



Texas
Laparoscopic
Consultants

Nutrition Class for Weight Loss Surgery Preparation

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Texas Laparoscopic Consultants

Topics to Cover

- Nutrition Class
 - Protein and Vitamin Requirements
 - Pre and Post-Surgery Diet
- First Bite Class (post-surgery)
 - 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 building a regularly scheduled exercise routine now before surgery.

Exercise will help to MAINTAIN WEIGHT LOSS after surgery by creating a calorie deficit.

You will need both DIET and EXERCISE to keep the weight off after surgery!

Exercise will help overcome weight loss stalls/plateaus

- +5 days a week: 30 minutes/day cardio
 - Get your heart rate up! Walking, cycling, elliptical, jogging, rowing
 - Consider “interval training” = alternating low/easy and higher/harder intensity
- +2 days a week resistance training
 - Lift weights or use resistance bands to build muscle
 - **Building muscle will improve your metabolism = more weight loss!**
 - Need adequate protein to help muscle repair and recover for growth



Healthy Nutrition Habits for LIFE!

- Learn to grocery shop for YOUR OWN FOOD!
- Learn to prepare/pack YOUR OWN PORTIONED MEALS/SNACKS.
- Limit package foods = High in salt/fat/sugar/calories
- 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 label on the right
 - Total Fat is 20% = high fat food
 - Saturated Fat is 25% = very high
 - Sodium is 19% = high in salt
- Don't drink your calories!
 - Liquid sugar = Sweet tea, soda, juices, coffee drinks, smoothies, Gatorade
 - 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%

Are these good Bariatric food options?



Nutrition Facts

☆☆ (?)

Calories ? 460 (1923 kJ)

Calories from fat ? 297

% Daily Value 1

Total Fat	?	33g	51%
Sat. Fat	?	13g	65%
Trans Fat	?	0g	
Cholesterol	?	265mg	88%
Sodium		1130mg	47%
Total Carbs.	?	17g	6%
Dietary Fiber	?	2g	8%
Sugars	?	1g	
Protein	?	24g	



Nutrition Facts

☆☆ (?)

Calories ? 410 (1714 kJ)

Calories from fat ? 189

% Daily Value 1

Total Fat	?	21g	32%
Sat. Fat	?	9g	45%
Trans Fat	?	1g	
Cholesterol	?	50mg	17%
Sodium		900mg	38%
Total Carbs.	?	39g	13%
Dietary Fiber	?	1g	4%
Sugars	?	14g	
Protein	?	16g	

Learn Your Basic Food Groups

- Protein: include in all meals/snacks
 - Best choice protein: lean meats, low fat dairy, eggs, whole soy foods (tofu, soy beans/milk)
 - Nuts, seeds, beans, lentils contain small amounts of protein, not the best source of protein.
- Carbohydrates: include with protein, in all meals/snacks
 - Grains, starches, fruits and veggies have carbs
 - Best choice and lowest in calories: “Non-starchy” veggies. Eat a lot of these!
 - Broccoli, carrots, cauliflower, leafy greens, tomatoes, beets, squash, etc.
 - DO NOT JUICE your veggies! Liquids will not keep you full!
 - Starch veggies: peas, corn, potatoes, sweet potatoes, beans, lentils
 - Grains: barley, oats, high fiber crackers, brown rice, quinoa
 - Whole fruits with skin on, any kind. DO NOT JUICE your fruit or drink fruit juices.
 - Avoid eating too much dried fruits. Follow the serving size and avoid added sugar (cranberries)
- Fat: Include small amounts of these in your diet
 - Best choice: olive oil, avocado oil, nuts, seeds, avocado
 - Use these in very small amounts. These are high in saturated fats
 - Butter, coconut oil, cheese, heavy cream, cream cheese, mayonnaise, salad dressing

Be Aware of Your Behaviors Related to Food

Emotional Eating

- Eating to distract us from negative feelings, snacking when you feel stressed/angry/sad/grieving/bored

Mindless Eating

- Eating while engaging in other activities. This leads to over-eating, eating beyond fullness
- Ex: Snacking straight out of the container while watching TV; continuing to graze when sitting for a long time at the dining table (easily happens when you're at a restaurant)

Habitual Eating

- Automatic daily habits, trained yourself into an unhealthy routine
- Ex: Having Starbucks every morning/vending machine snacks every afternoon; picking up fast food on the way home; always eating 2nd portions at dinner; snacking late night to make self sleepy

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 these behaviors.

