

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 total 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.

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. Tums/Tums EX, Viactiv or Chewable Caltrate 600 + D are all good options.

The regimen for gastric bypass patients is as follows:

In the Morning	In the Evening
1 Multivitamin	1 Multivitamin
1 Calcium	1 Calcium
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.

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

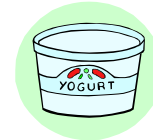
Meat, Poultry, Fish, Cheese, Eggs
2-3 servings daily

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