Nutrition Guidelines After Surgery

Table of Contents

Introduction: Your New Lifestyle ................................................................. 1

Postoperative Eating Plan ........................................................................... 2

Surgery Center (Stage 1 & 2) .................................................................. 2

Weeks 1 & 2 ............................................................................................. 3

Weeks 3 & 4 ............................................................................................. 5

Week 5 and beyond .................................................................................... 8

Tips .......................................................................................................... 11
Your New Lifestyle!

Congratulations! You’ve made one of the most important decisions of your life. You are embarking on a new, lighter, and healthier lifestyle.

Surgery, Your Weight Loss Tool

- Think of your surgery as a tool that helps you to lose weight. Our team of professionals will help you learn how to use this tool every step of the way.

- Your new tool is your smaller stomach. Before surgery your stomach holds about 4-5 cups of food at one time. After you have made the transition to regular food, about 5 or more weeks after your surgery, your stomach can only handle about 1 cup of food.

Create New, Healthy Habits

- Foremost, have a daily plan that is constructive and productive. Idle time? Add an activity that improves your quality of life, an experience that you enjoy and look forward to doing.

- This booklet will reinforce healthy habits: drink plenty of water, get enough protein, keep portions small (1/2 cup), and engage in regular physical activity. These components are keys to your new, healthier lifestyle.

Think Constructively

- Remember that your weight loss journey is about to progress, so always speak in terms of success. Speak of yourself constructively, complimenting your progress and fortitude.

- Eat with purpose. You are creating a lifelong healthier lifestyle. You are developing a healthy relationship with food.

How to Use This Booklet

- This booklet provides you with general nutrition guidelines before and after surgery. There is no one “diet” to follow so remember that your eating plan will be tailored to your individual needs.

- Along with a week-by-week instruction on how to transition your diet before and after surgery, this booklet will provide you with resources such as meal planning ideas.

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Postoperative Eating Plan

Stage 1: Surgery Center Stay

At the surgery center and the rest of your surgery day

- Drink clear liquids only. For example: diluted 100% juices, low-fat strained soup, broths, water, plain herbal tea, etc.
  - Drink in small sips and limit intake to only 2 to 3 ounces per hour.
- You should also walk a minimum of 200 steps every 1-2 hours. This will help relieve pain caused by gas.
- Include deep breathing with walking.
- Only liquids should be consumed for 2 weeks post surgery.
- Call in for a follow-up appointment. You will need to be seen 2 weeks post surgery for a weigh in and wound check.
- Showering is acceptable as soon as the next day; however, do not let the water directly hit your incisions. When done, you may pat yourself dry lightly with a clean, dry towel.
- Be sure not to put any ointments, lotions, etc. on or near your incisions.
- You may perform light exercise if you wish, but no abdominal or core exercises should be performed for 1 month after surgery.

AVOID: straws, carbonated beverages, drinking fountains, and Jell-O.
Stage 2: Weeks 1 & 2

Starting the day after surgery for two weeks.
- Starting the day after your surgery you can start drinking protein shakes and other calorie-free, non-carbonated beverages such as water, Crystal Light, and sugar-free Kool-Aid.
- Other “liquid food” can be included such as low-fat, strained soups, non-dairy milks, or skim milk.
- Remember that protein is necessary for proper healing and allows for weight loss while maintaining lean body mass.

What to Do:
- LIQUIDS ONLY!
- Slowly increase your intake of fluids 4-6 ounces each hour.
- Work your way up to 60 to 80 grams of protein per day.
- Stay hydrated by including at least 1 liter (approximately 32 ounces) of water per day.
- A minimum of 200 steps is required while deep breathing.
- You may perform light exercise daily, however no abdominal or core exercises are recommended for 1 month after surgery.

Liquids to Introduce:
- Water
- Protein shakes (Optifast, Premier Protein, Isopure, Optimum Nutrition, Vega One, Pure Protein, Garden of Life, Quest, etc.)
- Skim milk
- Non-dairy milks
- Freshly prepared vegetable and fruit drinks
- Diluted 100% juice
- Beef, vegetable, or chicken broth
- Miso soup
- Low-fat, strained soup
- Calorie-free beverages (i.e., Crystal Light)

TIPS:
- Remember to sip your liquids slowly.
- No straws!
- If you’re well hydrated, your mouth won’t be dry and your urine will be clear.
- Physical activity (walking, light calisthenics) 30 minutes daily.

