Bariatric Patient Manual
Table of Contents

At Panhandle Weight Loss Center we understand preparing for metabolic and bariatric surgery can be an overwhelming process. Dr. Schniederjan, Dr. Neichoy, and their staff are here to help guide, counsel, and motivate you throughout your journey. Please use this information to help you understand the process and navigate your way towards surgery and a healthier you!

**Before Bariatric Surgery Process**

- i. Physician Visits
- ii. Comorbidities
- iii. Types of Bariatric Procedures
- iv. Important Information and Numbers

**Before Surgery Nutrition**

- i. Behavior Modifications
- ii. Blue Print of Foods to Eat
- iii. Physical Activity
- iv. Carbohydrates
- v. Types of Fats
- vi. Protein Supplements
- vii. PWLC supplements
- viii. Before Surgery Diet

**Physician Notes**

- i. Medications
- ii. When to Notify the Surgeon
- iii. What to expect after surgery
- iv. Frequently asked questions

**Sleeve Gastrectomy After Surgery Nutrition**

- i. Vitamins and Minerals
- ii. Post Op Diet

**Duodenal Switch After Surgery Nutrition**

- i. Vitamins and Minerals
- ii. Post Op Diet

**After Bariatric Surgery Long Term**
1. **Initial Visit**
   - At this visit one of our bariatric coordinators 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 (whether you have it or not and if you do what requirements are needed for insurance approval). They will also discuss the cost of surgery if you are a cash pay patient.
   - Meet with Dr. Schniederjan or Dr. Neichoy to discuss surgery options and formulate a plan.
   - You will be scheduled an appointment with our Registered Dietitian and Physician Assistant.

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 to discuss BMR results and the importance of self-monitoring with calorie tracking and exercising to maintain and improve metabolism. It would be helpful to download and be familiar with a calorie tracking app prior to this appointment if you have access to this type of technology. **MyNetDiary, MyFitnessPal**, and **Lose It** are a few free apps that are available. Choose what works best for you!
   - You will be scheduled a follow up appointment with our Registered Dietitian.

4. **3rd Visit**
   - Meet with Physician Assistant. 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 (psychology evaluation, sleep study, cardiology evaluation). Will also discuss scheduling either an EGD (Esophagastroduodenoscopy) 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 be scheduled a follow up appointment with our Registered Dietitian.

5. **4th Visit**
   - Meet with Physician Assistant 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 appointment with our Registered Dietitian.

6. **5th Visit**
   - Meet with Physician Assistant 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 a pre-op teaching class.
   - You will be scheduled a follow up appointment with our Registered Dietitian if needed.
   - We will submit your records to your insurance after this visit IF your insurance **DOES NOT REQUIRE** 6 VISITS. If 6 visits are required we will submit your records after your 6th visit. If your insurance does not require 6 visits or you are a cash pay patient then the process is usually a little faster. The average wait time for an approval from an insurance company is 3 weeks. We know you are very anxious and excited to hear you have been approved for surgery (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 and 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.

7. **6th Visit**
   - Meet with Dr. Schniederjan or Dr. Neichoy for preoperative visit.
   - Follow up visit with Registered Dietitian if required by insurance.
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 Procedure

GASTRIC BYPASS

- 62% Excess Weight Loss at 3 years with 60% EWL average even 10 years after surgery
- Excellent hunger control
- Reduces cancer risk overall by 70% (85% for breast cancer) Reduces chance of premature death by 92%
- Reduces heart attack by 8 times for women and 20 times for men

GASTRIC SLEEVE

- Averages 66% Excess Weight Loss at 3 years
- Removes approx. 2/3 to 3/4th of the stomach to create a stomach the size of a banana
- 81% remission rate of diabetes
- No significant changes in digestive process
- Cannot be reversed although it can be converted to other procedure
- Very low complication rate
- Best option for cash pay patients

LAP/BAND

- Averages 41% Excess Weight Loss
- EWL many be as high as 50% in patients with BMI 45 or less
- Requires monthly adjustments for 1st 4-6 months then as needed typically 8 to 10 within the first year
- Swallowing is easy initially, but becomes more difficult as Band is tightened and food choices become more narrow
- High re-operative rate of 39% within 5 year period
- Difficult to keep functioning long term due to “wear and tear” on the stomach and esophagus
- Can be converted to 2nd procedure if necessary

DUODENAL SWITCH

- Averages 80-85% Excess Weight Loss
- Combination of the Sleeve and Bypass
- Minimal to no weight regain, even 15-20 years after the procedure.
- More vitamin requirements
- Causes more gas than gastric bypass
- Usually reserved for patient with a BMI of 50 or greater, but can be done in lower BMI depending on insurance. 95% remission of diabetes.
Panhandle Weight Loss Center: 806-677-7952

After hours you will speak with the BSA answering service. The answering service will get ahold of an employee on call who will return your call as soon as possible.

- If you experience a medical emergency at any time, you should call 911 or go to the emergency room and notify us 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 and notify the answering service so they can page Dr. Schniederjan or Dr. Neichoy. 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 **COMMITTED** to making your journey a **SUCCESS!**
The key to success After surgery is preparation Before surgery!

- Bariatric surgery is an effective tool for durable weight loss, but our everyday habits will ultimately determine how successful we are in reaching our weight loss goals and satisfaction with our lifestyle.

Behavioral modification goals before surgery:

1. Follow a structured eating pattern of 3 meals + 1–2 snacks throughout the day with no skipped meals.
   Why?
   - 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.
   - By eating more often we are less likely to become ravenous and overindulge.

   WHY?
   1. When you eat smaller portions more often, blood sugar levels are able to remain more consistent. Therefore, our hunger hormones are better controlled and we are able to better control the amount in which we eat.
   2. After bariatric surgery, the serving size your stomach will be able to hold comfortably will be ~1 cup. Do you think you will be able to get in all of the protein and nutrients you need in ~8oz 2 times a day? The answer is no. Getting into the habit of meal preparation, grocery shopping, food preferences, and food storage at work, etc, is important to establish now for a smooth transition into this lifestyle change after surgery.

- You can follow the calorie budget tailored to you by using calorie counting apps such as:
  - Panhandle Weight Loss Center (go into the app store on your phone and type in "Panhandle Weight Loss Center"
  - My Fitness Pal
  - Loose It

*Using calorie counting apps specific for eating out are a great leaning and accountability tool as well! (Restaurant Guide- Fast Food Smart, NutriSmart-Restaurant Menu's Nutrition, Restaurant Calorie Counter)

What should a proper meal pattern look like? Ideally eating or having a snack about every 3 hours.

- Breakfast [Breaking-the-fast!] ~ 7:00
- Snack 10:00
- Lunch 12:00
- Snack 3:30
- Dinner 6:30-7:00

YOUR PERSONAL GOAL: ___________________________________________________________
2. Adequate Fluid Intake

- Begin to practice **SIPPING fluids**. Why? 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.
- **Decrease carbonated beverages** such as sodas, giner-ale, sparkling water, energy drinks. Why? You will NOT be able to have carbonation after surgery. Drinking anything containing carbonation can cause heartburn, bloating, and more importantly cause expansion of the stomach pouch.
- **Decrease sugary beverages** such as regular soda, juice, sports drinks, energy drinks, and sweetened iced tea. Why? Most all of these beverage choices are either carbonated or have excess amounts of sugar and contribute to weight gain. Also most of these beverages contain caffeine. NO CAFFEINE for 30 DAYS AFTER SURGERY. To prepare for after surgery, weaning yourself off caffeinated beverages is recommended before surgery.

**YOUR PERSONAL GOAL:** ________________________________________________________________

3. Incorporating Physical Activity

- If you are not doing any physical activity right now it is OK! This is why we are beginning. Starting with walking 20-30 minutes 2-3X week is a great start. After this is easily accomplished you can add on another day. American Heart Association recommendations is 30 minutes 5X/week (150 minutes/week) of even walking does the job when it comes to increasing heart health. For an increase in weight loss goals a higher intensity level is recommended.

- 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.

**YOUR PERSONAL GOAL:** ________________________________________________________________

4. Practice mindful eating

**THIS IS VERY IMPORTANT FOR YOUR OVERALL TOLERANCE TO FOODS & LIQUIDS AFTER SURGERY.**

1. 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!"

- When you eat your next meal, set your phone on a timer and let it run while you eat. Then at the end of the meal look to see how long it took. This is a great way to have a base time on where you stand and how much you need work on eating slower.
- Practicing to eat slower helps to control portion sizes before surgery and helps prevent excessive feelings of fullness, heartburn, bloating, and gas after surgery.

***In addition to practicing eating at a slower pace, focus on eating the protein on your plate first, the non-starchy vegetables second, and starch last. The practice of eating your protein first will help avoid becoming too full off of the other foods after surgery leading to not being able to meet the recommended daily protein intake.

**YOUR BASELINE TIME OF HOW LONG IT CURRENTLY TAKES YOU TO COMPLETE A MEAL:** ____________________________
Nutrition Blueprint

Foods to Eat Everyday


**Legumes** - Black, Garbanzo, Great Northern, Kidney, Lima, Navy, and Pinto Beans; Lentils

**Fruits** - Apple, Apricots, Avocados, Blackberries, Blueberries, Cherries, Coconut, Figs, Grapefruit, Lemons, Mango, Nectarines, Oranges, Peaches, Pears, Plums, Pomegranate, Raspberries, Strawberries, Tomatoes


**Meats** - 95% Lean Ground Beef, Chicken Breast, Crab, Duck, Eye of Round, Flank Steak, Halibut, Ham, Herring, Lobster, Mackerel, Salmon, Sardines, Shrimp, Sirloin, Tenderloin, Tilapia, Tuna, Turkey Bacon, Turkey Breast, Whole Eggs, Veal

**Dairy** - Milk, Cottage Cheese, Yogurt (no added sugar)

**Cheese** - American, Cheddar, Blue, Brie, Monterey Jack, Mozzarella, Parmesan, Provolone, Swiss

**Grains** - Blanched Barley, Bran, Brown Rice, Quinoa, Vermicelli Noodles (wheat), Wheat Germ, Wild Rice

**Soy Products** - Tempeh, Tofu, TVP

**Seasonings** - Basil, Cinnamon, Mint, Oregano, Parsley, Pepper, Vanilla, etc

Foods to Eat 2-3 Times a Week

**Vegetables** - Beets (cooked), Pumpkin, Squash, Sweet Corn, Sweet Potatoes, Yams

**Fruits** - Bananas (ripe), Grapes, Melons (Honeydew, Cantaloupe, etc.) Papaya, Raisins

**Nuts and Seeds** - Chestnuts

**Meats** - 80% Lean Ground Beef, Chicken Thigh, Pork Ribs, T-bone steak

**Grains** - Amaranth, Basmati Rice, Bulgur Wheat, Long Grain Rice, Millet, Oatmeal, Pearl Barley, Polenta, Red Rice, Rye Bread, Spaghetti, Sushi Rice, Vermicelli Noodles (Rice), Whole Grain Bread

**Wine** - Red Wine

Foods to Limit to Once a Week

**Vegetables** - Rutabaga, Turnip (cooked), White Potatoes

**Fruits** - Watermelon

**Meats** - Bologna, Breaded Fish/Chicken, Fried Meats, Pork Bacon, Sausage

**Grains** - Bagel, Biscuit, Cereals, Gnocchi, Instant Oatmeal, Potato Bread, Sticky Rice, White Bread, White Pasta

**Processed Foods** - Beer, Cakes, Candy Bars, Commercially-baked pastries, Condiments Containing Added Sugar, Cookies, Crackers, Doughnuts, French Fries, Fruit Juices, High Fructose Corn Syrup, Hydrogenated and Partially Hydrogenated Oils, Ice Cream, Lard, Margarine, Muffins, Oils, Packaged Snack Foods, Popcorn, Potato Chips, Rice Cakes, Soda, Tapioca, White and Brown Sugar
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

<table>
<thead>
<tr>
<th>Activity</th>
<th>Calories Burned per 30 minutes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sedentary</strong></td>
<td></td>
</tr>
<tr>
<td>Watching TV, Computer</td>
<td>38</td>
</tr>
<tr>
<td><strong>Moderate Activity</strong></td>
<td></td>
</tr>
<tr>
<td>Laundry, folding clothes</td>
<td>76</td>
</tr>
<tr>
<td>Making the bed</td>
<td>76</td>
</tr>
<tr>
<td>Preparing dinner</td>
<td>78</td>
</tr>
<tr>
<td>Washing dishes</td>
<td>81</td>
</tr>
<tr>
<td>Vacuuming, sweeping</td>
<td>90</td>
</tr>
<tr>
<td>Walking (slowly)</td>
<td>110</td>
</tr>
<tr>
<td>Grocery Shopping</td>
<td>129</td>
</tr>
<tr>
<td>Cleaning the bathroom</td>
<td>129</td>
</tr>
<tr>
<td>Washing the car</td>
<td>163</td>
</tr>
<tr>
<td>Gardening</td>
<td>172</td>
</tr>
<tr>
<td><strong>Very Active</strong></td>
<td></td>
</tr>
<tr>
<td>Working out at the gym</td>
<td>200</td>
</tr>
<tr>
<td>Yoga</td>
<td>210</td>
</tr>
<tr>
<td>Walking (briskly)</td>
<td>211</td>
</tr>
<tr>
<td>Aerobics</td>
<td>215</td>
</tr>
<tr>
<td>Biking easily on flat road</td>
<td>235</td>
</tr>
<tr>
<td>Soccer</td>
<td>250</td>
</tr>
<tr>
<td>Spinning</td>
<td>254</td>
</tr>
<tr>
<td>Swimming</td>
<td>321</td>
</tr>
<tr>
<td>Jogging</td>
<td>360</td>
</tr>
<tr>
<td>Kickboxing</td>
<td>384</td>
</tr>
</tbody>
</table>
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.
  - Carbohydrates to eat for weight loss and weight management?
    - Starchy Vegetables, Processed Grains, Processed Foods from Nutrition Blueprint limit to [2-3 Times a Week] or [Once a week]

