



# UNIVERSITY OF ILLINOIS HOSPITAL AND CLINICS

# NEW START CLASS

PRESENTED BY: **JEREMY O'NEAL, MS, RDN, CSOWM, LDN**

[JEREMYO@UIC.EDU](mailto:JEREMYO@UIC.EDU)

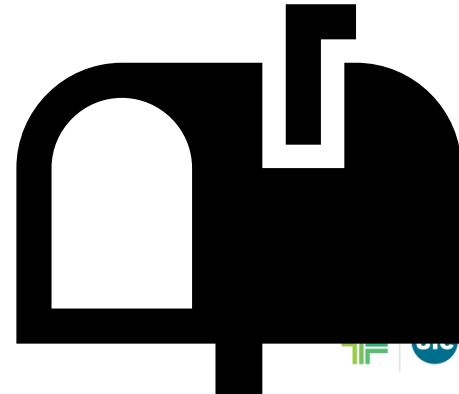
UPDATED: 6/2024



# MAILED HANDOUTS

All attendees will receive a **PAPER COPY** of handouts and slides mailed to their address on file

*Please **VERIFY** that your address in the MyChart app is also up to date*



# DIET QUESTIONNAIRE

## UIH AMB BARIATRIC NEW START QUESTIONNAIRE

Attached to a message from Family Medicine, Physician, MD received 1/10/2023

\*Indicates a required field.

Please choose the strategies you have tried or attempted to lose weight:

Select all that apply.

Cabbage Soup Diet	Cleveland Clinic Diet	Fasting	Grapefruit Diet	Jenny Craig	LA Diet	Liquid Protein Diets
Low Carb diet	Low Fat diet	Mayo Clinic Diet	Meal replacement bars / shakes	Metabolife	NutriSystem	
Overeaters Anonymous (OA)	Optifast	Seattle Sutton	SlimFast	South Beach	TOPS (Take Off Pounds Sensibly)	
Herbs or herbal supplements	Weight Watchers	Purging (self-induced vomiting)				
Nutrition Counseling with Registered Dietitian	Bariatric Surgery (Please list below)	Diet Medications (Please list below)				

If you answered yes to having Bariatric Surgery or taking Diet Medications, please list the bariatric surgery and/or diet medications:

If you chose any strategies that you tried or attempted, please list which were supervised by a doctor or dietitian:

\*Have you ever been diagnosed with an eating disorder?

Yes No

If you answered yes to ever being diagnosed with an eating disorder, please specify:

\*Do you have any food allergies/intolerances or special diet needs?

Yes No

If you answered yes to having allergies/intolerances or special diet needs, please specify:

Continue Finish later Cancel

- Make sure to complete the *Diet Questionnaire* in your MyChart app
- Scroll to the bottom of reminder message for today's New Start Class (link at bottom)

# IMPORTANT

- You must be in a **PRIVATE LOCATION** away from others for HIPAA privacy compliance
- You must be physically in **ILLINOIS**
- If in a car, you must **BE PULLED OVER** with the car parked
- **BE DRESSED**, wear what is comfortable
- **LOG IN 5 TO 10 MINUTES** before your appointment time to troubleshoot any issues and make sure you can connect

*Staff reserves the right to reschedule appointments if patients are not adhering to above guidelines*

# OBJECTIVES

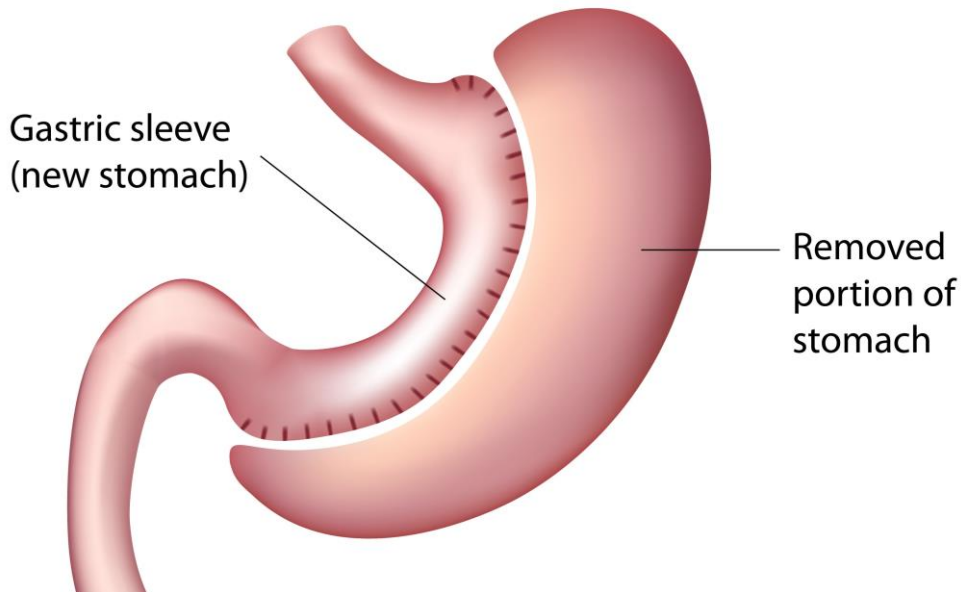
## 1. UNDERSTAND HOW TO PREVENT COMPLICATIONS