It is important to recognize “thinking” vs. “feeling” hungry

Ask yourself: is it Stomach hunger or Head hunger??

Medical “FYIs” Before Surgery

- Review your checklist to what else you need to complete
 - You can also call our office 713-493-7700 and ask for your patient navigator to check on your progress
 - Your Patient Navigator: LaShan for Dr. Scarborough, Amanda for Dr. Yu, Karina for Dr. Mehta
- Get your **pre-surgery labs** completed!! **Please use OUR LAB ORDER**
 - Please use the lab order we gave you in clinic. We need to review your blood work before surgery
 - Prior to getting labs: 8 hour fasting and stop taking vitamins for at least 24 hours
- Our office will call you when 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.
- Pre-Op Appointment at TLC Clinic (~14days before surgery)
 - Meet with the surgeon to discuss surgery. You will also find out the hospital location for surgery.
 - Bring list of medications/supplements, ask questions for surgeon (return to work, exercise, fly/drive etc.)
 - Do your DIABETIC MEDS need to be adjusted while on 2 Week Pre-Op Liquid Diet??
 - Talk to your PCP or endocrinologist to **adjust diabetic meds** while on the very low carbohydrate pre-op liquid diet!
- Pre-Admission Testing at surgery hospital (~7-10 days before surgery)
 - Call your hospital to schedule this appointment

Medical “FYIs” Before Surgery

- **STOP HERBAL SUPPLEMENTS: 2 weeks before surgery**
 - St. John’s Wort, Black Cohosh, Milk Thistle, Melatonin, Turmeric, Ginseng, Ginkgo Biloba, Marijuana, 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
- **WEAR YOUR CPAP NIGHTLY 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
- **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 and less soreness

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 NOW Before Surgery

- **Get your vitamins before surgery!**
- Start taking bariatric vitamins NOW to “vitamin load”
 - Improve current vitamin status and prevent deficiencies from occurring/getting worse
 - You may purchase at TLC front desk or online (TLC’s e-store or directly with the company’s site)
- Starting today: take minimal dose of a Bariatric Multivitamin (MV) and Calcium
 - **Multivitamin: [1 capsule every 3 days] or [1 chewable daily]**
 - **Calcium Chews: 1 calcium (for men), 2 calcium (for women)**
 - Take any other vitamins that were recommended by your PCP or based on labs
 - For example: additional Vitamin D, Iron, fish oil, etc.
- You will take these vitamins until the day before surgery
 - Start now, continue through 2 week pre-op liquid diet, then stop day before surgery.
 - *Gradually* re-start Bariatric MV and Calcium on **Day 3** after surgery (as tolerated)
 - Start off with 1 MV for a few days...then add 1 calcium, gradually to the FULL DOSE
 - Full Dose: 1 multivit capsule and 3 calcium chews, or 2 chewable multivit and 3 calcium chews

Take Vitamins Before Surgery – *Only for Revision Patients*

- **You already had VBG, vertical sleeve, RNY bypass**
 - Take the ALL of your required BARIATRIC vitamins
 - Bariatric Multivitamins with Iron, and 1500mg 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 getting worse after surgery
 - Take your vitamins with foods, not on empty stomach
 - Do not take vitamins all together, Spread out at least 2 hours a part.
 - Keep Iron and Calcium separate.
 - Do not double up on vitamins i.e. take 2 calcium at one time = constipation, nausea, GI cramping
- Take any other vitamins that were recommended by your PCP or based on labs
 - For example: additional Vitamin D, Iron, fish oil, etc.
- You will take these vitamins until the day before surgery
 - Start now, continue through 2 week pre-op liquid diet, then stop day before surgery.
 - *Gradually* re-start Bariatric MV and Calcium on Day 3 after surgery (as tolerated)
 - Start off with 1 MV for a few days...then work up to 2 MV, gradually to the FULL DOSE

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
- A LOT (unlimited) amount of Clear liquids: At least 64oz daily
 - To prevent constipation, kidney stones and gout due to high protein diet

Pre-Op Liquid Diet: Protein Shakes and Clear Liquids

- **Protein goal 60-150grams 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, bulk