- **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.
  - Carbohydrates to eat for weight loss and weight management?
    - Vegetables, Legumes, Fruits, Dairy, Grains from Nutrition Blueprint to eat [everyday]
### Serving Sizes For Carbohydrates

#### Starches

1 serving = 15 grams of carbohydrates

<table>
<thead>
<tr>
<th>Breads:</th>
<th>Cereals and Grains:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bread, wheat, pumpernickel, white 1 slice (1 oz.)</td>
<td>Cereal-oatmeal, cream/wheat, grits ½ cup cooked</td>
</tr>
<tr>
<td>Reduced-cal bread (40 cal/slice) 2 slices (1½ oz.)</td>
<td>Cereal-ready-to-eat, sweetened ½ cup</td>
</tr>
<tr>
<td>English muffin or bagel ½ (1 oz.)</td>
<td>Cereal-ready-to-eat, unsweetened ½ cup - ¼ cup</td>
</tr>
<tr>
<td>Hot dog or hamburger bun ½ (1 oz.)</td>
<td>Granola, low-fat ¼ cup</td>
</tr>
<tr>
<td>Pancake or waffle, 4-4½ inch, reduced fat 1</td>
<td>Pasta ½ cup cooked</td>
</tr>
<tr>
<td>Pita, 6 inches across ½ (1 oz.)</td>
<td>Rice, couscous, quinoa ½ cup cooked</td>
</tr>
<tr>
<td>Roll, plain, small 1 (1 oz.)</td>
<td>Wheat germ 3 tbsp.</td>
</tr>
<tr>
<td>Tortilla, corn, 6 inches across 1</td>
<td></td>
</tr>
<tr>
<td>Tortilla, flour, 7-8 inches across, reduced fat 1</td>
<td></td>
</tr>
</tbody>
</table>

#### Crackers and Snacks:

- Graham crackers, 2 ½ inch square 3
- Melba toast 4 slices
- Popcorn (air-popped or low-fat microwave) 3 cups
- Pretzels (fat-free, mini) 17 (¼ oz.)
- Rice cakes, 4 inches across 2
- Saltine crackers 6
- Snack chips, fat-free (tortilla, potato) 12-16 (¼ oz.)
- Snack chips, baked (tortilla, potato) 7-8 (¼ oz.)
- Whole wheat crackers, fat free 2-5 (¼ oz.)

#### Beans, Peas, and Lentils:

(Count as 1 starch plus 1 ounce very lean meat)

- Beans and peas (such as garbanzo, kidney, pinto, black, black-eye peas) ½ cup
- Lima beans ½ cup
- Lentils ½ cup
- Vegetarian refried beans, canned (not restaurant style) ½ cup

#### Starchy Vegetables: (Limit to 1-3x/week)

- Corn or green peas ½ cup
- Corn on the cob, medium 1 (5 oz.)
- Potato/yam, baked or boiled, small 1 (3 oz.)
- Potato, mashed ½ cup
- Squash, winter (acorn, butternut, calabaza) 1 cup

#### Non-Starchy Vegetables

1 serving = 5 grams of carbohydrate, 2 grams of protein

0 grams of fat and 25 calories

1 serving = ½ cup cooked or 1 cup raw

<table>
<thead>
<tr>
<th>Asparagus</th>
<th>Artichoke</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beans (green, wax, Italian)</td>
<td>Beets</td>
</tr>
<tr>
<td>Bean sprouts</td>
<td>Brussels sprouts</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Carrots</td>
</tr>
<tr>
<td>Cabbage</td>
<td>Cauliflower</td>
</tr>
<tr>
<td>Celery</td>
<td>Spaghettis squash</td>
</tr>
<tr>
<td>Cucumber</td>
<td>Turnips</td>
</tr>
<tr>
<td>Eggplant</td>
<td>Tomato/Tomato sauce</td>
</tr>
<tr>
<td>Leeks</td>
<td>Tomato/vegetable juice</td>
</tr>
<tr>
<td>Greens (Mustard, Kale...)</td>
<td></td>
</tr>
<tr>
<td>Lettuce</td>
<td></td>
</tr>
</tbody>
</table>

Limit to 1 serving a day

<table>
<thead>
<tr>
<th>Mushrooms</th>
<th>Okra</th>
</tr>
</thead>
<tbody>
<tr>
<td>Onions</td>
<td>Peppers</td>
</tr>
<tr>
<td>Radishes</td>
<td>Snow peas</td>
</tr>
<tr>
<td>Spinach</td>
<td>Yellow squasch/Zucchini</td>
</tr>
<tr>
<td>Onions</td>
<td>Tomato/Tomato sauce</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### Fruit

1 serving = 15 grams of carbohydrate, 0 grams of protein, 0 grams of fat and 60 calories

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Serving</th>
<th>Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple, unpeeled, small (2½ inches across)</td>
<td>1</td>
<td>(4 oz.)</td>
</tr>
<tr>
<td>Applesauce, unsweetened</td>
<td>⅛ cup</td>
<td>(4 oz.)</td>
</tr>
<tr>
<td>Apricots, fresh</td>
<td>4 whole</td>
<td>(5½ oz.)</td>
</tr>
<tr>
<td>Apricots, dried</td>
<td>8 halves</td>
<td></td>
</tr>
<tr>
<td>Banana, small</td>
<td>1</td>
<td>(4 oz.)</td>
</tr>
<tr>
<td>Blackberries</td>
<td>1 cup</td>
<td>(5 oz.)</td>
</tr>
<tr>
<td>Blueberries</td>
<td>¼ cup</td>
<td>(4 oz.)</td>
</tr>
<tr>
<td>Cantaloupe, medium (5-inch dia)</td>
<td>⅓ melon</td>
<td>(11 oz.)</td>
</tr>
<tr>
<td>Cherries, sweet, fresh</td>
<td>12</td>
<td>(3 oz.)</td>
</tr>
<tr>
<td>Fruit cocktail (in juice/light syrup)</td>
<td>½ cup</td>
<td></td>
</tr>
<tr>
<td>Grapefruit, large (4½-inch dia)</td>
<td>½</td>
<td>(11 oz.)</td>
</tr>
<tr>
<td>Grapes, red/green seedless (small)</td>
<td>17</td>
<td>(3 oz.)</td>
</tr>
<tr>
<td>Honeydew melon (6-7-inch dia)</td>
<td>⅛ melon</td>
<td>(10 oz.)</td>
</tr>
<tr>
<td>Juice, 100% fruit (apple, grapefruit, orange)</td>
<td>½ cup</td>
<td></td>
</tr>
<tr>
<td>Juice, 100% fruit (cranberry, grape, prune)</td>
<td>½ cup</td>
<td></td>
</tr>
<tr>
<td>Kiwi</td>
<td>1</td>
<td>(3½ oz.)</td>
</tr>
<tr>
<td>Mango, small</td>
<td>½</td>
<td>(5½ oz.)</td>
</tr>
<tr>
<td>Nectarine, small (2½-inch dia)</td>
<td>1</td>
<td>(5½ oz.)</td>
</tr>
<tr>
<td>Orange, small (2½-inch dia)</td>
<td>1</td>
<td>(6¼ oz.)</td>
</tr>
<tr>
<td>Papaya, medium</td>
<td>½</td>
<td>(5½ oz.)</td>
</tr>
<tr>
<td>Papaya, cubes</td>
<td>1 cup</td>
<td>(5 oz.)</td>
</tr>
<tr>
<td>Peach, medium (2½-inch dia)</td>
<td>1</td>
<td>(4 oz.)</td>
</tr>
<tr>
<td>Peaches, canned (in juice/light syrup)</td>
<td>½ cup</td>
<td>(4 oz.)</td>
</tr>
<tr>
<td>Pear, large, fresh</td>
<td>½</td>
<td>(4 oz.)</td>
</tr>
<tr>
<td>Pears, canned (in juice/light syrup)</td>
<td>½ cup</td>
<td>(4 oz.)</td>
</tr>
<tr>
<td>Pineapple, fresh</td>
<td>¼ cup</td>
<td>(6 oz.)</td>
</tr>
<tr>
<td>Pineapple, canned (drained)</td>
<td>½ cup</td>
<td>(3 oz.)</td>
</tr>
<tr>
<td>Plums, small (2½-inch dia)</td>
<td>2</td>
<td>(5 oz.)</td>
</tr>
<tr>
<td>Plums, dried (prunes)</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>Raisins/cranberries/cherries (dried)</td>
<td>2 tbsp.</td>
<td>(¾ oz.)</td>
</tr>
<tr>
<td>Raspberries</td>
<td>1 cup</td>
<td>(4½ oz.)</td>
</tr>
<tr>
<td>Strawberries, whole/sliced</td>
<td>1½ cups</td>
<td>(7½ oz.)</td>
</tr>
<tr>
<td>Tangerines, small (2½-inch dia)</td>
<td>2</td>
<td>(8 oz.)</td>
</tr>
<tr>
<td>Watermelon, cubes</td>
<td>1¼ cup</td>
<td>(6¾ oz.)</td>
</tr>
</tbody>
</table>

### Milk

1 serving = 12 grams of carbohydrate, 7-8 grams of protein, 0-3 grams of fat and 80 calories

<table>
<thead>
<tr>
<th>Milk</th>
<th>Serving</th>
<th>Measurement</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk – non-fat or 1%</td>
<td>1 cup</td>
<td>(8 fl. oz.)</td>
</tr>
<tr>
<td>Milk – low-carb or Almond Milk</td>
<td>1 ½ cups</td>
<td>(12 fl. oz.)</td>
</tr>
<tr>
<td>Milk – Soy (plain/Light) or Lactose Free</td>
<td>1 cup</td>
<td>(8 fl. oz.)</td>
</tr>
<tr>
<td>Yogurt, plain or artificially sweetened (Light)</td>
<td></td>
<td>Non-fat/low-fat/fruit flavored</td>
</tr>
<tr>
<td>Yogurt, non-fat/low-fat fruit flavored</td>
<td>½ cup</td>
<td>(4 oz.)</td>
</tr>
<tr>
<td>Yogurt, Greek (non-fat) plain, fruit flavored</td>
<td>½ cup</td>
<td>(4 oz.)</td>
</tr>
<tr>
<td>(count as 1 carbohydrate, 1 oz. very lean protein)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
# What Kinds of Fat to Eat

<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

<table>
<thead>
<tr>
<th>Saturated Fats</th>
<th>Hydrogenated Oils &amp; Trans Fats</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Can raise bad cholesterol levels</td>
<td>• Can raise bad cholesterol levels</td>
</tr>
<tr>
<td>• Can lower good cholesterol levels</td>
<td>• Can lower good cholesterol levels</td>
</tr>
<tr>
<td>• Can increase risk of heart disease &amp; stroke</td>
<td>• Can increase risk of heart disease &amp; stroke</td>
</tr>
</tbody>
</table>

**Source:** 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</th>
<th>Amount Per Serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup (225g)</td>
<td>Calories 250</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Serving Per Container</th>
<th>Calories from Fat 110</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>% Daily Value*</td>
</tr>
</tbody>
</table>

- **Total Fat:** 12g (18%)
- **Saturated Fat:** 3g (15%)
- **Trans Fat:** 3g
- **Cholesterol:** 30mg (10%)
- **Sodium:** 470mg (20%)
- **Total Carbohydrate:** 31g (10%)
- **Dietary Fiber:** 0g
- **Sugars:** 5g
- **Protein:** 5g

Limit the amount of saturated fats you eat to less than 7% of your total daily calories. Examples:
- 2,000 calories/day = 16 grams of fat or 140 calories
- 1,600 calories/day = 12 grams of fat or 112 calories
- 1,400 calories/day = 11 grams of fat or 98 calories
- 1,200 calories/day = 9 grams of fat or 84 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
Protein

What Is Protein?
Best known as a part of our muscles mass, protein is a critical component of all tissues in the human body. The quality and amount of protein in the diet, as well as the knowledge of protein sources are very important.

- Animal proteins are “complete.” Meaning they contain all essential amino acids (building blocks) needed by the body.
  - Meats: beef, pork, poultry, seafood
  - Dairy: Milk, Greek Yogurt, Cheese
  - Eggs
- Plant based proteins (other than soy) are not considered “complete” proteins, but are still considered a good source of protein.
  - Legumes, Lentil, Beans
  - Whole Grains
  - Nuts
  - Soy Products

Why Is Protein Important After Surgery?
- Protein is made up of amino acids. During times of increased stress such as after surgery, the body requires more amino acids, increasing the need for protein.
  - Repair
  - Maintain lean body mass
  - Help maintain fluid and electrolyte balance
  - Provide energy when carbohydrate and fat intake are limited

How much is required?
- Sleeve Gastrectomy:
  - Women 60-80 grams per day
  - Men 80-100 grams per day
- Duodenal Switch
  - Women 80-100 grams per day
  - Men 100-120 grams per day

How to fit recommended protein needs into a consistent meal pattern?
- Sleeve Gastrectomy
  - Meal= 20-30 grams of protein
  - Snack= 5-10 grams of protein
- Duodenal Switch
  - Meal= 20-30 grams of protein
  - Snack= 10-15 grams of protein
*Do Not Consume More Than 30 grams of protein within 1 shake, snack, or meal.

