



Texas
Laparoscopic
Consultants

Nutrition Class for Weight Loss Surgery Preparation

Lin Lin Shao, Dietitian
linlin@tlcsurgery.com
713-493-7700



[tlcsurgery](https://www.instagram.com/tlcsurgery)



Texas Laparoscopic Consultants

Topics to Cover

- Protein and Vitamin Requirements
- Pre and Post-Surgery Diet
- Complications after surgery
- Strategies for Success

❖ DO NOT LOSE THIS PACKET! It contains many answers to your questions!

❖ PLEASE USE THIS PACKET AS YOUR GO-TO NUTRITION GUIDELINES

❖ DO NOT USE GUIDELINES FOUND ONLINE OR GIVEN AT THE HOSPITAL

❖ EMAIL/CALL ME IF YOU SEE DISCREPANCIES OR HAVE QUESTIONS

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Exercise is IMPORTANT FOR WEIGHT LOSS

Start a regularly scheduled exercise routine

- 5 days a week: 30 minutes/day cardio
 - Get your heart rate up!
 - Walking, cycling, elliptical, jogging, rowing
- 2 days a week resistance training
 - Lift weights or use resistance bands
 - **Building muscle will improve your metabolism = more weight loss!**



HEALTHY NUTRITION HABITS

- Learn to grocery shop for YOUR OWN FOOD!
- Learn to prepare/pack your own meals and snacks. Limit package foods.
- Dine out less (restaurants serve larger portions, and have more calories!)
- Learn to read labels
 - **Sugar <10g per serving**
 - **Fiber >3g per serving**
 - %Daily Value: Follow the “5 and 20 Rule”
 - Nutrients near 5% is low and near 20% is high
 - Look at the sample label on the right →
 - Total Fat is 20% = very high fat food
 - Saturated Fat is 25% = also very high
 - Sodium is 19% = high in salt
- Don't drink your calories!
 - Liquid sugar = Sweet tea, soda, juices, coffee drinks, smoothies, Gatorade/sports drinks
 - For every 4g sugar = 1 tsp sugar = 1 packet sugar
- Check out www.calorieking.com for nutrition information on foods

Nutrition Facts	
Serving Size 1 package	
Amount Per Serving	
Calories 180	Calories from fat 120
	% Daily Value*
Total Fat 13g	20%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 450mg	19%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 13g	25%

Basic Food Groups

- Carbohydrates

- Best choice and lowest in calories: “Non-starchy” veggies: broccoli, carrots, cauliflower, lettuce, tomatoes, beets, zucchini, etc. No veggie juices
- Small amounts
 - Starch veggies: peas, corn, potatoes, sweet potatoes, beans, lentils
 - Grains: barley, oats, wheat (crackers, 100% whole wheat bread, wheat pasta), brown rice, quinoa
 - Fruit, any kind. No fruit juices. Limit dried fruits

- Protein

- Best choice: lean meats, low fat dairy, eggs, soy
- These contain small amounts of protein: nuts, seeds, beans, lentils

- Fat

- Best choice: olive oil, avocado oil, nuts, seeds, avocado
- Small amounts
 - Butter, coconut oil, cheese, heavy cream, cream cheese, mayonnaise, salad dressing
- Avoid trans fats = partially hydrogenated oils
 - Margarine, cake frosting, vegetable shortening

Be Aware of Your Behaviors Related to Food

Emotional Eating

- Eating to distract us from negative feelings, eating due to stress/anger/sadness/grief/boredom

Mindless Eating

- Eating while engaging in other activities. This leads to over-eating, eating beyond fullness
- Ex: Snacking out of the container during other activities (TV, driving, computer, phone)

Habitual Eating

- Automatic daily habits, trained yourself into an unhealthy routine
- Ex: Automatically turning to comfort foods in times of stress (emotional eating)
- Ex: Starbucks every morning. Vending machine snack at 3pm. Picking up fast food on the way home. Going to bed on a full stomach so you can fall asleep.

These habits can return and may lead to weight regain

- Strongly consider talking to a psychologist to discuss Cognitive Behavior Therapy/Behavior Modifications

Weight Loss Surgery does not fix these habits related to food, it does not fix emotional eating.

Medical “FYIs” Before Surgery

- Review your checklist to what else you need to complete
- **GET YOUR CPAP ON** if you have sleep apnea!
 - Low blood oxygen levels may postpone your surgery
- **STOP SMOKING!**
 - At least 1 month before surgery. And never again after surgery.
 - Risk for blood clots (**death**), poor circulation and poor healing after surgery, affects breathing under anesthesia during surgery, causes ulcers/leaks in the stomach pouch
- Get your **pre-surgery labs** completed!!
 - Did you get a lab order from us? We need to review your blood work before surgery
- Aim to lose weight before surgery
 - Do not gain!!
 - Losing some weight (>5% of your current weight) before surgery allows the surgeon to more easily operate on you, there will be less blood loss during surgery, and you will have a faster recovery

Medical “FYIs” Before Surgery

- Our office will call you when you are approved for surgery and we will help you to...
 - Schedule your surgery, tell you when to start 2 week liquid diet, and to schedule your pre-op appointment.
 - You can also call our office 713-493-7700 to check on your progress
 - Your Patient Navigator: LaShan for Dr. Scarborough, Esmeralda for Dr. Yu, Karina for Dr. Mehta
- **Pre-Op Appointment at TLC Clinic (~14days before surgery)**
 - Make a list of your medications/supplements and questions (return to work, exercise, etc.) for the surgeon to review
 - Does your diabetic medications need to be adjusted while on 2 Week Pre-Op Liquid Diet??
- **Pre-Admission Testing at your hospital (~5days before surgery)**
 - At your pre-op appointment, you will find out your assigned hospital
- **STOP HERBAL SUPPLEMENTS: 2 weeks before surgery**
 - St. John’s Wort, Black Cohosh, Milk Thistle, Melatonin, Turmeric, Ginseng, Gingko Biloba, etc.
 - Bring this list to your Pre-Op appointment for the surgeon to review
 - These can increase the chances of bleeding during and after surgery

Medical “FYIs” Before Surgery

- During off-hours, one of our surgeons is on call.
 - Please call our office **713-493-7700** and our answering service will pick up
 - They will page the surgeon to address your medical concerns
- If this is a medical emergency, please call 911
- Become familiar with a hospital nearby your home in case of emergencies.
 - It’s helpful if this hospital has a bariatric center/surgeon on staff to appropriately treat you.



Take Vitamins Before Surgery

- Start taking vitamins NOW to “vitamin load”
 - Improve current vitamin status and prevent deficiencies from occurring during *1st 2 weeks of your post-surgery liquid diet*
 - You may continue taking your own complete multivitamin (solid, not gummy) or start bariatric vitamins
 - Try out bariatric vitamin samples provided in class, you may purchase at TLC front desk or online
 - Starting today: take **minimal dose** of a Bariatric Multivitamin and Calcium
 - Bariatric Advantage Multivitamin: 1 capsule (instead of 3) or 1 chewable (instead of 2)
 - Bariatric Advantage Calcium Chews: 1 calcium (for men), 2 calcium (for women) instead of 3
- Take any other vitamins that were recommended by your PCP or based on labs
 - Consider switching to chewable/liquid so you can continue to take these after surgery
- Do not use gummy vitamins
- You can take these vitamins until the day before surgery

Take Vitamins Before Surgery – *Only for Revision Patients*

- **You already had VBG, vertical sleeve, RNY bypass, duodenal switch (DS)**
 - Take the ALL of your required bariatric vitamins
 - Bariatric Multivitamins with Iron, and 1500-2000mg Calcium “Citrate”
 - NO: gummies, patches, liquid multivitamins
- Start taking ALL YOUR VITAMINS NOW get back on track with proper nutrition
 - This will also help prevent deficiencies from occurring during the *1st 2 weeks of your liquid diet “after surgery”*
- Take any other vitamins that were recommended by your PCP or based on labs
 - Consider switching to chewable/liquid so you can continue to take these after surgery
- You can take these vitamins until the day before surgery

2 weeks before surgery: Pre-Surgery Liquid Diet

- High protein, low calorie, low carb/low sugar liquids
 - High protein: protein load for improved healing after surgery
 - Low calorie/sugar/carb: to promote additional weight loss, helps to shrink fatty liver
 - Liquids only: clean out stomach/intestines to prevent infection during surgery
 - Mental preparation for post-surgery liquid diet
- Drink both Protein Shakes and Clear liquids for **2 weeks** before surgery
 - **Required for Vertical Sleeve, Gastric Bypass, Overstitch and Loop DS/Duodenal Switch**
 - Endoscopic Sleeve Gastrectomy (ESG: only 1 week liquid diet)
- NO FOOD/ALCOHOL!!
- Drink 3-5 Protein shakes each day
- Unlimited amount of Clear liquids: At least 64oz daily

Pre-Op Liquid Diet: Protein Shakes and Clear Liquids

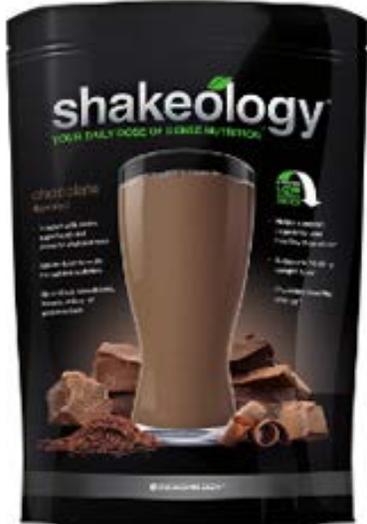
- **Protein goal 60-100grams daily**
 - 3-5 shakes daily
 - “Ready-to-drink” protein shakes or drinks
 - Protein powders
 - Mix powder with ice, water, 0%-2% milk, unsweet soymilk/nut milk
 - DO NOT USE juice/fruit/smoothies. This adds sugar, calories and bulk
- **A lot of Clear Liquids**
 - High protein diets can cause constipation and kidney stones
 - “See-through” liquids, any color
 - No caffeine (decaf OK): caffeine is a diuretic
 - No carbonated drinks (no sodas): increase pressure in chest from gas
 - Less than 50 calories per serving, Less than 5grams sugar per 8 ounces
- **DO NOT DRINK**
 - Slim Fast, Atkins, Ensure, Boost, Glucerna, Carnation Instant Breakfast, Herbalife, Shakeology, Advocare
 - These do not have enough protein, and may be too high in sugar/fat
 - Avoid Jamba Juice, Smoothie King, Gatorade, fruit/veggie juices
- If you feel nauseated
 - Try switching to WHEY ISOLATE PROTEIN (Lactose free) instead of WHEY CONCENTRATE PROTEIN
 - Or, try avoiding whey/milk, try PLANT BASED PROTEIN
 - Look for blends of pea, rice, nuts, beans, seeds
- If you get Lightheaded/Headaches, make sure you get enough:
 - +64oz water, +60grams protein
 - Drink regular (not low sodium) broth

Product Comparison – Not Bariatric Appropriate

Supplement Facts

Serving Size: 1 Scoop (42 g)
Servings Per Container: 30

Amount Per Serving	% Daily Value
Calories	160
Calories from Fat	20
Total Fat	2.5 g
Saturated Fat	1 g
Monounsaturated Fat	0.5 g
Polyunsaturated Fat	0.5 g
Cholesterol	5 mg
Total Carbohydrate	17 g
Dietary Fiber	6 g
Sugars	7 g
Protein	17 g



Nutrition Facts

Serving Size 1 Bottle (11 fl oz)

Amount Per Serving

Calories 180

Total Fat 9g

Saturated Fat 1.5g

Trans Fat 0g

Cholesterol 10mg

Sodium 190mg

Potassium 790mg

Total Carbohydrate 6g

Dietary Fiber 5g

Sugars 1g

Protein 20g



Nutrient Data

Amount Per Serving

Calories: 160

Calories from Fat: 20

Total Fat, g: 2

Saturated Fat, g: 0.5

Trans Fat, g: 0

Cholesterol, mg: 20

Sodium, mg: 180

Potassium, mg: 330

Total Carbohydrate, g: 19

Dietary Fiber, g: 1

Sugars, g: 4

Protein, g: 16



Nutrition Facts

Serving Size 11 FL OZ (325 mL)

Amount Per Serving

Calories 160

Total Fat 10g

Saturated Fat 3g

Trans Fat 0g

Cholesterol 10mg

Sodium 300mg

Potassium 680mg

Total Carbohydrate 6g

Dietary Fiber 4g

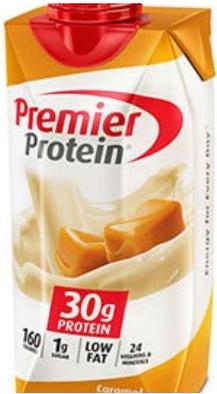
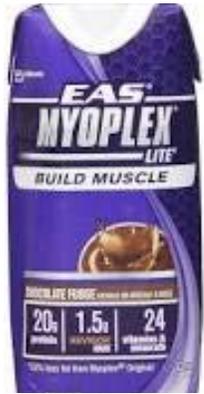
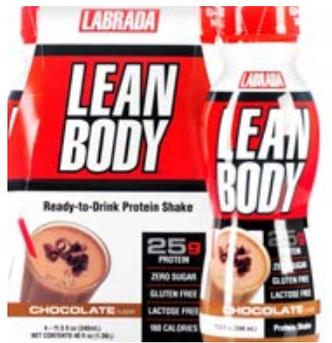
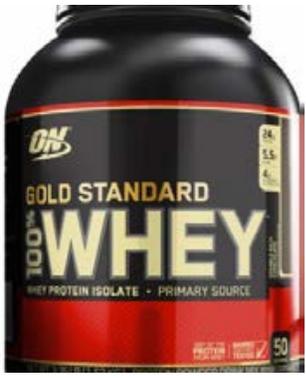
Sugars 1g

Protein 15g



Pre-Op Protein Shake Options

>20 grams protein, <5 grams sugar, <5 grams fat, <250 calories per shake

<p>Whey Concentrate (contains milk and lactose)</p>				
<p>Whey Isolate (still has milk, but is lactose free)</p>	 			
<p>Plant Based Protein (no milk and lactose free)</p>				

Plant Based Protein (milk free)

Look for protein with multiple food sources, not just 1 ingredient



1 scoop
170calories
9g fiber
21g protein
Protein
source: Pea,
algae, millet,
lentil, flax,
chia



1 scoop
150calories
3g fiber
30g protein
Protein
source:
Pea,
pumpkin
seed,
sunflower
seed, alfalfa



1 scoop
100calories
1g fiber
20g protein
Protein
source: pea,
hemp, goji
berry



1 scoop
120calories
7g fiber
20g protein
Protein source:
Pea, brown rice,
amaranth, buckwheat,
millet, quinoa, chia, adzuki
beans, flax, garbanzo
beans, lentils, pumpkin
seeds, sesame seeds,
sunflower seeds

Non-Milky/Creamy Protein Supplements



Premier Protein Drink
16oz, 90 calories
20g protein
1g carbs
Whey protein isolate
Sucralose
www.premierprotein.com



Nectar Protein Powder
1 scoop = 23g protein
25 calories, 0g sugar
Acesulfame-K, Sucralose
Whey protein isolate
Many fruity flavors
www.bariatricadvantage.com



