

Bariatric Nutrition Guide



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Resources

Information About Surgery

- VanderbiltSurgicalWeightLoss.com
- ASMBS.org

To Ask Questions or Reschedule

- Contact your dietitian through MyHealthAtVanderbilt.com

Protein and Supplements

- BariatricEating.com
- DietDirect.com
- Unjury.com
- BariatricAdvantage.com
- CelebrateVitamins.com
- MyBariatricPantry.com

Online Diet Trackers

- FitDay.com
- CalorieKing.com
- SparkPeople.com
- MyFitnessPal.com

Recipe Websites

- BariatricEating.com/category/wls-friendly-recipes
- BariatricCookery.com
- BariatricFoodie.com
- InsideKarensKitchen.com/bariatric-friendly-recipes
- TheWorldAccordingToEggFace.Blogspot.com
- FoodCoach.me/?post_type=recipe
- SkinnyTaste.com/recipes/low-carb

My Health At Vanderbilt

- MyHealthAtVanderbilt.com

Smart Phone Apps

- My Fitness Pal
- Lose It
- Baritastic
- Spark People
- Fooducate

Online Support Groups

- ObesityHelp.com
- ThinnerTimesForum.com
- BeforeAndAfterHelp.com
- Vanderbilt Center for Surgical Weight Loss Facebook page ([Facebook.com/groups/VanderbiltSurgicalWeightLoss](https://www.facebook.com/groups/VanderbiltSurgicalWeightLoss))

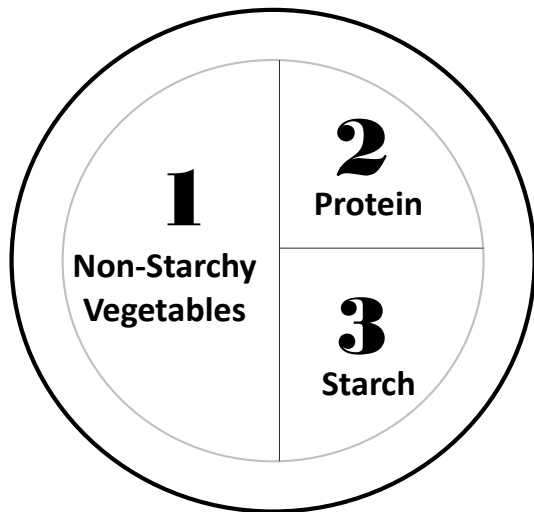
- If you have any diet-related questions, please contact your dietitian through MyHealthAtVanderbilt.com
- If you need to schedule or re-schedule an appointment with the dietitian, call 615-322-6000.

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The Plate Method

We recommend using the plate method as a guide to help with weight loss and creating good eating habits prior to surgery. Use a dinner plate no more than 9 to 10 inches in diameter.



1. Vegetables (half your plate)

- artichokes
- bean sprouts
- broccoli
- cabbage
- cauliflower
- cucumbers
- green beans
- mushrooms
- okra
- parsnips
- radishes
- squash
- tomato
- zucchini
- asparagus
- beets
- brussels sprouts
- carrots
- celery
- eggplant
- greens
- leeks
- onions
- peppers
- salad greens
- sugar snap peas
- turnips

2. Lean Protein

Choose 3-4 ounces

(size of a deck of cards)

- meat
- chicken
- turkey
- fish
- shellfish
- eggs
- low-fat cheese
- cottage cheese
- tofu

3. Starch (limit to 1 serving)

- fruit, ½ cup or 1 small fruit
- dried fruit, 2 tbsp
- corn, ½ cup
- green peas, ½ cup
- potato, ½ cup or ½ medium
- sweet potato, ½ cup
- acorn/butternut squash, 1 cup
- cooked beans/peas, ½ cup
- cereal (unsweetened), ¾ cup
- oatmeal, ½ cup
- cream of wheat, ½ cup
- grits, ½ cup
- bread, 1 slice or 1 roll
- biscuit, 1 small
- English muffin, ½
- waffle, 1 small – 4”
- tortilla, 1 small – 6”
- pasta, ½ cup
- rice, ½ cup
- crackers, 5

Food Label 101

Serving Size: 2/3 cup

The rest of the label refers to this amount of food.

If the serving size is 2/3 cup and you eat 1/3 cup, divide the rest of the information on the label by two.

Sugar 1 g →

Stay below 15 g sugar per meal.

More than 15 g of sugar means the product has too many empty calories and could cause dumping syndrome.

Nutrition Facts			
Serving Size 2/3 cup (55g)			
Servings Per Container About 8			
Amount Per Serving			
Calories 230	Calories from Fat 40		
		% Daily Value*	
Total Fat 8g			12%
Saturated Fat 1g			5%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 160mg			7%
Total Carbohydrate 37g			12%
Dietary Fiber 4g			16%
Sugars 1g			
Protein 3g			
Vitamin A			10%
Vitamin C			8%
Calcium			20%
Iron			45%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Servings Per Container 8

This tells you how many individual servings are in the entire package.

Total Fat 8 g

Keep total fat to a minimum.

Protein 3 g

Protein is very important. Aim for 15-30 grams of protein at a meal.

Tip: A good source of protein should have at least 8 grams of protein for every 100 calories.

Protein is Important

Protein goals:

Women: 50-60 grams per day

Men: 70-80 grams per day

Adequate protein intake is required for the rest of your life. Protein is important for healing after surgery, maintaining muscle, preventing hair loss, and preventing hunger between meals.

