



Central California Surgery



Nutrition Guidelines After Surgery

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Nutrition Basics:

Weight Loss Surgery is designed to bring about significant weight loss. Learning new eating habits and following the bariatric diet correctly will help with your weight loss process and weight maintenance.

Protein

Protein is an important part of a balanced diet. It is the building blocks your body needs for growth, repair and helps prevent the breakdown of muscle and other tissue.. Getting enough protein will help support long term fat loss and maintenance. Adequate protein intake will ensure that wounds heal properly and help prevent infection. You are encouraged to always eat your protein food first and use protein supplements between meals to help meet your daily protein goal.



Daily Protein Requirements:

Duodenal Switch & Loop: 80 – 100 grams

Women: 60 – 80 grams Men: 80 – 100 grams

Amount of Protein in Foods

Protein Source	Amount	Grams of Protein
Seafood, tuna fish, cod, halibut, salmon, shellfish	1 oz. or 2 TBSP	7
Yogurt	5.3 oz. (1 container)	10 - 15
Milk	8 oz.	8
Fair life Milk®	8 oz.	13
Chicken, beef, turkey, pork	1 oz.	7
Egg	1	7
Cottage Cheese	¼ cup or 2 oz.	7
Egg Whites	¼ cup	5
Deli Meat	1 oz. (1 - 2 slices)	3 - 5
Non-Fat Dry Milk	2 TBSP	4
Game Meat: duck, pheasant (no skin), venison, buffalo, ostrich	1 oz.	7

*Lean meats include USDA Select or Choice grades of lean beef (trimmed of fat), such as round, sirloin, and flank steak, tenderloin, roast (rib, chuck, rump), steak (T-bone, porterhouse, cubed, ground round), chicken or turkey (no skin), lamb (roast, chop, or leg), pork (tenderloin, center loin chop).

Vegetarian Protein Sources

Vegetarian Protein	Serving Size	Grams of Protein
Almond Butter	1 TBSP	4
Morningstar Sausage Patty	1- 1 oz.	10
Morningstar Hot Dogs	1 dog - 2 oz.	10
Tempeh	1 oz.	5
Tofu	1 oz.	5
Seitan	1 oz.	8
Nuts	1 oz./ ¼ cup	6

Poor protein choices:

These are foods/drinks to remove from your diet. They provide lower amounts of protein and higher amounts of sodium and/or saturated fat.

- Bacon
- Bologna
- Cream cheese
- Cream, half & half
- Hot dogs
- Salami
- Sausages
- Sour cream
- Whole milk



Read your labels to check for protein amounts.

The protein amount should be higher than the sugar amount.

Nutrition Facts		Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size	Total Fat 0g	0g	0%	Potassium 210mg	6%
1 Container (150g)	Saturated Fat 0g	0g	0%	Total Carbohydrate 14g	5%
Calories 120	<i>Trans</i> Fat 0g			Dietary Fiber 6g	24%
Calories from Fat 0	Cholesterol <5mg	<5mg	1%	Sugars 6g	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	Sodium 65mg	65mg	3%	Protein 15g	30%
Vitamin A 0% • Vitamin C 0% • Calcium 15% • Iron 0% • Vitamin D 15%					
INGREDIENTS: CULTURED GRADE A NON FAT MILK, CHICORY ROOT FIBER, WATER, CONTAINS LESS THAN 1% OF NATURAL FLAVORS, STEVIA LEAF EXTRACT, MALIC ACID, SODIUM CITRATE, VEGETABLE JUICE CONCENTRATE AND BETA CAROTENE (FOR COLOR), SEA SALT, VITAMIN D ₃ .					
CONTAINS ACTIVE YOGURT CULTURES.					

Carbohydrates

Carbohydrates are the starches and sugars in food. They are the main source of fuel for the body. After surgery, you will only eat small amounts of carbohydrates. These carbohydrates should come from nutritious foods like vegetables, fruits and low fat dairy.

White flour breads and sugary foods provide very little nutrition and may cause “dumping syndrome” (nausea, vomiting, diarrhea and sweating) in those patients having gastric bypass surgery. They will need to be avoided.



You will need to limit carbohydrates/sugar to maximize fat loss, avoid getting sick and/or having food get stuck in the opening of your new pouch.

Keep total carbohydrates under 50 grams per day until total weight loss is achieved.

Fiber

In the first three months or more after surgery, foods like bran, flax/chia seeds, corn, popcorn, and dried beans are not allowed. There is less space in the stomach to hold these bulky foods and may be less stomach acid available to digest them.

Some fiber foods especially celery, pineapple, and corn may get stuck in the pouch itself, or block the narrow opening into the small intestine. Do not take any fiber pills or laxatives without the advice of your surgeon.



High Carbohydrate Foods to avoid until stage 5 are:

- Bread
- Canned fruit- in syrup
- Cereal
- Chips
- Crackers
- Dried fruit
- Fruit juice
- Dried fruit
- Pasta
- Potatoes/Yams
- Pretzels
- Rice
- Tortillas

Hidden Sources of Sugar

After surgery, it is important that you do not eat foods with added sugar. Added sugar may cause dumping syndrome and slow your weight loss. Choose foods that are sugar free.

Items typically high in sugar (Do not eat or drink these)

- BBQ sauce
- Cake
- Candy
- Cereals
- Chocolate milk
- Cookies
- Doughnuts
- Fudge/Ice cream bars/Popsicles
- Frozen yogurt
- Gatorade
- Honey
- Hot cocoa
- Ice cream
- Jell-O
- Jelly/Jams
- Juices/Punch
- Ketchup
- Marinades/Sauces
- Muffins
- Pop tarts
- Soda
- Sweet tea
- Syrup
- Table/Brown Sugar
- Tapioca
- Yogurts

Use sugar free substitutes instead of sugar:

- Such as Stevia (green packet), Truvia (yellow packet), Monk fruit, Splenda (yellow packet), Equal (blue packet) and Sweet 'Low (pink packet)
- Use in moderation; these products may cause you to crave more sugar as well as raise your blood sugar.



Use sugar free substitutes:

- Crystal Light Pure
- Hint Water
- Sobe Life Water
- Sugar Free Jello/Popsicles
- Tessemae's Dressings/Sauces
- True Lemon products
- Walden Farms
- Vitamin Water Zero
- Skinny Girl sweeteners, water enhancers and dressings



Stevia or Monk fruit based alternatives:

These products are a better option because they are plant-based and do not raise your blood sugar. They are only 150 times sweeter than sugar compared to 400-700 times sweeter with other products.



Fat

Fat slows the emptying of food from your stomach, helps your body absorb some vitamins and is necessary for your body to function. Fat can also add moisture to food. Higher fat, fried foods, trans fats and fatty meats (hot dogs, sausages, bacon, bologna, salami) and cheese made with whole milk can be difficult to digest after your surgery. Eating too much fat may cause heartburn, diarrhea, nausea, or stomach discomfort.



You may use heart healthy (known as monounsaturated and polyunsaturated) fats in small amounts, approximately one ounce or one serving per meal such as:

- Olives
- Avocado
- Nuts
- Canola oil
- Peanut oil
- Safflower oil
- Sunflower oil



Vitamins and Minerals:

After surgery you will be eating smaller portions of food, making it difficult to get in enough vitamins and minerals from your food alone. Taking vitamins and mineral supplements will become an important part of your daily routine. If you do not take supplements as suggested by your surgeon, you may develop a deficiency. Bariatric specific chewable vitamins are preferred. If you are using a generic vitamin be sure to choose one low/no sugar. Gummy and time released vitamins are not recommended.