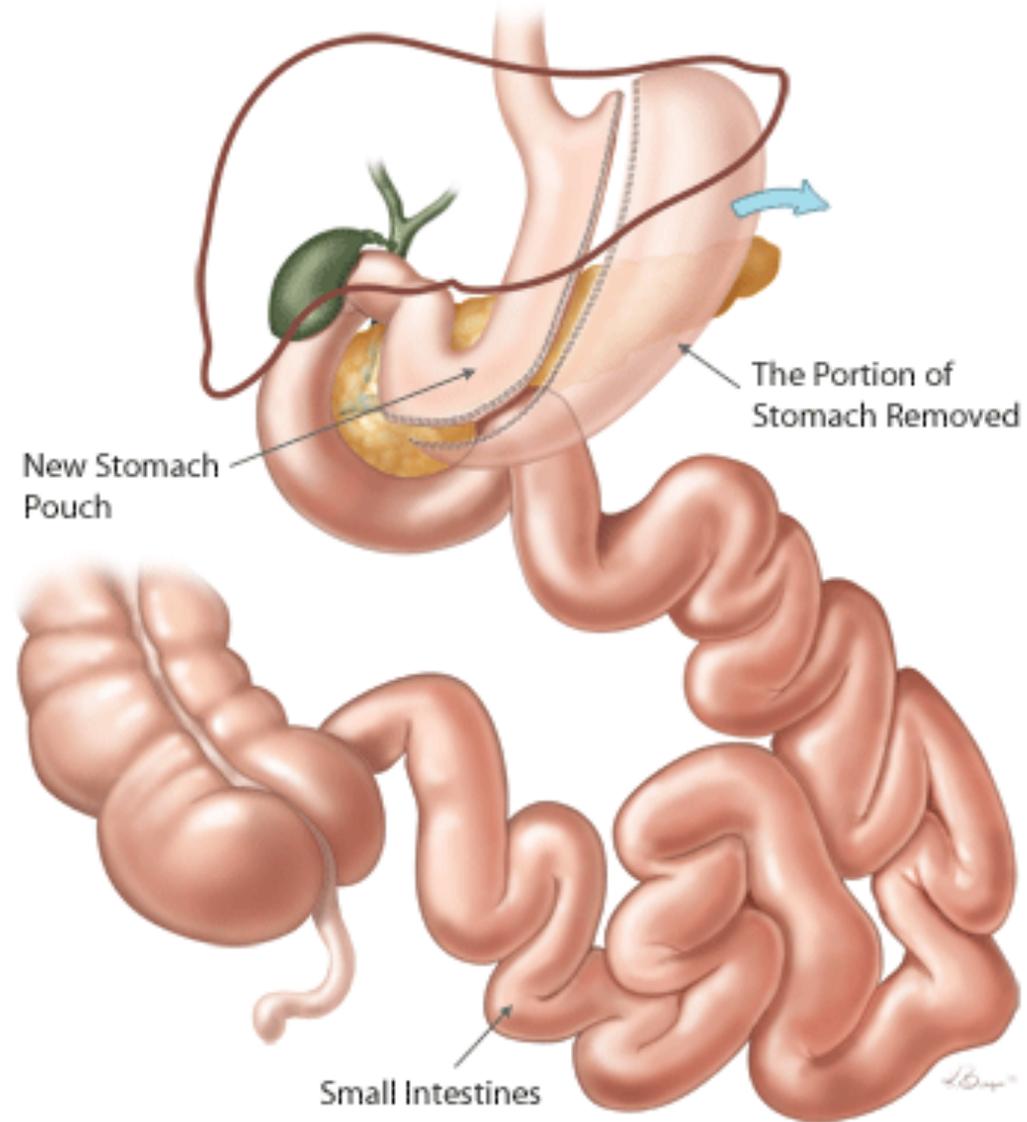
Isopure Zero Carb Protein Drink
20oz, 160 calories
40g protein
0g carb
www.isopurecompany.com

Pre-Op Clear Liquid Options

<50 calories, <5 grams sugar per 8 ounces, 64oz or more!



Vertical Sleeve Gastrectomy (VSG)



Vertical (Laparoscopic) Sleeve Gastrectomy (VSG or LSG)

Advantages

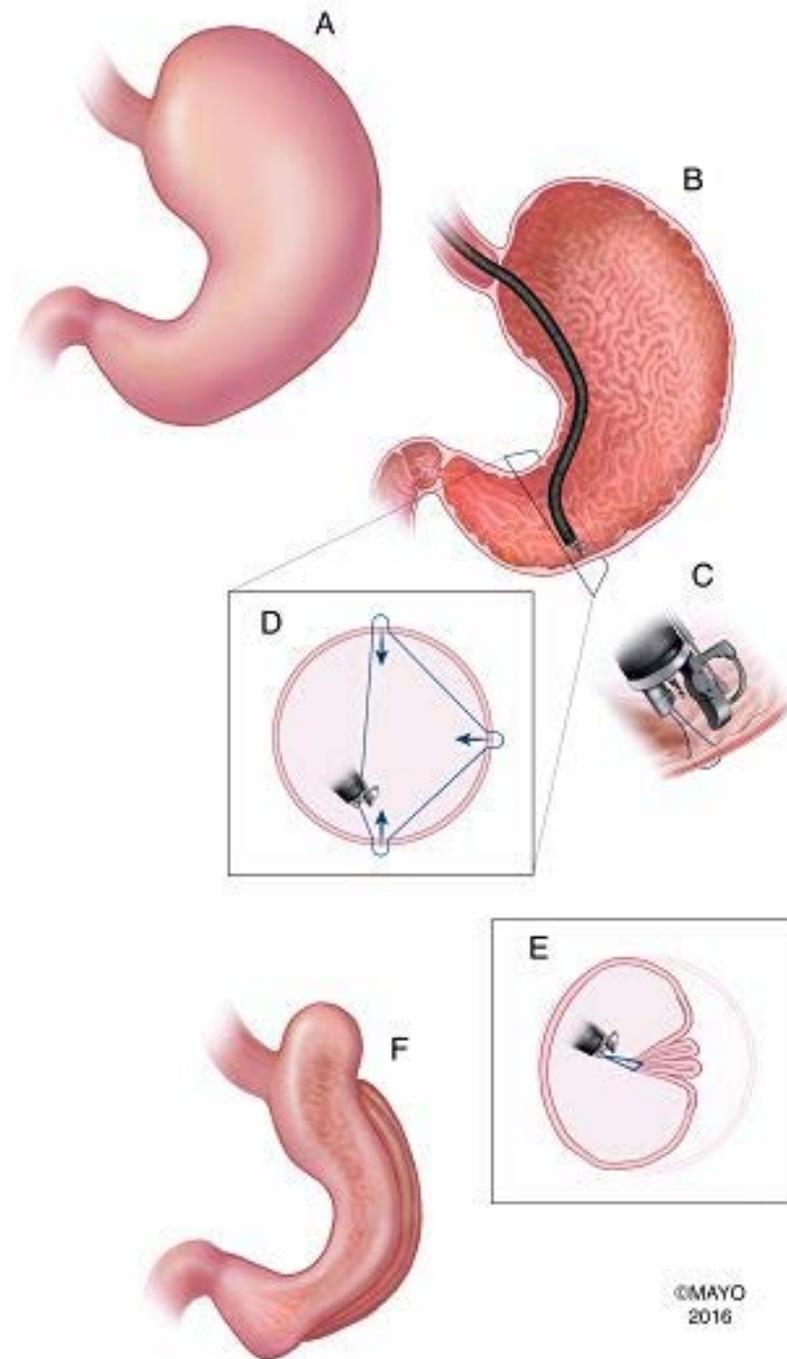
- Restricts the amount of food the stomach can hold
- Induces rapid and significant weight loss that comparative studies find similar to that of the Roux-en-Y gastric bypass. Weight loss of >50% for 3-5+ year data, and weight loss comparable to that of the bypass with maintenance of >50%
- Requires no foreign objects (band), and no bypass or re-routing of the food stream (RYGB)
- Involves a relatively short hospital stay
- Causes favorable changes in gut hormones that suppress hunger, reduce appetite and improve satiety

Disadvantages

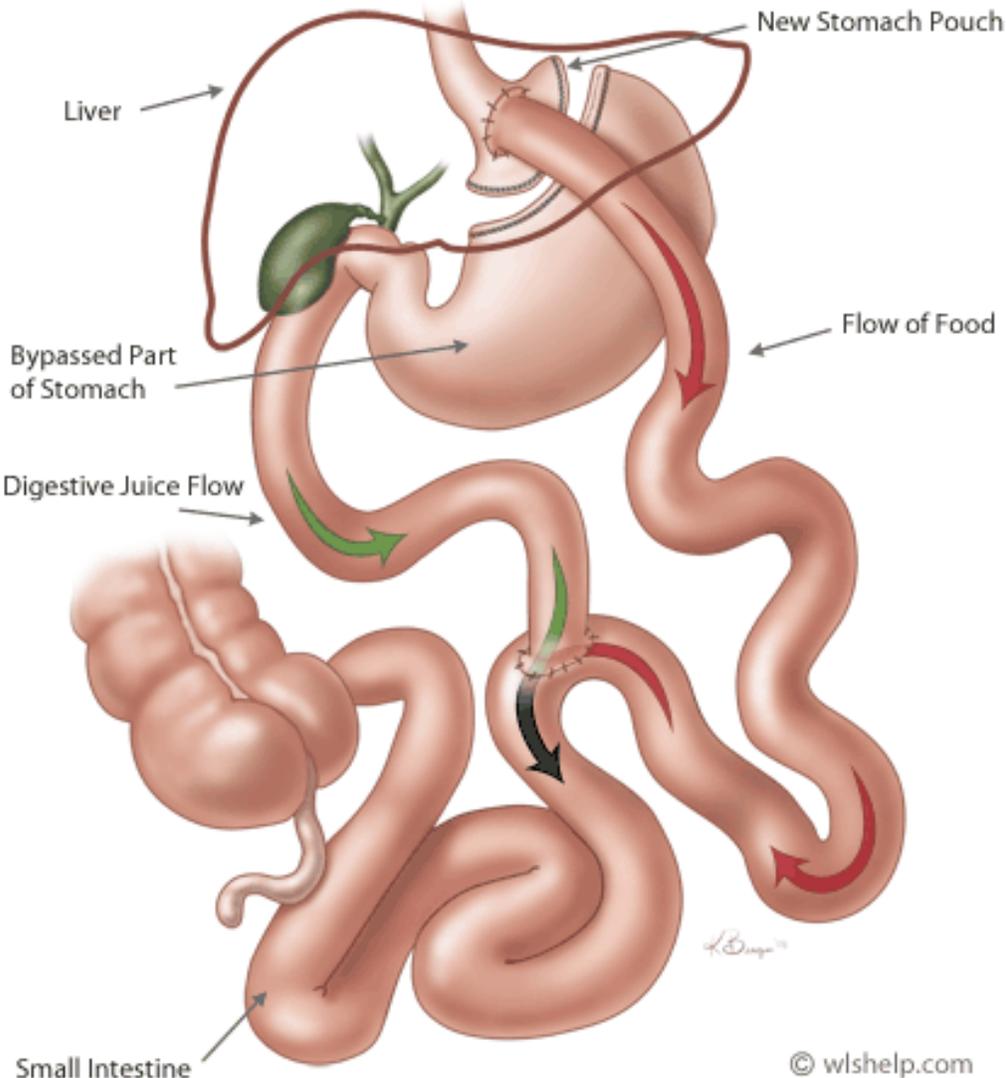
- Is a non-reversible procedure
- Has the potential for long-term vitamin deficiencies
- Has a higher early complication rate than the band

Endoscopic Sleeve Gastrectomy (ESG)

- 1 week pre-op liquid diet (not 2)
- Day surgery (will go home same day)
- Follow same vitamin and diet guidelines



Roux-en-Y Gastric Bypass (RYGB)



Roux en Y Gastric Bypass (RYGB)

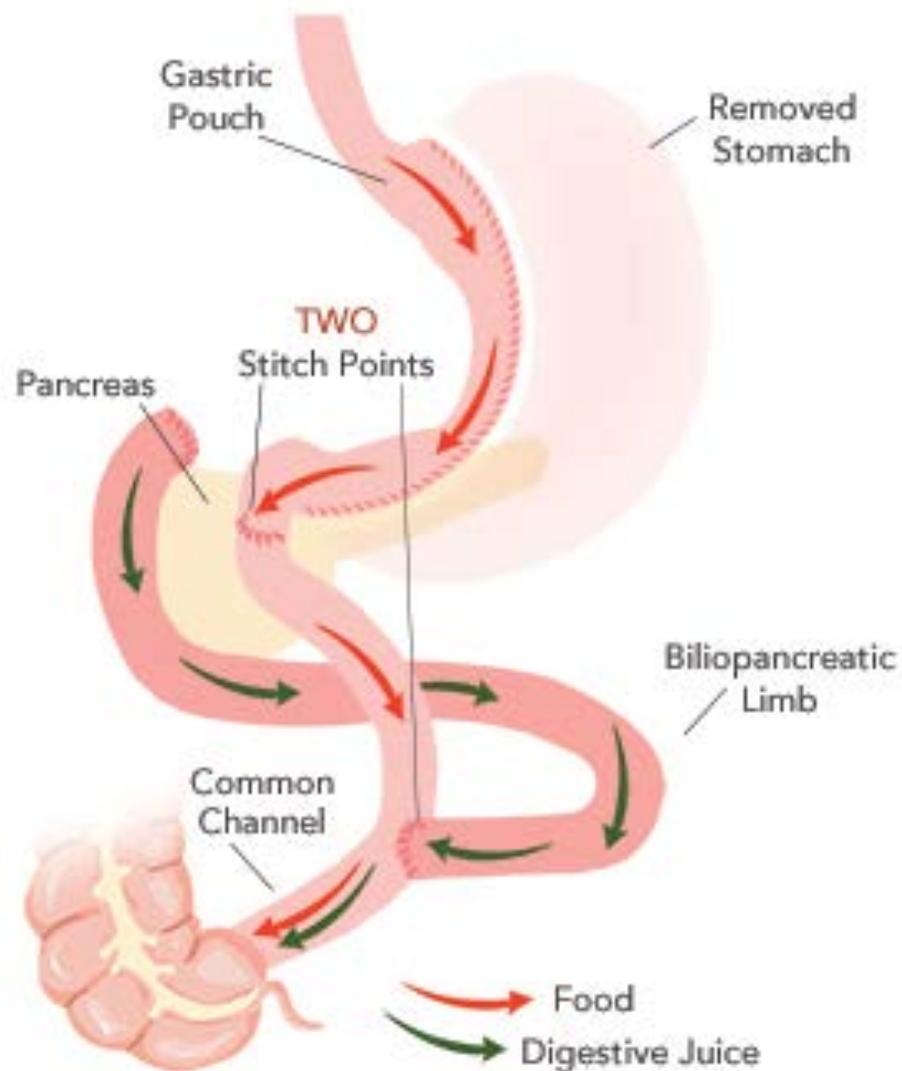
Advantages

- Produces significant long-term weight loss (60 to 80% excess weight loss)
- Restricts the amount of food that can be consumed
- May lead to conditions that increase energy expenditure
- Produces favorable changes in gut hormones that reduce appetite and enhance satiety
- Typical maintenance of >50% excess weight loss