2. Describe bariatric nutrition principles
3. Detail pre-op and post-op diet stages
4. Practice 1 nutrition goal

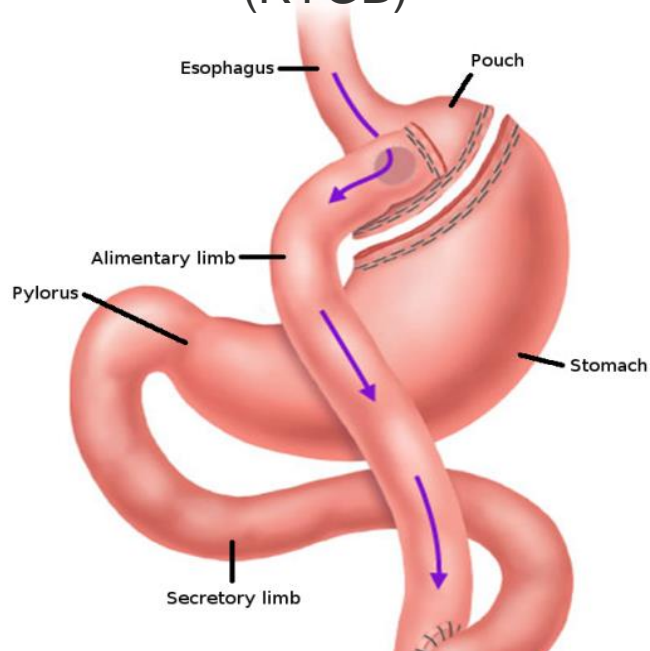


# SURGERY OPTIONS

Sleeve Gastrectomy  
(LSG)



Roux-en-Y Gastric Bypass  
(RYGB)



**REVISION & ENDOSCOPIC OPTIONS ARE ALSO AVAILABLE**

Average Length of Stay:

**1 NIGHT IN THE HOSPITAL**

*AVOID LIFTING MORE THAN **10 TO 15 LBS.**  
FOR **3 MONTHS** AFTER SURGERY*

**REVISION & ENDOSCOPIC OPTIONS ARE ALSO AVAILABLE**

# DUMPING SYNDROME

**WHAT IS IT?** Dumping is rapid movement of food into the intestine and thus into the toilet

**WHAT CAUSES IT?** Slider foods: sugar & fried foods, eating too fast or too much, and drinking with meals

## EARLY STAGE

10 to 30 minutes after a meal

diarrhea (hours-long), nausea, vomiting, cramping, rapid heart rate

## LATE STAGE

1 to 3 hours after a meal

dizziness, lightheadedness, reactive hypoglycemic syndrome



# AVOID DUMPING SYNDROME

1. Eat 5 to 6 small meals daily
2. Separate beverages from meals by 30 minutes

## DO NOT DRINK WITH MEALS

- Sugar-free drinks only
3. Consume foods with more protein and less sugar
    - *Total Sugars* less than 10 grams per serving
  4. Consume fiber-rich foods like vegetables and whole grains



# NEW LIFESTYLE BEHAVIORS

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### Meal Consistency

Eat **3** meals per day, eat the first meal within 2 hours of waking, with following meals 4-6 hours apart.