Food Labels

When reading food labels:
Total carbohydrates should be 15 grams or less.
Keep all foods/drinks under 10 grams of sugar.
Protein should be higher than sugar
Look for zero trans fats or minimal amounts

Nutrition Facts	
Serving Size 1 container (226g)	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0 %
Saturated Fat 0g	0 %
Trans Fat 0g	
Cholesterol Less than 5mg	1 %
Sodium 160mg	7 %
Total Carbohydrate 15g	5 %
Dietary Fiber 0g	0 %
Sugars 10g	
Protein 13g	
Vitamin A 0 %	Vitamin C 4 %
Calcium 45 %	Iron 0 %

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.



Bariatric Essential for Success:

After bariatric surgery, you will need to make changes to your eating habits. The stages of the diet are designed to allow you to heal. Everyone is different and may not progress at the same rate.

1. Keep a food diary to monitor your progress and tolerance to foods. Pay close attention to taste and learn to enjoy your foods
2. Protein first: eat a minimum of 20 grams per meal
3. Women: 60 – 80 grams, Men: 80 – 100 grams, all Loop and duodenal switch patients: 80 – 100 grams
4. Keep sugars under 25 grams per day. (Gastric Bypass patients, keep total carbohydrates under 15 grams per meal)
5. 3 meals per day - NO SNACKING (except protein supplements)
6. Chew each bite of food 15 to 20 times, until applesauce consistency
7. Take small bites about the size of a pea and put your spoon or fork down between each bite
8. Stop eating as soon as you are satisfied
9. Stop drinking 15 minutes before meals, do not drink while eating, and do not drink until 30 minutes after eating
10. Avoid all liquids that have sugar in them, soda and carbonated beverages
11. Follow the diet stages to avoid vomiting, nausea, discomfort, food blockages and other potential problems. You should always follow the “Steps for Success” at each diet stage of your diet

Creating Optimal Fat Loss:

1. Make sure protein is more than sugar.
2. Total carbohydrates should be 15 grams or less per meal.
3. Keep total sugar intake under 25 grams per day.
4. Add a minimum of 3 servings of healthy fats per day.
5. Slowly increase calories to above 800 per day.





2 Week Pre-Operative Diet:

Time frame: 2 weeks

The following is a list of foods for the WHOLE day on your preoperative diet. You will want to space the food out over 3 meals. In addition to the 3 meals per day, you will add 2 protein shakes per day. No processed foods. All liquids need to be calorie free, no carbonation.

Protein:

- 4 - 6 ounces cooked protein
- Protein options: chicken, turkey, fish, seafood, pork, low fat cheese, cottage cheese
- No red meat, no processed meats like bacon, hot dogs, bologna, salami, pepperoni



Vegetables:

- As many frozen or fresh vegetables
- No beans, corn, peas or potatoes



Fruit:

- ½ cup fresh or frozen (no added sugar)
- All berries are your best option



Dairy:

- 6 - 8 ounces high protein Greek yogurt (only 1 serving per day)
- Can use cheese and cottage cheese for your protein sources
- No milk or ice cream



Healthy Fats:

- 2 - 3 healthy fats
- 1 TBSP olive oil, ¼ avocado, ¼ cup nuts, 5 olives, 1 TBSP seeds like chia, hemp or flax.



No Starches:

Common starches you cannot have:
Wheat, Bulgur, Pasta, Couscous, Waffles, Wheat Bran,
All cereals, Rice, Yams, Jellies/jams, Bagels, Pretzels,
Pizza, Puddings, Custards, Chips, Popcorn, Oatmeal,
Cream of Wheat, All bread, Caramel, Granola bars,
Power bars, Energy bars, Protein bars



Read all labels, all sauces, dressings, seasonings must have zero sugar.



Sample Meal Plans:

Plan 1:

Breakfast: 1 protein shake, probiotic, multi-vitamin

Snack: 1 yogurt with ½ cup fruit

Lunch: Salad with as many vegetables as you want, (greens, carrots, cucumbers, sprouts, parsley, and tomatoes), ¼ cup shredded cheese, ¼ cup pumpkin seeds, 1 – 2 TBSP of sugar free dressing (preferably olive oil & vinegar or lemon).

Dinner: 4 oz. Tilapia or chicken or salmon with green beans with 1 TBSP olive oil

Snack: 1 protein shake, 1 CoQ10

Plan 2:

Breakfast: Homemade protein pancake, probiotic, multi-vitamin

2 eggs, ½ serving vanilla protein powder, 1/2 cup mixed berries, cinnamon and a dash of stevia or monk fruit if wanted. Mix and cook like you would a pancake.

Lunch: Chicken or tuna salad with carrots, cucumber and celery

3 ounces of chicken or tuna – 1 small can, add ¼ avocado or 1 TBSP mayo (no miracle whip), onion, add as many seasonings as you want, carrots, celery, cucumbers

Snack: Yogurt with ½ cup berries

Dinner: protein shake with 1 TBSP chia/flax seeds, 1 CoQ10



Plan 3:

Breakfast: 2 boiled eggs, single serving on the go olives (green or black), probiotic, multi-vitamin

Snack: Protein Shake

Lunch: $\frac{1}{2}$ - $\frac{3}{4}$ cup cottage cheese, baby bell peppers or vegetable of choice

Dinner: Protein shake with flax or chia seeds

Snack: $\frac{1}{4}$ cup nuts with 1 yogurt, 1 CoQ10



General Guidelines:

For the first few months, you will be eating 3 times each day plus 2 protein supplements and sipping your fluids in between. At first, you may feel overwhelmed because you are constantly eating or drinking. This will improve with time.

Some of the more challenging rules for eating and drinking after bariatric surgery are:

- Scheduling your meals and your fluid intake
- Learning to eat slowly
- Learning to stop eating before you feel full

Please read the following section carefully to learn about your nutrition guidelines. These guidelines will lead to your success!

- Do not use straws for the first couple of months.
 - Do not chew gum.
 - All drinks must be sugar-free or under 5 grams of sugar.
 - Avoid all alcohol the first year post surgery.
 - No caffeine is allowed for one month after surgery, limit to 8 ounces after one month.
 - Avoid distractions while eating or drinking. If you are distracted, you may forget to chew, or you may gulp large amount of liquid, which can lead to abdominal pain, nausea, and vomiting.
-
- Use good posture. Sitting up straight will help your food go down easier.
 - Your meal priority should be: Protein first, followed by vegetables and fruits and healthy fats. Whole grains should not be added until 75% of your excess weight is off. You get plenty of carbohydrates in vegetables, fruits and dairy.
 - Long term: Your goal is to have 3 meals of 6 ounces of food (3 ounces of protein, 1 serving of healthy fat, and 2 ounces to play with to add vegetables, fruits, or grains when appropriate.).
-
- Introduce new foods one at a time. If you do not tolerate a food, try it again in one week. It is recommended that you keep a food journal to monitor your progress.
 - Set up a daily schedule to remind you to take your medications, protein supplements, vitamins and minerals.