Below and on the following page are sources of protein and their protein content. Three ounces is about the size of a deck of cards.



Lean Meat (3 oz=25 grams protein)

Beef:

- ground sirloin
- round
- tenderloin
- sirloin steak
- rump roast
- ground lean
- flank
- pot roast
- sirloin tip

Pork:

- loin roast
- chop
- tenderloin
- Canadian bacon

Veal:

- cutlet
- rib shank
- leg, loin
- shoulder

Lamb:

- leg roast
- loin chop

Wild Game:

- venison
- elk
- buffalo

Poultry (3 oz=25 grams protein)

- chicken
- ground turkey
- turkey
- cornish hen

Fish (3 oz=21 grams protein)

- catfish
- flounder
- haddock
- salmon
- snapper
- trout
- cod
- halibut
- mackerel
- sea bass
- talapia
- tuna

Shellfish (3 oz=18 grams protein)

- clams
- lobster
- scallops
- crab
- mussels
- shrimp

Deli Meats (3 oz=15-21 grams protein)

- ham
- roast beef
- turkey
- chicken
- pastrami
- prosciutto

Dairy

- skim milk or 1% milk (1 cup) 8 grams
 - Fairlife Milk (1 cup) 13 grams
 - Carbmater Milk “Kroger brand” (1 cup) 11 grams
- plain yogurt (6 oz) protein varies, see nutrition label
 - Tip: Greek yogurt has twice the amount of protein as regular yogurt.*
- cottage cheese (¼ cup) 7 grams
- hard cheese (1 oz) 7 grams
- soft cheese (1 oz) 6 grams
- dried milk (⅓ cup) 8 grams



Eggs

- egg (1) 6 grams
- egg substitute (¼ cup) 6 grams

Beans, Peas & Lentils

- ¼ cup=4-5 grams

Soy

- soymilk (1 cup) 5-7 grams
- tofu (½ cup) 10 grams
- tempeh (½ cup) 15 grams
- textured vegetable protein (½ cup) 12 grams
- soy crumbles (½ cup) 9 grams

Other

- high protein cereal (1 cup) 9-13 grams
- wheat germ (2 tbsp) 5 grams
- protein bars
- protein shakes
- protein water
- bulgur (¼ cup) 4 grams
- quinoa (¼ cup) 2-3 grams
- veggie burger (1 patty) varies depending on product

Each meal should include protein

- Meals should include 15-30 grams of protein.
- Eat high protein foods first.
- Protein drinks or bars may be needed to achieve your protein goals but are not necessary once you are able to meet your protein goals through other foods.

Limit these foods because they are higher in fat than protein:

- pepperoni
- sausage
- bologna
- salami
- hot dogs
- bacon
- peanut butter
- nuts
- seeds
- full-fat dairy

Protein Supplements

These include protein shakes, protein water, protein powder, and protein bars.

Calories 190

Try to keep calories around 200 or below per serving.

Sugar 13g

Stay below 15 grams for protein bars and shakes.

Stay below 5 grams for protein powders.

Nutrition Facts	
Serving Size: 1 bottle (11oz)	
Servings Per Container 1	
Amount Per Serving	%DV
Calories 190	Calories from Fat 45
% Daily Value	
Total Fat 5g	7%
Saturated Fat 2g	10%
Cholesterol 10mg	3%
Sodium 220mg	8%
Total Carbohydrate 23g	7%
Dietary Fiber 5g	20%
Sugar 13g	
Protein 15g	
Vitamin A 35%	• Vitamin C 100%
Calcium 40%	• Iron 10%

Ingredients: Whey Protein Isolate, Fructose, Natural and Artificial Flavors, Soy Lecithin, Xanthan Gum, Acesulfame Potassium, Sucralose

Look for whey protein isolate or whey protein in ingredients list.

Protein 15g

Make sure there is 15-30 grams of protein per serving.

Protein Powders

- Unjury Whey Protein Isolate*
- Nectar Whey Protein Isolate*
- Health Wise Fruit Drinks*
- Bariatric Advantage High Protein Meal Replacement*
- Chike
- Genisoy Soy Protein Shake
- MetRx 100% Natural Whey
- Pure Protein 100% Whey
- Body Fortress Whey Protein
- Six Star Whey Protein
- Whey Isolate Splash
- Inspire Whey Protein Isolate
- GNC Whey Protein Isolate

Protein Waters

- Premier Clear Protein Drink
- Isopure
- Protein2O
- Trusource Protein Water
- Atkins Lift
- BiPro Protein Water

Protein Shakes

- Premier Protein Shake
- Equate High Performance Protein Shake
- Ensure Max Protein
- Fairlife Nutrition Plan
- Slim-Fast Advanced Nutrition
- Ensure Active High Protein
- Boost Calorie Smart
- Boost Glucose Control
- Pure Protein Shake
- Atkins Advantage Shake
- Muscle Milk Light

Protein Bars

- Pure Protein
- Think Thin
- QuestBar
- Premier Protein
- Atkins Advantage
- Health Wise protein bars and cookies*
- Oh Yeah!
- ONE
- Detour
- Epic Bar

**Indicates products available for purchase in the clinic*

Fluid

Fluid goal:
64 oz or 8 cups per day

Important Tips

- Keep something to drink with you at all times
- Sip beverages slowly
- No carbonated beverages
- No sugar-sweetened beverages
- Limit caffeine drinks to 2 cups per day
- Be calorie conscious. At first you will need to drink some high protein drinks. But once you start getting protein from foods, you may begin to wean yourself off high protein drinks.

