

Pre-Op/Post-OP Bariatric Diet Guidelines



Your Dietary Guidelines For Before and
After Surgery

Post-op Guidelines

1. 1 week of clear liquids
2. 1 week of full liquids
3. 4 weeks of soft foods

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NUTRITION

Congratulations on your decision to have bariatric surgery! This is an exciting time with a lot to learn. Upbeet Nutrition is here to guide you during the pre-op and post-op period. Please use these handouts as a resource in addition to your surgeon's diet recommendations.

GENERAL OUTLINE OF DIETARY STAGES:



These are general guidelines. They do not replace the recommendations from your surgeon. Please refer to their specific diet stage guidelines.



Pre-Op Diet:

The pre-op diet is usually 2 weeks prior to surgery, it depends on the surgeon's requirements, BMI, and weight distribution. The pre-op diet is used to shrink the liver and reduce complications during surgery. The pre-op diet is all liquid drinks, unless otherwise noted from your surgeon. Some surgeons allow a light meal for dinner with lean protein and vegetables.

NIGHT BEFORE/MORNING OF: NPO

Patients are NPO (nothing by mouth) at midnight before surgery. It helps to prepare the body for anesthesia.

STAGE 1 - IN THE HOSPITAL: CLEAR LIQUIDS:

Immediately after surgery, patients usually can drink small sips of clear liquids, such as broths, water, sugar-free drinks such as crystal light, and clear protein waters.

STAGE 2 - FULL LIQUID: First 2 weeks after surgery

This stage typically starts after surgery when the patient gets home. This diet usually continues for the first 2 weeks. Full liquids includes low-fat, milk based drinks and clear liquids. Full liquids include protein shakes, low-fat milk and low-fat creamy soups and low-sugar Greek yogurts.



STAGE 3 - SOFT FOOD: Weeks 3-6, 1 month long

Patients begin this stage when advanced by a medical provider, usually 2 weeks after surgery. It usually last 4 complete weeks, until the end of 6 weeks after surgery. Patients will have 2 protein shakes daily (recommended as snacks between meals). You will eat 3 soft food meals daily for breakfast, lunch, and dinner. Meals include moist, braised meats prepared in crockpot/instant pot, steamed fish, scrambled eggs, soft low-fat dairy like yogurt/cottage cheese, soft cooked vegetables and fruits such as SF apple sauce, smushed banana, canned peaches/pears, or cooked fruits without skins. No raw vegetables/fruits allowed, no skins or seeds, no nuts.

STAGE 4 - LIFELONG SOLID FOOD

This stage begins after 6 weeks from surgery, starting week 7 and continues for life. You will start with about 1.5-2 oz of food and increase as able. Listen to you body and do not overeat. Increase as able and keep your ratio of protein and non-starchy vegetables the same. Limit your food to 6-8 oz per meal once you are able to eat more.

We recommend to eat lean protein first, vegetable second, and limit to 1 oz (2 tbsp) of complex carbohydrate if desired. One protein shake a day is recommended, until the patient can intake 60-80 g of protein daily from solid food for VSG and RYGB patients. Try to achieve this by 6 months after surgery and discontinue protein shakes then to fill up on solid food.





POST-OP: PROTEIN RECOMMENDATIONS

**IMPORTANT
INFORMATION!**



PROTEIN RECOMMENDATIONS PER SURGERY AND GENDER for first 2 months after surgery for healing.

Females	Males
Lap-Band/Gastric Sleeve=80-100g/day	Lap-Band/Gastric Sleeve=100-120g/day
Gastric Bypass=100-120g/day	Gastric Bypass=120-150g/day
Duodenal Switch/DS/SADI=1.5-2.0g of protein of IBW	Duodenal Switch/DS/SADI=1.5-2.0g of protein of IBW

Example:

1 oz of cooked lean meat is about 7 g of protein
3 oz cooked meat (deck of cards size) is about 21 g protein



SPECIAL CONSIDERATIONS FOR TYPE 2 DIABETICS & PATIENTS WITH KIDNEY DISEASE



Patients with Diabetes

The pre-op diet is very low in carbohydrates and in calories. If you take insulin or oral diabetes medications that increase your body's production of insulin (such as Glipizide, Glimepiride, Glyburide, etc.), you must contact your prescribing physician PRIOR to starting the pre-op diet and explain that you will be on a high protein diet with very low carbohydrates. They may need to adjust your medications accordingly to avoid dangerously low blood sugar levels, which is hypoglycemia.

Patients with Kidney Disease/Kidney Failure

Both the pre-op and post-op diet guidelines require a moderate consumption of protein so that you can heal properly and maintain lean body mass after surgery. For patients that have a history of kidney disease or reduced kidney function, the amount of protein required on the pre-op and post-op diets may be difficult for your kidneys to process. If you have a history of reduced kidney function or have been told to limit protein intake, please speak to your kidney specialist, or nephrologist before starting the pre-op and post-op diets. Once you know your doctor's recommendations for the number of grams of protein you are allowed per day, be sure to communicate that information to your dietitian to accommodate your needs.



PRE-OP DIET

HOW LONG is it?

It is typically 2 weeks long, but the length depends on your BMI and weight distribution. Your surgeon will let you know.

How to Start?

These guidelines are for a liquid diet, without any food. We recommend to drink 3 shakes a day: for breakfast, lunch and dinner. Consume protein every 2-3 hours. You will have about 90-120 g of protein. More protein helps you feel more satisfied.

Sample Menu

Breakfast	a protein shake within 1 hour of waking up
Snack	low-fat, low-sugar yogurt
Lunch	protein shake
Snack	low-fat creamy soup, (Campbell's Fat Free Cream of chicken)
Dinner	protein shake





PRE-OP DIET

Other Liquids Allowed

Drink 64 oz of clear, sugar-free fluids in addition to your protein shakes so that you are well hydrated before surgery. We recommend that you have 1 electrolyte drink daily to help avoid leg cramps. No red drinks the day before surgery.

Snack Ideas:

Low sugar yogurt (less than 8g sugar), strained, low-fat soups, sugar-free jello/popsicles, cream of wheat (if approved by surgeon) thinned with low-fat milk



PRE-OP DIET: CLEARS



Drink 64 oz of sugar-free, non-carbonated clear fluids per day to be well hydrated.



herbal tea



infused water, don't eat fruit



broth





PROTEIN SHAKES

Look for protein shakes that have at least 20 g of protein per serving. Check that the sugar is 5 g or less and the fat is 5 g or less, total carbs are 9 g or less.

Drink 3 shakes a day: Breakfast, lunch, dinner

Whey protein isolate: Is a protein made from dairy, it is leaner than whey protein concentrate and is absorbed rapidly by the body.

Lactose Intolerance options: Try hydrolyzed whey protein, or choose soy, pea, or egg protein



CLEARs





PROTEIN SHAKE INFORMATION

CHOOSING A SHAKE

You will need shakes both pre and post-op for bariatric surgery. Protein promotes healing, maintains muscle mass, keeps you satiated, helps your immune system, and helps to decrease hair loss.

Try to consume at least 90 g of protein during the pre-op diet to help feel more satisfied and less hungry. We recommend clear protein waters when on a clear protein diet right before surgery.

WHEN BUYING:

The type of protein matters. I encourage whey protein isolate, it is made from dairy, it has less sugar and fat and it is absorbed the fastest by the body and easier to digest compared to concentrate. A great choice is grass-fed whey protein isolate, it has a higher density of macro-nutrients, fast-absorbing essential amino acids, and naturally occurring branch chain amino acids (BCAAs) which help promote muscle repair.

The type of protein matters. I encourage whey protein isolate, it is made from dairy, it has less sugar and fat and it is absorbed the fastest by the body and easier to digest compared to concentrate. A great choice is grass-fed whey protein isolate, it has a higher density of macro-nutrients, fast-absorbing essential amino acids, and naturally occurring branch chain amino acids (BCAAs) which help promote muscle repair.

When protein concentrate is also a good source of protein, but is absorbed a bit slower and it is not as lean, but it is cost-effective. Oftentimes, whey protein isolate and concentrate are blended together. You can also choose, soy, egg, or pea protein options.

Look for protein shakes that have at least 20 g of protein per serving. Check that the sugar is 3 g or less and the fat is 3 g or less, 9 g of carbs or less. Aim for 200 calories or less total for a protein shake. This also includes if you make the protein shake from scratch with low-fat milk and protein powder.



Drink 3 shakes a day: Breakfast, lunch, and dinner





PROTEIN POWDERS





HOW TO MAKE A PROTEIN SHAKE:

Why: Shakes have less liquid and are more concentrated in protein.

Directions: Add 1 cup or less of high protein, low fat milk/substitute to 1 scoop or protein powder (read the label)



1 cup
(8-13g)

+



1 scoop
(30 g)

=



43 g

HIGH PROTEIN/LOW FAT MILKS



Plant based milks need to have protein. Some plant based, such as almond or cashew milk have only 1g of protein. Look for those mixed with pea protein.



PLANT-BASED PROTEIN

Plant based protein powder are great if you are not able to consume dairy products. They are a great option because they are high in fiber and antioxidants, low in fat and cholesterol, and sometimes easier to digest and help with gut health. They can be incomplete proteins, and high in carbohydrates, so look at food labels carefully.





SAVORY

Savory protein powders are great for those who don't want a sweet taste. They are great to add to broth, low-fat soups, or low fat milk for a creamier flavor. Keep an eye out for the salt intake if you have high blood pressure. You can also make your own bone broth at home as well.



Bariatric Eating **be** BARIATRIC EATING.COM



UNFLAVORED PROTEIN POWDER



Unflavored protein powder provides crucial nutrients, aid in recovery, and offer culinary versatility (can add to food later!)

Customize protein powders: mix whey with soy, pumpkin, pea protein, etc! Choose flavors.



How to use

- Add a scoop to clear or full drinks to add 20+ g of protein
- Sprinkle into yogurt and low-fat strained soups, or SF pudding
- Sprinkle into soft foods when allowed to eat after surgery



PROTEIN POWDER WITHOUT ARTIFICIAL SWEETENERS



Egg whites are the most bioavailable type of protein. Egg whites are free of cholesterol and fat, making it an excellent source of protein.

Most of these are made without artificial sweeteners.



- Great flavor, Non-GMO
- 24 grams protein
- 40 mg of Calcium
- Mixes well
- No Preservatives, added sugar, gluten, artificial ingredients.
- Uses Stevia
- Unflavored has no stevia



- 25 grams of protein per serving
- 5 grams BCAAs
- 2 ingredients: egg whites + sunflower lecithin
- No added sweeteners, flavors or colors
- Soy, gluten and dairy free
- Salty taste, Expensive



- Low calorie
- Enhanced with sunflower lecithin
- 24 grams of protein
- High in BCAAs
- No preservatives, growth hormone, preservatives, or artificial sweeteners/colors/flavors



- Derived from egg albumin
- Rich in vitamins and minerals
- Available in multiple sizes
- 3rd Party Tested
- Boosts workout recovery
- Less expensive

Benefits of Egg white protein

- Highly bioavailable: more of it gets into your muscle cells
- Builds lean muscle, helps with recovery
- Heart healthy: no fat or cholesterol
- Low in sugar, great for diabetics
- Lactose, (dairy) and gluten free for those with food sensitivities

What to Look for:

1. Ingredients ;avoid artificial ingredients like saccharine, sucralose, aspartame. If it has flavoring look for stevia or monk fruit.
2. Protein should be between 25-30 g
3. 3rd Party Testing:



- 7.7 grams of BCAAs
- +MRM Digest-ALL to promote healthy digestion: plant based enzymes help digestion, absorption and alleviate gas and bloating
- More expensive



PRE-OP DIET: OTHER FULL LIQUIDS

Additional items allowed on full liquid diet. Review that they have 8 g of sugar or less, it is even better if it is less than 5 g of sugar.



PRE-OP DIET: OTHER FULL LIQUIDS



Soups are also full liquids. Make sure they are low-fat creamy soups with only 3g of fat or less per serving. Strain soups if they have chunk or lumps and drink the broth.





PRE-OP DIET: EXTRA CONSIDERATIONS



These two items are only an option if your surgeon approves. Add low-fat milk to it to make it a soup-like consistency.

