Bariatric Patient Manual

PANHANDLE

WEIGHT LOSS

CENTER
1. Initial Visit
   - At this visit, you meet with Dr. Schniederjan or Dr. Neichoy to discuss surgery options & formulate a plan. Dr. Schniederjan & Dr. Neichoy will get to know you & decide what procedure would be most beneficial for you & your weight loss journey.
   - Next, one of our Bariatric Coordinators, Kori or Kelly, will discuss whether or not you qualify for bariatric surgery. If you qualify for surgery, then they will discuss your bariatric insurance coverage with you. This includes whether or not you have the coverage. If you do, you will learn what requirements are needed for insurance approval. They will also discuss the cost of surgery if you are a cash pay patient.
   - You will schedule your BMR appointment followed by your appointments with one of our Registered Dietitians and Physician Assistant or Nurse Practitioner.
2. BMR Testing Visit
   - This is not a blood test. This will require you to sit for approximately 5-10 minutes and breathe normally into a tube. We would like to have a baseline recording of your individual metabolism (BMR) to be able to track your progress. Also, knowing your specific metabolism is helpful in determining what surgery will work best for you. **BE FASTING for 6 hours prior to this office visit. Please have nothing to eat or drink besides water for 4 hours prior to your appointment.**
   - Also, NO NICOTINE (no smoking, chewing, patches, e-cig. No nicotine in any form) and NO STRENUOUS EXERCISE for 6 hours prior to your appointment. We will discuss the results of this with you at your next appointment.
3. 2nd Visit
   - Meet with one of our Physician Assistants or Nurse Practitioners to discuss your BMR results and the importance of self-monitoring with calorie tracking and exercising to maintain and improve metabolism. Start tracking your progress on the PWLC Baritastic app now! Use code 77952 to connect to Panhandle Weight Loss.
   - You will be scheduled a follow up appointment with one of our Registered Dietitians, Mia or Allison.
4. 3rd Visit
   - Meet with our Physician Assistant or Nurse Practitioner. She will address any medical conditions you have and what diagnostic testing will need to be ordered prior to your surgery. She will also discuss any referral appointments needed such as Psychological Evaluation, Sleep Study, Cardiac testing, etc. You will also discuss scheduling either an EGD (Esophagogastroduodenoscopy) or TNE (Transnasal Endoscopy). This is performed to evaluate your esophagus, stomach and the first part of your small intestine prior to surgery.
   - You will then be scheduled to follow up with one of our Registered Dietitians.
5. 4th Visit
   - Meet with Physician Assistant or Nurse Practitioner to discuss stress and how it contributes to weight gain. We will also discuss emotional eating and the difference between “head hunger” and true hunger. We will review the results of any lab and diagnostic testing you have had performed.
   - You will be scheduled a follow up with one of our Registered Dietitians.
6. 5th Visit
   - Meet with Physician Assistant or Nurse Practitioner to discuss vitamin supplementation following surgery. We will also discuss the importance of keeping your follow up appointments after surgery and strictly adhering to our program.
   - You will be scheduled for your final dietary appointment with Mia or Allison to discuss our uniquely designed pre-op & post-op diets.
   - We will schedule your Pre-op visit with your surgeon which is your final visit prior to surgery. This is usually scheduled about two weeks prior to your surgery date.
7. 6th Visit
   - This is your final visit prior to seeing your surgeon. This is to cover any last minute questions or gather any missing documents to meet insurance requirements.
   - We will submit your records to your insurance after this visit. If your insurance does not require 6 visits or you are a cash pay patient, then the process usually goes a little faster.
   - The average wait time for an approval from an insurance company is **4 weeks**. We know you are very anxious and excited to hear that you have been approved (SO ARE WE!), but please understand if you are calling us daily to inquire about this, it will NOT speed up the approval process. Please know we have wonderful staff members who are working very hard to do everything possible to get your surgery approved. We will contact you as soon as we have an answer from your insurance company. You WILL NOT be scheduled for surgery until we have received approval from your insurance company. If you are cash pay, your surgery payment & completion of all appointments confirms your surgery date.
8. Pre-Op Visit
   - This is your final visit at which you meet with your surgeon. Dr. Schniederjan & Dr. Neichoy will explain what the surgery day will look like. Please bring your spouse or family member with you to this appointment.
LIFE AFTER SURGERY – FOLLOW UP APPOINTMENTS

Patients who follow up after surgery are more successful.

There are many reasons follow-up is important after weight loss surgery.

- Nutritional counseling
- Identify surgical complications
- Adjust or eliminate medicines
- Monitor for vitamin and mineral deficiencies
- Accountability
- Identify and treat problems early
- Identify and treat plateaus or weight regain

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<th>APPOINTMENT TYPE</th>
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<tr>
<td>2 WEEKS AFTER SURGERY</td>
<td>FOLLOW UP W/ NURSE PRACTIONER/PHYSICIAN ASSISTANT</td>
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<td>6 WEEKS</td>
<td>FOLLOW UP W/ NURSE PRACTITIONER/PHYSICIAN ASSISTANT &amp; DIETITIAN</td>
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<td>3 MONTHS</td>
<td>FOLLOW UP W/ SURGEON, DIETITIAN, PRIMARY CARE PROVIDER, LABS AS NEEDED, &amp; PSYCHOLOGIST AS NEEDED</td>
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<td>6 MONTHS</td>
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<td>FOLLOW UP W/ NURSE PRACTIONER/PHYSICIAN ASSISTANT &amp; DIETITIAN</td>
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<td>ANNUAL</td>
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IMPORTANT INFORMATION & NUMBERS

Panhandle Weight Loss Center: 806-677-7952

- If you experience a medical emergency at any time, you should call 911 or go to the emergency room and notify Panhandle Weight Loss Center as soon as possible. If possible, return to the Emergency Room at the facility you had surgery.

- During normal business hours, if you are experiencing a non-emergent post-operative complication or think you need to be seen by the surgeon, please call our office for an appointment 806-677-7952.

- If you are having a medical problem or are going to the emergency room after normal business hours, please call our office immediately. The on-call physician will immediately be notified. There are many medical personnel that are unfamiliar with weight loss surgery and serious errors in treatment could occur, therefore it is crucial that Dr. Schniederjan or Dr. Neichoy be notified of any emergency.

- **Notify any medical personnel about your bariatric surgery before they treat you, especially if they plan on inserting a stomach tube for any reason!**

We know the process prior to surgery can be lengthy and time consuming. Please understand you may have to take time off from work to come to multiple appointments and have lab and or diagnostic testing performed. Metabolic and bariatric surgery is a very effective tool for sustainable weight loss and improvement and potential resolution of the co-morbidities associated with obesity. However, you have to put in the necessary time to learn how to make this tool effective for you. We are asking you to make a commitment when choosing to allow Dr. Schniederjan and Dr. Neichoy and their staff guide you through this journey prior to, during, and after surgery. In return, please know that we are **COMMİTTED** to making your journey a **SUCCESS!**
Comorbidity Reduction After Bariatric Surgery

- Migraines: 57% resolved
- Pseudotumor cerebri: 96% resolved
- Dyslipidemia, hypercholesterolemia: 63% resolved
- Non-alcoholic fatty liver disease: 90% improved steatosis, 37% resolution of inflammation, 20% resolution of fibrosis
- Metabolic syndrome: 80% resolved
- Type II diabetes mellitus: 83% resolved
- Polycystic ovarian syndrome: 79% resolution of hirsutism, 100% resolution of menstrual dysfunction
- Venous stasis disease: 95% resolved
- Gout: 72% resolved
- Depression: 55% resolved
- Obstructive sleep apnea: 74–98% resolved
- Asthma: 82% improved or resolved
- Cardiovascular disease: 82% risk reduction
- Hypertension: 52–92% resolved
- GERD: 72–98% resolved
- Stress urinary incontinence: 44–88% resolved
- Degenerative joint disease: 41–76% resolved

Quality of life improved in 95% of patients
Mortality: 89% reduction in 5-year mortality
Types of Bariatric Procedures

- **Gastric Bypass**  
  (AKA: Roux-en-Y or RYGBP)

- **Sleeve Gastrectomy**  
  (AKA: Vertical Sleeve Gastrectomy or VSG)

- **Lap-Band**  
  (AKA: Laparoscopic Gastric Band or LAGB)

- **The Duodenal Switch**  
  (AKA: Biliopancreatic Diversion with Duodenal Switch-BPD-DS)

**Surgery Classifications:**

**Restrictive**
- Stomach is altered to reduce the total amount of food that it can comfortably hold at one time
- Weight loss is achieved by only being able to consume a small amount of food at one time

**Malabsorptive**
- Digestive tract (stomach or intestines) is modified in a manner which limits the absorption of nutrients such as vitamins, minerals, and calories from carbohydrates, proteins and fats
- Weight loss is achieved by the body absorbing fewer calories from foods eaten

**Combination (Restrictive & Malabsorptive)**
- These types of surgeries utilize BOTH components of restriction and Malabsorptive to aid in meeting weight loss goals.
SADI-S (single anastomosis duodeno-ileal bypass with sleeve gastrectomy) performed at Panhandle Weight Loss Center has a single stitch point compared to two on the DS. The SADI-S also has a 300cm Common Channel compared to 100cm on the DS.

Loop Duodenal Switch (SADI-S)
A safe and highly effective modification of the historic duodenal switch (DS) procedure, also known as biliopancreatic diversion with duodenal switch (BPD-DS).
1. Restriction and Malabsorption
2. MVI, B12, Calcium, Iron, Fat-Soluble Vitamins
3. On average 1-3 soft to loose stools/day
4. Average 85% excess weight loss
5. 95% remission Diabetes
6. Minimal to no weight regain
7. Commitment to lifelong follow up

Historic duodenal switch NOT performed at Panhandle Weight Loss Center
Frequently Asked Questions

- **When can I get pregnant after surgery?** It is strongly recommended you wait at least 18 months after surgery before trying to conceive. Approximately 18 months post-op, your body will be fairly stable from a weight and nutrition standpoint. You should also know that fertility usually increases with weight loss so be sure to take extra precautions.

- **What do I do about gas?** Gas is very common in the first few weeks after surgery. You can take Gas-X strips, Mylicon Drops, or Simethicone (generic) to help relieve gas pains.

- **What do I do about constipation?** Constipation can be caused by pain medication or dehydration. If constipation becomes a problem, you may try 30cc (6 teaspoons) of Milk of Magnesia. You may also need to increase your fluid intake. Constipation can also be relieved through insoluble fiber supplements such as Fiber-con/Benefiber or Metamucil. We recommend starting with about ¼ to ½ the recommended amount. Half a cup of warm prune juice will also help with constipation. Call your doctor’s office if the constipation persists more than 2-3 days.

- **What do I do about diarrhea?** For the first few weeks after surgery, it is normal to feel cramping or diarrhea. You may take Imodium AD or try some yogurt. However, later on some patients may experience these symptoms due to sugar found in milk products called lactose. If you are lactose intolerant it will cause gas, bloating and diarrhea. Symptoms should be resolved by switching to lactose free products. Call your doctor’s office if the diarrhea persists past 2-3 days.

- **What do I do if I am feeling nauseous or vomiting?** Nausea can be expected in the first few weeks after surgery. Watch your eating behavior. Are you eating too much, too fast or foods high in sugar or fat? Are you drinking with your meals? You may also be dealing with food intolerances. If you are feeling nauseous or vomiting wait about two hours until symptoms subside then go back to full liquids again. If vomiting continues for more than a 24-hour period call your doctor.

- **Why do I need to drink so much water?** Proper hydration is critical during recovery from surgery. When food intake is low, it becomes even more important to drink fluids to meet the needs of your body. Dehydration is one of the most common reasons for re-hospitalization. It can cause weakness, fatigue, light-headedness, dizziness and constipation. Shrinking cells are buoyed by water, which plumps the skin and leaves it clear, healthy and resilient. Water helps rid the body or waste. During weight loss, the body has a lot more waste to get rid of. You should sip constantly on water between meals your goal is to get up to 64 ounces of water a day. In the first few weeks after surgery it is difficult to drink a lot of water but you can add plenty of sugar free Popsicles and ice chips.

- **Why do I sometimes feel tightness in my chest area after eating?** This can be caused by eating too fast, not chewing well enough, taking too big of a bite or drinking with meals. Stop what you are doing. Stand up and pace the floor. This may help tightness to go away sooner.

- **What do I do if I get something stuck in the pouch?** If you get food stuck in the pouch you will feel an intense pressure or tightness in your diaphragm and your mouth will begin to water. This pressure can sometimes be felt in your upper back. You can drink about ¼ cup of pineapple juice to help dislodge the food or you can try walking or standing to see if the food will move through the pouch or come back up. If this doesn’t work, try again in an hour or two. If after the second attempt you are not feeling any relief, call your surgeon. Having had food stuck in the pouch can cause the pouch irritation and inflammation. If you have difficulty tolerating solid foods after this, revert back to full liquids for 48 hours then advance to soft foods for 48 hours before trying solids again. If you are unable to tolerate solid foods after this please notify the office.
What to Expect After Surgery

- Up and walking shortly after surgery
- Discomfort and drowsiness
- Metallic taste and very dry mouth
- Expect some pain, but it should be tolerable – 5 or less on a scale of 1 to 10.
- If pain medication is not working, tell your nurse.
- If pain medication is not working once you get home, call 806-677-7952 and have your pharmacy number available.
- Left shoulder pain and incisional pain is common.
- If drinking your fluids is painful, take pain medication or Tylenol prior to drinking to coat suture line on inside of stomach.
- You may shower and wash your incisions with antibacterial soap but do not scrub or attempt to pull off drainage or scabs. Let the warm soapy water run over the incisions.
- Do not use alcohol or peroxide to clean incisions.
- Your surgeon will instruct you on resuming your regular medications after surgery.
- You will be required to take acid blocker daily for 3-6 months after surgery to protect your pouch and reduce stricture or narrowing of the pouch outlet.
- No lifting anything over 10 lbs. for 3 weeks after surgery.
- No strenuous exercise for 4 weeks after surgery. Work up to walking 30 minutes a day.
- Return to work when ready - Usually 1 week
- When back at work, be sure to get up every hour and walk to help prevent blood clots for first 4 weeks.
- You may resume driving as soon as you feel comfortable – As long as you are not taking any pain medications.
- No baths, hot tubs, or swimming for 10 days after surgery.
- You may continue to have some mild abdominal pain for up to 4 weeks after surgery, especially if twisting or bending certain ways.
- Productive burp or belching is caused by eating too fast, not chewing well, or taking bites that are too big.
- If you do not chew your food well or food becomes stuck, you will experience sliming or frothing, which is excessive saliva production in the mouth.
- Do not get discouraged by not seeing weight loss on scale weekly, you will experience weight loss but also as your weight plateaus, you will be losing inches.
- Weigh weekly and record.