- **A lot of Clear Liquids**

- High protein diets can cause constipation and kidney stones
- “See-through” liquids, any color
- OK Sugar substitutes. No sugar, honey, maple syrup, agave.
- No caffeine (decaf OK): caffeine is a diuretic/irritant (affects dehydration, gastric ulcers, acid reflux)
- No carbonation (no sodas): can cause chest pain from gas pressure

Pre-Op Liquid Diet: Strategies

- **DO NOT DRINK**

- Slim Fast, Atkins, Ensure, Boost, Glucerna, Carnation Instant Breakfast, Herbalife, Shakeology, Advocare, Naked Protein Smoothies
- Not enough protein, and may be too high in sugar/fat
- Avoid Jamba Juice, Smoothie King, regular Gatorade, fruit/veggie juices, any smoothies!

- Nausea

- Switch to clear liquid protein drinks instead of milky shakes
- Switch to WHEY ISOLATE (Lactose free) instead of WHEY CONCENTRATE (contains Lactose)
- Eliminate whey/milk protein, try PLANT BASED PROTEIN shakes
 - Look for blends of pea, rice, nuts, beans, seeds

- Lightheaded/Headaches, make sure you get enough:

- +64oz water, +60grams protein
- Drink regular (not low sodium) broth
- May add 1-2 bottles of 12oz Gatorade G2 to get some carbohydrates

- Feeling “hungry”

- Add more protein. Have you reached +60 grams protein/day?
- Eat sugar free jello/popsicles. This can satisfy desire to chew
- Is it HEAD hunger due to boredom? Keep yourself busy!

Too Low In Protein – 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



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

% Daily Value

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



Too High in Calories and Sugar – Not Bariatric Appropriate



Nutrition Facts

1 serving per container

Serving Size 15.2 fl oz (450 mL)

Amount Per Serving

Calories 400

% Daily Value*

Total Fat 3g 4%

Saturated Fat 1g 5%

Cholesterol 29mg 10%

Sodium 290mg 13%

Total Carbohydrate 61g 22%

Total Sugars 53g

Includes 0g Added Sugars 0%

Protein 30g 60%

Appropriate Pre-Op Protein Shake Options

>20 grams protein, <10 grams sugar, <10 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>				

Here are some Protein Supplement Options

Look for: >20 grams protein, <10 grams sugar, <10 grams fat, <250 calories

- Whey Concentrate (contains milk and lactose)
 - Premier Protein Shake, Muscle Milk PRO Series, EAS Myoplex, LeanBody by LaBrada, GNC Lean 25, CorePower **ELITE**
- Whey Isolate (contains milk, but lactose free)
 - Premier Protein “Clear” drinks, Isopure Zero Carb Protein “Drink”, Unjury protein powder/shakes, Gold Standard 100% Whey protein powder, Bariatric Advantage protein powder, ICONIC grass-fed whey protein shakes, Dymatize Iso100 powder
- Plant Based (No milk/lactose, Dairy Free)
 - Orgain Plant Based protein powder/shakes, VegaSport protein powder, Plant Fusion protein powder, Raw Meal protein powder

Plant Based Protein (dairy free, vegan)

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 High 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



Isopure Infusions
1 scoop = 20g protein
90 calories, 1g sugar
Stevia
Whey protein isolate

Appropriate Pre-Op Clear Liquid Options

<50 calories, <10 grams sugar per 8 ounces, 64oz or more!