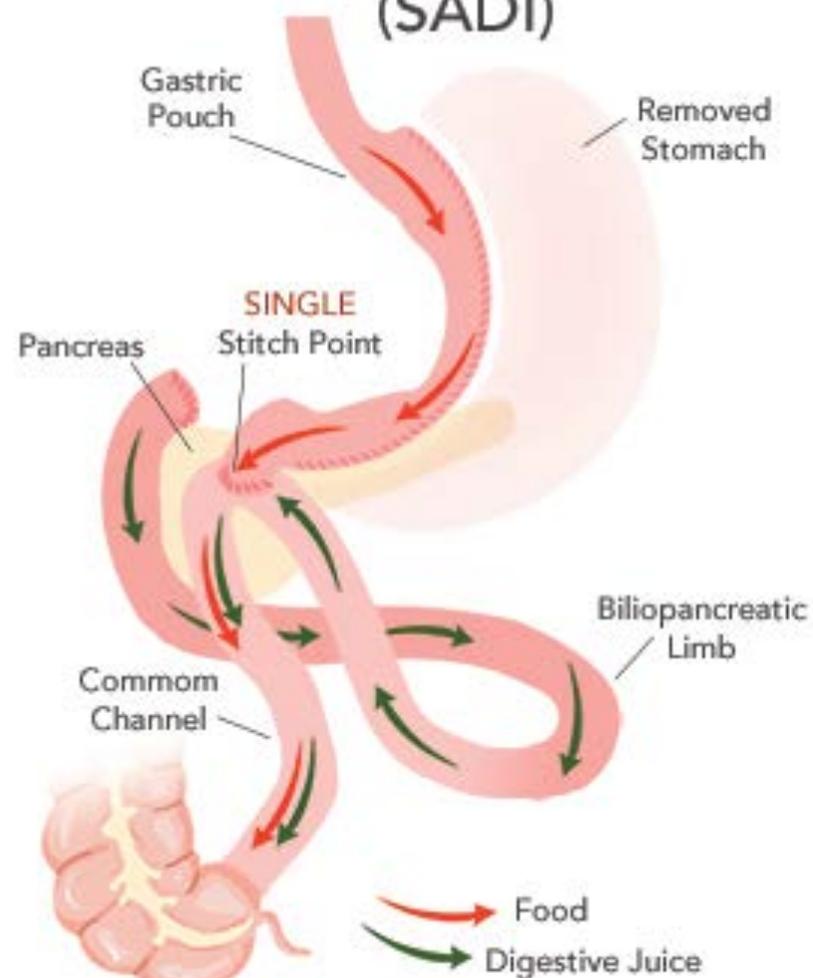
Disadvantages

- Is technically a more complex operation than the band or LSG and potentially could result in greater complication rates
- Can lead to long-term vitamin/mineral deficiencies particularly deficits in vitamin B12, iron, calcium, and folate
- Requires adherence to dietary recommendations, life-long vitamin/mineral supplementation, and follow-up compliance

Duodenal Switch (DS)



Single Anastomosis Duodeno-Ileal (SADI)

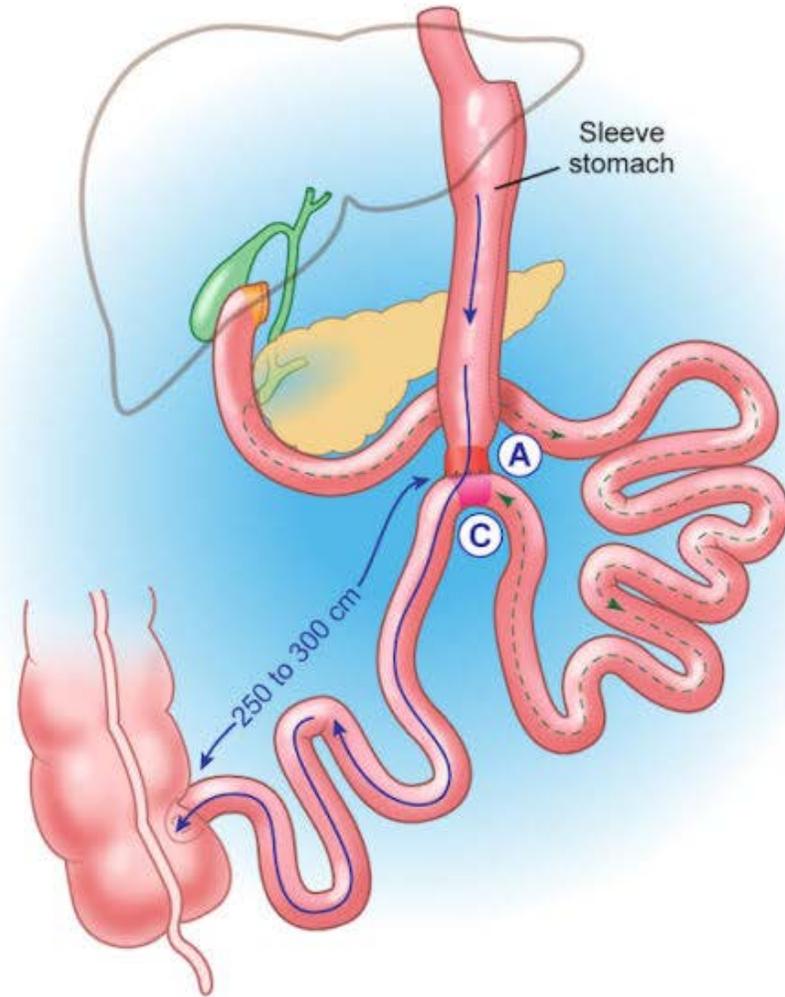
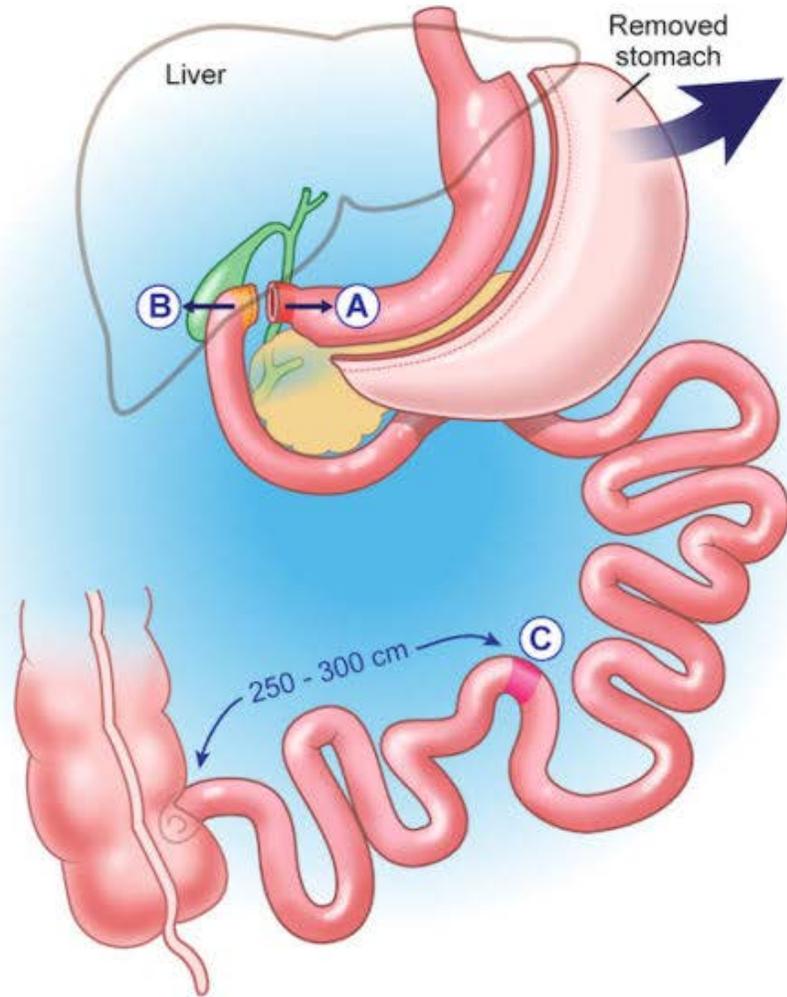


SADI VS DS

SADI has a single stitch point compared to two on the DS. The SADI also has a 250 to 300cm Common Channel compared to 100cm on the DS.

Loop Duodenal Switch

SADI-S: Single Anastomosis Duodeno-Ileal Bypass with Sleeve



Duodenal Switch

Advantages

- Results in greater weight loss than RYGB, LSG, or band, i.e. 60 – 70% percent excess weight loss or greater, at 5 year follow up
- Allows patients to eventually eat near “normal” meals
- Reduces the absorption of fat by 70 percent or more
- Causes favorable changes in gut hormones to reduce appetite and improve satiety
- Is the most effective against diabetes compared to RYGB, LSG, and band

Disadvantages

- Has higher complication rates and risk for mortality than the band, LSG, and RYGB
- Has a greater potential to cause protein deficiencies and long-term deficiencies in a number of vitamin and minerals, i.e. iron, calcium, zinc, fat-soluble vitamins such as vitamin D
- Compliance with follow-up visits and care and strict adherence to dietary and vitamin supplementation guidelines are critical to avoiding serious complications from protein and certain vitamin deficiencies

After Surgery Vitamins Requirements

- Take vitamins with food (take them when you start the pureed phase – Day 15)
- Spread out all your vitamins; Do not take them all together!!
 - Keep doses at least 2 hours apart
 - May cause nausea, stomach aches, or burps if taken all at once
 - May cause mal-absorption of nutrients
 - Iron and Calcium need to be kept separate, at least 2 hours
 - Avoid using caffeine (coffee, ice tea, green/black tea) and dairy (protein shakes, yogurt, milk) with Iron
 - Phytates block absorption of iron, calcium and zinc (grains, beans, nuts, potatoes)
 - Consider soaking and “sprouting” these foods to break down phytic acid
- For 3 months post-surgery, all vitamins need to be in this form:
 - Chewable or Liquid
 - Crushed tablet (or cut into small size to fit through a drinking straw)
 - Approved capsule (designed for weight loss surgery)
 - These are designed to ***dissolve quickly*** upon contact with heat and moisture
 - **NOT RECOMMENDED**
 - Vitamin patches, “one a day” vitamins, liquid multivitamins (Tespo), pre-natals, children’s vitamins, soft gels (fish oil, Vitamin D, etc.), hard tablets
 - NO GUMMIES OR GUMBALLS

Bypass/Sleeve/DS Vitamins Requirements

- All vitamins that you are required to take, are for MAINTENANCE (to stay at normal levels)
 - If you are low in other vitamins, you will need to take additional amounts until you re-draw labs at 3 months post-surgery
 - Ex: Low Vitamin D? You will need to take extra Vitamin D until we re-check your levels
 - Anemic? You will need to take extra Iron in addition to what is provided already in your MV
 - Vitamin D/Fish Oil will need to be liquid/chewable for at least 3 months
 - Our TLC front desk offers chewable Vitamin D and a high potency liquid fish oil
- Don't like the taste of Bariatric Advantage or it is too expensive?
 - CelebrateVitamins.com is another appropriate brand to choose
 - CALL ME and I'll help you find an appropriate alternative
 - Not all "bariatric" advertised vitamins are good quality and may not contain everything you need!
 - Refer to next slide to see what you should look for in an appropriate "Bariatric Multivitamin"
 - Be careful when you buy vitamins at GNC, Vitamin Shoppe, Walmart, CVS, etc.
 - You may end up buying the wrong items!
 - Still unsure if you bought the correct one? Take a picture and email me! linlin@tlcsurgery.com

Bypass/Sleeve/Loop DS Vitamin Requirements

- **1. Complete Multivitamin EVERYDAY, FOREVER!**
 - Preferably **“Bariatric” type**
 - +12mg B1 (Thiamin)
 - +800mcg folic acid
 - 5,000-10,000IU Vitamin A
 - +15mg Vitamin E
 - 90-300mcg Vitamin K
 - 8-22mg Zinc (>100%)
 - 1-2mg Copper (>100%)
 - 1 mg Cu for every 8-15mg Zn
 - Selenium, Chromium
 - You may need to take 2-3 pills to provide 200%
 - **NO GUMMIES!!!**
 - **Chewable/approved capsule for 1st 3 months**
- **2. B12**
 - Over the counter Sublingual (350-500 mcg/day)
 - Rx Nascobal Nasal spray (500 mcg/week)
 - Rx Intramuscular injection (1,000 mcg/month)
- **3. Calcium “Citrate” (not carbonate)**
 - Citrate is less likely to form calcium stones
 - Bypass/Sleeve: 1,500 mg/day (500mg x3)
 - Loop DS: 2000mg/day (500mg x4)
 - Separate each dose
 - 500mg at each dose
 - Take with food
 - Keep separate from Iron
 - *Take 2 hours apart from Iron (or MV with Iron)*
 - Calcium from food counts too!
- **4. Vitamin D3**
 - 3,000 to 5,000 IU daily
- **5. Iron**
 - Bypass/Loop DS: 40-65mg per day
 - Sleeve
 - 40-65mg day menstruating/anemic
 - 0-18mg for non-anemic men/women, post-hysterectomy
 - Take with food
 - May cause constipation/teeth staining
 - *Avoid take with caffeine/dairy/calcium*

Gastric Bypass Vitamins

- **Ultra Multi with Iron:**
 - Swallow 3 capsules/day
- OR -
- **Advanced Multi EA (Enhanced Absorption):**
 - Chew 2 tablets/day
- Both options include
 - complete multivitamin
 - 1000mcg B12
 - 3000IU Vitamin D
 - 45mg Iron
- **Still need Calcium Chewy Bites**
 - 1500mg Calcium Citrate
 - 500mg x 3 daily
 - Keep calcium 2 hours apart from your multivitamin



Duodenal Switch/Loop DS Vitamins

- **Ultra Multi with Iron:**
 - Swallow 3 capsules/day
- OR -
- **Advanced Multi EA (Enhanced Absorption):**
 - Chew 2 tablets/day
- Both options include
 - complete multivitamin
 - 1000mcg B12
 - 3000IU Vitamin D
 - 45mg Iron
 - 10,000IU Vitamin A
 - 30IU to 150IU (at least 15mg) Vitamin E
 - 300mcg Vitamin K
- **Still need Calcium Chewy Bites**
 - 2000-2500mg Calcium Citrate
 - 500mg x 4-5 daily
 - Keep calcium 2 hours apart from your multivitamin
 - Food counts too!



Sleeve Vitamins

Menstruating or Anemic Men/Women

- **Ultra Multi with Iron:**
 - Swallow 3 capsules/day
- OR -
- **Advanced Multi EA (Enhanced Absorption):**
 - Chew 2 tablets/day
- Both options include
 - complete multivitamin
 - 1000mcg B12
 - 3000IU Vitamin D
 - 45mg Iron
- **Still need Calcium Chewy Bites**
 - 1500mg Calcium Citrate
 - 500mg x 3 daily
 - Keep calcium 2 hours apart from your multivitamin



Sleeve Vitamins

Non Anemia Men or
Post-Hysterectomy/Non Anemic Women

- **Bariatric Advantage Ultra Multi WITHOUT Iron**
 - Swallow 3 capsules/day
- OR -
- **“Celebrate Vitamins” MV Soft Chews**
 - Chew 2 squares/day
 - Does not contain iron
- Both options include
 - complete Multivitamin
 - 500-1000mcg B12
 - 3000IU Vitamin D
 - No Iron
- **Still need Calcium Chewy Bites**
 - 1500mg Calcium Citrate
 - 500mg x 3 daily
 - Keep calcium 2 hours apart from your multivitamin



Do you know which vitamins you need??