Should I drink fluids with meals?

No. Make sure to drink fluids throughout the day but stop **30 minutes before meals and wait until 30 minutes after meals to drink.**

Drinking fluids with meals limits the amount of protein you eat at a meal and can make the food come back up or go through the pouch too quickly. If food doesn't stay down or goes through the pouch too quickly it leads to increased hunger and discomfort.

A few small sips with meals to avoid choking or after spicy food is allowed.

Can I drink alcohol?

Avoid alcohol for the first 6 months after surgery. If you choose to drink, do so in moderation (1 drink, 1-4 times a year). Your tolerance will likely be very low, so be careful trying alcohol again.



Dehydration

Dehydration is the loss of body water and is a risk for you, especially during the first few months following surgery and in the warmer months. Your body cannot function properly without adequate fluid.

Try to get at least ½ to 1 cup (4-8 oz) of fluid each hour. Drink at least 64 oz of fluid a day.

Symptoms of dehydration include:

- nausea
- sluggishness
- constipation
- light-headedness

Beverage Ideas:

- water
- flavored water
- sugar-free drink mixes
- MiO Liquid Water Enhancer
- unsweet tea
- bottled diet teas
- decaf coffee
- Powerade Zero
- Vitamin Water Zero
- Propel Zero
- SoBe Lifewater (0 calories)
- Minute Made Diet Lemonade
- Crystal Light
- Sugar Free Kool Aid
- Hint
- Bai
- Nestle Splash

Vitamin and Mineral Supplements

Supplements are Necessary

You will need to take supplements every day for the rest of your life to prevent deficiencies. For the first 4 weeks after surgery, supplements need to be chewable, liquid, powder, crushed, or crumbled.

Vitamins and minerals help the body burn energy and convert food to energy. They also help regulate hunger and maintain a healthy metabolism.

Additional vitamin or mineral supplements may be added to your regimen based on the results of your individual blood work. You will be notified by clinic staff if additional supplements are needed.

Multivitamin

Make sure your vitamin has:

- thiamine
- 400 mcg folic acid
- 18 mg iron
- zinc

Calcium Citrate + Vitamin D

Make sure to get at least 1200-1500 mg of calcium citrate + 1000 IU of vitamin D3 daily.

Calcium is taken 2-3 times a day because your body can only absorb 500-600 mg at a time. Separate calcium doses by at least 2 hours.

Most of the calcium supplements at the store are calcium carbonate or phosphate, which will not be well absorbed after surgery. Make sure to read the ingredient list carefully to buy **calcium citrate**.

Calcium and iron bind so avoid taking them together. Separate calcium and multivitamin/iron by at least 2 hours.

Sample Supplement Schedule:

- Morning - multivitamins
- Lunch - calcium citrate
- Dinner - calcium citrate
- Before bed - calcium citrate

Make sure there are at least two hours between each dose.

Monitoring for Deficiencies

You will have your lab work taken at regular intervals after surgery at your 1, 3, 6, and 12 month post-op visits and annually for the rest of your life. It is important that you follow up with our clinic routinely to check your labs. Failure to follow up can result in severe vitamin and mineral deficiencies. We ask that your nutritional labs be monitored and treated by our bariatric trained providers and not by a primary care provider.

Hair Loss and Supplements

Hair loss may occur a few months after surgery. It usually improves after a few months.

To help reduce hair loss and help with regrowth:

- Eat enough protein.
- Take your supplements.
- Drink plenty of fluids to stay hydrated.

Kidney Patients:

If you have a renal dietitian, please consult with them for recommendations or provide us their contact information.

Multivitamin

Supplement Facts		
Serving Size:	1 tablet	
Servings Per Container	60	
Amount Per Serving		%DV
Calories	10	
Total Carbohydrate	2 g	0%
Sugars	2 g	
Vitamin A	5000 IU	100%
Vitamin C	90 mg	150%
Vitamin D	400 IU	100%
Vitamin E	30 IU	100%
Vitamin K	40 mcg	50%
Thiamine (or B1)	1.5 mg	100%
Riboflavin	1.7 mg	100%
Niacin	20 mg	100%
Vitamin B6	2 mg	100%
Folate (as folic acid)	400 mcg	100%
Vitamin B12	6 mcg	100%
Biotin	300 mcg	100%
Pantothenic acid	10 mg	100%
Iron	18 mg	100%
Iodine	150 mcg	100%
Magnesium	100 mg	25%
Zinc	15 mg	100%
Selenium	55 mcg	79%
Copper	1 mg	100%
Manganese	2 mg	100%
Chromium	35 mcg	29%
Molybdenum	75 mcg	100%
OTHER INGREDIENTS: sugar, natural and artificial flavors, stearic acid, dried coconut oil complex, microcrystalline cellulose, magnesium stearate, silica, citric acid, malic acid, sucralose, FD&C red #40, FD&C blue #1.		