Daily Protein Needs:

After surgery, you will need to discuss your protein requirements with your surgeon or a dietitian. Generally:

- Women will need 60 to 80 grams of protein each day.
- Men will need 80 to 100 grams of protein each day.
- All duodenal switch and loop surgeries will need between 80 – 100 grams daily.

To meet your protein needs, protein powder/shakes can be included as part of your meal plan. Once you can get enough protein from your food, you will not need to continue using protein supplements daily.

Stages of the Post Bariatric Diet Overview

Stage 1: Clear Liquids- Week 1 (day 1 – 7)

- Focus is hydration and rest

Stage 2: Pureed - Week 2 (day 8 – 14)

- Focus on protein

Stage 3: Soft Solids - Week 3 & 4 (day 15 – 30)

- Focus on adding vegetables and fruits

Stage 4: Regular food

- Day 31 until you lose 65-75% of excess weight
- Focus on adding healthy fats and increasing variety

Stage 5: Maintenance

- Adding starches



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Stage

Clear Liquid Diet (Day of Surgery to Day 7)

A clear liquid is any liquid that you can see through.

- All liquids must be sugar-free or less than 5 grams of sugar, non-carbonated and non-alcoholic.
- Do not drink caffeinated beverages.
- Sip very slowly every 5 – 10 minutes. No gulping as it can cause pain.
- Do not use a straw, it can cause pain.
- Avoid chewing gum, sucking on hard candy or lozenges. Gum will cause gas and severe clogging if swallowed.
- Some people may do better with liquids at room temperature or warmed up.
- As a general rule, on the first few days at home your goal is to drink a minimum of 48 ounces. You need to work toward drinking 64 ounces of water each day.
- If you feel full, pain or nausea, stop sipping until the feelings go away. To keep from getting dehydrated, you will need to slowly sip water and calorie-free or low-calorie liquids all day long.

Know the measurements:

1 ounce (medicine cup) = 30 ml

1 tablespoon = 15 ml

1 teaspoon = 5 ml

Helpful Suggestions

- Keep a journal and count the amount of liquids you are drinking.
- If you have sugar-free Popsicles®, melt them in your mouth before swallowing.
- Wake up early so you can start your liquid intake; sip throughout the day to get enough liquids.
- Beware of TV: there are many food ads!
- Keep liquids on hand at room temperature.
- Add mild seasoning to broth for more flavors (any seasoning that dissolves in water).
- Boil ginger and drink it like a tea; it assists in decreasing inflammation and nausea.
- All liquids need to be 5 grams of sugar or sugar-free.



Stage

Clear Liquid Diet (Day of Surgery to Day 7)

Stage 1: Steps for Success:

1. Your goal is to protect your new small stomach as it heals.
2. Broth should not contain any chunks of solid food (no meat, vegetables, fruits, noodles, breads). No creamed soups are allowed.
3. It is not unusual to experience nausea and/or vomiting during the first few days following surgery. Remember to sip your liquids slowly. If nausea or vomiting persists, contact your surgeon.
4. Caffeine is not allowed for 30 days. Caffeine is a diuretic which may cause you to lose fluids and make it more difficult for you to keep yourself hydrated. It can also stimulate acid production in your stomach which can cause you to have heartburn.
5. Drink at least 48 ounces (6 cups) of fluids each day. Ideally 32 ounces of water.
6. Mark the start dates for clear liquid diet on your calendar.

Stage 1 Grocery List

- Broth/Bone broth (homemade or low sodium canned)
- Bouillon (cubes or packets)
- Sugar-free gelatin (JELL-O®)
- Sugar-free popsicles (melt in your mouth before swallowing)
- Decaf or herbal tea (hot or cold)
- Sugar-free drink mixes such as Crystal Lite Pure®, or sugar-free Kool Aid®,
- Vitamin Water Zero®
- Sobe Life Water®
- Powerade® Zero
- Coconut water - low/no sugar (5 g. Or less)
- True Lemon Products
- Ice Chips
- Water
- Ginger - assists with decreasing inflammation and improving your immune system.

*No diet 7-Up®, diet Sprite® or regular Gatorade®

Clear Liquid Goal:

- 48 ounces or more of clear liquids
- Drink ½ ounce every 5 – 10 minutes

NOTES: _____



Stage

Liquids/Pureed Diet (Day 8 to Day 14)

Once you tolerate Stage 1 diet, you will then progress to a diet of liquids and pureed foods low in saturated fat and sugar. The pureed diet should be followed for one week. Foods should be smooth in texture without lumps, food chunks and/or pieces. Everything you eat must be blended to the consistency of baby food. This can be challenging. Be creative and stick to it! Buy or borrow a blender or a food processor if you do not own one. A “Magic Bullet®” or a small food chopper can also be used to blend foods.

Pureed food preparation:

- Cook food (especially meat) by baking, broiling, steaming or grilling.
- Cut food into small pieces and place in a blender or food processor.
- Add small amounts of liquid (broth, skim milk, low-fat/low-carb marinade).
- Blend or puree until smooth, strain if chunks remain.
- It is okay to use mild seasoning for flavor.
- Blenderized foods should be used immediately but can be refrigerated for up to 48 hours or frozen immediately after pureed.
- Pureed foods may be stored in ice cube trays. Each ice cube section holds about one ounce. This will help you to control portion sizes.

Baby Food:

Baby food is not encouraged, but may be used if necessary when observing the following guidelines:

- Use 1st or 2nd stages of baby food only
- Most foods should contain only the main ingredient and water; for example, carrots and water.
- Some foods may contain added vitamins or minerals; for example, peaches, peach puree, water, Vitamin C.
- Foods may NOT contain any added sugar or starch, or mixtures containing added rice or noodles.
- Foods must be clearly pureed; chunks of any kind are not allowed.

Stage 2: Serving Sizes

1 oz. = 2 TBSP

2 oz. = ¼ cup

3 oz. = ⅓ cup

4 oz. = ½ cup

6 oz. = ¾ cup

The following serving sizes are suggested from each food group listed below. Please note that these are recommended serving sizes. Do not “force” yourself to finish meal portion(s). “Forcing” yourself to eat can cause nausea and vomiting. Use an infant or toddler-size spoon to keep you from taking too big of a mouthful of food.

Stage 2: Serving Sizes:

Food Groups	Serving Size	Daily Servings Allowed
Protein based foods: Meat/Meat substitutes, eggs, dairy foods	2 - 3 TBSP pureed protein 1 - 1 ½ ounces	3 times daily
Vegetables or Fruits	2 TBSP (1 ounce)	3 times daily
Protein Supplements	1 - 2 servings	As needed, between meals to reach recommended protein goals of 60 -80 grams for women, 80 - 100 grams for men

Stage 2: Grocery List:

Beverages/Liquids:

- All items from clear stage
- Fairlife Milk®
- Protein supplements
- Sugar free drinks

Protein Sources:

- Eggs
- Canned chicken/ tuna/ salmon
- Chicken
- Cottage cheese
- Fish/Seafood
- Turkey
- Ricotta cheese
- Shredded cheese
- Yogurt

Vegetables

- Carrots
- Cauliflower mock potatoes
- Green beans
- Squash
- Baby food vegetables

Fruit:

- Applesauce-unsweetened
- Bananas
- Fruit – canned in own juice
- Baby food fruit

Healthy Fats:

- Avocado (1/4)
- Olive oil (1 tsp)

