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2 Week Liquid Diet

For the **2 weeks** prior to your surgery, you will need to be on a liquid diet. The diet will shrink your liver to make your surgery safer. The liquid diet is very important. Your daily goal is no more than 800-1000 calories, 70 grams of protein, and 80-100 grams of carbohydrate. Here is how to do it.

70 grams of protein per day

You will need to drink 70 grams of protein each day to keep from getting malnourished. You may use any protein powder or protein drink of your choice. Mix your protein powder with any of the approved liquids, and drink enough to meet your goal of 70 grams of protein per day.

See examples of protein powders on the next page.

10 cups of liquid per day

You need to drink at least 10 cups of fluid per day to keep from getting dehydrated. Whatever you drink for your protein does count toward these 10 cups. Fluids should be sugar-free and low calorie. **A liquid is anything you can drink through a straw.** Examples include:

- Water
- Crystal Light, Splenda, & Nutra-sweet drinks
- Coffee, tea (decaffeinated, & no cream)
- Skim milk, 1% milk, or Lactaid milk
- Ocean Spray Light (limit to 1 cup daily)
- Diet V8 splash (limit to 1 cup daily)
- Fruit₂O
- Broth
- Sugar-free drink mixes
- Sugar-free ice pops
- Sam's choice flavored water

If you experience temporary dizziness, dark colored urine, or decreased urine volume it could be a sign of dehydration. If these symptoms occur, increase your fluid intake to 12 cups of liquid per day. Do not exercise or use a hot tub if you are dehydrated. In the event that you experience persistent, severe dizziness, contact your doctor or go directly to an emergency room.

You may also experience constipation, and only have one bowel movement every 2 to 4 days. Consuming adequate liquid and exercising regularly will help you through this change. If you become uncomfortable and constipation persists, a gentle laxative may help.

Protein Supplements

Unjury (20g whey protein isolate)

To Purchase: www.unjury.com

* **Great protein source if you are lactose intolerant**

Designer Whey Protein (18g protein)

To Purchase: GNC, Vitamin World, National Discount Nutrition Store

Isopure (50g protein)

To Purchase: GNC

AdvantEdge Whey Protein (EAS) (20g protein)

To Purchase: Local grocery stores, GNC, Vitamin World

American Whey 100% Whey Protein (22g protein)

To Purchase: GNC, Home Economist

Designer Protein (35g protein)

To Purchase: GNC, Home Economist

Carb Solutions Shake mix (19 g protein)

To Purchase: CVS, Eckerd, Food Lion, GNC, Harris Teeter, Target, Walmart

Beneprotein (6g protein/scoop) (**Promod** and **Casec** are acceptable – 5g protein/scoop)

To Purchase Beneprotein: Call 1-800-828-9194

To Purchase Promod or Casec: Local Pharmacy

Carnation Instant Breakfast, low sugar (4g protein)

To Purchase: Available in the cereal isles at most grocery stores

Nonfat Dry Milk (2.5 g protein per tablespoon)

To Purchase: Available in the baking aisle at most grocery stores

Glucerna Select (Good choice for people with diabetes) (needs protein powder added)

Instructions: No mixing required (cans can be frozen, chilled or served at room temperature)

To Purchase: Local Pharmacies, can be requested from your pharmacist

Vitamins

All bariatric surgery patients must take a multivitamin such as Flintstones Complete, Bugs Bunny Complete, Centrum, or other adult multivitamin.

The regimen for gastric banding patients is as follows:

In the Morning
1 multivitamin

Gastric bypass patients also require vitamin B-12 and calcium supplements. Choose a vitamin B-12 pill that has 500-1000 mcg of B-12. You do not need B-complex, sublingual B-12, or B-12 shots. Your calcium pill should have 500-600 mg of calcium and vitamin D added. OsCal + D or Caltrate 600 + D are good options.

The regimen for gastric bypass patients is as follows:

In the Morning	In the Evening
1 Multivitamin	1 Multivitamin
1 Calcium + D	1 Calcium + D
1 Vitamin B-12	

Your surgeon may start you on an iron supplement if your iron counts ever get low. If so, take these pills at a different time in the day than your calcium to improve absorption.

**Start your vitamins when you start your liquid diet.
You will need to take your vitamins for the rest of you life.**

6 Week Post - Op Diet

Following this diet is critical because you will be healing internally for the first 6 weeks after surgery.

Liquid diet for 2 weeks

For the first 2 weeks after surgery, you will continue the same liquid diet that you were on before surgery. Drink your protein shakes slowly. Sip unlimited water and sugar-free liquid through the day. Avoid carbonated drinks. When you feel full STOP!!!