**DO NOT SKIP MEALS!**

### Planning Your Plate

**Protein:** Choose **LOW-FAT** proteins

**Animal sources:** poultry, fish, pork, lean beef (90%+ lean), ground turkey/chicken, eggs

**Plant-based sources:** tofu, egg substitute, plant-based meat alternatives, nut butters, nuts, seeds, beans, lentils, chickpeas, soybeans

**Dairy sources:** Nonfat or 1% milk, Greek yogurt (Greek = more protein), low-fat cheese, fat free or 1% cottage cheese, unsweetened soy milk

**Produce:** Choose **WHOLE** fruits & vegetables. NO blending or juicing!

**Non-starchy vegetables:** broccoli, spinach, green beans, cauliflower, asparagus, carrots, etc.

**Fruits:** apples, mango, watermelon, pineapple, grapes, pears, oranges, berries, etc.

**Limit starchy vegetables:** potatoes, corn, peas, and squash

### Beverages

**DO NOT DRINK YOUR CALORIES!**

**AVOID** beverages with more than 10 calories per serving (regular soda, 100% fruit juice, regular

Calorie, lemonade/fruit punch, sweet teas, coffee drinks, etc.)

**AVOID** carbonated beverages (soda, diet soda, sparkling water, etc.)

**AVOID** caffeinated beverages (coffee, tea, energy drinks, pre-workouts, etc.)

**AVOID** alcohol (panchew coolers, hard seltzers, liquor/stalks, beer, etc.)

**AVOID** adding sugar, honey, flavored syrups, or agave to sweeten beverages

**DO** drink 48-64+ oz of water per day

**Crystal Light, Flavored water drops, or lemon/lime/cucumber slices may be added for flavor or**

**choose 0-10 calorie beverages such as Gatorade Zero, Vitamin Water Zero, diet juice, etc.**

**DO** use calorie-free sweeteners to sweeten beverages (Stevia, Monkfruit, Splenda, Sweet 'N

**Low, Equal, or sugar-free flavored syrups)**

### Physical Activity

Recommendations: 150-300 minutes per week

### Combination of:

**Moderate intensity:** brisk walking, cycling, swimming, dancing, yard work

**Vigorous intensity:** jogging, fitness classes (Zumba)

**Strength training:** free-weights, resistance bands, swimming, bodyweight exercises

# MEAL CONSISTENCY

## 3 MEALS DAILY

- First meal: 1 to 2 hours after waking up
- Following meals: every 4 to 6 hours afterwards



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# MEAL PLANNING

## INCLUDE

# PROTEIN

## AND

# PRODUCE



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# LEAN PROTEIN

60-80 (OR MORE) GRAMS DAILY

## ANIMAL SOURCES

- Meat, seafood/fish, eggs, dairy (ex. cheese, yogurt, and milk)

## PLANT SOURCES

- Tofu, soybeans/edamame, soy patty, or vegan meat substitutes

## SUPPLEMENTAL SOURCES

- Protein powders/bars/shakes, protein waters



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# LOW-FAT DAIRY

**CHOOSE** Nonfat,  
Fat-Free, 1% dairy

**AVOID** Whole and 2% milks



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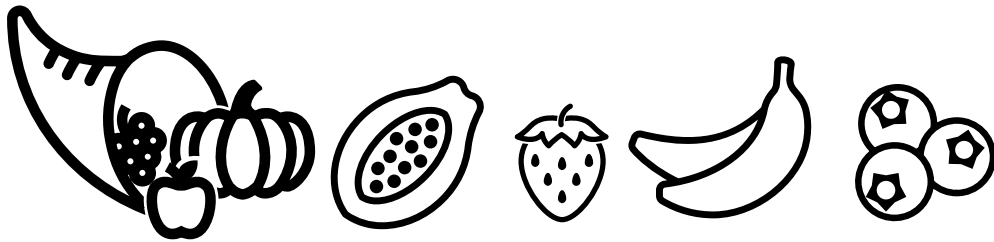
# PRODUCE

# INCLUDE

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# AND

# FRUITS



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# WHOLE FRUITS

Eat **WHOLE** fruits only

Do not blend or juice

**JUICE AND SMOOTHIES MAY TRIGGER DUMPING SYNDROME**



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# BEVERAGES

0 TO 9 CALORIES

PER SERVING

Choose:

1. Non-carbonated (flat)
2. Sugar-free beverages
3. Decaf coffee or decaf teas
4. Non-alcoholic beverages

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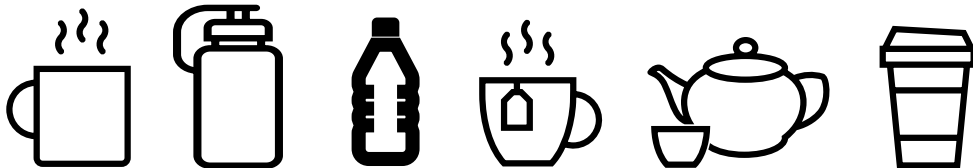
# BEVERAGES

## 48-64 (OR MORE) FLUID OUNCES DAILY

- **INCLUDES** water, sugar-free juices, herbal teas, decaf tea, decaf coffee
- **FLAVOR** with Crystal Light, Mio drops, sugar-free syrups

## CHOOSE 0-CALORIE SWEETENERS

- **USE** Splenda, Sweet n' Low, Equal, Stevia/Monk fruit blends
- **AVOID** honey, agave nectar, maple syrup, coconut sugar, corn syrup, brown sugar, and white sugar (including Sugar In the Raw)



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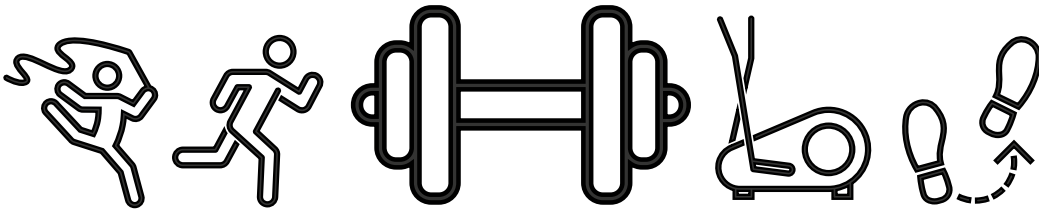
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# PHYSICAL ACTIVITY

ANY ACTIVITY IS  
GOOD ACTIVITY

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minutes of exercise weekly



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**Fruits:** apples, mango, watermelon, pineapple, grapes, pears, oranges, berries, etc.

*Limit starchy vegetables: potatoes, corn, peas, and squash*

### Beverages

**DO NOT DRINK YOUR CALORIES!**

**AVOID** beverages with more than 10 calories per serving (regular soda, 100% fruit juice, regular Gatorade, lemonade/fruit punch, sweet teas, coffee drinks, etc.)

**AVOID** carbonated beverages (soda, diet soda, sparkling water, etc.)

**AVOID** caffeinated beverages (coffee, tea, energy drinks, pre-workouts, etc.)

**AVOID** alcohol (wine/wine coolers, hard seltzers, liquor/cocktails, beer, etc.)

**AVOID** adding sugar, honey, flavored syrups, or agave to sweeten beverages

**DO** drink 48-64+ oz of water per day

*Crystal Light, flavored water drops, or lemon/lime/cucumber slices may be added for flavor or choose 0-10 calorie beverages such as Gatorade Zero, Vitamin Water Zero, diet juice, etc.*

**DO** use calorie-free sweeteners to sweeten beverages (Stevia, Monkfruit, Splenda, Sweet 'N Low, Equal, or sugar-free flavored syrups)

### Physical Activity

Recommendations: 150-300 minutes per week

**Combination of:**

**Moderate intensity:** brisk walking, cycling, swimming, dancing, yard work

**Vigorous intensity:** jogging, fitness classes (Zumba)

**Strength training:** free-weights, resistance bands, swimming, bodyweight exercises

# BARIATRIC SURGERY: DIETARY GUIDELINES HANDBOOK



## 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

# PHONE NUMBERS



UI Health



## Bariatric Surgery Dietary Guidelines Handbook

Questions?	312-355-1493
Re/Scheduling	312-996-5100
Fax Number	312-355-1987



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# REMEMBER

## BARIATRIC SURGERY IS A TOOL, NOT A ONE-AND- DONE FIX FOR WEIGHT LOSS

Successful weight loss includes:

1. Nutrition
2. Exercise
3. Lifestyle Behaviors



UI Health



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# SUPPORT TEAM

WE WANT YOU TO BE  
SUCCESSFUL

Many specialties will be a part of your team including:

- Bariatric Dietitians
- Surgeon
- Bariatrician: Dr. Reed Berger
- Psychologist
- Physical Therapist
- Insurance Coordinators
- Advanced Practice Nurses



UI Health



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# BARIATRIC SURGERY

Home / Primary & Specialty Care / Surgical Services / Bariatric Surgery

PRINT

## BARIATRIC SURGERY

TYPES OF BARIATRIC SURGERY

AM I A CANDIDATE FOR BARIATRIC SURGERY?