When to Notify Your Surgeon

- Bright red blood in your vomit or stools
- Excessive pain in chest
- Pain, redness or swelling in legs
- Difficulty breathing or increased shortness of breath
- Inability to keep fluids down and no urination
- Frequent vomiting or diarrhea lasting more than 24 hours or abdominal pain that persists for more than 4 hours
- No bowel movements, even after Colace or Milk of Magnesia
- Uncontrollable pain or severe pain around incisions
- Increasing redness or milky, malodorous discharge from incisions
- Fever over 10
Behavior Modifications

The key to success After surgery is preparation Before surgery!

Bariatric surgery is an effective tool for weight loss, but ultimately, our everyday habits determine how successful we are in reaching our weight loss goals and achieving long term weight loss success.

Behavioral modification goals before surgery:

1. **Follow a structured eating pattern of 3 meals + 1-2 snacks throughout the day with no skipped meals.**
   - Skipping meals or going long periods in between meals (>4 hours) can make our body think that it is starving, and over time can lead to the metabolism slowing down in order to continue to provide the energy needed for daily physiological processes and activity. This is why your Resting Metabolic Rate (RMR) is tested. The RMR results indicate how many calories your body requires to function without additional help from the energy (calories) in our foods and beverages.

   - **Benefits of a structured eating pattern include:**
     - Less likely to become ravenous and overindulge.
     - Blood sugar levels are more stable allowing hunger hormones to be better controlled
     - Ability to meet protein goals after surgery with a smaller stomach.

   - **An ideal meal pattern includes eating a meal or snack about every 3 hours.**
     - ~7:00  Breakfast (Breaking-the-fast! Within the first hour of waking up)
     - ~10:00 AM Snack
     - ~12:00 Lunch
     - ~3:30  PM Snack
     - ~6:30  Dinner

   - **You can follow the calorie budget tailored to you by using calorie counting apps such as:**
     - Baritastic App (go into the app store on your phone and type in “Baritastic”. Use code: 77952 to link to Panhandle Weight Loss Center.)
     - My Fitness Pal
     - Lose It

   - **Restaurant Apps for healthy eating at restaurants include:**
     - Restaurant Guide- Fast Food Smart
     - NutriSmart-Restaurant Menu’s Nutrition
     - Restaurant Calorie Counter
     - Healthy Out

Getting into the habit of meal preparation, grocery shopping, food preferences, and food storage at work, etc., is important to establish before surgery. It will allow for a smooth transition after surgery.

2. **Adequate Fluid Intake**
   - Sip fluids slowly instead of gulping:
     - Your stomach will not be able to tolerate large amounts of fluids at one time right after surgery. In addition, when we chug fluids we tend to take in extra air.

   - **Separate food & fluids:**
     - No drinking 30 minutes before or after each meal! Save room for nutrients and protein instead of filling up on water.

   - **Decrease carbonated beverages:**
     - Drinking anything containing carbonation can cause heartburn, bloating, and more importantly cause expansion of the stomach pouch. Beverages include: sodas, ginger-ale, sparkling water, energy drinks
• Decrease sugary beverages:
  • These beverages contain large amounts of sugar that can contribute to weight gain and high blood sugar levels. Some sugary beverages also contain carbonation and caffeine. Beverages include: Regular soda, juice, sports drinks, energy drinks, and sweetened iced tea
• Avoid Caffeine for 30 Days After Surgery:
  • To prepare for after surgery, weaning yourself off caffeinated beverages is recommended before surgery.
  • Caffeine can cause you to become dehydrated and also can cause stomach irritation.
  • After 30 days, no caffeine until you can comfortably consume at least 64+ oz. of decaf fluids/day.
• Aim for at least 64 oz. of decaf, sugar-free, non-carbonated fluids/day:
  • Water, decaf tea/coffee, Sugar-free water flavor enhancers (Crystal Light, Mio Drops, etc.), PowerAde Zero, Propel Zero.

3. Incorporating Physical Activity
• It is okay to start slow and work your way up to more activity.
• The American Heart Association recommendation is 30 minutes of activity 5X/week (150 minutes/week).
  • Higher intensity is recommended for an increase in weight loss.
  • Start with walking 20-30 minutes 2-3X week and add additional days/length of activity as able.
  • Incorporating Strength/Resistance training is important for building and maintaining lean body mass. The recommendation is to incorporate this activity 2-3x/wk in addition to cardio exercise.
  • After surgery, we want the composition of the fat mass vs muscle mass in our body to change. Due to the drastic change in your body, hormones, and caloric intake you will obviously be losing fat mass, but we DO NOT want to lose our muscle mass too. Muscle mass burns calories at a resting state unlike fat mass, this is why we want to increase our body’s natural fat burner to help boost the metabolism after surgery to help with weight loss.
  • Activity Goal: At least 30 min of activity 5 days/week. Include both cardio and strength/resistance training for best results!

4. Practice mindful eating
1. THIS IS VERY IMPORTANT FOR YOUR OVERALL TOLERANCE TO FOODS & LIQUIDS AFTER SURGERY.
  • Practicing to eat slower helps to control portion sizes before surgery and helps prevent excessive feelings of fullness, heartburn, bloating, and gas after surgery.
  • It takes minimal 15-25 minutes for your stomach to send a signal to the brain saying “Hey I was given energy- you can quit cueing me to eat now!”
  • Time your next meal to see how long it takes to finish your meal and how much you need work on eating slower.
  • Ways to eat slowly:
    • Set your fork down between each bite and chew each bite 20x.
    • Eat at the kitchen table- not in front of the TV, computer, or in the car… distractions!

YOUR BASELINE TIME OF HOW LONG IT CURRENTLY TAKES YOU TO COMPLETE A MEAL:_______
Bariatric Surgery
Vitamin & Mineral Protocol

Altering the anatomy of your GI structure ultimately means you are altering GI functions.

Supplementing the appropriate amount of vitamins & minerals every day is a LIFE LONG requirement after having bariatric surgery to prevent serious nutritional deficiencies.

After having bariatric surgery:

- Protein is priority (only 1 of many food groups)
- Environment change of the stomach (meaning you cannot absorb certain vitamins & minerals from food as well as you did before surgery due to decreased hydrochloric acid & intrinsic factor)
- Substantial decrease in overall daily food intake
- Require high amounts of protein, vitamins, & minerals to heal

This is why it is important to SUPPLEMENT what you may or may not be absorbing from food.

Preparation is KEY! At Panhandle Weight Loss Center we strive for you to be as healthy as you can before surgery to help improve healing, health, and overall weight loss after surgery!

We require every patient begin vitamin supplementation before surgery.
Options sold in the office:
$39.99/bottle- ADEK Multivitamin (120 chewables; will last 2 months)
  - Take 1 in the morning with breakfast + 1 in the evening with dinner or before bed

$34.99/box- Multivitamin Stick Packs (60 stick packs/box; will last 2 months)
  - Mix 1 per day with water (can mix with as many ounces desired)
Bariatric Multivitamin-Multimineral Options

$39.99/bottle- ADEK multivitamin-multimineral chewable: Mixed berry flavor (1 month supply, includes daily iron and calcium)
- Morning: take 2 chewables (can separate by 1 hour if needed)
- Dinner or before bed: take 2 chewables (can separate if needed)

>>If unable to tolerate the multivitamin-multimineral chewables →

$34.99/box- Multivitamin-multimineral Stick Pack: Berry flavor (1 Month Supply) **Will need to add minimal 45mg Iron (elemental) OR you can purchase a sleeve bariatric multivitamin-multimineral bundle that includes a 45mg Iron soft chew, formulated for individuals who have had bariatric surgery. →

$54.99/1 month supply multivitamins (60 stick packs/box) + 2 month supply Iron (60 soft chews/bottle).
**Would cost $69.98 if bought separately
- Morning: Mix 1 multivitamin stick pack with water (mix with 8-10 oz)
- Lunch: 1 Iron soft chew (If still menstruating or history of low Iron can take 2 soft chews per day separated by >2 hours)
- Dinner: Mix 1 multivitamin stick pack with water (mix with 8-10 oz)

Due to the drastic change of absorption sites in the intestines, loop duodenal switch patients are at highest risk of forming vitamin and mineral deficiencies. It is now protocol to supplement with an oral bariatric multivitamin-multimineral that is formulated for your surgery type.

> After your PRE-OP VISIT with either Dr.Niechoy or Dr.Schniederjan, stop at check out and purchase your bariatric multivitamins.

$39.99/bottle- ADEK Multivitamin (120 chewables; will last 1 month)
> If you absolutely cannot stomach the chewable multivitamins, a capsule form of multivitamin-multimineral will be available for use 2-3 months after your surgery (this is due to your body’s inability to properly digest and break open a multivitamin capsule until 2-3 months after surgery).

> $64.99 Multivitamin Bundle- Loop Duodenal Switch ***Would cost $74.98 if bought separately
- 1 bottle ADEK multivitamin chewables (1 month supply)
- 1 box of multivitamin stick packs (2 month supply)

Probiotic: Begin taking Probiotic 3-4 weeks after surgery
(When able to eat Soft & Moist Proteins)
Options sold in the office:
$21.99 Health Wise Probiotic
Options sold OTC:
- Digestive Advantage: Intensive Bowel Support (sold at: United, various Walmart, CVS, Walgreens, ect.) 32 day supply
- Spring Valley Probiotic Multi-Enzyme Digestive Formula (sold at: Walmart, CVS, Walgreens, ect.) ~60+ day supply.

Daily Vitamin Regime:

*Breakfast- 2 bariatric multivitamin chewables
- Do not take with any dairy products
- Take at least 2 hours separate from certain medications such as thyroid, cholesterol, blood pressure.

*Lunch- additional 500-600mg calcium citrate (can buy OTC or in office)
- Can utilize ONLY ONE multivitamin stick pack for additional Calcium (600mg). Vitamin D3 (1,500IU), Vitamin A(3,750IU) , B12 (280mcg), Magnesium (200mg), Zinc (15mg), Copper (1mg), plus additional B vitamins! Cannot be used in place of ADEK multivitamin.

*Dinner or before bed- 2 bariatric multivitamin chewables
Exercise: The Key to Weight Control

How to begin?

Setting aside 20-30 consecutive minutes each day for planned exercise is one way to make room for physical activity. Finding out WHERE it is going to fit into your schedule is the HARDEST part.

Physical activity can be cumulative; for example, try three to six sessions (10 minutes each) over the course of the day.

- Cleaning the house 10 minutes
- Walking briskly at lunch 10 minutes
- Resistance bands while watching TV 10 minutes
- Exercise with home video 30 minutes

### How Often?

On Most Days (5 days a week)
- 30 minutes- to prevent chronic disease
- 60 minutes- to prevent weight gain
- 60-90 minutes- to sustain weight loss

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<th>Calories Burned per 30 minutes</th>
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<td><strong>Very Active</strong></td>
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Carbohydrates

What is a carbohydrate?
- Sugars, Starches, Fiber

What is its role in the body?
- Preferred source of energy for the brain
- Important source of energy for all cells

What foods contain carbohydrates?
- Breads, crackers, cereals
- Pasta, rice, grains
- Starchy vegetables
- Beans, legumes
- Milk, soy milk, yogurt
- Fruits, fruit juices
- Sweets such as cakes, cookies, ice cream, jam, jelly

What is the difference between carbohydrates?
- **Simple (Refined) Carbohydrates**: found mainly in processed foods, white breads, pastas, candy. They provide instant energy that our bodies will use very quickly (raises blood sugar fast) and often we are left with even less energy than before and will often become hungry again shortly after.

- **Complex Carbohydrates**: found mainly in fibrous foods such as whole grain rice and other grains (Couscous, Quinoa), vegetables, fruits, and legumes. Because the body does not fully digest these nutrients as fast, they are absorbed much slower (raises blood sugar slowly), keeping us from getting hungry for a longer period of time.

Meal Ideas
Remember, meals do not have to be elaborate or fancy meals! Below are two examples of simple meals that don’t take much time to prepare. Prepping meals in advance can make day-to-day life so much easier. Follow Panhandle Weight Loss Center on Pinterest for recipe inspiration!

- 3 oz grilled chicken, ¼ c rice, ½ c cooked green beans, ½ banana, ½ c Light Greek yogurt for dessert.
- 2-3 slices deli sliced turkey, 1 low fat cheddar cheese stick, 5-6 whole grain crackers, 1 c carrot sticks, 1 small apple.

1 Carbohydrate Choice= 15 g Carbohydrates.
### Facts About Fats

<table>
<thead>
<tr>
<th>Monounsaturated &amp; Polyunsaturated Fats</th>
<th>Saturated Fats</th>
<th>Hydrogenated Oils &amp; Trans Fats</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Can lower bad cholesterol levels</td>
<td>• Can raise bad cholesterol levels</td>
<td>• Can raise bad cholesterol levels</td>
</tr>
<tr>
<td>• Can lower risk of heart disease &amp; stroke</td>
<td>• Can lower good cholesterol levels</td>
<td>• Can lower good cholesterol levels</td>
</tr>
<tr>
<td>• Can provide essential fats that your body needs but cannot make itself</td>
<td>• Can increase risk of heart disease &amp; stroke</td>
<td>• Can increase risk of heart disease &amp; stroke</td>
</tr>
</tbody>
</table>

**Sources:** Plant-based liquid oils, nuts, seeds, and fatty fish

**Examples:**
- Oils: Canola, Olive, Peanut, Safflower & Sesame
- Avocados
- Fatty Fish: tuna, herring, lake trout, mackerel, salmon, sardines
- Nuts & Seeds: flaxseed, sunflower seeds, & walnuts

**Sources:** most saturated fats come from animal sources, including meat & dairy, & from tropical oils

**Examples:**
- Beef, Pork, & Chicken Fat
- Butter
- Cheese (such as whole milk cheeses)
- Tropical Oils – Coconut, Palm kernel, & Palm oils

**Sources:** Processed foods made with partially hydrogenated oils

**Examples:**
- Partially hydrogenated oils
- Some baked goods
- Fried foods
- Stick of margarine

### Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size 3 cookies (34g/1.2 oz)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount Per Serving</strong></td>
</tr>
<tr>
<td>Calories (85)</td>
</tr>
<tr>
<td>% Daily Value</td>
</tr>
<tr>
<td>Total Fat 10g</td>
</tr>
<tr>
<td>Saturated Fat 3 g</td>
</tr>
<tr>
<td>Trans Fat 1 g</td>
</tr>
<tr>
<td>Cholesterol 10mg</td>
</tr>
<tr>
<td>Sodium 50mg</td>
</tr>
<tr>
<td>Total Carbohydrate 21g</td>
</tr>
<tr>
<td>Dietary Fiber 1g</td>
</tr>
<tr>
<td>Sugars 1g</td>
</tr>
<tr>
<td>Protein 2g</td>
</tr>
</tbody>
</table>

Limit the amount of saturated fats you eat to less than 7% of your total daily calories. Example:
- 1,600 calories/day = 12 grams of fat or 112 calories

- Look for processed foods made with unhydrogenated oil rather than partially hydrogenated or hydrogenated vegetable oils or saturated fats.
- Look for "0 g trans-fat" on food labels.
- Doughnuts, cookies, crackers, muffins, pies, and cakes are examples of foods that are high in trans fats. Foods to avoid
- Limiting fried fast foods is a way to avoid saturated and trans fats.