What to look for on a protein shake/powder label?
- Less than: 250 calories
- 20-30 grams of protein
- Less than: 14 grams of sugar

### Nutrition Facts

**Serving Size 2 Scoop (42 g)**
**Servings Per Container 21**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>% Daily Values</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat 2g</td>
<td>160</td>
<td>3%</td>
</tr>
<tr>
<td>Saturated Fat 1g</td>
<td></td>
<td>5%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cholesterol 3mg</td>
<td></td>
<td>1%</td>
</tr>
<tr>
<td>Potassium 170mg</td>
<td></td>
<td>5%</td>
</tr>
<tr>
<td>Sodium 290mg</td>
<td></td>
<td>12%</td>
</tr>
<tr>
<td>Total Carbohydrate 8g</td>
<td></td>
<td>3%</td>
</tr>
<tr>
<td>Dietary Fiber 5g</td>
<td></td>
<td>20%</td>
</tr>
<tr>
<td>Sugars 1g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein 27g</td>
<td></td>
<td>54%</td>
</tr>
</tbody>
</table>

| Vitamin A 50% | Vitamin C 50% |
| Calcium 15% | Iron 35% |
| Vitamin D 50% | Vitamin E 50% |

**VS**

**Nutrition Facts**

**Serving Size 1 bottle (237mL)**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>% Daily Values</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat 6g</td>
<td>240</td>
<td>9%</td>
</tr>
<tr>
<td>Saturated Fat 1g</td>
<td></td>
<td>5%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cholesterol 10mg</td>
<td></td>
<td>3%</td>
</tr>
<tr>
<td>Sodium 200mg</td>
<td></td>
<td>8%</td>
</tr>
<tr>
<td>Potassium 450mg</td>
<td></td>
<td>13%</td>
</tr>
<tr>
<td>Total Carbohydrate 33g</td>
<td></td>
<td>11%</td>
</tr>
<tr>
<td>Dietary Fiber 0g</td>
<td></td>
<td>0%</td>
</tr>
<tr>
<td>Sugars 27g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Protein 15g</td>
<td></td>
<td>30%</td>
</tr>
</tbody>
</table>
Protein Supplements

Read labels and use caution with products that contain sugar alcohols as these will cause bloating, gas and/or diarrhea. Examples of commonly used sugar alcohols are manitol, sorbitol, maltitol, xylitol, lactitol, erythritol, and generally end in –ol.

Products such as Ensure, Boost, and Glucerna are NOT acceptable since they contain too much sugars and/or total carbohydrates.

How to prepare for surgery?

Your taste buds WILL change! Recommend testing out various protein supplements, but keep in mind your taste will change and may not favor the same likings, such as sweets.

What kind of protein powder is the best?

• **Whey Concentrate**: Whey is the fast absorbing protein found in milk. Whey concentrate is the most common and inexpensive protein powder seen in stores. Consists of about 70-85% pure protein, meaning the other 15-30% consists of carbohydrates (lactose, artificial sweeteners) and fats.

• **Whey Isolate**: Is more expensive than whey concentrates due to the extra processing step involved creating a 95% pure protein, meaning there are very little carbohydrates (lactose, artificial sweeteners) and fats left within the powder.

• **Casein Powders**: Casein is the slower absorbing protein found in milk. Being a by-product of milk, casein powders may still cause irritability for those allergic to dairy products. Not an ideal protein powder for breakfast or post-work out due to the long digestion time, but is an optimal protein choice before bed.

• **Egg protein**: Made by separating out the yolks and dehydrating the egg whites, this protein is best for those with lactose intolerances and irritabilities.

• **Soy protein**: Soy protein can be found in either a concentrated or isolated form. Being a plant protein that offers all essential amino acids, this protein is an option for those with lactose or egg white allergies.

• **Rice Protein**: Rice protein is also a plant based option with additional complex carbohydrates, B vitamins, and fiber. Rice protein is considered hypoallergenic, meaning it is best for those with multiple food allergies.

• **Pea Protein**: A plant based protein powder that is also considered to be hypoallergenic, although it is lacking certain amino acids; this is a good option for those with multiple food allergies.

**CLEAR= THIN LIQUIDS**

Examples of store Bought Clear Protein Drinks:

*New Whey*- 180 calories/serving, 42g protein, 0g sugar.

*Isopure*- 160 calories/serving, 40g protein, 0g sugar.

*Atkins Lift*- 90 calories/serving, 20g protein, 0g sugar.

**FULL= THICK LIQUIDS**

Examples of store Bought Pre-made Protein Shakes:

*GNC Total Lean Shake*- 170 calories/serving, 25g protein, 2g sugar.

*Muscle Milk Light Shake*- 160 calories/serving, 20g protein, 0g sugar.

*Premier Protein*- 160 calories/serving, 30g protein, 1g sugar.

*Pure Protein Shake*- 160 calories/serving, 35g protein, 1g sugar.

*Rockin’ Refuel Muscle Builder*- 190 calories/serving, 30g protein, 6g sugars
### Supplements Sold in Panhandle Weight Loss's Office

<table>
<thead>
<tr>
<th>Price $$</th>
<th>Clear Protein Drinks</th>
<th>Calories</th>
<th>Protein (g)</th>
<th>Carbohydrates (g)</th>
<th>Sugar (g)</th>
<th>Fiber (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>$15.75 (7 packets/box)</td>
<td>Wild Berry</td>
<td>70</td>
<td>15</td>
<td>1</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>$15.75 (7 packets/box)</td>
<td>Lemon Razzy</td>
<td>70</td>
<td>15</td>
<td>1</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td>$15.75 (7 packets/box)</td>
<td>Variety Pack: Contains the following flavors</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cran Grape</td>
<td>70</td>
<td>15</td>
<td>1</td>
<td>0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grapefruit</td>
<td>80</td>
<td>15</td>
<td>4</td>
<td>0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pineapple Orange</td>
<td>70</td>
<td>15</td>
<td>2</td>
<td>0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Strawberry Kiwi</td>
<td>70</td>
<td>15</td>
<td>1</td>
<td>0</td>
<td></td>
<td></td>
</tr>
<tr>
<td>$15.75 (7 packets/box)</td>
<td>Peach Tea</td>
<td>70</td>
<td>15</td>
<td>1</td>
<td>0</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Fiber Drinks</th>
<th>Calories</th>
<th>Protein (g)</th>
<th>Carbohydrates (g)</th>
<th>Sugar (g)</th>
<th>Fiber (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>$7.00 (10 packets/box)</td>
<td>Lemon Tea Fiber Drink</td>
<td>20</td>
<td>0</td>
<td>7</td>
<td>0</td>
</tr>
<tr>
<td>$7.00 (10 packets/box)</td>
<td>Tropical Fruit Fiber Drink</td>
<td>20</td>
<td>0</td>
<td>7</td>
<td>0</td>
</tr>
<tr>
<td>$60.00 (15 packets/box)</td>
<td>Unicity Satisfy</td>
<td>50</td>
<td>1</td>
<td>8</td>
<td>4</td>
</tr>
<tr>
<td>$60.00 (60 packets/box)</td>
<td>Unicity Balance</td>
<td>15</td>
<td>0</td>
<td>5</td>
<td>4</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Chike Protein Powders (NEW!)</th>
<th>Calories</th>
<th>Protein (g)</th>
<th>Carbohydrates (g)</th>
<th>Sugar (g)</th>
<th>Fiber (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Banana Magic</td>
<td>190</td>
<td>28</td>
<td>12</td>
<td>4</td>
<td>3</td>
</tr>
<tr>
<td>Orange Crème</td>
<td>190</td>
<td>28</td>
<td>11</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>Strawberry Burst</td>
<td>190</td>
<td>28</td>
<td>11</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>Very Vanilla</td>
<td>190</td>
<td>28</td>
<td>11</td>
<td>3</td>
<td>3</td>
</tr>
<tr>
<td>Mocha Coffee Protein</td>
<td>130</td>
<td>20</td>
<td>9</td>
<td>2</td>
<td>0</td>
</tr>
<tr>
<td>Mocha Coffee Protein</td>
<td>130</td>
<td>20</td>
<td>9</td>
<td>2</td>
<td>0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Bari Life Protein Powder (NEW!)</th>
<th>Calories</th>
<th>Protein (g)</th>
<th>Carbohydrates (g)</th>
<th>Sugar (g)</th>
<th>Fiber (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whey Isolate Protein Powder (1 scoop)</td>
<td>110</td>
<td>26.8</td>
<td>1</td>
<td>1</td>
<td>(Stevia) 0</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Provide Gold (NEW!)</th>
<th>Calories</th>
<th>Protein (g)</th>
<th>Carbohydrates (g)</th>
<th>Sugar (g)</th>
<th>Fiber (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cherry Protein Shot (Sugar-Free)</td>
<td>60</td>
<td>15</td>
<td>0</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>Berry Protein Shot (Sugar-Free)</td>
<td>60</td>
<td>15</td>
<td>0</td>
<td>0</td>
<td></td>
</tr>
<tr>
<td>(5) Cherry/ (5) Berry Sugar-Free Protein Shots</td>
<td>60</td>
<td>15</td>
<td>0</td>
<td>0</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Protein Soups</th>
<th>Calories</th>
<th>Protein (g)</th>
<th>Carbohydrates (g)</th>
<th>Sodium (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef Bouillon</td>
<td>70</td>
<td>15</td>
<td>1</td>
<td>480</td>
</tr>
<tr>
<td>Variety Pack:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chicken Bouillon</td>
<td>70</td>
<td>15</td>
<td>1</td>
<td>180</td>
</tr>
<tr>
<td>Cream of Broccoli</td>
<td>80</td>
<td>15</td>
<td>4</td>
<td>530</td>
</tr>
<tr>
<td>Cream of Chicken</td>
<td>95</td>
<td>15</td>
<td>5</td>
<td>440</td>
</tr>
<tr>
<td>Chicken Pasta</td>
<td>90</td>
<td>15</td>
<td>7</td>
<td>180</td>
</tr>
<tr>
<td>Cream of Tomato</td>
<td>100</td>
<td>15</td>
<td>8</td>
<td>440</td>
</tr>
<tr>
<td>Tomato Soup</td>
<td>80</td>
<td>15</td>
<td>5</td>
<td>125</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Protein Powder Drinks</th>
<th>Calories</th>
<th>Protein (g)</th>
<th>Carbohydrates (g)</th>
<th>Sugar (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Price (7 packets/box)</td>
<td>Item Description</td>
<td>Calories</td>
<td>Protein (g)</td>
<td>Fat (g)</td>
</tr>
<tr>
<td>-----------------------</td>
<td>-------------------------------------------</td>
<td>----------</td>
<td>-------------</td>
<td>---------</td>
</tr>
<tr>
<td>$15.75</td>
<td>Hot Chocolate</td>
<td>80</td>
<td>15</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Hot Chocolate w/ Marshmallows</td>
<td>80</td>
<td>15</td>
<td>5</td>
</tr>
<tr>
<td>$15.75</td>
<td><em>Hot Chocolate Variety Pack</em></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Amaretto Hot Chocolate</td>
<td>80</td>
<td>15</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>Cinnamon Hot Chocolate</td>
<td>80</td>
<td>15</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>Hot Chocolate</td>
<td>80</td>
<td>15</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Mint Hot Chocolate</td>
<td>80</td>
<td>15</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>Mocha Hot Chocolate</td>
<td>90</td>
<td>15</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>Raspberry Hot Chocolate</td>
<td>80</td>
<td>15</td>
<td>5</td>
</tr>
<tr>
<td>$15.75</td>
<td>Protocina</td>
<td>80</td>
<td>15</td>
<td>5</td>
</tr>
<tr>
<td>$15.75</td>
<td>Chocolate Instant Drink</td>
<td>80</td>
<td>15</td>
<td>3</td>
</tr>
<tr>
<td>$15.75</td>
<td>Cappuccino</td>
<td>90</td>
<td>15</td>
<td>4</td>
</tr>
<tr>
<td>$15.75</td>
<td>Vanilla Cappuccino</td>
<td>90</td>
<td>15</td>
<td>5</td>
</tr>
<tr>
<td>$15.75</td>
<td>Amaretto Cappuccino</td>
<td>90</td>
<td>15</td>
<td>4</td>
</tr>
<tr>
<td>$6.50</td>
<td><em>Chike Powdered Peanut Butter (NEW!)</em></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Raspberry (Jell-O)</td>
<td>60</td>
<td>15</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>Strawberry-Banana (Jell-O)</td>
<td>70</td>
<td>15</td>
<td>2</td>
</tr>
<tr>
<td>$15.75</td>
<td>Variety Pack Pudding-Shake contains:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Chocolate</td>
<td>90</td>
<td>15</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>Vanilla</td>
<td>80</td>
<td>15</td>
<td>0.5</td>
</tr>
<tr>
<td></td>
<td>NY Cheesecake</td>
<td>90</td>
<td>15</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td>Tropical Banana</td>
<td>90</td>
<td>15</td>
<td>0</td>
</tr>
<tr>
<td></td>
<td>Cali Strawberry</td>
<td>90</td>
<td>15</td>
<td>0</td>
</tr>
<tr>
<td>$2.00/bag</td>
<td>BBQ Protein Chips</td>
<td>130</td>
<td>10</td>
<td>14</td>
</tr>
<tr>
<td>$2.00/bag</td>
<td>Pizza Protein Chips</td>
<td>130</td>
<td>10</td>
<td>16</td>
</tr>
<tr>
<td>$15.75 (7/box)</td>
<td>Chocolate Chip Cookies</td>
<td>170</td>
<td>15</td>
<td>15</td>
</tr>
<tr>
<td>$15.75 (7/box)</td>
<td>Oatmeal Raisin</td>
<td>155</td>
<td>15</td>
<td>16</td>
</tr>
<tr>
<td>$15.75 (7/box)</td>
<td>Chocolate Chip Drizzle</td>
<td>165</td>
<td>14</td>
<td>14</td>
</tr>
<tr>
<td>$13.00</td>
<td>Almond Chip Biscotti</td>
<td>15</td>
<td>1</td>
<td>3</td>
</tr>
<tr>
<td>$9.50 (7/box)</td>
<td>Vanilla Wafers</td>
<td>100</td>
<td>6</td>
<td>6</td>
</tr>
<tr>
<td>$9.50 (7/box)</td>
<td>Chocolate Wafers</td>
<td>100</td>
<td>6</td>
<td>5</td>
</tr>
<tr>
<td>$9.50 (7/box)</td>
<td>Peanut Butter Wafers</td>
<td>100</td>
<td>6</td>
<td>7</td>
</tr>
<tr>
<td>$15.00 (7/box)</td>
<td><em>Protein Bars</em></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Chocolate Peanut Dream</td>
<td>190</td>
<td>15</td>
<td>21</td>
</tr>
<tr>
<td></td>
<td>Peanut Pretzel</td>
<td>160</td>
<td>13</td>
<td>18</td>
</tr>
<tr>
<td>Price (7/box)</td>
<td>Description</td>
<td>Calories</td>
<td>Protein (g)</td>
<td>Carbohydrates (g)</td>
</tr>
<tr>
<td>--------------</td>
<td>---------------------------------</td>
<td>----------</td>
<td>-------------</td>
<td>-------------------</td>
</tr>
<tr>
<td>$15.00</td>
<td>Caramel Crunch</td>
<td>170</td>
<td>15</td>
<td>16</td>
</tr>
<tr>
<td>$15.75</td>
<td>Chocolate Mint</td>
<td>160</td>
<td>14</td>
<td>16</td>
</tr>
<tr>
<td>$15.00</td>
<td>Peanut Butter</td>
<td>170</td>
<td>15</td>
<td>12</td>
</tr>
<tr>
<td>$15.00</td>
<td>Rocky Road</td>
<td>170</td>
<td>14</td>
<td>15</td>
</tr>
<tr>
<td>$15.00</td>
<td>Chocolate Coconut</td>
<td>150</td>
<td>15</td>
<td>18</td>
</tr>
<tr>
<td>$15.00</td>
<td>Cinnamon Raisin</td>
<td>160</td>
<td>14</td>
<td>19</td>
</tr>
<tr>
<td>$15.00</td>
<td>Caramel Nut</td>
<td>155</td>
<td>12</td>
<td>13</td>
</tr>
<tr>
<td>$15.75</td>
<td>Southwestern Omelet</td>
<td>90</td>
<td>15</td>
<td>5</td>
</tr>
<tr>
<td>$15.75</td>
<td>Bacon Cheese Omelet</td>
<td>100</td>
<td>15</td>
<td>2</td>
</tr>
<tr>
<td>$15.75</td>
<td>Oatmeal Apple Cinnamon</td>
<td>100</td>
<td>14</td>
<td>8</td>
</tr>
<tr>
<td>$15.75</td>
<td>Oatmeal Brown Sugar</td>
<td>100</td>
<td>14</td>
<td>8</td>
</tr>
<tr>
<td>$11.00</td>
<td>Cinnamon Cereal</td>
<td>120</td>
<td>15</td>
<td>9</td>
</tr>
<tr>
<td>$15.75</td>
<td>Breakfast Sampler</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Bacon &amp; Cheese Omelet</td>
<td>100</td>
<td>15</td>
<td>2</td>
</tr>
<tr>
<td></td>
<td>Vegetable Omelet</td>
<td>100</td>
<td>15</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Apple &amp; Cinnamon Oatmeal</td>
<td>100</td>
<td>14</td>
<td>8</td>
</tr>
<tr>
<td></td>
<td>Maple &amp; Brown Sugar Oatmeal</td>
<td>100</td>
<td>14</td>
<td>8</td>
</tr>
<tr>
<td></td>
<td>Blueberry Pancake</td>
<td>90</td>
<td>15</td>
<td>7</td>
</tr>
<tr>
<td></td>
<td>Chocolate Chip Pancake</td>
<td>110</td>
<td>15</td>
<td>9</td>
</tr>
<tr>
<td></td>
<td>Pancake</td>
<td>90</td>
<td>15</td>
<td>6</td>
</tr>
<tr>
<td>$6.00/meal</td>
<td>Green Chili Verde Enchiladas</td>
<td>210</td>
<td>11</td>
<td>28</td>
</tr>
<tr>
<td>$6.00/meal</td>
<td>Vegetable with Beef Stew</td>
<td>170</td>
<td>14</td>
<td>21</td>
</tr>
<tr>
<td>$6.00/meal</td>
<td>Turkey Chili &amp; Beans</td>
<td>230</td>
<td>20</td>
<td>28</td>
</tr>
<tr>
<td>$6.00/meal</td>
<td>Gravy with Beef Pot Roast</td>
<td>240</td>
<td>26</td>
<td>21</td>
</tr>
<tr>
<td>$6.00/meal</td>
<td>Chicken Pasta</td>
<td>190</td>
<td>15</td>
<td>24</td>
</tr>
<tr>
<td>$6.00/meal</td>
<td>Spaghetti &amp; Meatballs</td>
<td>220</td>
<td>16</td>
<td>26</td>
</tr>
<tr>
<td>$6.00/meal</td>
<td>Veggie Lasagna</td>
<td>220</td>
<td>11</td>
<td>33</td>
</tr>
</tbody>
</table>

