure Protein Shake
Slim fast: High Protein	Cytosport Whey Isolate RTD
Lean Body On-the-Go	Zero Carb Isopure
Total Lean from GNC	Fairlife Core Power

Adding sugar-free flavor extracts and syrups can help add variety to your shakes. You may create your own protein shake with protein powder; just make sure it fits into the rules.

**How to Choose Fluids:** All fluids before and after surgery should be sugar free, non-carbonated and low calorie (less than 15 calories per serving).

Options:

- Plain Water (or Infused with lemon/lime/orange, berries, mint leaves, cucumber slices)
- Flavored waters - Propel Zero, Nestle Pure Life Splash, Aquafina Flavor Splash, Hint Water
- Coffee or tea – (limit to one caffeinated drink per day) Arizona Diet Green Tea, Diet Snapple Tea, Lipton diet green tea
- Sugar free (SF) flavorings/Water enhancers - Crystal Light, Mio, Wyler's Light, SF Kool-aid, SF Hawaiian Punch, Dasani Drops, Great Value/Market Pantry SF drink mix
- Diet lemonade
- Powerade or Gatorade Zero
- Fuze Slenderize (Low carb)
- Diet ocean spray cranberry juices or Diet V-8 Splash
- SF Jello and SF popsicles
- Low sodium broth

**Aim to drink a minimum of 64 oz fluid per day!**

## 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 with 4 gms of sugar or less)
- ☐ **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; 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)
- ☐ **Limit** sugary, caffeinated and carbonated beverages
- ☐ Aim for 64 oz. water per day
- ☐ Limit alcohol
- ☐ Practice chewing foods thoroughly.
- ☐ Practice sipping beverages—no “chugging” or gulping. No Straws.
- ☐ **NO LIQUIDS 30 MIN. BEFORE, DURING, AND 30 MIN. AFTER MEALS.**
- ☐ **Keep food logs and bring to 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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Send us a message anytime using your MyOchsner account.

AVOID THESE FOODS
<b>High in Fat/Sugar:</b>
High fat milk (whole, 2%)
Butter, margarine, oil instead use Pam sprays or I Can't Believe It's Not Butter Spray
Mayonnaise, sour cream, cream cheese, salad dressing (may use low fat versions of these items)
Ice Cream
Cakes, cookies, pies, desserts
Candy
Luncheon meats (bologna, salami, chopped ham)
Sausage, Bacon
Gravy
Breaded and Fried Foods
Sugary drinks
Alcohol
<b>Starchy Carbohydrates.</b>
White and wheat Bread, muffins, bagels, English muffins, biscuits, buns, rolls, cornbread,
Rice, Pasta
Cereals (including grits, oatmeal)
Crackers, Pretzels, Chips, Granola
Corn, Popcorn, Peas, Quinoa
White Potatoes, Sweet potatoes
Flour and corn tortillas
<b>Practice NOT DRINKING</b>
Carbonated drinks
Using a straw

## **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.

There are a number of places where protein drinks are available. They can be found at the local grocery, health or drug store and even online. Aim for 600-800 calories and 80-120 grams of protein per day while on the liquid diet. Please read the label – no more than 4 grams of sugar per serving. Listed below are some of the protein supplements Ochsner Bariatric program recommends, along with where to buy them locally or online.

### **Ready-to-Drink (RTD) Suggestions**

<b>BOTTLED MILK SHAKES</b>	<b>Where to Purchase</b>	<b>Calories</b>	<b>Protein (g)</b>	<b>Sugar (g)</b>
Premier Protein	Sam's, Costco, Wal-Mart	160	30	1
Equate High Performance	Wal-Mart	160	30	1
Muscle Milk	Wal-Mart, Walgreens	160	20	0-3
EAS AdvantEdge Carb Control	Walgreens, Target	110	17	0
EAS Myoplex Lite	Wal-Mart, Walgreens, Target	170	20	4
Total Lean 25	GNC	170	25	2
<b>SMOOTHIES</b>				
"The Gladiator" 20oz (without fruit)	Smoothie King	180	45	0
Protein Velvet Ice	PJ's Coffee	230	21	8
<b>BOTTLED CLEAR DRINKS</b>				
Premier Clear	Sam's, Costco	90	20	0
Protein. 2.O	Amazon, Wal-Mart	60	15	0
Isopure Zero Carb	GNC	160	40	0