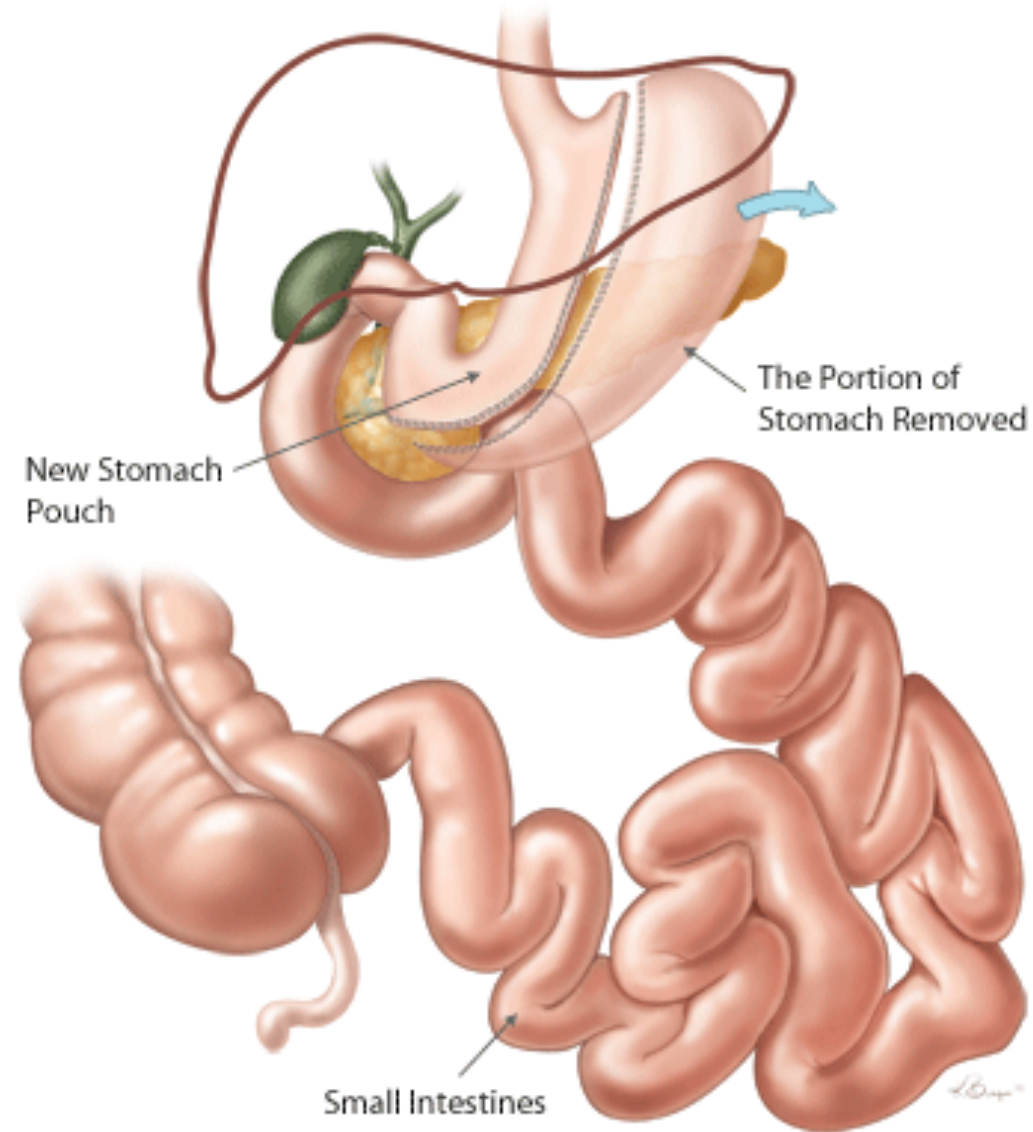
				
				
				

Here are some Clear Liquid Options

Look for <50 calories, <5 grams sugar per 8oz

- MiO, Crystal Light, Powerade Zero, Vitamin Water Zero, Propel Fitness Water, Gatorade G2/Zero, “hint” water, Nestle Splash water
- Herbal tea (ex: chamomile, peppermint, ginger), decaffeinated green tea and coffee (sugar substitutes are OK to use)
- Sugar free gelatin and popsicles (no fruit bars)
- Regular sodium Broth (homemade or store bought, bone broth, any flavor)
- Fruit infused waters (add slices of cucumber, orange, lemon, berries, etc.)
- NO FRUIT JUICE!!

Vertical Sleeve Gastrectomy (VSG)



Vertical (Laparoscopic) Sleeve Gastrectomy (VSG or LSG)