By the end of week 2, daily nutrition goals are: 400-600 calories
 50-60 grams of protein
 5-6 glasses of sugar-free liquids per day (8 oz each)

Then soft foods for 4 weeks

After 2 weeks of liquids, you will be on a soft food diet for 4 weeks. Choose soft foods that are low in fat and sugar, and high in protein. Chew well. Your food must be almost liquid before swallowing. Your portion size for the entire meal will be ¼ cup initially, but may eventually expand to about ½ cup.

Continue to drink at least 8 cups of sugar-free liquid each day. But do not drink anything for 30 minutes before your meal, during the meal, or for 30 minutes after your meal.

If you feel full, nauseated, or pressure in the upper stomach then STOP!!! Do not eat or drink anything else for 2 hours. Let the food pass.

By the end of week 6, daily nutrition goals are: 600-800 calories
 60-70 grams of protein
 6-8 glasses of sugar-free liquids per day (8 oz each)

Categories of Foods	Do's	Don'ts
Fruits	Soft fruits (banana, melon, strawberries), sugar-free puddings or yogurt	Dried fruits, citrus fruit, skins of fruit, pineapple, coconut
Vegetables	Soft cooked vegetables	Corn, raw vegetables, celery, mushrooms
Starches	Sweet potatoes, soft pasta	Rice, french fries, chips, popcorn, granola
Cereals	Oatmeal, grits, cream of wheat	Sugared cereals
Breads	Dry or toasted bread	Soft bread, rolls, bagels, muffins, cake, cookies
Meats	Baked or broiled flakey white fish, eggs, low-fat soups	Steak, roast beef, gristly meat, shrimp, fried fish or chicken
Dairy	Cottage cheese, low-fat cheeses	Regular cheeses, creamed soup

Soft Food Diet Sample Menus

Meals

Breakfast	Breakfast	Breakfast
<ul style="list-style-type: none"> • ¼ cup hot cereal • 1 oz low fat cheese 	<ul style="list-style-type: none"> • ¼ cup cottage cheese • 2 tablespoons applesauce/other pureed fruit 	<ul style="list-style-type: none"> • 1 poached egg • ¼ cup unsweetened canned fruit
Lunch	Lunch	Lunch
<ul style="list-style-type: none"> • ½ cup egg salad, tuna salad or chicken salad made with low fat mayonnaise • 1-2 low fat wheat crackers 	<ul style="list-style-type: none"> • ½ cup Cheese or spinach soufflé • ¼ cup unsweetened canned fruit 	<ul style="list-style-type: none"> • ½ cup Lentil Soup • 2-3 crackers
Supper	Supper	Supper
<ul style="list-style-type: none"> • 2 oz flakey fish • ¼ cup soft cooked or canned vegetable (ex. green beans, spinach or carrots) 	<ul style="list-style-type: none"> • ¼ - 1/3 cup refried beans • 1 oz low fat cheese melted on top • ¼ toasted wheat pita bread 	<ul style="list-style-type: none"> • 2 oz dark meat chicken • ¼ cup well-cooked vegetables or canned fruits

Snack Ideas

(100 calories and 5 or more grams of protein)

1 oz Low fat cheese	Low-carb protein bar	½ cup Carb control yogurt or sugar free pudding
¼ - ½ cup low fat ricotta cheese, add splenda and cinnamon	¾ cup egg drop soup	1oz soy protein chips

Healthy Habits for Life

Once you are 6 weeks out from surgery, you may start introducing solid foods into your diet. For the rest of your life you should enjoy a low-calorie, heart healthy diet that emphasizes lean protein, vegetables, fruit, and whole grains. Your lifetime daily nutrition goals are:

800-1000 calories

60-80 grams of protein

8 glasses or more of sugar-free liquids per day (8 oz each)

1. **Set 3 meal times per day**, and only eat at the designated times. No grazing. You can sneak in a lot of calories by snacking between meals or sipping on sodas throughout the day. If you absolutely must have a snack during the day, choose fruit or a low carb protein bar.
2. **Get your protein in first**. At mealtime, eat your lean meat or high protein foods first. Then eat your vegetables and whole grains, and finally fruits. Your total meal volume should be about $\frac{3}{4}$ cup – 1 cup. Your small stomach is like precious real-estate now, so make sure you prioritize how to fill it. When you fill full, STOP!!!
3. **Avoid mushy, slippery, soft or liquid foods**. They go through your pouch easier so you will be able to eat more, and they make you hungry sooner.
4. **Separate your food and drink**. Do not drink anything for 30 minutes before your meal, during your meal, or for 30 minutes after your meal. Drinking with meals will wash food out of your small stomach and make you hungry faster. Avoid alcohol, caffeine, and carbonated drinks.
5. **Enjoy and savor your food**. Eat slowly. It should take 20-30 minutes to eat each meal. Try putting your fork down between bites, and chew food until it is almost liquid. Do not look at T.V. while eating. .
6. **Exercise, exercise, exercise**. Exercise is critical to you getting the most out of your surgery. You need to exercise 40 minutes per day. Patients who exercise lose more weight than those who don't.
7. **Attend support group**. Support group meets on every third Monday at 6:30 pm at Presbyterian hospital in the Bobcat room, which is on the first floor near the cafeteria. We highly encourage support group as a key to your success. You are welcome to attend even before your surgery.