Make sure your multivitamin contains:

Thiamine

400 mcg Folic Acid

18 mg Iron

Zinc

Chewable:

- Procare Health Bariatric Multivitamin with 45 mg Iron Chewable Tablets
- Bariatric Advantage Advanced Multi EA Chewable
- Bariatric Advantage Multi Chewy Bites + Bariatric Advantage Chewy Bite Iron 30 mg
- Opurity Bypass and Sleeve Optimized Chewable
- Bariatric Pal Multivitamin ONE Chewable

Capsules:

- Barilife Just One Multivitamin with Iron
- Bariatric Choice Once Daily Bariatric Multivitamin with 45 mg Iron
- Bariatric Pal Multivitamin ONE Capsules
- Procare Health Bariatric Multivitamin with 45 mg Iron Capsules
- Naturelo Bariatric Multivitamin
- Bariatric Advantage Ultra Solo with Iron
- Bariatric Advantage Ultra Ulti
- Opurity Bariatric Multi Capsules with Iron

Only the above recommended multivitamins are approved to take after surgery.

Calcium Citrate + Vitamin D Supplement

Take 2-3 times a day
(1200-1500 mg total)

- If your serving of Calcium Citrate is 600 mg, take it 2 times a day.
- If your serving of Calcium Citrate is 500 mg, take it 3 times a day.

250-600 IU of Vitamin D
per 500-600 mg calcium

Supplement Facts		
Serving Size:	2 tablets	
Servings Per Container	60	
Amount Per Serving	%DV	
Calories	15	
Sodium	10 mg	<1%
Total Carbohydrate	4 g	0%
Sugars	0 g	
Vitamin D	400 IU	100%
Calcium (elemental)	500 mg	50%
Sodium	5 mg	<1%
INGREDIENTS: Calcium Citrate, Polyethylene Glycol, Croscarmellose Sodium, Hydroxypropyl Methylcellulose, Magnesium Silicate, Titanium Dioxide (Color), Vitamin D3 (Cholecalciferol).		

Be sure to check the serving size. To get 500 mg of calcium citrate, you would need to take 2 tablets.

Take calcium citrate not carbonate or phosphate

Approved Products:

Pills

Citracal Regular

2 pills, 2 x day

All pharmacies

Citracal Petite

3 pills, 2 x day

All pharmacies

Stores often have their own generic brand of calcium citrate next to the Citracal.

Powders

UpCal D

1 packet, 3 x day

100 Oaks Pharmacy

You can crush calcium citrate pills to make your own powder.

Liquids

Nature's Way

1 tbsp, 3 x day

Walmart

Solgar

1 tbsp, 2 x day

Vitamin Shoppe

Chewables

Bariatric Advantage Chewable

1 500 mg lozenge, 3 x day

Bariatric Advantage Chewy Bites

1 500 mg chew, 3 x day

Celebrate Soft Chews

1 500 mg chew, 3 x day

Available at 100 Oaks Pharmacy or online

Preparing for Surgery

Do not progress your diet earlier than recommended



	Type of Diet
One day before Surgery <i>(or individualized based on surgeon's recommendation)</i>	Preoperative Liquid Diet (p. 13). 4-5 shakes per day along with 64 ounces of a sugar-free non-carbonated drink
Hospital Stay	Bariatric Clear Liquids (p. 15). Water, sugar-free and non-carbonated drinks, broth, sugar-free gelatin, sugar-free popsicles
Weeks 1 and 2 After Surgery	Full Liquids (p. 16). Pourable liquids - water, sugar-free and non-carbonated drinks, protein drinks, skim milk, thinned out yogurt, soups without chunks
Weeks 3 and 4 After Surgery	Soft Diet (p. 17). Choose moist, soft, high-protein foods that can be easily mashed with a fork. Take tiny bites and chew until food is consistency of applesauce.
4 Weeks After Surgery	Regular Diet (p. 20). Reintroduce meats, eggs, shellfish, and raw vegetables as tolerated. Take tiny bites and chew until food is consistency of applesauce.

The first month after surgery, remember:

- No M.E.A.L.S - meat, eggs, and leftovers
- No potatoes - including potato soup and mashed potatoes
- No hot or cold cereals

Preoperative Liquid Diet

This diet will result in rapid weight loss which will shrink your liver and improve postoperative recovery. It is very important that you stick to the preoperative diet that your surgeon is recommending for you.

Please note that this preoperative liquid diet plan is different than your postoperative liquid diet plan.

- Drink 4-5 shakes per day (spread these throughout the day to help keep blood sugars managed and to decrease hunger).
- Drink a shake every 3-4 hours, or a time that works for you to spread them throughout the day.
- Drink an additional 64 oz of water or other low calorie, sugar-free beverage between shakes.
- Calorie intake will be 800-900 calories per day.

Tips for Choosing Protein Supplements:

Please make sure that your product meets the following:

- Ingredient includes best quality protein source: whey protein isolate
 - Avoid hydrolyzed collagen as main ingredient
 - If you have any allergies, please discuss options with your dietitian
- Less than 230 calories per serving
- At least 15 grams of protein per serving
- 0-4 grams of sugar per serving
- If fiber content is less than 4 grams per serving, add 2 teaspoons of Benefiber to each shake
- If you have a powder option, you may mix with water, Carbmaster milk, Fairlife skim milk, or unsweetened plant-based milk

Approved Liquids for Preoperative Liquid Diet:

In addition to the 4-5 shakes you will be drinking per day, drink an additional 64 oz of liquids between shakes choosing from options below:

- Sugar-free or low-calorie drinks (less than 10 calories per serving) that are non-carbonated
 - Crystal Light, Hint, Propel Zero, Bai, Powerade or Gatorade Zero, Mio, sugar-free Kool Aid, unsweetened or artificially sweetened decaf tea or coffee, Vitamin Water Zero

*Please refer to page 8 for a complete list.