Advantages

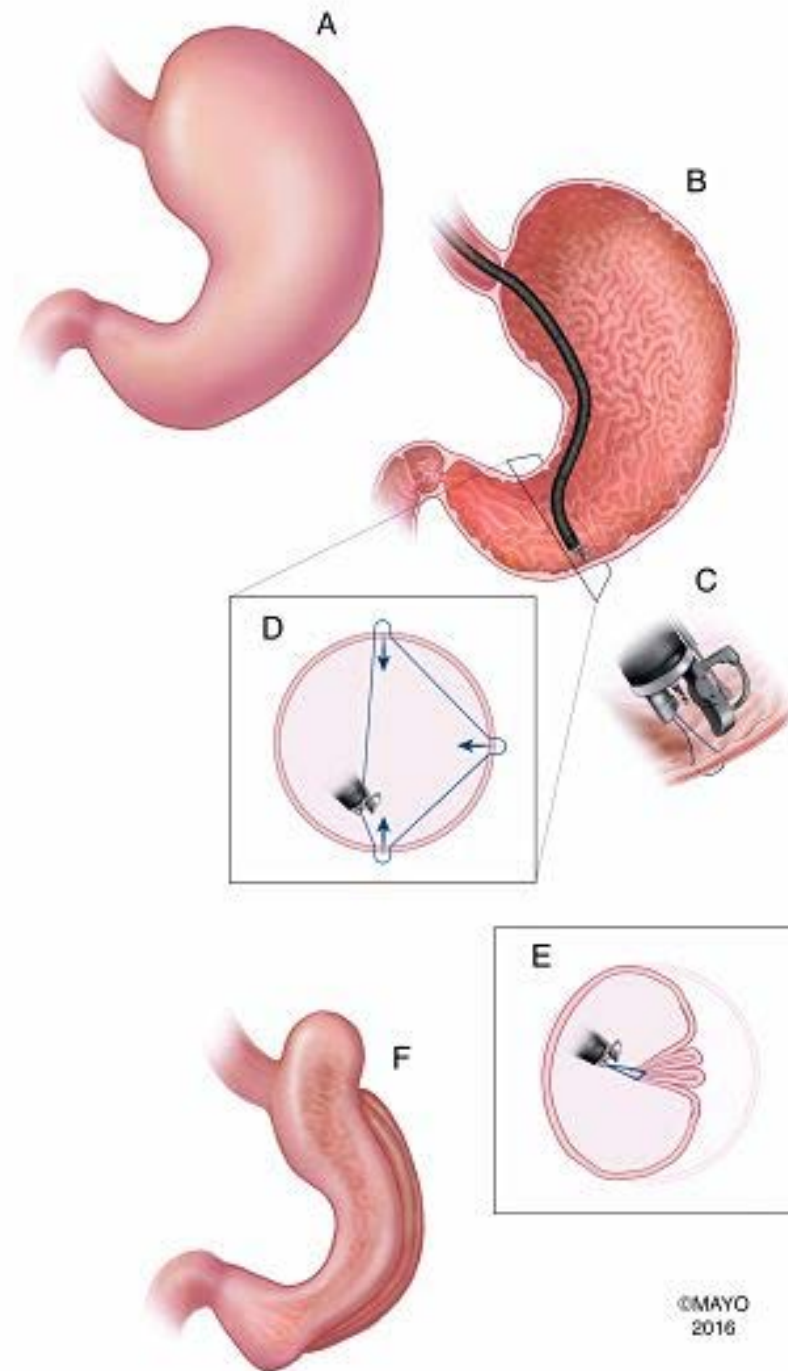
- Restricts the amount of food the stomach can hold
- Induces rapid and significant weight loss that comparative studies find similar to that of the Roux-en-Y gastric bypass. Weight loss of >50% for 3-5+ year data, and weight loss comparable to that of the bypass with maintenance of >50%
- Requires no 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