Healthy Foods for Life

Categories of foods	<u>Foods that are allowed</u>	<u>Foods that may be difficult to tolerate</u>	<u>Foods to limit for best weight loss</u>
<i>Beverages</i>	Water, unsweetened tea, decaffeinated coffee, Skim milk or 1% milk. See allowed fluids list.	Milk may not be tolerated, this is highly individual. Yogurts, cheeses may be other sources for Calcium or protein	High calorie drinks: whole milk, milk shakes, alcoholic beverages, fruit juices. Carbonated beverages may not be tolerated well.
<i>Breads</i>	Dry, coarse, or well-toasted bread, crispy crackers or baked tortilla chips	Soft breads that become gummy, breads w/nuts, seeds, or dried fruit	Sweet breads, danishes, cookies, cakes, donuts
<i>Cereals</i>	All cooked and dried cereal, without added sugar. Cereals high in fiber are best.	Cereals containing fruits or nuts.	Sugary cereals
<i>Dessert</i>	Frozen yogurt, sugar free gelatin, sherbet, no sugar added pudding	Any dessert with nuts, dried fruit, seeds, or coconut	All, except fresh or canned fruit
<i>Fats</i>	All, in <u>small</u> amounts. Healthy fats are olives and avocado, olive oil, canola oil, safflower	Fried foods with a hard crusty coating. High fat can lead to dumping. Nuts/seeds	All
<i>Fruits</i>	Fresh, canned in water or juice, frozen, or cooked fruit.	Fruits with seeds, or skin. Whole citrus fruits (i.e. grapefruit, oranges, pineapple). Peel apples, grapes, other fruits with peel or skin for the first 2-3 months.	Fruits with sugar
<i>Meats</i>	All are OK, but flakey fish is usually best tolerated, poultry next.	Tough meats or those with gristle, like chicken breast, beef, or pork chops.	Fried foods
<i>Potatoes, Starches</i>	Boiled, mashed, or baked are well tolerated, Sweet potatoes are the healthiest.	Potato skins, rice, noodles	French fries. Note that too many starches work against weight loss.
<i>Soups</i>	All. Low fat chunky soup is best.	Those with large pieces of meat or creamed.	Creamed soups, unless made with non-fat milk.
<i>Sweets</i>	Avoid all	Candy containing sugar, nuts, dried fruit, jams or marmalade	All
<i>Vegetables</i>	Fresh, canned, frozen, or cooked vegetables	Vegetables with tough skins or seeds i.e. corn	None

Healthy Portions for Life

1 serving = 1/4 cup

Suggested Foods

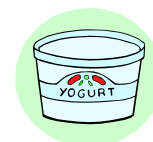
Meat, Poultry, Fish, Cheese, Eggs
2-3 servings daily

1oz meat/fish = 7 g protein
Good source of protein



silken tofu
low fat cheese (5-6 grams fat or less)
cottage cheese (1% fat or less)
Blenderized egg, tuna and/or chicken salad
Soft flakey white fish
Soft poached eggs
Blenderized meat and poultry

Milk and Yogurt
3-4servings daily
1 cup milk = 8 g protein
Good source of protein



1% milk or skim
carb control yogurt
low-fat, sugar-free pudding
sugar free, fat free ice cream

Vegetables
1-2 servings daily



Any veggie, except corn, cooked until soft; gassy vegetables should be cooked well (broccoli etc...)

Fruit
1-2 servings daily



Any soft fruit without the skin, pureed or mashed and soft.
Mashed ripe bananas, unsweetened applesauce, canned peaches or pears

Bread, Cereal, Rice and Pasta
1-2 serving daily



Hot cereal in small amounts; grits, cream of wheat, mashed potatoes, 1-2 crackers, 1/2 piece toast

Miscellaneous
2 servings daily

broth-based soups, not cream soup, try miso soup, egg drop, Healthy Request, Progresso Lite

Potential Problems after Surgery

Nausea and Vomiting:

Nausea and vomiting may occur after eating or drinking. If it occurs after eating a new food, you should wait a couple of weeks then try the food again. Nausea and vomiting can also occur from eating or drinking too fast, eating or drinking too much, or not chewing food thoroughly. Foods that are very cold or very hot may also cause a problem. Also, avoid carbonated beverages.

