



Bariatric Surgery Dietary Guidelines Handbook

Congratulations! You have taken the first step towards regaining your health. In this handbook, you will find the nutrition guidelines necessary for weight loss surgery; including nutritional strategies to achieve appropriate weight loss after weight loss surgery and reduce the risk of complications or diet intolerance. **It is important to remember that weight loss surgery is only a TOOL; it helps decrease your appetite, limit food intake, and slow digestion.** However, your success in achieving your desired weight loss goal and then maintaining this goal weight depends on your nutrition, exercise, and lifestyle behaviors.

Remember, you are not alone in this journey. Your dietitian and other members of the bariatric team (including the Surgeon, Bariatrician, Nurse Practitioner, and Psychologist) are here to assist you along this journey. **REMEMBER, lifestyle changes are necessary for long-term success.**

You will follow-up with the dietitian several times before surgery and it is recommended that you follow up with the dietitian regularly for lifetime after weight loss surgery (1 month, 3 months, 6 months, 9 months, 12 months, and then annually after surgery).

Virtual, live support groups are also available to provide support and guidance during this journey.

**Bariatric Office (to ask all program-related questions): (312) 355-1493
To make an appointment with a Bariatric Dietitian: (312) 996-5100**

Bariatric Nutrition Principles

Start to follow these nutrition principles as soon as you complete the New Start Class!

These must be followed lifelong to ensure long-term success and to prevent diet intolerance and nutrition-related complications.

- 1. Avoid skipping meals. Eat 3 meals daily with 1-2 optional snacks.**
 - You need to eat at least 3 times a day to get all the nutrients you need. This also helps prevent over-eating towards the end of the day.
- 2. Include protein with every meal. Your goal is 60-80g per day or 10-30g per meal. Always eat your protein first.**
 - If your body does not get enough protein, you are at risk of losing lean muscle mass, slowed healing/infection, feeling fatigued/low energy, and experiencing hair thinning/hair loss.
- 3. Eat slowly! Think '20-20-20'.**
 - 20-30 minutes per meal/protein shake, 20 chews per bite, and minimum of 20 seconds between bites.
- 4. Drink 48-64 fluid ounces water per day.**
 - Drink beverages with 10 calories or less per serving. Eliminate carbonation/soda, caffeine, and alcohol prior to surgery.
- 5. Do not drink with your meals: follow the '30-minute rule'.**
 - Drinking will cause you to fill up too quickly. Do not drink during meals. Wait 30 minutes after a meal/snack before drinking. Take small sips.
- 6. Take vitamins daily.**
 - Multivitamin with iron, a B12, and a vitamin D. Take these lifelong!
- 7. Exercise regularly.**
 - 150-300 minutes per week (30-60 minutes, 5 times per week).

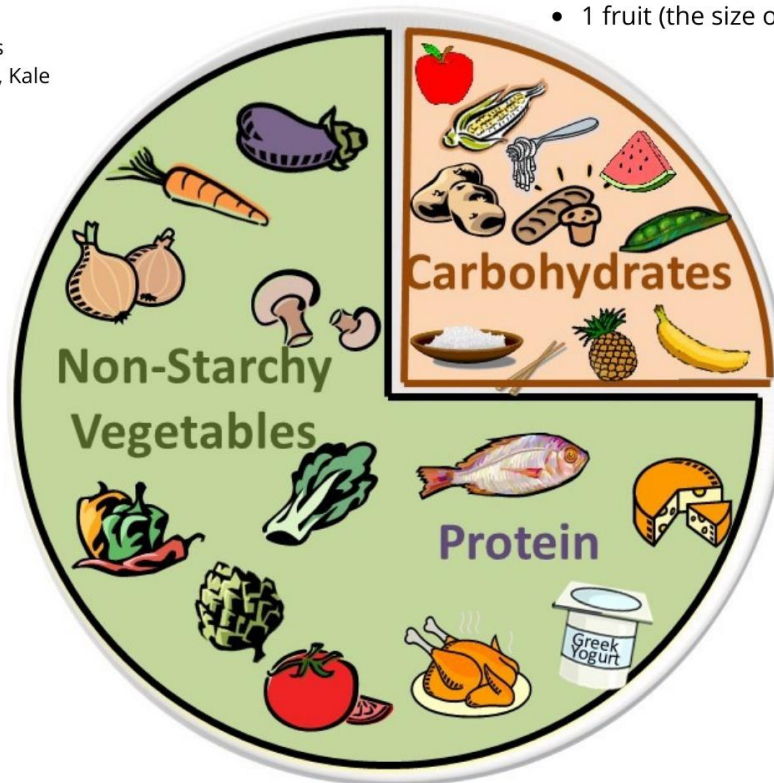
PLANNING YOUR PLATE: Before Surgery
Use this plate as a guide when planning your meals.