Stage 2: Steps for Success:

1. Your goal is to protect your new small stomach as it heals.
2. Start taking bariatric vitamins and minerals.
3. Eat three small meals and start taking 1 to 2 protein supplements between meals.
4. Do not forget to eat your protein first at each meal, then healthy fat, vegetables and/or fruits.
5. Red meats are difficult to tolerate after surgery due to decreased digestive enzymes. Wait 3 to 4 months before incorporating into your diet.
6. Limit healthy fats to one serving per meal (1 - 3 tsp.).
7. Small amounts of blended fruit or cooked vegetables may be added to protein; no corn, peas, celery.
8. Do not drink any liquids for 15 minutes before meals.
9. Wait 30 minutes after finishing the last bite of food before you start drinking liquid again.
10. Drink at least 48-64 ounces (6 to 8 cups) of fluid each day.
11. You may slowly introduce all decaffeinated liquids during this stage if you are able to properly hydrate yourself.
12. Liquids should be sugar free, caffeine free and sipped in between meals (no straw, no carbonation, no sports top bottles). Liquids taken with meals may cause nausea, vomiting or dumping syndrome. In addition, taking liquids with meals may interfere with your ability to eat all of the foods and nutrients you need.
13. Keep a food record
14. If you encounter problems tolerating certain foods (nausea, vomiting or upset stomach), go back to a clear liquid diet until you feel better.

Notes: _____

Stage 2: Sample Meal Plan

Wake up - Sip "warm" liquids (decaf tea, broth or plain water), first thing in the morning; it relaxes stomach muscles. Depending on the type of surgery, amount tolerated may vary.

Pureed Meal Plan: All Foods Need to be Pureed

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	¼ - ⅓ cup Greek Yogurt	¼ - ⅓ cup Greek Yogurt	¼ - ⅓ cup Greek yogurt	¼ - ⅓ cup vanilla yogurt, 1 tablespoon pumpkin puree, cinnamon to taste	Scrambled egg, 1 tablespoon avocado pureed	¼ - ⅓ cup plain Greek Yogurt blended with ¼ banana, 1 - 2 stevia drops	1 scrambled egg with 2 tablespoon shredded cheese pureed
Protein supplement	Fairlife Milk® 4 - 6 ounces	Fairlife Milk® 4 - 6 ounces	Fairlife Milk® with 1 tablespoon almond butter	Fairlife Milk® Milk with 1 tablespoon almond butter	Fairlife Milk® with 1 tablespoon almond butter	Fairlife Milk® with 1 tablespoon almond butter	Fairlife Milk® with 1 tablespoon almond butter
Lunch	¼ - ⅓ cup Greek yogurt	Protein orange creamsicle	Protein Fudgesicle	¼ cup cauliflower mock potatoes, blend with plain Greek yogurt, cheddar cheese to top	¼ cup tuna, 1 tablespoon avocado pureed	¼ - ⅓ cup cottage cheese, 2 tablespoon sugar free fruit spread pureed	¼ cup canned salmon with 2 tablespoon sugar free or light Sesame/Asian Toasted Almond dressing pureed
Protein supplement	Protein drink	Protein pudding	Protein drink	Protein pudding	Protein drink	Protein pudding	Protein drink
Dinner	¼ - ⅓ cup cottage cheese 2 tablespoon unsweetened applesauce pureed	¼ - ⅓ cup ricotta cheese 2 tablespoon pears almond extract to taste pureed	¼ cup canned chicken, cheese, 2 TBSP fat free chicken gravy pureed	¼ - ⅓ cup cottage cheese, 1 tablespoon peaches 1 packet True Lemon-orange pureed	¼ cup canned chicken 1 Tablespoon cream of celery soup 1 tablespoon green beans pureed	¼ cup canned salmon with 2 tablespoon sugar-free or light Sesame/Asian Toasted Almond dressing *Kraft or Walden Farms pureed	1/4 cup cottage cheese 2 tablespoon s canned (skinned) tomatoes pureed

- Use a blender like the Ninja or food processor to blend all food to baby food consistency; actual baby food is not recommended.
- Protein Popsicles: Blend together - ¼ cup mandarin oranges, 4 oz. vanilla yogurt, ½ serving vanilla protein powder, Fair life milk as needed to blend - freeze.
- Protein Fudgesicle- ½ serving chocolate protein powder, ½ cup vanilla yogurt, ½ banana, 1 TBSP almond butter, Fair life milk to blend- freeze.
- Protein pudding- Sugar free pudding of choice (entire box), ¼ c. water, 2 serving protein powder- unflavored or flavor of choice, 1 ½ cups plain Greek yogurt. Add boiling water to pudding mix first, then add other ingredients, chill. - makes 4 - 6 servings



Stage

Soft Diet (Day 15 to Day 30)

If you are tolerating a pureed diet by day 15 (two weeks after surgery), you can move to Stage 3. You can slowly add foods that are soft (moist and tender) in consistency. The soft diet eliminates foods that are hard to chew and swallow, such as raw fruits and vegetables, breads, and tough meats. Your food needs to be moist, tender and easily cut with a fork. You may find it easy to chop food very fine before eating it.

Goal: Begin to weigh your food. Get 3 - 4 ounces of food per meal, have protein at every meal and eat the **PROTEIN FIRST!**

Chew all your food well to applesauce consistency. If you don't follow these precautions, you may experience vomiting, stomach irritation and swelling. You could also have obstruction of the small gastric pouch. If foods cause nausea and vomiting, go back to the pureed diet you had earlier. Then you can slowly add soft foods and eventually transition to solid foods. **IF VOMITING AND NAUSEA PERSIST, CALL YOUR DOCTOR IMMEDIATELY.** Think of your new pouch as shaped like a funnel. You can pour any liquid into this funnel and it will run through and out the bottom. The same thing happens with your pouch when you only consume liquids. You do not want to drink your calories or overeat.

As a part of your new life you will want to STOP drinking 15 minutes before a meal and 30 minutes after a meal.

Soft food preparation:

- Moist meat is tolerated better at this diet stage.
- Add chicken or beef broth while cooking to moisten meat.
- Finely dice meat and chew well.
- You may season meat with fresh herbs and spices instead of adding extra fat.
- You may add 1-2 teaspoons of olive or canola oil or avocado to add moisture and flavor.
- Baking, broiling, crock pot/pressure cooker or poaching cooking methods should be used.
- Vegetables should be cooked "extra mushy" without skin or seeds.

Stage 3: Serving Sizes:

- 1 oz = 2 TBSP
- 2 oz. = ¼ cup
- 3 oz. = ⅓ cup
- 4 oz. = ½ cup
- 6 oz. = ¾ cup

Stage 3 Diet: Serving Sizes

Food Groups	Serving Size	Daily Servings Allowed
Protein based foods: Meat/Meat substitutes, eggs, dairy foods	2 - 3 TBSP pureed protein 1 - 1 ½ ounces	3 times daily
Healthy Fats	1 tsp. - 1 TBSP	3 times daily
Fruits or Vegetables	2 TBSP (1 ounce)	3 times daily
Protein Supplements	1 - 2 servings	As needed, between meals to reach recommended protein goals of 60 -80 grams for women, 80 - 100 grams for men

Stage 3 Grocery List:

All Foods need to be able to be mashed easily with a fork.