NUTRITION AND OTHER RESOURCES

SUPPORT GROUPS AND INFO SESSIONS

SUPPORT AFTER BARIATRIC SURGERY

ADOLESCENT AND

### The Bariatric Surgery Program at UI Health offers:

- The latest bariatric procedures, included robotic, minimally invasive bariatric surgery
- No body mass index (BMI) limit to qualify for bariatric surgery
- Revision and correction bariatric procedures for gastric bypass, gastric banding, sleeve gastrectomy, and laparoscopic band procedures
- Post-surgery support, including support groups, news

Our program has been recognized by the [American Society for Metabolic and Bariatric Surgery](#) and Optum, an Aetna [Institute of Quality](#), and a Blue Cross Blue Shield [Blue Distinction Center+ for Bariatric Surgery](#).

## REQUEST AN APPOINTMENT



312.996.5100



[Request Online](#)

[Referring Physicians Click Here](#)



Home / Primary & Specialty Care / Surgical Services / Bariatric Surgery / Nutrition and Other Resources

## BARIATRIC SURGERY

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SUPPORT AFTER BARIATRIC SURGERY

ADOLESCENT AND PEDIATRIC WEIGHT MANAGEMENT

# NUTRITION AND OTHER RESOURCES



[Click here for a PDF copy of the Bariatric Nutrition Handbook.](#)



[Learn more about the Vitamins Required for Bariatric Surgery.](#)



## BARIATRIC SURGERY

TYPES OF BARIATRIC SURGERY

AM I A CANDIDATE FOR BARIATRIC SURGERY?

NUTRITION AND OTHER RESOURCES

SUPPORT GROUPS AND INFO SESSIONS

Online Information Session

SUPPORT AFTER BARIATRIC SURGERY

ADOLESCENT AND PEDIATRIC WEIGHT

## BARIATRIC SUPPORT GROUPS AND INFORMATION SESSIONS

Our Bariatric Surgery Program hosts a joint monthly virtual support group sessions for patients who have undergone any type of bariatric surgery and for potential bariatric surgery candidates.

### Virtual Support Groups

Our Virtual Support Group Sessions include several sections/topics and are offered for both patients interested in bariatric surgery and those who have already had bariatric surgery. The Virtual Support Groups cover the following:

1. **Exercise 101 with Physical Therapist** that will provide guidance on exercise for bariatric patients.
2. **Bariatric Topic of the Month Presentation** that is led by different members of the bariatric surgery team (dietitian, bariatrician, physical therapist, psychologist, plastic surgeon [post-op]) and focus on a specific topic each month.
3. **Bariatric Surgeon Presentation** that covers services offered in the Bariatric Surgery Program, the health risks of obesity, and how our team of bariatric health professionals will support and guide you through your journey.

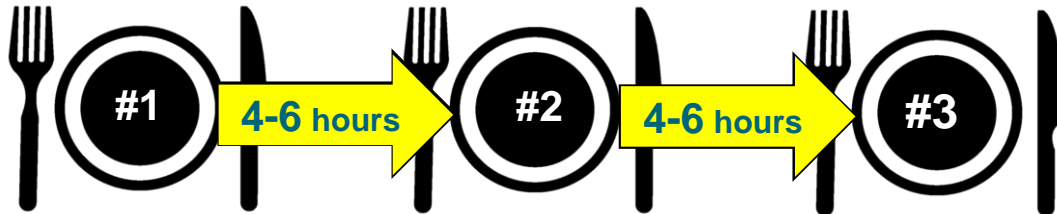
Time is allotted for Q&A and for participants to share their journey with and support other attendees.