Portion size = dinner plate

Non-Starchy Vegetables

1-2 cups per meal

- Greens/Lettuce greens (Arugula, Spinach, Swiss Chard, Mustard Greens, Kale)
- Celery
- Radish
- Asparagus
- Mushrooms
- Tomato
- Onion
- Bamboo Shoots
- Eggplant
- Cucumber
- Leek
- Turnip
- Cauliflower
- Bell Pepper/Peppers
- Broccoli
- Zucchini
- Okra
- Green Beans
- Cabbage
- Brussel Sprouts
- Snow Peas/pea pods
- Carrots
- Watercress
- Artichokes
- Beets



Starch/Fruit/Carbohydrates

½ cup per meal

- Cooked pasta or rice
- Mashed potatoes, corn, or peas
- Cooked beans
- 1 small baked potato
- 1 slice bread or dinner roll
- 1 cup chopped fruit/berries
- 1 fruit (the size of tennis ball)

Healthy Fats

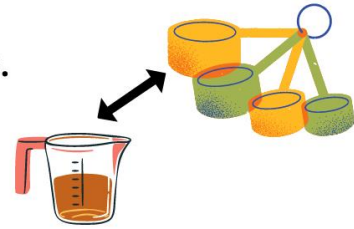
- 1-2 tsp olive, canola, corn oil
- 1/4 avocado
- 4-6 nuts or olives

Protein

Animal or plant-based protein

- 3-4 oz cooked chicken, fish, turkey, or beef, fat trimmed, skin removed
- 1 oz low fat cheese
- 1-2 TBSP peanut butter
- 1/2 cup tofu
- 1 cup skim or 1% milk/yogurt
- 1/2 cup hummus
- 1/4 cup unsalted nuts/seeds

PLANNING YOUR PLATE: After Surgery
 Use this plate as a guide when planning your meals.
Portion size = 1C (6-8oz) Maximum



Protein
1/2C per meal

Animal or plant-based protein:
1/2C or 3oz

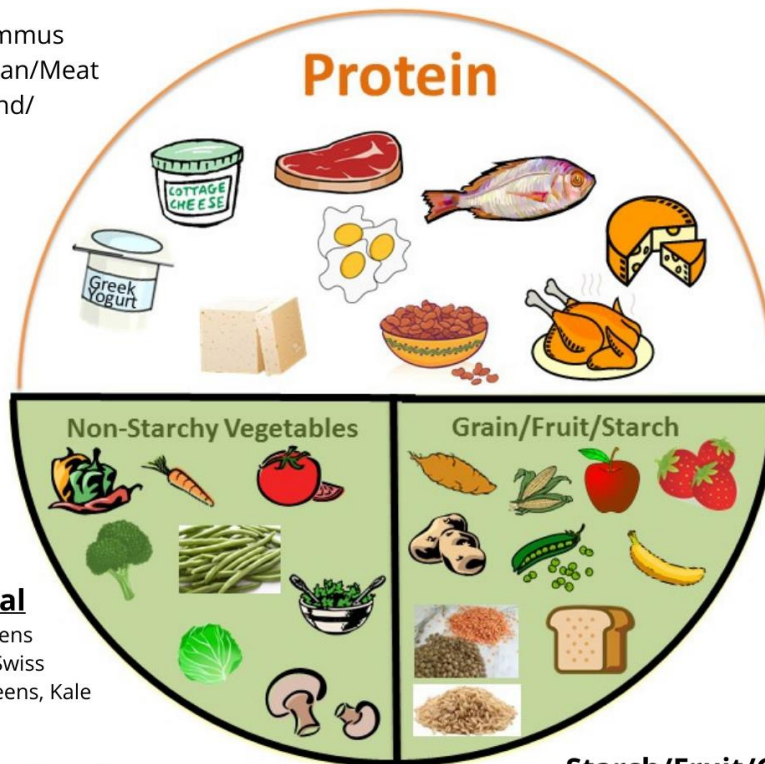
- Poultry (chicken, turkey)
- Seafood (fish, shellfish, shrimp)
- Beef (lean)
- Pork (tenderloin, chop)
- Eggs (1-2)
- 1/2C beans or hummus
- Tofu/Tempeh/Seitan/Meat Analogs (i.e. Beyond/Impossible/Boca)

Dairy

- 1oz low-fat cheese
- 4oz low-fat milk
- 6oz low-fat/low-sugar yogurt
- 6oz low-fat cottage cheese

Nuts/Seeds

- 1-2T nut butter
- 1/4C nuts or seeds



- **Healthy Fats**
- 1-2 tsp olive or vegetable oil
- 2 slices avocado
- 1/4C nuts or olives

Non-Starchy Vegetables

• 1/4C Per Meal

- Greens/Lettuce greens (Arugula, Spinach, Swiss Chard, Mustard Greens, Kale)
- Celery
- Radish
- Asparagus
- Mushrooms
- Tomato
- Onion
- Bamboo Shoots
- Eggplant
- Cucumber
- Leek
- Turnip
- Cauliflower
- Beets
- Broccoli
- Zucchini
- Okra
- Green Beans
- Cabbage
- Brussel Sprouts
- Snow Peas/pea pods
- Bell Pepper/Peppers
- Carrots
- Watercress
- Artichokes

Starch/Fruit/Carbohydrates
1/4C per meal

- Cooked pasta or rice
- Starchy vegetables
 - Mashed potatoes, corn, peas
- Beans
- 1/2 slice bread or small dinner roll
- Berries or chopped fruit
- 1 small fruit or 1/3 banana

