

It is important to follow this diet because it helps you lose weight and prevent nutrition related complications. Remember that your “new” stomach pouch is small, and cannot grind solid food very easily.

Nutrition Related Complications

Dumping Syndrome:

Foods high in sugar and sugar alcohols do not get digested and get “dumped” into the intestine. This causes you to experience unpleasant side effects such as rapid heartbeat, sweating, palpitations, abdominal pain and dizziness. Avoid foods such as regular soda, desserts, ice cream, candy and fruit juices.

Nutrient Deficiencies:

Because the surgery bypasses the part of the intestine where you absorb many nutrients, and you will be eating very small amounts of foods, nutrient deficiencies such as anemia are very common complications.

Guidelines for Eating and Drinking

1. Take small bites of food and chew very well.
2. Eat slowly: allow 30 minutes to eat a meal.
3. Have 5 to 6 small meals a day.
4. Stop eating before you feel full. Don't try to wash food down with fluid. Indications of fullness may be:
 - » A feeling of pressure or fullness in the center of your abdomen just below the rib cage.
 - » Pain in your shoulder area or upper chest.
 - » Nausea
5. Take small sips of water (1 ounce every 15 minutes). Stop drinking any fluids at least 30 minutes before and wait for 30 minutes after meals to prevent from becoming too full.
6. Drink at least 8 cups of fluid per day.
7. Add new foods one at a time. If you don't tolerate an item, wait about a week before trying it again. Breads, tough meats and processed meats with casing like bratwurst are often not tolerated.
8. To prevent swallowing air (which fills up your stomach) do not use straws for drinking, chew gum, or drink carbonated beverages.
9. If vomiting occurs, you should stop eating for at least 2 hours. Start slowly with water (see Clear Liquids) and gradually increase to your usual stage of the diet.

Guidelines for Nutrition Requirements

Calories:

600 calories per day for the first 6 months after the surgery.
800 calories per day between 6 and 12 months after the surgery.
1000-1200 calories for the rest of your life.

Proteins:

Typically 60-80 grams of protein per day.

Examples of foods high in protein:

- » Nonfat milk products such as nonfat milk, no sugar added yogurt, nonfat or low fat cottage cheeses, no sugar added pudding.
- » Soy products such as soy milk, tofu.
- » Protein powders.

Providing you with the quality care we expect for our own family.

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Vitamins and Minerals:

Multiple vitamins and mineral supplements:

- » **2 chewable children's multivitamins** (i.e., Flintstones Complete or Bugs Bunny Sugar Free Complete) **or 1 adult chewable** (i.e., Centrum) each day for the rest of your life.
- » Iron and vitamin B12 levels should be checked by your physician.
You may need additional iron supplement or sublingual or injection of vitamin B12.

Calcium:

1000-1200 mg elemental calcium per day (including calcium from food).
Use chewable calcium supplements.

First 2 weeks after the surgery: Calcium carbonate

Examples:

- » Tums (check the label for calcium contents. Regular Tums have 200 mg of calcium).
- » Caltrate chewable

After 2 weeks past surgery: Calcium citrate

Examples:

- » Citracal Liquitabs 500mg each, take 1 tablet twice a day.
- » Powdered Calcium Citrate. (*Available in 1000 mg packets at Walgreens. Take ½ packet twice a day.*)

Guidelines for Choosing Foods and Drinks

1. Read Food labels. To lose weight, you need to stay on a low calorie diet for the rest of your life.
2. Omit foods and drinks with high sugar content (over 5 grams of sugar per serving). Not only are they high in calories, but they often cause “Dumping” syndrome. Examples:
 - » Sugar
 - » Honey
 - » Candy
 - » Desserts
 - » Regular sodas
 - » Fruit juices and fruit drinks
 - » Nutritional supplements unless advised, such as Ensure, Boost or Glucerna.
3. Avoid foods containing sugar alcohols. Sugar alcohols often cause diarrhea and may cause dumping syndrome. Examples of sugar alcohols:
 - » Sorbitol » Maltitol » Mannitol » Lactitol
4. Omit high-fat foods (total fats over 3 grams per serving). Examples:
 - » Butter and margarine
 - » Oils
 - » Gravy
 - » Fried foods
 - » Sour cream
 - » Potato chips, snack crackers, tortilla chips.
5. Avoid foods with high fiber content (over 3 grams of fiber per serving). Examples:
 - » Coconut » Popcorn » Nuts » Some fruits and vegetables
6. Avoid alcohol. Alcoholic beverages often contain over 100 calories per drink.
7. Non-nutritive sweeteners may be used. Examples:
 - » Sucralose (Splenda)
 - » Aspartame (Equal, Nutrasweet)
 - » Acesulfame-K
 - » Saccharin
 - » Stevia
8. You may use spices.
9. Try lactaid or lactase treated milk if you have lactose intolerance.