**Vitamins**

<table>
<thead>
<tr>
<th>Price</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>$20.00</td>
<td>Patch MD (Multivitamin-Multimineral)</td>
</tr>
<tr>
<td>$20.00</td>
<td>Patch MD (B-12 Energy Plus)</td>
</tr>
<tr>
<td>$20.00</td>
<td>Patch MD (Vitamin D3/Calcium)</td>
</tr>
<tr>
<td>$15.00</td>
<td>Trim Away (supplement)</td>
</tr>
<tr>
<td>$20.00</td>
<td>EFA (Essential Fatty Acids Supplement)</td>
</tr>
</tbody>
</table>
2 Week Pre-Bariatric Surgery Diet

Nutrition Protocol Purpose= Low calorie diet to help shrink the liver and lower your surgical risk.

**Total Calories:** 1,000-1,200/day  
**Protein:** 80-100g/day  
**Fiber:** 25g/day  
**Water:** ~64oz water/day

**2 weeks before surgery plan**

Breakfast: 1 protein shake (<250 calories, 20-30g protein, <14g sugar)

(Optional) Snack: >5g fiber drink/mix

Lunch: 250-350 calorie meal

- Frozen dinner such as Lean Cuisine, Healthy Choice, Smart Ones, Amy’s  
- 4 ounces of lean meat + 1-2 cups of non-starchy vegetables

(Optional) Snack: >5g fiber drink/mix

Dinner: 250-350 calories meal

- Frozen dinner such as Lean Cuisine, Healthy Choice, Smart Ones, Amy’s  
- 4 ounces of lean meat + 1-2 cups of non-starchy vegetables

**1 week before surgery**

Breakfast: 1 protein shake (<250 calories, 20-30g protein, <14g sugar)

(Optional) Snack: >5g fiber

Lunch: 1 protein shake (<250 calories, 20-30g protein, <14g sugar)

Dinner: 250-350 calorie meal

- Frozen dinner such as Lean Cuisine, Healthy Choice, Smart Ones, Amy’s  
- 4 ounces of lean meat (about the palm of your hand) + 1-2 cups of non-starchy vegetables

Snack: 1 protein shake (<250 calories, 20-30g protein, <14g sugar)

1oz of protein = 7 grams  
3oz of protein (palm of hand) = ~21g protein
Medications for Bariatric Surgery

PRE-OP MEDICATIONS

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

POST-OP MEDICATIONS

- You will either be sent home with Hycet or Tylenol #3 following surgery. **Hycet (Hydrocodone/Tylenol) elixir 7.5/325mg** – Take 1 TBSP (15ml) every 4-6 hours as needed for pain. **Tylenol #3 (Tylenol/Codeine) elixir 12/120mg** – Take 1 TBSP (15ml) every 4-6 hours as needed for pain. IF YOU ARE NOT IN PAIN DO NOT TAKE Hycet or Tylenol #3 as these medications cause constipation. You can also get Children’s Tylenol suspension 160mg/5ml and take this to relieve pain if you are not needing Hycet or Tylenol #3. You can take 4 tsp (20ml) every 4-6 hours to relieve pain but make sure you are not taking the Hycet or Tylenol #3 with the Children’s Tylenol suspension. These both also have Tylenol and you do not want to have more than 4 grams of Tylenol daily as this can damage your liver. Using liquid medication for the first week helps coat the staple line in your stomach which helps make drinking liquids more comfortable. Staying hydrated is the #1 goal after surgery to prevent re-hospitalization.
- **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.
Medication Information

Pain medication options after gastric surgery:
- Tylenol in any form
- Tylenol with codeine
- Vicodin
- Bendaryl
- Tylenol
- Dimetapp
- Robitussin or Delsym
- Safetussin
- Sudafed
- Claritin Reditabs
- Zyrtec (liquid or chewable)
- Percocet, Darvocet, Fioricet, Oxycontin
- Soma, Flexeril, Robaxin, Zanaflex
- TYLENOL (Extra Strength)
- Gas-X
- Imodium AD
- Phazyme
- Colace
- Glycerin suppositories
- Triaminic (all)
- For migraines: Imitrex, Ergotamine, Deseril
- Glucosamine 1500 mg and/or chondroitin 1200 mg
- Peri-Colace
- Milk of Magnesium
- Miralax
- Dulcolax suppositories
- Fleet enema
- Any powdered fiber
- Tylenol (cold products)

Drugs that are considered safe:
- Indomethacin (Apo-Indomethacin, Arthrexin, Indochron, Indocid, Indocin, Novo-Methacin)
- Ketoprofen (Actron, Apo-Keto, Novo-Keto, Orudis, Oruvail, Rhodis)
- Nabumetone (Relafen)
- Oxaprozin (Daypro)
- Piroxicam (Apo-Piroxicam, Feldene, Novo-Pirocam, Pirox)
- Sulindac (Aclin, Apo-Sulin, Clinoril, Novo-Sundac)

Medications to Avoid After Surgery
The following is a list of the medications that are NOT SAFE to take orally once you have had a gastric bypass. 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 81 mg 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, Excendrin IB, Genpril, Haltran, Ibuprin, Ibuproh, Ibu-Tab, Medipren, Menadol, Midol, Pamprin, Nago-Profen, Nuprin, Nurofen, Rafen, Salco, Trendar
- Indomethacin (Apo-Indomethacin, Arthrexin, Indochron, Indocid, Indocin, Novo-Methacin)
- Ketoprofen (Actron, Apo-Keto, Novo-Keto, Orudis, Oruvail, Rhodis)
- Nabumetone (Relafen)
- Oxaprozin (Daypro)
- Piroxicam (Apo-Piroxicam, Feldene, Novo-Pirocam, Pirox)
- Sulindac (Aclin, Apo-Sulin, Clinoril, Novo-Sundac)

Drugs that can damage the pouch:
- Advil
- Aleve
- Amigesic
- Anacin
- Anaprox
- Ansaid
- Anthra-G
- Arthropan
- Ascriptin
- Asprin
- Asproject
- Azolid
- Buffferin
- Butazolidin
- Clinical
- Darvon compounds
- Disalcid
- Dolobid
- Erythromycin
- Equagesic
- Feldene
- Fiorinal
- Ibuprofen
- Indocin
- Ketoprofen
- Lodine
- Meclomen
- Midol
- Mobic
- Morton
- Nalfon
- Naprosyn
- Nayer
- Orudis
- Oruvil
- Pamprin-IB
- Percodan
- Ponest
- Rexolate
- Tandearil
- Tetracycline
- Tolecin
- Uracel
- Voltaren
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 101

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 out of 10 on the pain scale or less
- If pain medication is not working, tell your nurse
- If pain medication is not working once you get home, call your surgeon’s office 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 gently with antibacterial soap but do not scrub or attempt to pull off surgical glue or scabs
- 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 6 months after surgery to protect your sleeve and reduce stricture or narrowing of the sleeve outlet. Gastric bypass patients remain on an acid blocker daily for life
- No lifting anything over 10lbs for 3 weeks after surgery
- No strenuous exercise for 4 weeks after surgery. Only walking and must be done daily. Work up to walking 30 minutes a day
- Return to work when ready usually 1-2 weeks after surgery
- 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 once you are no longer taking pain medication. Do not drive while taking narcotics as these medications can cause sedation
- Be sure to drink at least 48 ounces of fluids each day the 1st week after surgery and then 64 ounces thereafter
- 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 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
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 of 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.
### Sleeve Gastrectomy: Vitamins & Minerals

- Begin taking Multivitamin-Multimineral, and B12 after surgery once you get home.
- Begin Calcium Citrate (500-600mg in each tablet) about 1 month after surgery

**NOTE!** Some vitamins and minerals will compete for absorption sites and bind together in the body, meaning you will not be getting the full effect. Following a vitamin routine that is spaced out is VITAL in order to ensure every vitamin and mineral has the opportunity to breakdown and be properly absorbed. If you take all of your vitamins together, then you could still end up with vitamin and mineral deficiencies.