PROTEIN FOODS

Protein is essential for healing, maintaining muscle & bone mass, and for healthy hair and skin. Your **goal is 60-80 grams protein per day (10-30g protein per meal)**. This is important after surgery to prevent a protein deficiency. Examples of protein-containing foods (but are not limited to):

Note: 1oz is about the size of 4 dice or 1 matchbox. A typical serving of meat is 3oz (size of a deck of cards)

<u>Food</u>	<u>Amount</u>	<u>Grams of Protein</u>
Chicken, boneless/skinless	1 oz	7 to 9
Turkey	1 oz	8
Pork Tenderloin	1 oz	9
Beef, ground sirloin (90/10 or 95/05)	1 oz	7 to 9
Lamb	1 oz	8
Hotdog: Beef or pork	1 hotdog	5
Sausage: Bratwurst/Polish/Plant Based	1 link	10 to 20
Lunch Meat: ham, turkey, chicken	1 oz	3 to 4
Tuna packed in water	1 oz	7
Fish fillet or steak	1 oz	6.5 to 7.5
Shellfish or crab	1 oz	5.5
Eggs	1 egg	6
Egg Substitute	1/4 cup	7.5
Plant-based eggs (i.e. JUST egg)	3T	5
Plant-Based Meat (i.e. Beyond Meat, Impossible)	1 oz	5
Veggie or Soy Patty	1 patty	11
Tofu, firm	3oz	7 to 9
Dried beans, chick peas and peas	1/2 cup	6 to 9
Lentils	1/2 cup	9
Soybeans	1/2 cup	14
Beans	1/2 cup	6 to 9
Nuts	1 oz	4 to 6
Peanut butter/Almond butter	2 TBSP	6 to 8
Pumpkin seeds	1 oz	9.5
Milk: Fat-Free /1%	1 cup	8
Milk: Fat-free/1% Milk (FairLife Brand)	1 cup	13
Soymilk, unsweetened	1 cup or 8 oz	8 to 11
Cottage Cheese (non-fat/low-fat)	1/2 cup	15
Yogurt (non-fat/low-fat)	6 oz	5
Greek Yogurt (non-fat/low-fat)	6 oz	12 to 20
Cheese (light/non-fat)	1 oz	6 to 7
Protein Shake	~12oz	15-30
Protein Bar	1	10-20

CHANGES AFTER SURGERY: POTENTIAL COMPLICATIONS & TROUBLESHOOTING

Complication	Possible Causes	Ways to Prevent it
Dehydration	-Not enough fluid -Diarrhea -Vomiting	-Drink 48+ oz of water per day -Avoid dumping syndrome (see below)
Nausea & Vomiting	-Too much food -Not chewing well enough -Eating too fast -Taste changes -Temp of food/beverage too hot or too cold -Drinking w/meals -Blockage	-Stop eating as soon as you START to feel full. -Chew foods 15-30 times (to pureed consistency) prior to swallowing. -Eat slowly. Meal should last 20-30 min. -Do not drink with meals Contact your doctor immediately if vomiting occurs 1-2x/day or after everything you eat.
Gas & Bloating	-Swallowed air --Drinking through straw --Drinking carbonation --Chewing gum -Dairy/Lactose -Gas-producing foods -Sugar alcohols	-Avoid carbonated beverages! -Eat slowly and chew thoroughly. -Limit or avoid beans, broccoli, cabbage, onion, Brussels sprouts if causing discomfort. -Avoid foods with added sugar alcohol (erythritol, mannitol, xylitol) Consider Bean-O®, Phazyme®, or Gas-X®, Alka-seltzer® Heartburn + Gas Relief Chews
Dumping Syndrome <u>Early Dumping: 10-30 min after</u> a meal (diarrhea, nausea, cramping, rapid heart rate) <u>Late Dumping: 1-3 hours after</u> a meal (sweating, dizziness, lightheadedness, rapid heart rate)	-Eating concentrated amounts of *sugar and fat <i>*Avoid foods with more than 10g sugars per serving.</i> -Drinking with meals	-Avoid cakes, cookies, pies, doughnuts, hard candy, candy bars, honey, cereals with added honey or sugar, jellies & jams, BBQ sauce and salad dressings/condiments with added sugar. -Avoid deep fried/greasy foods. -Wait 30 min after a meal/snack to drink <i>*Includes white/brown sugar (raw, organic, coconut), agave nectar, honey (raw, organic), maple syrup, corn syrup, etc.</i>
Constipation	-Not enough fiber -Not enough food (early stages post-op) -Dehydration -Lack of exercise	-Increase Fiber, Fluids, and Fitness! -Aim for at least 48-64oz of water per day -Boost fiber intake through Benefiber®, Sugar-free Citrucel® or Metamucil® or fiber-added protein shakes: Premier w/ Oats, OWYN, Evolve -Add high fiber foods starting 4-6 weeks post-op If constipation persist, contact your doctor
Protein Deficiency	-Not enough protein	Make sure to include protein at each meal/snack. Goal: 60-80g protein daily.
Vitamin and Mineral Deficiency	-Not enough vitamins and/or minerals -Malabsorption	-Always take multi-vitamin/mineral supplements -Get vitamin levels checked yearly

DIET GUIDELINES: PRE-OP DIET

Once you are given your surgery date, you will be asked to follow an **800-1000 calorie, high-protein full-liquid diet 2 weeks before surgery**. The purpose of this diet is to initiate rapid weight loss which will result in a decrease in the size of your liver. This will make the surgery easier for your surgeon to perform and safer for you.