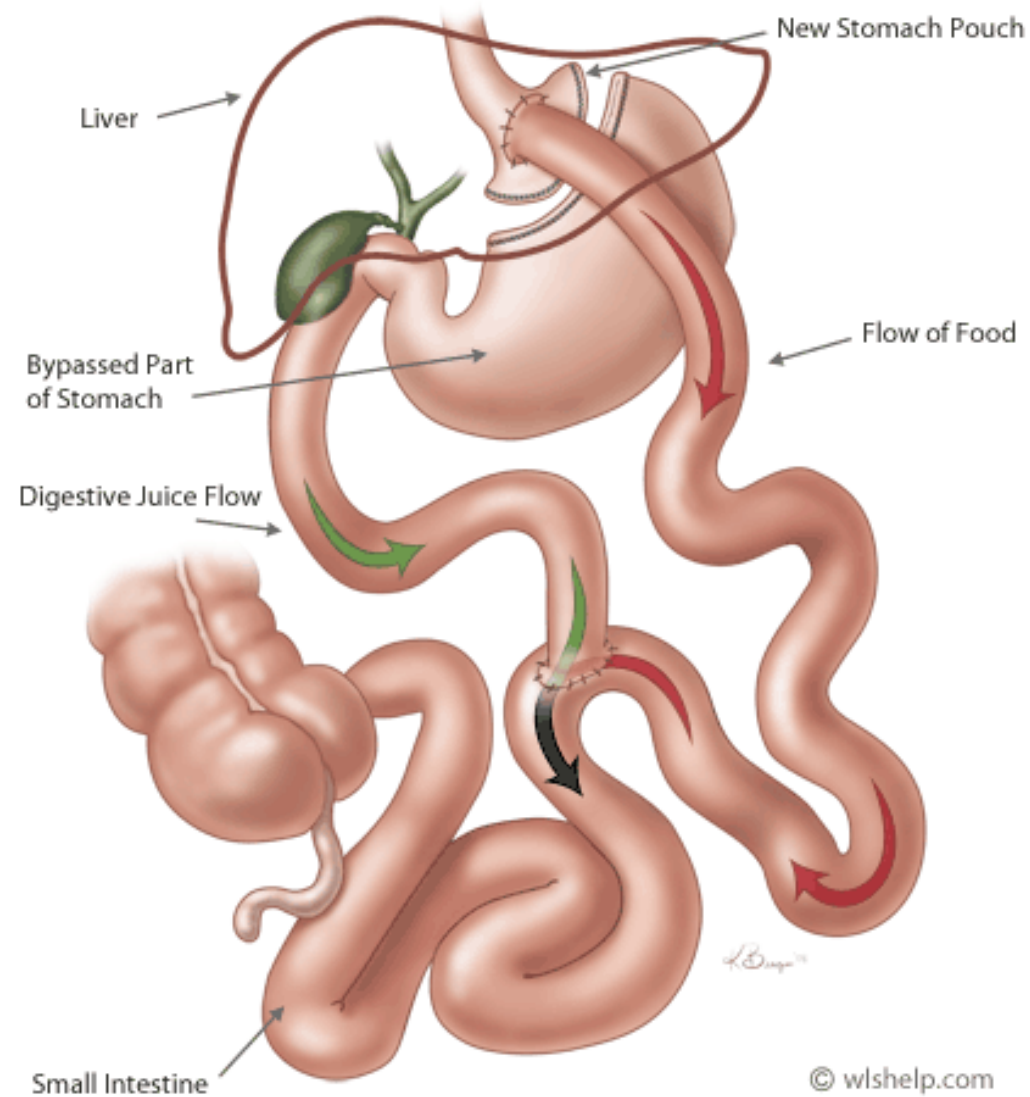
- Is a non-reversible procedure
- Has the potential for long-term vitamin deficiencies
- Has a higher early complication rate than the band

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)