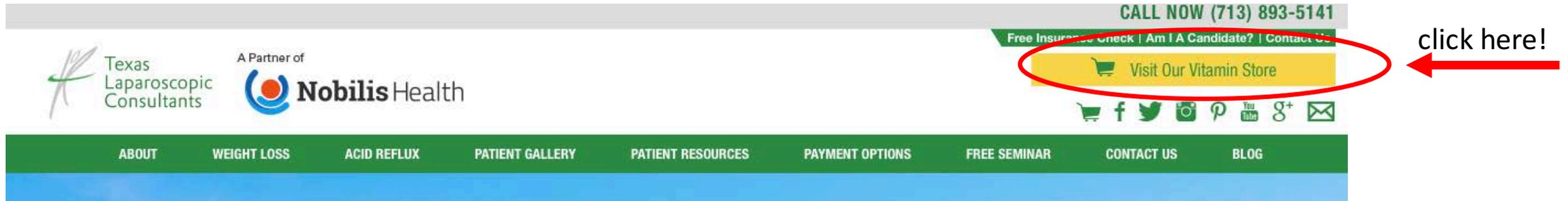
Surgery Type	Multivitamin: Choose One	And also get a bag of Calcium
<p>Gastric Bypass</p>	<p>Ultra Multi with Iron x 3 - or - Advanced Multi EA x 2</p>  	<p>Calcium Chewy Bites x 3</p> 
<p>Duodenal Switch</p>	<p>Ultra Multi with Iron x 3 - or - Advanced Multi EA x 2</p>  	<p>Calcium Chewy Bites x 4-5</p> 
<p>Sleeve (Menstruating/Anemic)</p>	<p>Ultra Multi with Iron x 3 - or - Advanced Multi EA x 2</p>  	<p>Calcium Chewy Bites x 3</p> 
<p>Sleeve (Non-Anemic Men, Post Hysterectomy)</p>	<p>Ultra Multi WITHOUT Iron x 3 - or - Multivitamin Soft Chew x 2</p>  	<p>Calcium Chewy Bites x 3</p> 

Sample Vitamin Schedule

Choose either Option A (capsule), Option B (chewable) or Option C (soft chew)

Time	Breakfast	Mid-Morning	Lunch	Mid-Afternoon	Dinner	Bedtime
Option A	Bariatric Advantage Ultra Multi Capsule Multivitamin (with or without Iron)	Bariatric Advantage Calcium Chewy Bites 500mg	Bariatric Advantage Ultra Multi Capsule Multivitamin (with or without Iron)	Bariatric Advantage Calcium Chewy Bites 500mg	Bariatric Advantage Ultra Multi Capsule Multivitamin (with or without Iron)	Bariatric Advantage Calcium Chewy Bites 500mg
Option B	Bariatric Advantage Advanced Multi EA Chewable Tablet (contains Iron)	Bariatric Advantage Calcium Chewy Bites 500mg	Bariatric Advantage Advanced Multi EA Chewable Tablet (contains Iron)	Bariatric Advantage Calcium Chewy Bites 500mg	Bariatric Advantage Calcium Chewy Bites 500mg	
Option C	Celebrate Multivitamin Soft Chew (without iron)	Bariatric Advantage Calcium Chewy Bites 500mg	Celebrate Multivitamin Soft Chew (without iron)	Bariatric Advantage Calcium Chewy Bites 500mg	Bariatric Advantage Calcium Chewy Bites 500mg	

Check out our E-Store at www.tlcsurgery.com



E-Store

Home Bariatric Surgery / E-Store

Weight Loss Surgery is the beginning of a new lifestyle, and your weight loss journey doesn't end after your procedure. Many patients experience rapid weight loss after surgery, and it is very important to adhere to the dietary plan and nutrition guidelines that are provided by our team. Following these medical recommendations will allow you to create lifelong healthy habits to support sustainable weight loss success.

At Texas Laparoscopic Consultants, a partner of Nobilis Health, as part of our commitment to comprehensive care, we offer a range of nutritional supplements, high quality vitamins and exclusive diet plans. By offering these products to our patients, we enable them to get the tools they need for safe and effective weight loss after surgery, and beyond. Get the vitamins and supplements for your healthy lifestyle from a trusted source.

To see our selection of Bariatric Supplements click on one of the options below:



- For a direct link to our recommended vitamins, go to our website: www.tlcsurgery.com
- Click on the yellow box “Visit Our Vitamin Store”
This will bring to our E-Store page
- Select Bariatric Advantage or Celebrate Vitamins for TLC’s recommended weight loss surgery vitamins
- You may also go directly to each company’s website
 - www.BariatricAdvantage.com
 - Enter our validation code: TLC
 - Sign up for Auto Refill Orders, with 10% off first order
 - www.CelebrateVitamins.com
 - Sign up for Auto Ship Orders, with 10% off all orders

Additional Supplements if needed

- Bariatric Advantage Vitamin D3 Chewable Gels
 - 1 gel = 10,000IU. Take 1 gel daily, or 1 gel every other day to get 5,000IU
- BariMelts D3 1 tablet = 5,000IU www.barimelts.com
- Bariatric Advantage Iron
 - 29mg Chewable Iron Passion Fruit: Carbonyl iron and ferrous fumarate
 - 60mg Chewable Iron Lemon Lime: Carbonyl iron
- Vitron C tablet 65mg Carbonyl Iron www.vitronC.com
- Nordic Naturals Omega 3 Fish Oil
 - ProOmega 2000D 2 soft gels = 2000mg Omega 3
 - ProOmega 2000 Jr chewable 2 soft gels = 1042mg Omega 3
 - ProOmega-D Xtra 1tsp = 2925mg Omega 3
 - Sold at TLC clinic; www.nordicnaturals.com; Whole Foods/Sprouts/Vitamin Shoppe/Amazon
- Barlean's liquid "Fish Oil Omega Swirl" 2tsp = 720mg Omega 3
 - Available at most HEB grocery stores; www.barleans.com; Amazon
- Bariatric Advantage B50 Complex capsule and 1000mcg B12 melting tablets
- Wellesse Liquid Calcium 3 Tbs = 1500mg Calcium Citrate Walgreens, www.vitacost.com
- CitraCal Calcium Citrate Petites (any drugstore)
 - Will need to crush tablets
 - 6-8 "petite" tablets = 1400-1600mg Calcium Citrate

Bariatric Advantage

Chewable Gel

Vitamin D₃

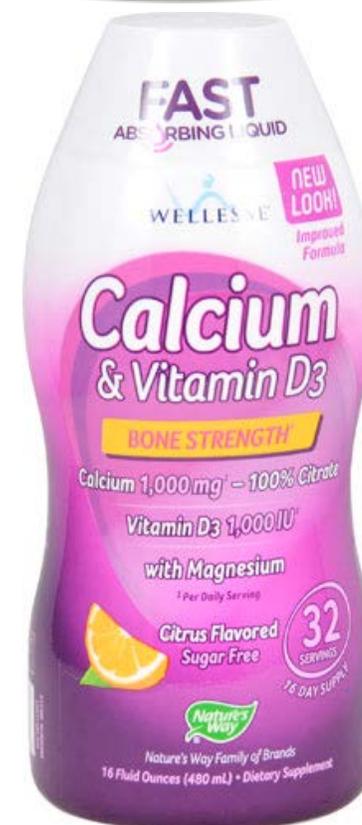
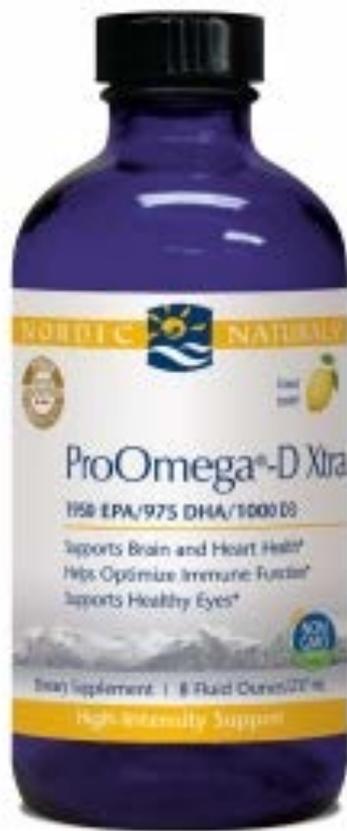
10,000 IU



Lemon
naturally flavored

Dietary Supplement

30 CHEWABLE GELS



2 Month Post-Surgery Diet Progression

- You have a new stomach, you are learning how to eat again
- Your taste buds may change so use seasonings carefully
- Purpose: Gradually introduce different textures until back to eating solid food
- **DO NOT SELF ADVANCE DIET/DO NOT RUSH THE DIET**
 - Causes unnecessary pain and leaks in your staple line
 - Examples: Clear liquid phase – Patient ate fajitas and kielbasa sausage. Ended back in the hospital.
Full liquid phase – Patient ate steak because he was cooking for his family. His wife called 911 because patient thought he was having a heart attack (chest pain).
- Day 1 - 2: Clear liquids – focus on hydration
- Day 3 - 14/Week 1-2: Full liquids – start protein shakes and soups
- Day 15/Week 3 - 4: Pureed – start vitamins, “baby-food” texture
- Week 5 - 6 Soft, chopped meats and cooked veggies
- Week 7 - 8: Chopped Solids (Maintenance Stage)
- During these 2 months: **AVOID RESTAURANTS (large portions, high sugar, high calorie)**

AVOID RESTAURANTS during your 2 month post-surgery diet.

Nutritional Facts:

		% Daily Value
Calories	280	
Total Fat	13g	
Saturated Fat	7g	
Trans Fat	0g	
Cholesterol	50mg	
Sodium	910mg	
Total Carb	35g	
Dietary Fiber	4g	
Sugars	16g	
Protein	6g	

Calories 290	
Total Fat 1g	1%
Saturated Fat 0g	1%
Trans Fat 0g	0%
Cholesterol 20mg	7%
Sodium 110mg	4%
Total Carbohydrates 54g	54%
Dietary Fiber 3g	14%
Sugar 45g	
Protein 17g	



280
calories

Vegetarian Creamy Tomato Soup



4grams of sugar = 1 tsp = 1 packet of sugar

Diet Calendar

Fill in your own days so you can see when you should progress to the next diet phase

2 week Pre-Surgery Liquid Diet	Protein shakes and clear liquids only					
Surgery Day! Day 1 Clear liquids	Day 2 Clear liquids	Day 3 Full liquids	4	5	6	7
8	9	10	11	12	13	14
Day 3-14: Protein shakes, soups, yogurt and pudding, no vitamins yet						
Day 15 Week 3-4 Pureed Start vitamins	16	17	18	19	20	21
Day 15-28: mashed eggs, fish, beans; oatmeal, applesauce, vitamins						
22	23	24	25	26	27	28
Week 5-6 Chopped Soft Solids	2 weeks of chopped, soft meats, cooked veggies, peeled fruits					
Week 7-8 Chopped Solids	2 weeks of different kinds of chopped meats, chopped raw veggies, fruits with peel					

Day 1-2: Clear Liquids

- Day 1: Day of surgery. When you wake up after surgery, nurses will bring clear liquid tray
- 2-4 Tablespoons every 15 minutes; **Start slow and take small sips all day long**
 - Vertical sleeve, gastric bypass, duodenal switch: plan to stay overnight
 - ESG: you should be discharged home same day as surgery day
- Day 2: Go home. Resume clear liquids at home. Consider using medicine cup to pace yourself.
- Aim for +64oz low calorie fluids per day. Same clear liquids as the “pre-surgery clear liquids”
- Clear/See-through, <50calories and <5grams sugar
 - No Caffeine. OK decaf coffee/tea, herbal tea. No creamer
 - Caffeine: diuretic, irritating to ulcers, may cause acid reflux, blocks Iron absorption
 - No carbonation/no straws
 - Chest pain from trapped air/gas
 - NO GATORADE/G2 (too much sugar)
 - No protein shakes/vitamins/solid food!!!



Day 3-14: Full (Thick/Milky/Opaque) Liquids

- **Hydration goal: 64oz**

- Still sipping all day long
- Carry water/low calorie drink at all times
- Decaf coffee and tea
 - Fat free creamer and sugar substitute OK!
- No straws, no sodas

- **Protein goal: +40-60grams/day**

- Resume drinking protein shakes

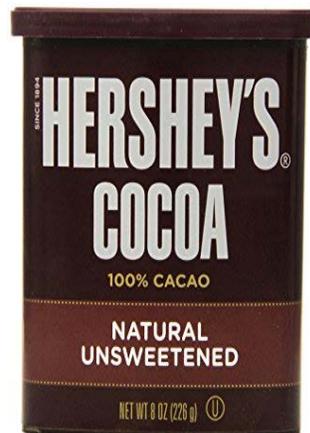
- Protein supplement

- +20grams protein, less than 5grams sugar, less than 250calories
- Ready-to-Drink protein shakes: Premier, LaBrada Lean Body, Muscle Milk, etc.
- Protein Powders: Isopure, Bariatric Advantage, 100% Whey, etc.
 - Blended with ice, water, 0-2% milk/unsweetened soy/nut milk
 - Do not add fruit or juice, do not make smoothies



Flavorful Protein Shakes

- OK to mix in:
 - 2% milk, unsweet soy milk, unsweet nut milks
 - Spices and extracts, unsweet cocoa powder
 - PB2 (low fat peanut butter powder), sugar free syrup, decaf coffee crystals
- NOT OK to mix in (adds extra calories, fat and sugar)
 - Blended fruits to make smoothies, juice
 - Nut butter, avocado



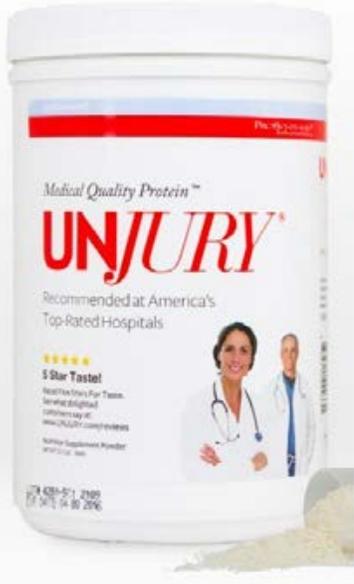
Day 3-14: Full Liquids (continued)

- ¼ to ½ cup per meal, 5-6x day (or less)
- *Smooth* and Low Fat Soups
 - Smooth soups in a box
 - Less than 10g sugar per serving
 - V8 Vegetable Juice is a lower sugar option than tomato soup
 - Low fat cream soups
 - Strain out any bits and chunks
 - Look for <5% total fat
 - Example: Campbell's 98% FAT FREE cream soups
- Homemade pureed veggie soups, *strained*
 - Pureed cauliflower/butternut squash/pea, etc.
 - Seasonings as tolerated
 - Add whole milk or a dollop of plain Greek yogurt for protein
- *Smooth* Yogurt/Sugar Free Pudding
 - No fruit pieces. Choose flavors like vanilla, lemon, etc.
 - Preferably Greek style for extra protein
 - Oikos Triple Zero Greek yogurt, Yoplait Greek 100
 - Check the label!! Keep sugar less than 10grams



Unflavored Protein Powders

Mix into foods/liquids to add a boost of protein



Unjury.com
TLC Clinic
21g protein
90calories
(recipes online!)