Beverages/Liquids:

- All items from clear stage
- Fairlife Milk®
- Protein supplements
- Sugar free drinks

Protein Sources:

- Eggs
- Canned chicken/ tuna/ salmon
- Cottage cheese
- Fish/ Seafood (crab/shrimp)
- Meatless protein
- Ricotta cheese
- Shredded cheese
- Tofu
- Turkey- ground
- Yogurt

Vegetables

- Carrots
- Cauliflower mock potatoes
- Green beans
- Squash

Fruit:

- Applesauce-unsweetened
- Bananas
- Fruit – canned in own juice

Healthy Fats:

- Avocado (1/4)
- Olive oil (1 tsp)
- Olive/Canola oil (1 tsp)

- *Keep fruits to no more than 1 cup per day/ 8 ounces.*
- *You can use low-fat gravies or creamed soups. Use a small amount, just enough to blend or soften food.*
- *Food should be soft enough it can be mashed with a fork or cut up into tiny pieces.*
- *Meatless Protein: Beyond Meat, Seitan, Amy's, Morning Star, etc...*

Stage 3: Steps for Success:

1. Add 1 to 2 tablespoons of a new food at a time.
2. Introduce new food slowly. If you feel nauseated or bloated after eating a particular food for the first time, then you may not be ready for this food. Wait a few days before trying this food again.
3. Eat your protein first at each meal, then healthy fat, vegetables and/or fruits.
4. Continue to sip at least 64 ounces of fluid each day.
5. Liquids should be sugar free, caffeine free and sipped in between meals (no straw, no carbonation, no sports top bottles). Liquids taken with meals may cause nausea, vomiting or dumping syndrome. In addition, taking liquids with meals may interfere with your ability to eat all of the foods and nutrients you need.
6. Do not drink any liquids for 15 minutes before meals.
7. Wait 30-60 minutes after finishing the last bite of food before you start drinking liquid again.
8. Measure/weigh your food



Stage 3: Soft Food Sample Meal Plan

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	1 scrambled egg with 1 tablespoon avocado	Protein Pancake	1 Morningstar sausage link 1 ounce cheese	¼ - ⅓ cup plain or vanilla Greek yogurt 1 teaspoon almond butter	Egg salad 1 boiled egg 1 tsp olive oil 1 teaspoon sundried tomato Dill or basil to taste	¼ - ⅓ cup Plain Greek Yogurt blended with ¼ banana, 1 - 2 stevia drops	1 scrambled egg with ¼ cup shredded cheese
Protein Supplement	Add 1 tablespoon almond butter	Fairlife Milk® with 1 tablespoon almond butter	Fairlife Milk® with 1 tablespoon almond butter	Fairlife Milk® with 1 tablespoon almond butter	Fairlife Milk® with 1 tablespoon almond butter	Fairlife Milk® with 1 tablespoon almond butter	Fairlife Milk® with 1 tablespoon almond butter
Lunch	¼ cup 4% cottage cheese 2 TBSP fruit or sugar free Fruit spread	1- 2 mozzarella cheese sticks 2 tablespoons mandarin oranges	⅓ cup canned chicken, 1 tablespoon cream cheese, 1 tablespoon fat free chicken gravy	¼ cup cottage cheese, 1 tablespoon sundried tomato, basil	2 tablespoons tuna, 1 tablespoon avocado	¼ - ⅓ cup cottage cheese, 2 tablespoons sugar free fruit spread	¼ cup canned salmon with 1 tablespoon sugar free or light Sesame/Asian Toasted Almond dressing
Protein Supplement	Protein drink	Protein pudding	Protein popsicle	Protein pudding	Protein drink	Protein pudding	Protein popsicle
Dinner	2 tablespoons ground turkey, 1 teaspoon teriyaki sauce 2 tablespoons steamed carrots, 1 teaspoon olive oil	2 tablespoons imitation crab 1 tablespoon plain Greek yogurt, salt, pepper, celery seasoning, lemon juice	1 - 1 ½ ounces grilled Tilapia 2 tablespoons green beans 1 teaspoon olive oil	¼ cup veggie crumble 2 tablespoons squash 1 teaspoon Olive oil	¼ cup canned chicken 1 tablespoon cream of mushroom soup 1 tablespoon green beans	¼ cup canned salmon with 1 tablespoon sugar free or light Sesame dressing	¼ cup cottage cheese 2 tablespoons roasted tomatoes with oregano basil

- You can add any foods from the previous phase
- Protein pancakes- 1 egg, 1 egg whites, ½ serving vanilla protein powder, ¼ - ½ cup blended berries or unsweetened applesauce, 1 tsp vanilla extract, cinnamon to taste. Blend and cook like a pancake.
- Replace a protein popsicle for any protein supplement
- All canned fruit, should be in own juice, drained and rinsed prior to eating
- Everyone progresses differently. Listen to your body! Stop eating when you feel satisfied.

NOTES: _____

4

Stage

Regular Diet (Day 31 to 65 - 75% excess weight lost)

You may begin this diet stage at the beginning of second month. Everybody progresses through each diet stage differently. The goal at Stage 4 is to gradually increase protein intake from protein foods. If you are able to eat more protein from foods, you can start to decrease your intake of protein supplements. You may use the food group sections below to plan your menu.

Serving Size:

Food Groups	Serving Size	Daily Servings Allowed
Protein based foods: Meat/Meat substitutes, eggs, dairy foods	2 - 3 ounces	3 times daily
Healthy fats	1 teaspoon - 1 tablespoon	3 times daily
Fruits or Vegetables	1 - 2 ounces	3 times daily
Protein supplements	1 - 2 servings	As needed, between meals to reach recommended protein goals of 60 -80 grams for women, 80 - 100 grams for men

Stage 4 Grocery List:

All foods are slowly incorporated in this stage except starches and sugars.

Beverages/Liquids:

- All items from other stages
- Fairlife Milk®
- Protein supplements
- Sugar free drinks

Protein Sources:

- Eggs
- Chicken
- Cottage cheese
- Fish/ Seafood (all)
- Meatless protein
- Ricotta cheese
- Shredded cheese
- Tofu
- Turkey
- Yogurt
- Protein bars
- Beef/steak
- Ham/Pork/Canadian bacon
- Lamb
- Veal

Vegetables/Fruits:

- All vegetables, fresh, frozen, canned (with no sugar added)
- No Corn, peas, raw celery
- All fruit, fresh, frozen, canned in own juice, no added sugar
- No stringy fruit like pineapple
- No dried fruit
- No stringy fruit like pineapple

Healthy Fats:

- Almond/Peanut butter (1 TBSP)
- Avocado (1/4)
- Nuts (1/4 cup)
- Olives (5)
- Olives/ Canola oil (1 tsp)
- Mayonnaise/Sour cream (1 tsp)

- *Mayonnaise & sour cream are fats, but not considered healthy. Use in moderation.*
- *Red meats and nuts are harder to digest; it is recommended to wait 3 - 4 months before trying.*
- *No starches (bread, rice, pasta, potatoes, popcorn, cereals, oatmeal)*

Protein:

- Increase protein portions size gradually as tolerated; goal is 2 - 3 ounces.
- Protein is still your top priority! Goal is to get a minimum of 20 grams per meal.
- Keep protein sources moist.
- Avoid foods that are roasted or barbecued that may have crisp edges.
- Difficult to tolerate: Beef/Steak; may want to wait approximately 3 months prior to eating.
- Items like bacon, sausage, salami, bologna, pastrami, pepperoni and hot dogs are considered fats, not protein.