**IF YOU ARE TAKING THE VITAMIN PATCH THEN YOU WILL HAVE ALL THE VITAMINS, MINERALS, B12, IRON, AND CALCIUM RECOMMENDED FOR BARIATRIC NEEDS.**

*If you choose to take your vitamins by mouth, then check the label on the back of the bottles and make sure that your daily vitamin is in fact a multivitamin AND multimineral and that it provides 100% of all the vitamins and minerals listed below.*

<table>
<thead>
<tr>
<th>Vitamin</th>
<th>100% DRI: Recommended Daily Intake</th>
<th>Recommended Bariatric Intake</th>
<th>DRI: Tolerable Upper Intake Levels</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin C</td>
<td>75-90mg</td>
<td></td>
<td>2,000mg</td>
</tr>
<tr>
<td>Thiamin (B1)</td>
<td>1.1-1.2mg</td>
<td></td>
<td>-</td>
</tr>
<tr>
<td>Riboflavin (B2)</td>
<td>1.1-1.3mg</td>
<td></td>
<td>-</td>
</tr>
<tr>
<td>Niacin</td>
<td>14-16mg</td>
<td></td>
<td>35mg</td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>1.5-1.7mg</td>
<td></td>
<td>100mg</td>
</tr>
<tr>
<td>Folate</td>
<td>400mcg</td>
<td></td>
<td>1,000mcg</td>
</tr>
<tr>
<td>Vitamin B12</td>
<td>2.4mcg</td>
<td>350-500mcg OR 1,000mcg monthly</td>
<td>-</td>
</tr>
<tr>
<td>Pantothenic Acid</td>
<td>5mg</td>
<td></td>
<td>-</td>
</tr>
<tr>
<td>Biotin</td>
<td>30mcg</td>
<td></td>
<td>-</td>
</tr>
<tr>
<td>Choline</td>
<td>425-550mg</td>
<td></td>
<td>3.5g</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Minerals</th>
<th>100% DRI: Recommended Daily Intake</th>
<th>Recommended Bariatric Intake</th>
<th>DRI: Tolerable Upper Intake Levels</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>1,2000mg</td>
<td>1,200-1,500mg</td>
<td>2,000-2,500mg</td>
</tr>
<tr>
<td>Chromium</td>
<td>20-35mcg</td>
<td></td>
<td>-</td>
</tr>
<tr>
<td>Copper</td>
<td>900mcg</td>
<td></td>
<td>10,000mcg</td>
</tr>
<tr>
<td>Fluoride</td>
<td>3-4mg</td>
<td></td>
<td>10mg</td>
</tr>
<tr>
<td>Iodine</td>
<td>150mcg</td>
<td></td>
<td>1,100mcg</td>
</tr>
<tr>
<td>Iron</td>
<td>8-18mg</td>
<td>45-60mg (50-100mg for menstruating age)</td>
<td>45mg</td>
</tr>
<tr>
<td>Magnesium</td>
<td>320-420mg</td>
<td></td>
<td>350mg</td>
</tr>
<tr>
<td>Molybdenum</td>
<td>45mcg</td>
<td></td>
<td>2,000mcg</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>700mg</td>
<td></td>
<td>4g</td>
</tr>
<tr>
<td>Selenium</td>
<td>55mcg</td>
<td></td>
<td>400mcg</td>
</tr>
<tr>
<td>Zinc</td>
<td>8-11mg</td>
<td></td>
<td>40mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>4.7g</td>
<td></td>
<td>2.3g</td>
</tr>
<tr>
<td>Sodium</td>
<td>1.2-1.5g</td>
<td></td>
<td>3.6g</td>
</tr>
<tr>
<td>Chloride</td>
<td>2.0-2.3g</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Additional Information for Vitamin & Mineral Needs for Post Bariatric Patients

*Multivitamin–Multimineral supplement that includes 100% of the Dietary Reference Intake (DRI) for vitamin K, Biotin, Zinc, Thiamin, Folic Acid, Iron, and Copper.*

- Begin taking multivitamin-Multimineral supplement after surgery when starting post-op diet plan
- If having the Loop Duodenal Switch then a Multivitamin with A,D,E,K will be needed (*the multivitamin patch sold in the office has these fat-soluble vitamins added*).
- Over the counter (OTC) multivitamins: Centrum Chewables, Centrum Complete One–A–Day, Flintstone's Complete.
  - OTC vitamins may require taking 2 a day if it does not provide 100% of the DRI.

**Vitamin B12: 350–500 mcg daily or 1,000 mcg/month intramuscularly**

- Begin taking B12 supplement after surgery when starting post-op diet plan
  
  There are 3 delivery systems for B12 supplementation, choose what works best for you as tolerated. B12 should NOT be taken as a tablet or capsule following bariatric surgery due to it is not absorbed well in this form.

  1. Multivitamin Patch contains 1,000 mcg.
     - If additional B12 supplementation is needed, B12 Energy Plus patches sold in the office provide an additional 1,000 mcg.
  2. Sublingual (under the tongue)– this can be purchased over the counter at your local health food store or pharmacy
  3. Intramuscular injection (IM) can be prescribed and administered at home or on the office
  4. Nasal Spray is also available by prescription

**Calcium Citrate– 1,200–1,500 mg daily. Calcium Carbonate is not recommended due to poor absorption.**

- Begin taking Calcium 1 month after surgery
  - Calcium citrate products are best absorbed with vitamin D and magnesium
  - Calcium Citrate should be taken in 500–600mg doses 4 hours apart
  - Do not take Calcium at the same time as Iron *due to these two vitamins compete for absorption sites*, meaning maximum absorption of the vitamins may be inhibited.
  - This concept also applies to multivitamins containing Iron, therefore waiting at least 2 hours between taking the multivitamin and Calcium is recommended.
  
  *Calcium citrate or carbonate with vitamin D added is better absorbed than a calcium supplement without vitamin D.*

  - Calcium + D3 patch sold in office provides 1,000mg Calcium and 2,000 IU Vitamin D3. If applied multivitamin patch in the morning, then applying Calcium + D3 patch in the afternoon would be appropriate.
  - Multivitamin & Calcium + D3 patch would provide a total of 2,500 mg Calcium and 7,000 IU Vitamin D3/day; meeting standard DRI needs and additional recommended needs.
Additional Iron (Gastric Bypass and Duodenal Switch patients. Gastric Sleeve patients ONLY as directed)

- Begin with post-op bariatric diet plan
  - After bariatric surgery a total daily intake of iron from multivitamin and iron supplements should be 45–60 mg/d (multivitamin patch sold in the office has 45mg/d).

- Menstruating women may need to supplement with additional 50–100 mg of elemental iron a day.

- If iron supplement causes GI upset, iron supplements containing Ferrous Gluconate may be better tolerated because of less elemental iron.

- Also! Antacids inhibit iron absorption. (Alka-Seltzer, Maalox, Milk of Magnesia, Pepto-Bismol, Rolaids, Tums, Mylanta) So if experiencing GI upset after taking iron supplement, do not take an antacid instead rearrange timing of vitamin as better tolerated.

- Remember iron and calcium compete for absorption sites, so additional iron should not be taken by mouth 2 hours within taking a multivitamin or calcium supplement.

- Vitamin C helps iron better absorb into the body, so taking iron supplement with food high in vitamin C may help.

Example:

**Breakfast 8:00- Multivitamin**

**Snack** 10:00-10:30 (2 hours later) Calcium Citrate (500-600mg)

**Snack** 2:00-2:30 (4 hours later) Calcium Citrate (500-600mg)

➢ If additional iron is **prescribed** by your physician, then this is what a good vitamin routine would look like.

Example:

**Breakfast 8:00- Multivitamin**

**Snack** 10:00-10:30 (2 hours later) Iron supplement with bowl of strawberries

**Lunch** 12:00-12:30 (2 hours later) Calcium Citrate (500-600mg)

**Dinner** 6:00-6:30 (>4 hours later) Calcium Citrate (500-600mg)

*If having GI upset from elemental iron supplement recommend taking supplement before going to bed to void feelings of nausea*

Example:

**Breakfast 8:00- Multivitamin**

**Snack** 10:00-10:30 (2 hours later) Calcium Citrate (500-600mg)

**Snack** 2:00-2:30 (4 hours later) Calcium Citrate (500-600mg)

**Bedtime** 9:30-10:00 Iron supplement by itself or with low dose Chewable Vitamin C supplement
Sleeve Gastrectomy Post Surgery Diet

Clear (thin) Liquids [Day 1–2: Week 1 & 2]

Reminders!
- No Caffeine for 30 days
- No Carbonation
- Sip–Sip–Sip!
- 2oz of fluid every 30 minutes
- 4oz of fluid every 60 minutes

*You can count “clear liquids” and “clear protein drinks” towards your overall "fluid intake" goal of >48–64 fluid oz/day

Grocery List:

- **Protein Drinks** – Health Wise Fruit Protein Drinks [bought in the office]
  - Isopure, New Whey, Atkins Lift [Store bought drinks]

- **Snacks** – Bouillon, Clear Soups, Sugar–free Jell–O, Sugar–Free Popsicles
  - Added Protein Products:
    - Health Wise Protein Gelatin (15g/serving)
    - Health Wise Protein Soups & Bouillon (15g/serving)
    - Protein popsicles

- **Beverages** – Decaf coffee & tea, Sugar–Free Fruit Juice (apple, cranberry, grape), PowerAde Zero, Propel Workout Water, Flavored Water (Aquafina flavor splash, Dasani flavored water, making your own by adding cucumbers, berries) Water Enhancers (crystal light, sugar–free tang)

Fluids that are okay to drink that contain higher amounts of sugar:
- Gatorade (dilute – maximum of 4 ounces per hour)
- Powerade (dilute- maximum of 4 ounces per hour)
- Juicy Juice- all flavors (dilute)
- Mott’s for Tots 40% less sugar (not dilute)
- Ocean Spray juices- all flavors (dilute)
- Ocean Spray light juices- all flavors (not dilute)
- Welch's juice- all flavors (dilute)
- Welch’s light juice- all flavors (not dilute)
- V8 Smoothie (dilute)
- V8 Fusion (dilute)
- V8 Fusion light (not dilute)
- Diet V8 splash (not dilute)
- V8 (not dilute)
Full (thick) Liquids [Day 3–14: Week 1 & 2]

Reminders!
- Sip–Sip–Sip!
- Setting a goal to have small amount of fluid in a set amount of time can help you reach your fluid needs for the day.
- 2–3 oz of fluid every 30 minutes
- 4–6 oz of fluid every 60 minutes
- Goal: 48–64 oz/day

Aim for >24–32 oz clear liquids PLUS 24–32 oz of any combination of full liquids
- Goal: 60–80 grams protein Women
  80–100 grams protein Men

Grocery List:
- **Protein Drinks** - *Powder Protein Shakes* made with: 1% milk, Fair Life Milk (contains NO LACTOSE & 13g protein/1 cup), Soy Milk, Rice Milk, Almond Milk, ect.
  - *Store bought premade shakes are OK* such as: Premier, Muscle Milk, Pure Protein Shakes, GNC Total Lean Shake, Atkins, EAS, ect.
  - Chike Protein Powder (sold as single serving packets in the office)
  - Bari Life Natural Whey Protein Powder (sold as tub in the office) It is made with Stevia for those who have intolerance to sugar substitutes.
  - Provide Gold Protein Shots (15g protein in 2 tablespoons) [Flavors: Sugar–Free Cherry & Berry]

*Keep in mind* MOST pre-made shakes from the store are higher in fluid ounces. Example: Premier provides you with 30g protein, but within 11 fl. oz. You WILL NOT be able to tolerate 11 fl. oz in one setting for the first few weeks after surgery.
- **Snacks** - Sugar–Free Pudding, Sugar–Free Fudgsicle, Greek Yogurt [Dannon Greek Light & Fit; Yoplait Greek 100; Dannon Greek OIKOS Triple Zero, Powerful Yogurt], Sugar–Free Apple Sauce, Powdered Peanut Butter (can purchase in the office or at most grocery stores)
- **Meals** - Reduced Fat Cream Soups (MUST BE STRAINED. NO LUMPS OR BUMPS), Cream of Wheat, Malt-O–Meal, Drinkable Yogurt [Keifer, LaLa, Dannon Protein Smoothies]

Note!
- Foods high in salt such as broth, bouillon, tomato (acidic) & vegetable soup are OK if tolerated for extra electrolytes if having trouble staying hydrated
- **EXERCISE GOAL**: Walking 5 minutes every one–two hours will help prevent blood clot. Strive for walking 30 minutes/day 5x/week.
- **BEGIN**: *Multivitamin & Vitamin B12*
  OR: [Patch MD bought in the office will provide everything you need for vitamins]
HELPFUL TIPS FOR NAUSEA:
- Avoid Overeating
- Drink plenty of fluids (48-64 oz/day) nausea is often triggered due to dehydration
- Chew foods thoroughly and eat slowly
- Avoid carbonated beverages
- Avoid foods that are not tolerated
- Avoid eating and drinking at the same time
- Avoid foods that may cause dumping syndrome (candies, cookies, cakes, sugary drinks, pastries, and sweetened breads)
- Limit or avoid foods with lactose

Sample Menu:

Breakfast: Powder Protein Shake

1. Aim for 20-30 grams protein in a shake for meals
2. 4-6 fluid ounces will be better tolerated for the first 5-7 days
3. If able to tolerate 4-6 oz protein shake comfortably & are still hungry, increase to 6-8 oz protein shake

Snack: Clear Protein Drink (Atkins Life, Isopure, New Whey, Health Wise Fruit Drink)

1. Sipping on 8-10oz of clear protein drink in between meals will count towards your overall 64oz fluid/day goal & provide you will an appropriate amount of protein as a snack