These "healthy fats" are necessary for:
- Providing energy during prolonged exercise.
- Provide essential fatty acids.
- Help transport fat-soluble vitamins into the body (Vitamins A, D, E, K).
- Help regulate cell function and maintain membrane integrity.
- Store in adipose tissue to help protect vital organs and insulate the body.
- Contribute to the flavor and texture of foods.
- Contribute to the satiety we feel after eating a meal due to their density.
**Why is protein important after bariatric surgery?**

A balanced diet of high quality lean protein (including plant based proteins) can help lower bad cholesterol.

Protein provides amino acids, the building blocks for muscle growth. Protein also helps maintain fluid & electrolyte balance.

Protein helps maintain overall lean body mass and produces collagen for healthy hair, skin, and nails.

Protein takes longer than carbohydrates to break down providing an appetite curbing sensation to provide satiety.

**How much protein is required after surgery every DAY?**

**Sleeve Gastrectomy**
- Women: 60-80 grams
- Men: 80-100 grams

**Loop Duodenal Switch**
- Women: 80-100 grams
- Men: 100-120 grams

**How to meet recommended protein needs? By following a consistent meal pattern!**

**Meal**= 20-30 grams of protein

**Snack**= 5-15 grams of protein

---

**DO NOT**
CONSUME MORE THAN 30g PROTEIN IN ONE SETTING. The body cannot properly absorb more than 30g protein at one time (on average).

---

**What to look for on a protein shake/protein powder label?**

- **Less than:** 250 calories
- **At least:** 20-30 grams of protein
- **Less than:** 14 grams of sugar

**CAUTION:**
Products that contain sugar alcohols! These can cause bloating, gas, and/or diarrhea.
Read labels and avoid: Manitol, Sorbitol, Maltitol, Xylitol, Lactitol, Erythritol (anything ending in – ol)

Products such as Ensure, Boost, and Glucerna are NOT acceptable!

**NOTE:**
Your tastes buds WILL change! We recommend trying various protein products to familiarize yourself (and your stomach), but you may not favor the same tastes after bariatric surgery.
**What form of protein to use?**  
**Pre-made vs Powders**

Whey- protein found in cow’s milk
- **Concentrate**: form of whey protein that is NOT pure, consists of fillers (lactose, fats, and artificial sweeteners).
- **Isolates**: form of whey protein that IS pure, providing more protein per volume and easier to digest.

Other TYPES of protein that can be used IF you are intolerant to digesting the protein, whey.
- **Casein**: not ideal as a meal replacement due to long digestion time.
- **Egg protein**: complete protein source made from egg whites.
- **Soy protein**: plant based complete protein source, best for those with whey, lactose, or egg white intolerances/allergies.
- **Rice protein**: considered hypoallergenic, best for those with multiple food allergies.
- **Pea protein**: plant based protein, considered hypoallergenic. Not ideal due to lacking certain amino acids, good option for those with multiple severe allergies.

**Examples:**

- **Protein 2o**
  - 60-70 calories/bottle, 15g protein, 0g sugar
- **Health Wise Fruit Drinks**
  - 70-80 calories/packet, 15g protein, 0-4g sugar
- **Health Wise Liquid Concentrate Fruit Drinks**
  - 69-75 calories/packet, 17g protein, 0g sugar
- **Atkins Life**
  - 90 calories/bottle, 20g protein, 0g sugar
- **Isopure**
  - 160 calories/bottle, 40g protein, 0g sugar
- **New Whey**
  - 180 calories/tube, 42g protein, 0g sugar

**‘Full’ Protein Drinks**

Can begin using about 2-3 days after bariatric surgery, or after being discharged from hospital.

Examples: (store bought pre-made protein shakes)

- **Premier Protein**
  - 160 calories/shake, 30g protein, 1g sugar
- **EAS 100% WHEY**
  - 170 calories/shake, 30g protein, 0g sugar
- **Muscle Milk Pro Series 32**
  - 160 calories/shake, 32g protein, 1g sugar
- **Core Power LITE**
  - 160 calories/shake, 20g protein, 11g sugar

**‘Unflavored’ Protein Powders**

- **Genepro**: 30g protein/ 1 Tablespoon
- **Unjury** (sold at Valmed): 20g protein/serving
- **Nectar Medical**: 10g protein/scoop
- **Beneprotein**: 7g protein/scoop

**‘Clear’ Protein Drinks**

- Can begin using right after bariatric surgery
- Recommend taking 1-2 clear protein drinks with you to the hospital to begin nourishment as soon as possible.
<table>
<thead>
<tr>
<th>Food</th>
<th>Portion</th>
<th>Protein</th>
<th>Calories</th>
</tr>
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<tbody>
<tr>
<td><strong>Poultry</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken breast, no skin</td>
<td>1 oz</td>
<td>9 grams</td>
<td>47</td>
</tr>
<tr>
<td>Chicken drum stick, no skin</td>
<td>1 oz</td>
<td>7 grams</td>
<td>50</td>
</tr>
<tr>
<td>Turkey breast, no skin</td>
<td>1 oz</td>
<td>8 grams</td>
<td>47</td>
</tr>
<tr>
<td>Turkey leg, no skin</td>
<td>1 oz</td>
<td>7 grams</td>
<td>50</td>
</tr>
<tr>
<td><strong>Beef</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Check eye steak, choice</td>
<td>1 oz</td>
<td>6 grams</td>
<td>45</td>
</tr>
<tr>
<td>Ground hamburger, 90% lean</td>
<td>1 oz</td>
<td>8 grams</td>
<td>61</td>
</tr>
<tr>
<td><strong>Pork</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tenderloin</td>
<td>1 oz</td>
<td>8 grams</td>
<td>50</td>
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<tr>
<td><strong>Veal</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cutlet</td>
<td>1 oz</td>
<td>6 grams</td>
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</tr>
<tr>
<td><strong>Game &amp; Other Meat</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Deer</td>
<td>1 oz</td>
<td>8 grams</td>
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</tr>
<tr>
<td>Venison</td>
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<td><strong>Fish</strong></td>
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<tr>
<td>Crab meat</td>
<td>1 oz</td>
<td>6 grams</td>
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</tr>
<tr>
<td>Wild salmon</td>
<td>1 oz</td>
<td>7 grams</td>
<td>40</td>
</tr>
<tr>
<td>Lobster</td>
<td>1 oz</td>
<td>5 grams</td>
<td>28</td>
</tr>
<tr>
<td>Shrimp, boiled</td>
<td>1 oz (5 Large)</td>
<td>6 grams</td>
<td>28</td>
</tr>
<tr>
<td>Tuna, in water</td>
<td>1 oz</td>
<td>7 grams</td>
<td>36</td>
</tr>
<tr>
<td><strong>Peanut Butters</strong></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Peanut Butter</td>
<td>1 Tbsp.</td>
<td>7 grams</td>
<td>190-200</td>
</tr>
<tr>
<td>PB2 (powdered peanut butter)</td>
<td>2 Tbsp.</td>
<td>5-6 grams</td>
<td>45</td>
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<tr>
<td><strong>Eggs &amp; Egg Substitutes</strong></td>
<td></td>
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<tr>
<td>Egg, large</td>
<td>1 egg</td>
<td>6 grams</td>
<td>70</td>
</tr>
<tr>
<td>Egg white</td>
<td>1 egg white</td>
<td>5-6 grams</td>
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<tr>
<td>Eggbeaters</td>
<td>3 Tbsp.</td>
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<tr>
<td><strong>Beans &amp; Legumes</strong></td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Fat-free refried beans</td>
<td>¼ cup</td>
<td>5 grams</td>
<td>68</td>
</tr>
<tr>
<td>Baked beans</td>
<td>¼ cup</td>
<td>4 grams</td>
<td>80</td>
</tr>
<tr>
<td>Kidney beans</td>
<td>¼ cup</td>
<td>3.5 grams</td>
<td>55</td>
</tr>
<tr>
<td>Black beans</td>
<td>¼ cup</td>
<td>4 grams</td>
<td>57</td>
</tr>
<tr>
<td>Edamame</td>
<td>¼ cup</td>
<td>3 grams</td>
<td>33</td>
</tr>
<tr>
<td>Chickpeas</td>
<td>¼ cup</td>
<td>3 grams</td>
<td>72</td>
</tr>
<tr>
<td>Pinto beans</td>
<td>¼ cup</td>
<td>3 grams</td>
<td>52</td>
</tr>
<tr>
<td>Lentils</td>
<td>¼ cup</td>
<td>5 grams</td>
<td>58</td>
</tr>
<tr>
<td>Miso</td>
<td>¼ cup</td>
<td>8 grams</td>
<td>134</td>
</tr>
<tr>
<td>Veggie burger</td>
<td>1 patty</td>
<td>13-19 grams</td>
<td>70-130</td>
</tr>
<tr>
<td><strong>Dairy</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fat-free cottage cheese</td>
<td>¼ cup</td>
<td>7 grams</td>
<td>40</td>
</tr>
<tr>
<td>Fat-free American cheese</td>
<td>1 slice</td>
<td>7 grams</td>
<td>35</td>
</tr>
<tr>
<td>Fat-free cheddar cheese</td>
<td>1 oz</td>
<td>5 grams</td>
<td>18</td>
</tr>
<tr>
<td>Fat-free feta cheese</td>
<td>1 oz</td>
<td>7 grams</td>
<td>35</td>
</tr>
<tr>
<td>Skim milk</td>
<td>8 oz</td>
<td>8 grams</td>
<td>80</td>
</tr>
<tr>
<td>Fairlife 2% Milk</td>
<td>8 oz</td>
<td>13 grams</td>
<td>120</td>
</tr>
<tr>
<td>Part-skim mozzarella</td>
<td>1 oz</td>
<td>6 grams</td>
<td>80</td>
</tr>
<tr>
<td>Part-skim ricotta</td>
<td>1 oz</td>
<td>3 grams</td>
<td>39</td>
</tr>
<tr>
<td>Fat-free yogurt</td>
<td>6 oz</td>
<td>5 grams</td>
<td>80</td>
</tr>
<tr>
<td>Fat-free GREEK yogurt</td>
<td>6 oz</td>
<td>10-15 grams</td>
<td>100</td>
</tr>
</tbody>
</table>
Following a high protein-low calorie diet will allow the body to use stored energy, such as fat stored in the liver. The goal is to help shrink the liver, which will help lower your surgical risks.

**Pre-Operative Surgery Diet**

**Diet as follows:** Start your pre-op diet the Tuesday you attend pre-op medications class, which is scheduled 2 weeks before your anticipated surgery date.

**Nutrition Goals:**
- Calories: 1,000-1,200 per day
- Protein: 80-100g per day
- Fiber: 25g per day
- Water: 64+ fl oz per day

**2 weeks before surgery**

**Breakfast**
- 1 protein shake (10-14 fl. oz)
  - (<250 calories, 20-30g protein, <14g sugar)

**Lunch**
- 250-350 calorie meal
  - lean cuisine, smart one’s, atkins, amy’s, helalthy choice OR
  - 3-4oz lean meat + 1-2 cups non-starchy vegetables

**Dinner**
- 250-350 calorie meal
  - lean cuisine, smart one’s, atkins, amy’s, helalthy choice OR
  - 3-4oz lean meat + 1-2 cups non-starchy vegetables

**OPTIONAL snack for in between meals**
- fiber drinks that contain 5g of dietary fiber or more.
  - Sold in the office: (3 flavors: tropical fruit, lemon tea, unflavored)
  - Sold OTC: (Bulking: Metamucil, Benefiber) (Constipation: Citrucel, Fibercon, Fiber Choice)

**1 week before surgery**

**Breakfast**
- 1 protein shake (10-14 fl. oz)
  - (<250 calories, 20-30g protein, <14g sugar)

**Lunch**
- 1 protein shake (10-14 fl. oz)
  - (<250 calories, 20-30g protein, <14g sugar)

**Dinner**
- 250-350 calorie meal
  - lean cuisine, smart one’s, atkins, amy’s, helalthy choice OR
  - 3-4oz lean meat + 1-2 cups non-starchy vegetables

**Snack**
- 1 protein shake (10-14 fl. oz)
  - (<250 calories, 20-30g protein, <14g sugar)

**Low-Calorie Tips!**
- Choose ‘light’ salad dressings, oil & vinegar, vinaigrettes
- Avoid frozen pasta dinners/dishes
- Avoid frozen dinners with starchy vegetables in them (potatoes)
- Avoid frozen dinners made with creamy sauces (alfredo, gravies, ect.)
- Avoid extra calories found in sugary beverages (cokes, sweetened teas, sports drinks (Gatorade/ PowerAde), energy drinks (Red bull/Monster), >8oz fruit juice
### Product Information

#### High Protein Powders

$39.99 Gene Pro (Unflavored Protein Powder)  
**Tub (30 servings)**  
Unflavored (1 tbsp.)  
56.7 kcal, 30g protein, 0.6g carb, 0.6g sugar

$3.25 Bariatric Fusion (Whey Protein Powder)  
**Individual Packets**  
- Chocolate Mousse: 150 kcal, 27g protein, 9g carb, <1g sugar  
- Cinnamon Bun: 150 kcal, 27g protein, 8g carb, <1g sugar  
- French Vanilla: 150 kcal, 27g protein, 9g carb, <1g sugar  
- Chicken Soup: 160 kcal, 27g protein, 10g carb, <1g sugar

$4.25 Bariatric Fusion (Whey Protein Shakes)  
**Individual Bottles**  
- Chocolate Mousse: 150 kcal, 27g protein, 9g carb, <1g sugar  
- Cinnamon Bun: 150 kcal, 27g protein, 8g carb, <1g sugar  
- French Vanilla: 150 kcal, 27g protein, 9g carb, <1g sugar  
- Cappuccino: 150 kcal, 27g protein, 9g carb, <1g sugar

$45.99 Bari Life (Whey Isolate Protein)  
**Tub (32 shakes)**  
Chocolate: 110 kcal, 26.8g protein, 1g carb, 1g sugar (stevia)

$45.99 Bariatric Fusion (Whey Isolate Protein)  
**Tub (30 shakes)**  
French Vanilla: 150 kcal, 27g protein, 9g carb, <1g sugar

$45.99 Celebrate: Multi 4 in 1 (Protein + Multivitamin)  
**Individual Shakes (15)**  
(5) Cake Batter: 140 kcal, 25g protein, 10g carb, 4g sugar  
(5) Chocolate Milk: 140 kcal, 25g protein, 11g carb, 4g sugar  
(5) Orange Cream: 140 kcal, 25g protein, 11g carb, 4g sugar

$3.24 Chike Coffee Protein (Whey Protein Drinks)  
**Individual Packets**  
Mocha Flavored: 130 kcal, 20g protein, 9g carb, 2g sugar

$35.00 Chike Coffee Protein (Whey Protein Drinks)  
**1 Box (12 drinks)**  
Mocha Flavored: 130 kcal, 20g protein, 9g carb, 2g sugar

$35.00 Chike Coffee Protein (Whey Protein Drinks)  
**1 Bag (14 drinks)**  
Mocha Flavored: 130 kcal, 20g protein, 9g carb, 2g sugar