- Sugar-free jello
- Broths: chicken, beef, vegetable

You **may not** have: creamy soups, tomato soups, yogurts, or any foods or drinks that are more than 10 calories per serving.

Day of Surgery

No food allowed the day before your surgery.

The morning of your surgery you can have clear liquid only (no protein waters or protein shakes allowed).

Drink 24 oz of an electrolyte drink up to 2 hours before your scheduled procedure:

- G2 (If you are a diabetic please use a sugar-free option listed below):
 - Powerade Zero
 - Gatorade Zero
 - Propel (flavored)
 - Propel (unflavored) – good option if you avoid artificial sweeteners

Other Allowed Clear Liquids - Drink as desired after the above electrolyte goal of 24 oz has been met:

- Water
- Diet Juice (less than 10 calories per serving)
- Sugar-free drinks such as Crystal light – see bottom of pg. 8 for other sugar-free drink options

Do not drink any protein shakes or protein water the day of surgery.

Do not drink any G2 after surgery.



Diet at the Hospital: Bariatric Clear Liquids

This diet phase only lasts while you are in the hospital.

The first thing you will drink after surgery (once the anesthesia has worn off) will be water in 1 ounce servings. Once you are able to drink water with no problem, you will progress to a sugar-free clear liquid diet.

You are encouraged to:

- check your tray to be sure there are no fruit juices, carbonated drinks or anything sweetened with sugar
- sip liquids slowly
- rest between sips
- try to drink 4-8 oz of fluid over the course of an hour while awake
- stop when you feel fullness or pressure

Sip drinks slowly with small frequent sips. Stop if you feel full or discomfort.



Clear liquids that are allowed

- water
- sugar-free, non-carbonated drinks
- broth
- sugar-free gelatin
- sugar-free popsicles
- decaffeinated tea
- diet juice (less than 10 calories per serving)

Diet for Weeks 1 and 2 After Surgery: Full Liquids

Don't worry about meals. Focus on fluids first and then protein intake. You do not have to separate "meals" from other fluids during this phase.

Your number 1 priority is staying hydrated.

Try to drink at least ½ to 1 cup (4 to 8 ounces) of liquids per hour while awake. If you are awake, you should be sipping.

Daily fluid goal is at least 64 oz.

Once you are comfortable getting your fluids in, women should aim for 50-60 grams of protein and men should aim for 70-80 grams of protein.

Full Liquids - Approved Foods/ Grocery List

Do not eat or drink any foods or drinks not on this list.

Liquid Protein Sources - Protein Drinks, Dairy, and Protein Soups

- milk, skim or 1% - higher protein milk options are Fairlife or Carbmater
- unsweetened soy milk
- low fat, low sugar yogurt or Greek yogurt - no chunks and thinned with low fat milk
- protein powders - less than 5 g sugar (see page 7 for recommendations)
- ready-to-drink protein shakes and protein water - less than 15 g sugar (see page 7 for recommendations)
- broth, bouillon, consommé, strained broth-based soup, strained low-fat cream soups made with water or skim milk (pourable, without chunks).
No potato or bean soups.
- high protein soup mixtures - Proti DIET,

Bariatric Choice, BariWise, Pantry Selections (pourable, without chunks)

Other

- sugar-free gelatin
- sugar-free popsicles
- sugar-free pudding (thinned with skim milk)

Sugar-Free Drink Suggestions

(sugar-free or low calorie drink choices should have less than 10 calories per serving and should not be carbonated)

- Crystal Light, Diet or Light Lemonade, Hint, Propel, Sugar Free Kool-Aid, Dasani Drops, Powerade Zero, Fruit 2O, Crystal Light Pure, Bai, Mio, Vitamin Water Zero, Diet Snapple, Nestle Splash, unsweetened or artificial sweetened decaf tea or coffee, vegetable juice, diet juice (avoid regular fruit juice)

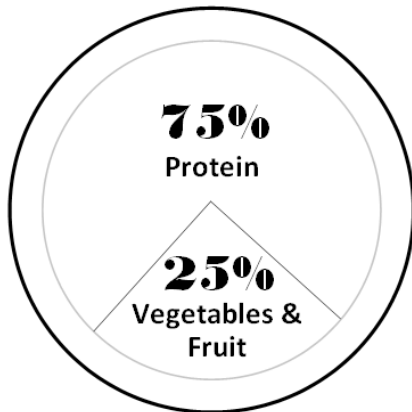


Weeks 3 and 4 After Surgery: Soft Diet

Allowed Foods

You may have any options from the full liquid diet and may begin to add in moist, soft foods that can be easily mashed with a fork. Protein options include fish, tofu, beans, yogurt, cottage cheese, protein powders/drinks.

Your Plate:



Eat protein first. Limit all other foods until you are comfortably eating at least 50 g protein per day.

There should be 3-4 “eating times” a day.

- Start with 3 eating times per day. Increase as needed for true hunger or to meet protein goals.
- Each meal should be no larger than ½ cup.
- Start separating fluid from meals and remember to sip on fluids between meals.
- Protein shakes will likely still be necessary to help you reach protein goals.