Drink 5 shakes per day (unless otherwise specified)

**READ LABELS, protein shakes should contain:
150-200 calories, 15-30g protein, and less than 10g of sugar**

Examples of acceptable protein shakes include (but are not limited to):

- Premier Protein
- SlimFast Advanced Nutrition
- Atkins Advantage
- GNC Lean Shake
- Ensure High Protein or Max Protein
- Aldi's Elevation High Performance
- Walmart's Equate Max Performance
- Fairlife Core Power or Nutrition Plan
- Plant based shakes: OWYN, Evolve, Ripple, Ensure Plant Based
- Powders mixed w/ unsweetened almond or soy milk, skim milk, or water

If you have diabetes and are taking insulin, aim for 13-23g total carbohydrate per shake. We recommend:

- Boost Glucose Control
- Glucerna Hunger Smart
- Ensure High Protein
- Premier Protein w/Oats

Aim for 48-64+ fluid ounces of water/clear liquids daily

Water and Clear Liquids:

Water

Clear liquid examples:

Crystal Light[®]
Wylers's Light[®]
Sugar-free Kool-Aid[®]/Tang[®]
Mio Drops[®]
Fruit₂O[®]
Nestle Splash
Diet Snapple
Propel[®] Zero
Gatorade or Powerade[®] Zero
True Lemon[®] packets or mixes
Vitamin Water[®] Zero
Low sodium broth
Decaffeinated Tea or coffee
Sugar-free popsicles
Sugar-free Jell-O

Pre-Op Diet Sample Menu

8am: Protein shake
Water/Clear liquids after 30 minutes
11am: Protein shake
Water/Clear liquids after 30 minutes
2pm: Protein shake
Water/Clear liquids after 30 minutes
5pm: Protein shake
Water/Clear liquids after 30 minutes
8pm: Protein shake

DIET GUIDELINES: PHASE 1- CLEAR LIQUIDS

Days 1-2 after surgery

Immediately following surgery, your stomach will need time to heal. Your body needs adequate fluids for a healthy recovery. **Remember to sip slowly to prevent discomfort.**

Start with clear liquids

- ✓ Initially, you will be provided with 1-ounce medicine cups of water. Sip these very slowly. If you feel fullness, pain, or nausea, stop sipping until the feeling passes.
- ✓ Once complete, you may start the clear liquid phase.
- ✓ Hydration is important because your body needs plenty of fluids to promote healing and avoid dehydration. ***In the first week, you may only tolerate a small amount of fluid— aim for at least 32 fluid oz of water/clear fluids daily. Monitor your urine! If very dark/cloudy, increase intake of clear fluids.***
- ✓ Refer to the **Clear Liquids** list below. These count towards your daily fluid intake.

<u>Clear Liquids</u>	<u>AVOID these fluids</u>
<p>Water Low sodium broth Sugar-free, non-carbonated beverages- for example: Minute Maid Zero Sugar®, Crystal Light®, True Lemon®, Sugar-free Kool-Aid®, Propel®, Vitamin Water Zero®, Powerade Zero®, SoBe Life Water®, Diet Snapple® Decaffeinated coffee or tea Sugar-free popsicles Sugar-free Jell-O</p>	<p><i>Caffeinated beverages</i>-may cause stomach irritation and reflux. May promote dehydration</p> <p><i>Carbonated beverages</i>— (regular soda, diet soda, carbonated water). These can cause stomach discomfort and nausea.</p> <p><i>Fruit juice</i> – too high in calories and sugar</p> <p><i>Sherbet & ice cream</i> - too high in calories and sugar</p>

Tips to help you meet fluid needs:

- Carry a water bottle with you wherever you go
- Take small sips, pause 10-20 seconds between sips
- Caution extreme temperatures: too hot or too cold could cause stomach discomfort/cramping



DIET GUIDELINES: PHASE 2- FULL LIQUIDS

Week 1-2 after surgery (day 3-14)

Full liquids contain protein and vitamins, which your body needs for healing. You still need to consume only liquids because your stomach is swollen, tender, and healing. Continue to drink liquids from the clear liquid list, but now add full liquid (protein-containing) liquids. **Your goal is 60-80g of protein/day**- you will need at least one protein shake/day to help you meet this goal.