This will help to avoid low-blood sugar or feeling light-headed while on the pre-op diet.



ELECTROLYTE MIXES

Use electrolytes while on your pre-op diet and the first two weeks of post-op diet. Use one electrolyte mix daily. It can help avoid leg cramps during this time, since you are not eating foods with electrolytes. Please avoid red colored mixes the day before surgery. Consult your dietitian or doctor if you have chronic kidney disease.

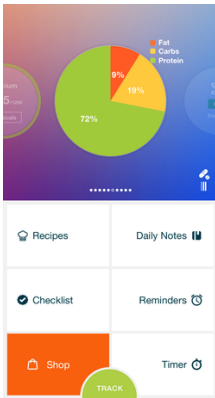




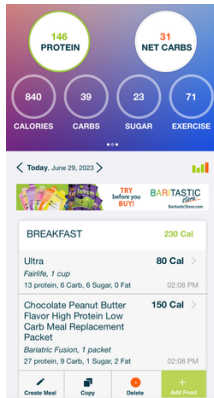
POST OP: BARITASTIC APP



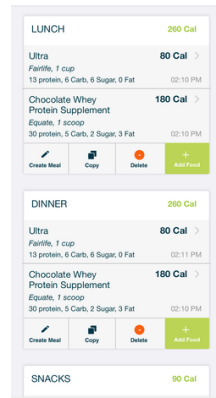
An app designed to help individuals track and manage their weight loss journeys, especially those who have undergone bariatric surgery (weight loss surgery). Practice using Baritastic BEFORE you have surgery. Use it to help eat better, have reminders for vitamins and to eat, know your protein intake, and more. Baritastic offers a range of features that can assist users in achieving their weight loss goals. Some of the key functionalities include:



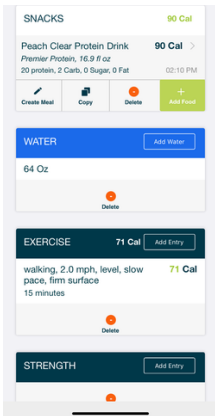
Check your intake



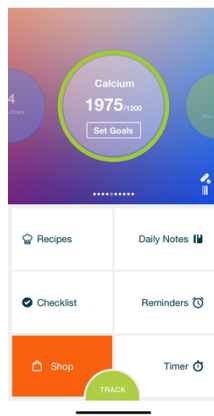
Track your protein



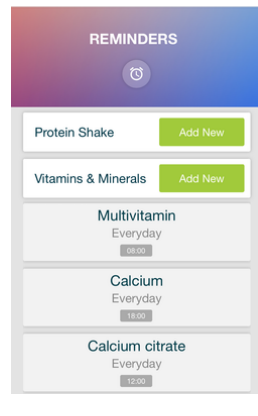
Log Full Liquids!



Log water & exercise



Track Calcium



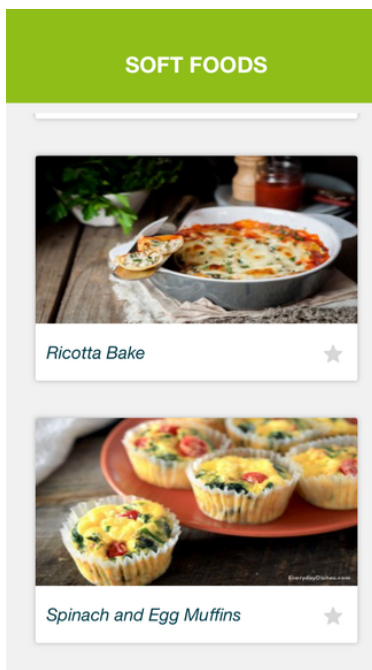
Set reminders to eat!



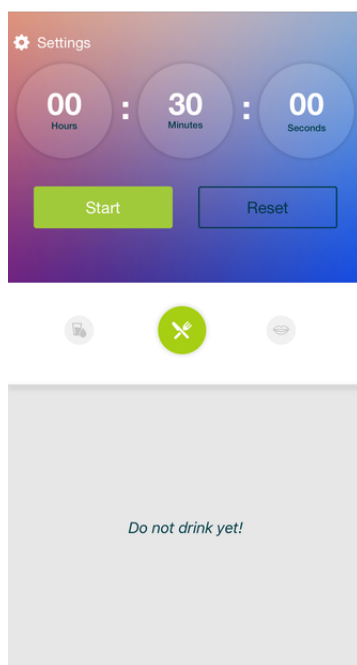
POST OP: BARITASTIC APP

BARITASTIC


Practice using Baritastic BEFORE you have surgery. Use it to help eat better, have reminders for vitamins and to eat, know your protein intake, and more.



Try new recipes



Follow the 30/30 rule!



**POST-OP BARIATRIC
SURGERY DIETARY
GUIDELINES**

DIETARY GUIDELINES AFTER BARIATRIC SURGERY



- These dietary guidelines are to help you heal, and to help you eat food after having bariatric surgery. The Post-Op Diet is a temporary diet you will be on for about 6 weeks while your stomach is healing. It consists of 3 stages. This handbook is a supplement, and does not replace your surgeon's guidelines.
- We will guide you to when and which foods to eat and avoid.
- Remember that the surgery is just a tool. Eat a healthy diet with 5 small nourishments with protein and fiber, and maintain physical activity to achieve your weight loss goals.

Diet Progression Post-Op Bariatric Surgery

Stage 1, In the Hospital

- Clear, sugar-free fluids: water, decaf coffee or tea, broth, crystal light, protein clear waters, or similar sugar-free drinks

Stage 2: Fulls and Clear Liquids, 0-2 weeks post-op

- Begins when you get home from the hospital and last up to 2 weeks after surgery.
- Includes sugar-free clear liquids
- Includes protein shakes when you get home, low-fat soups, low-sugar yogurts, low-fat milk

Stage 3: Soft Foods, some surgeons require pureed foods, week 3-6

- Starts 3 weeks post-op and ends after 6 weeks, 4 weeks long
- Sugar-free, Low-Fat soft cooked foods high in protein and soft vegetables
- High protein diet, aim for 80-150 g of protein, depending on the protein requirements for your surgery type.

Stage 4: Regular Solid Foods, week 7 - for life

- Starts week 7, after advanced by your surgeon. This diet is for life.
- Consume sugar-free, low-fat, high protein and high fiber meals
- Maintain high protein levels between 60-80 g or what is recommended by your surgeon or dietitian, based on your activity level and dietary goals

*** IMPORTANT ***

The diet is advanced by your surgeon or dietitian depending on your tolerance to each stage. For your own safety, do not advance yourself.



BARIATRIC POST-OP DIET STAGES

STAGE 1:



CLEAR LIQUID DIET

- Water
- Broth
- Sugar-Free Flavored Water
- Protein Waters
- Sugar-Free Jello/Popsicle
- Decaf Coffee/Tea



STAGE 2



FULL (THICK) LIQUID DIET

- Protein Shakes/Powders
- Greek Yogurt
- Low-fat Milk
- SF Pudding +
- Unflavored protein powder
- High protein/Low-fat Soups



STAGE 3



SOFT-FOOD DIET

- Scrambled eggs/whites
- Greek yogurt
- Cottage cheese/based foods
- Soft crockpot - chicken/turkey/fish
- Soft Beans
- Soft, cooked vegetables
- Canned peaches/pears
- smushed banana/avocado



STAGE 4



REGULAR FOODS

- Chicken Fish/Seafood
- Eggs
- Meat
- Raw Vegetables and fruit
- Nuts/Seeds



Stage 5: Special

Considerations for more fibrous foods: trial and error to Tolerate

Edamame, brussel sprouts, green peas, garlic, onion, fibrous meats, asparagus





POST-OP: PROTEIN RECOMMENDATIONS



PROTEIN RECOMMENDATIONS PER SURGERY AND GENDER for 6-8 weeks after surgery!

After the first 6-8 weeks, can reduce to 60-80 g of protein, or what is recommended by surgeon/dietitian for personalized plan

Females	Males
Lap-Band/Gastric Sleeve=80-100g/day	Lap-Band/Gastric Sleeve=100-120g/day
Gastric Bypass=100-120g/day	Gastric Bypass=120-150g/day
Duodenal Switch/DS/SADI=1.5-2.0g of protein of IBW	Duodenal Switch/DS/SADI=1.5-2.0g of protein of IBW



POST OP: LIFELONG NUTRITION GUIDELINES

To maintain weight loss after bariatric surgery, it is important to note the following

- For the first 2 months after surgery, you will need high amounts of protein to recover and promote wound healing, see table above.
- You will need at least 60-80 g of protein per day for life following the first 2 months of surgery. Those with higher activity levels require even more protein.
- Avoid foods high in fat, calories, and simple sugars - have high protein and fiber meals with vegetables/small quantities of fruit and complex carbohydrates
- Avoid caffeinated and carbonated drinks, drink 64 oz of sugar-free liquids
- Avoiding alcohol for the first 12 months - use sparingly afterwards
- No fluids with meals - wait 30 minutes before and after to resume drinking, sometimes, it may take 60 min or longer right after surgery.
- Take bariatric multivitamin and calcium supplementation per ASMBS guidelines

LIFELONG GOALS: HAVE PROTEIN 5 X PER DAY IN YOUR 5 NOURISHMENTS

- VITAMIN AND MINERAL SUPPLEMENTS FOR LIFE
- INCREASE FROM 64 OZ OF FLUID DAILY TO UP TO 1/2 WEIGHT IN OUNCES OF WATER
- PROTEIN 60-80 G / DAY AT LEAST
- READ FOOD LABELS
- 30 MINUTES EXERCISE 3-5X WEEKLY, 2 X A WEEK OF STRENGTH TRAINING

LIFELONG RESTRICTIONS

- NO SODA/CARBONATED BEVERAGES
- NO HIGH SUGAR OR HIGH FAT
- 30/30 RULE - NO LIQUIDS 30 MIN BEFORE/AFTER MEALS
- LIMIT ALCOHOL
- AVOID GRAZING (EATING FOOD WITHOUT PROTEIN MORE THAN EVERY 2-3 HOURS).



POST-OPERATIVE DIETARY GUIDELINES, EXPLAINED

1. No carbonated beverages

a. This includes anything bubbly: seltzer water, soda, ginger ale, beer, etc. It causes gas, abdominal distention, and is painful. Many have hidden calories too..

2. No caffeine for 3- 6 months or per surgeon's guidelines

a. It dehydrates you. You need to focus on hydration after surgery. Decaf tea will be allowed and decaf coffee can be started with soft foods. Make sure there are no more than 10-15 calories per serving with SF creamers.

3. No alcohol for at least 12 months

a. After surgery, it takes much less alcohol to become intoxicated, which can potentially be dangerous. One drink has the strength of multiple drinks. So after 1 drink, you could be over the legal limit for alcohol to drive. Alcohol is absorbed faster, so you become intoxicated faster. Be careful with transfer addiction after surgery, which is transference of food to alcohol addiction. Alcohol is also high in sugar and has empty calories, so it does not help with weight loss.

4. No straws

a. At least in the beginning, straws can quickly overfill your pouch with liquid and air; this may cause nausea, vomiting, or pain. Straws may allow you later on to actually consume more fluid, as long as you do not have extra gas.

5. No eating and drinking together, the 30/30 rule

a. It will be very difficult for your new stomach to hold both liquids and solids together. It is recommended to stop drinking liquids 15-30 minutes before meals and not to resume drinking until 30-45 minutes after you have eaten. This helps you get enough protein in and prevents you from nausea and vomiting

6. Lifelong vitamins: bariatric multivitamin and Calcium

a. After surgery, you cannot eat large quantities. Due to an increased risk of nutritional deficiencies after surgery, you will need to take vitamins every day for the rest of your life. This includes a Multivitamin and 1200 ng of calcium separated apart by 2 hours.



POST-OP DIET: STAGE I, CLEARS



You will be on clears (see through drinks) right after surgery, to help your stomach heal. Your drinks should be caffeine, sugar, & carbonation free. Your goal is to drink an ounce every 15 minutes, & to drink 64 oz of fluid per day.

Have electrolytes once a day to help avoid leg cramps. We recommend to include clear protein waters during this time to aid in recovery & help soft tissue repair. Track fluids on Baritastic App. Check if your surgeon allows jello.