### Online Registration

# NUTRITION PRINCIPLES

## GOAL TO PRACTICE

- 3 meals per day
- Use protein shakes for meal replacements, if needed



### 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).

# NUTRITION PRINCIPLES

## 20-20-20

20:minutes per meal or  
protein shake

20:chews per bite

20:seconds between  
bites

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# FOOD GOALS

1. **PROTEIN** Eat protein first and choose lean protein or low-fat dairy only

- Limit deep-fried foods: 1 to 2 times monthly (or less)
- Air-fried, baked, or grilled foods are recommended

2. **PRODUCE** Include a serving of non-starchy vegetables

3. **LIMIT STARCH** ½ cup (or less) per meal

- Breads, rice, pastas, tortillas, and cereals
- *Starchy vegetables: potatoes, corn, beans, squash, and peas*

**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

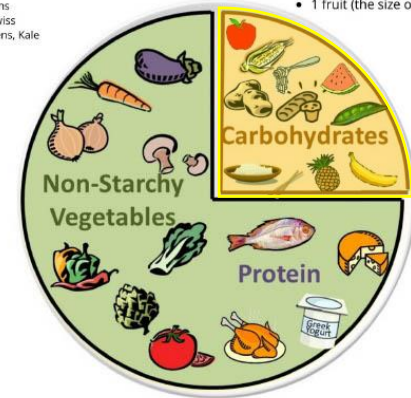
## Healthy Fats

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

## 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)



## 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

3% JUICE

### Nutrition Facts

About 7 servings per container  
Serving Size 8 fl oz (240 mL)

Amount Per Serving  
**Calories** 5

% Daily Value

Total Fat 0g 0%

# BEVERAGES



# 0-9 IS PERFECTLY FINE!

Not a significant source of saturated fat, trans fat, cholesterol, dietary fiber, vitamin D, calcium, iron and potassium.

INGREDIENTS: PURE FILTERED WATER, LEMON JUICE FROM CONCENTRATE\*\*, LESS THAN 2% OF: GRAPE AND PINEAPPLE JUICES FROM CONCENTRATE\*\*, APPLE PUREE FROM CONCENTRATE\*\*, NATURAL FLAVORS, CITRIC ACID (PROVIDES TARTNESS), VITAMIN C (ASCORBIC ACID), ASPARTAME, ACESULFAME POTASSIUM, GRAPE SKIN EXTRACT\*\* (FOR COLOR). \*\*ADDS A NEGLIGIBLE AMOUNT OF SUGAR.

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OUR QUALITY PROMISE ASSURES YOUR SATISFACTION. WE GUARANTEE IT.

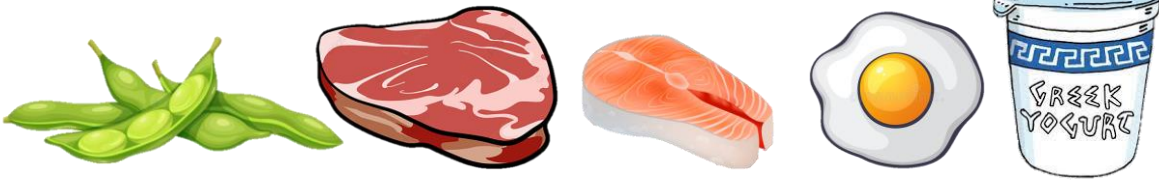
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PHENYLKETONURICS: CONTAINS PHENYLALANINE



# PROTEIN FOODS

Eat at least 1 of these foods first at every meal

**FRUITS AND VEGETABLES ARE NOT HIGH IN PROTEIN**



## 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):

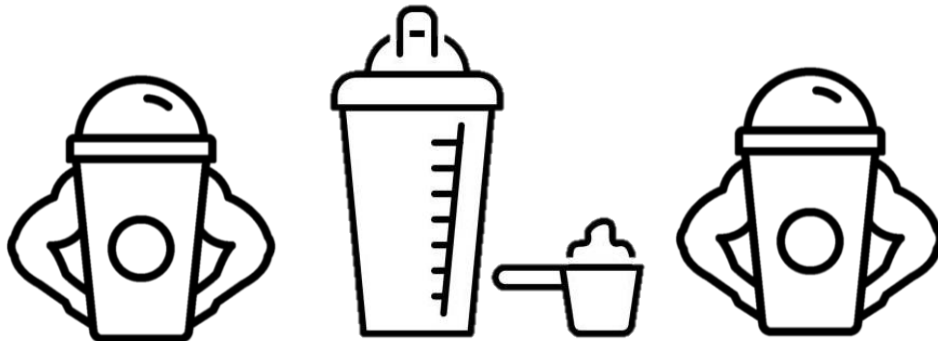
*Note: 1oz is about the size of 4 dice or 1 matchbox. A typical serving of meat is 3oz (size of a deck of cards)*