What NOT to Eat:
- Any solid food
- Carbonated beverages
- Alcohol
- Jell-O
- Gum
- Cream Soups
### Sample Eating Plan #1

<table>
<thead>
<tr>
<th>Mealtime</th>
<th>Liquids</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Protein shake blended with 1 tbsp peanut butter</td>
<td>26g</td>
</tr>
<tr>
<td>Mid-morning</td>
<td>Chicken broth</td>
<td>5g</td>
</tr>
<tr>
<td>Lunch</td>
<td>Blended fruit &amp; vegetable drink with 1 scoop of protein powder</td>
<td>15g</td>
</tr>
<tr>
<td>Afternoon</td>
<td>Low-fat, low-sodium, strained soup</td>
<td>5g</td>
</tr>
<tr>
<td>Dinner</td>
<td>Optifast HP Vanilla shake</td>
<td>26g</td>
</tr>
</tbody>
</table>

**77g total**

### Sample Eating Plan #2

<table>
<thead>
<tr>
<th>Mealtime</th>
<th>Liquids</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Protein shake blended with ¼ cup skim milk and ½ banana</td>
<td>27g</td>
</tr>
<tr>
<td>Mid-morning</td>
<td>Optifast 800 Ready to Drink</td>
<td>14g</td>
</tr>
<tr>
<td>Lunch</td>
<td>Low-sodium vegetable drink</td>
<td>5g</td>
</tr>
<tr>
<td>Afternoon</td>
<td>Optifast 800 Chicken Soup</td>
<td>14g</td>
</tr>
<tr>
<td>Dinner</td>
<td>Protein shake</td>
<td>15g</td>
</tr>
</tbody>
</table>

**75g total**

*Any meal can be replaced with a meal replacement shake.*

*If you have trouble tolerating greater volumes of protein shakes, choose one that has more grams of protein per serving or add an extra scoop of protein powder.*
Stage 3: Weeks 3 & 4

You will be introducing foods that are soft and moist, which means foods that can be mashed, pureed, or chewed easily to a puree consistency (e.g. no-added-sugar applesauce).

What to Do:
- Start replacing your protein shakes, one meal at a time, with pureed/semi-solid foods.
- At week 3, continue to get 25-30 grams of protein from shakes. At week 4, discontinue shakes if soft foods are tolerated.
- Consume 5 to 6 small meals daily until you can tolerate ½ cup of food at one time – then eat 3 small meals and 1 snack.
- Avoid drinking liquids 30 minutes before a meal and 1 hour after a meal.
- Take 20-30 undistracted minutes to eat each meal.
- Continue to eat and swallow slowly. Thoroughly chew your food.
- Recognize when you start to feel full and stop at that point.
- Buy small utensils and plates to help with portion control.

New Foods to Introduce:

PROTEIN: Choose meats that are grilled, baked, broiled, or poached – NOT FRIED!
- Fish: cod, flounder, orange roughy, grouper, tilapia, mahi mahi, tuna, trout, halibut, salmon, sole
- Shellfish: crab, scallops, shrimp, lobster
- Lean ground turkey or beef
- Skinless, white meat chicken or turkey

MEATLESS OPTIONS: Egg whites, Eggbeaters, veggie burgers, tofu, beans, fat-free cottage cheese, and fat-free yogurt.

VEGETABLES: Enjoy vegetables steamed, grilled, baked, or boiled – NOT FRIED!

| Carrots | Mushrooms | Eggplant |
| Collards | Spinach | Edamame |
| Cucumber (peeled) | Sprouts | Kale |
| Endive | Watercress | Squash |
| Green beans | Asparagus | Broccoli |
| Lettuce (Butter, romaine) | Cabbage | Peas |

Eggplant
| Cauliflower | Bell peppers |
**FRUITS:**

<table>
<thead>
<tr>
<th>Avocado</th>
<th>Pineapple</th>
<th>Grapes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soft bananas</td>
<td>Pears</td>
<td>Berries (Strawberries, blueberries, raspberries, blackberries, etc)</td>
</tr>
<tr>
<td>Peeled apples and oranges</td>
<td>Peaches</td>
<td>Grapefruit</td>
</tr>
<tr>
<td>Mango</td>
<td>Melon</td>
<td>Nectarines</td>
</tr>
<tr>
<td>Plums</td>
<td></td>
<td>Watermelon</td>
</tr>
</tbody>
</table>

Limit trans and saturated fats. Butter is an example (substitute with 1 tsp of trans fat-free margarine)

**Foods of Concern:**

- Raw fruits and vegetables (unpeeled apples, cucumbers, celery)
- Dry fibrous and doughy foods
- Tough, hard-to-chew meats, especially steak
- Carbonated beverages
- Concentrated fruit juices
- Mashed potatoes
- Refried beans
- Whole milk
- Ice cream
- Gum
- Alcohol
- Solid foods
- Real butter
- Doughy foods