Dehydration:

Dehydration can occur with inadequate fluid intake, persistent nausea, vomiting, or diarrhea. Drink at least 8 cups of non-caloric liquids daily.

Lactose Intolerance:

If you are lactose intolerant, use lactose free milk like soymilk, or Lactaid milk. You can also try chewable Lactaid pills (contains Aspartame) or Dairy Ease before you drink milk products. You may take up to 2 tablets per 8 ounces of milk. You may also substitute Glucerna Select for instant breakfast. Different people can tolerate different amounts of lactose. Try mixing the instant breakfast with soy or Lactaid milk first before switching to another product.

Constipation:

Constipation may occur temporarily during the first post-operative month. This will generally resolve when your body adapts to the change in food volume. Make sure you drink 8 cups of water or non-caloric beverage daily and get adequate exercise. The more active you are, the more "regular" your bowels will be. You can also try small amounts of baby prunes as an option. Use watered-down fruit juice sparingly to help with constipation.

Diarrhea:

Some foods are more likely to cause diarrhea. Limit greasy foods, excess fruit, dried fruit or fruit juices, excess wheat products or high fiber foods and "gassy" foods. We encourage fiber after the first 3 months post-operative. **Remember to continue to sip fluids throughout the day to prevent dehydration!**

Heartburn:

The following foods may aggravate heartburn symptoms: carbonated beverages, caffeine, citrus foods, spicy foods, and "gassy" foods. Remember to avoid lying down within 1 hour of eating.

Bloating:

Stop eating as soon as you feel full. Eat slowly (20-30 min for each meal). Do not drink liquids during meals. Limit food and liquids to ¼ cup portions.

Blockage of Stoma:

The "dime" sized opening may be temporarily blocked if foods are not chewed thoroughly or if pills are too large to pass through the stoma. If symptoms of nausea, pain, and vomiting persist contact your physician. Common foods that cause problems are tough meats such as chicken breast and soft breads. Remember to record your symptoms in your logbook.

Stretching of the stomach pouch:

The stomach pouch will stretch to hold about $\frac{3}{4}$ cup to 1 cup of food one year after surgery. To reduce the risk of stretching the stomach pouch to a greater volume, avoid consuming large portions of food at one time. Follow the recommendations for advancing your diet and portion control to prevent stretching. In general, you want $\frac{1}{4}$ cup portions of 2-3 different food groups per meal. Always include a protein containing food group (meat, dairy or protein supplement).

Weight gain or no further weight loss:

In order to determine a reason for your weight plateau, the Dietitian will ask you to begin to keep food records of meals and snacks and to measure portion sizes. You may have to discontinue use of any nutrition supplement. You may also need to change your exercise regimen. Your body will usually determine its own "goal" weight. The bariatric team will work with you so that you can achieve your goal.

Dumping Syndrome:

"Dumping Syndrome" may occur in gastric bypass patients when food passes rapidly from the stomach into the small intestine. The symptoms include abdominal cramping, nausea, faintness, weakness, heart palpitations (rapid pulse), cold sweats, and diarrhea. Dumping is usually provoked by **ingestion of concentrated sweets**. Symptoms may occur after overeating, consuming liquids with meals, and after ingesting foods high in sugar or fat. The partially digested food in the small intestine draws water out of the blood vessels from the body into the small intestine, thereby causing symptoms about $\frac{1}{2}$ hour after eating. Artificial sweeteners such as Aspartame/Equal, Saccharin/Sweet & Low, and Sucralose/Splenda are acceptable substitutes for sugar. The following foods and beverages should be avoided:

- Ice cream, sherbet, & sorbet**
- Regular soft drinks**
- Chocolate milk**
- Lemonade, & Kool Aid**
- Pudding**
- Sweetened, fruited or frozen yogurt**
- Sugared ice tea**
- Dried fruits**
- Snapple, & fruit juice**
- Canned or frozen fruits in syrup**
- Table sugar**
- Honey, & syrups**
- Sugar coated cereal**
- Candy, & sugar gum**
- Doughnut**
- Regular Jell-O**
- Popsicles**
- Cakes, cookies, & pies**
- Molasses, jellies & jams**

Should this syndrome occur, it usually passes within 15-20 minutes. Drink lots of water and take Imodium AD or Pepto-Bismol and wait for symptoms to pass.