POST-OP DIET: PROTEIN CLEARS



Clear Protein Soups: Make soup flavored protein powder
Unjury: Chicken soup flavor, Bariatric fusion chicken soup flavor



Broth Options: Vegetable, chicken, beef, and bone broth
Miso soup broth



Protein Clear Waters/Powders: Vegetable, chicken, beef, and bone broth
Miso soup broth



Tracking: Your hospital may provide a checklist for you to track your fluid intake. You can also use an app on your phone, such as as Baritastic to track fluid and protein. Your goal is to drink 64 oz of fluid daily. Your surgeon will advance you when ready.

POST OP : AT THE HOSPITAL - CLEARS GROCERY LIST



CLEAR LIQUID FLUIDS

- Water
- Sugar-free flavored waters (not carbonated)
- Sugar-free juice
- popsicles/sugar-free jello (if surgeon allows)
- Decaf Coffee/Tea
- Sugar-free electrolyte drink

CLEAR SOUPS:

- Broth (bone, beef, chicken, veggie, bouillon)
- Miso soup broth

PROTEIN

- Clear protein waters:
 - Protein20
 - Premier Clear
 - Isopure drinks/powder
 - Gatorade Zero with Protein Powder
- Flavored/Unflavored Clear protein powders:
 - Bone broth powder
 - Protein soup powders
 - Syntrex Nectar Protein Powder - fruit flavors
 - UP2U Water Based clear protein
 - Clear Vegan Isolate
 - Isopure protein powder



Water

Crystal Light®

Tea (non-caffeinated)

Soup/Broth

Diet Jell-o (Sugar-free)

- Breathe Freshener: You ,may experience bad breath for the first month after surgery; the following products may help: Listerine Strips, Chlorophyll tablets, Devrom pills



POST-OP: STAGE I FULL LIQUIDS - WHEN YOU GET HOME. WEEKS: 0-2

Focus on 2 things: protein and fluids

1. Drink 64 oz of clears a day
2. Maintain your protein requirements for first 8 weeks, needed per your surgery guidelines. (See protein table above)

TIPS

Have HIGH protein intake.

It helps your body heal and repair soft tissue, and maintain lean body mass. If your body does not have enough protein, you can lose lean body mass (muscle), which is important for weight loss, metabolism, and minimizing loose skin.

Focus on full liquids and clears.

Include 2-3 home-made protein shakes per day, with 64 oz of fluids total.

Drink sugar-free electrolytes daily. You can have low-sugar yogurts, low-fat soups, sugar-free jello/popsicles, and broths.

Try to add scoop or sprinkle of unflavored protein powder to optimize your protein intake.

POST-OP STAGE 2: AVOID DEHYDRATION



Focus on 2 things: protein and fluids

1. Drink 64 oz of fluids a day
2. Maintain your protein requirements needed per your surgery guidelines. The minimum is 80 g of protein daily. (See page 109 table for your specific needs)

POST-OP DEHYDRATION

- To avoid dehydration after surgery, drink at least 64 oz of sugar-free fluids per day, (8 cups - which includes protein shakes). That amount should be spread out over 12-16 hours (4-6 oz per hour). Too much fluid at once can cause nausea, vomiting, and pain.
- Not enough fluid can make you dehydrated with nausea and then you do not want to drink, and it is a vicious cycle of nausea and dehydration.
- REMEMBER TO SIP. STOP DRINKING if you feel full or nauseated,
- Nausea on its own can indicate dehydration. Fluids should not contain caffeine, carbonation, or sugar.





POST OP STAGE 2: FULL LIQUIDS

While on the full liquid diet, get to your protein daily intake goals. Drink 64 oz minimum daily of full liquids and clears. Aim for 3 protein shakes per day, it is best if you make them by scratch, as you can get up to 43g of protein per shake. Drink sugar free clear liquids in between your protein shakes.

Add unflavored protein water to your liquids, like crystal light, soups, or a bit to low-sugar yogurts.



Use sugar free puddings only if you are adding unflavored protein powder sprinkled into it.



FULL LIQUIDS

This stage includes full liquids, which are thick, milk-based liquids. You can also drink any of the clear liquids from the stage before. Full liquids include protein shakes/powders, low-sugar Greek yogurts, low-fat milk, and strained low-fat creamy soups (without chunks or lumps.)

During the first 2 weeks, you can drink clears and full liquids.

Clear liquids shown above: sugar-free liquids that are see-through at room temperature. (Not carbonated, non-caffeinated, sugar-free)

- Water/infused water, decaf-coffee/tea
- sugar-free juices/popsicles/gelatin
- broths/bouillon
- sugar-free sports drinks
- sugar-free protein waters

Full Liquids: Are milk based products that are low in fat and sugar.

- Any drink on clear liquids list
- Protein shakes and powders
- Low-fat, high protein milk/substitutes
- Low-fat, low-sugar, high-protein yogurts
- Strained, low-fat soups
- sugar-free puddings

Can add unflavored protein powder and sprinkle in to add extra protein throughout the day.

AVOID! Beverages that are:

- Caffeinated
- Carbonated (no bubbles)
- Sweetened (except sugar substitutes)
- Alcohol
- High-calorie drinks (more than 10 calories/serving)
- No straws - can cause excess gas, and bring in too much fluid too quickly





PROTEIN POWDERS





HOW TO MAKE A PROTEIN SHAKE:

Why: Shakes have less liquid and are more concentrated in protein.

Directions: Add 1 cup or more of high protein, low fat milk/substitute to 1 scoop or protein powder (read the label)



1 cup
(8-13g)

+



1
scoop
(30 g)

=



43 g

HIGH PROTEIN/LOW FAT MILKS



Plant based milks need to have protein. Some plant based, such as almond or cashew milk have only 1g of protein. Look for those mixed with pea protein.



PROTEIN SHAKES

A note about protein shakes after surgery:

We recommend making protein shakes from scratch with protein powder and high protein milk or milk substitute. You can easily get 43 g of protein with a protein powder and milk. The ready-made shakes are more convenient, but they usually have only 30 g of protein and take longer to drink (3 hours usually), because there are more ounces. We recommend making protein shakes after surgery, to get more protein in less volume!

If you have tried home-made shakes, and still need ready-made options, then look for protein shakes that have at least 20 g of protein per serving, with 3 g or less of fat and sugar.

How many: Depends on how much protein you need per day, based on type of surgery. Minimum is 3 shakes a day on full liquids stage.

Whey protein isolate: is a protein made from dairy, it is leaner than whey protein concentrate and is absorbed rapidly by the body.

Lactose Intolerance options: Try hydrolyzed whey protein, or choose soy, pea, or egg protein



CLEAR



POST-OP DIET: FULL LIQUIDS

Additional items allowed on full liquid diet. Review that they have 8 g of sugar or less, it is even better if it is less than 5 g of sugar.





OTHER FULL LIQUIDS

Strained, low-fat soups (less than 3 g of fat) are also full liquids. Strain soups if they have chunks or lumps and drink the broth. Sprinkle unflavored protein powder for extra protein. Keep temperature at or below 140 degrees to avoid clumping protein.





PLANT-BASED PROTEIN

Plant based protein can be helpful if you are lactose intolerant. Some patients become lactose intolerant after having a malabsorption surgery, such as RYGB, BPD-DS, SADI, or SIPS.





POST-OP STAGE 2: SCHEDULE EXAMPLE

This is your postop diet stage 2: full liquids, sample schedule. You will drink 64oz of sugar-free fluids a day and meet your protein goals listed on the protein sheet.

Hour	Liquid
8:00 am - 9:00 am	4-6oz warm decaf tea
9:00 am - 10:00 am	4- 8 oz Protein Supplement (home-made) 
10:00 am - 11:00 am	4-6oz Diet Jell-O
11:00 am - 12:00 pm	Sugar-free ice-pop
12:00 pm - 1:00 pm	4-6oz strained creamy soup
1:00 pm - 2:00 pm	4- 8 oz Protein Supplement (home-made) 
2:00 pm - 3:00 pm	4-6oz Broth (low-sodium)
3:00 pm - 4:00 pm	4-6oz Low Sugar Yogurt (Oikos)
4:00 pm - 5:00 pm	4-6oz Smart Water/Propel/Powerade Zero (Electrolytes)
5:00 pm - 6:00 pm	4-8 oz Protein Supplement (home-made) 
6:00 pm - 7:00 pm	4-6oz Diet lemonade/Crystal light
7:00 pm - 8:00 pm	4-6oz Diet Snapple
8:00 pm - 9:00 pm	Sugar-free ice-pop
9:00 pm - 10:00 pm	4-6oz water

**Track your fluids(64oz) & Protein Intake on
Baritastic APP (protein varies- review goals)**



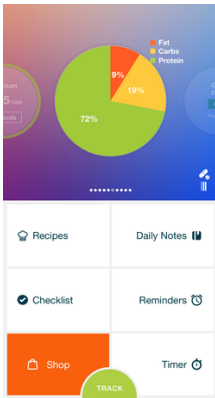
Drink fluids from the moment you wake up to when you sleep, about 6 oz per hour. You can line up 6 of the 1 oz cups on your counter to help keep track or use Baritastic to log fluid. We recommend making protein shakes with protein powder to get 40 g of protein or more.



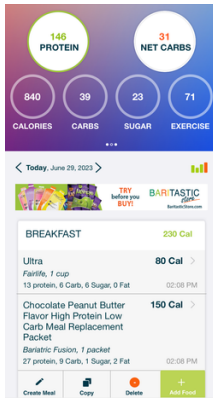
POST OP: BARITASTIC APP



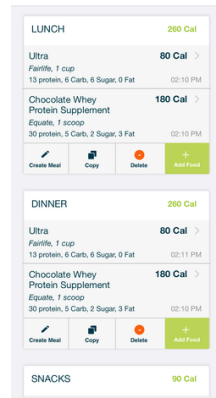
An app designed to help individuals track and manage their weight loss journeys, especially those who have undergone bariatric surgery (weight loss surgery). Practice using Baritastic BEFORE you have surgery. Use it to help eat better, have reminders for vitamins and to eat, know your protein intake, and more. Baritastic offers a range of features that can assist users in achieving their weight loss goals. Some of the key functionalities include:



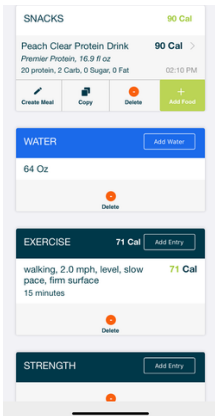
Check your intake



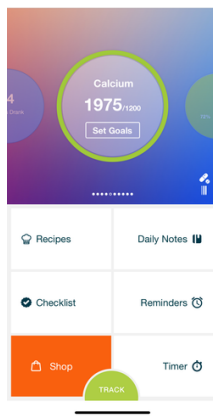
Track your protein



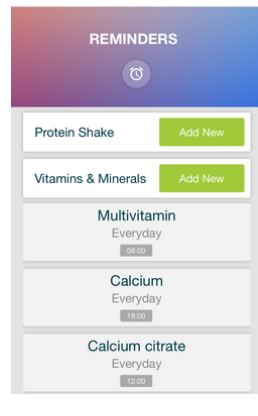
Log Full Liquids!



Log water & exercise



Track Calcium



Set reminders to eat!