Foods to Avoid on the Soft Diet

- all meat/poultry – chicken, beef, pork, turkey
- eggs
- nuts or seeds, peanut butter
- fruit or vegetables with tough skins
- potatoes
- raw vegetables
- cereal (hot or cold)



Soft Foods - Approved Foods/ Grocery List

Do not eat or drink any foods not included in the full liquid diet list or the soft foods list.

Dairy

- **fat-free or low-fat, low sugar yogurt**
($\frac{1}{4}$ - $\frac{1}{2}$ cup, protein varies, see nutrition label)
- **fat-free or low-fat, low sugar Greek yogurt**
($\frac{1}{4}$ - $\frac{1}{2}$ cup, protein varies, see nutrition label)
**Tip: Greek yogurt has at least twice the amount of protein as regular yogurt*
- **fat-free or low-fat cottage cheese**
($\frac{1}{4}$ cup, 7 g protein)
- **fat-free or low-fat ricotta cheese**
($\frac{1}{4}$ cup, 7 g protein)
- **fat-free or low-fat shredded cheese**
($\frac{1}{4}$ cup, 7 g protein)

Fish

- **fish - baked, broiled, grilled, or boiled**
(1 oz, 7 g protein)
- **light tuna, left in water or with light mayonnaise**
(1 oz, 5-6 g protein)
All fish should be moist (not dry or overcooked)
No shellfish (e.g. shrimp)

Soy Protein Products

- **tofu**
($\frac{1}{4}$ cup, 5 g protein)
- **soy protein crumbles such as Morningstar or Boca - in freezer**
($\frac{1}{4}$ cup, 5 g protein)

Soups

- **low fat bean soup, vegetarian chili**
($\frac{1}{2}$ to 1 cup, protein varies based on ingredients)

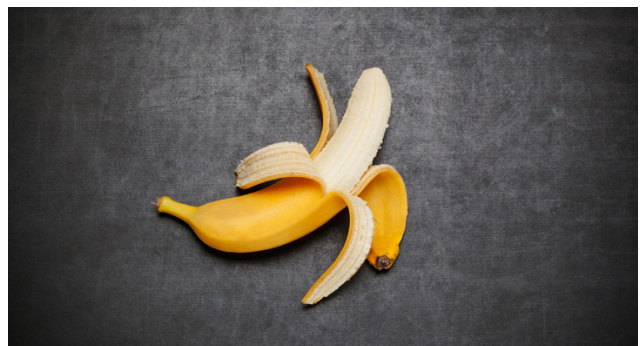
Beans & Non-Starchy Vegetables

- **cooked and easily mashed beans or lentils**
($\frac{1}{4}$ cup, 4-5 g protein)
It is not recommended to eat beans from any restaurants.
Thin beans out with broth so they are not too thick/sticky.
- **any non-starchy vegetable (cooked tender)**
($\frac{1}{4}$ cup, less than 1 g protein)
Avoid vegetables with tough skins, fried vegetables, potatoes, corn, and raw vegetables

Fruit

(less than 1 g protein)

- **Fresh fruit like banana, melon, mango**
Avoid dried fruit, hard fruit, skins of fruit
- **Fruit that is canned or in a cup in its own juice like pears, peaches, fruit cocktail**
Avoid pineapple



Soft Foods - Sample Menus

Meals are about ½ cup in size. Protein foods are at least 75% of the meal.

Sample Menu 1

		Protein
Breakfast	1 container low fat/low sugar Greek Yogurt	12-15 g
Lunch	2.6 oz pouch tuna with low-fat mayo and few drops of relish juice	14 g
Dinner	½ cup cooked beans with 1-2 tablespoons low fat shredded cheese	10 g

Sample Menu 2

		Protein
Breakfast	½ cup low-fat cottage cheese	14 g
	1-2 tablespoons chopped canned peaches (canned in own juice, not syrup)	0 g
Lunch	½ cup low fat ricotta cheese	13 g
	1-2 tablespoons marinara sauce and grated parmesan cheese	0 g
Dinner	2-3 oz poached /steamed/baked tilapia	14-21 g
	¼ cup soft cooked vegetables (e.g. green beans, carrots)	less than 1 g

Sample Menu 3

		Protein
Breakfast	Blend together: ¼ banana, 2 tablespoons PB2 (peanut butter powder), 1 cup Fairlife milk	18 g
Lunch	½ cup low-fat cottage cheese	18 g
	1-2 tablespoons of low-fat shredded cheese	
Dinner	½ cup soy protein crumbles mixed with taco seasoning	9 g
	1-2 tablespoons salsa or low fat sour cream	0 g

Protein shakes may be necessary to help you reach your protein goals.

4 Weeks After Surgery: Regular Diet

Advance to Regular Diet (as you are able)

At 4 weeks, you can add back in solid foods, but it is still best to stick with moist and tender foods. You may now begin eating:

- meats, eggs and shellfish
- raw vegetables and salads
- small amounts of nuts or seeds

Follow these guidelines

The operation is not a cure. To be successful, you must change your eating and exercise habits for life. To maximize your weight loss and limit the risk of regaining weight, follow these tips:

Eat only 3-4 meals/snacks per day.

It's ok to have additional protein snacks if needed to meet your goal, but avoid grazing or eating out of boredom, stress or "because it's there."