## Protein Powder Suggestions

Don't forget to count the calories and protein from the liquids that you add to your protein powders in your food journal. Protein powders may be mixed with fat-free or 1% milk. Lactose-free options include: water, sugar-free flavored beverages such as Crystal Light, Fairlife fat-free milk (13g protein per 8oz!), unsweetened soy milk, or unsweetened almond milk. Do not add fruit, yogurt, honey, peanut butter, or vegetables to protein shakes. You may add flavor extracts or sugar-free syrups (shop online or at World Market) for flavor variety.

Product	Where to Purchase	Calories	Protein (g)	Sugar (g)
Body Fortress	Wal-mart	140	26	1
Pure Protein	Wal-mart	80-120	20-23	0-2
Unjury	<a href="http://www.unjury.com">www.unjury.com</a>	90-100	20	3-4
<i>Unjury PLANTED: (vegan, gluten-free, Stevia)</i>	<a href="http://www.unjury.com">www.unjury.com</a>	100-130	20	1-3
<i>Jay Robb egg white (Stevia)</i>	<a href="http://www.jayrobb.com">www.jayrobb.com</a>	120	24	0-1
<i>Nectar (wide variety of flavors)</i>	Vitamin Shoppe, Amazon	100	24	0
<i>Isopure Zero Carb</i>	GNC	105	25	0





Lactose-free options: Muscle Milk, GNC Total Lean 25 (RTD and powder), Isopure zero carb (RTD and powder), Unjury PLANTED (powder), Jay Robb egg white (powder), Nectar (powder), Protein 2 O (RTD)

Unflavored options: Unjury, Jay Robb egg white, Isopure Zero Carb

## Protein Soup Suggestions

Product	Flavors	Where to purchase	calories	protein	sugar
Celebrate	Cream of Vegetable, Cream of Broccoli & Cheese, Tomato soup	<a href="http://www.celebratevitamins.com">www.celebratevitamins.com</a> Amazon	90-100	15	< 1
Unjury	Chicken soup, Santa Fe Chili	<a href="http://www.unjury.com">www.unjury.com</a>	90-100	21-22	0-1
New Direction	Cream of chicken, Cheddar broccoli, Tomato basil, Tortilla	<a href="http://www.robard.com">www.robard.com</a>	200	27	4

## Dietary Progression after Bariatric Surgery

DIETARY PHASE	Time frame POST-SURGERY	FOODS AND BEVERAGES
<b>1</b> <b>LIQUID</b> 	First 2 weeks	Sugar-free decaffeinated non-carbonated beverages Protein shakes with 4 grams of sugar or less Protein soups <b>NO FRUIT, FRUIT JUICES, VEGETABLES OR YOGURT ADDED TO PROTEIN SHAKES</b>
<b>2</b> <b>PUREE</b> 	2-4 weeks after surgery	All Phase 1 liquids & Pureed lean meats, seafood and beans Soft scrambled egg Low fat dairy
<b>3</b> <b>SOFT</b> 	1-2 months after surgery	All Phase 2 food and beverages & Cooked fork tender lean meats, fish and seafood Lean deli meats Eggs-scrambled, boiled and poached Fruits and cooked vegetables – no peel
<b>4</b> <b>SOLID</b> 	2-3 Months after surgery and continue lifelong	All Phase 3 food and beverages. & Raw vegetables and lettuce Fruit with peel Nuts and seeds Protein bars with 4 grams of sugar or less



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

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

- Day 1: Aim to finish at least 1 protein supplement (protein powder + water, Isopure clear in glass bottle from GNC, Premier Clear, Protein 2.0) 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 1 oz every 15 minutes. 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. May begin to sip on ready-to-drink protein shakes (such as Premier protein shakes), as tolerated.

### 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:

- Ready-to-drink protein shakes and smoothies may be too thick for the first week after surgery, making it difficult to reach your protein goals. Start with clear liquids and advance as tolerated.
- Sip slowly and continuously on protein shakes and water throughout the day. Start with 1oz liquids every 15 minutes; advance as tolerated.
- Avoid sugary drinks. Limit caffeinated beverages to 8oz per day for the first 2-3 months. Avoid carbonated beverages and drinking through straws to reduce gas and bloating for at least 3 months.