POST OP STAGE 2: FULL LIQUIDS GROCERY LIST

FLUIDS

Clear liquids above

MILK GROUP

- Fairlife, Skim or 1% milk
- Low-fat milk/milk substitutes high in protein (fat-free, 1%, unflavored soy milk, pea protein milk, flax milk, oatmilk + protein)
- Skim Plus® milk, Low fat Lactaid® milk, unsweetened soy or pea protein, or protein nut milk,
- Cottage Cheese (low-fat), Part Skim Ricotta
- Protein Shake
- Low-Sugar Greek Yogurts (8 g of sugar or less)
- Low-Fat, strained creamy soups (3 g of fat or less)

PROTEIN

- Protein shakes/Powders
- Unflavored/Savory protein powders
- Protein Waters
- Unflavored protein powders(milk Options to mix with protein powder)
- Dry milk to add to liquids/soups/yogurts/puddings
- Protein Gels
- Clear Protein waters
- U Fairlife Skim, Skim Milk, 1%, lactaid, Skim Plus Unsweetened soy or pea protein milk

SOUPS

- Add unflavored protein powder to increase protein
- Low-fat creamy soups, Egg drop or Miso soup, Bean /lentil soup (pureed), Split pea soup, Vegetable soup (very soft with added protein powder), broth / bone broth
- Unsweetened applesauce and fat-free or low-fat whipped cottage cheese or ricotta cheese, pureed together



POST-OP: STAGE 3 SOFT FOODS - WEEK 3-6

Your goal during stage II Soft foods is to focus on protein, fluids, and trying new soft foods to reintroduce them back to your diet. Our aim is for 64 oz of fluids per day, to drink 2 protein shakes per day, and eat around 1-2 oz of food per meal. You can include protein waters at this time, or add unflavored protein powder to your drinks, yogurts, soups, puddings, and any food that is soft. You can just add a sprinkle for foods that are thick. You still need to have high protein intake for the first 8 weeks after surgery. Refer to the chart in stage I above.

Your meals will start off with just a few bites of soft protein and cooked vegetables. You want your meals to be food, and your 2 snacks to be protein shakes. Remember to keep your ratio of soft protein to cooked vegetables the same. You may start with one bite of soft protein and 1 bite of cooked vegetables. Listen to your body and increase as able.



Sample Menu:

Breakfast: wake up and eat right away. If you wait, you will also delay fluid for the day.

Snack: protein shake

Lunch: soft protein and cooked vegetable

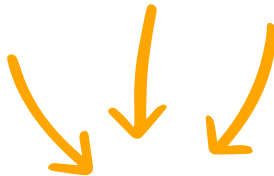
Snack: protein shake

Dinner: soft protein and cooked vegetable



HOW TO: WATER INTAKE - THE 30/30 RULE

After surgery we recommend not drinking and eating at the same time, this helps you consume enough protein, fill up on food instead of fluid, and helps void nausea and vomiting. We do not drink 30 min before a meal, during the meal, and we wait at least 30 min after a meal to resume drinking. Before surgery it is a great idea to practice not eating and drinking at the same time to get used to it.



- Stop drinking 30 minutes before a meal
- Do not drink during the meal
- Wait 30 minutes after a meal to resume drinking again



POST-OP STAGE 3: SCHEDULE EXAMPLE

Hour	Day 1	Day 2	Day 3
8:00 am Breakfast	<ul style="list-style-type: none"> • 3Tbsp low-fat cottage cheese • 1Tbsp unsweetened applesauce 	<ul style="list-style-type: none"> • 3Tbsp scrambled egg • 1 Tbsp of canned peaches/pears 	<ul style="list-style-type: none"> • 1Tbsp oatmeal thinned (made with protein shake or powder)
10:00 am	8 oz Protein supplement	8 oz Protein supplement	8 oz Protein supplement
12:00 pm Lunch	<ul style="list-style-type: none"> • 1oz (2Tbsp) Chicken blended with 1/2c vegetable broth • 1 oz (2 Tbsp) of green beans 	<ul style="list-style-type: none"> • 10z (2Tbsp) Tuna fish blended with low-fat mayonnaise • 1 oz (2Tbsp) of cooked zucchini/overcooked spinach/broccoli 	<ul style="list-style-type: none"> • 1oz (2Tbsp) egg or chicken salad (no raw vegetables) blended with low-fat mayonnaise • 1 oz (2Tbsp) of cooked soft carrots
2:00 pm	8 oz protein supplement	8 oz protein supplement	8 oz protein supplement
6:00 pm Dinner	<ul style="list-style-type: none"> • 1-2oz (2-4Tbsp) white flaky fish • 1-2Tbsp whipped potato/sweet potato/carrots 	<ul style="list-style-type: none"> • 1-2oz (2-4Tbsp) of 1 c canned chicken blended with 1/2c low -sodium chicken broth • 1-2Tbsp canned peaches or pears 	<ul style="list-style-type: none"> • 1-2oz (2-4Tbsp) Turkey meatloaf/meatball • 1Tbsp squash/ Pureed green bean
8:00 pm	Greek Yogurt/Cottage cheese	Greek Yogurt/Cottage Cheese	Greek Yogurt/Cottage Cheese
Calories	600 kcal	720 kcal	895 kcal
Protein	91g	99g	97g

Protein-rich choices are highlighted in bold print

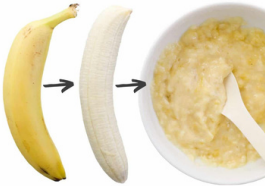


POST OP STAGE 3

SOFT FOODS: WEEKS 3-6 POST OP



PEEL & MASH





THINGS TO COOK ON SOFT FOODS: DAIRY:



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Savory whipped cottage cheese:

- enjoy it as a dip for cooked protein like chicken, ground chicken/turkey kabobs
- serve it with cooked veggies like cauliflower or zucchini tots



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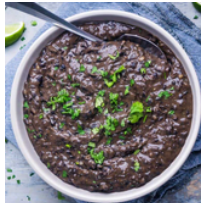


Pro tip: Add a sprinkle of unflavored protein powder to all your soft foods

THINGS TO COOK ON SOFT FOODS: VEGETABLES:



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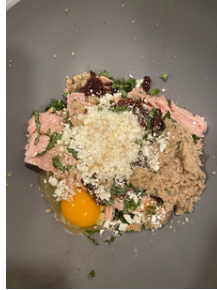
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THINGS TO COOK ON SOFT FOODS: HIGH PROTEIN:



THINGS TO COOK ON SOFT FOODS: HIGH PROTEIN:





POST OP: PROTEIN CHART

Protein Source	Calories	Fat (g)	Protein(g)	Cal per 1g Protein
Shrimp, 2oz	56	<1	12g	4.67
Tuna 2 oz, albacore, canned packed in water	70	1g	15g	4.67
Turkey breast, skinless, 2 oz	89	<2g	17g	5.2
Greek yogurt, 1c	120	0g	20g	6
Beef Jerky (2oz., varies with sugar content)	156	2g	26g	6
Almond Butter(2 tablespoons)	614	1g	100 g	7
Beef, top round steak, trimmed, 2 oz	108	3.4g	18g	6
Pork loin, 2 oz	100	4g	15g	6.67
Salmon 2 oz	103	5g	14g	7.4
Tofu, raw, 1/2 c	94	5.9g	10g	9.4
String Cheese, part skim mozzarella(1 stick)	80	5g	8g	10



POST OP: PROTEIN CHART

Protein Source	Calories	Fat (g)	Protein(g)	Cal per 1g Protein
Ground Beef, extra lean, 2 oz.	146	9g	14g	10.4
Edamame (soybeans), approx. 1/2c, boiled	127	5.8g	11g	11.4
Egg (1 large)	75	5g	6.3g	11.9
Laughing Cow Light Cheese wedge, 1oz	35	2g	2.5g	14
Bacon (3 slices)	109	9.4g	5.8g	18.8
Pork sausage, 1 patty	100	8.4g	5g	20
Almond Butter(2 tablespoons)	203	18.91g	6.8g	16
Peanut Butter, 2 tablespoon	188	16g	8g	23.5
Beans, refried, 1/2 c vegetarian, canned	242g(120g)	11g(2)	8g(7)	30.3
Cashews, 1 oz	170	14g	5g	34

POST OP STAGE 3: SOFT FOODS GROCERY LIST

FLUIDS

Clear liquids

MILK GROUP

- Fairlife, Skim or 1% milk, , Skim Plus® milk, Low fat Lactaid® milk, unsweetened soy or pea protein, or protein nut milk, Cottage Cheese (low-fat) Low-fat, low-sugar Greek yogurt, Part Skim Ricotta

SOUPS

- Add unflavored protein powder to increase protein
- Low-fat creamy soups, Egg drop or Miso soup, Bean /lentil soup (pureed), Split pea soup, Vegetable soup (very soft with added protein powder), broth / bone broth

PROTEIN

Protein Supplements
Protein shakes/Powders
Unflavored/Savory protein powders
Protein Gels

MEAT/MEAT SUBSTITUTE GROUP

- Scrambled eggs/whites
- Chicken/egg/ham salad made with low-fat mayo or Greek yogurt
- Fish (pureed/flaked, e.g., tuna, white fish, salmon, crabmeat)
- Ground chicken, turkey, low-fat beef (when 6 weeks out can try)
- Beans/lentils soft and moistened
- lean lunch meat
- Tofu
- Hummus
- 1 tbsp Natural Smooth Peanut butter

POST OP STAGE 2: GROCERY LIST CONTINUE

FRUIT

Unsweetened applesauce, canned peaches or pears

VEGETABLES

cooked Carrots, green beans, zucchini, 2 tbsp of clean mashed potatoes

FAT/OIL

- Low fat mayo, low-fat gravy/sauce, diet margarine/1 tsp butter

SWEETS/ DESSERTS

- Diet-Jell-O®, Sugar-free Popsicles ,
- Sugar-free pudding with protein powder

GRAINS AND STARCHES

- If you are feeling low-energy, try some soft cooked complex carbohydrates to add to your protein: They have with fiber to help with BMs. **Portion size: 1-2 bites per meal.**
- Hot cereal (e.g., Cream of Wheat®, oatmeal made with protein milk + protein shake/powder)
- soft, cooked: skinless potato, yams, sweet potato, pumpkin, squash, cassava-pureed
- AVOID RICE, BREAD AND PASTA AT THIS TIME



**THINGS TO
COOK ON
SOFT
FOODS**



PUREED RECEIPES

Butter Nut Squash Puree

Ingredients:

- 1 large butternut squash
- 2 tbsp. Olive oil to coat squash salt and pepper to taste
- ½ tsp ground cinnamon
- ¼ tsp ground nutmeg

Directions:

Preheat oven to 450 degrees F. In a medium bowl, toss squash cubes with olive oil, salt, pepper and place onto sheet pan. Roast 30 – 45 minutes uncovered depending on size of cubes, until tender. Remove squash to a bowl. Add cinnamon. and nutmeg. Mash with a potato masher or use an immersion blender to puree.

Sweet Potato/Potato Puree

Ingredients:

- 1 peeled sweet potato or regular potato, cut into 1-2 inch uniform cubes
- salt and pepper to taste
- Cinnamon, nutmeg to taste

Directions:

Fill a pot with 2 inches of water, add a steamer basket
Add the sweet potato, cover and bring to a boil. Reduce to a simmer. Cook for 12-15 min until fork tender.
Transfer to a bowl and mash with a potato masher, fork, or use a food processor until pureed. Add in salt, pepper, cinnamon and nutmeg.

Pea Puree

Ingredients:

- 2 cups water or chicken stock
- 10 ounces fresh or frozen peas
- 1/4 cup fresh mint leaves
- Salt to taste, Pepper to taste
- 1 tablespoon butter, optional
- Chopped fresh mint leaves, optional

Directions:

Bring water to a boil in medium pot. Add the peas, fresh mint, and a pinch of salt. Reduce heat to a simmer until the peas are tender, about 5 minutes.
Push the peas through a fine strainer with a spoon to have a smoother texture or use in rougher form.
Stir in the butter until it has melted into the purée.
Freezes well for one month

Black Bean Puree

Ingredients:

- 1 can black beans rinsed & drained
- 1 Tbsp. olive oil
- 1 small onion diced
- 1 bell pepper
- 2 garlic cloves minced
- 1 cup chicken/vegetable broth
- 1/4 cup cilantro chopped optional
- 1 tsp. cumin, salt to taste, Park Skim queso fresco to garnish, optional

Directions:

Preheat oven to 450 degrees F. In a medium bowl, toss squash cubes with olive oil, salt, pepper and place onto sheet pan. Roast 30 – 45 minutes uncovered depending on size of cubes, until tender. Remove squash to a bowl. Add cinnamon. and nutmeg. Mash with a potato masher or use an immersion blender to puree.



PUREED RECIPES

Savory Whipped Cottage Cheese Dip

Ingredients:

1/2 tsp dried parsley
1/2 tsp dried oregano
1/2 tsp dried basil
1/4 tsp garlic powder
1/4 tsp onion powder
Salt to taste
freshly cracked pepper
1 cup cottage cheese
1.5 tbs lemon juice

Directions:

Add the cottage cheese to a food processor that has an S blade. Blend for 1 minute until there are no lumps.