Avoid high calorie foods, drinks and desserts.

Stay hydrated!

Continue to sip your fluids between meals and work on meeting your fluid goal daily.

Eat your protein first.

Meals should contain 2-3 oz meat/fish or 15-30 g of protein. Begin adding vegetables and fruit to meals once able to consume 2-3 oz protein.

Keep portions small.

Total meal should not exceed 1 cup.

Have a plan.

Think through your day and what your meals will

be ahead of time whenever possible. **Always** have healthy food and drinks available to you.

Eat slowly, chew well and avoid overeating.

Meals should take 20-40 minutes to eat. Try putting your utensil down between bites and stop eating before you feel uncomfortably full.

Fully separate eating and drinking.

Use the 30 minute rule before and after meals.

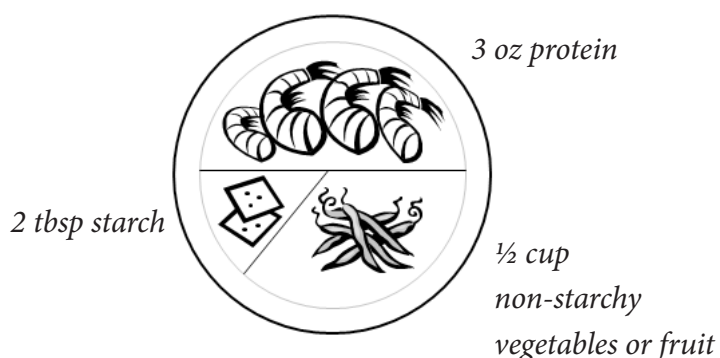
Be open to trying new healthy foods.

Your tastes often change after weight loss surgery. Take this opportunity to discover new, healthy foods you can incorporate into your diet.

Tips for Portion Control

- Use measuring cups and spoons for serving sizes.
- Use a salad plate or saucer.
- Always eat protein first.

Your Plate:



Regular Diet - Sample Meals

Meals are no more than 1 cup in size and should always contain protein.

Breakfast

- 1-2 eggs with ½ cup fruit, may add 1 tbsp shredded cheese to eggs if desired
- 1 container Greek yogurt (keep sugar less than 15 grams per serving)
- muffin tin omelets (many recipes online)
- turkey or chicken sausage or turkey bacon + ½ cup fruit
- ½-1 cup cottage cheese + fresh fruit or tomatoes

Lunch

- 2-3 oz sliced turkey, ham or roast beef with lettuce, tomato
- Greek salad: handful salad greens + 2-3 oz chicken, 1 tbsp Feta cheese, 5 olives, 1 tbsp Greek dressing
- tuna, egg or chicken salad mixed with low fat mayo over bed of lettuce
- 1 cup chili with lean ground meat, beans and tomatoes
- leftovers from your dinner

Dinner

- ½ cup turkey or lean beef meat balls with tomato sauce and ½ cup vegetable of your choice (try zucchini “noodles”)
- 3 oz rotisserie chicken breast + ½ cup green beans or vegetables steamed in a bag
- 1 cup beef stew with carrots and vegetables
- ½ cheeseburger patty with ½ cup side salad and low fat dressing
- chicken stir fry with broccoli, carrots and red peppers served over riced cauliflower (look in freezer section of grocery store)

Snacks

- low fat mozzarella cheese stick or Light Babybel cheese
- ¼ cup of hummus with veggies (baby carrots, cucumbers)
- ¼ cup dry roasted edamame
- ½ apple with 1 tbsp nut butter (peanut butter, almond butter, cashew butter)
- 1 hardboiled egg or deviled egg using low fat mayo

Cautious Eating After Surgery

To reduce your risk of complications, discomfort, and weight regain, follow these guidelines:

Foods That May Not Be Tolerated Well After Surgery

Some foods may cause discomfort or not digest well in your new stomach after surgery. It is important to take things slowly when trying new foods and try one new food at a time so you can identify what foods may be causing problems for you. If you do experience discomfort after eating a particular food, you will want to wait at least a few weeks before trying that food again.

Foods to be careful with:

- Any dry or over cooked meat, fish or shellfish. Cooking these foods in a slow cooker/crock pot or pressure cooker will help maintain moisture.
- Pasta, rice, breads. These foods tend to swell, stick together, and may feel heavy.
- Fruit or vegetables that are stringy or have tough skins or seeds.
- Foods that are fried or high in fat.
- Sweets and foods high in sugar.
- Milk products. Some people develop lactose intolerance. There are many lactose-free alternatives you can discuss with your dietitian.

Avoid Overeating

Eating too much food at a meal can cause discomfort and vomiting. In very rare cases, extreme overeating may cause your pouch to rupture. To prevent overeating, try:

- Limiting meal size to $\frac{1}{2}$ cup initially and work up to $\frac{3}{4}$ to 1 cup as tolerated
- Portioning out meals using measuring cups/spoons or diagrams

- Stopping when you are full or when you have finished the small portion of food you have placed on your plate – whichever comes first. Do not eat until you feel as if you are too full to eat another bite.
- Use small/toddler sized utensils or chopsticks

Prevent Vomiting

Vomiting is most often caused by overeating, eating too quickly, eating inappropriate foods, taking large bites, or not chewing food well. If vomiting occurs, stop eating solid food and sip clear liquids until you are able to resume your intake of normal foods. Episodes of occasional vomiting are common initially and usually improve with time.