### 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 17 in the Nutrition Guidebook.

### 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 mid-level provider 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**

Two weeks after surgery, you may be ready to add smooth foods 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, beans. Lean meats and seafood can be pureed with a small amount of liquid, such as broth, in a food processor or blender to baby food consistency.

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	8oz	8
✓ Greek yogurt	5 oz	15
✓ Lean meats or shrimp, pureed	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.

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

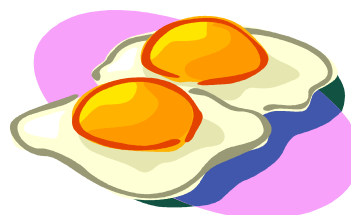
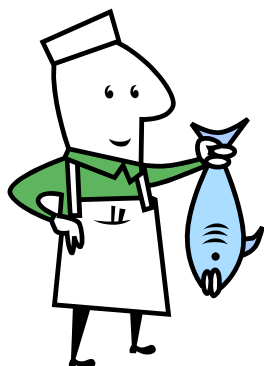
#### Chocolate Peanut Butter Mousse (28g protein total)

6oz plain Greek yogurt

4 tbsp chocolate PB2

## **Bariatric High Protein Soft Diet**

Begins 4 weeks after surgery



Four weeks after surgery, your stomach may be healed enough to add soft foods to your diet. Soft foods are those which can be easily mashed with a fork. This diet usually lasts for the next 1-2 months but can last longer depending on each individual.

### **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 most likely need to continue drinking at least 1 protein drink daily to meet protein needs.
- Chew foods slowly; at least 30 times. 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 and slow down weight loss.
- 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.

*\*SOFT Non-starchy vegetables include fork tender: green beans, beets, broccoli, brussels sprouts, cabbage, carrots, cauliflower, eggplant, greens, leeks, mushrooms, okra, onions, peppers, spinach, squash, tomatoes and salsa, turnips, low sodium V8, zucchini\**

## **Bariatric High Protein Soft Diet**

Begins 4 weeks after surgery

<b>EAT THESE FOODS</b>	<b>AVOID THESE FOODS</b>
<b>High in Protein:</b>	<b>High in Fat/Sugar:</b>
<ul style="list-style-type: none"> <li>✓ Canned tuna or chicken (packed in water)</li> <li>✓ Ground beef or turkey (at least 90% lean)</li> <li>✓ Turkey or chicken (no skin); cooked tender and cut in small pieces</li> <li>✓ Lean pork or beef (cook in crock pot until very tender; cut in small pieces)</li> <li>✓ Scrambled, poached, or boiled eggs</li> <li>✓ Baked, broiled, grilled or boiled fish and seafood (not fried!)</li> <li>✓ Silken tofu, Edamame (soybeans)</li> <li>✓ Beans, hummus and lentils</li> <li>✓ Lean deli meats (turkey and chicken breast, ham, roast beef)</li> <li>✓ 1% or Skim Milk, Lactaid, or Soymilk</li> <li>✓ Low-fat or fat-free cottage cheese, soft cheese, mozzarella string cheese, or ricotta</li> <li>✓ Light yogurt, Greek yogurt, SF pudding</li> </ul>	<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 Breaded and Fried Foods</p> <hr/> <p><b><u>Tough/Crunchy-----</u></b> Tough or dry meats Corn Granola/cereal with nuts Shredded Coconut</p> <p><u>May add after 2 months, as tolerated:</u> Raw veggies Lettuce Plain, Unsalted Nuts and Seeds Protein bars with 0-4 grams of sugar</p>
<b>As long as you are getting &gt;80g PRO:</b>	<b>Starchy Carbohydrates.</b> At goal weight, some may include whole grains in small amounts.
<p>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</p>	<p>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</p>
<b>Fluids:</b>	<b>Always Avoid:</b>
<p>Skim/1% milk, Lactaid, Soymilk Water and Sugar-free beverages (decaf and non-carbonated) Decaf coffee &amp; decaf tea</p>	<p>Sugary drinks Carbonated drinks Alcohol Drinking through straws</p>