Combine the remaining ingredients in a food processor or blender and purée until smooth.

Taste and enjoy.

HOW TO STORE PUREES INTO ICE CUBE TRAYS

1. Spoon the puree directly into each cubed tray section.
2. Cover the tray with plastic wrap and place into the freezer.
3. If desired, after the cubes are frozen, take them out and store them in plastic freezer bags. Label the bags with the food and date. This allows you to use it before it expires.
4. Eat within 1-2 months.
5. Microwave: Warm in glass container for 10-15 second increments on 50% power until desired temperature.

FISH

INGREDIENTS :

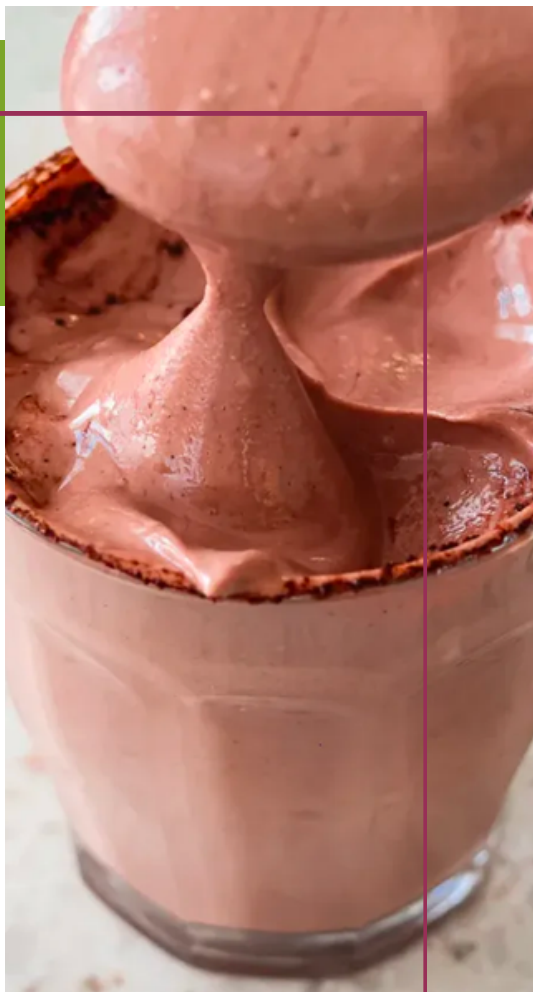
- (6.0-ounce) boneless, skin-on or skinless halibut, cod, flounder, trout, whiting, swai, or salmon fillets
- fine sea salt and ground black pepper to taste
- 2 teaspoons extra-virgin olive oil
- 1 small lemon, lime or orange, thinly sliced
- 1 1/2 tablespoon chopped fresh thyme, oregano, rosemary or flat-leaf parsley
- 1/4 cup any of the following: pitted and halved Kalamata olives, capers, thinly sliced green onions, grated zucchini or carrots (optional)
- 2-3 cherry tomatoes halved or 1/4 of a chopped tomato
- 1 cup lightly packed salad greens like spinach, arugula, or mixed greens

Instructions:

- Preheat the oven to 400 degrees F.
- Place 1 cup of salad green in the center of a 13-inch square of parchment paper. Place each fish on top and season with salt and pepper and drizzle with oil.
- Assemble the Packet: Arrange citrus slices down the length of each fillet, sprinkle with herbs and scatter additional ingredients, like cherry tomatoes if using, over the top.
- Folding: Lift the parchment paper on 2 opposite sides to meet in the middle above fish. Tightly fold down paper until it reaches fish, crimping to seal. (you don't want the packet to come unsealed). Reserve any remaining lemon slices for serving.
- Place in the oven and bake for 12 to 15 minutes, until the fish is fully cooked through and flakes easily with a fork. Serve warm with lemon slices and additional fresh parsley.



WHIPPED CHOCOLATE COTTAGE CHEESE



INGREDIENTS :

- 1 cup cottage cheese
- 2 tablespoons cocoa powder
- 1 tablespoon Swerve sweetener
- 1/2 teaspoon vanilla extract
- sprinkle of salt
- 1 teaspoon flavor extract of your choice, such as hazelnut

Instructions:

- Add all ingredients to blender and blend until smooth and creamy
- Pour pudding into a bowl or container of choice then add to fridge to set until thick (this usually takes at least 1 hour)

Extra Ideas:

- Flavor extracts – raspberry, strawberry, orange, coconut, caramel, butterscotch, peanut butter, mint or marshmallow are all delicious ideas. Remember these add flavor but no sweetness or carbs
- Sweet Leaf Sweet Drops: Vanilla, coconut, Caramel, Chocolate
- Torani sugar free syrups: Caramel, Vanilla, Chocolate · Cherry, Coconut · Hazelnut, Peppermint, Guava, Mango, Passionfruit
- Other flavor changers – Try peanut butter powder, decaf coffee to make a mocha flavor

TURKEY MEATLOAF

INGREDIENTS :

- 1/4 cup plus 2 tbsp ketchup (look for no-sugar added)
- 2 tsp Worcestershire sauce
- 1/2 small onion, minced
- 1 tsp olive oil
- 1.3 lb ground turkey, 99% or 93% (I prefer 93)
- 1/2 cup seasoned breadcrumbss
- 1 large egg
- 3 tbsp of low-fat milk/milk substitute (with protein)
- 1 tsp oregano or Italian seasoning
- 1 teaspoon kosher salt



Instructions:

- Preheat the oven to 350F.
- In a bowl combine 2 tbsp of the ketchup with Worcestershire sauce.
- In a skillet, heat olive oil and onion on low heat until onions are translucent, 3 to 5 minutes, remove from heat.
- In a large bowl combine the turkey, onion, breadcrumbs, egg, milk, 1/4 cup ketchup, salt and oregano/Italian seasoning
- Put into a loaf pan or make into the shape of meatloaf and place on a baking pan. Spoon sauce on top.
- Bake uncovered for 55-60 minutes, remove from oven and let it sit for 5 minutes before slicing.

RICOTTA BAKE

INGREDIENTS :

- 1/4 cup plus 2 tbsp ketchup (look for no-sugar added)
- 2 tsp Worcestershire sauce
- 1/2 small onion, minced
- 1 tsp olive oil
- 1.3 lb ground turkey, 99% or 93% (I prefer 93)
- 1/2 cup seasoned breadcrumbss
- 1 large egg
- 3 tbsp of low-fat milk/milk substitute (with protein)
- 1 tsp oregano or Italian seasoning
- 1 teaspoon kosher salt

Instructions:

- Preheat the oven to 350F.
- In a bowl combine 2 tbsp of the ketchup with Worcestershire sauce.
- In a skillet, heat olive oil and onion on low heat until onions are translucent, 3 to 5 minutes, remove from heat.
- In a large bowl combine the turkey, onion, breadcrumbs, egg, milk, 1/4 cup ketchup, salt and oregano/Italian seasoning
- Put into a loaf pan or make into the shape of meatloaf and place on a baking pan. Spoon sauce on top.
- Bake uncovered for 55-60 minutes, remove from oven and let it sit for 5 minutes before slicing.



BLACK BEANS

INGREDIENTS :

- 1/4 cup plus 2 tbsp ketchup (look for no-sugar added)
- 2 tsp Worcestershire sauce
- 1/2 small onion, minced
- 1 tsp olive oil
- 1.3 lb ground turkey, 99% or 93% (I prefer 93)
- 1/2 cup seasoned breadcrumbss
- 1 large egg
- 3 tbsp of low-fat milk/milk substitute (with protein)
- 1 tsp oregano or Italian seasoning
- 1 teaspoon kosher salt

Instructions:

- Preheat the oven to 350F.
- In a bowl combine 2 tbsp of the ketchup with Worcestershire sauce.
- In a skillet, heat olive oil and onion on low heat until onions are translucent, 3 to 5 minutes, remove from heat.
- In a large bowl combine the turkey, onion, breadcrumbs, egg, milk, 1/4 cup ketchup, salt and oregano/Italian seasoning
- Put into a loaf pan or make into the shape of meatloaf and place on a baking pan. Spoon sauce on top.
- Bake uncovered for 55-60 minutes, remove from oven and let it sit for 5 minutes before slicing.



CUBAN BEANS

INGREDIENTS :

- 2 tsp olive oil
- 1/4 onion chopped
- 2 cloves garlic minced
- 2 tbsp green bell pepper (about 1/4 of a small bell pepper)
- 3 tbsp cilantro
- 15 oz can black beans, do not drain (prefer Goya)
- 1/2 cup water, or more if needed
- 1 bay leaf
- few pinches ground cumin, to taste
- pinch dried oregano
- 1 tsp red/white wine vinegar
- salt and black pepper to taste

Instructions:

- Add oil to a medium-sized pot over medium heat.
- Add onion, bell pepper, garlic, and cilantro to the pot and saute until soft, about 3 minutes.
- Add beans, water, bay leaf, cumin, oregano, white/red wine vinegar, salt and black pepper and bring to a boil.
- Lower heat and cover, simmer about 15 minutes stirring occasionally (adjust water as needed).
- Optional: Use a potato masher or wooden spoon to make them softer and thicken the beans.
- Taste for salt and pepper and serve.



OVERNIGHT OATS PACKED WITH PROTEIN

INGREDIENTS :

- 1/4 cup plus 2 tbsp ketchup (look for no-sugar added)
- 2 tsp Worcestershire sauce
- 1/2 small onion, minced
- 1 tsp olive oil
- 1.3 lb ground turkey, 99% or 93% (I prefer 93)
- 1/2 cup seasoned breadcrumbss
- 1 large egg
- 3 tbsp of low-fat milk/milk substitute (with protein)
- 1 tsp oregano or Italian seasoning
- 1 teaspoon kosher salt



Instructions:

- Preheat the oven to 350F.
- In a bowl combine 2 tbsp of the ketchup with Worcestershire sauce.
- In a skillet, heat olive oil and onion on low heat until onions are translucent, 3 to 5 minutes, remove from heat.
- In a large bowl combine the turkey, onion, breadcrumbs, egg, milk, 1/4 cup ketchup, salt and oregano/Italian seasoning
- Put into a loaf pan or make into the shape of meatloaf and place on a baking pan. Spoon sauce on top.
- Bake uncovered for 55-60 minutes, remove from oven and let it sit for 5 minutes before slicing.

SUGAR FREE BANANA PUDDING OVERNIGHT OATS WITH PROTEIN



INGREDIENTS :

- 1/2 small banana, divided (half of this mashed and other sliced)
- 1/2 cup rolled oats
- 1/2 tablespoon chia seeds
- 1 scoop vanilla protein powder (at least 20+ g protein, less than 5 g fat or sugar)
- 3/4 cup unsweetened low fat milk, or soy/almond/pea protein milk
- 1/2 tablespoon sugar-free syrup
- 1 tablespoon sugar-free banana pudding mix
- 1/2 cup Dannon Light and Fit Vanilla Greek yogurt (or similar- less than 5 g sugar, and at least 12 g of protein)

Instructions:

- Use 1/2 a banana total. Slice one half and mash the other half. Set aside.
- Mix the rest of the ingredients and mashed banana in a jar. Top with sliced banana and place it in the refrigerator overnight.
- If it is too thick for you, you can add a bit of milk/milk substitute to thin it out.

EGG MUFFINS WITH COTTAGE CHEESE AND SPINACH

INGREDIENTS :

- Muffin tin
- Cooking spray
- ½ cup diced bell pepper
- ½ cup chopped spinach optional
- 1 cup low fat cottage cheese
- 8 large eggs, or can substitute half with egg whites
- ¼ teaspoon kosher salt
- black pepper to taste
- ¼ cup of low fat shredded cheese of choice
- 1/2 tbsp of herbs (parsley, basil, cilantro)
- paprika if desired
- 1 tsp of olive oil
- ½ cup chopped turkey, or lean deli meat of choice.