Lunch: 4oz. cup Broth (chicken, beef, vegetable) + 2oz drinkable yogurt

1. Can add unflavored protein powder to store bought broth for extra protein
2. Can utilize protein fortified products such as Health Wise Soups for extra protein

Snack: Sugar-Free Popsicle or Sugar-Free Fudgsicle

Dinner: Protein Shake or 6oz Cream Soup

1. Aim for 20-30 grams protein in a shake for meals
2. 4-6 fluid ounces will be better tolerated for the first 5-7 days
3. If able to tolerate 4-6 oz protein shake comfortably & are still hungry, increase to 6-8 oz protein shake
4. Can add unflavored protein powder to store bought broth for extra protein
5. Can utilize protein fortified products such as Health Wise Soups for extra protein

Sample Menu:

Breakfast: Powder Protein Shake

1. Aim for 20-30 grams protein in a shake for meals
2. 4-6 fluid ounces will be better tolerated for the first 5-7 days
3. If able to tolerate 4-6 oz protein shake comfortably & are still hungry, increase to 6-8 oz protein shake

Snack: Sugar-Free Jell-O or Protein Jell-O

1. Can utilize protein fortified products such as Health Wise Raspberry or Strawberry Banana Jell-O for extra protein to meet recommended needs

Lunch: 6oz Drinkable yogurt

1. Can add tasteless or flavored protein powder to drinkable yogurt for additional protein within a small serving size

Snack: Sugar-Free Pudding

1. Can add tasteless or flavored protein powder to sugar-free pudding for additional protein within a small serving size

Dinner: 4-8oz Cream Soup or Clear Soup

1. Can add unflavored protein powder to store bought broth for extra protein
2. Can utilize protein fortified products such as Health Wise Soups for extra protein
Sample Menu:

**Breakfast**: 4–6oz Cream of Wheat or Malt-O-Meal
1. Can add tasteless or flavored protein powder for additional protein within a small serving size
2. Can add 4oz Fair Life milk for additional 6-7g protein

**Snack**: 6–8oz Heath Wise Protein Drink (Hot Chocolate, Protocina, Cappuccino, Vanilla Cappuccino, Amaretto Cappuccino)

**Lunch**: Powder Protein Shake
1. Aim for 20-30 grams protein in a shake for meals
2. 4-6 fluid ounces will be better tolerated for the first 5-7 days
3. If able to tolerate 4-6 oz protein shake comfortably & are still hungry, increase to 6-8 oz protein shake

**Snack**: ½ cup unsweetened applesauce with tasteless protein powder
1. Can add tasteless or flavored protein powder for additional protein within a small serving size

**Dinner**: Greek Yogurt with 1–2 tablespoons powdered peanut butter

HELPFUL TIPS FOR DIZZINESS, LIGHT HEADEDNESS, OR HEADACHES

- Drink plenty of water and other low-calorie fluids with electrolytes (electrolyte enhanced waters or low-calories, electrolyte-enhanced sports beverages to prevent dehydration)
- Add salt to foods
- Drink regular bouillon/broth
- Ensure adequate food intake
- Eat on a regular schedule (about every 3 hours)
- Contact physician or go to the emergency department to be assessed for dehydration
- Avoid concentrated sugars and avoid drinking while eating, since lightheadedness with fatigue is a symptom of dumping syndrome

Soft & Moist Proteins [Day 15–21: Week 3+]

Reminders!

- **Follow 30/30 Rule**: Do not drink fluids 30 minutes before or after a meal.
  (This is to help prevent filling up on fluids instead of food before a meal and to prevent overloading the stomach after eating which could cause early gastric emptying).
- Take small nickel size bites
- **Practice Mindful Eating!** (taking 15–25minutes to eat)
- Goal: 4–6 small meals or snacks/day (~every 2.5– 3 hours)
- Goal: 64oz fluid/day
- Goal: 60–80 gm protein Women
  80–100 grams protein Men

Grocery List: *Can add in these food IN ADDITION to the foods from prior phases*

- **Meat**– Ground/Diced/Pureed: beef, chicken, turkey
  Baked & Canned fish: tuna, salmon, cod, and tilapia
- **Plant Protein**– legumes, kidney beans, black beans, lentils, pinto beans, peas (split, cooked) [**limit to 1–2x/week in small portion sizes ~1/3 cup or less due to fiber content**]
✓ **Meat Softeners**– low-fat/low-sodium gravy, bouillon, light mayo made with Olive Oil

✓ **Snacks**– soft scrambled eggs, poached eggs, egg white beaters, low/fat-free cottage cheese, Grits

*Avoid* – RICE, BREAD, PASTA

HELPFUL TIPS FOR BLOATING:

- Avoid overeating
- Avoid drinking fluids with meals
- Avoid carbonated beverages
- Stay physically active
- Avoid sugar alcohols
- Limit or avoid foods with lactose

**Sample Menu**

**Breakfast**: ½ cup Cream of Wheat with Skim Milk (Can add vanilla or tasteless protein powder)

**Snack**: Protein Jell–O or Sugar–Free Jell–O with tasteless protein powder

**Lunch**: 2–3oz canned tuna with light mayo + 1/3 cup fat–free cottage cheese

**Snack**: Powder Protein Shake

**Dinner**: 2–3 oz baked skinless chicken + 1/3 cup mashed kidney or black beans

**Sample Menu**:

**Breakfast**: Protein Shake

**Snack**: ½ cup applesauce with tasteless protein powder

**Lunch**: ½ cup Greek Yogurt + 1–2oz Torn Deli Turkey + Sugar–Free Fudgsicle

**Snack**: Clear Protein Drink OR Protein shake

**Dinner**: 2–3oz Baked Fish or Ground Beef with Low–Fat Gravy + 4oz Cream Soup (Tomato, Chicken, Vegetable) with sprinkle of 2% shredded cheese

**Sample Menu**:

**Breakfast**: 1 soft scrambled egg or 1 egg white with sprinkle 2% shredded cheese + 1/2 cup Greek Yogurt

**Snack**: Clear Protein Drink OR Protein Shake

**Lunch**: ½ cup fat–free Ricotta cheese with Spaghetti sauce (Classico, Barilla) + 2–3oz serving Ground Lean Beef

**Snack**: Sugar–Free Pudding or Sugar–Fee Jell–O

**Dinner**: 2–3oz SOFT/Chopped Pork Tenderloin + ½ cup fat–free cottage cheese

**Soft Proteins/Low Fiber [Day 22–28: Week ~4+]**

Tips!

After Comfortable with Soft Protein Foods ADD Soft Fruits & Well–Cooked Vegetables

- Aim to consume Protein 1st & Fruits/Vegetables 2nd
- Begin taking Calcium supplement ~1 month after surgery

**OR:**

- Patch MD bought in the office provides daily calcium required
Grocery List:

- **Meat** - Ground/Diced/Pureed: beef, chicken, turkey
  Baked & Canned fish: tuna, salmon, cod, tilapia
- **Meat Softeners** - low-fat/low-sodium gravy, bouillon, light mayo made with Olive Oil
- **Snacks** - soft scrambled eggs, poached eggs, egg white beater, low/fat-free cottage cheese, Grits, Halo Protein Ice Cream (1/2 cup = 60 calories, 5g fiber, 4g Sugar, 5g Sugar Alcohols, 6g Protein), Hummus (high plant based protein from chickpeas)

- **Fruits** - Pureed/Blended: Drained Canned Fruits (canned in water, not heavy syrup) Grapes (seedless), ¼ Banana, Honeydew, Cantaloupe, Frozen Fruits that do not contain seeds [can add to protein shake for flavor and extra nutrients] (example: Peaches, Mangos, Blueberries) **CAUTION: Fruits with Seeds and/or Skin**

- **Vegetables** - Pureed/Blended/Finely Chopped: Green Beans, Zucchini, Cucumber, Spinach, Green Bell Pepper (monitor due to can cause gas/bloating) Red Bell Peppers (more easily tolerated); Steamed & Finely Chopped: Cauliflower, Broccoli (monitor due to can cause gas/bloating), Carrots

- **Starchy/Complex Carbs** - Mashed Sweet Potatoes, Squash, Yams (These are very easy to mash up, but keep in mind they are starchy vegetables therefore limit to 1–3X/week)

* **Avoid** - RICE, BREAD, PASTA

Sample Menu:

**Breakfast:** 1 egg white omelet with diced ham & 2% shredded cheese + ½ cup Soft Fruit

**Snack:** Protein Shake

**Lunch:** Lean Deli Meat with sprinkle 2% shredded cheese & spread with low fat cream cheese rolled up (Low carb pinwheels) + ½ cup steamed non-starchy vegetable

**Snack:** ½ cup Greek Yogurt topped with soft canned fruit (drained)

**Dinner:** Moist Rotisserie Chicken (WITHOUT SKIN) + ½ cup mashed sweet potatoes with tasteless protein powder

Sample Menu:

**Breakfast:** Health Wise Breakfast Meal (Southwestern Omelet, Bacon Cheese Omelet, Apple Cinnamon Oatmeal, Brown Sugar Oatmeal)

**Snack:** Unsweetened Applesauce with added cinnamon & tasteless protein powder

**Lunch:** 2–3oz Lean meat (skinless chicken, fish, pork, and beef) + 1/3 cup steamed green beans + Sugar-Free Jell–O or Pudding

**Snack:** Protein Shake

**Dinner:** 2–3oz Lean meat (skinless chicken, fish pork, beef) + 1/3 cup stir-fry vegetables with low-sodium soy sauce

Sample Menu:

**Breakfast:** Protein Shake

**Snack:** Parfait= ½ cup Greek Yogurt + 1–2 tablespoon powdered peanut butter + few pieces of soft fruit

**Lunch:** 2–3oz Lean Meat + 1/3 cup non-starchy vegetable + few cucumber slices

**Snack:** Clear Protein Drink OR Protein Pudding

**Dinner:** 2oz Baked Shrimp + 1/3 cup steamed cauliflower + 1/4 cup sautéed spinach
Sample Menu:

**Breakfast:** Protein Pancake (1 egg + 1–2 egg whites + 1 small ripe banana + ½ scoop protein powder)

**Snack:** ½ cup soft fruit + ½ cup fat-free cottage cheese

**Lunch:** 2–3oz baked skinless chicken with low-fat gravy + ½ cup steamed non-starchy vegetable with sprinkle of 2% shredded cheese

**Snack:** Protein Shake

**Dinner:** ½ cup Health Wise Tomato soup & 1–2oz chopped/diced baked chicken

**Solid Foods [Week 6+] *Optional**

- IF able to tolerate and complete Protein first+ Fruits & Vegetables at meals; SOFT GRAINS may be ADDED into the diet as a source of protein and low-fiber as your weight and tolerance stabilizes.

  (1/3 cup portion sizes)
  - Oatmeal (instant, steel-cut oats, old-fashioned oats)
  - Quinoa
  - CousCous

*Continue to AVOID BREADS, PASTAS, SIMPLE SUGARS

**Advanced Solid Foods [Week 7–8]**

**May or May NOT tolerate:**

- Bread (Whole & Untoasted) – 1 regular slice (4oz.)
- English Muffin or bagel – ½ (1oz.)
- Pasta – ½ cup (cooked)
- Rice – 1/3 cup (cooked)
- Fruit with Skin
- Salad (spring mix, romaine, baby spinach will be better tolerated; no nutritional value to iceberg) – 1 cup
- Stringy meats: fajita meat, brisket, jerky, scallops, calamari – 2–3oz
- Stringy vegetables: asparagus, celery – ½ cup (cooked) 1 cup (raw)

**Advanced Solid Foods [Week 8–9: ~2 months+ Post–Op]**

- Can try foods that may cause stomach irritation (heartburn, acid reflux, bloating, and gas)
  - Citrus Fruits: Oranges, Pineapple, Tangerines, Grapefruit, Kiwi, Lemons & Limes, Clementine
  - Protein Bars: (Dense with high fiber causing more work on the stomach to digest leading to gas, bloating, ect.)
  - Peanut Butter (monitor tolerance due to high fat content)
  - Can add in cereals: aim for Wheat Bran, All-Bran, Corn Bran cereals
  - Can add in Nuts & Seeds
Loop Duodenal Switch: Vitamins & Minerals

- Begin taking Multivitamin-Multimineral, Iron, & B12 after surgery once you get home.
- Begin taking Probiotic about 3-4 weeks (when able to move onto eating Soft & Moist Proteins) after surgery

  - **RECOMMENDED PROBIOTICS:**
    - Digestive Advantage: Intensive Bowel Support (sold at: United, various Walmarts, CVS, Walgreens, etc.) 32 day supply
    - Spring Valley Probiotic Multi-Enzyme Digestive Formula (sold at: Walmart, CVS, Walgreens, etc.) ~60+ day supply
    - As long as the probiotic as >10 million CFUs, then it is considered effective
    - Keifer brand makes petite (3.5fl oz) drinkable yogurt/probiotic bottles that come in a 4-pack. It’s a way to add in variety and extra health!
- Begin Calcium Citrate (500-600mg in each tablet) about 1 month after surgery

**NOTE!** Some vitamins and minerals will compete for absorption sites and bind together in the body, meaning you will not be getting the full effect. Following a vitamin routine that is spaced out is VITAL in order to ensure every vitamin and mineral has the opportunity to breakdown and be properly absorbed. If you take all of your vitamins together, then you could still end up with vitamin and mineral deficiencies.

- Additional Iron may prescribed by your physician in addition to the 45mg provided by the Multivitamin-Multimineral Patch after having the Duodenal Switch. This is what a good vitamin routine would look like.