## **Sample Menu for Bariatric High Protein Soft Diet**

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
7:30-9:30am:	Water/SF beverage	Water/SF beverage
10am:	Protein drink	Protein drink
10:30-11:30am:	Water/SF beverage	Water/SF beverage
12pm:	1-2 oz grilled shrimp, ¼ cup green beans	1-2oz canned chicken, shredded cheese, 1 tbsp salsa
12:30-2:30pm:	Water/SF beverage	Water/SF beverage
3pm:	Protein drink	Protein drink
3:30-5:30pm:	Water/SF beverage	Water/SF beverage
6pm:	½ cup low fat chili, 1oz low-fat cheese, ¼ cup broccoli	2 oz grilled fish, ¼ cup lima beans
6:30-9pm:	Water/SF beverage	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
- No drinking from 30 minutes before meals to 30 minutes after meals.
  
- For food: ¼ cup = 4 tablespoons
- 3oz meat is approx. the size of a deck of cards.
- A food scale will help you determine portion size.

## **Regular Bariatric Diet: 2-3 months and Beyond**

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

1. MAY ADD THE FOLLOWING: slowly, one by one, back in the diet. Please chew foods well and if you do not tolerate certain foods at first, wait a few more week and try again.  
**Raw/crunchy vegetables** (*artichoke, asparagus, baby corn, bamboo shoots, bean sprouts, carrots, celery, cherry tomatoes, cucumber, green onions or scallions, lettuce, pea pods, radishes, water chestnuts*), **plain/unsalted nuts and seeds** and **Protein bars** w/ 0-4 g of sugar per serving (such as: Think Thin, Atkins, Pure Protein, Quest, Cake Bites, Power Crunch, Oh Yeah, ONE).
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 STARTING 2-3 MONTHS AFTER 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> )
7:30am-9:30am:	Water/SF beverage	water/SF beverage
10am:	1 ounce turkey with 1 light string cheese	¼ cup unsalted nuts + ½ banana
10:30-11:30am:	water/SF beverage	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
12:30pm-2:30pm:	water/SF beverage	water/SF beverage
3pm:	Protein drink	Light yogurt
3:30-5:30pm:	water/SF beverage	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
6:30pm-9pm:	water/SF beverage	water/SF beverage
9pm:	1 tbsp slivered almonds sprinkled over 6 oz Greek yogurt container	Protein shake

## **Protein Content of Foods Recommended after Weight Loss Surgery**

<b><u>Food Name</u></b>	<b><u>Portion</u></b>	<b><u>Calories</u></b>	<b><u>Protein (gms)</u></b>
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	1/4 cup	41	7
Cheese, Parmesan, grated	2 tsp	20	2
Cheese, Mozzarella, part skim	1 oz	78	8
Cheese, part skim Ricotta	1/4 cup	90	8
Chicken, white breast w/o skin	1 oz	46	9
Chicken, leg w/o skin	1 oz	54	7
Crab, steamed	1/4 cup	40	9
Crawfish tails, boiled	1/4 cup	35	8
Edamame, shelled	1/4 cup	50	4
Egg	1	78	6
Ham, lean 5%	1 oz	44	7
Hamburger, lean	1 oz	56	7
Hummus	1/4 cup	100	5
Milk, skim or 1%	1 cup	90	8
Milk, Fairlife non-fat	1 cup	80	13
Pork Tenderloin	1 oz	46	7
Pudding, SF	1 serv	60	2
Red beans	1/4 cup	56	4
Refried beans, fat free	1/4 cup	65	4
Salmon, baked	1 oz	52	7
Shrimp, steamed	1 oz	28	6
Soymilk, plain	1/2 cup	40	3
Tilapia, white fish, cooked	1 oz	36	8
Tofu	1/4 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	6 oz	140	7
Yogurt, light	5 oz	80	5
Yogurt, Greek	5 oz	80-110	12-15

\*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 = 1 inch cube or 1 slice American cheese



## **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.** 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: Switch to lactose-free milk such as: Fairlife non-fat milk, unsweetened soy milk, unsweetened almond milk. Refer to lactose-free protein supplement suggestions on pg. 4.
- **Gas and Bloating**
  - Cause: digestive tract changes after surgery
  - Prevention tips: eat slowly, avoid overeating, avoid carbonated beverages and drinking through straws. Try switching to **lactose-free** protein drinks. Try using **Gas-X chewables**.
- **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.