<p><u>Full Liquids</u></p> <ul style="list-style-type: none"> • Protein shake (refer to guidelines on page 7) • Milk: Skim, 1%, lactose-free, or soy • Greek yogurt (low sugar [less than 10g], low-fat or fat-free) • Strained soups mixed w/ unflavored protein powder): low-fat, low- sodium • Unflavored protein powder added to skim/1%/soy/almond milk or low sodium broth <p><i>You may use protein supplements like protein water (i.e. Protein2O, Premier Clear) and protein soup (Unjury, BariatricPal, and Bariatric Advantage).</i></p> <p>*Consume all liquids w/ calories within 20-30 mins!</p>	<p><u>AVOID these full-liquids</u></p> <p>2% and whole milk – too high in calories Sweetened soy/almond/oat, etc. milk – too high in calories and sugar.</p> <p>Plain milk-alternatives with less than 8g of protein (i.e. almond, oat, rice, hemp) – not enough protein.</p> <p><i>Regular Ensure® and Boost® - too high in calories</i></p> <p>Protein shakes with more than 10g of sugar <i>Drinking high-calorie beverages allows too many calories to be consumed without creating the effect of “fullness” and this will slow your progress to reaching your weight loss goals.</i></p>
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Full Liquid Stage Rules and Tips

1. Drink both full liquids and clear liquids to reach your protein and fluid needs.
2. Drink at least 1 protein shake daily.
3. Drink what you can in 20-30 minutes. **Use a mini cup (3oz.) and/or medicine cup (1oz.) to help control portions.** Stop drinking once you feel full!
4. Always sip beverages slowly and avoid gulping.
5. You can add protein powder to liquids for added protein. Look for unflavored!
6. Keep a water bottle with you at all times. Sip from it often to help you reach fluid goals.

<p><u>Sample Full Liquid Menu</u></p> <p>8am-8:30am: 4 oz Protein shake <i>9 am-11am:</i> Water/Clear liquids</p> <p>11am-11:30am: 1/4 cup Greek yogurt <i>12pm-1pm:</i> Water/Clear liquids</p> <p>1pm-1:30pm: 4 oz Protein shake <i>2pm-3pm:</i> Water/Clear liquids</p> <p>3pm-3:30pm: 4 oz Protein shake <i>4pm-6pm:</i> Water/Clear liquids</p> <p>6pm-6:30pm: 1/4 cup Greek yogurt <i>7pm-bedtime:</i> Water/Clear liquids</p>
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DIET GUIDELINES: PHASE 3- PUREED/ BLENDED DIET

Week 3-4 after surgery (day 15-28)



Pureeing your foods with a food processor or blender will allow your body to heal and ensure tolerance of food. At this time, your stomach/pouch can only hold up to 2 ounces of food in one sitting. **Continue to consume 60-80g of protein per day**- you may still need to consume one protein shake per day.

Add unflavored protein powder to foods in order to meet your daily protein needs.

The Pureed / Blended Phase		
FOOD GROUP	CHOOSE	DO NOT CHOOSE
<u>Soups</u> 1 TBSP – 1/4 cup serving	<ul style="list-style-type: none"> • Low-sodium, low-fat cream or broth based soup. Strained and thinned out with milk 	<ul style="list-style-type: none"> • Stews and soup with whole pieces. Do not eat soups with pureed rice or noodles
<u>Dairy</u> 1 TBSP – 1/4 cup serving	<ul style="list-style-type: none"> • Milk (or lactose-free) - skim or 1% • Soy Milk (unsweetened) • Non-fat/low-sugar Greek yogurt • Protein shakes • Low-fat cottage cheese (small curd) • Low-fat ricotta cheese 	<ul style="list-style-type: none"> • 2% or whole milk • Sweetened soy milk • Ice cream (& shakes) • Chocolate milk • Sweetened condensed milk
<u>Grains/Starches</u> 1 TBSP – 1/4 cup serving	<ul style="list-style-type: none"> • Plain unsweetened oatmeal • Mashed potato 	<ul style="list-style-type: none"> • Bread, pasta, rice, tortillas, crackers, chips, etc.
<u>Vegetables</u> 1 TBSP – 1/4 cup serving	<ul style="list-style-type: none"> • Pureed vegetables without seeds • Strained baby vegetables 	<ul style="list-style-type: none"> • Raw or whole vegetables
<u>Fruits</u> 1 TBSP – 1/4 cup serving	<ul style="list-style-type: none"> • Unsweetened applesauce • Pureed fruit without seeds • Strained baby fruits (stage 1 and 2) 	<ul style="list-style-type: none"> • Fruit juice • Smoothies • Whole fruit/pieces of fruit
<u>Meat /Plant-based protein</u> 1 TBSP – 1/4 cup serving	<ul style="list-style-type: none"> • Pureed fish, tuna, poultry, beef or pork • Baby food meats (stage 1 and 2) • Pureed tofu • Pureed beans 	<ul style="list-style-type: none"> • Any meat and plant-based protein that is not pureed
<u>Sweets and Desserts</u> 1Tbsp – 1/4 cup serving	<ul style="list-style-type: none"> • Sugar-free pudding • Sugar-free Jell-O • Sugar-free popsicles, Fudgesicles 	<ul style="list-style-type: none"> • All other sweets
<u>Beverages</u> Drink 48-64 fl oz daily (1 cup = 8 oz.) <i>Wait 30 minutes after eating to drink.</i>	<ul style="list-style-type: none"> • Water • Any clear liquid on page 7 (refer to 'clear liquid box') 	<ul style="list-style-type: none"> • Carbonated drinks/soda water • Beverages with more than 10 calories per serving • Caffeinated tea/coffee • Alcohol • Energy drinks

Sample Phase 3- Pureed/ Blended Menu:

	Day 1	Day 2	Day 3
Breakfast	4 TBSP non-fat Greek yogurt 2 TBSP pureed peaches	¼ cup small curd low fat cottage cheese 1 TBSP pureed fruit	1 scrambled egg
Morning Snack	4 oz protein shake	4 oz protein shake	4 oz protein shake
Lunch	4 TBSP pureed tuna salad 2 TBSP pureed carrots	4 TBSP pureed turkey 2 TBSP pureed green beans	4 TBSP non-fat Greek yogurt 2 TBSP pureed peaches
Afternoon Snack	4 oz protein shake	4 oz protein shake	4 oz protein shake
Dinner	4 TBSP pureed chicken 2 TBSP pureed green beans	4 TBSP pureed fish with ½ TBSP tartar sauce 2 TBSP pureed carrots	4 TBSP pureed chicken 2 TBSP pureed cauliflower
Snack	1 sugar-free Popsicle	1 sugar-free Jell-O	1 sugar-free Popsicle

tsp= teaspoon, TBSP = Tablespoon, oz = ounces

Pureed Stage Rules

1. Each meal should be about 1/4 - 1/2 cup in size.
2. Eat 3 pureed meals a day. Drink at least 1 protein shake per day.
3. Puree food well. The foods should be the texture of smooth applesauce.
4. Never drink fluids with your meals. Separate by 30 minutes!
5. Allow 20-30 minutes to finish your meal/protein shake. Stop after 30 min. Do not eat again for at least 2 hours.
6. All meals and snacks must include protein. For example:
 - Pureed meat/plant-based protein
 - Milk or eggs
 - Greek yogurt
 - Protein shake
7. Always eat your protein first. **Add unflavored protein powder to all foods!**
8. Stop eating when you feel full or discomfort.
9. Drink 48+ ounces of water per day. Sip water between all meals and snacks. Take a water bottle with you when you go out.
10. All foods and ingredients must be sugar-free or low-sugar and low-fat.



DIET GUIDELINES: PHASE 4- SOFT DIET

Week 5-6 after surgery (day 29-42)

Introduce new soft foods into your diet one at a time. Avoid high fiber breads, cereals, raw vegetables or raw fruits with skins, fried foods, tough meats, nuts and seeds, as these are **NOT** considered soft foods. Now, your body should tolerate anywhere from 2-4 ounces of food per meal (4 ounces is equivalent to ½ cup or 8 Tablespoons). Do not serve yourself more than 4 ounces or ½ cup of food per meal and eat slowly, chew thoroughly, pause between bites, and stop when your body feels full.

Add unflavored protein powder to foods in order to meet your daily protein needs.

The Soft Phase		
FOOD GROUP	CHOOSE	DO NOT CHOOSE
<u>Dairy</u> 1 TBSP – ½ cup serving	<ul style="list-style-type: none"> • Milk (or lactose-free) - skim or 1% • Soy Milk (unsweetened) • Non-fat/low-sugar Greek yogurt • Protein shakes • Low-fat cottage cheese (small curd) • Low-fat ricotta cheese • Low-fat cheese 	<ul style="list-style-type: none"> • 2% or whole milk • Sweetened soy milk • Ice cream (& shakes) • Chocolate milk • Sweetened condensed milk
<u>Grains</u> 1 TBSP – ½ cup serving	<ul style="list-style-type: none"> • Cooked cereal in milk (oatmeal) • Mashed potato 	<ul style="list-style-type: none"> • Bread, pasta, rice, tortillas, crackers, chips, pretzels, popcorn, etc.) • Cold cereal with milk
<u>Vegetables</u> 1 TBSP – ½ cup serving	<ul style="list-style-type: none"> • Cooked vegetables • Cooked squash (acorn or butternut) 	<ul style="list-style-type: none"> • Crunchy, raw vegetables
<u>Fruits</u> 1 TBSP – ½ cup serving	<ul style="list-style-type: none"> • Natural applesauce (unsweetened) • Banana or other softened fruit • Canned fruit (no sugar added) 	<ul style="list-style-type: none"> • Fruit juice • Crunchy, raw fruit
<u>Meat/Plant-based protein</u> 1 TBSP – ½ cup serving	<ul style="list-style-type: none"> • Softened meats (pureed, marinated, ground, stewed in slow cooker). *Choose LEAN • Soft, flaked white fish or canned fish (tuna or salmon) • Eggs or egg beaters • Beans / lentils • Tofu/soy products 	<ul style="list-style-type: none"> • Any meat and plant-based protein that is not soft
<u>Sweets and Desserts</u> 1 TBSP - ½ cup serving	<ul style="list-style-type: none"> • Sugar-free pudding • Sugar-free Jell-O 	<ul style="list-style-type: none"> • All other sweets • Chewing gum
<u>Beverages</u> Drink 48-64 fl oz daily (1 cup = 8 oz.) <i>Wait 30 minutes after eating to drink.</i>	<ul style="list-style-type: none"> • Water • Sugar-free flavor packets (i.e. Crystal Lite, sugar-free Kool-aid) • Sugar-free Gatorade/Powerade • Herbal tea / Diet decaf iced tea • Decaf coffee 	<ul style="list-style-type: none"> • Carbonated drinks/soda water • Drinks with more than 10 calories per serving • Caffeinated tea/coffee • Energy drinks

