



Central California Bariatric Surgery
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Checklist for Pre- Operative Planning

- 3 meals per day- do not skip breakfast, lunch or dinner
- Focus on getting a minimum 20 grams of protein per meal (approx. 3 ounces)
Women: 60-80 grams/day Men: 80-100 grams/day All LDS/DS: 80-100 grams/day
- Decrease portion size; use a food scale and measuring cups to monitor portions
- Stop all carbonated and high sugar beverages by 2 weeks before surgery
- Decrease caffeine/coffee and wean off completely by 2 weeks before surgery
- Change to herbal or caffeine free teas
- Increase water to a minimum of 64 oz. per day
- Stop all alcoholic beverages by 2 weeks before surgery
- Increase physical activity/ movement
- Decrease total sugar intake to less than 25 g. per day
- Minimize eating out to less than 1 time per week/ make healthier choices
- Find a protein drink that has a minimum of 20 g. of protein, less than 5 g. of sugar and less than 15 g. of total carbohydrates
- Practice chewing food until applesauce consistency before swallowing
- Practice 15- 20- 30: No fluids 15 minutes before eating, no fluids 20 minutes while eating and begin drinking 30 minutes after you finish eating
- Practice sipping fluids throughout the day

Goals: _____

Facebook Page: CCBS Support Group

Baritastic Code: 87168

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High Protein Foods

1 oz. = 2 tablespoons 2 oz. = ¼ cup 3 oz. = 1/3 cup 4 oz. = ½ cup 6 oz. = ¾ cup 8 oz. = 1 cup

<u>Animal Products:</u>	<u>Serving size:</u>	<u>Protein:</u>	<u>Calories:</u>
Yogurt (Oikos Triple Zero)	5 oz. (1 container)	15 g.	120
Cottage Cheese (1%)	¼ cup	7 g.	40
Cheese	1 oz.	8 g.	35 - 120
Milk (Fairlife)	8 oz.	14g.	80
Non-fat dry milk powder	1/3 cup	8 g.	80
Chicken (white meat)	1 oz.	8 g.	55
Shrimp (large 2 – 3)	1 oz.	8g.	40
Tuna/ Fish	1 oz.	7 g.	35
Turkey	1 oz.	7g.	55
Lunch meat	4 slices	10 g.	70
Hamburger (lean- ground)	1 oz.	7 g.	75
Egg (whole)	1. 5 oz.	6 g.	80
Egg Beaters	¼ cup	6 g.	30
Egg White	1	3 g.	20

<u>Vegetarian Choices:</u>	<u>Serving Size:</u>	<u>Protein:</u>	<u>Calories:</u>
Nuts	¼ cup	6 g.	160 - 200
Almond Butter (Justin/Adams)	1 TBSP	4 g.	90
Morning Star Sausage Patty	1/ 1 oz.	10 g.	80
Morning Star Hot Dog	1 dog/ 2 oz.	11 g.	80
Tempeh	1 oz.	5 g.	55
Tofu	1 oz.	5 g.	45
Seitan	1 oz.	8 g.	42

Read Food Labels

1. Total carbohydrates need to be less than 15 grams per product and meal.
2. For all foods, sugars need to be 10 grams or less.
3. Total grams of protein must be higher than total grams of sugar.

4. For all liquids, sugars need to be 5 grams or less.

If the product does not follow these 3 guidelines it's a NO. Following these 3 simple guidelines will help you stay in optimal fat loss.

No coffee (regular/decaf) for 2 weeks before and 1 month after surgery

No alcohol for 1 year after surgery

Sugar free drinks: crystal light pure, hint water, Bai water, sobe life water, vitamin water zero, Gatorade zero, herbal tea, true lemon products, skinny girl products

**Sweeten beverages with Stevia or Monk Fruit

Greek Yogurt Brands: Oikos Triple Zero, Dannon Light and Fit, Two Good

Protein supplements/shake brands: Premier Protein, Quest, Muscle Milk Lite, FairLife Core Power, Ensure MAX, Equate Performance, Pure Protein, Gold Standard, Dymatize Iso-100, Designer Whey

**Have 1-2 protein shakes each day after surgery as a snack

Limit starchy carbohydrates: all types of bread, tortilla, pasta, noodles, potato, beans, rice, quinoa, couscous, cereal, oatmeal/oats, pancakes, waffles, peas, corn, chips, crackers..

Eat more protein, vegetables, fruits, and healthy fats (avocado, olive/vegetable oil, olives, nuts) at meals

Breakfast: Greek yogurt w/ 2 TBSP walnuts and 1/2 cup fruit (or) 1/2-3/4 cup cottage cheese with 1/2 cup fruit (or) 2 boiled eggs and a cheese stick (or) 2 egg veggie omelet

Lunch: Lettuce wrap sandwich- meat w/cheese, egg salad or chicken salad (or) lettuce salad with meat and light dressing (or) leftover meat and veggies

Dinner: meat with vegetables (or) lettuce wrap hamburger (or) taco salad w/ground meat, onion, cilantro, avocado, tomato, salsa (or) zucchini noodles w/marinara sauce, meat balls (or) zucchini lasagna

Goals:

Vitamin List

Vertical Sleeve Gastrectomy		
- Bariatric specialty vitamin (see below), one tablet (or ½ serving) per day - Calcium citrate 500 mg with Vitamin D, 3 times/day	OR	- Multivitamin/multi-mineral with iron 1 serving/per day - Vitamin B-50 complex, 1 daily - Calcium citrate 500mg with Vitamin D, 3 times/day

Gastric Bypass (Roux-en-Y)		
- Bariatric specialty vitamin, 2 tablets (or 1 servings) per day - Calcium citrate 500 mg with Vitamin D, 3 times/day bariatricadvantage.com > Validation Code> Coates/Coirin	OR	- Multivitamin/multi-mineral with iron, 2 servings/per day - Vitamin B12, 500/1000 mcg/day (sublingual), once daily - Vitamin B-50 complex, once daily - Calcium citrate 500 mg with Vitamin D, 3 times/day

Duodenal Switch or Loop Duodenal Switch		
- Bariatric Advantage Advanced Multi EA, 2 tablets/day - Calcium citrate 500 mg with vitamin D, 3-4 times/day	OR	- Bariatric Complete Multivitamin, 3 tablets/day - Calcium citrate 500 mg with vitamin D, 3-4 times/day

Important Vitamin Reminders:

- Bariatric specialty vitamins are made for people who have had weight loss surgery. Some examples include Bariatric Complete, Bariatric Advantage, Bariatric Fusion and Celebrate. They can be purchased through the office or at:
 Florida Ave. Prescriptions (McHenry Medical Bldg),
 1541 Florida Ave, Modesto
 (209) 576-7277
- Must take vitamin and mineral supplements daily for life
- Calcium supplement **MUST** be **calcium citrate**
- Take multivitamin with iron 1-2 hours apart from the calcium supplement
- Chewable vitamins can be used for the first few months to improve tolerance
- Patients who are having the duodenal switch or loop must take a bariatric specialty multivitamin
- **No gummy vitamins!**

Optional Supplements: Biotin, Vitamin D3, Fish Oil, Co-Q 10, Vitamin C, Probiotic