- |  |
|--|
| <ul style="list-style-type: none"> <li>• Choose a form of activity or exercise that you enjoy.</li> </ul>  |
| <ul style="list-style-type: none"> <li>• Ask a friend or family member to participate in an activity or exercise with you. Think of it as a buddy system.</li> </ul> |
| <ul style="list-style-type: none"> <li>• Join an exercise club or class.</li> </ul>  |
| <ul style="list-style-type: none"> <li>• Listen to your favorite music as you exercise.</li> </ul>   |
| <ul style="list-style-type: none"> <li>• Try mall walking, aerobics, swimming or dancing.</li> </ul>   |
| <ul style="list-style-type: none"> <li>• Park 15 minutes from your destination and walk.</li> </ul>  |
| <ul style="list-style-type: none"> <li>• Use stairs instead of the elevator.</li> </ul>  |
| <ul style="list-style-type: none"> <li>• Prioritize activity and exercise time into your schedule.</li> </ul>  |
| <ul style="list-style-type: none"> <li>• Keep a record or journal of your activity.</li> </ul>   |

## **Required Vitamin/Mineral Supplements:**

1. **Multivitamins** – one taken twice a day
2. **Iron-** 18 mg total daily (may be included in multivitamin)
3. **Super B-complex with 50 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 large whole vitamins/minerals for 2 weeks after surgery

**Gastric Bypass:** No swallowing large whole vitamins/minerals for 1 month after surgery

\*NO gummy multivitamins due to poor quality and sugar content.

\*Do NOT take calcium citrate and Iron within 2 hours of each other due to poor absorption.

\*Pills may be swallowed if the size of a No. 2 pencil eraser (or smaller). They may be cut to this size with a pill cutter and swallowed if tolerated. Compare to this size:



## **Suggested vitamins and where to find them:**

### **Walmart/CVS:**

- Flintstones Complete (chewables, not gummies) or Centrum Adult Multivitamins
- Super B-Complex tablets with 50 mg Thiamine
  - **OR** Nature's Way Alive! Ultra Potency tablets (MV + Iron + Thiamine)
- Nature's Way liquid Calcium Citrate + Vit D **OR** Calcium Citrate petite tablets (NOT CALTRATE brand)
- Sublingual Vitamin B12

### **Order from [www.bariatricadvantage.com](http://www.bariatricadvantage.com)**

- Chewables-Complete **OR** Ultra multi formula w/ iron capsules
- Iron chewables
- Calcium Citrate Chewy bites-500 **OR** unflavored powder mix **OR** tablets
- Sublingual Vitamin B12

### **Order from [www.celebratevitamins.com](http://www.celebratevitamins.com)**

- Multi-complete chewable **OR** capsules (MV + Iron + Thiamine)
- Calcium citrate: Celebrate soft chews **OR** Calcet creamy bites **OR** Calcium PLUS tablets
- B-12 sublingual quick melt

\*Available for purchase in Ochsner Outpatient Pharmacy, 1<sup>st</sup> Floor

### **Ochsner Outpatient Pharmacy, 1<sup>st</sup> Floor:**

- Leader Children's Multivitamin with Iron Chewable
- Nature's Way Liquid Calcium Citrate or Leader's Calcium Citrate with Vitamin D petites
- Leader's B-1, 100mg tablet
- Leader's Sublingual B12

## **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](http://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](http://www.Amazon.com)
7. The Overeater's Journal by Debbie Danowski. Hazelden Press also available at [www.Amazon.com](http://www.Amazon.com)
8. Moving Away from Diets available from [www.nourishingconnections.com](http://www.nourishingconnections.com)
9. Overeater's Anonymous—online, in-person, and telephone meetings available; [www.oa.org](http://www.oa.org).
10. Online Food Database at [www.calorieking.com](http://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. Baritastic. Ochsner Bariatric Program Code: 22701
2. MyFitnessPal
3. Diabetes logbook by MySugr (track blood sugar, upload meal pics)

## 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.

(Revised 1.2020)