**Example:**

**Breakfast** 8:00- Multivitamin + Iron supplement
**Snack** 10:00-10:30 Probiotic
**Lunch** 12:00- 12:30 (2 hours later) Calcium Citrate (500-600mg)
**Dinner** 6:00-6:30 (>4 hours later) Calcium Citrate (500-600mg)

**Example:**

**Breakfast** 8:00- Multivitamin + Probiotic
**Snack** 10:00-10:30 (2 hours later) Iron supplement with bowl of strawberries
**Lunch** 12:00- 12:30 (2 hours later) Calcium Citrate (500-600mg)
**Dinner** 6:00-6:30 (>4 hours later) Calcium Citrate (500-600mg)

*If having GI upset from elemental Iron supplement recommend taking supplement before going to bed to void feelings of nausea

**Example:**

**Breakfast** 8:00- Multivitamin + Probiotic
**Snack** 10:00-10:30 (2 hours later) Calcium Citrate (500-600mg)
**Snack** 2:00-2:30 (4 hours later) Calcium Citrate (500-600mg)
**Bedtime** 9:30-10:00  Iron supplement by itself or with low dose Chewable Vitamin C supplement

IF YOU ARE TAKING THE VITAMIN PATCH THEN YOU WILL HAVE ALL THE VITAMINS (A,D,E,K) MINERALS, B12, IRON, AND CALCIUM RECOMMENDED FOR DUODENAL SWITCH BARIATRIC NEEDS.

*If you choose to take your vitamins by mouth, then check the label on the back of the bottles and make sure that your daily vitamin is in fact a multivitamin AND multimineral and that it provides 100% of all the vitamins and minerals listed below.
<table>
<thead>
<tr>
<th>Vitamin</th>
<th>100% DRI: Recommended Daily Intake</th>
<th>Recommended Bariatric Intake</th>
<th>DRI: Tolerable Upper Intake Levels</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vitamin A</td>
<td>2,300-3,000 IU (700-900mcg)</td>
<td></td>
<td>10,000 IU (3,000mcg)</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>600 IU (15mcg)</td>
<td>3,000 IU</td>
<td>4,000 IU (100mcg)</td>
</tr>
<tr>
<td>Vitamin E</td>
<td>16.6 IU (15mg)</td>
<td></td>
<td>1,100 IU (1,000mg)</td>
</tr>
<tr>
<td>Vitamin K</td>
<td>90-120mcg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin C</td>
<td>75-90mg</td>
<td>2,000mg</td>
<td></td>
</tr>
<tr>
<td>Thiamin (B1)</td>
<td>1.1-1.2mg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Riboflavin (B2)</td>
<td>1.1-1.3mg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Niacin</td>
<td>14-16mg</td>
<td>35mg</td>
<td></td>
</tr>
<tr>
<td>Vitamin B6</td>
<td>1.5-1.7mg</td>
<td>100mg</td>
<td></td>
</tr>
<tr>
<td>Folate</td>
<td>400mcg</td>
<td></td>
<td>1,000mcg</td>
</tr>
<tr>
<td>Vitamin B12</td>
<td>2.4mcg</td>
<td>350-500mcg OR 1,000mcg monthly</td>
<td></td>
</tr>
<tr>
<td>Pantothenic Acid</td>
<td>5mg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Biotin</td>
<td>30mcg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Choline</td>
<td>425-550mg</td>
<td></td>
<td>3.5g</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Minerals</th>
<th>100% DRI: Recommended Daily Intake</th>
<th>Recommended Bariatric Intake</th>
<th>DRI: Tolerable Upper Intake Levels</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>1,2000mg</td>
<td>1,500-1,700mg</td>
<td>2,000-2,500mg</td>
</tr>
<tr>
<td>Chromium</td>
<td>20-35mcg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Copper</td>
<td>900mcg</td>
<td></td>
<td>10,000mcg</td>
</tr>
<tr>
<td>Fluoride</td>
<td>3-4mg</td>
<td></td>
<td>10mg</td>
</tr>
<tr>
<td>Iodine</td>
<td>150mcg</td>
<td></td>
<td>1,100mcg</td>
</tr>
<tr>
<td>Iron</td>
<td>8-18mg</td>
<td>45-60mg</td>
<td>45mg</td>
</tr>
<tr>
<td>Iron (menstruating age)</td>
<td>50-100mg</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Magnesium</td>
<td>320-420mg</td>
<td></td>
<td>350mg</td>
</tr>
<tr>
<td>Molybdenum</td>
<td>45mcg</td>
<td></td>
<td>2,000mcg</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>700mg</td>
<td></td>
<td>4g</td>
</tr>
<tr>
<td>Selenium</td>
<td>55mcg</td>
<td></td>
<td>400mcg</td>
</tr>
<tr>
<td>Zinc</td>
<td>8-11mg</td>
<td></td>
<td>40mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>4.7g</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sodium</td>
<td>1.2-1.5g</td>
<td></td>
<td>2.3g</td>
</tr>
<tr>
<td>Chloride</td>
<td>2.0-2.3g</td>
<td></td>
<td>3.6g</td>
</tr>
</tbody>
</table>
**Vitamin & Mineral Needs for Post Bariatric Patients**

**Multivitamin–Multimineral supplement that includes 100% of the Dietary Reference Intake (DRI) for vitamin K, Biotin, Zinc, Thiamin, Folic Acid, Iron, and Copper.**

- Begin taking multivitamin-Multimineral supplement after surgery when starting post-op diet plan
- If having the Loop Duodenal Switch then a Multivitamin with A,D,E,K will be needed *(the multivitamin patch sold in the office has these fat-soluble vitamins added).*
- Over the counter (OTC) multivitamins: Centrum Chewables, Centrum Complete One–A–Day, Flintstone's Complete.
  - OTC vitamins may require taking 2 a day if it does not provide 100% of the DRI.

**Vitamin B12: 350–500 mcg daily or 1,000 mcg/month intramuscularly**

- Begin taking B12 supplement after surgery when starting post-op diet plan
  
  There are 3 delivery systems for B12 supplementation, choose what works best for you as tolerated. B12 should NOT be taken as a tablet or capsule following bariatric surgery due to it is not absorbed well in this form.

  5. Multivitamin Patch contains 1,000 mcg.
     - If additional B12 supplementation is needed, B12 Energy Plus patches sold in the office provide an additional 1,000 mcg.
  6. Sublingual (under the tongue)– this can be purchased over the counter at your local health food store or pharmacy
  7. Intramuscular injection (IM) can be prescribed and administered at home or on the office
  8. Nasal Spray is also available by prescription

**Calcium Citrate– 1,200–1,500 mg daily. Calcium Carbonate is not recommended due to poor absorption.**

- Begin taking Calcium 1 month after surgery
  - Calcium citrate products are best absorbed with vitamin D and magnesium
  - Calcium Citrate should be taken in 500–600mg doses 4 hours apart
  - Do not take Calcium at the same time as Iron due to these two vitamins compete for absorption sites, meaning maximum absorption of the vitamins may be inhibited.
  - This concept also applies to multivitamins containing Iron, therefore waiting at least 2 hours between taking the multivitamin and Calcium is recommended.

*Calcium citrate or carbonate with vitamin D added is better absorbed than a calcium supplement without vitamin D.

  - Calcium + D3 patch sold in office provides 1,000mg Calcium and 2,000 IU Vitamin D3. If applied to multivitamin patch in the morning, then applying Calcium + D3 patch in the afternoon would be appropriate.
    - Multivitamin & Calcium + D3 patch would provide a total of 2,500 mg Calcium and 7,000 IU Vitamin D3/day; meeting standard DRI needs and additional recommended needs.
Additional Iron (Gastric Bypass and Duodenal Switch patients. Gastric Sleeve patients ONLY as directed)

- Begin with post-op bariatric diet plan
  - After bariatric surgery a total daily intake of iron from multivitamin and iron supplements should be 45–60 mg/d (multivitamin patch sold in the office has 45mg/d).
  - Menstruating women may need to supplement with additional 50–100 mg of elemental iron a day.
  - If iron supplement causes GI upset, iron supplements containing Ferrous Gluconate may be better tolerated because of less elemental iron.
  - Also! Antacids inhibit iron absorption. (Alka-Seltzer, Maalox, Milk of Magnesia, Pepto-Bismol, Rolaids, Tums, Mylanta) So if experiencing GI upset after taking iron supplement, do not take an antacid instead rearrange timing of vitamin as better tolerated.
  - Remember iron and calcium compete for absorption sites, so additional iron should not be taken by mouth 2 hours within taking a multivitamin or calcium supplement. Vitamin C helps iron better absorb into the body, so taking iron supplement with food high in vitamin C may help.
Loop Duodenal Switch Post Surgery Diet

Clear (thin) Liquids [Day 1 & 2 (hospital): Week 1 & 2]

Reminders!
- No Caffeine for 30 days
- No Carbonation
- Sip–Sip–Sip!
- 2oz of fluid every 30 minutes
- 4oz of fluid every 60 minutes

*You can count “clear liquids” and “clear protein drinks” towards your overall “fluid intake” goal of >48–64oz/day

Grocery List:
- **Protein Drinks** – Health Wise Fruit Protein Drinks [bought in the office]
  - Isopure, New Whey, Atkins Lift [Store bought drinks]

- **Snacks** – Bouillon, Clear Soups, Sugar–free Jell–O, Sugar–Free Popsicles
  - Added Protein Products:
    - Health Wise Protein Gelatin (15g/serving)
    - Health Wise Protein Soups & Bouillon (15g/serving)
    - Protein popsicles

- **Beverages** – Decaf coffee & tea, Sugar–Free Fruit Juice (apple, cranberry, grape), PowerAde Zero, Propel Workout Water, Flavored Water (Aquafina flavor splash, Dasani flavored water, making your own by adding cucumbers, berries) Water Enhancers (crystal light, sugar–free tang)

**Fluids that are okay to drink that contain higher amounts of sugar:**
- Gatorade (dilute – maximum of 4 ounces per hour)
- Powerade (dilute– maximum of 4 ounces per hour)
- Juicy Juice- all flavors (dilute)
- Mott’s for Tots 40% less sugar (not dilute)
- Ocean Spray juices- all flavors (dilute)
- Ocean Spray light juices- all flavors (not dilute)
- Welch’s juice- all flavors (dilute)
- Welch’s light juice- all flavors (not dilute)
- V8 Smoothie (dilute)
- V8 Fusion (dilute)
- V8 Fusion light (not dilute)
- Diet V8 splash (not dilute)
- V8 (not dilute)
Clear (thin) Liquids + Full (thick) Liquids [Day 3–16: Week1&2+]

Reminders!

- Sip–Sip–Sip!
- Setting a goal to have small amount of fluid in a set amount of time can help you reach your fluid needs for the day.
- 2–3 oz of fluid every 30 minutes
- 4–6 oz of fluid every 60 minutes
- Goal: 48–64 oz/day

**Aim for >24–32 oz CLEAR liquids PLUS 24–32 oz of any combination of FULL liquids**

- Goal: 80–100 grams protein Women
  - 100–120+ grams protein Men

Grocery List:

- **Protein Drinks** – *Powder Protein Shakes* made with water due to **HIGH SENSITIVITY TO LACTOSE** (sugar found in milk). May be able to tolerate lactose–fee milks such as: Soy, Rice, Almond, or Fair Life Milk (13g protein/cup)
  - *Store bought premade shakes are OK* (Be aware of if the main ingredient is Whey Concentrate or Whey Isolate) such as: Premier, Muscle Milk, Pure Protein Shakes, GNC Total Lean Shake, Atkins, EAS, etc.
  - Chike Whey Isolate Protein Powder (sold as single serving packets in the office)
  - Bari Life Natural Whey Isolate Protein Powder (sold as tub in the office) It is made with Stevia for those who have intolerance to sugar substitutes.
  - Provide Gold Protein Shots (15g protein in 2 tablespoons) [flavors Sugar–Free Cherry & Berry]

*Keep in mind* MOST pre-made shakes from the store are higher in fluid ounces. Example: Premier provides you with 30g protein, but within 11 fl.oz. You WILL NOT be able to tolerate 11 fl.oz in one setting for the first few+ months after surgery.

- **Snacks** – Sugar–Free Pudding, Sugar–Free Fudgsicle, Sugar–Free Apple Sauce, Powdered Peanut Butter (can purchase in the office or at most grocery stores)
- **Meals** – Reduced Fat Cream Soups (MUST BE STRAINED. NO LUMPS OR BUMPS) , Cream of Wheat, Malt–O–Meal

Note!

- Foods high in salt such as broth, bouillon, tomato (acidic) & vegetable soup are OK if tolerated for extra electrolytes if having trouble staying hydrated

**EXERCISE GOAL**: Walking 5 minutes every one–two hours will help prevent blood clot. Strive for walking 30 minutes/day 5x/week.