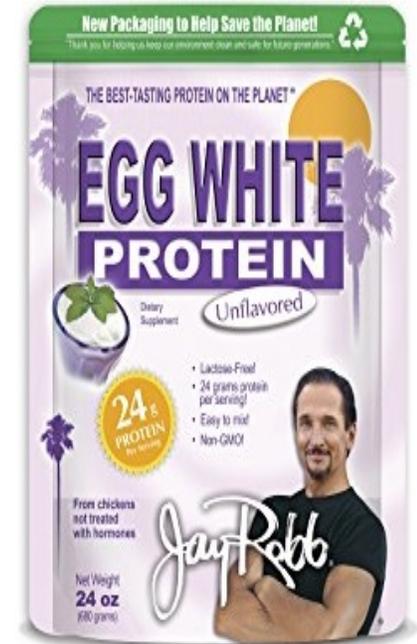
BariatricAdvantage.com
TLC Clinic
20g protein
80calories



Beneprotein
NestleNutritionStore.com
Walgreens
1scoop (1.5Tbs)
6g protein
25calories



Isopure
GNC
Vitamin Shoppe
25g protein
100calories



Egg White Protein
JayRobb.com
HEB, Sprouts
25g protein
115calories

JELL-O® (HIGH PROTEIN)

INGREDIENTS

- 2 Packets or 2 Scoops UNJURY® Unflavored
- 1 Package JELL-O® mix, any flavor (use Original)
- 2 Cups Water

INSTRUCTIONS

1. Follow package directions for dissolving the JELL-O in 1 cup of boiling water.
2. After dissolving, set aside to cool for 3 to 5 minutes.
3. In a different bowl, measure 1 cup of cold water.
4. Add 2 scoops of Unflavored UNJURY to the cold water, one scoop at a time, stirring slowly to dissolve.
5. Stir the UNJURY and water mixture into the dissolved JELL-O.
6. Chill quickly. The protein will settle somewhat to create a smooth cloud at the bottom, but the taste will remain unchanged.





ORIGINAL CHICKEN SOUP

INGREDIENTS

- 1 Packet or 1 Scoop UNJURY® Chicken Soup Flavor
- 1 Cup Water

INSTRUCTIONS

1. Heat the water to 140° F.
2. Add UNJURY to the water.
3. Stir until smooth.

*Do not mix protein powder into boiling or very hot liquids. This will cause protein powder to clump. Let liquid cool down slightly, then mix in protein powder

Full Liquid Phase Recipe High Protein Creamy Soup

Makes ~2 servings

- 1 can of Campbell's 98% FAT FREE cream soups (mushroom, chicken, celery, etc.)
- ½ cup low fat milk
- 1 scoop Unflavored protein powder

How to make it:

1. Heat soup until cooked through in microwave or stove top
2. Remove soup from heat and allow to cool slightly so that it is not boiling/scalding hot (Do not mix protein powder into very hot liquids, this will cause protein powder to clump)
3. Dissolve 1 scoop protein powder into ½ cup milk, then stir protein liquid into soup
4. Pour soup through strainer to remove any bits and pieces
5. Serve and enjoy!



CREAMSICLE

INGREDIENTS

- 2 Packets or 2 Scoops UNJURY® Vanilla**
- 2 Cups Skim Milk**
- 1 Box (Small) JELL-O® Instant Vanilla Pudding Mix (sugar-free, fat-free)**
- 1 Teaspoon McCormick® Pure Orange Extract**

INSTRUCTIONS

1. Measure skim milk and pour into a bowl.
2. Mix in UNJURY, stirring until well combined. Set aside.
3. In a separate bowl, empty the contents of the pudding mix.
4. Add the UNJURY-and-milk mixture to the dry pudding mix.
5. Stir final mixture for 2 minutes, or until texture is smooth.
6. Add orange extract and mix in.
7. Place six 3-ounce paper cups (or popsicle molds) onto a plate.
8. Ladle mixture evenly into paper cups or molds.
9. Place popsicle stick in center of each cup or mold.
10. Put plate of creamsicles into the freezer. Let freeze for 4 hours.
11. Once creamsicles have frozen, peel away the paper cup and enjoy!

★ For stronger orange taste, you may add additional orange extract — this will not affect the nutritional values.



Sample Full Liquid Diet

Breakfast	4oz (1/2 cup) protein shake (10g protein)
1 st Snack	¼ to ½ cup Greek style yogurt (11g protein)
2 nd Snack	4oz (1/2 cup) protein shake (10g protein)
Lunch	¼ to ½ cup smooth lentil soup + 1 Tbs Greek yogurt (2.5g + 1.5g protein)
Snack	4oz protein shake (10g protein)
Dinner	¼ to ½ cup smooth pea soup (9g protein)
Snack	4oz protein shake (10g protein)
Total Protein	64g protein

Week 3-4: Pureed/Mashed

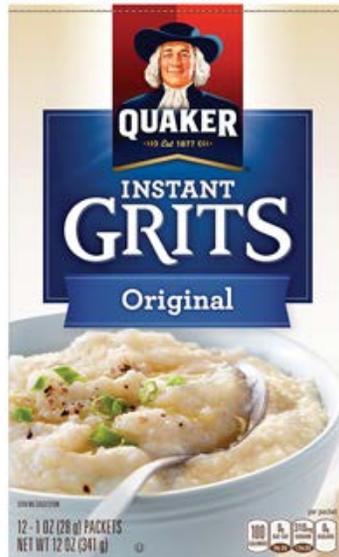
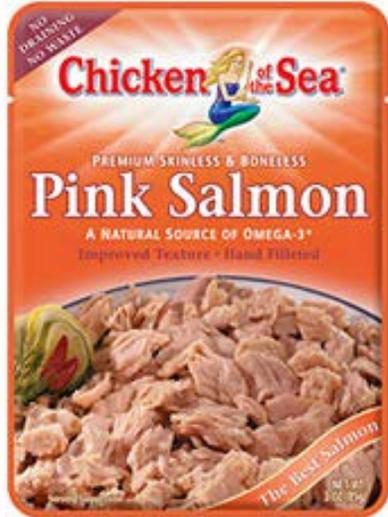
- **Start taking vitamins now**
- Continue drinking plenty of fluids (+64oz) and meet your protein goal (+40-60grams)
- From this point on, **do not eat and drink together ever**
 - Wait 15minutes after drinking to eat / Wait 30minutes after eating to drink
- ¼ to ¾ cup portions per meal. Start with 1-2 Tbs. Aim for <5-6 small meals, every 3-4 hours
- Seasonings as tolerated: salt/pepper/herbs/spices, mustard/mayo, sugar substitutes
- Applesauce Texture before you eat: Mashed very well with fork or Blend in a mini-food processor until smooth
- **Eat Protein Foods First!!**
 - Mashed *soft* scrambled eggs (try it with hot sauce, ketchup, pinch of shredded cheese)
 - Low fat cottage/ricotta cheese (add pureed fruit or sugar free jam), low sugar Greek yogurt
 - Mashed “white” fish: flounder, trout, tilapia, etc. (try it with lemon juice, herbs)
 - Mashed smooth tuna/canned chicken with bit of mayo. NO chunky ingredients: relish, celery, hardboiled eggs
 - Finely ground lean beef/pork/chicken/turkey/shellfish
 - Grind 1-2oz cooked meats in food processor with broth
 - Mashed silken tofu
- **Fiber foods:**
 - Mashed beans (no restaurant refried beans); hummus; mashed avocado
 - Unsweet applesauce, mashed fruits: bananas, peaches, pears
 - Mashed cooked veggies: sweet potatoes, carrots, cauliflower, green beans
 - Baby food fruit/veg OK if only blended with water
 - Plain instant oatmeal (cinnamon, Splenda, vanilla extract), grits (shredded cheese, 1 tsp butter), cream of wheat, Malt-O-Meal



Pureed/Mashed Appropriate Foods



Portable Pureed Foods to take on the go!



Pureed Phase Recipe

Cheesy Cauliflower Casserole

Makes a large portion to share with family and friends

- 4 cups steamed to fork tender cauliflower
- 3 Tbs butter
- $\frac{1}{4}$ cup all-purpose flour
- $\frac{1}{2}$ tsp dry mustard powder
- Salt and pepper to season
- 3 cup milk
- 2 cups low fat cheddar cheese

Directions

- Set aside steamed cauliflower
- Melt 3 Tbs butter and stir in flour and seasonings
- Add milk and cook until thickened, then stir in shredded cheese until melted
- Pour over cauliflower. At this phase, your non-bariatric family and friends can enjoy this.
- Add $\frac{1}{4}$ cup portion into food processor and blend until smooth.



Recipe from TheWorldAccordingToEggFace.blogspot.com



MASHED POTATOES

INGREDIENTS

- 1 Packet** or **1 Scoop** UNJURY® Unflavored
- 1/3 Cup** Instant mashed potatoes
- 1/3 Cup** Water
- 1/2 Cup** Skim Milk

INSTRUCTIONS

1. Combine water and potato flakes in microwave safe bowl.
2. Heat on high until almost boiling according to microwave chart.
3. Add 1/2 cup of milk (or replace milk with water).
4. Stir with fork until potatoes are smooth and cool until temperature is 140° F or below.
5. Mix in 1 scoop of UNJURY.
6. Stir until combined and smooth.
7. Season with salt and pepper (if you prefer) and enjoy!



OATMEAL

INGREDIENTS

- 1 Packet or 1 Scoop UNJURY® Unflavored
- 1 Packet Plain, Instant Oatmeal
- $\frac{2}{3}$ Cup Skim Milk

INSTRUCTIONS

1. Empty 1 packet of instant oatmeal into a microwave-safe bowl.
2. Mix in $\frac{2}{3}$ cup milk and stir. Heat in microwave 1 to 2 minutes or until cereal begins to thicken.
3. Carefully remove from microwave and allow to cool until oatmeal reaches 140° F.
4. Add UNJURY and mix until well combined.
 - ★ For added flavor, try using UNJURY Vanilla or sprinkling with cinnamon!
 - ★ For reduced calories, substitute water for milk.

Pureed Phase Recipe Garlic Chicken Salad

Recipe by Chef Dave Fouts

Makes 4 servings. Serving size 1/4 cup

- 6 oz. canned chicken, drained, reserve 1 Tbs of broth from can
- 1 tsp olive oil
- 1 Tbs apple cider vinegar
- ½ tsp onion powder
- 1 tsp garlic powder
- ¼ tsp dried basil
- Pinch salt and pepper to taste

Directions

- Place all ingredients in blender and pureed for 30 seconds
- Using rubber spatula, scrape down sides of bowl
- Add broth from can if a thinner consistency if desired and pureed for another 15 seconds



Pureed Phase Recipe

Crab Louie

Recipe by Chef Dave Fouts

Makes 3 servings. Serving size 1/4 cup

- 6oz cooked crab
- 1 tsp light mayonnaise
- ½ tsp lemon juice
- 1 Tbs chili sauce
- 1 dash Worcestershire sauce
- ½ tsp onion powder
- ¼ tsp sweet pickle relish
- Pinch salt and pepper

Directions

- Place all ingredients in blender and pureed for 30 seconds
- Using rubber spatula, scrape down sides of bowl and pureed 20 seconds or until smooth



Pureed Phase Recipe

Pinto Beans and Cheese

Fresh Start Bariatric Cookbook by Sarah Kent MS RD

Makes 4 servings

- 1 15oz can of pinto beans, drained and rinsed
- 1 Tbs freshly squeeze lime juice
- 1 tsp taco seasoning (low sodium optional)
- ¼ cup shredded cheese (2% Cheddar, Mexican Blend, pepper Jack, etc)

Directions:

1. In small pot over medium-low heat, heat beans thoroughly. Turn off heat and then add lime juice and taco seasoning. Stir to combine.
2. To achieve pureed consistency, use a blender or immersion blender stick to pureed beans, or mash very well with potato masher
3. Before serving, top beans with cheese and stir to melt



Sample Pureed Diet

Breakfast	1 large soft scrambled egg or 2 egg whites (6g protein)
Snack	1/4 c. low fat small curd cottage cheese mixed with 2 Tbs unsweetened applesauce, sprinkled with cinnamon (7g protein)
Lunch	2oz skinless chicken with ¼ cup well-cooked broccoli, pureed together with 1-2 Tbs chicken broth (14g protein)
Snack	4 - 6 oz. protein shake (10-16g protein)
Dinner	2oz lemon herb flounder, mashed with ¼ cup mashed sweet potato (14g protein)
Snack	4 - 6 oz. protein shake (10-16g protein)
Total Protein	61-73g protein

Week 5-6: Soft “Chopped” Solids

- Continue +64oz hydration, +40-60g protein and vitamins daily
- ½ to ¾ cup per meal, 5-6 small meals every 3 hours
- Soft/easy to chew, shred or break a part into small chunks with fork
- From this point on, all your foods need to be chopped into “tip of finger” size
- **Eat protein first. Eat protein with all meals/snacks** (This can prevent “dumping”)
- Protein foods
 - Shredded skinless chicken, chopped turkey meatloaf, tender pot roast, baked fish/sashimi (no rice)
 - Avoid dry chicken breast, grisly/chewy well-done steaks, dry pork chops
 - Eggs any style (Hardboiled eggs are OK)
 - String cheese, Babybel cheese, low fat cheese slices
 - Chopped thin deli turkey, ham, chicken, roast beef
 - “Soft” Nuts: walnuts, pecans, cashews, peanuts, sliced almonds
- Starchy foods
 - High fiber crackers, bran flakes (+3 grams fiber per serving). **NO BREAD/RICE!**
 - Beans, quinoa, peeled chopped small/sweet potatoes
 - Chopped, Cooked Fork-Tender Vegetables
 - Chopped soft broccoli, carrots, cauliflower, zucchini, etc.
 - Finely chopped cooked stringy veggies (green beans, spinach)
 - No raw, no salads yet
 - Chopped Peeled Fruit
 - Citrus segments (remove “membrane”)
 - Chopped berries, chopped grapes (no need to peel)



PROTEIN PANCAKES

INGREDIENTS

- 1 Packet or 1 Scoop UNJURY® Vanilla
- 1 Small Banana
- 1 Large Egg
- 1 Large Egg White

INSTRUCTIONS

1. In a medium-size bowl, whisk all ingredients together until well-blended and no clumps are visible.
2. Spray a skillet or griddle top with cooking spray and put on medium heat.
3. Pour approximately 1/3 of the batter onto the skillet or griddle top and allow the batter to cook until the edges are golden brown.
4. Flip the pancake and allow that side to cook until evenly golden brown on whole pancake. Repeat with the rest of the mixture until you have 3 pancakes.



Stuffed Acorn Squash Recipe

Ingredients:

2 acorn squash (please wash and scrub the skin to rinse off any dirt)

2-3 Tbs olive oil

1 small onion, small diced

3-5 cloves garlic, minced

1 box cremini mushrooms, small diced

1 pound ground turkey

1 tsp Italian seasoning

Salt n pepper

1 can 15oz size tomato sauce

Shredded mozzarella cheese

Directions:

1. CAREFULLY slice open the acorn squash in half, lengthwise (top to bottom) and scoop out the seeds.
2. In a shallow baking dish, place cut side down, with a little water to barely cover the bottom, microwave for 15minutes, in 5minute increments, checking for doneness around 13-15 minute mark. Should be “fork tender”. Leave in microwave until ready to “stuff”
3. Heat oil in large sauté pan on medium heat, sauté onions and garlic until soft.
4. Add mushrooms and sauté until shriveled (they will have released and evaporated a lot of water)
5. Add turkey and crumble until cooked through. Sprinkle in Italian seasoning, pinch of salt and a few grinds of pepper (red pepper flakes optional!)
6. Stir in tomato sauce until heated through
7. Turn acorn squash over so skin side is facing down. Fill each squash “well” with turkey mixture. Sprinkle tops with cheese
8. Place in toaster oven and “broil” tops until Cheese is bubbly and melty!