Sample Phase 4- Soft Menu:

	Day 1	Day 2	Day 3
Breakfast	1 scrambled egg 1 slice low-fat cheese 1 TBSP salsa	4 oz non-fat Greek yogurt 2 TBSP peaches	4 oz non-fat cottage cheese (small curd) 2 TBSP fruit
Morning Snack	4 oz protein shake	1 low-fat cheese stick	4oz protein shake
Lunch	½ cup chicken stew	¼ cup chili ¼ cup green beans	2 oz deli turkey meat 1 slice low-fat cheese
Afternoon Snack	1 low-fat cheese stick	4oz protein shake	4 oz protein shake
Dinner	2 oz baked fish ¼ cup cooked carrots	3oz tuna mixed with 2 TBSP low-fat mayo	2 oz crock pot chicken 2 oz cabbage and carrots
Snack	1 sugar-free Popsicle	1 sugar-free Jell-O	1 sugar-free Popsicle

tsp= Teaspoon, TBSP = Tablespoon, oz = ounces

Soft Food Stage Rules

1. Each meal should be about 1/2 cup in size.
2. Eat 3 soft meals a day. Drink at least 1 protein shake per day.
3. Chew foods well. Think '20-20-20'!
4. Always take small amounts of food. Use baby spoons and forks to control bite size.
5. Never drink fluids with your meals. Separate by 30 minutes!
6. Allow 20-30 minutes to finish your meal. Stop after 30 min. Do not eat again for at least 2 hours.
7. All meals and snacks must include protein. For example:
 - Soft meat/plant-based protein/eggs/beans
 - Low-fat cottage cheese
 - Greek yogurt
 - Protein shake
8. Always eat your protein FIRST!
9. Stop eating when you feel full or discomfort.
10. Drink 48+ ounces of water per day. Sip water between all meals and snacks. Take a water bottle with you when you go out.
11. All foods and ingredients must be sugar-free or low-sugar and low-fat.

DIET GUIDELINES: PHASE 5- MAINTENANCE BARIATRIC DIET

Week 7-8 after surgery

The Bariatric Regular Diet begins 7-8 weeks after surgery. You will follow this diet for the **rest of your life**. Now, you should be able to tolerate solid foods. It is safe for you to add all textures back into your diet **one at a time**. Chew slowly and thoroughly for best tolerance. Think 20-20-20.

The Bariatric Regular Diet is a well-balanced diet that focuses on LEAN protein/low-fat dairy, vegetables, fruit, and a low intake of starches (bread, rice, pasta, crackers, cereals, tortillas, etc.). At 7-8 weeks after surgery, most individuals can consume 1/2 cup- 3/4 cup (or 4-6 oz) in one sitting. **For long-term weight loss and weight maintenance results, be mindful of the portions you serve yourself. NEVER EXCEED 1 cup (or 8 oz) per meal and ½ cup (or 4 oz) per snack.**

Aim for 60-80+ grams of protein daily

Sample Phase 5- Regular Diet

	Day 1	Day 2	Day 3
Breakfast	Omelet: 1 scrambled egg 1 slice low-fat cheese ¼ cup mushrooms ¼ cup chopped peppers	2 slice Canadian bacon 1 scrambled egg 1 slice low-fat cheese	Yogurt Parfait: ½ cup non-fat Greek yogurt ¼ cup berries
Morning Snack	4 oz protein shake	1 low-fat cheese stick	4oz protein shake
Lunch	Tuna Fish Salad: 2 oz tuna (in water) 2 tsp light or fat-free mayo ½ cup veggies	Chicken Salad: 2oz chicken 1 TBSP light or fat-free mayo 8 grapes halved 1 TBSP chopped celery	Chili: ½ cup turkey chili with beans 1 oz low-fat cheese 1 TBSP diced onions
Afternoon Snack	4 oz non-fat Greek yogurt	4oz protein shake	4 oz non-fat cottage cheese
Dinner	2 oz shredded pot roast ¼ - ½ cup cooked carrots	2-3 oz grilled shrimp with lemon or lime juice ¼ - ½ cup steamed asparagus	2 oz cooked ham ¼ - ½ cup cooked broccoli
Snack	1 sugar-free Popsicle	1 sugar-free Jell-O	1 sugar-free Popsicle

tsp= Teaspoon, TBSP = Tablespoon, oz = ounces

REQUIRED VITAMINS

Start regimen *6 months prior* to surgery. **Compliance is required for clearance by the bariatrician.** These are **LIFELONG** requirements for **ALL** patients.

REQUIRED VITAMINS

- **Multivitamin – 2 per day**
 - Complete or prenatal with vitamins/minerals, and iron, folate, thiamine
 - **DO NOT CHOOSE** *gummy, men's, or 50+/senior multivitamin*

- **Vitamin B12 or B complex – 1 per day. These CAN be gummies**
 - Pre-op
 - B12- 250-5,000mcg
 - 0-6 months post-op
 - B complex recommended, *especially if nausea/vomiting and food intolerance*
 - 6+months post-op
 - B12- 250-5,000mcg or B complex

- **Vitamin D3 – 1 per day. These CAN be gummies**
 - 5,000 IU
 - Please take 5000IU daily in addition to the prescription weekly vitamin D or other doctor prescribed vitamin D

OPTIONAL (to be discussed with Dr. Berger)

- **Calcium (to be taken separately from other vitamins)**
1,200-1,500mg total per day (divided in 2 doses)
 - Calcium Citrate – do not take with meals
OR
 - Calcium Carbonate (Tums) – take with meals
- Take the multivitamins, B12/B-complex, and vitamin D at the same time. Take Calcium separately.