**Vitamins and Minerals:**

- Chewable multivitamin with iron (Ferrous Fumerate)
- Calcium Citrate (1,600mg per day)
### Sample Eating Plan – Soft, Mushy Foods #1

<table>
<thead>
<tr>
<th>Mealtime</th>
<th>Foods/Liquids</th>
<th>Protein (g)</th>
</tr>
</thead>
</table>
| **Breakfast** | 3 scrambled egg whites  
½ Banana                                                                  | 12g         |
| **Mid-morning** | Protein shake                                                           | 15g         |
| **Lunch**   | Chicken salad with low fat mayonnaise  
- 4 oz white meat chicken  
- 1 tbsp light mayo         | 7g          |
| **Afternoon** | 1 Apple, peeled  
½ cup low-fat cottage cheese                                           | 14g         |
| **Dinner**  | Tilapia and broccoli  
- 4 oz Tilapia  
- 1/4 cup steamed broccoli topped with  
1 tsp parmesan cheese    | 23g         |

71g total

### Sample Eating Plan – Soft, Mushy Foods #2

<table>
<thead>
<tr>
<th>Mealtime</th>
<th>Foods/Liquids</th>
<th>Protein (g)</th>
</tr>
</thead>
</table>
| **Breakfast** | Protein Shake  
-1/4 cup frozen mixed berries                                                 | 22g         |
| **Mid-morning** | Low-fat yogurt                                                             | 5g          |
| **Lunch**   | 1 cup pea soup                                                              | 10g         |
| **Dinner**  | Bunless hamburger  
- 3 oz ground beef patty  
- 1/4 Avocado  
- 1 tsp ketchup     | 28g         |
| **Night**   | Mixed fruit smoothie  
- 1/4 cup strawberries  
- 1/2 banana  
- 3 oz 100% orange juice  | 3g          |

68g total
Lifetime Eating Plan
Week 5 and Beyond

Low fat, protein rich regular diet: now it is time to start introducing regular food as part of a lifestyle of healthy, portion-controlled eating. Remember to be careful with what and how much you eat because your pouch can become weakened or over-distended.

**What to Do:**
- Introduce new foods one at a time to identify problem foods.
- Continue to consume 60-80 grams of protein per day.
- Include at least 5 servings of fruits and vegetables.
- Avoid liquids 30 minutes before meals and 1 hour afterwards.
- Take at least 20-30 minutes to eat each meal.

**Vitamins and Minerals:**
- Chewable multivitamin with iron (Ferrous Fumerate)
- Calcium Citrate (1,600mg per day)
- Take supplements with your largest meal of the day to maximize absorption

**Sample Day Example #1**

<table>
<thead>
<tr>
<th>Mealtime</th>
<th>Food/Liquids</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>2 scrambled egg whites</td>
<td>14g</td>
</tr>
<tr>
<td></td>
<td>2 slices of turkey bacon</td>
<td></td>
</tr>
<tr>
<td>Mid-morning</td>
<td>Low-fat yogurt</td>
<td>5g</td>
</tr>
<tr>
<td>Lunch</td>
<td>Chicken salad</td>
<td>14g</td>
</tr>
<tr>
<td></td>
<td>- 4oz white meat chicken</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- 1/2 cup romaine lettuce</td>
<td></td>
</tr>
<tr>
<td></td>
<td>- 2 tbsp light Dijon Vinaigrette</td>
<td></td>
</tr>
<tr>
<td>Afternoon Snack</td>
<td>3 tsp hummus</td>
<td>3g</td>
</tr>
<tr>
<td></td>
<td>3 oz carrots</td>
<td></td>
</tr>
<tr>
<td>Dinner</td>
<td>4 oz grilled or baked salmon</td>
<td>40g</td>
</tr>
<tr>
<td></td>
<td>¼ cup steamed spinach</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>76g total</td>
</tr>
</tbody>
</table>
### Sample Day Example #2

<table>
<thead>
<tr>
<th>Mealtime</th>
<th>Food/Liquids</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Low-fat yogurt</td>
<td>5g</td>
</tr>
<tr>
<td>Mid-morning</td>
<td>4 oz low-fat cottage cheese with pineapple (fresh or light packed in juice - not syrup)</td>
<td>11g</td>
</tr>
<tr>
<td>Lunch</td>
<td>Bunless turkey burger - 3 oz turkey patty - Mixed vegetables</td>
<td>23g</td>
</tr>
<tr>
<td>Afternoon Snack</td>
<td>Light string cheese</td>
<td>6g</td>
</tr>
<tr>
<td>Dinner</td>
<td>Taco Salad - 3 oz ground turkey - 1/2 cup romaine lettuce - 2 tbsp salsa</td>
<td>25g</td>
</tr>
</tbody>
</table>