High Protein Berry Crumble

- 3/4 cup Almond Flour
- 1/3 cup Premier Protein Vanilla Whey Protein Powder
- 1 Tablespoon Butter
- 2 Tablespoons Almond Butter
- 2 Tablespoons Sugar Free Vanilla Syrup
- 2 cups of Berries (I used Raspberries and Blueberries)

1. Preheat oven to 350. Wash berries and divide equally in 4 ramekins.
2. Mix crumble ingredients together till clumps form (add a teaspoon of water if needed, it'll depend on almond butter brand some are thinner or thicker than others.)
3. Sprinkle clumps of the topping equally over each ramekin of fruit.
4. Place the ramekins on a baking sheet for easy removal from the oven and saves any oven clean-up if your berries are especially juicy.
5. Bake at 350 for 25 minutes till golden. Serve warm, room temperature or cold with a dollop of Greek yogurt.



Sample Soft Chopped Diet

Breakfast	1 scrambled egg with 2 slices thin deli turkey (6g + 10g protein)
Snack	1 string cheese and ¼ cup fresh blueberries (6g protein)
Lunch	½ cup shredded skinless chicken thigh with ¼ cup black beans (14g + 4g protein)
Snack	4oz protein shake (10g protein)
Dinner	2oz baked salmon with ¼ cup chopped sautéed zucchini (14g protein)
Snack	½ cup Yoplait 100 vanilla Greek yogurt with ¼ cup chopped strawberries (10g protein)
Total Protein	74g protein

Week 7 and 8: Maintenance Chopped The Bariatric Plate

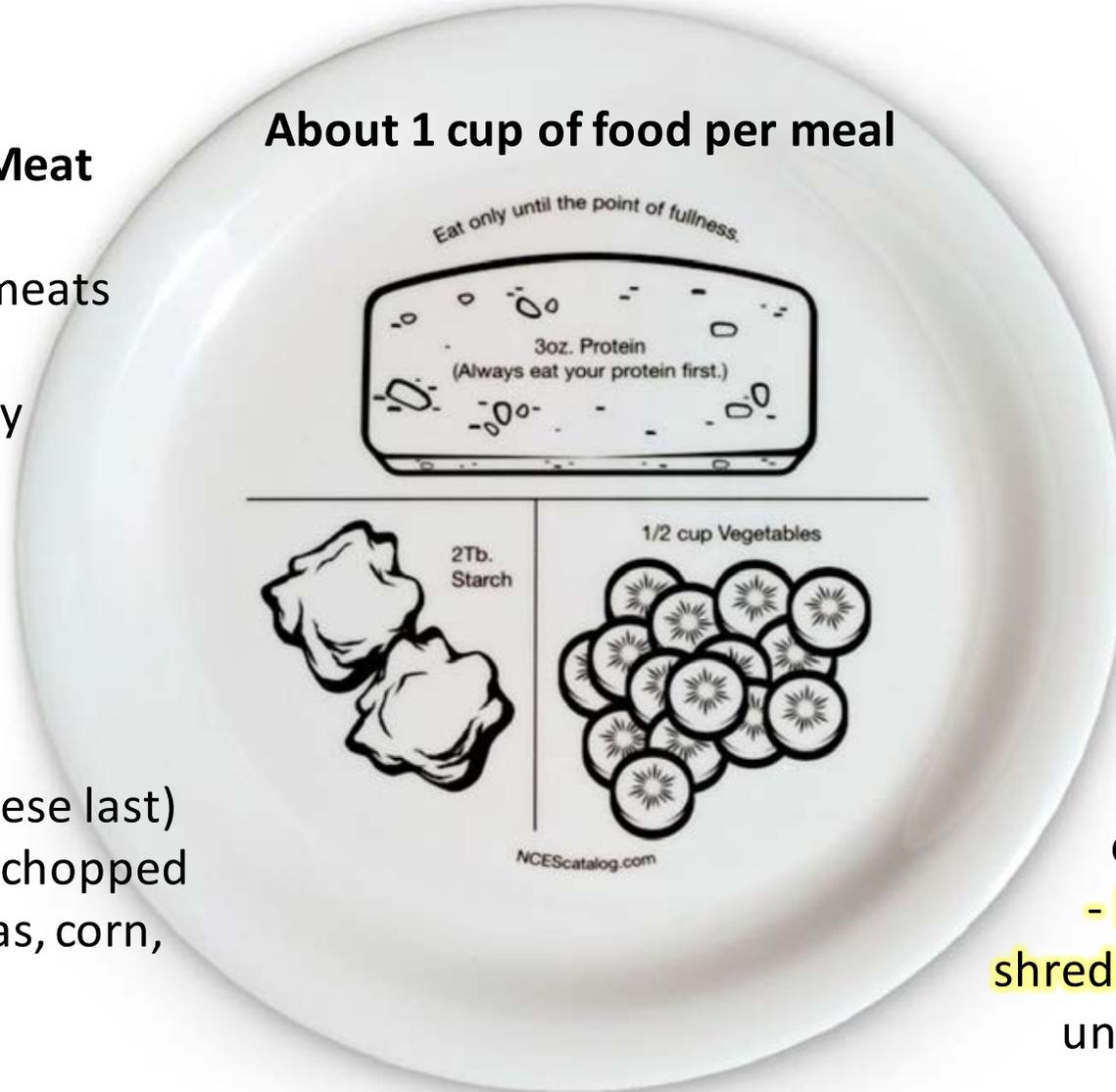
2-3 oz. Chopped Lean Moist Meat

- Eat protein at all meals
- Avoid poor quality/high fat meats (hot dogs, SPAM, bacon, etc.)
- Aim for +60-80g protein daily

2 – 4Tbs High Fiber Starch

- Smallest food group (eat these last)
- High fiber choices: quinoa, chopped small potatoes with skin, peas, corn, beans, lentils

About 1 cup of food per meal



Snacks: ½ cup chopped fruit with their peels on

½ cup non-starchy CHOPPED vegetable

- 2nd major food group
- Lightly steamed, sautéed small dice **crisp tender** carrots, broccoli, cauliflower, chopped cooked leafy greens, etc.
- **RAW:** finely chopped raw veggies, shredded dark green salad (maybe wait until month 3 if your stomach hurts)

Sample Maintenance Diet

Breakfast	8-11oz Protein Shake (20-30g protein)
AM snack	¼ cup raw almonds and ½ cup chopped apple (7g protein)
Lunch	2-3oz chopped grilled chicken with ½ cup shredded romaine lettuce and 1tsp dressing (14-21g protein)
PM snack	2 Light Babybel cheese and 4 Triscuit crackers (12g protein)
Dinner	2-3oz baked Halibut and ½ cup broccoli florets (14-21g protein)
Total Protein	67-91g protein

Food	Portion	Protein Grams
Beans, black cooked	1/2 cup	7
Beans, kidney cooked	1/2 cup	8
Beans, soy/edamame (shelled)	1/2 cup	8
Beef, ground 95% lean cooked	2oz	16
Beef, jerky	1oz	10
Beef, jerky bar by Epic	1 bar	11
Beef, sirloin cooked	2oz	17
Cheese, Babybel Light	1 wheel	6
Cheese, cottage 0%-2% small curd	1/2 cup	11
Cheese, ricotta by HEB Low Fat	1/4 cup	7
Cheese, Sargento Reduced Fat Slices	1 slice	6
Cheese, string cheese light	1 stick	7
Chicken, ground breastmeat	2oz	10
Chicken, thigh skinless	2oz	14
Deli Turkey/Ham, Oscar Myer Thin Deli Fresh	6 slices	10
Egg, liquid egg whites by All Whites 100%	3 Tbs	5
Egg, Egg-Beaters Original	1/4 cup	6
Egg, large whole	1 egg	6
Egg, large white	2 whites	6
Fish, salmon Sockeye cooked	2oz	14
Fish, salmon pouch by Chicken of the Sea	2.5oz pouch	13
Fish, tuna pouch by Starkist	2.6oz pouch	17
Hummus, Pita Pal singles to-go pack	2oz	6
Lentils, cooked	1/2 cup	9
Lentil soup, Progresso	1 cup	9

All meals and snacks need **PROTEIN!**

Best sources of protein:

Lean “quality” meats, eggs, dairy (low fat cheese)

How can you add in more?

1oz cooked meat = 7grams protein

3oz cooked meat (deck of cards size)
= 18-25grams protein (~21grams)

Food	Portion	Protein Grams
Milk, almond and cashew by Silk Protein Nutmilk	1 cup	10
Milk, cow 0%, 2%, whole	1 cup	8
Milk, cow by HEB Mootopia 2%	1 cup	13
Milk, cow by Fairlife 0%-2%	1 cup	13
Milk, soy unsweetened	1 cup	7
Nuts, almonds raw whole	1/4 cup	7
Nuts, peanuts (shelled)	1/4 cup	9
Nuts, peanut butter	1 Tbs	4
Nuts, peanut butter powder by PB2	2 Tbs	5
Nuts, pecan halves (shelled)	1/4 cup	3
Nuts, pistachios (shelled)	1/4 cup	6
Nuts, walnut pieces (shelled)	1/4 cup	5
Peas	1/2 cup	4
Pea soup, Campbell's	1/2 cup	9
Pork, loin chop cooked	3oz	24
Quinoa, cooked	1/2 cup	4
Seeds, chia	3 Tbs	9
Seeds, flax (whole)	3 Tbs	6
Seeds, hemp	3 Tbs	10
Seeds, pumpkin (shelled)	3 Tbs	9
Shrimp, cooked	3oz	18
Tofu, firm	3oz (1 inch slice)	8
Tempeh	2oz	11
Turkey, ground darkmeat by Jenny-O cooked	2oz	10
Yogurt, Greek plain fat-free	1 Tbs	1.5
Yogurt, Oikos Triple Zero	5.3oz	15
Yogurt, Yoplait Greek 100	5.3oz	13

All meals and snacks need
PROTEIN!

Best sources of protein:

Lean “quality” meats, eggs, dairy (low fat cheese)

How can you add in more?

1oz cooked meat = 7grams protein

3oz cooked meat (deck of cards size)
= 18-25grams protein (~21grams)

Alcoholism

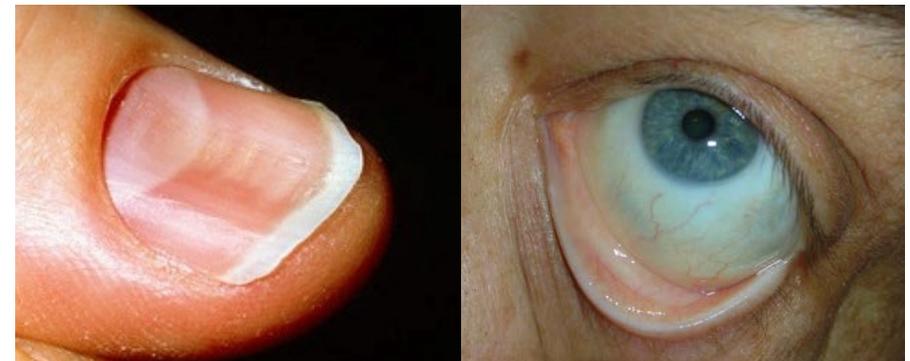
- New “transfer addiction” to cope with emotions
- Avoid for 6 months!!
 - Excess calories and sugar! (margaritas, sangrias, daiquiris, etc.)
 - Vitamin mal-absorption (blocks B vitamins)
 - Leads to high blood alcohol level
 - You will get drunk quickly with small amounts (wine, liquors)
 - No “shots” or sugary cocktails
 - Beer may cause “foaming” at the mouth due to carbonation
 - Try at home first to see how much you can safely handle

• Exercise

- Only easy walking immediately post-op (no jogging, no elliptical)
- No heavy lifting/pushing/pulling (small children, pets, groceries)
- Lift less than 10lbs
- Wait 4-6 weeks after surgery to increase exercise
- After 4-6 weeks, if it hurts, don't do it!
- You may have abdominal pain at the surgery site
- Risk for umbilical hernia (intestine popping through belly button)
- No Swimming/Bathes/Saunas until OK by surgeon
- Talk to surgeon at your follow up appointment if OK to advance exercise

Vitamin and Mineral Deficiencies

- Deficiencies may develop anytime!
 - Poor diet (not eating a wide variety of meats, fruits/veggies, healthy fats, grains)
 - Not taking vitamins, or taking wrong type
- Easily prevented. But, deficiencies can get worse without annual check up!
- B1 (Thiamin)
 - “Wernicke’s Encephalopathy” numbness/tingling in hands/feet, irreversible nerve damage, confusion, loss of balance, blurry vision
 - B1 loss from frequent vomiting, B1 malabsorption from excess alcohol consumption
- Osteoporosis
 - bone fractures, teeth chipping/tooth loss
- Iron Deficiency Anemia
 - fatigue, feeling cold, eating ice, “spoon nails”, pale eyes
- Low Vitamin A
 - difficulty seeing at night, night blindness
- Low Zinc
 - poor immunity, poor cell recovery (hair thinning, ridges on nails)



Functions of Fat Soluble Vitamins: A, D, E and K

- Vitamin A
 - Important for normal vision, gene expression, reproduction, embryo development, growth and immune function
 - Deficiencies: May lead to night blindness, follicular hyperkeratosis (rough skin with hard “goose bumps”), impaired immunity, itching, dry hair, poor wound healing, loss of taste
 - Hemoglobin and s. retinol: Vit A deficiency can coexist with Iron deficiency, or make it worse. Consider adding Vit A if low Iron (with approval of clinic)
 - Zinc deficiency can cause low Vit A, especially in patients with protein/energy deficiency
- Vitamin D
 - Essential for bone mineralization through regulation of calcium and phosphorus; benefits immune, endocrine and cardiovascular systems
 - Deficiencies: Inadequate mineralization of bones (osteomalacia), low Calcium stores, tetany (muscle spasms), metabolic and autoimmune complications
 - Magnesium is cofactor in making Vit D in liver, may benefit in adding Magnesium if Vit D is low (with approval of clinic)
- Vitamin E
 - Antioxidant for protecting polyunsaturated fats in membranes phospholipids and plasma lipoproteins
 - Deficiencies: nerve damage throughout the body, difficulty walking, skeletal myopathy (muscle degradation), pigmented retinopathy, red blood cell hemolysis
 - Vit C can help recycle Vit E. Adding Vit C may help increase Vit E
- Vitamin K
 - Functions as coenzyme in synthesis of proteins for blood coagulation and bone metabolism
 - Deficiencies: easy bruising, bleeding gums, delayed blood clotting, heavy menses, nose bleeds, declining bone health
 - High Vit E may counteract Vit K effects in anticoagulant patients (blood thinning vs blood clotting)

Hair Thinning

- Appears ~ 4 to 6 months after surgery
- 1st stage: occurs due to shock from surgery
 - Forced malnutrition = Weight loss
 - 2nd stage: Continued hair thinning due to poor nutrition
- Before considering hair/skin/nail supplement, ask yourself: Every day, are you getting?
 - Protein: +80grams daily
 - Multivitamins with Zinc (8-15mg), Copper (1-2mg)
 - Taking the correct amount of multivitamins for Sleeve/Bypass/DS?
 - Healthy fats
 - Nuts, avocado
 - 1-2Tbs ground flaxseed mixed into foods
 - 2000mg Omega 3 Fish oil (EPA + DHA)
- Then, you could consider adding a Hair/Skin/Nail supplements
 - However, they are not proven to work
 - You could try:
 - CelebrateVitamins.com, or try BariatricEating.com (Journey Vitamins)
 - Additional Biotin 2500mcg