Healthy Fats:

- Have one serving per meal.

Fruits and Vegetables:

- You can increase your serving size of fruits and vegetables to 2 ounces at each meal (if you can increase and tolerate protein portions as listed above).
- You may now introduce raw vegetables. Start with soft raw vegetables (for example beets, squash).
- Crisp vegetables (cucumbers, carrots, broccoli, cauliflower) should be introduced later as tolerated.
- Avoid corn, peas, potatoes, yams, sweet potatoes and raw celery.
- Eating cabbage, cauliflower, broccoli and brussels sprouts may cause gas distress and may need to be avoided for first six months.
- Celery and asparagus should be well cooked. Chop fruits before you eat them. Start with soft, fresh fruits (bananas, melons, ripe pears or peaches).
- Introduce crisp fresh fruits last (apples). Avoid skin and seeds.
- Avoid string fruits such as pineapple or rhubarb.



Citrus Fruits:

The acid in citrus fruits can irritate your pouch. Remember to avoid the membrane portion (skin) of the fruit.

Best tolerated vegetables: green beans, carrots, squash



NOTES:

Stage 4: Sample Meal Plan:

	Meal Plan	Meal Plan	Meal Plan
Breakfast	¼ cup Ricotta cheese ¼ cup Raspberries Almond extract/stevia to taste	Baked Peaches & Cream	No Crust Spinach & Swiss Quiche
Lunch	Turkey Cheese Roll - up ¼ cup diced Mango	Grilled Buffalo Tenders ¼ cup fruit	2 - 3 ounces Fresh Mozzarella drizzled with Balsamic dressing ¼ cup fruit
Protein supplement	Protein supplement with 1 serving healthy fat	Protein supplement with 1 serving healthy fat	Protein supplement with 1 serving healthy fat
Dinner	2 - 3 ounces Turkey Burger ¼ avocado	2 - 3 ounces Crab Cake with cheddar Tater Tots	2 - 3 ounces Pork Chop with Zucchini crisps

Recipes below:

- <https://www.bariatriceating.com/2016/04/baked-peaches-cream/>
- <https://www.bariatriceating.com/2016/02/grilled-buffalo-tenders-blue-cheese-celery-slaw/> (Use Walden Farms BBQ sauce & Blue Cheese dressing instead)
- Buffalo Tenders - Use Walden Farms BB
- <https://www.bariatriceating.com/2016/01/best-turkey-burger-earth/>
- <https://www.bariatriceating.com/2015/04/five-minute-crab-cake-salad/> (minus the pecans)
- Turkey Cheese Roll - 2 slices Turkey, 1 slice cheese (any type except Velveeta or American)
- <https://www.bariatriceating.com/2016/10/cheddar-baked-tater-tots/> (use frozen mashed cauliflower)
- <https://www.bariatriceating.com/2016/08/zucchini-cheese-crisps/>
- <https://www.bariatriceating.com/2016/04/sheet-pan-meal-brined-pork-chops-vegetables/>



Stage

Maintenance (Six Months after Surgery):

Sometime around six months after surgery, you will slowly begin to introduce a greater variety of foods into your diet. You should eat three scheduled meals. Grazing and snacking throughout the day need to be avoided. Follow the guidelines for each food group to plan your meals.

Portion Control Tips:

1. Use a small plate.
2. Weigh your food. Your goal is to stay around 6 ounces of food by weight ($\frac{3}{4}$ c. - 1 c.) Use measuring cups and spoon to control serving sizes
3. Eat only to the point of fullness.
4. Eat protein and healthy fat first then vegetables with starch serving last.

Starches and Starchy Vegetables:

It is not recommended to start eating starches until 65 to 75% of excess body weight is lost. Starches may fill you up and then you may not be able to eat enough protein. Starchy foods can also slow your weight loss. Some patients may have a problem eating starches such as fresh breads, rice and pasta. Your surgeon's office can assist you in determining the type, amount and time to start introducing starches in your diet.

When you are ready to eat starches, limit intake to 1 to 3 portions each day. Choose whole grains.

Please use the following table to choose portion sizes:

Starch Choice	Serving Size
Beans	2 ounces
Bread (toasted) -Ezekiel	1 slice
Chili	$\frac{1}{4}$ cup
Corn Tortilla	1 each (6 inch)
Edamame	2 ounces
Oatmeal/Cream of Wheat	$\frac{1}{4}$ cup dry
Peas	2 ounces
Pita	$\frac{1}{2}$
Sandwich thins	1
Sweet or White Potatoes	2 ounces ($\frac{1}{4}$ cup)
Wheat thins/ crackers	4 to 6

- Avoid the following starches: bread, rice, pasta, french fries, sweet dessert type breads, danish, donuts, sweetened cereals, biscuits, croissant, muffins, and scones.



Lifetime Tips:

To maintain your weight loss, you will need to follow a low sugar, heart healthy diet the rest of your life. Success depends on changing your eating behavior and habits forever. Surgery will not result in a behavior change. You oversee changing your food behavior and habits. This will be an ongoing process.

- Your most rapid weight loss will occur during the first 6 to 8 months after surgery.
- You may continue to lose weight at a slower pace or may stop losing weight.
- You may gain a small amount of weight back.
- Set realistic expectations for your weight loss.
- Attend support groups to help you stay motivated and on track.

Potential Nutrition Problems:

Weight loss surgery creates dramatic changes in the size and shape of the stomach. It may take several days to a few months for your new stomach to settle down. You may experience a variety of problems related to your diet after surgery, which can improve or resolve by adjusting your diet.

Dumping Syndrome:

Dumping syndrome is a reaction that can occur after eating foods or liquids high in sugars (“concentrated sweets”) such as juice, cake, pies, cookies, ice cream, milk and foods high in fats such as French fries, fried foods and trans fats like muffins, pastries, etc... After eating high-sugar or high-fat foods, you may have weakness, cramps, nausea, diarrhea, sweats, or fainting. It is important to avoid concentrated sugar and high-fat foods and/or liquids. If you eat your meals too quickly or eat too much food at one sitting, you may experience “dumping syndrome”. Keep your total carbohydrates under 15 grams per meal for Gastric Bypass patients.

Nausea and Vomiting:

Nausea and vomiting are the most common problems that occur in the first few months after surgery. If you are experiencing nausea and vomiting, it may be related to poor eating habits. The following may result in nausea and vomiting:

- Eating or drinking too fast
- Eating and drinking at the same time or drinking too soon after a meal
- Not chewing well enough (chewing until applesauce consistency)
- Eating more than your pouch can comfortably hold
- Trying new foods
- Lying down too soon after a meal
- Advancing diet stage too quickly

Nausea and vomiting can also be related to mechanical problems, such as a stricture, ulceration, food impaction or a bowel obstruction. Persistent nausea and vomiting that is hard to control may be related to a mechanical problem that will need your surgeon’s attention.