Instructions:

1. Preheat the oven to 350F. Spray a non-stick muffin tin with cooking spray.
- 2.1. In a medium pan, heat olive oil and add bell peppers over medium heat, and cook until softened, 3-5 minutes. Add in optional spinach in the last minute.
3. Remove and let cool to the side.
4. In a large bowl, whisk the eggs. Stir in the salt and pepper, chopped turkey, cheddar cheese, fresh herbs, and paprika.
5. Stir in the cottage cheese and cooled vegetables.
6. Pour in the muffin tin about 1/2 way up.
7. The muffin tin should be about 1/2 way full.
8. Bake for 20-25 minutes or until when you insert a toothpick, it comes out clean.
9. Remove the muffin tin from the oven and let the cool for a few minutes before removing them from the pan. Serve warm or chilled. You can reheat in the microwave with 10-15 second increments. Refrigerate and eat within 3 days.



CHICKEN BURGER

INGREDIENTS :

- 1 lb. lean Ground chicken
- 1/4 medium onion diced
- 1-2 cloves garlic minced
- 1 tsp. parsley
- 1 egg
- 1/4 cup bread crumbs
- 2 tbsp Low Fat milk.



Instructions:

- Preheat oven to 375
- Sautee onions over medium heat in sautee pan until translucent, 3 minutes. Add garlic for 1 minute. Let it cool
- In a bowl combine ground chicken, parsley, egg. Add the onions and garlic.
- In a separate bowl add the bread crumbs and milk, until you feel a san consistency. Add to meat mixture, combine.
- If the mixture is still sticky, add more bread crumbs.
- Form chicken patties.
- Put on hot pan, sear for 2-3 minutes on each side. (Optional)
- Transfer to the oven in oven-proof pan/baking sheet and cook for 10 minutes, or until internal temperature is 165 degrees.

TOFU SCRAMBLE

INGREDIENTS :

- 1 block extra-firm tofu pressed dry and cut into cubes
- ½ tsp turmeric powder
- ½ red onion chopped
- 1 tsp of olive oil
- 2 cups spinach
- 1 cup tomatoes halved

How to press Tofu

- Wrap the tofu in paper towels and place it on a shallow plate.
- Grab a heavy pan like a cast iron and place it on top of the wrapped tofu. Place a few cans inside the pan and gently press down with your hands. Be careful not to press too hard where the block splits or breaks.
- Allow the tofu to sit until the liquid is mostly pressed out. You can switch out the paper towels as needed to absorb more moisture.
- Remove the weight and unwrap the tofu. It should be firm and near dry. Cut into your desired shape, and it's ready to add to recipes.



Instructions:

1. Add the extra firm tofu cubes to a bowl. With a fork, mash the tofu into a scramble texture.
2. Add turmeric, salt, and black pepper to the bowl and mix in well.
3. In a medium size pan, add the olive oil over medium heat, then add the onion and cook until softened, about 5 minutes.
4. Add the spinach, and tomatoes. Heat for 1-2 minutes, until spinach wilts
5. Add tofu scramble and cook for 5-9 minutes, stirring regularly.
6. Serve and enjoy!



POST OP STAGE 3: GROCERY LIST

FLUIDS

All foods from clear liquid/full liquid

PROTEIN

Protein Supplements of your choice

DAIRY

- Greek yogurt, Cottage Cheese
- Mayonnaise- substitute greek yogurt

FRUITS/VEGGIES

- Pureed vegetables and fruit
- Canned Fruit (no sugar added, no corn syrups)
- Unsweetened applesauce
- Avocado

GRAINS AND STARCHES

- Hot cereal (e.g., Cream of wheat®, Farina, oatmeal, with added protein shake/powder)
- Mashed potatoes

MEAT/MEAT SUBSTITUTE GROUP

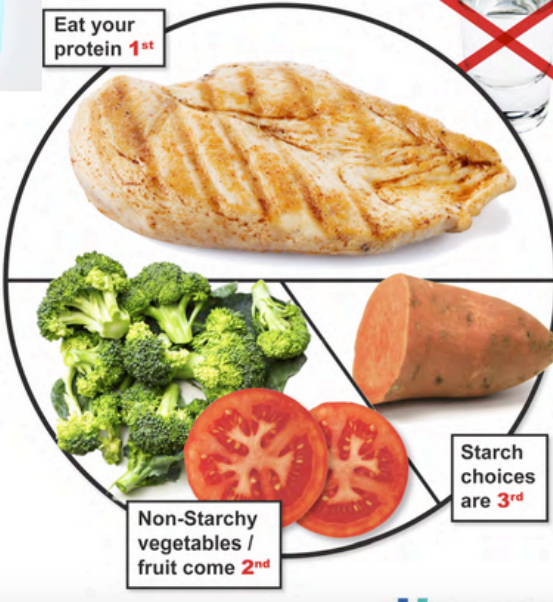
- Eggs - for egg salad, scrambled eggs
- Fish (pureed/flaked, e.g., tuna, white fish, salmon, crabmeat)
- ground chicken, turkey, low-fat beef (when 6 weeks out can try)
- Beans/lentils soft and moistened
- 1 tbsp Natural Smooth Peanut butter
- Tofu
- Hummus



POST OP STAGE 4



Eat your protein **1st**



Non-Starchy
vegetables /
fruit come **2nd**

Starch
choices
are **3rd**

Portion size will increase to: 4-8 oz per meal

Eat 2-4 oz of lean protein

1/4-1/2 cup of non-starchy vegetables

1 oz or less of starchy vegetables





POST-OP STAGE 4: REGULAR FOODS- BARIATRIC PLATE



When you first start solid foods, you may only be eating a few ounces. Try to keep the ratios even of protein and low-starch vegetables.

For example: 1.5 oz of protein (chicken/fish)
1.5 oz (1/4 cup of broccoli)= 3 oz total



HOW TO: PORTION CONTROL

PORTION SIZES PRE-OP: BEFORE SURGERY



Plate is a saucer size
8-9 in

- Vegetables are 1/2 plate
- Complex carbohydrates are 1/2-1 cup per meal
- Protein is 4-5 oz
- Use a smaller plate and utensils
- Put your fork or sandwich down 10 seconds between bites
- Chew your food until applesauce consistency

Plate size 4-8 oz total

- Half the plate is protein
- Half the plate is low-starchy vegetables
- Optional: room for 1 oz of complex carbohydrates

PORTION SIZES POST-OP



Small size (salad plate size)



POST-OP STAGE 4: SCHEDULE EXAMPLE

Hour	Day 1	Day 2	Day 3
8:00 am Breakfast	<ul style="list-style-type: none"> • 1 scrambled egg • 2 bites of sweet potato • 2tsp. diet margarine • 1/2 cantaloupe 	<ul style="list-style-type: none"> • 1/2 c cooked oatmeal (protein) • 1/2-1/2c unsweetened pears 	<ul style="list-style-type: none"> • 2 Tbsp. natural creamy peanut butter • 1/2 English Muffin • 1/2-1/2c sliced banana
10:00 am	1 protein shake	1 protein shake	1/2c fortified Skim Plus milk
12:00 pm Lunch	<ul style="list-style-type: none"> • 1/2c Turkey chili (4oz) • 1/3c apple w/cinnamon (3 oz) 	<ul style="list-style-type: none"> • 3 oz tuna fish • 2Tbsp low-fat mayo • 1/2c salad • 1Tbsp low-fat dressing • 1/2c watermelon 	<ul style="list-style-type: none"> • 2tbsp of beans • 2oz chicken or LF cheese • 1 small sliced tomato • 1/2c seeded cucumber slices • 1/2c cantaloupe
6:00 pm Dinner	<ul style="list-style-type: none"> • 3oz tofu or lean meat • 1/3-1/2c steamed broccoli • 1/3-1/2c zucchini 	<ul style="list-style-type: none"> • 2oz baked chicken, no skin • 2Tbsp low-fat gravy • 1/2c mashed squash • 1/3-1/2c string beans 	<ul style="list-style-type: none"> • 2oz poached sea bass • 1/3-1/2c cubed boiled potato • 2tsp diet margarine • 1/3-1/2c steamed carrots
8:00 pm	1/2c fortified Skim Plus milk steamed with nutmeg, cinnamon & vanilla essence	1/2c fortified Skim Plus milk steamed with nutmeg, cinnamon & vanilla essence	<ul style="list-style-type: none"> • 1/2c fortified sugar-free yogurt
Calories	980-1026 kcal	850-900 kcal	890-936 kcal
Protein	71-89g	72-90g	84-102g

Fortify milk by adding 1c of non-fat dry milk to 1 quart of Skim Plus milk to get 17g of protein in one cup.
 Alternatively, add 1 scoop Designer Whey Protein to 4oz Skim Plus milk to get 23g protein/serving.

POST OP STAGE 4: GROCERY LIST

FLUIDS

All foods from clear liquid/full liquid/soft food diet

PRODUCE

- Vegetables, salad greens, fruits

CARBOHYDRATES

- Must be whole wheat/whole grains (less than 2 grams of fiber per serving) as tolerated - wait 3-6 months before trying
- Whole wheat pasta, brown rice, wild grain rice, couscous, whole-wheat bread, whole-grain crackers, corn tortillas

PROTEIN

- Protein Supplements
- boneless, skinless chicken breast, rotisserie chicken (no skin), salmon, tilapia, halibut, tuna, or other fish fillets (not fried), shrimp, canned chicken or tuna packed in water, ground turkey, 90% lean ground beef, pork loin, deli meat (turkey, chicken, ham), low-fat or fat-free dairy products, eggs, egg whites/egg beaters, hummus, almonds, walnuts or peanuts without salt



POST OP: VITAMINS

After surgery - daily vitamin and mineral supplementation is needed for life

Multivitamin:

- For the first month after surgery, take a chewable, dissolvable powder, or liquid multivitamin, unless modified by surgeon
- After first month, you may advance to take a tablet/capsule if tolerated per surgeon.
- NO GUMMY, Patches are NOT recommended
- Take with food when recommended by surgeon
- May cause nausea, stomach aches, burps if taken all at once

Calcium:

- Take calcium 2 hours separate from the multivitamin, as it can decrease the absorption of other drugs
- Take each calcium separately, at least 2 hours apart
- Take supplements at meals/times as directed



Daily Must List

- Vitamin & mineral supplements for life
- 64 oz of fluid daily minimum, more with time, temperature outside, exercise
- Protein 60-80 g / day at least, the first two months after surgery are higher! (80-150 g depending on surgery)
- Read food labels
- 30 minutes exercise 3-5x weekly with 2x a week of strength training





POST OP: VITAMINS

Multi

When taking a multi-vitamin supplement, the typical dosage is 1-2 tablets or capsules per day, depending on the brand and type. It is advisable to take the supplement with food to enhance absorption and reduce the risk of stomach upset. Ensure that the multi-vitamin you choose contains essential nutrients like iron and B vitamins to support overall health. Always read the product label and follow the recommended dosage provided by the manufacturer. If you have specific dietary needs or medical conditions, consult with your healthcare provider for personalized advice on choosing the right multi-vitamin supplement for you.

- 1-2 a day (depending on brand/type)
- Take with food
- Make sure it has iron and B vitamins



30 days after surgery (capsules)



POST OP: VITAMINS

Calcium Citrate:

1200-1500 mg divided into 3 dosages

Do NOT take with multivitamin (wait 2 hours), take 2 hours apart from each calcium



Bariatric Advantage



Celebrate



Bariatric Fusion



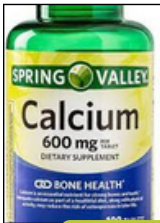
Bariatric Pal



ProCare Health

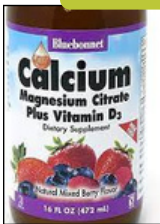


BariLife



Over the Counter

Calcium Carbonate - cheaper, take with food



BARIATRIC CHEWABLE MULTIVITAMIN SCHEDULE



use as directed



Breakfast:

Take bariatric chewable multivitamins with food (review quantity and directions on bottle)

Snack:

Take 500 mg calcium chew, separate by 2 hours from multivitamin

Lunch:

Take 500 mg calcium chew, separate by 2 hours from last calcium

Snack:

Eat a calcium food or take a 500 mg calcium chew

Dinner:

Take bariatric chewable multivitamins with food if 2 per day (review quantity and directions on bottle)

Calcium Snack Ideas:

Aim for at least 200 mg of calcium (yogurt, cheese stick, cottage cheese, or dark leafy greens, milk, or protein shake)

Need:

1200-1500 mg of Calcium per day with VSG and RYGB, need 1800 mg for DS. Calcium citrate is preferred, because you can take it on an empty stomach and less likely to form calcium stones. Calcium carbonate is cheaper, but can be more constipating.