$25.00 Provide Gold Protein Shots (liquid)  
**10-1 oz shots**

$3.00 Provide Gold Protein Shots (liquid)  
**Individual 1 oz shots**  
Berry (Sugar-Free): 60 kcal, 15g protein, 0g carb, 0g sugar

$7.00 Panhandle Weight Loss Center Shaker/Water Bottle
Bundles

$75.00 Weight Loss Starter Kit
- Health Wise Variety Pack Protein Bars (Soft, Layered)
- Health Wise Variety Pack Protein Bars (Crispy)
- Health Wise Fruit Drink: Variety Pack
- 4 Single Serving Bariatric Fusion Meal Replacements (1 of each flavor: Chocolate Mousse, Cinnamon Bun, French Vanilla, Strawberry Shortcake)
- Panhandle Weight Loss Center Shaker/Water Bottle

$50.00 Pre-Op Solid Meal Bundle
- 4 Vegetable Stew with Beef Entrée.................................170 kcal, 14g protein, 21g carb, 3g fiber
- 4 Turkey Chili with Bean Entrée........................................230 kcal, 20g protein, 28g carb, 6g fiber
- 4 Gravy with Pot Roast & Vegetables Entrée........................240 kcal, 26g protein, 21g carb, 2g fiber

$80.00 Pre-Op Protein Shake Bundle
- 1 Health Wise Fruit Drink: Variety Pack
- 1 Health Wise Fiber Drink (Tropical Fruit or Lemon Tea)
- 4 Single Serving Bariatric Fusion Meal Replacements (1 of each flavor: Chocolate Mousse, Cinnamon Bun, French Vanilla, Strawberry Shortcake)
- Panhandle Weight Loss Center Shake/Water Bottle

Choose Your Protein Powder!
- Bari Life Natural Whey Protein Powder (30 shakes)
- Bariatric Fusion Whey Protein Powder (30 shakes)
- Celebrate: Multi 4-in-1 Protein + Multivitamin (15 shakes)

$145.00 Post-Op Protein Bundle
- 1 Health Wise Fruit Drink: Variety Pack
- 1 Health Wise Soup: Variety Pack
- 4 Single Serving Bariatric Fusion Meal Replacements (1 of each flavor: Chocolate Mousse, Cinnamon Bun, French Vanilla, Strawberry Shortcake)
- 4 Protein 20 Waters (1 of each flavor: Harvest Grape, Tropical Coconut, Wild Cherry, Mixed Berry)
- Panhandle Weight Loss Center Shaker/Water Bottle
- 30 day supply of Patch MD Multivitamin Plus Patch
  - (If you need to purchase the chewable bariatric multivitamins then please let check out know and there will be an additional $19.99 added onto the total)

Choose Your Jello!
- Raspberry
- Strawberry Banana

OR Pudding!
- Chocolate
- Vanilla
- Variety Pack

Choose Your Protein Powder!
- Bari Life Natural Whey Protein Powder- chocolate (30 shakes)
- Bariatric Fusion Whey Protein Powder- vanilla (30 shakes)
- Celebrate: Multi 4-in-1 Protein + Multivitamin- multiflavored (15 shakes)
- Genepro (30 servings)
## Vitamins

<table>
<thead>
<tr>
<th>Product</th>
<th>Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>$20.00</td>
<td>Patch MD...</td>
<td>30 day supply</td>
</tr>
<tr>
<td>✔️ Multivitamin/Multimineral</td>
<td></td>
<td></td>
</tr>
<tr>
<td>✔️ B12 Energy Plus</td>
<td></td>
<td></td>
</tr>
<tr>
<td>✔️ Calcium + Vitamin D3</td>
<td></td>
<td></td>
</tr>
<tr>
<td>✔️ Iron Plus</td>
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<td></td>
</tr>
</tbody>
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### Multivitamins

<table>
<thead>
<tr>
<th>Product</th>
<th>Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>$34.99</td>
<td>Bariatric Fusion Multivitamin Stick Packs (powder)</td>
<td>60 stick packs/box</td>
</tr>
<tr>
<td>✔️ Before Surgery: 1 month supply</td>
<td></td>
<td></td>
</tr>
<tr>
<td>✔️ After Surgery: 2 month supply (need to add Iron)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>$39.99</td>
<td>Bariatric Fusion ADEK Multivitamin (120 chewable)</td>
<td></td>
</tr>
<tr>
<td>✔️ Before Surgery: 2 month supply</td>
<td></td>
<td></td>
</tr>
<tr>
<td>✔️ After Surgery: 1 month supply</td>
<td></td>
<td></td>
</tr>
<tr>
<td>$54.99</td>
<td>Bariatric Fusion Multivitamin Bundle - Sleeve Gastrectomy</td>
<td></td>
</tr>
<tr>
<td>✔️ 1 box of multivitamin stick packs (1 month supply)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>✔️ 1 bottle of Iron soft chews (1-2 month supply)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>$64.99</td>
<td>Bariatric Fusion Multivitamin Bundle - Loop Duodenal Switch</td>
<td></td>
</tr>
<tr>
<td>✔️ 1 bottle ADEK multivitamin chewables (1 month supply)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>✔️ 1 box of multivitamin stick packs (2 month supply)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Calcium Citrate

<table>
<thead>
<tr>
<th>Product</th>
<th>Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>$19.99</td>
<td>Celebrate Calcium PLUS 500mg (Orange Burst)</td>
<td>90 chewables</td>
</tr>
<tr>
<td>$29.98</td>
<td>Celebrate Calcium 500mg + Vitamin D 500IU (Berry)</td>
<td>90 soft chews</td>
</tr>
<tr>
<td>$29.98</td>
<td>Celebrate Calcium 500mg + Vitamin D 500IU (Caramel)</td>
<td>90 soft chews</td>
</tr>
</tbody>
</table>

### Iron

<table>
<thead>
<tr>
<th>Product</th>
<th>Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>$34.99</td>
<td>Bariatric Fusion Iron + C Soft Chews 45mg (Cherry)</td>
<td>60 soft chews</td>
</tr>
<tr>
<td>$21.42</td>
<td>Celebrate Iron + C 18mg (Tangerine)</td>
<td>90 chewables</td>
</tr>
<tr>
<td>$23.98</td>
<td>Celebrate Iron + C 30mg (Grape)</td>
<td>90 chewables</td>
</tr>
<tr>
<td>$29.98</td>
<td>Celebrate Iron + C 60mg (Berry)</td>
<td>90 chewables</td>
</tr>
</tbody>
</table>

### Therapeutic

<table>
<thead>
<tr>
<th>Product</th>
<th>Description</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>$14.50</td>
<td>Bariatric Fusion Vitamin D3 5,000IU</td>
<td>90 capsules</td>
</tr>
<tr>
<td>$11.00</td>
<td>Bariatric Fusion Biotin 1,000mcg</td>
<td>90 capsules</td>
</tr>
<tr>
<td>$21.99</td>
<td>Health Wise EFA (Essential Fatty Acids)</td>
<td>120 capsules</td>
</tr>
<tr>
<td>$21.99</td>
<td>Health Wise Pro-Biotics</td>
<td>30 capsules</td>
</tr>
</tbody>
</table>
High Protein Drinks

$2.49/bottle Protein 20.................................................................................(Protein Water)
____ Harvest Grape.................................................................................. 60kcal, 15g protein, 0g carb, 0g sugar
____ Mixed Berry..................................................................................... 60kcal, 15g protein, 0g carb, 0g sugar
____ Tropical Coconut............................................................................... 60kcal, 15g protein, 1g carb, 0g sugar
____ Wild Cherry...................................................................................... 70kcal, 15g protein, 4g carb, 0g sugar

$15.99 Health Wise Fruit Drinks.................................................................7 Packets per box
____ Wild Berry....................................................................................... 70 kcal, 15g protein, 1g carb, 4g sugar
____ Lemon Razzy.................................................................................... 70 kcal, 15g protein, 1g carb, 4g sugar
____ Peach Tea.......................................................................................... 70 kcal, 15g protein, 1g carb, 4g sugar
____ Peach Mango.................................................................................... 70 kcal, 15g protein, 1g carb, 0g sugar
____ Variety Pack:
  • Cran Grape......................................................................................... 70 kcal, 15g protein, 1g carb, 0g sugar
  • Grapefruit........................................................................................... 80 kcal, 15g protein, 4g carb, 0g sugar
  • Pineapple Orange................................................................................. 70 kcal, 15g protein, 2g carb, 0g sugar
  • Strawberry Kiwi................................................................................... 70 kcal, 15g protein, 1g carb, 0g sugar

$15.99 Health Wise Liquid Concentrate Drink.........................................7 Packets per box
____ Cran Grape....................................................................................... 69kcal, 17g protein, 0g carb, 0g sugar
____ Orange............................................................................................. 75kcal, 17g protein, 0g carb, 0g sugar

$10.00 Health Wise Fiber Drinks..............................................................10 Packets per box
____ Tropical Fruit.................................................................................... 20 kcal, 7g carb, 0g sugar, 5g fiber
____ Lemon Tea........................................................................................ 20 kcal, 7g carb, 0g sugar, 5g fiber
____ Unflavored....................................................................................... 20kcal, 7g carb, 0g sugar, 5g fiber

$15.99 Health Wise Protein Hot Chocolate...............................................7 Packets per box
____ Hot Chocolate................................................................................. 80 kcal, 15g protein, 3g carb, 2g sugar
____ Hot Chocolate with Marshmallows.................................................. 80 kcal, 15g protein, 5g carb, 3g sugar
____ Variety Pack:
  • Amaretto Hot Chocolate................................................................. 80 kcal, 15g protein, 5g carb, 2g sugar
  • Cinnamon Hot Chocolate............................................................... 80 kcal, 15g protein, 5g carb, 2g sugar
  • Hot Chocolate.................................................................................. 80 kcal, 15g protein, 3g carb, 2g sugar
  • Mint Hot Chocolate......................................................................... 80 kcal, 15g protein, 4g carb, 2g sugar
  • Mocha Hot Chocolate..................................................................... 90 kcal, 15g protein, 5g carb, 2g sugar
  • Raspberry Hot Chocolate............................................................... 80 kcal, 15g protein, 5g carb, 2g sugar
____ Amaretto Cappuccino...................................................................... 90 kcal, 15g protein, 4g carb, 2g sugar
____ Cappuccino..................................................................................... 90 kcal, 15g protein, 4g carb, 2g sugar
____ Vanilla Cappuccino....................................................................... 90 kcal, 15g protein, 4g carb, 2g sugar
____ Chocolate Instant Drink................................................................. 80 kcal, 15g protein, 3g carb, 2g sugar
____ Protoccina Instant Drink................................................................. 80 kcal, 15g protein, 5g carb, 4g sugar
High Protein Foods

$15.99 Health Wise Protein Soups.........................................................7 Packets per box
  • Beef Bouillon........................................................................70 kcal, 15g protein, 1g carb, 480mg sodium
  • Chicken Bouillon....................................................................70 kcal, 15g protein, 1g carb, 180mg sodium
  • Tomato Soup...........................................................................80 kcal, 15g protein, 5g carb, 125mg sodium
  • Cream of Tomato Soup.............................................................100 kcal, 14g sugar, 8g carb, 460mg sodium
Variety Pack:
  • Chicken Bouillon....................................................................70 kcal, 15g protein, 1g carb, 180mg sodium
  • Cream of Broccoli...................................................................80 kcal, 15g protein, 4g carb, 530mg sodium
  • Cream of Chicken....................................................................95 kcal, 15g protein, 5g carb, 440mg sodium
  • Chicken Pasta..........................................................................90 kcal, 15g protein, 7g carb, 180mg sodium
  • Cream of Tomato....................................................................100 kcal, 15g protein, 5g carb, 125mg sodium

$15.99 Health Wise Protein Jell-O......................................................7 Packets per box
  • Strawberry Banana..................................................................60 kcal, 15g protein, 0g carb, 0g sugar
  • Raspberry..................................................................................70 kcal, 15g protein, 2g carb, 0g sugar

$3.50 Health Wise Protein Jell-O Packs.............................................3 Cups per pack
  • Grape......................................................................................80 kcal, 15g protein, 6g carb, 2g sugar
  • Tropical Fruit............................................................................80 kcal, 15g protein, 6g carb, 2g sugar

$15.99 Health Wise Protein Pudding/Shake........................................7 Packets per box
  • Chocolate...............................................................................90 kcal, 15g protein, 1g carb, 2g sugar
  • Vanilla.....................................................................................80 kcal, 15g protein, 0.5g carb, 3g sugar
Variety Pack:
  • Chocolate...............................................................................90 kcal, 15g protein, 1g carb, 2g sugar
  • Vanilla.....................................................................................80 kcal, 15g protein, 0.5g carb, 3g sugar
  • NY Cheesesteak......................................................................90 kcal, 15g protein, 1g carb, 2g sugar
  • Tropical Banana......................................................................90 kcal, 15g protein, 0g carb, 5g sugar
  • Cali Strawberry......................................................................90 kcal, 15g protein, 0g carb, 1g sugar

$2.00 per bag Health Wise Protein Chips...........................................
  • BBQ Chips............................................................................130 kcal, 10g protein, 15g carb, 5g fiber, 5g sugar
  • Pizza Chips.............................................................................130 kcal, 15g protein, 16g carb, 5g fiber, 5g sugar

$15.95 Health Wise Protein Cookies..................................................7 cookies per box
  • Chocolate Chip......................................................................170 kcal, 15g protein, 15g carb, 5g sugar
  • Chocolate Drizzle...................................................................165 kcal, 14g protein, 14g carb, 5g sugar
  • Oatmeal Raisin......................................................................155 kcal, 15g protein, 16g carb, 7g sugar

$10.50 Health Wise Protein Wafers....................................................7 wafers per box
  • Chocolate wafers...................................................................100 kcal, 6g protein, 5g carb, 2g sugar
  • Peanut Butter wafers.............................................................100 kcal, 6g protein, 7g carb, 2g sugar
  • Vanilla wafers........................................................................100 kcal, 6g protein, 6g carb, 3g sugar
$15.99 Health Wise Protein Bars

- Caramel Crunch: 170 kcal, 15g protein, 16g carb, 2g sugar
- Caramel Nut: 155 kcal, 12g protein, 13g carb, 8g sugar
- Chocolate Coconut: 150 kcal, 15g protein, 18g carb, 5g sugar
- Chocolate Mint (Crispy): 160 kcal, 15g protein, 18g carb, 7g sugar
- Chocolate Mint: 160 kcal, 14g protein, 16g carb, 5g sugar
- Chocolate Peanut Dream (Crispy): 190 kcal, 15g protein, 21g carb, 2g sugar
- Chunky Crisp Peanut Butter (Crispy): 160 kcal, 12g protein, 18g carb, 9g sugar
- Cinnamon Raisin (Crispy): 160 kcal, 14g protein, 19g carb, 12g sugar
- Peanut Butter & Jelly (Crispy): 180 kcal, 14g protein, 21g carb, 14g sugar
- Peanut Butter: 170 kcal, 12g protein, 16g carb, 8g sugar
- Peanut Pretzel (Crispy): 160 kcal, 13g protein, 18g carb, 3g sugar
- Rockie Road: 170 kcal, 14g protein, 15g carb, 5g sugar