Food	Amount	Grams of Protein
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

# PROTEIN SHAKES

## FOR 1 PROTEIN SHAKE

- 200 (or less) calories
- 15 to 30 grams of protein
- *Total Sugars* less than 10 grams



### Nutrition Facts

1 serving per container  
Serving size 1 Shake (11 fl oz)

Amount per serving  
**Calories 160**

% Daily Value\*

**Total Fat** 3g **4%**

Saturated Fat 0.5g **3%**

*Trans Fat* 0g

**Cholesterol** 20mg **7%**

**Sodium** 180mg **8%**

**Total Carbohydrate** 5g **2%**

Dietary Fiber 3g **11%**

Total Sugars 1g

Incl. 0g Added Sugars **0%**

**Protein** 30g **60%**

Vitamin D 6mcg 30% • Calcium 650mg 50%

Iron 2mg 15% • Potassium 420mg 8%

Vitamin A 230mcg 25% • Vitamin C 23mg 25%

Vitamin E 3.8mg 25% • Vitamin K 30mcg 25%

Thiamin 0.3mg 25% • Riboflavin 0.3mg 25%

Niacin 4mg 25% • Vitamin B6 0.4mg 25%

Folate 100mcg DFE (59mcg folic acid) 25%

Vitamin B12 2.06mcg 25% • Biotin 8mcg 25%

Pantothenic Acid 1.3mg 25% • Phosphorus 620mg 50%

Iodine 37mcg 25% • Magnesium 105mg 25%

Zinc 2.8mg 25% • Selenium 14mcg 25%

Copper 0.3mg 25% • Manganese 0.6mg 25%

Chromium 6mcg 25% • Molybdenum 7mcg 25%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



# Nutrition Facts

1 serving per container  
Serving size 1 Shake (11 fl oz)

Amount per serving  
**Calories 160**

	% Daily Value*
<b>Total Fat</b> 3g	<b>4%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 20mg	<b>7%</b>
<b>Sodium</b> 180mg	<b>8%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 1g	
Incl. 0g Added Sugars	<b>0%</b>
<b>Protein</b> 30g	<b>60%</b>

Vitamin D 6mcg 30%	Calcium 650mg 50%
Iron 2mg 15%	Potassium 420mg 8%
Vitamin A 230mcg 25%	Vitamin C 23mg 25%
Vitamin E 3.8mg 25%	Vitamin K 30mcg 25%
Thiamin 0.3mg 25%	Riboflavin 0.3mg 25%
Niacin 4mg 25%	Vitamin B6 0.4mg 25%
Folate 100mcg DFE (59mcg folic acid) 25%	
Vitamin B12 0.6mcg 25%	Biotin 8mcg 25%
Pantothenic Acid 1.3mg 25%	Phosphorus 620mg 25%
Iodine 37mcg 25%	Magnesium 105mg 25%
Zinc 2.8mg 25%	Selenium 14mcg 25%
Copper 0.3mg 25%	Manganese 0.6mg 25%
Chromium 0mcg 25%	Molybdenum 11mcg 25%

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# PROTEIN SHAKES



## IF YOU USE INSULIN



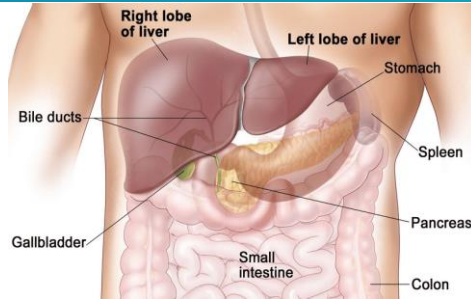
# PRE-OP AND POST-OP DIET STAGES



# BEFORE SURGERY

Liquid Pre-Op Diet:  
2 weeks **BEFORE** surgery

**Purpose:**  
Decreases the size of your liver, reducing risk of complications during surgery



**5 to 6 protein shakes daily**

## 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
- 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\*
- Wyler'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