BARIATRIC 1 A DAY CAPSULE VITAMIN SCHEDULE



use as
directed on bottle and as directed by surgeon

Breakfast:

Take 1 bariatric multivitamin capsule with food (review directions on bottle)

Lunch:

Take 500 mg calcium, separate by 2 hours from multivitamin with iron

Snack:

Eat a calcium food with at least 200 mg of calcium (yogurt, cheese stick, cottage cheese, dark leafy greens, milk, or protein shake)

Dinner:

Take 500 mg calcium at least 2 hours after last calcium



Need:

1200-1500 mg of Calcium per day with VSG and RYGB, need 1800 mg for DS surgery. Calcium citrate is preferred, because you can take it on an empty stomach and less likely to form calcium stones. Calcium carbonate is cheaper, but has more elemental calcium and can be more constipating for some.



ASMBS VITAMIN GUIDELINES

Here are the latest vitamin guidelines per ASMBS. Please review that your bariatric multivitamin meets these standards and has the vitamin levels needed.



2019 ASMBS Guidelines for VSG

Multivitamin (MVI)

Thiamin	At least 12 mg / day *
Folic Acid	400 – 800 mcg / day from MVI 800 – 1,000 mcg / day total (female, child bearing age)
B12	Oral: 350 – 1,000 mcg / day
Vitamin D	3,000 IU (75 mcg)
Vitamin A	5,000 – 10,000 IU (1,500 – 3,000 mcg) / day
Vitamin E	15 mg / day
Vitamin K	90 – 120 mcg / day
Copper	1 mg / day from MVI
Zinc	8 – 11 mg / day from MVI Zinc to copper ratio: 8 – 15 mg of zinc for every 1 mg of copper

Iron (from all supplements)

At least 18 – 60 mg / day **
CANNOT take with Calcium

Calcium (from food and supplements)

1,200 – 1,500 mg / day
Take in divided doses
Calcium Citrate may be taken with or without meals

Other

Protein (often individualized)	Minimum of 60 g / day with some patients needing higher amounts of 80 – 90 g / day
Fluids (often individualized)	At least 50 oz / day to ensure adequate hydration

* At risk patients: rapid weight loss, protracted vomiting, the need for parenteral nutrition, excessive alcohol, neuropathy, encephalopathy, and/or heart failure. At risk patients need at least 50 – 100 mg of thiamin daily.

** Low risk patients (males and patients without a history of anemia) need 18 mg of iron from their multivitamin. Higher risk patients (menstruating females who have had SG, RNY, or BPD / DS or those with anemia) need at least 45-60 mg of iron daily.

Information adopted from Mechanick et al SOARD. 2020; 16:175-247

rev 3.4.20



ASMBS VITAMIN GUIDELINES



2019 ASMBS Guidelines for RNY

Multivitamin (MVI)

Thiamin	At least 12 mg / day *
Folic Acid	400 – 800 mcg / day from MVI 800 – 1,000 mcg / day total (female, child bearing age)
B12	Oral: 350 – 1,000 mcg / day
Vitamin D	3,000 IU (75 mcg)
Vitamin A	5,000 – 10,000 IU (1,500 – 3,000 mcg) / day
Vitamin E	15 mg / day
Vitamin K	90 – 120 mcg / day
Copper	2 mg / day from MVI
Zinc	8 – 22 mg / day from MVI Zinc to copper ratio: 8 – 15 mg of zinc for every 1 mg of copper

Iron (from all supplements)

At least 18 – 60 mg / day **
CANNOT take with Calcium

Calcium (from food and supplements)

1,200 – 1,500 mg / day
Take in divided doses
Calcium Citrate may be taken with or without meals

Other

Protein (often individualized)	Minimum of 60 g / day with some patients needing higher amounts of 80 – 90 g / day
Fluids (often individualized)	At least 50 oz / day to ensure adequate hydration

* At risk patients: rapid weight loss, protracted vomiting, the need for parenteral nutrition, excessive alcohol, neuropathy, encephalopathy, and/or heart failure. At risk patients need at least 50 – 100 mg of thiamin daily.

** Low risk patients (males and patients without a history of anemia) need 18 mg of iron from their multivitamin. Higher risk patients (menstruating females who have had SG, RNY, or BPD / DS or those with anemia) need at least 45-60 mg of iron daily.

Information adopted from Mechanick et al SOARD. 2020; 16:175-247

rev 3.4.20



ASMBS VITAMIN GUIDELINES



2019 ASMBS Guidelines for BPD / DS

Multivitamin (MVI)

Thiamin	At least 12 mg / day *
Folic Acid	400 – 800 mcg / day from MVI 800 – 1,000 mcg / day total (female, child bearing age)
B12	Oral: 350 – 1,000 mcg / day
Vitamin D	3,000 IU (75 mcg)
Vitamin A	10,000 IU (3,000 mcg) / day
Vitamin E	15 mg / day
Vitamin K	300 mcg / day
Copper	2 mg / day from MVI
Zinc	16 – 22 mg / day from MVI Zinc to copper ratio: 8 – 15 mg of zinc for every 1 mg of copper

Iron (from all supplements)

At least 18 – 60 mg / day **
CANNOT take with Calcium

Calcium (from food and supplements)

1,800 – 2,400 mg / day
Take in divided doses
Calcium Citrate may be taken with or without meals

Other

Protein (often individualized)	Minimum of 60 g / day with some patients needing higher amounts of 80 – 90 g / day
Fluids (often individualized)	At least 50 oz / day to ensure adequate hydration

* At risk patients: rapid weight loss, protracted vomiting, the need for parenteral nutrition, excessive alcohol, neuropathy, encephalopathy, and/or heart failure. At risk patients need at least 50 – 100 mg of thiamin daily.

** Low risk patients (males and patients without a history of anemia) need 18 mg of iron from their multivitamin. Higher risk patients (menstruating females who have had SG, RNY, or BPD / DS or those with anemia) need at least 45-60 mg of iron daily.

Information adopted from Mechanick et al SOARD. 2020; 16:175-247

rev 3.4.20



SUPPLEMENT GUIDELINES

Supplement	Examples	Special Considerations
Multivitamins (No gummies)	<p>Recommend: Bariatric Multivitamin Chewable</p> <ul style="list-style-type: none"> • Celebrate Chewable (take 1) • Bariatric Fusion Chewable (2) • Bariatric Advantage EA Chewable (2) <p>Multivitamin Capsules Bariatric Advantage Solo Bariatric Fusion One per Day Celebrate One45 capsule</p>	<p>Best if taken with food Avoid time release vitamins</p> <p>If you are not taking a bariatric multivitamin and are taking a Complete Generic Multivitamin, you need to take: A Super B- Complex for additional B1 (12 mg) and B12 (350 mcg minimum) recommended per ASMBS 2016 Guidelines.</p>
Calcium citrate	<p>Bariatric Advantage, Bariatric Fusion, or Celebrate Calcium Citrate KAL Calcium Citrate Chewable, Citracal® w/ Vitamin D, Spring Valley, Equate Calcium Citrate (Walmart)</p>	<p>Separate from multivitamin with iron by 2 hours. Interfere with calcium absorption.</p> <p>Separate each calcium citrate by 2 hours (the body does not absorb more than 500-600 mg at a time)</p>
Iron	<p>If Prescribed by your Doctor: Chromagen Forte®, Niferex Forte® 150</p> <ul style="list-style-type: none"> • Over the Counter: Slow Fe- 45 mg, Nature Made Iron 27 mg, Vitron C – 65 mg, Spring Valley 45 mg – slow release, Rainbow Light Mini Tabs – 30 mg, Finest Nutrition Iron – 28 mg, Ferrous Gluconate, Ferrous Fumurate 	<ul style="list-style-type: none"> • Iron is best absorbed on an empty stomach • May take with food to reduce GI distress, but food reduces absorption by about 50% • Do not take with bran, fiber supplement, tea, coffee, dairy or eggs
B12 350-500 mcg Sublingual	<p>(If prescribed by your doctor) – e.g Nature's Bounty Sublingual B-12 Microlozenges, Nature Made B12 Sublingual, Superior Source B12 Dissolvable Tablets, EZ Melts B12, BariMelts B12, Target Brand B12 Quick Dissolve)</p>	<p>Dissolve tablet under your tongue</p>



POST OP: VITAMINS

Iron

Additional iron is only taken if your doctor recommends you need to take extra.
Review the quantity per your doctor's recommendations.
Do NOT take with tea, coffee, fiber supplement, dairy or eggs





POST OP: VITAMINS

B12

You should only take additional B12 if your doctor advises it, alongside the B12 already present in your multivitamin. Follow your doctor's recommended dosage. For VSG & RYGB patients, the daily recommendation is 350 mcg, and 2500 mcg weekly is also suggested. To ensure proper absorption, it is essential to take B12 sublingually (under the tongue). Alternatively, your doctor may offer the option of using a nasal spray or receiving B12 shots at their office. Always consult your doctor for personalized advice and dosing instructions.

- 2500 mcg weekly
- MUST be sublingual (under the tongue) in order to absorb properly
- Nasal spray or shots at your doctor's office also an option





FOOD GUIDE FOR LIFE

Type of Food	Allowed	May be difficult to tolerate	Avoid
Meat, Seafood, Eggs	Lean tender beef, lamb, veal, pork, ham, fish, seafood, eggs, poultry, canned meats	Tough meats or those with gristle, dry beef, grilled chicken breast	Fried & high-fat cuts of meat, skin of poultry
Soups	Low-fat soup	Soups with large pieces of tough meat	High-fat cream soups
Milk & dairy	Low-fat cheese, skim milk, low fat cottage cheese, low-carb yogurt	If you have lactose-intolerance issues	High-fat cheese, milk, & yogurt
Vegetables	Fresh, canned, frozen, or cooked vegetables	Those with a tough or stringy texture or with small seeds; some crunchy raw vegetables	Fried vegetables
Sweets	See desserts on the prior page	Candy containing sugar, nuts, dried fruit, jams, & jelly	Avoid all
Miscellaneous	Protein bars	Nuts, spicy foods, pork rinds	Popcorn (for at least six months), fried & salty snacks
Beverages	Water, decaf coffee & tea, flavored waters	Milk (sub alternate dairy products if lactose intolerant)	Carbonated, whole milk, milk shakes, beer, alcohol, soft drinks, juices
Breads & Starches	Dry, crisp, or toasted wheat breads; crispy crackers	Soft doughy breads with nuts or seeds; potatoes	Sweetened breads, donuts, pastries, chips, fries, pasta, rice
Cereal	Cooked & dry low-sugar	containing nuts & dried fruit	Sugar-sweetened

FOOD GUIDE FOR LIFE



Type of Food	Allowed	May be difficult to tolerate	Avoid
Desserts	Low-carb yogurt, sugar-free pudding, custard, Jell-O, popsicles, fruit	Any dessert containing nuts, dried fruit, seeds; or coconut & sugar alcohols in excess	High-fat, high-sugar desserts, chocolate, cakes, ice cream
Fats	Minimal amounts of olive oil, canola oil, avocados, light margarine	Fried foods, especially those with a hard, crusty coating	Limit portions to one teaspoon per meal; avoid fast food
Fruits	Soft, fresh, canned (0 sugar added), frozen, cooked fruit	Fruits with many seeds, fruit with skin, citrus fruit	Fruits in heavy syrup, fruit juice





EXTRA CONSIDERATIONS

After Bariatric Surgery





MINDFUL EATING





POST OP: MINDFULNESS REMINDERS:

We need to eat slower after having bariatric surgery. You practiced before surgery eating slower. We do this because we want to avoid vomiting, nausea, and feeling uncomfortable, depending on your body.

We follow 30/30 rule



Chew food until mush. It depends on the texture of the food. If you have a yogurt vs. salads/fibrous meat.



Slow down in between bites, put your fork down 20 seconds between bites. The bariatric app, has a feature under timers.



Be mindful of your body. Avoiding feeling uncomfortable



Avoid fatty foods, such as pork belly.