Dehydration/(Lightheaded or Dizzy):

Dehydration (loss of body fluids) is an important concern, especially if vomiting or diarrhea occurs frequently. Dehydration can become a problem in the early post-operative months. It is mostly related to not drinking enough fluids. After surgery, you will not be able to drink liquids as you did before. You must sip small amounts of water or sugar-free, non-carbonated, alcohol-free beverages in between meals (when there is no food in the stomach) to prevent dehydration. Nausea can also be a sign of dehydration. Dehydration sometimes may cause you to feel lightheaded, dizzy or nauseous. This may be caused by not drinking as much liquid as you need. Drink at least 64 oz. (8 cups) of water each day.

Extreme Fatigue:

After surgery, you may feel fatigued ("exhausted," "drained," "worn out"). The most common reason for fatigue and weakness after surgery is adjusting to a lower calorie intake. Feelings of extreme fatigue may interfere with eating and meal preparations. Continue to work toward eating meals as suggested by your nutrition guidelines to ensure you are getting enough protein.

Lactose Intolerance:

You may have a problem digesting milk after surgery. Milk and milk products contain lactose (a form of sugar) which may cause excess gas production, cramping, bloating, and diarrhea after eating. Lactose intolerance does not occur in all people. To prevent having problems use Lactaid® milk or lactose-free products (Fairlife Milk is a great alternative, it is lactose-free, double the protein and has an added digestive enzyme).

Excessive Gas:

Excessive gas is often related to dietary factors. After surgery, certain foods are not digested normally. These foods are milk and milk products, legumes (beans) and cruciferous vegetables (broccoli, cabbage, brussel sprouts, and cauliflower) overconsumption of sugar alcohols.

Gas problems can also come from swallowed air. You will need to avoid chewing gum, drinking through straws and carbonated beverages after your surgery to avoid gas problems. Excessive gas can cause pain or pressure in the stomach. If you have gas pains, you may try chewable Gas-X®

Constipation:

Constipation can be a problem for some patients. It may be related to not taking adequate amount of fluids or low fiber intake. It may be a side effect of iron supplements (some patient may need to take extra iron supplements if prescribed). Food intake is decreased which can decrease bowel movements. Maintaining adequate fluid intake and incorporating fiber (from fruits and vegetables) can help prevent constipation. In some patients, constipation can persist, and stool softeners may be needed (check with your surgeon). Milk of magnesia can be tried first. Please call your surgeon's office for advice.



Diarrhea:

You may experience diarrhea for the first few months after surgery. Duodenal Switch patients will experience loose stool and more frequent bowel movements long term. Stool may also be foul smelling. Avoid greasy foods to minimize this.

Foods to minimize or eliminate if you are experiencing diarrhea:

- Whey based protein, milk and milk based products (not lactose free)
- Berries
- Sugar free products
- Sugar alcohols
- Fried greasy foods

Hair Loss/Thinning:

You may have some degree of hair loss thinning during your first year after surgery. Hair loss is related to rapid weight loss along with very low-calorie intake. Eating adequate amounts of protein, getting adequate calories and taking the recommended doses of vitamin and mineral supplements will minimize hair loss. Starting in week two; focus on getting a minimum of 60 - 90 grams of protein. After 4 weeks focus on slowly working your way up to 800 calories to help minimize hair thinning. Typically, your hair will grow back.

Vitamin and Mineral Deficiency:

Weight loss surgery places you at risk for developing vitamin and mineral deficiencies. After surgery, you will need to supplement vitamins and minerals for the rest of your life. Please talk to your surgeon or dietitian. Refer to the vitamin supplement guide below for specific vitamin and mineral guidelines.

Some possible deficiencies include:

Vitamin B-12

Why you need B-12:

- Supports your growth
- Helps make red blood cells
- Provides nerve covering

B-12 deficiency can lead to the following:

- Permanent nerve damage
- Pernicious anemia
- Fatigue

Supplementing extra vitamin B-12 as suggested by your surgeon can avoid the above risks. Vitamin B-12 levels should be tested annually per your surgeon's guidelines.

Vitamin B-1 (Thiamin)

Why you need B-1 (Thiamin):
Necessary for normal function
of the brain, nerves and heart
Keeps your nervous system healthy

B-1 deficiency can lead to the following:

- Nervous system damage
- Damage to the heart and other muscles
- Death

Prolonged thiamin deficiency can result in the disease, beriberi. Beriberi leads to nervous system damage (mental confusion and even coma) as well as damage to the heart and other muscles. In very severe cases, vitamin B-1 (Thiamin) deficiency can cause death. Thiamin levels should be tested as suggested by your surgeon.

Alcohol decreases thiamin absorption and enhances thiamine excretion in the urine which doubles the risk of deficiency.

Vitamin D

Why you need vitamin D:

Helps with bone building
Help strengthen your immune function
Reduction in inflammation
thinking clearly

Vitamin D deficiency can lead
to the following:

Bone Loss/Soft brittle bones
Muscle Weakness
Unexplained Fatigue- Not

Calcium:

Calcium is needed to build strong bones and to prevent osteoporosis. Osteoporosis is a disease characterized by porous and fragile bones. It is important to take calcium supplements as directed by your surgeon. Calcium citrate is the recommended form of calcium to take. Calcium may decrease iron absorption and should be taken two hours apart from iron.

Iron:

Iron is needed to keep your blood strong and to prevent anemia. The most common symptoms of iron deficiency are pale or gray colored skin and fatigue. A multivitamin with iron should provide enough iron.

- Your labs will be monitored, and additional supplements may be prescribed by your surgeon in addition to above supplements. Please refer below to the Vitamin Supplement Guide below for specific vitamin and mineral recommendation.

Vitamin Supplement Guide:

Multi-Vitamin: Bariatric Multi or 100 - 200% RDA

- Start on day 9 or 10 after surgery
- Begin with chewable tabs for a few months then try a pill or capsule
- Take 2 tabs per day: 1 tab in the morning and 1 tab in the evening
- Choose a brand containing at least 18 mg of iron
- Menstruating women: 45 – 60 mg
- Do not take your multivitamin containing iron at the same time as your calcium
- Thiamin: 12 mg. daily
- Sleeve: minimum of 100% RDA
- RYGB, DS, Loop – 200% RDA

Vitamin B-12:

- Start on day 9
- Suggested forms are: chewable, sublingual tablets, liquid drops, mouth spray or nasal spray
- Choose a brand that provides at least 1000 mcg
- B-12 shots are available. Discuss this option with your surgeon's office

Calcium Citrate:

- Start on day 9
- RYGB/SG: 1200 - 1500 mg/day
- Loop/Duodenal Switch: 1800 – 2400 mg
- Do not take your calcium with your iron. Wait 2 hours after taking your multivitamin or iron supplement before taking the calcium
- Specialized bariatric calcium citrate vitamins are available

Vitamin D3:

- 3,000 IU daily

B-complex:

- Start 3 weeks after surgery
- B-50 or 100 dosage is recommended (some may need to take extra B-1 supplement)
- Avoid time released tablets

CoQ10 (optional)

- Start 2 weeks before surgery
- If desired can take for first 6 months
- Amount 100 mg per day
- Small capsule or gel form



Vitamins Specific to Surgery:

Use Bariatric Complete: (includes iron, B12, fat soluble Vitamin A, D,E,K, Calcium- needs to be citrate, chewable, sugar-free, 500 mg.