Variety Pack (Soft, Layered Protein Bars)
- Caramel Crunch: 170 kcal, 15g protein, 16g carb, 8g sugar
- Chocolate Mint: 160 kcal, 14g protein, 16g carb, 5g sugar
- Oatmeal: 150 kcal, 13g protein, 16g carb, 7g sugar
- Peanut Butter & Jelly: 170 kcal, 12g protein, 16g carb, 8g sugar
- Peanut Butter: 170 kcal, 14g protein, 12g carb, 6g sugar
- Rockie Road: 170 kcal, 14g protein, 15g carb, 5g sugar
- Strawberry Cheesesteak: 155 kcal, 12g protein, 16g carb, 5g sugar

Variety Pack (Crispy Protein Bars)
- Chocolate Peanut Dream: 190 kcal, 15g protein, 21g carb, 8g sugar
- Cinnamon Raisin: 160 kcal, 14g protein, 19g carb, 12g sugar
- Lemon Meringue: 160 kcal, 14g protein, 18g carb, 12g sugar
- Peanut Butter & Jelly: 180 kcal, 14g protein, 21g carb, 14g sugar
- Peanut Butter: 170 kcal, 14g protein, 17g carb, 11g sugar
- Fudge & Graham: 160 kcal, 15g protein, 18g carb, 4g sugar

$15.99 Health Wise Protein Breakfast Meals

- Southwestern Omelet: 90 kcal, 15g protein, 5g carb, <1g sugar
- Bacon Cheese Omelet: 100 kcal, 15g protein, 2g carb, <1g sugar

Variety Pack
- Bacon & Cheese Omelet: 100 kcal, 15g protein, 2g carb, <1g sugar
- Vegetable Omelet: 100 kcal, 15g protein, 3g carb, <1g sugar
- Oatmeal, Apple Cinnamon: 100 kcal, 14g protein, 8g carb, <1g sugar
- Oatmeal, Maple & Brown Sugar: 100 kcal, 14g protein, 8g carb, 0g sugar
- Blueberry Pancake: 110 kcal, 15g protein, 9g carb, 3g sugar
- Chocolate Chip Pancake: 110 kcal, 15g protein, 9g carb, 3g sugar
- Pancake: 90 kcal, 15g protein, 6g carb, <1g sugar
- Oatmeal, Apple Cinnamon: 100 kcal, 14g protein, 8g carb, <1g sugar
- Oatmeal, Maple & Brown Sugar: 100 kcal, 14g protein, 8g carb, 0g sugar
$11.00 Health Wise Protein Breakfast Cereal........................................7 per box
-----Cinnamon Cereal.................................................................120 kcal, 15g protein, 9g carb, <1g sugar

$6.00 Health Wise Protein Lunch & Dinner Meals..........................................................
-----Vegetable Stew with Beef Entrée...........................................170 kcal, 14g protein, 21g carb, 3g fiber
-----Turkey Chili with Bean Entrée...............................................230 kcal, 20g protein, 28g carb, 6g fiber
-----Gravy with Pot Roast & Vegetables Entrée...............................240 kcal, 26g protein, 21g carb, 2g fiber
-----Spicy Oriental Chicken Entrée.............................................230 kcal, 13g protein, 34g carb, 3g fiber

$6.50 Chike Powdered Peanut Butter.............................................1 Jar
-----Powdered Peanut Butter (Original)........................................40kcal, 6g protein, 1.5g fat, 1g sugar
-----Powdered Peanut Butter (Chocolate)....................................40kcal, 5g protein, 1g fat, 2g sugar
Medications Information

PRE-OP MEDICATIONS (Before Surgery)
1. **Hibiclens 4 oz soap** - Use half of bottle night before surgery and scrub from collar bones to top of thighs, then morning of surgery use other half of bottle and follow same directions as above.

2. **Scopolamine patch** – place patch behind ear night before surgery. This patch is used as well to decrease post-operative nausea.

3. **Hibiclens soap (repeat as directed)**

4. **Emend 40mg tablet (Generic name Aprepitant)** - *Take 3 hours prior to surgery with a sip of water*. This medication is used to decrease nausea post-operatively (after surgery).

POST-OP MEDICATIONS (After Surgery)
- **Zofran 4mg (Generic name Ondansetron)** — take 1 every 4 hours as needed for nausea and vomiting. This medication is used to treat post-operative nausea and vomiting. If you continue to have nausea and vomiting after taking this medication and are not having relief with this medication call the answering service!

- **Prevacid 15mg (Generic name Lansoprazole)** take 1 by mouth daily for at least 6 weeks. This medication is used to decrease the acid production in your stomach to ensure you do not develop an ulcer after surgery. If you are already taking a Proton Pump Inhibitor (Protonix, Nexium, Prevacid, Dexilant, Aciphex) continue this for 6 weeks after surgery.

- **Colace 100mg (Generic name Docusate Sodium)**— take 1 by mouth twice a day for one month to decrease constipation.

- **Mylicon 0.6 ml drops (Generic name Simethicone)**— take every 4 hours by mouth as needed for increased gas. This medication is used for increased gas production. You will experience increased gas production for the first couple of weeks after bariatric surgery. This is very common. You may also experience some shoulder pain which is very common. This is due to the gas that is used to inflate your abdomen during surgery. The best way to alleviate this pain is to get up and walk and take deep breaths.

- **Tramadol- 50 mg tabs**: take 1-2 tablets by mouth every 4-6 hours as needed for pain.

*Any further questions re: these medications please call Valued Pharmacy- 806-350-6337.*
Medication Information

**Medications to AVOID after surgery**
If you have had a **sleeve or duodenal switch**, you must avoid these medications for the first six weeks after surgery. After that point it is okay to take these medications occasionally, but consult your bariatric surgeon prior to use. Any drug containing aspirin or NSAID (non-steroidal anti-inflammatory drug) is potentially not safe due to the risk of gastric and small intestinal bleeding and possible ulceration.

- Aspirin (however, you may take an 18mg baby aspirin- must be coated)
- Bromfenac (Duract)
- Diclofenac (Fenac, Voltaren, Rapide, Cataflam)
- Etodolac (Ultradol, Lodine)
- Fenoprofen (Nalfon)
- Flurbiprofen (Ansaid, Froben, Apo-Flurbiprofen)
- Ibuprofen (Aches-N-Pain, ACT-3, Actiprofen, Advil, Amersol, Apo-Ibuprofen, Bayer Select, Brufen, Encendrin IB, Genpril, Haltral, Ibuprin, Ibuprohm, Ibu-Tab, Medipren, Menadol, Midol, Pamprin, Nayo-Profen, Nuprin, Nurofen, Rafen, Saletol, Trendar
- Indomethacin (Apo-Indomethacin, Arthrexin, Indochron, Indocid, Indocin, Novo-Methacin)
- Ketoprophen (Actron, Apo-Keto, Novo-Keto, Orudis, Oruvail, Rhodis)
- Nabumetone (Relafen)
- Naproxen (Apo-Naproxen, Naprosyn, Naxen, Novo-Naprox, Nu-Naprox, Aleve, Anaprox, Napro-Na, Naprelan, Naprogenesic, Synflex)
- Oxaprozin (Daypro)
- Piroxicam (Apo- Piroxicam, Feldene, Novo-Pirocam, Pirox)
- Sulindac (Aclin, Apo- Sulin, Clinoril, Novo-Sund)

**Medications considered safe after surgery:**

**Pain Relievers:**
- Dimetapp
- Robitussin or Delsym
- Tylenol
- Tylenol (cold products)
- Tylenol (extra strength)

**Allergy Medication:**
- Benedryl
- Claritin (reditabs)
- Sudafed
- Zyrtec (liquid or chewable)

**Constipation/Gas**
- Milk of Magnesium (MOM)
- Miralax
- Triaminic (all)
- Glycerin suppositories
- Peril-Colace
- Colace
- Dulcolax suppositories
- Fleet Enema
- Citrucel (fiber powder)
- Benefiber (fiber powder)
Drugs that can damage the stomach lining:

- Advil
- Aleve
- Amigestic
- Anacin
- Anaprox
- Ansald
- Anthra-G
- Arthropan
- Ascriptin
- Aspirin
- Asproject
- Azolid
- Bufferin
- Butazolidin
- Clinorial
- Darvon compounds
- Disalcid
- Dolobid
- Equagesic
- Erythromycin
- Feldene
- Fiorinal
- Ibuprofen
- Indocin
- Ketoprofen
- Lodine
- Meclomen
- Midol
- Mobic
- Mortin
- Nalfon
- Naprosyn
- Nayer
- Orudis
- Oruval
- Pamprin-B
- Percodan
- Ponstel
- Rexolate
- Tandearil
- Tetracycline
- Tolecin
- Uracel
- Voltaren
Sleeve Gastrectomy
After Bariatric Surgery Diet

Notes:
- No caffeine for 30 days!
- No carbonation!
- No straws! (for minimal 2 weeks to prevent taking in additional air)
- Sip-sip-sip!
- 2oz every 30 minutes
- 4oz every 60 minutes
- 8oz every 2 hours (drink in between meals)
- Fluid Goals: 48-64oz
- Protein Goals:
  - Women 60-80 grams per day
  - Men 80-100 grams per day

Foods List!
Clear protein drinks:
- Health wise fruit drinks
- Protein 2o
- Isopure
- New Whey
- Atkins lift

Meals:
- Bouillon (beef, chicken, vegetable)
- Broth (beef, chicken, vegetable)
- Sugar free jello
- Health wise Gelatin (15g protein/serving)
- Health wise soups, bouillon (15g protein/serving)

Other beverages:
- Decaf tea, coffee
- Dasani flavored water
- Water enhancers (crystal light, Mio, infused waters with fruits & vegetables)
- Sugar free fruit juices (apple, cranberry, grape)
- Juicy juice (dilute all flavors)
- Mott's for tots 40% less sugar
- Ocean Spray light juices
- Welch's light juices
- V8 Fusion (fruit juices) light

Electrolyte replacements: (choose sugar free, if not sugar free then dilute 50/50 with water)
- Gatorade Zero
- PowerAde Zero
- Pedialyte
- Propel workout water

Clear Liquids
(Day 1-2)

- Begin right after surgery.
- Will be on clear liquid diet in the hospital
- Stay on clear liquids for only 48 hours then increase to next phase for more nourishment.
- Begin bariatric multivitamin-multimineral after discharged from the hospital and at home.
Notes:
- **Fluid Goals:** 48-64oz
- **Protein Goals:**
  - Women 60-80 grams per day
  - Men 80-100 grams per day
- **Exercise goal:** walk 5 minutes every 1-2 hours will help prevent blood clots.

**Foods List!**

Full protein drinks (protein powders)
- Bari life whey protein powder
- Bariatric fusion protein powder
- Frog fuel protein shots
- Unflavored protein powders (Genepro, Unjury, Nectar Medical, Beneprotein)

Mixed with:
- Water
- Skim milk, Skim Fair Life milk (NO LACTOSE)
- 2% milk, 2% Fair Life Milk (NO LACTOSE)
- Soy milk
- Rice milk
- Almond milk
- Sugar free coconut milk (limit due to the fat content of coconut products)

Remember! MOST pre-made protein shakes bought in the store are high in volume- Aim to avoid volumes larger than 6oz at 1 time for the first 1-2 weeks after bariatric surgery.

Meals:
- Cream soups (chicken, vegetable, ect.)
  **MUST BE:** STRAINED- NO LUMPS- NO BUMPS- FAT FREE**
- Cream of wheat
- Malt-O-Meal
- Grits
- Drinkable yogurt (Kiefer, La La, dannon protein smoothies)
- Greek yogurt (dannon greek light & fit, yoplait greek 100, dannon greek OIKOS triple zero) *Do Not eat the fruit in yogurt!*
  - FUN TIP: add a few drops of a liquid water enhancer to plain greek yogurt for a flavorful taste and no calories!
- Sugar free fudgsicle
- Sugar free pudding
- Powdered peanut butter (CHIKE sold in office)
  - FUN TIP: add powdered peanut butter into shakes to decrease sweetness and increase protein!
- Sugar free apple sauce
- Health wise Gelatin (15g protein/serving)
- Health wise soups, bouillon (15g protein/serving)

Full liquids (Day 3-14)

➢ **CAUTION HIGH FAT FOODS! Read all labels, choosing low fat/fat-free foods!**

Helpful tips for nausea:
- Avoid overeating
- Drink plenty of fluids (nausea is often triggered due to dehydration)
- Continue tracking protein & fluids (either on phone app such as Baritastic and/or written journal)
- Avoid carbonated beverages of any kind!
- Avoid eating and drinking at the same time!
- Avoid foods that may cause dumping syndrome
- May be sensitive to lactose (gas/bloating/nausea/upset stomach)
- Foods high in salt are OK if tolerated for extra electrolytes if having trouble staying hydrated.
### Clear + Full Liquids Sample Menus

<table>
<thead>
<tr>
<th>Protein</th>
<th>Breakfast</th>
<th>20-30g</th>
<th>Protein shake</th>
</tr>
</thead>
<tbody>
<tr>
<td>20-30g</td>
<td></td>
<td></td>
<td>Stay within 4-6 fl oz</td>
</tr>
<tr>
<td>15g</td>
<td>Snack</td>
<td></td>
<td>8-16oz clear protein drink</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Sipping on 8-16oz of a clear protein drink in between meals will count towards your overall fluid goal for the day and count towards protein goal for the day.</td>
</tr>
<tr>
<td>20-30</td>
<td>Lunch</td>
<td></td>
<td>4oz broth + 2oz drinkable yogurt</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Add unflavored protein powder</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Can utilize products fortified with protein in them such as Health Wise soups</td>
</tr>
<tr>
<td>0g</td>
<td>Snack</td>
<td></td>
<td>Sugar free popsicles or sugar free fudgsicle</td>
</tr>
<tr>
<td>20-30</td>
<td>Dinner</td>
<td></td>
<td>Protein shake or cream soup</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Stay within 4-6 fl oz</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Add unflavored protein powder to soups</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Total: Can utilize products fortified with protein in them such as Health Wise soups</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>75-105g</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>Protein</th>
<th>Breakfast</th>
<th>20-30g</th>
<th>Protein shake (made with protein powder)</th>
</tr>
</thead>
<tbody>
<tr>
<td>20-30g</td>
<td></td>
<td></td>
<td>Stay within 4-6 fl oz</td>
</tr>
<tr>
<td>0-15g</td>
<td>Snack</td>
<td></td>
<td>Sugar free jello</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Can utilize protein fortified products such as Health Wise gelatin cups</td>
</tr>
<tr>
<td>20-30</td>
<td>Lunch</td>
<td></td>
<td>6oz drinkable yogurt or 5-6oz greek yogurt</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Add unflavored protein powder</td>
</tr>
<tr>
<td>0-15g</td>
<td>Snack</td>
<td></td>
<td>Sugar free pudding</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Add unflavored protein powder</td>
</tr>
<tr>
<td>20-30</td>
<td>Dinner</td>
<td></td>
<td>Broth or cream soup</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Stay within 4-6 fl oz</td>
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<tr>
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<td></td>
<td>Add unflavored protein powder to soups</td>
</tr>
<tr>
<td></td>
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<td>Total: Can utilize products fortified with protein in them such as Health Wise soups</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>60-120g</td>
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<table>
<thead>
<tr>
<th>Protein</th>
<th>Breakfast</th>
<th>20-30g</th>
<th>Cream of wheat or malt-o-meal</th>
</tr>
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<tbody>
<tr>
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<td></td>
<td></td>
<td>Stay within 4-6 fl oz</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Add unflavored or vanilla protein powder</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Add 4oz Fair Life milk for additional 6-7g protein</td>
</tr>
<tr>
<td>15-17g</td>
<td>Snack</td>
<td></td>
<td>Health wise fruit drink (powder or concentrate)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Mix with 8-16oz water</td>
</tr>
<tr>
<td>20-30</td>
<td>Lunch</td>
<td></td>
<td>Protein shake</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Stay within 4-6 fl oz</td>
</tr>
<tr>
<td>0-15g</td>
<td>Snack</td>
<td></td>
<td>Unsweetened apple sauce</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Add unflavored protein powder</td>
</tr>
<tr>
<td>20-30</td>
<td>Dinner</td>
<td></td>
<td>5-6oz greek yogurt + 1-2 tablespoons powdered peanut butter</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Total:</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>75-122g</td>
</tr>
</tbody>
</table>
### Post-Op (Weeks 1-2) Bariatric Surgery Meal Schedule

