

## Bariatric Surgery Dietary Guidelines: Post-op

### BARIATRIC NUTRITION PRINCIPLES

Bariatric principles to follow for lifelong success:

#### **Don't skip 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 you from over-eating at the end of the day.

#### **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 risk losing lean muscle mass, hair thinning/hair loss, feeling tired/low energy, and will not be able to heal as fast or fight infection as well.

#### **Eat slowly! Think '20-20-20'.**

- 20-30 minutes per meal/protein shake
- 20 chews per bite
- 20 seconds (at least) between bites.

#### **Drink 48-64 fluid ounces water per day.**

- Drink beverages with 10 calories or less per serving.
- Do not drink carbonated drinks, soda, caffeine, and alcohol.

#### **Do not drink with your meals: follow the '30-minute rule'.**

- Drinking will make you feel full faster.
- Do not drink during meals. Wait 30 minutes after a meal/snack before drinking. Take small sips.

#### **Take vitamins daily.**

- Multivitamin with iron, a B12, and a vitamin D.
- Take these lifelong!

#### **Exercise regularly.**

- 150-300 minutes per week (30-60 minutes, 5 times per week).

## PROTEIN FOODS

**Your Goal: 60-80 grams protein per day (10-30g protein per meal)**

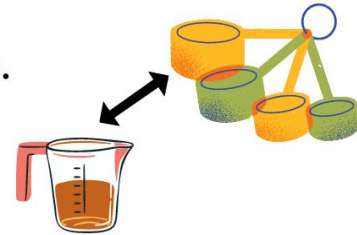
Meeting your protein goal after surgery is important to prevent a protein deficiency. You need protein to heal, maintain muscle and bone mass, and for healthy hair and skin.

### Examples of protein-containing foods (but not limited to):

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

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

**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**

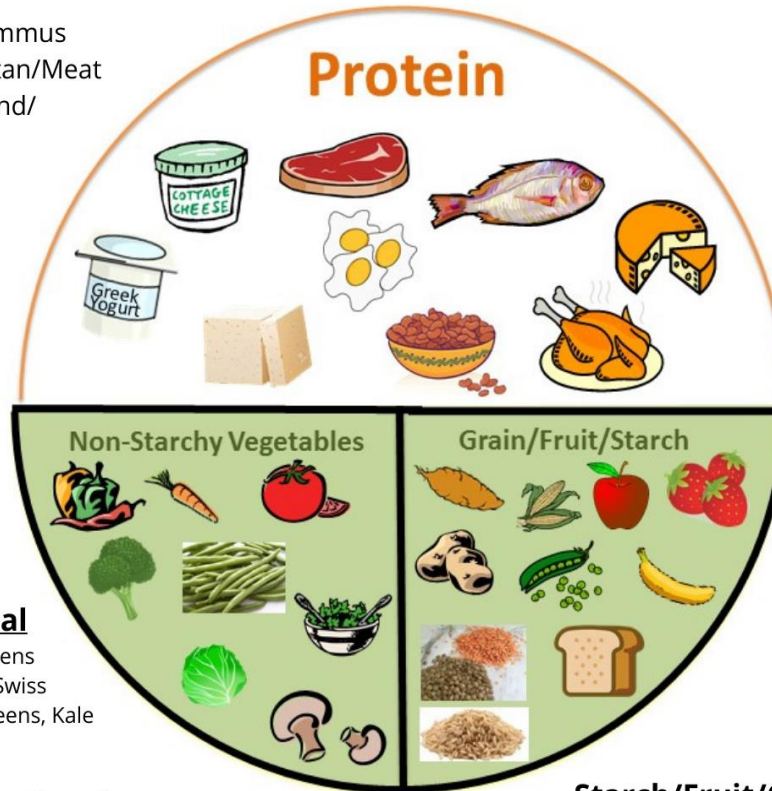
- Poultry (chicken, turkey)
- Seafood (fish, shellfish, shrimp)
- Beef (lean)
- Pork (tenderloin, chop)
- Eggs (1-2)
- 1/2C beans or hummus
- Tofu/Tempeh/Seitan/Meat Analogs (i.e. Beyond/Impossible/Boca)

**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



**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

**• Healthy Fats**

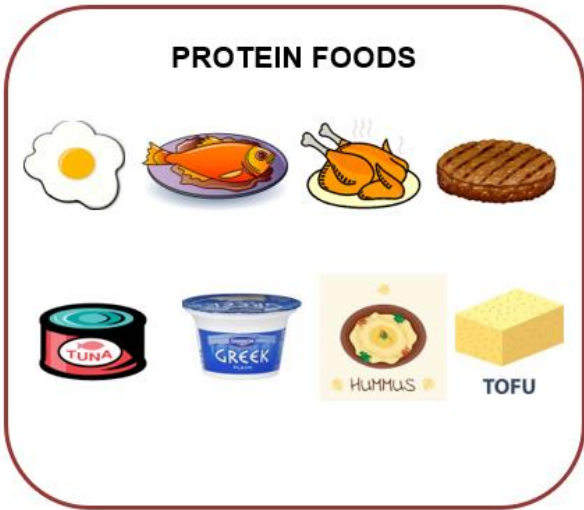
- 1-2 tsp olive or vegetable oil
- 2 slices avocado
- 1/4C nuts or olives