Be mindful, during special occasions.



Learn your limits so you can avoid being uncomfortable.





WEIGHT MANAGEMENT: LIMITING DIETARY FATS AND MINDFUL EATING

Eat slowly

- Make sure to chew your food slowly and thoroughly. Eating too fast usually leads to overeating and makes it difficult to find pleasure in each bite of food. Try to chew each bite at least 20-25 times. When you eat slowly you will often feel full before you finish the food on your plate.

Eat at the table

- Avoid eating in front of the television, at the computer, while reading or on the phone. When you are distracted while eating, it prevents your brain from sending the message that you are satisfied to your stomach. This also leads to overeating or “mindless eating.” Try to use all the senses, touch, taste, smell, hear, see your beautiful, delicious food! Eating mindfully will help you enjoy your meal and feel satisfied.

Mindful eating





The Hunger-Satiety Scale

Use this Hunger-Satiety Scale to get in touch with your hunger and satiety cues. Aim to stay within the blue zone, 4-7, as much as possible.

10 -- Extremely stuffed, nauseous
9 -- Stuffed, very uncomfortable
8 -- Overfull, somewhat uncomfortable
7 -- Full but not uncomfortable
6 -- Satisfied, but could eat a little more
5 -- Starting to feel hungry
4 -- Hungry, stomach growling
3 -- Uncomfortably hungry, distracted, irritable
2 -- Very hungry, low energy, weak and dizzy
1 -- Starving, no energy, very weak

When you reach 3 or 4...

Aim to start eating when you reach a 3-4. By not waiting too long, it may make it easier to thoughtfully choose what you'd like to eat and eat until you are satisfied, rather than overly stuffed. Keeping nutritious snacks available, especially while running errands, can help tide you over until your next meal if necessary. Some tasty snack ideas include whole fruit, nuts, hard-boiled eggs, veggies and hummus, or plain yogurt with fruit.

When you reach 6 or 7...

Once you reach a 6, you would be just about satisfied. Within 15-20 minutes, you will likely be at a 7, full but not uncomfortable. To make this a bit easier, check in with your hunger cues before and/or during meals and snacks, keep serving dishes on the counter rather than on the dinner table, and take your time while eating by engaging all of your senses.



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PHYSICAL ACTIVITY





POST OP: PHYSICAL ACTIVITY

Physical activity is an important aspect of the post-bariatric surgery recovery and long-term success. Bariatric surgery is not a standalone solution for weight loss; it should be combined with lifestyle changes, including regular exercise, for the best outcomes. Here are some important considerations for physical activity after bariatric surgery:



Tip #1 Follow Medical Advice:

Always follow your surgeon's or healthcare provider's advice regarding when and how to start exercising after bariatric surgery. The timing can vary depending on the type of surgery and individual factors.

Tip #2 Listen to Your Body:

Pay attention to how your body responds to exercise. If you experience pain, discomfort, or unusual symptoms, stop and consult your healthcare team.

Tip #3 Stay Hydrated:

Proper hydration is crucial, especially after bariatric surgery. Be sure to drink plenty of water before, during, and after your workouts.

Tip #4 Nutritional Considerations:

Nutritional needs change after bariatric surgery. Ensure that you're getting the right balance of nutrients, including protein, to support your exercise routine and overall health.

Tip #5 Seek Professional Guidance:

Consider working with a physical therapist or fitness trainer who has experience working with post-bariatric surgery patients. They can help tailor a program to your individual needs.

Remember that physical activity is just one part of the equation. A well-balanced diet and consistent exercise are essential components of successful, long-term weight management after bariatric surgery. Always consult with your healthcare team for personalized recommendations and guidance on post-surgery exercise plans.



POST OP: PHYSICAL ACTIVITY

Engaging in fun physical activities after bariatric surgery can make exercise more enjoyable and help you stay motivated. Here are some enjoyable activities to consider:



Dancing: Dancing is a great way to get your heart rate up while having a blast. You can take dance classes, join a dance fitness class, or just dance around your living room to your favorite music.



Swimming: Swimming and water aerobics are low-impact activities that are gentle on the joints and can be both relaxing and enjoyable.



Hiking: Explore nature and enjoy the outdoors by going for hikes on well-maintained trails. Choose paths with varying levels of difficulty to suit your fitness level.



Yoga: Yoga can help improve flexibility, balance, and mindfulness. Many people find it relaxing and enjoyable.



POST OP: PHYSICAL ACTIVITY PART 2

Remember that the key to success in staying active after bariatric surgery is to find activities that you genuinely enjoy. By doing so, you'll be more likely to stay motivated and make physical activity a regular part of your lifestyle. Always consult with your healthcare team to ensure that the activities you choose are safe and appropriate for your specific circumstances.



Group Fitness Classes: Join group fitness classes at your local gym or community center. Classes like Zumba, Pilates, or group cycling can be a fun way to exercise with others.



Roller Skating or Rollerblading: Embrace your inner child and roll around at a local roller rink or in a nearby park.



Gardening: Gardening is a great way to get outside, enjoy nature, and engage in physical activity while tending to your plants.



Recreational Sports: Participate in recreational sports like tennis, pickleball, or badminton. These activities can be competitive and entertaining.



POST OP: FLUID INTAKE

To avoid dehydration after surgery, drink at least 48-64 oz of water (6-8 cups of water) per day. That amount should be spread out over 12-16 hours (4-6 oz per hour). Too much fluid can cause nausea, vomiting, and pain. REMEMBER TO SIP. STOP DRINKING if you feel full, nauseated, or uncomfortable. Nausea on its own can indicate dehydration. Fluids should not contain caffeine, carbonation, or sugar.

POST OP: DUMPING SYNDROME

What is it?

Dumping syndrome occurs when food passes from the stomach to the small intestine too quickly. More common following a gastric bypass. Water is drawn into the small intestines from surrounding blood vessels.

What causes it?

Consuming high-sugar/high-fat foods, Overeating, Mixing liquid and food (drinking while eating or too soon after eating), and combining too many foods before you're ready.

What are the Symptoms?

Diarrhea can start 10–20 minutes after eating and/or last for 1–3 hours, as well as abdominal fullness, nausea, dizziness, sweating, cramps, and rapid heartbeat.

How to avoid?

Avoid refined sugars, eat small, frequent meals, avoid drinking liquids with meals, eat slowly and take a break afterward, and stay away from caffeine and extremely hot or cold food and beverages.





BUILDING YOUR TRIBE & UTILIZING SOCIAL MEDIA



BUILDING YOUR TRIBE & UTILIZING SOCIAL MEDIA

Using social media for bariatric surgery can be an effective way to connect with others who have undergone the same procedure, gather information, find support, and share your own experiences. Here are some steps to help you utilize social media for your bariatric surgery journey:

1. Research and join relevant online communities: Look for bariatric surgery groups or communities on platforms like Facebook, Reddit, or dedicated bariatric surgery forums. Join these communities to connect with individuals who have undergone or are considering bariatric surgery.
2. Follow reputable bariatric surgery accounts: Identify and follow social media accounts of reputable bariatric surgeons, hospitals, or weight loss clinics. They often share valuable information, success stories, and updates about the latest advancements in bariatric surgery.
3. Engage with others: Once you join online communities or follow relevant accounts, engage with others by commenting, asking questions, or sharing your own experiences. Participate in discussions, offer support, and seek advice from those who have been through similar experiences.
4. Seek guidance from experts: Many bariatric surgeons and nutritionists actively share their knowledge and insights on social media. Follow their accounts, watch their live videos, or read their blog posts to learn more about the surgery, pre- and post-operative care, dietary guidelines, and lifestyle changes.

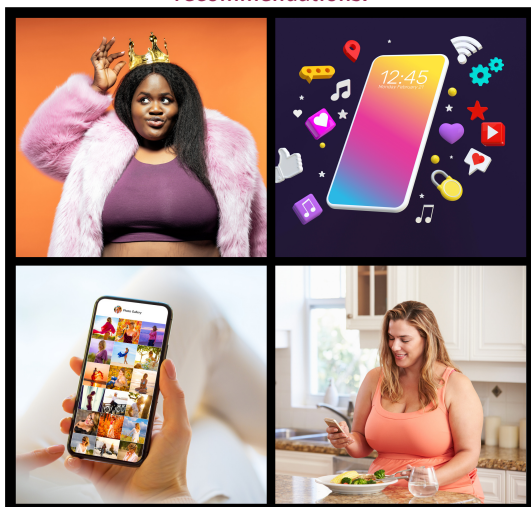




BUILDING YOUR TRIBE & UTILIZING SOCIAL MEDIA

1. **Share your journey:** Consider sharing your own bariatric surgery journey on social media if you feel comfortable doing so. Document your experiences, including pre-surgery preparations, the surgical process, recovery, and post-operative lifestyle changes. Sharing your story can inspire others and provide support to those who are considering or have undergone the surgery.
2. **Stay informed:** Social media can be a great source of information, but it's important to verify the accuracy of the content you come across. Always cross-check information with reputable medical sources or consult with your healthcare provider before making any decisions regarding your surgery or health.
3. **Maintain privacy and safety:** While using social media, it's crucial to protect your privacy and safety. Avoid sharing personal information like your full name, address, or specific details about your surgery. Be cautious when interacting with others online and report any suspicious or inappropriate behavior to the platform administrators.

Remember, social media should complement your overall bariatric surgery journey and not replace professional medical advice or guidance. Consult with your healthcare team for personalized information and recommendations.





HERE ARE SOME EXAMPLES OF POSITIVE SOCIAL MEDIA ACCOUNTS AND RESOURCES RELATED TO BARIATRIC SURGERY:

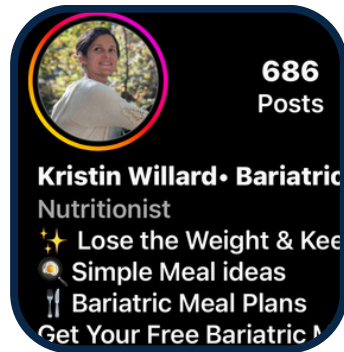
1. **BariatricPal** (Facebook: @BariatricPal, Instagram: @bariatricpal): BariatricPal is a popular online community providing support, information, and resources for individuals considering or having undergone bariatric surgery. They share success stories, articles, recipes, and tips.
2. **Bariatric Foodie** (Facebook: @bariatricfoodie, Instagram: @bariatric_foodie): Bariatric Foodie offers bariatric-friendly recipes, meal planning tips, and ideas for incorporating healthy eating into your lifestyle after surgery.
3. **Bariatric Surgery Success** (Facebook: @bariatricsurgerysuccess, Instagram: @bariatricsurgerysuccess): This account features real stories of individuals who have undergone bariatric surgery, sharing their experiences, challenges, and triumphs.
4. **Your Bariatric Coach** (Facebook: @yourbariatriccoach, Instagram: @yourbariatriccoach): Your Bariatric Coach provides personalized coaching and support for individuals before and after bariatric surgery. They offer guidance on nutrition, exercise, and overall lifestyle changes.
5. **The Bariatric Runner** (Instagram: @thebariatricrunner): The Bariatric Runner is an inspiring personal trainer and runner who shares her journey after bariatric surgery, along with exercise tips, motivation, and guidance for incorporating fitness into a post-surgery lifestyle.





HERE ARE SOME EXAMPLES OF POSITIVE SOCIAL MEDIA ACCOUNTS AND RESOURCES RELATED TO BARIATRIC SURGERY:

1. Bariatric Food Coach (Instagram: @bariatricfoodcoach): Bariatric food coach is an online Coach providing support, information, and resources for individuals considering or having undergone bariatric surgery. She shares articles, recipes, and tips.
2. Bariatric Meal Prep (Instagram: @bariatric.meal.prep): The Bariatric meal prep is a nutritionist dedicated to advocating for individuals losing weight & keeping it off after surgery. She provides educational resources, simple meal ideas, & Bariatric meal plans.
3. Obesity Action Coalition (Facebook: @ObesityActionCoalition, Instagram: @obesityactioncoalition): The Obesity Action Coalition is a non-profit organization dedicated to advocating for individuals affected by obesity. They provide educational resources, support, and advocate for access to care and treatment options.



Upbeet NUTRITION



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