**70g total**

### Sample Day Example #3

<table>
<thead>
<tr>
<th>Mealtime</th>
<th>Food/Liquids</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>1/2 cup low-fat cottage cheese - 1/2 cup strawberries</td>
<td>14g</td>
</tr>
<tr>
<td>Mid-morning</td>
<td>1/2 cup cut pineapple</td>
<td>0g</td>
</tr>
<tr>
<td>Lunch</td>
<td>Tuna Salad - 3 oz tuna - 1 tsp light mayo - 1/2 cup romaine lettuce</td>
<td>22g</td>
</tr>
<tr>
<td>Afternoon Snack</td>
<td>1/2 cup mixed vegetables</td>
<td>3g</td>
</tr>
<tr>
<td>Dinner</td>
<td>1/2 chicken Breast - 2 oz mixed vegetables</td>
<td>46g</td>
</tr>
</tbody>
</table>

85g

**Food for thought...** Eat with purpose. While contemplating your menu, select foods that will reflect the amount of exercise you will participate in for the day. Remember, food is energy, energy is fuel, and fuel’s purpose is to be used for activity. Plan physical activity throughout the day, even if it’s for a few minutes at a time.
### Other Meal Ideas

<table>
<thead>
<tr>
<th>BREAKFAST</th>
<th>SNACK</th>
<th>DINNER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Veggie omelet</td>
<td>Smoothie</td>
<td>Chili with ground turkey meat</td>
</tr>
<tr>
<td>- Egg whites</td>
<td>Protein shake</td>
<td>Rotisserie chicken</td>
</tr>
<tr>
<td>- Mushrooms</td>
<td>Celery with peanut butter</td>
<td>Tuna salad</td>
</tr>
<tr>
<td>- Spinach</td>
<td>Vegetables</td>
<td>Salad (Cobb, Caesar, etc with light dressing)</td>
</tr>
<tr>
<td>- Tabasco</td>
<td>Fruit peeled</td>
<td></td>
</tr>
<tr>
<td>Fruit smoothie</td>
<td>Cucumbers with hummus</td>
<td>Lentil soup</td>
</tr>
<tr>
<td>Peeled grapefruit</td>
<td>Low-fat string cheese</td>
<td>Imitation crab meat over lettuce with light dressing</td>
</tr>
<tr>
<td>Assorted cut and peeled fruits</td>
<td>Cottage cheese</td>
<td>Pot roast with vegetables</td>
</tr>
<tr>
<td>Low-fat yogurt with fresh fruit</td>
<td>Tuna</td>
<td>Turkey meatballs with marinara sauce</td>
</tr>
<tr>
<td></td>
<td>Shrimp cocktail</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Deviled eggs with light mayo</td>
<td>Fajitas (no tortilla)</td>
</tr>
</tbody>
</table>
Tips

- Continue taking vitamins
- Increase water intake
- Avoid or reduce caffeine intake
- Avoid carbonated beverages
- Eliminate beverages with high calories and sugars
- Avoid alcoholic beverages
- Eliminate fried foods, chips, cookies, bread, pasta, rice, potatoes, and candy.
- Lower carbohydrate intake
- Do not drink beverages with meals. Instead drink 30 minutes before or 1 hour after eating a meal.
- Chew food thoroughly. Recite the alphabet with each bite. It may seem tedious, but you do not want to risk getting food stuck.
- Recognize when you feel full and stop eating at that point.
- Buy small plates and utensils to help with portion control.
- Physical activity (Walking, light calisthenics) 20-30 minutes daily and protein mixed with soft vegetables, will help maintain lean body mass when losing weight.
- CAUTION: Introducing solid foods too fast can cause food to get stuck and interfere with healing.

Tips for Increasing Metabolism

- Make sure to eat throughout the day, including breakfast. By starving yourself, your body has shut down its fat-burning capacity and begins using lean tissue or muscle for energy. The result is the breakdown of lean tissue and an increase in body fat.
- Include at least 60-80 grams of protein into your menu selection daily, as mentioned previously. Protein helps build muscle and reduce the loss of muscle mass during weight loss.
- Building muscle can help increase your metabolism. Therefore, include weight-training into your exercise regimen.
- Get a good night’s sleep! Hormone levels are altered when you don’t get enough sleep, and can make you feel hungry.

For questions or concerns, please call: (310) 208-0474

If you feel you are having a medical emergency call 911 immediately!

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