FIRST COUPLE OF WEEKS AFTER SURGERY

Clear Liquids

Description: This diet consists of items that are clear (you can see through them), liquid or become liquid at room temperature. Useful when you have problems with vomiting, nausea, and stomach irritation.

Guidelines: Before you feel full, stop drinking fluids.

Amounts: No more than 1-2 ounces every 30 minutes.

Limitations: *Fruit Juice or Gatorade: 8 fl. oz. per day.*

CLEAR LIQUID GUIDELINES		
Food Groups	Items to Include	Items to Avoid
<i>Fruit Juices</i>	Light Cranberry Juice Cocktail	Apple and grape juices: need to dilute: ¼ juice and ¾ water
<i>Soup</i>	Fat-free bouillon or broth	All other soups
<i>Unsweetened beverages</i>	Water Decaf coffee Decaf unsweetened iced tea Propel Fruit ₂ O Crystal Light Sugar-free Kool-Aid Gatorade diluted ½ and ½ with water	All other beverages including diet sodas
<i>Miscellaneous</i>	Sugar-free Jell-O Sugar-free Popsicles	All other.

FIRST COUPLE OF WEEKS AFTER SURGERY

Full Liquid Diet Without Sweets

Description: This liquid diet is used as a transition from clear liquids to pureed foods.

Guidelines:

- » Before you feel full, stop eating.
- » Eat protein foods first.

Amounts: Not more than 1-2 ounces every 30 minutes.

Limitations: Milk: 16 fl. oz. per day

Cooked cereals: 2 cups per day

Fruit juices: 8 fl. oz. per day

FULL LIQUID DIET WITHOUT SWEETS		
Food Groups	Items to Include	Items to Avoid
<i>Milk</i>	Nonfat or 1% milk Soymilk (original or plain) Nonfat or low fat no-sugar-added yogurt or soy yogurt (no chunks or fruits) Sugar-free pudding No-sugar-added Carnation Instant Breakfast Sugar-free custard	Milkshakes Eggnogs Yogurt with chunks of fruit
<i>Cooked Cereal</i>	Cream of wheat Cream of rice Blenderized oatmeal	Sweetened, flavored cereals
<i>Juices</i>	Diluted fruit juice: ¼ juice + ¾ water	(Orange and grapefruit juices may cause discomfort)
<i>Soups</i>	Broth Strained or blended vegetable or cream soups	Soups with chunks of food
<i>Miscellaneous</i>	Spices as tolerated Unsweetened beverages Unsweetened apple sauce Sugar-free-Jell-O Sugar-free Popsicles Stage 1 Infant Fruits (Dole) Fruit juice bars	Ice cream Regular Jell-O Sherbet Regular puddings Sugar, honey Liquid nutritional supplements

THREE TO 8 WEEKS AFTER SURGERY
Pureed Diet Without Sweets

Description: This diet is used as a transition from liquids to soft foods.

Guidelines:

- » Eat only between 8am and 8pm. Have 5–6 small meals per day.
- » Do not drink fluids 30 minutes before and after your meals.
- » Use a food processor or blender to pureé food to make food easy to digest.
- » Chew food very well!

Amounts:

- » *Eat one to two ounces at a time.*
- » *Eat only one type of food at a time.*
- » *Always start with the protein food.*
- » *Stop eating before you feel full. It is normal to fill up just after a few bites.*

Limitations:

Milk group: *2 servings per day*
1 serving = 8 fl. oz. of milk or yogurt, ½ cup cottage cheese, 1½ oz. cheese.

Meat, poultry, fish, eggs: *No more than 5 oz. per day*

Bread group: *No more than 4 servings per day*
1 serving = 1 slice of bread, 1 oz. of cereal, ½ cup of cooked pasta, rice, and hot cereals.