Remember to get post-op vitamin/mineral lab levels checked every 3 to 6 months for the first year, then every 6 months for one year. After that, get labs once a year lifelong!



BARIATRIC REFERENCES



Whether you are in need of new recipes or looking for an online support group, there are endless amounts of references for you on the internet or in print.

Weight Loss Apps (for smart phones or computers)

- ✓ www.baritastic.com
- ✓ www.myfitnesspal.com
- ✓ www.loseit.com

Bariatric Websites

- ✓ Information/Recipes/Forums: www.obesityhelp.com
- ✓ Recipes/Shop/Support group: www.bariatriceating.com
- ✓ Blog + recipes: www.theworldaccordingtoeggface.com
- ✓ Store/Recipes/Meal Planning tips: www.bariatricpal.com









Bariatric Podcasts

- ✓ ***Bariatric Surgery Success*** by Dr. Susan Mitchell, RDN
- ✓ ***Weight Loss Surgery Podcast*** by Reeger Cortell, FNP-C
- ✓ ***Your Bariatric Journey Podcast*** by Janine Winfree

Bariatric Books

- ✓ *Weight Loss Surgery for Dummies* by Marina S. Kurian, Barbara Thompson, and Brian K. Davidson (they also have a cookbook!). **Also in Spanish!**
- ✓ *Eating Well After Weight Loss Surgery: Over 140 Delicious Low-Fat, High-Protein Recipes to Enjoy in the Weeks, Months, and Years After Surgery* by Patt Levine
- ✓ *Fresh Start Bariatric Cookbook: Healthy Recipes to Enjoy Favorite Foods After Weight-Loss Surgery Paperback* by Sarah Kent MS, RDN, CD
- ✓ *Bariatric Air Fryer Cookbook: The Complete Guide After Surgery for A Successful Long-Term Weight Loss Maintenance. Tasty & Effortless Fried Recipes to Stay Healthy & Avoid Forever Painful Relapses* by Shona Foulger

Extra tips and Resources

Mealtime items to help you be successful:	Tip	Item
Baby spoon/forks	To help portion and take small bites to promote slow meal time	
Ice cube tray	To freeze portioned puree foods or yogurt	
Ice pop mold	To make your own sugar-free popsicles (i.e. with Crystal Light or diet juice)	
Zip-loc bags	To portion out snacks and unflavored protein powder	
Measuring Cups & Spoons	To measure portions/meals	
1-3oz cups (i.e. Dixie Cup/toddler cup)	To help promote sipping fluids and portion protein shakes	
Food scale	To weigh foods. Helps keep track of serving size and protein per oz of food	
Portion plates/bowls (search: Bariware, Portion8, BariatricPal, Amazon)	To help portioning meals appropriately	

Miscellaneous Tips

- Take small sips when drinking beverages. Sip all day long.
- Review nutrition labels. For foods with added sugar, choose those with no more than 10g of sugar per serving. For foods with protein and added sugar (i.e. protein/granola bars, yogurt), choose foods with more protein than sugar.
- Plan ahead for mealtime. Always be prepared with a protein shake, bar, or other non-perishable protein-containing food if you are not able to prepare a meal. Know appropriate choices if you do have to purchase food out (i.e. protein bowls vs. sandwiches).

CHECKLIST: ARE YOU READY FOR SURGERY?



You should be able to check off everything on this list. Otherwise, you are not ready for your weight loss surgery!

- I eat 3 times a day (1-2 meals may be replaced with protein shake or bar).
- I eat my meals evenly spaced (first meal within 2 hours of waking, then every 4-6 hours).
- I limit my starchy foods to 1/2C per meal.
- I eat at least 1 serving of vegetables every day.
- I have switched to fat-free/low-fat foods and sugar-free/low-sugar foods (i.e. milk, yogurt, salad dressing, oatmeal).
- I limit sweets, desserts, and/or candy to one time per month or less.
- I limit deep fried foods to one time per month or less.
- I have increased my exercise.
- I have eliminated caffeine.
- I have eliminated alcoholic beverages.
- I have eliminated carbonated beverages (soda/sparkling water).
- I have eliminated fruit juice/ 100% fruit juice/smoothies.
- I drink at least 48-64 fl oz of water daily, taking small sips.
- I have practiced not drinking during and 30 minutes after a meal.
- I allow 20-30 minutes per meal. (Think “20-20-20” rule).
- I have a set of measuring cups and spoons.
- I take my entire vitamin regimen daily (multivitamin w/ iron, B12 and D3 daily (calcium optional)).
- I have chosen a protein shake that I will use before and after surgery.
- I have chosen an unflavored protein powder that I will use after surgery.