**BEGIN**: Multivitamin & Vitamin B12

**OR**:

[Patch MD bought in the office will provide everything you need for vitamins]
HELPFUL TIPS FOR NAUSEA:
- Avoid Overeating
- Drink plenty of fluids (48-64 oz/day) nausea is often triggered due to dehydration
- Chew foods thoroughly and eat slowly
- Avoid carbonated beverages
- Avoid foods that are not tolerated
- Avoid eating and drinking at the same time
- Avoid foods that may cause dumping syndrome (candies, cookies, cakes, sugary drinks, pastries, and sweetened breads)
- Limit or avoid foods with lactose

Sample Menu:

**Breakfast:** Powder Protein Shake

4. Aim for 20-30 grams protein in a shake for meals
5. 4-6 fluid ounces will be better tolerated for the first 5-7 days
6. If able to tolerate 4-6 oz protein shake comfortably & are still hungry, increase to 6-8 oz protein shake

**Snack:** Clear Protein Drink (Atkins Life, Isopure, New Whey, Health Wise Fruit Drink)

2. Sipping on 8-10oz of clear protein drink in between meals will count towards your overall 64oz fluid/day goal & provide you with an appropriate amount of protein as a snack

**Lunch:** 4oz. cup Broth (chicken, beef, vegetable) + 2oz drinkable yogurt

3. Can add unflavored protein powder to store bought broth for extra protein
4. Can utilize protein fortified products such as Health Wise Soups for extra protein

**Snack:** Sugar-Free Popsicle or Sugar-Free Fudgsicle

**Dinner:** Protein Shake or 6oz Cream Soup

6. Aim for 20-30 grams protein in a shake for meals
7. 4-6 fluid ounces will be better tolerated for the first 5-7 days
8. If able to tolerate 4-6 oz protein shake comfortably & are still hungry, increase to 6-8 oz protein shake
9. Can add unflavored protein powder to store bought broth for extra protein
10. Can utilize protein fortified products such as Health Wise Soups for extra protein

Sample Menu:

**Breakfast:** Powder Protein Shake

4. Aim for 20-30 grams protein in a shake for meals
5. 4-6 fluid ounces will be better tolerated for the first 5-7 days
6. If able to tolerate 4-6 oz protein shake comfortably & are still hungry, increase to 6-8 oz protein shake

**Snack:** Sugar-Free Jell-O or Protein Jell-O

2. Can utilize protein fortified products such as Health Wise Raspberry or Strawberry Banana Jell-O for extra protein to meet recommended needs

**Lunch:** 6oz Drinkable yogurt

2. Can add tasteless or flavored protein powder to drinkable yogurt for additional protein within a small serving size

**Snack:** Sugar-Free Pudding

1. Can add tasteless or flavored protein powder to sugar-free pudding for additional protein within a small serving size

**Dinner:** 4-8oz Cream Soup or Clear Soup

3. Can add unflavored protein powder to store bought broth for extra protein
4. Can utilize protein fortified products such as Health Wise Soups for extra protein
Sample Menu:

**Breakfast:** 4–6oz Cream of Wheat or Malt–O–Meal

3. Can add tasteless or flavored protein powder for additional protein within a small serving size
4. Can add 4oz Fair Life milk for additional 6-7g protein

**Snack:** 6–8oz Heath Wise Protein Drink (Hot Chocolate, Protocina, Cappuccino, Vanilla Cappuccino, Amaretto Cappuccino)

**Lunch:** Powder Protein Shake

4. Aim for 20-30 grams protein in a shake for meals
5. 4-6 fluid ounces will be better tolerated for the first 5-7 days
6. If able to tolerate 4-6 oz protein shake comfortably & are still hungry, increase to 6-8 oz protein shake

**Snack:** ½ cup unsweetened applesauce with tasteless protein powder

2. Can add tasteless or flavored protein powder for additional protein within a small serving size

**Dinner:** Greek Yogurt with 1–2 tablespoons powdered peanut butter

**HELPFUL TIPS FOR DIZZINESS, LIGHT HEADEDNESS, OR HEADACHES**

- Drink plenty of water and other low-calorie fluids with electrolytes (electrolyte enhanced waters or low-calories, electrolyte-enhanced sports beverages to prevent dehydration)
- Add salt to foods
- Drink regular bouillon/broth
- Ensure adequate food intake
- Eat on a regular schedule (about every 3 hours)
- Contact physician or go to the emergency department to be assessed for dehydration
- Avoid concentrated sugars and avoid drinking while eating, since lightheadedness with fatigue is a symptom of dumping syndrome

**Soft & Moist Proteins [Day 17–26: Week 3–4+]**

**Reminders!**

- **Follow 30/30 Rule:** Do not drink fluids 30 minutes before or after a meal.
  (This is to help prevent filling up on fluids instead of food before a meal and to prevent overloading the stomach after eating which could cause early gastric emptying).
- Take small nickel size bites
- **Practice Mindful Eating!** (taking 15–25minutes to eat)
- Goal: 4–6 small meals or snacks/day (~every 2.5– 3 hours)
- Goal: 64oz fluid/day
- Goal: 80–100 grams protein Women
  100–120+ grams protein Men

**Grocery List:** *Can add in these food IN ADDITION to the foods from prior phases*

- **Meat–** Ground/Diced/Pureed: beef, chicken, turkey
  Baked & Canned fish: tuna, salmon, cod, and tilapia
- **Meat Softeners–** low–fat/low–sodium gravy, bouillon, light mayo made with Olive Oil
- **Snacks–** soft scrambled eggs, poached eggs, egg white beaters, low/fat–free cottage cheese, Grits, Powdered Peanut Butter (can be bought in the office or at most grocery stores)
IF ABLE TO TOLERATE: Greek Yogurt [Dannon Greek Light & Fit; Yoplait Greek 100; Dannon Greek OIKOS Triple Zero, Powerful Yogurt] Drinkable Yogurt [Keifer, LaLa, Dannon Protein Smoothies]

*Avoid– RICE, BREAD, PASTA

HELPFUL TIPS FOR BLOATING:
- Avoid overeating
- Avoid drinking fluids with meals
- Avoid carbonated beverages
- Stay physically active
- Avoid sugar alcohols
- Limit or avoid foods with lactose

Sample Menu
**Breakfast:** ½ cup Cream of Wheat with Skim Milk (Can add vanilla or tasteless protein powder)
**Snack:** Protein Jell–O or Sugar–Free Jell–O with tasteless protein powder
**Lunch:** 2–3oz canned tuna with light mayo + 1/3 cup fat–free cottage cheese
**Snack:** Powder Protein Shake
**Dinner:** 2–3 oz baked skinless chicken + 1/3 cup mashed kidney or black beans

Sample Menu:
**Breakfast:** Protein Shake
**Snack:** ½ cup applesauce with tasteless protein powder
**Lunch:** ½ cup Greek Yogurt + 1–2oz Torn Deli Turkey + Sugar–Free Fudgsicle
**Snack:** Clear Protein Drink OR Protein shake
**Dinner:** 2–3oz Baked Fish or Ground Beef with Low–Fat Gravy + 4oz Cream Soup (Tomato, Chicken, Vegetable) with sprinkle of 2% shredded cheese

Sample Menu:
**Breakfast:** 1 soft scrambled egg or 1 egg white with sprinkle 2% shredded cheese + ½ cup Greek Yogurt
**Snack:** Clear Protein Drink OR Protein Shake
**Lunch:** ½ cup fat-free Ricotta cheese with Spaghetti sauce (Classico, Barilla) + 2–3oz serving Ground Lean Beef
**Snack:** Sugar–Free Pudding or Sugar–Fee Jell–O
**Dinner:** 2–3oz SOFT/Chopped Pork Tenderloin + ½ cup fat-free cottage cheese

Soft Proteins/Low Fiber [Day 27–36: Week 4– ~6]

Tips!
After Comfortable with Soft Protein Foods ADD Soft Fruits & Well–Cooked Vegetables
- Aim to consume Protein 1st & Fruits/Vegetables 2nd
- *Begin taking Calcium supplement ~1 month after surgery OR:
  - Patch MD bought in the office provides daily calcium required
Grocery List:

- **Meat**– Ground/Diced/Pureed: beef, chicken, turkey
  Baked & Canned fish: tuna, salmon, cod, tilapia

- **Plant Protein**– legumes, kidney beans, black beans, lentils, pinto beans, peas (split, cooked) [limit to 1–2x/week in small portion sizes ~1/3 cup or less due to fiber content]

- **Meat Softeners**– low-fat/low-sodium gravy, bouillon, light mayo made with Olive Oil

- **Snacks**– soft scrambled eggs, poached eggs, egg white beater, low/fat-free cottage cheese, Grits, Halo Protein Ice Cream (1/2 cup= 60 calories, 5g fiber, 4g Sugar, 5g Sugar Alcohols, 6g Protein), Hummus (high plant based protein from chickpeas), Oatmeal (instant, steel-cut oats, old-fashioned oats)

- **Fruits**– Pureed/Blended: Drained Canned peaches, pears, apricots, fruit cocktail (canned in water, not heavy syrup), ½ Banana, honeydew, cantaloupe, kiwi, Frozen Fruits that do not contain seeds. **CAUTION: Fruits with Seeds and/or Skin**

- **Vegetables**– Pureed/Blended/Finely Chopped: Green Beans, Zucchini, Cucumber, Spinach, Green Bell Pepper (monitor due to can cause gas/bloating) Red Bell Peppers (more easily tolerated); Olives (black or green), Collard Greens, Swiss Chard; Steamed & Finely Chopped: Cauliflower, Broccoli (monitor due to can cause gas/bloating), Carrots

  **Starchy/Complex Carbs**: Mashed Sweet Potatoes, Squash, Yams (These are very easy to mash up, but keep in mind they are starchy vegetables therefore limit to 1–3X/week)

  **Avoid– RICE, BREAD, PASTA**

Sample Menu:

**Breakfast**: 1 egg white omelet with diced ham & 2% shredded cheese + ½ cup Soft Fruit
**Snack**: Protein Shake
**Lunch**: Lean Deli Meat with sprinkle 2% shredded cheese & spread with low fat cream cheese rolled up (Low carb pinwheels) + ½ cup steamed non–starchy vegetable
**Snack**: ½ cup Greek Yogurt topped with soft canned fruit (drained)
**Dinner**: Moist Rotisserie Chicken (WITHOUT SKIN) + ½ cup mashed sweet potatoes with tasteless protein powder

Sample Menu:

**Breakfast**: Health Wise Breakfast Meal (Southwestern Omelet, Bacon Cheese Omelet, Apple Cinnamon Oatmeal, Brown Sugar Oatmeal)
**Snack**: Unsweetened Applesauce with added cinnamon & tasteless protein powder
**Lunch**: 2–3oz Lean meat (skinless chicken, fish, pork, beef) + 1/3 cup steamed green beans + Sugar–Free Jell–O or Pudding
**Snack**: Protein Shake
**Dinner**: 2–3oz Lean meat (skinless chicken, fish pork, beef) + 1/3 cup stir–fry vegetables with low–sodium soy sauce
Sample Menu:

**Breakfast:** Protein Shake

**Snack:** Parfait= ½ cup Greek Yogurt + 1-2 tablespoon powdered peanut butter + few pieces of soft fruit

**Lunch:** 2-3oz Lean Meat + 1/3 cup non-starchy vegetable + few cucumber slices

**Snack:** Clear Protein Drink OR Protein Pudding

**Dinner:** 2oz Baked Shrimp + 1/3 cup steamed cauliflower + 1/4 cup sautéed spinach

Sample Menu:

**Breakfast:** Protein Pancake (1 egg + 1-2 egg whites + 1 small ripe banana + ½ scoop protein powder)

**Snack:** ½ cup soft fruit + ½ cup fat-free cottage cheese

**Lunch:** 2-3oz baked skinless chicken with low-fat gravy + ½ cup steamed non-starchy vegetable with sprinkle of 2% shredded cheese

**Snack:** Protein Shake

**Dinner:** ½ cup Health Wise Tomato soup & 1-2oz chopped/diced baked chicken

Solid Foods [Week 6–7+] *Optional

- IF able to tolerate and complete Protein first+ Fruits & Vegetables at meals; SOFT GRAINS may be ADDED into the diet as a source of protein and low-fiber as your weight and tolerance stabilizes.
  - (1/3 cup portion sizes)
  - Oatmeal (instant, steel-cut oats, old-fashioned oats)
  - Quinoa
  - CousCous

*Continue to AVOID BREADS, PASTAS, SIMPLE SUGARS

Advanced Solid Foods [Week 8–9: ~2 months Post–Op]

**May or May NOT tolerate:**

- Bread (Whole & Untoasted) – 1 regular slice (4oz.)
- English Muffin or bagel– ½ (1oz.)
- Pasta– ½ cup (cooked)
- Rice– 1/3 cup (cooked)
- Fruit with Skin
- Salad (spring mix, romaine, baby spinach will be better tolerated; no nutritional value to iceberg)–1 cup
- Stringy meats: fajita meat, brisket, jerky, scallops, calamari– 2–3oz
- Stringy vegetables: asparagus, celery– ½ cup (cooked) 1 cup (raw)

Advanced Solid Foods [Week 9–10: >2 months+ Post–Op]

- Can try foods that may cause stomach irritation (heartburn, acid reflux, bloating, and gas)
  - Citrus Fruits: Oranges, Pineapple, Tangerines, Grapefruit, Lemons & Limes, Clementine
  - Protein Bars: (Dense with high fiber causing more work on the stomach to digest leading to gas, bloating, ect.)
  - Peanut Butter (monitor tolerance due to high fat content)
  - Can add in cereals: aim for Oat Bran, Wheat Bran, Corn Bran, Rice Bran, All-Bran cereals
  - Can add in nuts and seeds
After Bariatric Surgery Long Term

Plate Example Before Surgery:

Plate Example After Surgery:
Practice Portion Control

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 = 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

Healthy Meal Practices

✓ Following a consistent meal pattern 3 meals + 1-2 snack
  ○ About every 3-3 ½ hours
✓ Drinking >64oz water/day
✓ Practicing Mindful Eating:
  ○ Taking 20-30 minutes to eat our meals
✓ Stop drinking fluids ~15 minutes before a meal
✓ Waiting 20-30 minutes after a meal before starting to drink fluids again
✓ Choose nutrient dense foods
  ○ Ask yourself “What is in this food that is making me healthy?”
  ○ Nutrient dense foods are foods that are low in calories but provide a wide variety of vitamins, minerals, and nutrients. By choosing these foods, you will ensure that your nutritional needs are met and increase your level of satisfaction after eating.

✓ EXERCISE