Dumping Syndrome



Definition: food moving too quickly through GI tract

- Early onset (immediate)
 - Liquid sugar/fat foods (smoothies, creamy soups, juicy fruits)
 - Drinking with meals

Example: 5 week post-sleeve ate Panera Bread cheesy broccoli soup. Went to ER due to pain, on morphine from 3pm to 11pm
1 ½ week post-sleeve drank coffee creamer. Ran to bathroom with diarrhea
12days post-sleeve drank milkshake through a straw. Spit up and had diarrhea.
- Late onset (1-2hours after)
 - Solid sugar/fat foods (desserts, fried foods)

Example: 2 weeks post-sleeve, ate 2 slices of BBQ sausage. 1hour later: watery diarrhea, sweating, flushing in face, body cramps
3 month post-sleeve, patient ate 1 French fry. 45minutes later, felt stomach cramping, nausea, lightheaded
- Symptoms
 - Lightheaded due to blood pressure drop
 - Fatigue, tired, sleepy
 - Fainting due to blood sugar drop (insulin spike, reactive hypoglycemia due to high sugar/high carb intake. Please balance all meals/snacks with BOTH protein and high fiber carbs)
 - Stomach cramping, rapid heart rate, hot flashes, sweating, diarrhea

Constipation

- Common complication after surgery
 - Not drinking enough water
 - Increase intake of protein and vitamins/minerals
- STAY HYDRATED:
 - +64oz water/low calorie-low sugar beverage
- FIBER: Aim for 25-30grams of fiber daily.
 - Full Liquid: Pureed veggie/bean soups (black bean, pea, lentil soups), 8oz “light” prune juice/day
 - Pureed: Pureed veggies/fruits, mashed beans or lentils, instant “plain” oatmeal
 - Soft Chopped: High fiber crackers +3grams of fiber per serving, plain bran flakes, FiberOne Original Bran Cereal (sticks, not flakes), whole beans, stewed chopped prunes
 - BeneFiber Powder: 2 Tablespoons each dose, twice daily; or any non-thickening fiber powder to mix into foods or liquids (not Metamucil)



Constipation (continued)

- **LAXATIVES:**

- Smooth Move Tea 1 cup at night. Caffeine free tea with Senna, a natural gentle laxative, available at most pharmacies; stimulates colon to contract and push stool through (stimulant laxative)
- MiraLAX powder 1 capful dissolved into 8oz water, taken 1-2x daily. Clear dissolving/tasteless powder absorbs water into colon to soften stool to pass easily (osmotic laxative)

- **PROBIOTICS:**

- Any over-the-counter brand is safe to try (Align, Culturelle, etc.) You can open up a capsule and mix the probiotic powder into any non-dairy foods (applesauce, oatmeal, etc.)
- There are many different strains of bacteria that may help relieve GI issues. Bariatric Advantage has a chewable probiotic (Chewable FloraVantage Probiotic: available at TLC office as well)

- **PHYSICAL ACTIVITY:**

- Daily walking for at least 30 minutes can help stimulate bowels to move

- **RE-POSITION YOUR SQUAT:**

- Squatty Potty toilet stool helps to re-align your bowels while you sit on the toilet, allowing for easier passage of stool through your colon.



Dehydration is a BIG DEAL!

Causes: not drinking enough water, vomiting, diarrhea

Bariatric IV Bag
500mg Thiamin
Folic Acid
Vit/Min



GOAL: +64oz daily, at least ¼ cup (2oz) or more, every 15 minutes

Staying hydrated is your #1 priority always, especially during the surgery healing process.

Dehydration can happen fast, and is very serious medical concern. You will be re-admitted back to the hospital for IV hydration.

Signs of Dehydration

- Mild: dark yellow urine, no energy, dry mouth, lightheaded, headache, strong odor in urine
- Moderate: Less urine, dry/sunken eyes, poor skin elasticity, difficulty with concentration
- Severe: No urine, possible kidney failure, lethargic, vomiting and diarrhea, shock

CARRY WATER AT ALL TIMES, EVERY WHERE and SIP ALL DAY LONG!!

Strategies to Stay Hydrated

- Focus on hydration FIRST before protein and vitamins
 - Have a source of *low sugar/non-protein* form of beverage with you at all times.
- Protein drinks do not count towards hydration (protein causes constipation)
- Determine how many drinking containers you need to go through in a day to reach 64oz.
 - Ex: My water bottle is 30oz. I will need to drink *at least* 2 per day.
- Use your phone to help set timers/reminders to drink
 - 15minute alarms, smart phone apps: Baritastic has water reminders
- For easier drinking and to calm nausea
 - Switch up beverage temperature
 - ice cold with ice, or room temperature, or hot herbal tea/hot broth. Hot liquids may also help relax swelling.
 - Switch up beverage flavors
 - “spa water” infused with herbs (mint, basil) or fruits (citrus, berries, cucumbers), liquid flavor concentrates such as Crystal Light
 - Switch up brands of water!
 - “Brita” filtered water may be “scratchy” so try brands of bottled water (Fiji, Evian, Aquafina, etc.)
 - Eat your liquids: SF jello, SF popsicles, ice chips



Sample Hydration Schedule

9:00am	2oz chamomile tea
9:15am	2oz chamomile tea
9:30am	2oz chamomile tea
9:45am	2oz chamomile tea
15 minute break before eating	- -
30 minute break after eating	- -
11:00am	2oz ice cold water with lemon
11:15am	2oz ice cold water with lemon
11:30am	2oz ice cold water with lemon
11:45am	2oz ice cold water with lemon
15 minute break before eating	- -
30 minute break after eating	- -
1:00pm	2oz Crystal Light Pure
1:15pm	2oz Crystal Light Pure
1:30pm	2oz Crystal Light Pure
1:45pm	2oz Crystal Light Pure
15 minute break before eating	- -
30 minute break after eating	- -
3:00pm	2oz warm low sodium chicken broth
3:15pm	2oz warm low sodium chicken broth
3:30pm	2oz warm low sodium chicken broth
3:45pm	2oz warm low sodium chicken broth
4:00pm	2oz mint tea
4:15pm	2oz mint tea
4:30pm	2oz mint tea
4:45pm	2oz mint tea
15 minute break before eating	- -
30 minute break after eating	- -
5:00pm	2oz strawberry/cucumber infused water
5:15pm	2oz strawberry/cucumber infused water
5:30pm	2oz strawberry/cucumber infused water
5:45pm	2oz strawberry/cucumber infused water
15 minute break before eating	- -
30 minute break after eating	- -
8:00pm	½ sugar free popsicle (2oz)
8:15pm	½ sugar free popsicle (2oz)
8:30pm	½ sugar free popsicle (2oz)
8:45pm	½ sugar free popsicle (2 popsicles total)
9:00pm	4Tbs sugar free jello
9:15pm	4Tbs sugar free jello
9:30pm	4Tbs sugar free jello
9:45pm	4Tbs sugar free jello

If you are having difficult time staying hydrated...

- This sample hydration schedule is to show you how to pace yourself throughout the day
- Aim to drink at least 2oz (1/4 cup) of fluids every 15 min
- A standard medicine cup is 1oz = 2 Tablespoons = 1/8 cup
- 2 medicine cups = 2 Oz = 4 Tablespoons = ¼ cup
- Over the next weeks and months, as the swelling reduces, you will be able to drinking larger amounts. It just takes time 😊
- It is OK to drink larger (more than 2oz every 15 minutes) and faster amounts, instead of sipping, if you feel comfortable



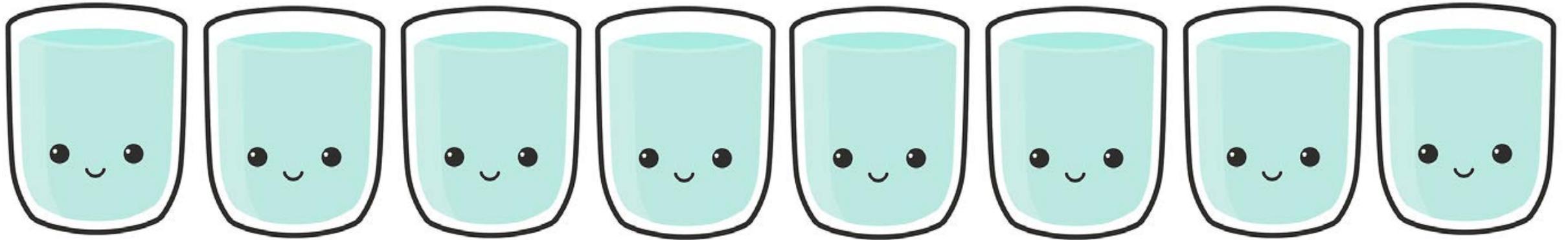
Trapped Air from Drinking

- Due to post-surgery swelling (**hiatal hernia**), trapped air or gas can create temporary, but painful, chest tightness
- Avoid chewing/smacking on gum
- Avoid carbonated drinks (sodas, carbonated waters, etc.)
 - Many patients avoid drinking sodas permanently
- Avoid drinking through straws
 - You may be able to tolerate straws after 2 months
- Consider using a “sports top” squirt bottle to help prevent sucking in too much air.



Hydration Schedule

✓ Check each cup when you've consumed at least 8 ounces



- Your goal is to drink +64oz of water or low calorie beverage every day.
- What everyday container are you using? What is the volume?
- How many containers do you need to drink every day?
- What color is your urine? It should be light yellow or almost clear.

Caffeine, Sodas, Straws and Gum

- Avoiding these foods/devices are to prevent complications while you are healing
- Caffeine
 - Caffeine is a diuretic which can cause more fluid losses = dehydration
 - If you must add caffeine back into your diet, make sure you are able to drink enough water to stay hydrated (your urine is clear)
 - Caffeine blocks the absorption of minerals (calcium, iron)
 - Avoid drinking caffeinated beverages when you take your vitamins. Keep these separate at least 2 hours
 - Caffeine may irritate gastric ulcers or stimulate more acid production
 - You may add caffeine back if you do not feel any acid reflux symptoms
- Sodas, Straws and Chewing Gum
 - Carbonated beverages can create a lot of gas pressure into your pouch. It will NOT stretch your pouch, but may cause discomfort in your chest
 - Drinking through straws can lead to swallowing a lot of air, also creating more pressure in your pouch. Also, drinking through straws can cause a large amount of fluids to be consumed very quickly.
 - Chewing gum may lead to swallowing more air, causing fullness as well
 - You may try drinking carbonated drinks, using straws and chewing (not smacking) on gum when swelling is reduced, ~2 months
 - Be careful as this may cause chest pain from gas/air and difficulty releasing burps

Gas and Diarrhea

- More common in gastric bypass and duodenal switch
- Excess / Foul Smelling Gas
 - Devrom capsules/chewable tablets (devrom.com)
 - 200mg bismuth subgallate
 - Eliminates odors from gas and bowel movements
 - Gas-x Strips
 - Lactaid pills, Beano pills
 - Walking can help too!
- Diarrhea
 - Lactose (Dairy products)
 - Too much fiber/roughage from raw veggies (salads)
 - Floating greasy stools
 - Avoid following Ketogenic diets (high fat foods)
- Lactose Intolerance
 - Symptoms: Gassy, bloated, stomach cramping, diarrhea
 - Stop drinking foods and shakes with LACTOSE
 - Avoid WHEY CONCENTRATE (contains lactose): “ready to drink” shakes (Premier, Muscle Milk)
 - Switch to WHEY ISOLATE (lactose free): found in most protein “powders” or protein “drinks”
 - Switch to LACTOSE FREE milk
- You may have a Milk Allergy
 - Avoid protein products with WHEY/CASEIN/MILK protein. These contain MILK.
 - Stay away from any milk/dairy foods (milk, yogurt, cheese, cottage cheese)
 - Use unsweet soy milk or nut milk instead
 - Choose plant based protein (VegaSport, Plant Fusion, Garden of Life: Raw Meal)



Mouth Odor and Dry Mouth

- May be due to low carbohydrate/higher protein diet, ketosis, dehydration, changes in your metabolism, or medications
- Solutions:
 - Try rinsing your mouth with:
 - 1 tsp. salt with 1 cup warm water
 - 1 tsp. baking soda with 1 cup warm water
 - Biotene Dry Mouth Oral Rinse: 1 Tablespoon, rinse for 30 seconds, may use up to 5x daily
 - Continue sipping on water or lemon water all day
 - Try sucking on sugar free lemon drops
 - Try sucking on sugar free candies made with XYLITOL to stimulate saliva production
 - Avoid drinking caffeine (tea, coffee)
 - Avoid drinking alcohol, and avoid using mouth-washes that contain alcohol (Listerine)
- Maintain good oral hygiene as dry mouth can lead to worse bad breath, fungus overgrowth (thrush) and cavities
- These symptoms will improve as you begin adding more variety of foods over time



Other Complications

- Chest Pain

- Swelling from hiatal hernia repair (~2 months to resolve)
- Eating too large of a bite, not chewing well
- Food prepared in a tough way (overcooked meats/eggs)
- Eat or drink too much and too fast; eating/drinking together
- Solutions
 - Stand up and walk around after eating, stay upright
 - Change temperatures: ice cold liquids or hot tea may be more relaxing
 - Consider drinking through “sports top” water bottle to decrease air bubbles
 - Take very small bites and chew well; do not eat and drink together
 - Eat slowly to detect early signs of fullness, do not over eat
 - Stop eating that food and re-try next month. Perhaps your stomach is still healing

- Nausea

- Eat cold/room temperature/bland foods which have less odor (applesauce, avocado, oats, crackers, broth)
- Sniffing coffee beans, peppermint oil to get rid of foul odors
- Calm your stomach with herbal tea: mint/ginger/chamomile teas
- Call our office to discuss with surgeon or nurse practitioner about anti-nausea medications (Zofran)

Vomiting and Spitting Up

- Sliming/Saliva Pooling/Foaming of the mouth
 - Food getting stuck
 - Not cutting your food into bite size pieces
 - Not chewing well enough, swallowing too large of a bite
 - Drinking with meals
 - Overeating and taking a large gulp of liquid
 - Solution:
 - cut your food into small pieces BEFORE you start eating
 - eat moist food (not dry, over-cooked)
 - chew your food into a mush (into a pureed texture) before swallowing
 - allow some time in between eating and drinking
 - 15 minutes after drinking, 30 minutes after eating during 1st 2-3 months after surgery
 - 5 minutes before and after eating, beyond 3 months, if comfortable
- Vomiting on a weekly basis IS NOT NORMAL!
- Call our office to notify surgeon, dietitian, nurse practitioner



Complications Post-Surgery

- **Tough/Dry Meats can get stuck**

- Chicken breast, dry pork, chewy steak
- Do not drown in sauce!
- Consider changing food preparation
 - Slow Cooker, pound thin/tenderize, chopped or slice thin
- Dark meats OK! Remove chicken skin



- **Cooked/Raw Veggies, Fruits and Peels**

- Always chop or slice thinly for easier chewing
 - Example: Choose Apple slices instead of eating apple off the core
- Finely shred salads, raw leafy greens and raw veggies
- Chop well stringy veggies/cooked leafy greens



- **Bread/Rice/Pasta/Tortillas: stay away for 6 months or longer!**

- Expands, gooey = gets stuck. Also, high calories!!
- High fiber crackers/rice cakes OK!
 - Look for fiber +3 grams per serving
- High fiber carbs: Beans, lentils, quinoa
- High fiber, low calorie, zero carb alternatives: cauliflower rice, zucchini noodles



DO NOT GET PREGNANT!