**Starch/Fruit/Carbohydrates**

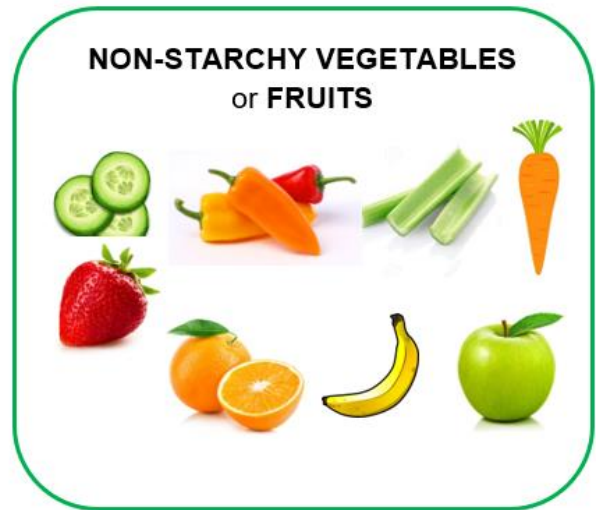
**1/4C per meal**

- 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

**Post-Bariatric Surgery**  
½ cup snack portion  
1-2 snacks per day (optional)



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## Regular Bariatric Menu

<b>Breakfast:</b> 2 eggs w/diced mixed vegetables diced ham 1TBSP fat-free cheese to make small omelet	<b>Breakfast:</b> ½ cup low-fat cottage cheese ¼ cup soft peaches	<b>Breakfast:</b> 2 scrambled eggs with ½ whole wheat English muffin	<b>Breakfast:</b> ½ cup oatmeal made with skim milk ¼- ½ cup light Greek yogurt	<b>Breakfast:</b> 2 eggs scrambled ½ c berries	<b>Breakfast:</b> One hard boiled egg 2 slices Canadian <sup>Rectangular</sup> bacon ½ cup canned mandarin oranges	<b>Breakfast:</b> 6 oz light Greek yogurt mixed with ¼ cup raspberries w/ 2TBS granola sprinkled on top
<b>Snack:</b> ¼ c cottage cheese ¼ c fruit	<b>Snack:</b> 4 oz protein supplement	<b>Snack:</b> 4 oz protein supplement	<b>Snack:</b> 1 cheese stick	<b>Snack:</b> 4 oz protein supplement	<b>Snack:</b> Non-fat Greek Yogurt	<b>Snack:</b> 2 TBSP hummus ½ c vegetables
<b>Lunch:</b> Bake stuffed tomato containing 2 oz tuna salad ½ c veggies	<b>Lunch:</b> 3 oz baked cod fillet ½ C squash	<b>Lunch:</b> 3 oz chopped lean beef ½ cup baked cinnamon apples	<b>Lunch:</b> 3 oz baked salmon 2TBS Teriyaki sauce ¼ C green beans ¼ C wild rice	<b>Lunch:</b> 2 oz chicken salad made with light mayo 4-5 triscut crackers ¼ cup blueberries	<b>Lunch:</b> 1 cup chili made with lean hamburger 2 whole grain crackers	<b>Lunch:</b> 2-3 oz sloppy-joe hamburger ½ c grilled herb seasoned peppers
<b>Snack:</b> 1 cheese stick	<b>Snack:</b> ½ apple 1 TBSP peanut butter	<b>Snack:</b> Non-fat Greek Yogurt	<b>Snack:</b> 1 egg 1/2c fruit	<b>Snack:</b> 4 oz protein supplement	<b>Snack:</b> 4 oz protein supplement	<b>Snack:</b> ¼ c cottage cheese ¼ c fruit
<b>Dinner:</b> 2-3 oz salsa shredded chicken ¼ cup beans ¼ cup veggies	<b>Dinner:</b> 1 soy burger w/ lettuce, tomato, onion ½ c broccoli	<b>Dinner:</b> ½ Cup Tuna/broccoli casserole ½ cup sliced cucumbers	<b>Dinner:</b> ¾ C beef stew ¼ cup chopped steamed cauliflower	<b>Dinner:</b> 3 oz lemon pepper tilapia ½ cup green beans	<b>Dinner:</b> 3 oz turkey burger ½ cup salad	<b>Dinner:</b> 3 oz salmon ¼ c mashed cauliflower ¼ c asparagus