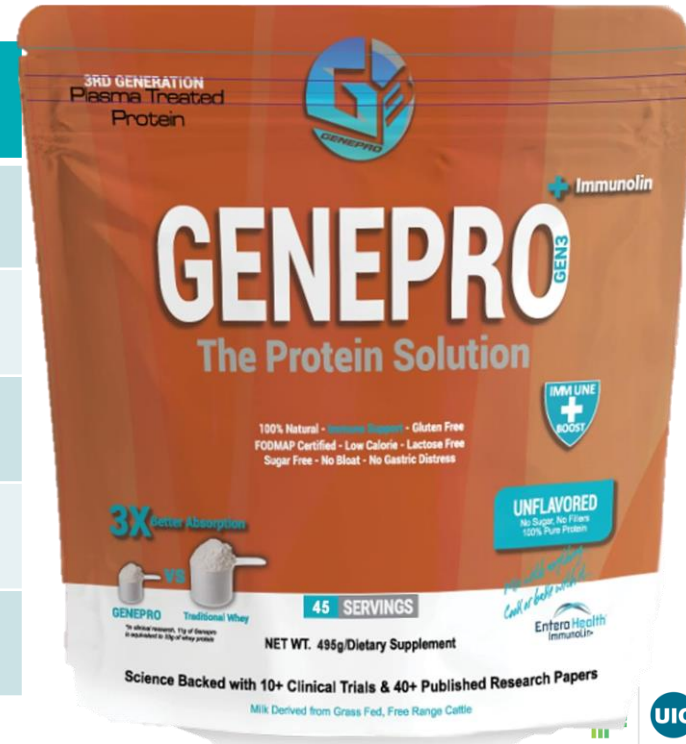
# AFTER SURGERY

60-80 (OR MORE) GRAMS OF PROTEIN DAILY

2

MONTHS

STAGE	TEXTURE
Stage 1: Hospital	Clear liquids only
Stage 2: Weeks 1-2	Liquid protein shakes
Stage 3: Weeks 3-4	Pureed/blended foods
Stage 4: Weeks 5-6	Soft tender foods
Stage 5: Weeks 7+	Solid foods



# AFTER SURGERY

- Sip or eat slowly, no gulping
- 10-30 seconds between sips or small bites
- **NO STRAWS:** causes bloating
- 1-4 fluid ounces over 30 minutes
- Use Dixie cups or toddler cups to portion liquids and solids



# CHECKLIST

Complete this  
checklist for

**NUTRITION**

**CLEARANCE**

## 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.

# GET STARTED

Call **312-996-5100** to  
schedule 1 visit per month with:

- Dietitian
- Dr. Reed Berger (Bariatrician)

*Patients average 6 months from class to surgery date, do not delay scheduling follow-ups!*



Dear Doctor,

Your patient is near completion of their workup for bariatric surgery and they are required to obtain medical clearance from their primary care physician prior to proceeding with bariatric surgery. Please provide a comprehensive medical history and physical examination that documents any comorbidities and addresses their cardiac and pulmonary status prior to surgery. If you feel that the patient needs additional clearances from other medical specialties such as a cardiologist or pulmonologist, please refer them as soon as possible. The patient will not be able to proceed with bariatric surgery until PCP medical clearance is obtained.

The PCP Medical Clearance should include:

- History and Physical Examination with Documented Comorbidities
- Medical Clearance from a Cardiac and Pulmonary Standpoint. The following should be completed:
  - Chest X-Ray
  - EKG/ECG
  - EGD (per the request and the opinion of Bariatric Surgery and Surgeon)
- Labs that should be completed:
  - CBC
  - Complete Metabolic Panel
  - Fasting Lipid Panel
  - Hemoglobin A1c
  - Vitamin D 25 oh
  - Vitamin B12
  - Folate
  - Iron Studies (Ferritin, TIBC, Iron)
  - TSH
- Barium Swallow Test Results (Only if Barium Swallow is not scheduled at UI Health)
- H-Pylori Screening, Breath, or Stool Antigen if symptomatic
- Negative Pregnancy Screening. (If applicable)

Please fax your PCP Medical Clearance and all associated labs and testing to our office at **312.355.1987 (FAX)**, with attention to **Karen Dancy**. Please feel free to contact our office with any questions.

Best Regards,



**Chandra Hassan, MD, FACS**  
Assistant Professor of Surgery  
Medical Director, Bariatric Surgery Program  
Division of General, Minimally Invasive & Robotic Surgery UI Health