*Plan ahead and create a time schedule that best suits your day!*

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30-7:00 am</td>
<td>Water - 4 oz</td>
</tr>
<tr>
<td>7:00-7:30 am</td>
<td>No Food/Fluids</td>
</tr>
<tr>
<td>7:30-8:00 am</td>
<td>Breakfast (6-8 oz full liquid meal)</td>
</tr>
<tr>
<td>8:00-8:30 am</td>
<td>No Food/Fluids</td>
</tr>
<tr>
<td>8:30-11:30 am</td>
<td>Water - sip, sip, sip - 12 oz (4 oz every hr)</td>
</tr>
<tr>
<td></td>
<td>1 protein water drink if needed to meet protein</td>
</tr>
<tr>
<td></td>
<td>requirements</td>
</tr>
<tr>
<td>11:30-12:00 pm</td>
<td>No Food/Fluids</td>
</tr>
<tr>
<td>12:30-1:00 pm</td>
<td>Lunch (6-8 oz full liquid meal)</td>
</tr>
<tr>
<td>1:00-1:30 pm</td>
<td>No Food/Fluids</td>
</tr>
<tr>
<td>1:30-2:30 pm</td>
<td>Water - sip, sip, sip - 4 oz</td>
</tr>
<tr>
<td>2:30-3:00 pm</td>
<td>No Food/Fluids</td>
</tr>
<tr>
<td>3:00-3:30 pm</td>
<td>PM Snack (6-8 oz full liquid meal)</td>
</tr>
<tr>
<td>3:30-4:00 pm</td>
<td>No Food/Fluids</td>
</tr>
<tr>
<td>4:00-5:30 pm</td>
<td>Water - sip, sip, sip - 6 oz (4 oz every hr)</td>
</tr>
<tr>
<td></td>
<td>1 protein water drink if needed to meet protein</td>
</tr>
<tr>
<td></td>
<td>requirements</td>
</tr>
<tr>
<td>5:30-6:00 pm</td>
<td>No Food/Fluids</td>
</tr>
<tr>
<td>6:00-6:30 pm</td>
<td>Dinner (6-8 oz full liquid meal)</td>
</tr>
<tr>
<td>6:30-7:00 pm</td>
<td>No Food/Fluids</td>
</tr>
<tr>
<td>7:00- Bedtime</td>
<td>Water - sip, sip, sip - 4 oz fluids/hr until bedtime</td>
</tr>
</tbody>
</table>

- Aim for 20-30 g protein per meal/ 5-15 g protein/snack: Add protein powder if needed!!! Aim for 48-64 oz decaf, sugar-free, non-carbonated fluids/day!
Soft & Moist Proteins (Week 3 & 4)

- Can begin this phase starting week 3; can wait until week 4 to start if needed.
- Stay on this phase for 2 weeks!
- 30/30 RULE! Stop drinking fluids 30 minutes before a meal & wait 30 minutes after your meal before drinking fluids again.
- This is to help prevent filling up on fluids before a meal.
- Prevent overloading the stomach after eating which could cause nausea, regurgitation, heartburn, and early gastric emptying.
- Take small nickel size bites.
- Practice mindful eating (20-30 minutes to complete a meal)
- 3 meals + 2 snacks (eating about every 3 hours)

Foods List!

Meat- Must be MOIST, TENDER MEATS. (Ground, Diced, Pureed).
- Fish (canned): tuna, salmon, cod, tilapia, shrimp
- Chicken
- Turkey
- Pork
- LIMIT GROUND BEEF- NO STEAK OR FAJITA BEEF
- Baby food meats

TIPS:
- Can cook in crock pot to add moisture to meats
- Use only 1-2 tablespoons of olive oil at 1 time
- Can add reduced sodium & reduced fat sauces to soften meat such as: gravies, bouillon, light mayo (made with olive oil)

Eggs & Egg Substitutes & Dairy: CAUTION YOLK DUE TO HIGH FAT CONTENT (may need to eliminate yolks for the first few weeks)
- Eggs
- Egg whites
- Eggbeaters
- Low fat/fat free cottage cheese
- Part skim mozzarella
- Part skim ricotta
- Part skim Feta cheese
- Halo (protein ice cream) ½ cup serving size= 60 calories, 5g fiber, 4g sugar, 5g sugar alcohols, 6g protein

TIPS:
- Can prepare scrambles eggs, poached eggs.
- Use only 1-2 tablespoons of olive oil at 1 time

Plant Proteins: LIMIT TO 1-2x/week- 1/3 CUP SERVING SIZE DUE TO HIGH FIBER CONTENT
- Reduced fat refried beans (1/4 cup serving at 1 time)
- Hummus (chickpeas)
- Legumes
- Lentils
- Black beans
- Kidney beans
- Pinto beans
- Peas (split, cooked)

TIPS:
- Use low-sodium CANNED beans, lentils
- Use frozen and cook/steam until tender then mash up.

Remember! NO MASHED POTATOES, BREAD, PASTA, RICE, SIMPLE SUGARS

Notes:
- Fluid Goal: 48-64 oz per day
- Protein Goal:
  - Women 60-80 grams per day
  - Men 80-100 grams per day
### Soft & Moist Proteins Sample Menus

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Cream of wheat with skim milk</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Stay within 4-6 fl oz</td>
</tr>
<tr>
<td>Snack</td>
<td>Protein 2o (clear protein drink)</td>
</tr>
<tr>
<td></td>
<td>Sipping on 8-16oz of a clear protein drink in between meals will count towards your overall fluid goal for the day and count towards protein goal for the day.</td>
</tr>
<tr>
<td>Lunch</td>
<td>2-3oz Tuna (canned in water, add 1 tablespoon light mayo) + 2oz fat-free cottage cheese</td>
</tr>
<tr>
<td>Snack</td>
<td>Protein shake</td>
</tr>
<tr>
<td></td>
<td>Stay within 4-6 fl oz</td>
</tr>
<tr>
<td>Dinner</td>
<td>2-3oz shredded chicken (skinless) + 1/3 cup mashed kidney or black beans</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Protein shake</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Stay within 4-6 fl oz</td>
</tr>
<tr>
<td>Snack</td>
<td>Unsweetened sugar-free applesauce</td>
</tr>
<tr>
<td></td>
<td>Add unflavored protein powder</td>
</tr>
<tr>
<td>Lunch</td>
<td>4oz greek yogurt + 1-2oz thin sliced deli turkey + sugar free popsicle</td>
</tr>
<tr>
<td>Snack</td>
<td>8-16oz clear protein drink</td>
</tr>
<tr>
<td>Dinner</td>
<td>2-3oz fish + 2oz cream soup (tomato, chicken) with sprinkle of 2% shredded cheese</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>1 soft scrambled egg or 1 egg white with sprinkle of 2% shredded cheese + 2-4oz greek yogurt</th>
</tr>
</thead>
<tbody>
<tr>
<td>Snack</td>
<td>Protein 2o (clear protein drink)</td>
</tr>
<tr>
<td></td>
<td>Sipping on 8-16oz of a clear protein drink in between meals will count towards your overall fluid goal for the day and count towards protein goal for the day.</td>
</tr>
<tr>
<td>Lunch</td>
<td>2oz fat free ricotta cheese with spaghetti sauce + 2-3oz lean ground turkey meat</td>
</tr>
<tr>
<td>Snack</td>
<td>Sugar free pudding or sugar free jello</td>
</tr>
<tr>
<td>Dinner</td>
<td>2-3oz soft/chopped pork tenderloin +2oz fat free cottage cheese</td>
</tr>
</tbody>
</table>
### Post-Op (Weeks 3+) Bariatric Surgery Meal Schedule

Plan ahead and create a time schedule that best suits your day!

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal/Drink</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30-7:00 am</td>
<td>Water - 4 oz</td>
</tr>
<tr>
<td>7:00-7:30 am</td>
<td>No Food/Fluids</td>
</tr>
<tr>
<td>7:30-8:00 am</td>
<td>Breakfast</td>
</tr>
<tr>
<td>8:00-8:30 am</td>
<td>No Food/Fluids</td>
</tr>
<tr>
<td>8:30-9:30 am</td>
<td>Water - sip, sip, sip - 8 oz</td>
</tr>
<tr>
<td>9:30-10:00 am</td>
<td>No Food/Fluids</td>
</tr>
<tr>
<td>10:00-10:30 am</td>
<td>AM snack</td>
</tr>
<tr>
<td>10:30-11:00 am</td>
<td>No Food/Fluids</td>
</tr>
<tr>
<td>11:00 am-12:00 pm</td>
<td>Water - sip, sip, sip - 16 oz</td>
</tr>
<tr>
<td>12:00-12:30 pm</td>
<td>No Food/Fluids</td>
</tr>
<tr>
<td>12:30-1:00 pm</td>
<td>Lunch</td>
</tr>
<tr>
<td>1:00-1:30 pm</td>
<td>No Food/Fluids</td>
</tr>
<tr>
<td>1:30-2:30 pm</td>
<td>Water - sip, sip, sip - 8 oz</td>
</tr>
<tr>
<td>2:30-3:00 pm</td>
<td>No Food/Fluids</td>
</tr>
<tr>
<td>3:00-3:30 pm</td>
<td>PM Snack</td>
</tr>
<tr>
<td>3:30-4:00 pm</td>
<td>No Food/Fluids</td>
</tr>
<tr>
<td>4:00-5:30 pm</td>
<td>Water - sip, sip, sip - 16 oz</td>
</tr>
<tr>
<td>5:30-6:00 pm</td>
<td>No Food/Fluids</td>
</tr>
<tr>
<td>6:00-6:30 pm</td>
<td>Dinner</td>
</tr>
<tr>
<td>6:30-7:00 pm</td>
<td>No Food/Fluids</td>
</tr>
<tr>
<td>7:00-8:00 pm</td>
<td>Water - sip, sip, sip - 8 oz</td>
</tr>
<tr>
<td>8:00-8:30 pm</td>
<td>No Food/Fluids</td>
</tr>
<tr>
<td>8:30-9:00 pm</td>
<td>Bedtime Snack</td>
</tr>
<tr>
<td>9:00-9:30 pm</td>
<td>No Food/Fluids</td>
</tr>
<tr>
<td>9:30- Bedtime</td>
<td>Water - sip, sip, sip - 8 oz</td>
</tr>
</tbody>
</table>

- Aim for 20-30 g protein per meal/ 5-15 g protein/snack. Add protein powder if needed!!!
- Schedule above provides 68 oz of water/day- goal is >64 oz decaf, sugar-free, non-carbonated fluids/day!
**Soft Proteins/ Low Fiber (Week 5-7)**

- IF you are comfortable with soft protein foods, begin adding low fiber fruits & vegetables into your diet.
- WAIT until 5-6 weeks after surgery.
- Stay on this phase for 2-3 weeks!
- Aim to consume protein first, then fruits & vegetables second.
- Make sure you are taking the recommended bariatric multivitamin-multimineral.

**Notes:**
- Fluid Goal: 48-64oz per day
- Protein Goal:
  - Women 60-80 grams per day
  - Men 80-100 grams per day

**Foods List! (Add these foods onto the previously shown “soft & moist proteins” list)**

**Fruits:** MUST be soft (Pureed, Blended, Finely Chopped)

- Canned fruits (canned in water or ‘natural juices’)
- ¼ small banana
- Cantaloupe
- Grapes (seedless)
- Honeydew
- Mangos
- Watermelon (LIMIT TO ¼ C. 1-2x/week DUE TO HIGHER SUGAR CONTENT)
- Frozen fruits that do not contain seeds can now be added to protein shakes if desired

**TIP:**
- Always drain canned fruit, rinse it, then drain again to help pull off added sugars

**Vegetables:** MUST be soft (Steamed, Pureed, Blended, Finely Chopped)

- Can use baby food vegetables
- Avocados
- Beets
- Cabbage
- Carrots (cooked, limit to 1 serving per day)
- Cucumber
- Eggplant
- Green beans
- Pumpkin
- Red bell pepper
- Snow peas
- Spaghetti squash
- Spinach
- Yellow squash
- Zucchini

**CAUTION DUE TO GAS/BLOATING/STRINGY**

- Asparagus
- Broccoli
- Cauliflower
- Celery
- Green bell pepper

**LIMIT 1-2x Week: STARCHY/COMPLEX CARBS:** These are easy to mash up, but keep in mind they are starchy, which means they will break down into sugar

- Mashed potatoes
- Sweet potatoes
- Squash (winter, acorn, butternut, calabaza)
- Corn
- Yams

**Remember! NO BREAD, PASTA, RICE, SIMPLE SUGARS**
### Soft Proteins/Low Fiber Sample Menus

| Breakfast | 1 egg white omelet with diced 1-2oz ham + 2% shredded cheese + ¼ cup canned fruit |
| Snack     | Protein shake |
|           | Stay within 4-8 fl oz |
| Lunch     | 2-3oz thin sliced deli meat (chicken, ham, turkey) + sprinkle 2% shredded cheese & spread with low fat cream cheese rolled up (low carb pinwheel) + ¼ cup steamed non-starchy vegetables |
| Snack     | 2-3oz greek yogurt topped with 1-2 tablespoon soft canned fruit |
| Dinner    | 2-3oz moist rotisserie chicken (WITHOUT SKIN) + ¼ cup mashed sweet potatoes with unflavored protein powder added if needed |

| Breakfast | Health wise breakfast meal (Southwestern omelet, Bacon cheese omelet, Apple cinnamon oatmeal, Brown sugar oatmeal) |
| Snack     | Unsweetened sugar-free applesauce with added cinnamon |
|           | Add unflavored protein powder |
| Lunch     | 2-3oz thin sliced deli meat + 1/3 cup steamed green beans + sugar free popsicle |
| Snack     | 8-16oz clear protein drink |
| Dinner    | 2-3oz lean meat (skinless chicken, fish, pork, beef) + 1/3 cup stir-fry vegetables (in low sodium soy sauce) |

| Breakfast | Protein shake |
| Snack     | Parfait: 2-3oz greek yogurt + 1-2 Tbsp powdered peanut butter + 1 Tbsp canned fruit |
| Lunch     | 2-3oz lean meat + ¼ cup hummus + few cucumber slices |
| Snack     | 8-16oz clear protein drink |
| Dinner    | 2-3oz boiled shrimp with 1 Tbsp cocktail sauce+ 1/3 cup sautéed spinach |

| Breakfast | Protein pancake (1 egg+ 1-2 egg whites + 1 small ripe banana + ½ scoop protein powder) |
| Snack     | 2-3oz fat free cottage cheese + ¼ cup soft canned fruit |
| Lunch     | 2oz skinless chicken with 2 Tbsp low fat gravy + <¼ cup lentils + ¼ cup steamed non-starchy vegetable |
| Snack     | 1oz cheese cubes + 5-8 seedless grapes |
| Dinner    | 4oz Health wise tomato soup + 1-2oz chopped/diced chicken + sprinkle 2% shredded cheese |
Solid Foods: (Week 8)

- Wait 2 months after surgery before beginning this phase.
- IF able to reach recommended protein and fluid goals most days (5 or more days out of the week), then you can begin to trial more solid foods.