- Wait until after 18 months (1 year and a half) to start planning a pregnancy
 - It is not advisable to be pregnant at the time of surgery or soon after surgery
 - Proper nutrition to sustain the growing fetus vs. Proper nutrition for weight loss
- If you feel frisky, **YOU NEED TO USE A METHOD OF CONTRACEPTIVE**
 - Birth control pills may not be absorbed (talk to surgeon or your gyn)
 - Engage in sex if you do not feel pain, wait until after 1 month
 - You are more fertile after weight loss
- If you get pregnant during your weight loss journey, you may have a difficult time getting back on track with weight loss
 - Reaching your weight loss goal may be more difficult
- Children born to obese mothers are more likely to be obese
 - Mothers who have lost the weight after bariatric surgery are more likely to have non-obese children
- **SEX:** whenever you feel comfortable (but if it hurts, don't do it)

Weight Loss Plateaus and Weight Regain

- Weight loss stalls will happen throughout your journey
- Some stalls may last ~1 month...and the weight loss will pick up again
- DON'T PANIC!
- Assess your lifestyle
 - Have you been cheating with high calorie, high sugar foods/beverages, drinking more alcohol?
 - Chips, sweets, sodas/juice, bread/rice/pasta
 - Are you dining out more frequently?
 - Are you eating later at night?
 - Skipping meals and snacking/grazing more frequently?
 - Drinking and eating together?
 - Eating “slider foods” – saucy/liquidy/soft/mushy foods
 - easy to eat and digest foods which leads to LARGER PORTIONS
 - Are you exercising a regular basis
 - Add weight lifting 2x week
 - Perhaps it is time to change up your routine, increase the intensity
 - Are you getting 64oz water, +80grams protein, taking all your vitamins?
 - Focus on QUALITY vs. QUANTITY
 - Small bites of fast foods...IS STILL FAST FOOD!!!
- It takes about 1.5 to 2 years to reach weight loss goal

How to “Cheat” with Bariatric Surgery

By drinking with meals, or choosing soft foods, foods will less likely get “stuck” and you will be able to eat more.

Do not drink with meals. Avoid mixing liquids and solids

- For the 1st 2 months
 - wait 15min after drinking, then eat
 - Wait 30min after eating, then drink
- After 2 months, allow 5 min in between eating and drinking
- Avoid having a drinking glass during meals

Aim to cut down on liquid/pureed meals starting at Week 5

- Try to eat only solid foods (meals that require chewing)
- “Chewing” slows you down, allowing for a better sense of feeling full
- Focus on foods that require chewing, eat with knife and fork (not spoon)
 - Eat whole fruit, not fruit purees or fruit blended into a smoothie/protein shake
 - Soups, mushy and saucy foods (mashed potatoes, oatmeal, yogurt, etc.) do not require chewing
 - If meals are easy to eat (no need to chew), you will eat them faster, then you may eat larger portions
 - Try yogurt with chopped fruit and nuts and bran flakes



Track Your Progress

Keep a log/journal

- Free mobile apps: MyFitnessPal, Baritastic, Lose It!
- Calorie King nutrition database
- Free mobile apps to log intake, set alert reminders, track progress

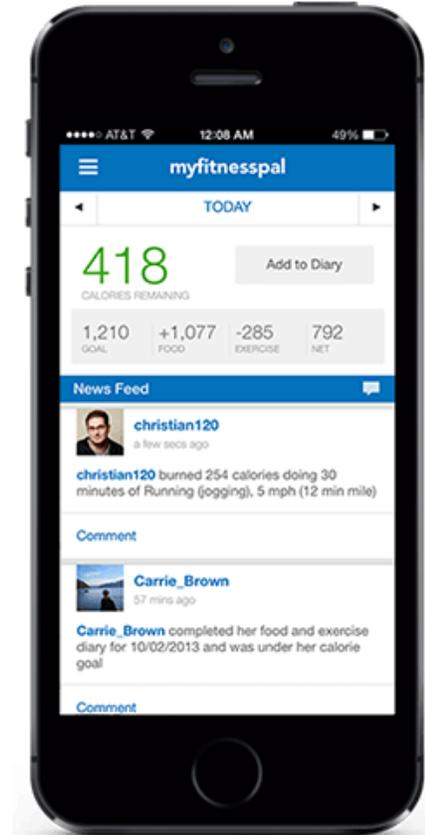
BARITASTIC

The #1 App for
Weight Loss
Surgery



Available on
App Store

Available on
Google Play

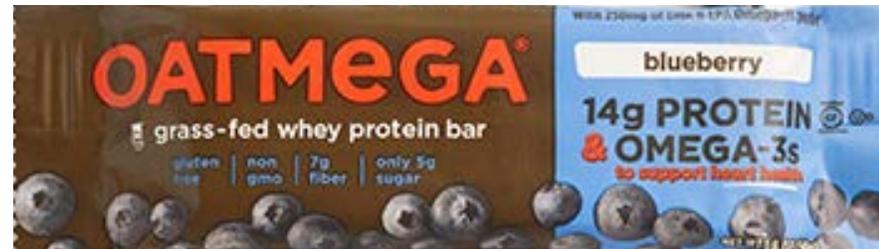


MyFitnessPal Mobile

Track your health from
anywhere, anytime.

Tips for Success:

- Use small plates and utensils
 - 6 inch plate (salad plate, bread plate)
 - baby spoons/cocktail forks/ice tea spoon
 - Helps to portion control and take smaller bites
- Stop eating after 30 minutes
 - Eat slowly, but stop eating after 30 minutes
 - Get up and walk away
 - Remove food from your sight
 - Avoid nibbling/grazing
- Carry water and pack meals/snacks
 - +64oz water/low calorie beverage daily
 - +80 grams protein daily
 - Protein at all meals
 - Hardboiled eggs, Greek yogurt, string cheese, nuts, deli meats
 - Protein bars (<200calories, <10g fat, <10g sugar, >5g fiber, >10g protein)
 - Protein chips



Tips for Success:

- Avoid high fat and high sugar foods
 - Overtime, you can build up a tolerance to high fat/sugary foods.
 - Dumping symptoms won't bother you anymore if you continue eating junk food.
 - Weight regain happens with "Slider" Foods
 - High fat/sugary: Chips, candy, cookies, smoothies (blended fruit), smothered/saucy foods
 - These foods are easy to eat, and easy to digest = over eating!
- Eat Protein 1st, veggies 2nd, save minimal amounts of starches as last food group
 - The Power of Protein
 - Feel more full and satisfied, energized for the day, helps with weight loss, maintain muscle
- Practice mindFULL eating
 - Are you eating nutritious foods?
 - Are you eating fast?
 - Are you sitting down to eat, without distractions?
 - Avoid eating in the car, standing up, while on the phone, in front of computer, watching TV
 - Did you cut up all food into bite size pieces before eating? Have you removed your drink from the table?
 - Slow down to eat by taking one bite at a time. Put down your fork in between bites.
 - Chew each bite into a mush, swallow this bite, then pick up your fork for next bite.
 - By slowing down, you will have a better sense of fullness.
 - It takes ~20 minutes for your brain to register fullness

Lifelong Tips to Keep in Mind

- Drink +64oz water daily; Carry water everywhere (ok to drink caffeine if well hydrated)
- Consume +80-100 grams protein daily: shakes, meats, eggs, dairy. (Loop DS need +120grams protein daily)
- Eat protein with all meals. Aim for 20-30grams protein per meal.
- Start your day with 20-30grams protein (example: protein supplement for breakfast)
- Make your meals last 30 minutes. Eat slowly by putting your fork down in between bites
- Sit down to eat, turn off all distractions (TV, car, computer, phone, etc.)
- Pre-cut all your food and chew eat bite to a mush
- Do not drink with meals. Wait ~5minutes before and after eating to drink fluids.
- Make all your bites count with high quality nutrients. Don't fill up on use-less carbs
- Avoid high fat foods: fried foods, creamy soups/sauces
- Avoid high sugar foods: candy, desserts. Don't drink your calories: juices, smoothies, sodas
- Read labels. Keep all your foods less than 10grams sugar per serving!
- No mindless daytime snacking
- Take your multivitamin and calcium everyday
- Exercise +5 days week: +150minutes cardio and +2 days of resistance training
- No nighttime snacking! Give yourself 12 hours in between your last meal and tomorrow's first meal
- Avoid following "fad/trendy diets" that are not sustainable for the long term

After Surgery Support

- Continue to follow up with TLC Surgery!!
- Accountability!!!
- We are here to support you
- Post-Op Follow Up Schedule with Surgeon
 - 2 weeks and First Bite Class
 - 3 months (lab work) – check your insurance for approved lab facilities!
 - 6 months (lab work)
 - 9 months (lab work)
 - 12 months (lab work)
 - Once a year (lab work)
- First Bite Class with Dietitian
 - This is a mandatory nutrition class at ~2 weeks Post-Surgery
 - Discuss long-term post-surgery care and weight loss maintenance
- Schedule a Private Nutrition Consultation at 6 months post

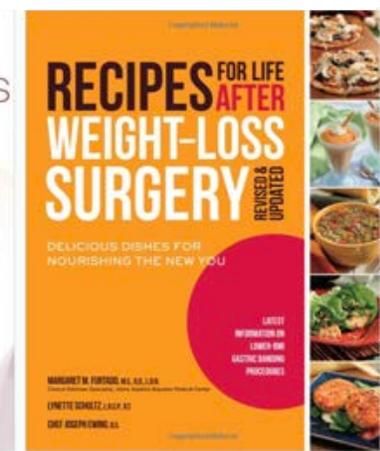
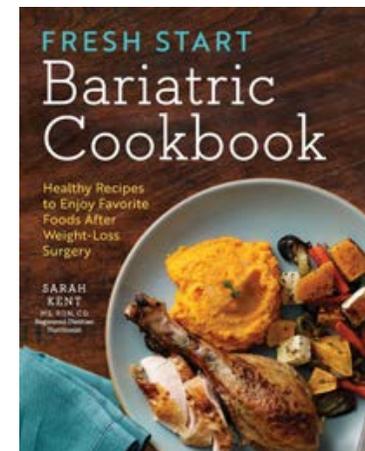


After Surgery Support

- Monthly post-op support group
 - 1st Thursday of the month, 6pm
 - Hermann Drive Surgical Hospital (Formerly Victory Hospital)
 - 2001 Hermann Drive, Houston, TX 77004
 - 1st floor conference room
 - Enter via Hermann Drive Surgical Hospital Emergency Room located in rear of the building
 - Rotating topics and speakers
 - Please RSVP to Simone Wilson via email at swilson@nobilishealth.com

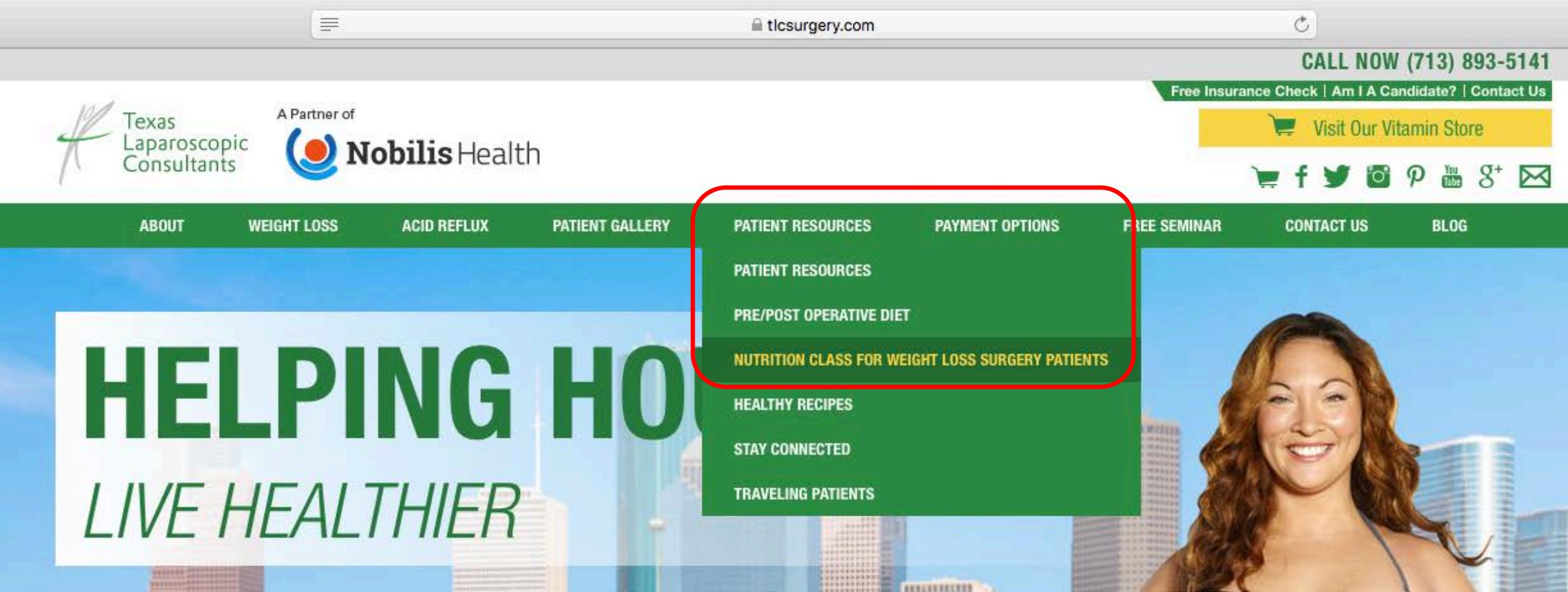
Bariatric Resources

- www.tlcsurgery.com
 - Recipes, handouts, this packet is also available online
 - Facebook: Texas Laparoscopic Consultants
 - **Check us out on Instagram: *tlcsurgery***
- www.bariatriceating.com
 - Tips, recipes, protein and vitamins
 - Facebook support groups
- Theworldaccordingtoeggface.blogspot.com
 - Gastric bypass blog
 - Bentology bento box
- Vitamins, Protein and High Protein Foods
 - BariatricAdvantage.com; CelebrateVitamins.com; BariatricFusion.com
 - Unjury.com
 - Ambarinutrition.com; BariatricChoice.com
- www.CalorieKing.com for nutrition information (free app: Calorie King)
- Free Calorie Trackers
 - Livestrong.com
 - Sparkpeople.com
 - FitDay.com
 - DailyBurn.com
 - Loselt! iPhone app
- Recipe Books on Amazon
 - “Eating Well After Weight Loss Surgery”
 - “Recipes for Life After Weight Loss Surgery”
 - “Fresh Start Bariatric Cookbook”



For a digital copy of this presentation

Check out our website: www.tlcsurgery.com, *hover over* PATIENT RESOURCES and then *click on* NUTRITION CLASS
(This is a very large file and cannot be sent via email. Also, to help save paper, only 1 copy will be provided to you)



Diet Calendar

2 week Pre-Op Liquid Diet						
Surgery Day! Day 1 Clear liquids	Day 2 Clear liquids	Day 3 Full liquids	4	5	6	7
8	9	10	11	12	13	14
Day 15 Week 3-4 Pureed Start vitamins	16	17	18	19	20	21
22	23	24	25	26	27	28
Week 5-6 Chopped Soft Solids						
Week 7-8 Chopped Solids						
						End of 2 month Post-Op Diet