Sleeve:

- Bariatric Complete - 1 time per day
- Calcium Citrate - 2 times

Gastric Bypass, RNY (GB):

- Bariatric Complete - 2 times per day
- Calcium citrate - 3 times per day

Duodenal Switch or Loop - DS:

- Bariatric Complete - 3 times per day
- Calcium citrate - 3 times per day



Post Bariatric Diet at a Glance

Bariatric Stage 1 Clear Liquid for 7 days	Bariatric Stage 2 Puree Diet for 7 days	Bariatric Stage 3 Soft Diet for 14 days	Bariatric Stage 4 Regular Diet <small>Stay on until 75% weight lost</small>	Bariatric Stage 5 Maintenance
<p>After Surgery: Clear Liquid</p> <p>Focus: Hydration and rest</p> <ul style="list-style-type: none"> • Goal is a minimum of 48 ounces fluids – Foods that becomes liquid at room temperature. • No STRAW • Low Sugar (under 5 grams) • Non-carbonated Meal <p>Plan:</p> <ul style="list-style-type: none"> • Broth (chicken, beef or vegetable) • Sugar-free gelatin • Sugar-free popsicle • Crystal Light packet • Water • Herbal/Decaf/Ginger Tea 	<p>START YOUR VITAMINS</p> <p>Focus: Protein Women: 60 – 80 grams Men: 80 – 100 grams DS/Loop: 60 – 80 grams Sip water throughout the day</p> <ul style="list-style-type: none"> • No sugar • No starch • No STRAW • Non-carbonated • No starch/starch <p>veggies (potato, corn, yam, peas)</p> <p>Meal Plan:</p> <ul style="list-style-type: none"> • Pureed protein 2 TBSP/ 1 oz. • Pureed fruit/vegetable 1oz. (2 TBSP) <p>Protein supplement</p> <ul style="list-style-type: none"> • Whey/plant based • Fairlife Milk – low fat • 2 servings 	<p>TAKE DAILY VITAMINS</p> <p>Focus: adding vegetables & fruit</p> <p>Sip water throughout the day</p> <ul style="list-style-type: none"> • low sugar (under 10 grams) • No starch • No STRAW • Non-carbonated • No starch/starch <p>veggies (potato, corn, yam, peas)</p> <p>Meal Plan:</p> <ul style="list-style-type: none"> • Protein 1 ½ oz. (2 – 3 TBSP) • Vegetable/Fruit 1oz. • Healthy Fat 1 tsp. <p>Protein supplement</p> <ul style="list-style-type: none"> • Whey/Plant based • Fairlife Milk – low fat • 2 servings 	<p>TAKE DAILY VITAMINS</p> <p>Focus: adding healthy fats</p> <p>Sip water throughout the day</p> <ul style="list-style-type: none"> • No sugar • No STRAW • Non-carbonated • No Starch/starch <p>veggies (potato, corn, yam, peas)</p> <p>Meal Plan:</p> <ul style="list-style-type: none"> • Protein 2-3 oz. • Vegetable/Fruits 2 oz. • Fruit/starch 1-2oz • Healthy Fat (1 tsp – 1 TBSP) <p>Protein supplement</p> <ul style="list-style-type: none"> • Whey/Plant based • Fairlife Milk – low fat • 1 -2 servings 	<p>TAKE DAILY VITAMINS</p> <p>Focus: adding variety/starches</p> <p>Sip water throughout the day</p> <ul style="list-style-type: none"> • No sugar • No STRAW • Non-carbonated <p>Add starch at this stage</p> <p>Meal Plan:</p> <ul style="list-style-type: none"> • Protein 3 oz. • Vegetable/Fruits 2 oz. • Healthy fat (1 tsp – 1 TBSP) • Starch- 1 oz. <p>Protein supplement</p> <ul style="list-style-type: none"> • Whey/Plant based • Fairlife Milk – low fat • 1 -2 servings

High/Good Sources of Protein

Food	Portion – ounces	Protein	Calories
Poultry			
Ground Chicken (Perdue Fit& Easy)	1	8	28
Chicken breast- no skin	1	9	47
Chicken drum stick – no skin	1	7	50
Turkey - ground (Perdue Fit & Easy)	1	8	38
Turkey breast – no skin	1	8	47
Turkey leg – no skin	1	7	50
Fish			
Crab meat	1	6	33
Flounder	1	7	33
Salmon – wild caught	1	7	40
Tuna – in water	1	7	37
Tilapia	1	6	22
Lobster	1	5	28
Snapper	1	7	36
Shrimp - boiled (4 – 5 large)	1	6	28
Haddock	1	6	32
Orange Roughy Filet	1	4	20
Mahi, Mahi - filet	1	5	24
Sea Bass	1	5	22
Beef			
Chuck eye Steak, choice 0" trim	1	6	45
Hamburger -ground 90% lean	1	8	61
Pork			
Tenderloin	1	8	50
Game & Other Meat			
Buffalo	1	9	41
Deer	1	8	44
Venison	1	10	59
Veal			
Cutlet	1	6	45
Nuts/Seeds/Nut Butters			
Hemp seeds	1	9	157
Pumpkin seeds	1	9	163
Almonds	1	6	164

High/Good Sources of Protein

Food	Portions - ounces	Protein	Calories
Nuts/Seeds/Nut butters			
Pistachios	1	6	162
Sunflower seeds	1	5.5	155
Flax seeds	1	5.2	152
Chia seeds	1	5	137
Cashews	1	4	163
Walnuts	1	4	186
Pine nuts	1	4	191
Pecans	1	2.6	196
Macadamia nut	1	2.2	204
PB2	2 TBSP	5	45
Almond butter	2 TBSP	7	190
Peanut butter	2 TBSP	7	190
Eggs/Egg substitute			
Egg	1 (large)	6	70
Egg white	1	2.2 g	17
Egg beaters	3 TBSP	5	25
Cheese			
Parmesan	1	10	
Romano	1	9	
Cheddar	1	9	
Swiss	1	8	
Mozzarella	1	7.7	
Provolone	1	7.3	
Sharp cheddar	1	6.8	
Cottage cheese	¼ cup	7	
Beans/Legumes			
Miso	¼ cup	8	134
Tofu	¼ cup	5	95
Fat free refried beans	¼ cup	5	68
Lentils	¼ cup	5	58
Black beans	¼ cup	4	57
Edamame	¼ cup	3	33
Chickpeas	¼ cup	3	72
Pinto beans	¼ c up	3	52
Vegetarian			
Veggie burger	1	10 – 24 g.	100 - 200
Seitan	1 oz.	7	35

Recommended Yogurts:

Yogurt	Protein (grams)	Sugar (grams)	Calories
Sigi's 0% non-fat plain (8 oz.)	28	6	120
Powerful non-fat Greek (8 oz.) – found on amazon	25	9	120
Nancy's non-fat plain Greek (8 oz.)	22	7	120
Fage Total 0% plain Greek (8 oz.)	18	7	100
Dannon Oikos Triple Zero – all flavors (5.3 oz.)	15	7	120
Chobani non-fat Greek (5.3 oz.)	15	4	80
Dannon Light & Fit non-fat Greek (5.3 oz.)	15	7	120
Chobani Simply 100 Greek (5.3 oz.) – all flavors	12	6	100
Yoplait Greek 100 (5.3 oz.) -vanilla	13	6	100

Goal is to choose a yogurt that has more protein than sugar and has 10 grams of sugar or less.



Central California Surgery

Contact dietitian:

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