Due to the increase in density and increase in fiber content of foods, monitor and take note of your tolerance to any food that is being reintroduced into your diet.

**Notes:**
- Fluid Goal: 64oz per day
- Protein Goal:
  - Women 60-80 grams per day
  - Men 80-100 grams per day
- Calorie Goals:
  - Women 650-800 calories per day
  - Men 750-900 calories per day
- Carb Goals:
  - About 30-60 grams per day
- Fat Goals:
  - 20-30 grams per day
  - 4-6 grams saturated

**Foods List!**

**Stringy Meats:** 2-3oz serving at 1 time
- Beef fajita meat- steak
- Brisket
- Beef jerky
- Scallops
- Calamari

**Soft Grains:** ¼ cup serving at 1 time. LIMIT TO 1-3x/week
- Oatmeal (instant, steel-cut oats, old fashioned oats)
- Quinoa
- CousCous (look for whole grain and/or wheat )

**Fruits:** CAN HAVE SKIN & SEEDS OF FRUITS
- Apples
- Blackberries
- Blueberries
- Peaches
- Pears
- Plums
- Prunes
- Raspberries
- Strawberries

**Vegetables:**
- Asparagus
- Broccoli
- Cauliflower
- Celery
- Green bell pepper
- Salad
  - Choose ‘SPRING MIX OR 50/50 SRPING & SPINACH MIX
  - Romaine is OK, but it is ROUGH so still may cause some mild gas, bloating, abdominal pain/discomfort.
  - AVOID ICEBERG lettuce. It does not provide any nutritional value and is very rough so can cause gas, bloating, and abdominal pain/discomfort.

*Remember! NO SIMPLE SUGARS*
**Notes:**
- Continue tracking calories at least 1-3 times per week using an app such as Baritastic, My Fitness Pal, or keep written food journal before seeing registered dietitian for dietary follow-up.

---

**Advanced Solid Foods:**
(Week >9)

- Wait until you are PAST 2 months after surgery to begin incorporating these foods.
- IF able to reach recommended protein and fluid goals most days (5 or more days out of the week), then you can begin to trial more solid foods.
- Due to the increase in acidic and increase in fiber content of foods, monitor and take note of your tolerance to any food that is being reintroduced into your diet.

---

**Foods List!**

- **Citrus fruits:**
  - Clementine
  - Grapefruit
  - Kiwi
  - Lemons & limes
  - Mandarins
  - Oranges
  - Pineapples
  - Tangerines

- **Other Grains:** LIMIT TO 1-2x/week
  - Bread 1 slice (whole & untoasted; aim for whole grain, whole wheat, ect.)
  - English muffin (1/2 muffin)
  - Rice 3 Tbsp (cooked & whole grain)
  - Cereals: (aim for oat bran, wheat bran, rice bran, all-bran, corn bran cereals)

- **Peanut Butter- Nuts & Seeds**
  - Almond butter
  - Cashew butter
  - (all nut butters)
  - Almonds
  - Cashews
  - Peanuts
  - Pecans
  - Pistachios
  - Walnuts**
  - Chia seeds
  - Flaxseeds
  - Pumpkin seeds
  - Sunflower seeds

- **PROTEIN BARS**
  - <250 calories per protein bar
  - <14 grams of sugar
  - 15-30 grams of protein per serving
Loop Duodenal Switch
After Bariatric Surgery Diet

IMPORTANT notes:
- No caffeine for 30 days
- No carbonation!
- No straws! (for minimal 2 weeks to prevent taking in additional air)
- Sip-sip-sip!
- 2oz every 30 minutes
- 4oz every 60 minutes
- 8oz every 2 hours (drink in between meals)
- Fluid Goals: 48-64oz
- Protein Goals:
  - Women 60-80 grams per day
  - Men 80-100 grams per day

Foods List!
Clear protein drinks:
- Health wise fruit drinks
- Protein 2o
- Isopure
- New Whey
- Atkins lift

Meals:
- Bouillon (beef, chicken, vegetable)
- Broth (beef, chicken, vegetable)
- Sugar free jello
- Health wise Gelatin (15g protein/serving)
- Health wise soups, bouillon (15g protein/serving)

Other beverages:
- Decaf tea, coffee
- Dasani flavored water
- Water enhancers (crystal light, Mio, infused waters with fruits & vegetables)
- Sugar free fruit juices (apple, cranberry, grape)
- Juicy juice (dilute all flavors)
- Mott’s for lots 40% less sugar
- Ocean Spray light juices
- Welch’s light juices
- V8 Fusion (fruit juices) light

Electrolyte replacements: (choose sugar free, if not sugar free then dilute 50/50 with water)
- Gatorade Zero/PowerAde Zero
- Pedialyte
- Propel workout water

Clear Liquids
(Day 1-2)

- Begin right after surgery.
- Will be on clear liquid diet in the hospital
- Recommend taking clear protein drinks/supplements with you to the hospital.
- Begin ADEK chewable bariatric multivitamin-multimineral after discharged from the hospital and at home.
Clear + Full Liquids (Days 3-16)

➤ CAUTION HIGH FAT FOODS! Read all labels, choosing low fat/fat-free foods!

Helpful tips for nausea:
- Avoid overeating
- Drink plenty of fluids (nausea is often triggered due to dehydration)
- Continue tracking protein & fluids (either on phone app such as Baritastic and/or written journal)
- Avoid carbonated beverages of any kind!
- Avoid eating and drinking at the same time!
- Avoid foods that may cause dumping syndrome
- May be sensitive to lactose (gas/bloating/nausea/upset stomach)
- Foods high in salt are OK if tolerated for extra electrolytes if having trouble staying hydrated.

Foods List!

Full protein drinks (protein powders)
- Bari life whey protein powder
- Bariatric fusion protein powder
- Frog fuel protein shots
- Unflavored protein powders (Genepro, Unjury, Nectar Medical, Beneprotein)

Mixed with: BE MINDFUL OF INTRODUCING LACTOSE OR DAIRY PRODUCTS INTO DIET
- Water
- Skim milk, Skim Fair Life milk (NO LACTOSE)
- Soy milk
- Rice milk
- Almond milk

Remember! MOST pre-made protein shakes bought in the store are high in volume- Aim to avoid volumes larger than 6oz at 1 time for the first 1-2 weeks after bariatric surgery.

Meals:
- Cream soups (chicken, vegetable, ect.)
  ***MUST BE: STRAINED- NO LUMPS-NO BUMPS- FAT FREE***
  - Cream of wheat
  - Malt-O-Meal
  - Grits
  - Drinkable yogurt (Kiefer, La La, dannon protein smoothies)
  - Greek yogurt (dannon greek light & fit, yoplait greek 100, dannon greek OIKOS triple zero) *Do Not eat the fruit in yogurt!
    - FUN TIP: add a few drops of a liquid water enhancer to plain greek yogurt for a flavorful taste and no calories!
  - Sugar free fudgsicle
  - Sugar free pudding
  - Powdered peanut butter (CHIKE sold in office)
    - FUN TIP: add powdered peanut butter into shakes to decrease sweetness and increase protein!
  - Sugar free apple sauce
  - Health wise Gelatin (15g protein/serving)
  - Health wise soups, bouillon (15g protein/serving)

Notes:
- Aim for >24-32oz CLEAR liquids + 24-32oz of any combination of FULL Liquids
- Protein Goals:
  - Women 80-100 grams per day
  - Men 100-120 grams per day
- Exercise goal: walk 5 minutes every 1-2 hours will help prevent blood clots.
- Make sure you are taking bariatric multivitamin-multimineral
### Clear + Full Liquids Sample Menus

<table>
<thead>
<tr>
<th>Protein</th>
<th>Breakfast</th>
<th>Protein shake (made with protein powder)</th>
</tr>
</thead>
<tbody>
<tr>
<td>20-30g</td>
<td>Stay within 4-6 fl oz</td>
<td></td>
</tr>
<tr>
<td>15g</td>
<td>Sugar free jello</td>
<td></td>
</tr>
<tr>
<td>0-15g</td>
<td>Can utilize protein fortified products such as Health Wise gelatin cups</td>
<td></td>
</tr>
<tr>
<td>20-30</td>
<td>6oz drinkable yogurt or 5-6oz greek yogurt</td>
<td></td>
</tr>
<tr>
<td>0-15g</td>
<td>Sugar free pudding</td>
<td></td>
</tr>
<tr>
<td>20-30</td>
<td>Broth or cream soup</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Stay within 4-6 fl oz</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Add unflavored protein powder</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Add unflavored protein powder to soups</td>
<td></td>
</tr>
<tr>
<td>Total:</td>
<td>Can utilize products fortified with protein in them such as Health Wise soups</td>
<td></td>
</tr>
<tr>
<td>60-120g</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Protein</th>
<th>Breakfast</th>
<th>Protein shake</th>
</tr>
</thead>
<tbody>
<tr>
<td>20-30g</td>
<td>Stay within 4-6 fl oz</td>
<td></td>
</tr>
<tr>
<td>15g</td>
<td>Add unflavored or vanilla protein powder</td>
<td></td>
</tr>
<tr>
<td>15-17g</td>
<td>Add 4oz Fair Life milk for additional 6-7g protein</td>
<td></td>
</tr>
<tr>
<td>15g</td>
<td>Health wise fruit drink (powder or concentrate)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Mix with 8-16oz water</td>
<td></td>
</tr>
<tr>
<td>20-30</td>
<td>Protein shake</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Stay within 4-6 fl oz</td>
<td></td>
</tr>
<tr>
<td>0-15g</td>
<td>Unsweetened apple sauce</td>
<td></td>
</tr>
<tr>
<td>20-30</td>
<td>5-6oz greek yogurt + 1-2 tablespoons powdered peanut butter</td>
<td></td>
</tr>
<tr>
<td>Total:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>75-122g</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
## Post-Op (Weeks 1-2) Bariatric Surgery Meal Schedule

*Plan ahead and create a time schedule that best suits your day!*

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30-7:00 am</td>
<td>Water - 4 oz</td>
</tr>
<tr>
<td>7:00-7:30 am</td>
<td>No Food/Fluids</td>
</tr>
<tr>
<td>7:30-8:00 am</td>
<td>Breakfast (6-8 oz full liquid meal)</td>
</tr>
<tr>
<td>8:00-8:30 am</td>
<td>No Food/Fluids</td>
</tr>
<tr>
<td>8:30-11:30 am</td>
<td>Water - sip, sip, sip - 12 oz (4 oz every hr)</td>
</tr>
<tr>
<td></td>
<td>1 protein water drink if needed to meet protein</td>
</tr>
<tr>
<td></td>
<td>requirements</td>
</tr>
<tr>
<td>11:30-12:00 pm</td>
<td>No Food/Fluids</td>
</tr>
<tr>
<td>12:00-1:00 pm</td>
<td>Lunch (6-8 oz full liquid meal)</td>
</tr>
<tr>
<td>1:00-1:30 pm</td>
<td>No Food/Fluids</td>
</tr>
<tr>
<td>1:30-2:30 pm</td>
<td>Water - sip, sip, sip - 4 oz</td>
</tr>
<tr>
<td>2:30-3:00 pm</td>
<td>No Food/Fluids</td>
</tr>
<tr>
<td>3:00-3:30 pm</td>
<td>PM Snack (6-8 oz full liquid meal)</td>
</tr>
<tr>
<td>3:30-4:00 pm</td>
<td>No Food/Fluids</td>
</tr>
<tr>
<td>4:00-5:30 pm</td>
<td>Water - sip, sip, sip - 6 oz (4 oz every hr)</td>
</tr>
<tr>
<td></td>
<td>1 protein water drink if needed to meet protein</td>
</tr>
<tr>
<td></td>
<td>requirements</td>
</tr>
<tr>
<td>5:30-6:00 pm</td>
<td>No Food/Fluids</td>
</tr>
<tr>
<td>6:00-6:30 pm</td>
<td>Dinner (6-8 oz full liquid meal)</td>
</tr>
<tr>
<td>6:30-7:00 pm</td>
<td>No Food/Fluids</td>
</tr>
<tr>
<td>7:00- Bedtime</td>
<td>Water - sip, sip, sip - 4 oz fluids/hr until bedtime</td>
</tr>
</tbody>
</table>

- Aim for 20-30 g protein per meal/ 5-15 g protein/snack: Add protein powder if needed!!! Aim for 48-64 oz decaf, sugar-free, non-carbonated fluids/day!
Soft & Moist Proteins (Week 3-5)

- Can begin this phase starting week 3; can wait until week 4 to start if needed.
- Stay on this phase for 2-3 weeks!
- 30/30 RULE! Stop drinking fluids 30 minutes before a meal & wait 30 minutes after your meal before drinking fluids again.
- This is to help prevent filling up on fluids before a meal.
- Prevent overloading the stomach after eating which could cause nausea, regurgitation, heartburn, and early gastric emptying.
- Take small nickel size bites.
- Practice mindful eating (20-30 minutes to complete a meal).
- 3 meals + 2 snacks (eating about every 3 hours).