Fruit group: *No more than 2 servings per day*
1 serving = 1 small size fruit, 4 fl. oz. of juice, ½ cup of canned fruit (no sugar added)

SMOOTHIE RECIPE VARIATIONS			
Sweet Smoothies		Savory Smoothies	
In a blender, combine 1 fruit, 1 liquid and 1 spice. Add 6 ice cubes and blend until smooth and frothy. (200 calories, 10 grams of protein)		In a blender, combine 1 vegetable, 1 liquid, 1 flavoring, and 1 herb. Add 6 ice cubes and blend until smooth and frothy. (125 calories, 10 grams protein)	
Fruits	1 cup banana 1 cup cantaloupe 1 cup mango 1 cup canned peaches, no sugar added, drained	Vegetables	1 cup cucumber, peeled, seeded, sliced 1 cup zucchini, sliced 1 cup green beans, cooked ¼ cup avocado, cubed
Spices	½ teaspoon cinnamon ¼ teaspoon nutmeg ½ teaspoon ground ginger	Flavorings	¼ cup red onion, chopped ¼ cup scallions, sliced ½ tomato, peeled, seeded, chopped
Sweetener	non-nutritive sweeteners, examples: » Sucralose (Splenda) » Aspartame (Equal, nutrasweet) » Acesulfame-K » Saccharin » Stevia see Guidelines	Herbs	2 Tablespoons chives, chopped 1/8 teaspoon cayenne 2 Tablespoons fresh dill ½ teaspoon cumin 1 Tablespoon fresh basil
Liquids	1 cup plain low fat yogurt 1 cup low fat buttermilk 1 cup nonfat or low fat milk 1 cup plain soy milk ½ cup soft silken tofu		

PUREED DIET WITHOUT SWEETS GUIDELINES		
Food Groups	Items to Include	Items to Avoid
<i>Milk</i>	Nonfat or 1% milk Soymilk (original or plain) Nonfat or low fat no-sugar-added yogurt or soy yogurt (no chunks or fruits) Sugar-free pudding No-sugar-added Carnation Instant Breakfast Sugar-free custard Nonfat or low fat cottage cheese Low fat soft cheese (ricotta, farmer's) Smoothies (see recipes, page 5)	Milkshakes Eggnogs Yogurt with chunks of fruit
<i>Meat, Poultry, Fish, Eggs</i>	Pureed lean meats: Chicken and turkey breasts, lean ham Fish, tuna, imitation crab Egg whites, egg substitutes Creamy peanut butter, no sugar added Finely ground lean meats (round, loin, sirloin) Tofu and other soy products (soy/veggie burgers, tempeh) Lowfat refried beans Plain low-fat hummus Stage 1 infant meats (thin with broth)	All other meats
<i>Bread Group</i>	Cooked, thinned hot cereal Ready-to-eat cereals (no sugar added, less than 3 grams of fiber per serving) Pureed rice and pasta	Whole wheat products Brown rice
<i>Vegetables</i>	Any vegetables, pureed Vegetable juices Mashed potato (1 serving = ½ cup)	Corn and other high fiber vegetables
<i>Fruits</i>	Any fruits without seeds, pureed or mashed	Whole fruits
<i>Fats and oils: use very small amounts</i>	Light margarine Light or fat-free mayonnaise, salad dressing such as Miracle Whip Lowfat or fat-free gravy	All others
<i>Soups</i>	Strained cream soup or broth	High calorie, high fat soups
<i>Miscellaneous</i>	Spices as tolerated Unsweetened beverages Unsweetened apple sauce Sugar-free-Jell-O Sugar-free Popsicles Stage 1 Infant Fruits (Dole) Fruit juice bars Catsup Salt (sparingly) No-sugar-added jam and jelly (sparingly)	High calorie items

EIGHT WEEKS AFTER SURGERY

Guidelines:

- » Gradually add soft foods.
- » Eat only between 8 a.m. and 8 p.m. Have 5-6 small meals per day.
- » Do not drink fluids 30 minutes before and after your meals.
- » If you can tolerate ground meats for 2 weeks, you may try finely diced meats.
- » Gradually add canned fruits (no added sugar), well-cooked vegetables, pasta, crackers, rice, and wheat toast.
- » Chew food very well!

Amounts:

- » *Eat 8-12 tablespoons (1/2 cup to 3/4 cup) at a time.*
- » *Eat only one type of food at a time.*
- » *Always start with the protein food.*
- » *Stop eating before you feel full. It is normal to fill up just after a few bites.*