If vomiting continues for more than 24 hours, call your doctor because this may indicate your stomach outlet is blocked. *Also call your doctor if you feel you are unable to get adequate nutrition for a long period of time or feel you are becoming malnourished.*

Other Tips

Eat in a relaxed atmosphere

Sit down for meals and avoid eating on-the-go. Avoid eating in front of the TV or while reading, which will divert your attention and increase the risk of overeating or eating too fast.

Limit eating out after weight loss surgery

Many restaurant meals are high in fat and calories and are served in large portions. Here are a few tips for dining out after weight loss surgery:

- Browse restaurant menu online before going out to eat to decide what menu items will be best for you.
- Share a meal.
- Order à la carte menu items.

- Ask for a to-go box when you order your meal and pack up a portion of the meal so you are not tempted to clean your plate.

Limit chewing gum

Chewing gum is not recommended. If you choose to chew gum, it must be sugar-free. Be very careful not to swallow it as it can block your stomach outlet and require a visit to the ER for removal.

If food feels like it's stuck:

- Sit up straight.
- Walk to help it move through.

How to Avoid Dumping Syndrome

You want to do everything you can to avoid dumping syndrome. Eating foods containing sugar or excessive amounts of salt can cause the symptoms of dumping syndrome.

Why Does It Happen?

Due to the Roux-en-Y surgery, foods now pass more quickly into your intestines because the valve at the end of your stomach is bypassed.

When you eat foods high in sugar and salt, the intestines must dilute the mixture by drawing fluid from the blood into the intestines. This leads to a sense of fullness and cramping, which can cause diarrhea.

The loss of water from the blood may produce a temporary drop in blood pressure, causing weakness, sweating, rapid heart rate, and nausea. These symptoms may occur 15 to 60 minutes after eating and last as long as one to two hours.

Symptoms of Dumping

- shaking
- sweating
- cramping
- diarrhea

- weakness/dizziness
- rapid heart rate
- nausea

Limit sugar and excessive salt in food and drinks. Read the food labels and choose foods with less than 15 grams of sugar per serving.

Hypoglycemia (Low Blood Sugar)

After gastric bypass surgery you may also get hypoglycemia (low blood sugar), which can cause fatigue, dizziness, shaking, sweating, confusion, or agitation.

However, a few simple guidelines can help prevent a drop in your blood sugar.

- Eat 3 meals per day. Do not skip meals.
- Include protein and complex carbohydrates at each and every meal.
- Avoid sugary beverages and simple sugars (see Foods to Limit).

If you are having symptoms of low blood sugar, please contact the clinic.

Foods to Limit

- ice cream
- cookies/cake/candy
- soda/sweet tea/fruit juice
- cold cereal
- crackers/chips
- large quantities of fruit (even in smoothies)
- chocolate milk
- applesauce with added sugar
- yogurt with more than 15 g sugar
- protein shakes/bars with more than 15 g sugar

Food Diary

Date: ___/___/___

Time	Description*	Hunger (1-10)	Thoughts	Protein (grams)
Breakfast				
Lunch				
Dinner				
Snacks				

***Be specific:** Write down specific amounts, measuring and weighing food if necessary (e.g., ½ cup rice, 6 oz. chicken breast). Include how food was prepared (e.g., broiled, fried), as well as any toppings, sauces, or dressings.

Exercise: Type: Minutes: Steps:	**Ounces of Fluid:	Grams of Protein:	Supplements:
One thing I did well for my weight management goals:			

****Water intake-** add a tally mark for each cup (8 oz) of water you drink—remember: your goal is 8 cups (64 oz) per day

Benefits of self-monitoring:

- improves your understanding of eating patterns
- increases your feelings of control over eating
- helps you recognize and solve problems
- improves your commitment to change

Tips for self-monitoring:

- Start a new food diary each day.
- Do not wait until the end of the day to fill out your food diary. The longer you wait, the more likely you are to forget something!
- Be honest - record what you are actually doing.
- Be accurate - use food labels, measuring cups/spoons, scales, etc.
- Be complete - record everything. If you bite it, you write it!
- Smart phone apps are a great way to self-monitor (e.g. myfitnesspal, Lose It, Baritastic).

Long Term Keys to Success

1. Eat in a regular meal pattern – 3 meals per day. Snacks may be added if needed for true hunger or to meet protein goals.
2. Do not graze or eat little bits of food throughout the day. This is one of the main causes of weight regain after bariatric surgery.
3. Plan your meals ahead of time whenever possible and aim to have a source of protein along with a vegetable at most meals. Limit eating out at restaurants.
4. Read food labels. Learning this skill will allow you to determine what specific products are good options and which ones to limit or avoid.
5. Eat slowly, take small bites, chew your food thoroughly and stop eating as soon as you begin to feel full.

6. Avoid high calorie foods (fried foods, desserts) and simple carbohydrates (chips, crackers). These foods can add a lot of calories to your diet and are not filling.
7. Drink at least 64 ounces of non-sugary, non-carbonated fluids throughout the day, but do not drink with meals.
8. Be physically active most days. Start wherever you are and work up to 30-60 minutes 5-7 days per week.
9. Take your recommended supplements daily. These should be taken for the rest of your life.
10. Keep a food journal and review it with your dietitian at your appointments.
11. Ask for help and get support. We are here to help, but we can't help if we don't know you are struggling!

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