Foods List!
Meat- Must be MOIST, TENDER MEATS. (Ground, Diced, Pureed).
  - Fish (canned): tuna, salmon, cod, tilapia, shrimp
  - Chicken
  - Turkey
  - Pork
  - LIMIT GROUND BEEF: NO STEAK OR FAJITA BEEF
  - Baby food meats

TIPS:
- Can cook in crock pot to add moisture to meats
- Use only 1-2 tablespoons of olive oil at 1 time
- Can add reduced sodium & reduced fat sauces to soften meat such as: gravies, bouillon, light mayo (made with olive oil)

Eggs & Egg Substitutes & Dairy: CAUTION YOLK DUE TO HIGH FAT CONTENT (may need to eliminate yolks for the first few weeks)
  - Eggs
  - Egg whites
  - Eggbeaters
  - Low fat/fat free cottage cheese
  - Part skim mozzarella
  - Part skim ricotta
  - Part skim Feta cheese
  - Halo (protein ice cream) ½ cup serving size= 60 calories, 5g fiber, 4g sugar, 5g sugar alcohols, 6g protein

TIPS:
- Can prepare scrambles eggs, poached eggs.
- Use only 1-2 tablespoons of olive oil at 1 time

Plant Proteins: LIMIT TO CANNED, 1-2x/week, 2 Tbsp SERVING SIZE DUE TO HIGH FIBER CONTENT
  - Reduced fat refried beans
  - Hummus (chickpeas)
  - Black beans
  - Kidney beans
  - Pinto beans

TIPS:
- Use low-sodium when canned and AVOID BAKED BEANS

Remember! NO MASHED POTATOES, BREAD, PASTA, RICE, SIMPLE SUGARS

Notes:
- Fluid Goal: 48-64oz per day
- Protein Goal:
  - Women 80-100 grams per day
  - Men 100-120 grams per day
- Begin probiotic!
- Begin taking additional 500-600mg calcium with ADEK chewable bariatric multivitamin-multimineral
## Soft & Moist Proteins Sample Menus

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Cream of wheat with skim milk</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Stay within 4-6 fl oz</td>
</tr>
<tr>
<td>Snack</td>
<td>Protein 2o (clear protein drink)</td>
</tr>
<tr>
<td></td>
<td>Sipping on 8-16oz of a clear protein drink in between meals will count towards your overall fluid goal for the day and count towards protein goal for the day.</td>
</tr>
<tr>
<td>Lunch</td>
<td>2-3oz Tuna (canned in water, add 1 tablespoon light mayo) + 2oz fat-free cottage cheese</td>
</tr>
<tr>
<td>Snack</td>
<td>Protein shake</td>
</tr>
<tr>
<td></td>
<td>Stay within 4-6 fl oz</td>
</tr>
<tr>
<td>Dinner</td>
<td>2-3oz shredded chicken (skinless) + 1/3 cup mashed kidney or black beans</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Protein shake</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Stay within 4-6 fl oz</td>
</tr>
<tr>
<td>Snack</td>
<td>Unsweetened sugar-free applesauce</td>
</tr>
<tr>
<td></td>
<td>Add unflavored protein powder</td>
</tr>
<tr>
<td>Lunch</td>
<td>4oz greek yogurt + 1-2oz thin sliced deli turkey + sugar free popsicle</td>
</tr>
<tr>
<td>Snack</td>
<td>8-16oz clear protein drink</td>
</tr>
<tr>
<td>Dinner</td>
<td>2-3oz fish + 2oz cream soup (tomato, chicken) with sprinkle of 2% shredded cheese</td>
</tr>
</tbody>
</table>

| Breakfast | 1 soft scrambled egg or 1 egg white with sprinkle of 2% shredded cheese + 2-4oz greek yogurt |
| Snack      | Protein 2o (clear protein drink) |
|            | Sipping on 8-16oz of a clear protein drink in between meals will count towards your overall fluid goal for the day and count towards protein goal for the day. |
| Lunch      | 2oz fat free ricotta cheese with spaghetti sauce + 2-3oz lean ground turkey meat |
| Snack      | Sugar free pudding or sugar free jello |
| Dinner     | 2-3oz soft/chopped pork tenderloin +2oz fat free cottage cheese |
# Post-Op (Weeks 3+) Bariatric Surgery Meal Schedule

Plan ahead and create a time schedule that best suits your day!

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal/Fluids</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30-7:00 am</td>
<td>Water - 4 oz</td>
</tr>
<tr>
<td>7:00-7:30 am</td>
<td>No Food/Fluids</td>
</tr>
<tr>
<td>7:30-8:00 am</td>
<td>Breakfast</td>
</tr>
<tr>
<td>8:00-8:30 am</td>
<td>No Food/Fluids</td>
</tr>
<tr>
<td>8:30-9:30 am</td>
<td>Water - sip, sip, sip - 8 oz</td>
</tr>
<tr>
<td>9:30-10:00 am</td>
<td>No Food/Fluids</td>
</tr>
<tr>
<td>10:00-10:30 am</td>
<td>AM snack</td>
</tr>
<tr>
<td>10:30-11:00 am</td>
<td>No Food/Fluids</td>
</tr>
<tr>
<td>11:00 am-12:00 pm</td>
<td>Water - sip, sip, sip - 16 oz</td>
</tr>
<tr>
<td>12:00-12:30 pm</td>
<td>No Food/Fluids</td>
</tr>
<tr>
<td>12:30-1:00 pm</td>
<td>Lunch</td>
</tr>
<tr>
<td>1:00-1:30 pm</td>
<td>No Food/Fluids</td>
</tr>
<tr>
<td>1:30-2:30 pm</td>
<td>Water - sip, sip, sip - 8 oz</td>
</tr>
<tr>
<td>2:30-3:00 pm</td>
<td>No Food/Fluids</td>
</tr>
<tr>
<td>3:00-3:30 pm</td>
<td>PM Snack</td>
</tr>
<tr>
<td>3:30-4:00 pm</td>
<td>No Food/Fluids</td>
</tr>
<tr>
<td>4:00-5:30 pm</td>
<td>Water - sip, sip, sip - 16 oz</td>
</tr>
<tr>
<td>5:30-6:00 pm</td>
<td>No Food/Fluids</td>
</tr>
<tr>
<td>6:00-6:30 pm</td>
<td>Dinner</td>
</tr>
<tr>
<td>6:30-7:00 pm</td>
<td>No Food/Fluids</td>
</tr>
<tr>
<td>7:00-8:00 pm</td>
<td>Water - sip, sip, sip - 8 oz</td>
</tr>
<tr>
<td>8:00-8:30 pm</td>
<td>No Food/Fluids</td>
</tr>
<tr>
<td>8:30-9:00 pm</td>
<td>Bedtime Snack</td>
</tr>
<tr>
<td>9:00-9:30 pm</td>
<td>No Food/Fluids</td>
</tr>
<tr>
<td>9:30- Bedtime</td>
<td>Water - sip, sip, sip - 8 oz</td>
</tr>
</tbody>
</table>

- Aim for 20-30 g protein per meal/ 5-15 g protein/snack. Add protein powder if needed!!!
- Schedule above provides 68 oz of water/day- goal is >64 oz decaf, sugar-free, non-carbonated fluids/day!
**Soft Proteins/ Low Fiber (Week 6-8)**

- IF you are comfortable with soft protein foods, begin adding low fiber fruits & vegetables into your diet.

- WAIT until 6-8 weeks after surgery.

- Stay on this phase for 2-3 weeks!

- Aim to consume protein first, then fruits & vegetables second.

- Make sure you are taking the recommended bariatric vitamins, calcium, and probiotic.

- If taking any other additional vitamins, supplements, etc. Please bring a written list containing brand name of the supplement and dosage you are taking. If not, you are welcome to bring any and all supplements with you to your dietary follow-up.

**Notes:**
- **Fluid Goal:** 48-64oz per day
- **Protein Goal:**
  - Women 80-100 grams per day
  - Men 100-120 grams per day
- **Calorie Goals:**
  - Women 650-800 calories per day
  - Men 750-900 calories per day
- **Carb Goals:**
  - About 30-60 grams per day
- **Fat Goals:**
  - 20-30 grams per day
  - 4-6 grams saturated

**These are average recommendations, subject to change at dietary follow-up with the registered dietitian.**

**Foods List! (Add these foods onto the previously shown “soft & moist proteins” list)**

**Fruits:** MUST be soft (Pureed, Blended, Finely Chopped)  
**DO NOT CONSUME THE SEEDS AND/OR SKINS OF FRUITS**
- Canned fruits (canned in water or ‘natural juices’)
- ¼ small ripe banana
- Cantaloupe
- Grapes (seedless, red & green)
- Honeydew
- Mangos (MONITOR)
- Frozen fruits that do not contain seeds can now be added to protein shakes if desired

**TIP:**
- Always drain canned fruit, rinse it, then drain again to help pull off added sugars

**Vegetables:** MUST be soft (Steamed, Pureed, Blended, Finely Chopped) NO RAW **CAUTION SKINS**
- Can use baby food vegetables
- Avocados (MONITOR)
- Broccoli
- Brussel sprouts
- Cabbage (red, NOT savory)
- Carrots (cooked, limit to 1 serving per day)
- Cucumber
- Eggplant
- Fennel
- Green beans
- Green Bell Pepper
- Okra
- Pumpkin
- Red bell pepper
- Spaghetti squash
- Spinach
- Yellow squash
- Zucchini

**AVOID DUE TO GAS/BLOATING/STRINGY VEGETABLE**
- Asparagus
- Butternut squash
- Cauliflower
- Leeks
- Mushrooms
- Onions, white

Remember! NO POTATOES, BREAD, PASTA, RICE, SIMPLE SUGARS
# Soft Proteins/Low Fiber Sample Menus

| Breakfast | 1 egg white omelet with diced 1-2oz ham + 2% shredded cheese + ¼ cup canned fruit |
| Snack | Protein shake |
| | Stay within 4-8 fl oz |
| Lunch | 2-3oz thin sliced deli meat (chicken, ham, turkey) + sprinkle 2% shredded cheese & spread with low fat cream cheese rolled up (low carb pinwheel) + ¼ cup steamed non-starchy vegetables |
| Snack | 2-3oz greek yogurt topped with 1-2 tablespoon soft canned fruit |
| Dinner | 2-3oz moist rotisserie chicken (WITHOUT SKIN) + ¼ cup mashed sweet potatoes with unflavored protein powder added if needed |

| Breakfast | Health wise breakfast meal (Southwestern omelet, Bacon cheese omelet, Apple cinnamon oatmeal, Brown sugar oatmeal) |
| Snack | Unsweetened sugar-free applesauce with added cinnamon |
| | Add unflavored protein powder |
| Lunch | 2-3oz thin sliced deli meat + 1/3 cup steamed green beans + sugar free popsicle |
| Snack | 8-16oz clear protein drink |
| Dinner | 2-3oz lean meat (skinless chicken, fish, pork, beef) + 1/3 cup stir-fry vegetables (in low sodium soy sauce) |

| Breakfast | Protein shake |
| Snack | Parfait: 2-3oz greek yogurt + 1-2 Tbsp powdered peanut butter + 1 Tbsp canned fruit |
| Lunch | 2-3oz lean meat + ¼ cup hummus + few cucumber slices |
| Snack | 8-16oz clear protein drink |
| Dinner | 2-3oz boiled shrimp with 1 Tbsp cocktail sauce+ 1/3 cup sautéed spinach |

| Breakfast | Protein pancake (1 egg+ 1-2 egg whites + 1 small ripe banana + ½ scoop protein powder) |
| Snack | 2-3oz fat free cottage cheese + ¼ cup soft canned fruit |
| Lunch | 2oz skinless chicken with 2 Tbsp low fat gravy + <¼ cup lentils + ¼ cup steamed non-starchy vegetable |
| Snack | 1oz cheese cubes + 5-8 seedless grapes |
| Dinner | 4oz Health wise tomato soup + 1-2oz chopped/diced chicken + sprinkle 2% shredded cheese |
Solid Foods:
(Week 9)

- **Wait >2 months after surgery before beginning this phase.**
- **IF able to reach recommended protein and fluid goals most days (5 or more days out of the week), then you can begin to trial more solid foods.**
- **Due to the increase in density and increase in fiber content of foods, monitor and take note of your tolerance to any food that is being reintroduced into your diet.**

**Foods List!**

### Stringy Meats: 2-3oz serving at 1 time
- Beef fajita meat
- Brisket
- Beef jerky
- Scallops
- Calamari

### Soft Grains: ¼ cup serving at 1 time. LIMIT 1-3x/week
- Oatmeal (instant, steel-cut oats, old fashioned oats)
- Quinoa
- CousCous (look for whole grain and/or wheat)

LIMIT 1-2x Week: STARCHY/COMPLEX CARBS: **These are easy to mash up, but keep in mind they are starchy, which means they will break down into sugar**
- Mashed potatoes
- Sweet potatoes
- Squash (winter, acorn, butternut, calabaza)
- Corn
- Yams

**Fruits: CAN HAVE SKIN & SEEDS OF FRUITS CONSUME WITH CAUTION/MONITOR:**
- Apples
- Apricots
- Avocados
- Blackberries
- Cherries
- Figs, fresh
- Guava
- Mango
- Passionfruit
- Peaches
- Pears
- Plums
- Prunes
- Watermelon

**CONSUME WITH EASE:**
- Blueberries
- Cantaloupe
- Raspberries
- Strawberries

**Vegetables:**
- Asparagus
- Broccoli
- Cauliflower
- Celery
- Green bell pepper
- Salad
  - Choose **SPRING MIX OR 50/50 SRPING & SPINACH MIX**
  - Romaine is OK, but it is ROUGH so still may cause some mild gas, bloating, abdominal pain/discomfort.
  - AVOID ICEBERG lettuce. It does not provide any nutritional value and is very rough so can cause gas, bloating, and abdominal pain/discomfort.

**Remember! NO SIMPLE SUGARS**
**Foods List!**

**Citrus fruits:**
- Clementine
- Grapefruit
- Kiwi
- Lemons & limes
- Mandarins
- Oranges
- Pineapples
- Tangerines

**Other Grains: LIMIT TO 1-2x/week**
- Bread 1 slice (whole & untoasted; aim for whole grain, whole wheat, etc.)
- English muffin (1/2 muffin)
- Rice 3 Tbsp (cooked & whole grain)
- Cereals: (aim for oat bran, wheat bran, rice bran, all-bran, corn bran cereals)

**Peanut Butter- Nuts & Seeds**
- Almond butter
- Cashew butter
- (all nut butters)
- Almonds
- Cashews
- Peanuts
- Pecans
- Pistachios
- Walnuts**
- Chia seeds
- Flaxseeds
- Pumpkin seeds
- Sunflower seeds

**PROTEIN BARS**
- <250 calories per protein bar
- <14 grams of sugar
- 15-30 grams of protein per serving
Serving Sizes Based on Your Hand:

1 fist = 1 cup
The size of your fist also = 1 medium-sized whole fruit

Palm = 3 oz. of meat, fish or poultry
* I’ve also heard this measurement equated to the size of a deck of cards.

Thumb (tip to base) = 1 oz. of cheese

Thumb tip = 1 teaspoon
3 teaspoons = 1 tablespoon

Index finger (1st joint to 2nd joint) = 1 inch

Handful = 1-2 oz. of snack food
I think this is a great one!
How often do we have a snack like this and eat handful after handful?
Now we know that ONE handful is enough!

1 tennis ball = 1/2 cup
1/2 your fist also = 1/2 cup