## MANAGING HUNGER

**If you get hungry between meals, here are some things you can do:**

1. **Eat three 1 Cup meals and 1-2 optional ½ Cup snacks per day.**
2. **Do not skip meals!!** Practice evenly spaced mealtimes. First meal should be within 1-2 hours of waking up, then every 4-6 hours thereafter. Add a high protein snack as needed, but do not eat within 2 hours of a meal/protein shake or snack.
3. **Do not drink with your meals.** When solid foods are mixed with liquids, your pouch will empty more quickly, causing you to feel hungry sooner. This also includes milk with cereal and broth with soup.
4. **Eat at least 10-30g protein at each meal.** Eat protein first. Protein helps you stay full longer. If your meal has too many carbohydrates (e.g., bread, potato, rice), you will feel hungry sooner.
5. **Avoid slider foods (e.g., soup, mashed potatoes, pretzels, crackers, chips, popcorn).** Slider foods are crunchy or soft processed foods that may taste good but can be easy to overeat and are not very healthy.
6. **Sip water/clear liquids between meals, wait 30-minutes after eating.**

**Examples of meals that have 20 or more grams of protein:**

### **Cheesy Scramble**

1 whole egg- 7g protein  
¼ c liquid egg whites- 7g protein  
1 oz low-fat cheese- 7g protein  
Scrambled and served with ¼c fruit

**Total: 21g protein**

### **Yogurt Parfait**

6 oz Oikos Triple Zero Greek Yogurt- 15g protein  
¼ c Kashi Go cereal- 3g protein  
1 tbsp milled flax- 2g protein

**Total: 20g protein**

### **Taco Salad**

2 oz ground turkey- 14g protein  
1/4 c beans- 3.5g protein  
1 oz low-fat cheese- 7g protein  
Serve over lettuce w/ salsa, 1tsp avocado

**Total: 24.5g protein**

## REQUIRED VITAMINS

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.**

*6+ months post-op*

- B12- 250 to 5,000 mcg or B complex

**Vitamin D3: 1 per day. These CAN be gummies.**

- 5,000 units (IU) per dose
- Please take 5000 Units (IU) once daily in addition to the prescription weekly vitamin D or other doctor prescribed vitamin D

### **OPTIONAL SUPPLEMENTS**

You may be asked to take these optional supplements. Your bariatrician, Dr. Berger, will discuss this with you.

**Calcium (to be taken separately from other vitamins)**

1,200 to 1,500 mg 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 lab work taken once a year!**

## BARIATRIC REFERENCES

Whether you need new recipes or are looking for an online support group, there are many resources on the internet or in print.

### Weight Loss Apps (for smart phones or computers)

- [www.baritastic.com](http://www.baritastic.com)
- [www.myfitnesspal.com](http://www.myfitnesspal.com)
- [www.loseit.com](http://www.loseit.com)



### Websites

- Information/Recipes/Forums: [www.obesityhelp.com](http://www.obesityhelp.com)
- Recipes/Shop/Support group: [www.bariatriceating.com](http://www.bariatriceating.com)
- Blog + recipes: [www.theworldaccordingtoeggface.com](http://www.theworldaccordingtoeggface.com)
- Store/Recipes/Meal Planning tips: [www.bariatricpal.com](http://www.bariatricpal.com)



### 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

### Books

- *Weight Loss Surgery for Dummies* by Marina S. Kurian, Barbara Thompson, and Brian K. Davidson (they also have a cookbook!). **Also available 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



## OTHER TIPS & RESOURCES

Mealtime items to help increase your success	Tip	Item
<b>Baby spoon/forks</b>	To help portion and take small bites and promote eating slower (20-30 min. per meal)	
<b>Ice cube tray</b>	To freeze portioned puree foods or yogurt	
<b>Ice pop mold</b>	To make your own sugar-free popsicles (i.e. with Crystal Light or diet juice)	
<b>Zip-loc bags</b>	To portion out snacks and unflavored protein powder	
<b>Measuring Cups &amp; Spoons</b>	To measure portions/meals	
<b>1-3 oz cups</b> (i.e., Dixie Cup/toddler cup)	To promote sipping fluids and portion protein shakes	
<b>Food scale</b>	To weigh foods. Helps keep track of serving size and protein per ounce of food	
<b>Portion plates/bowls</b>  (search: Bariware, Portion8, BariatricPal, Amazon)	To help portion meals correctly	

## Other Tips & Reminders

- **Take small sips** when drinking beverages. Sip all day long.
- **Read nutrition labels.** For foods with added sugar, choose foods with no more than 10g of total sugar per serving. For foods with protein and added sugar (i.e., protein/granola bars, yogurt), choose foods that have **more protein** than sugar.
- **Plan ahead for mealtimes.** Always be prepared with a protein shake, bar, or other non-perishable protein-containing food if you are unable to prepare a meal. Know appropriate choices when you buy outside food (i.e. protein bowls vs. sandwiches).