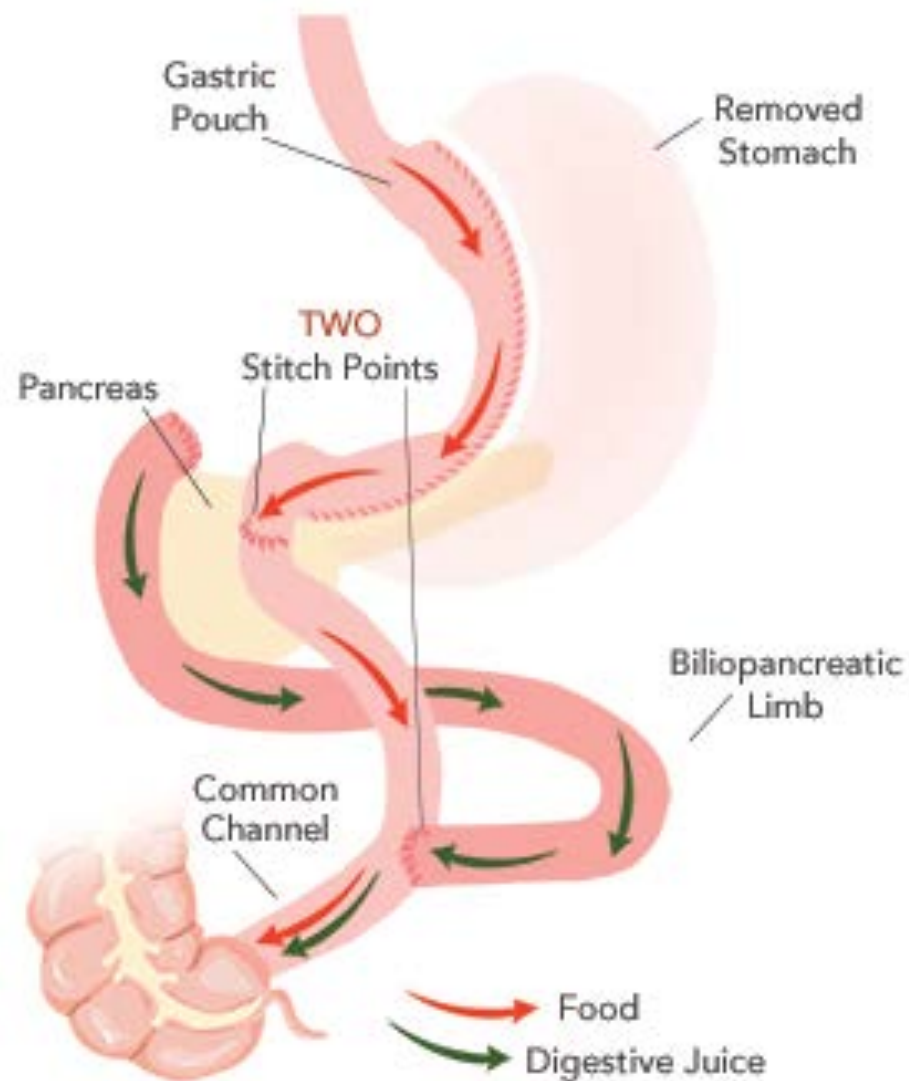
Advantages

- 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

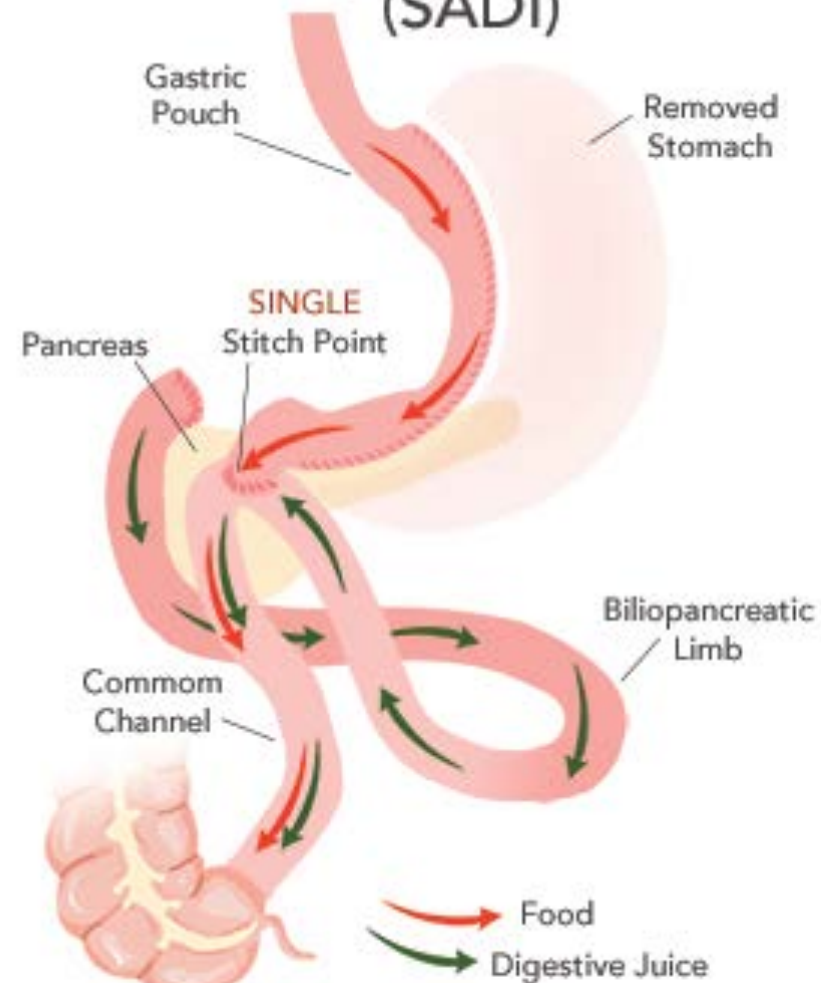
Disadvantages

- 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)

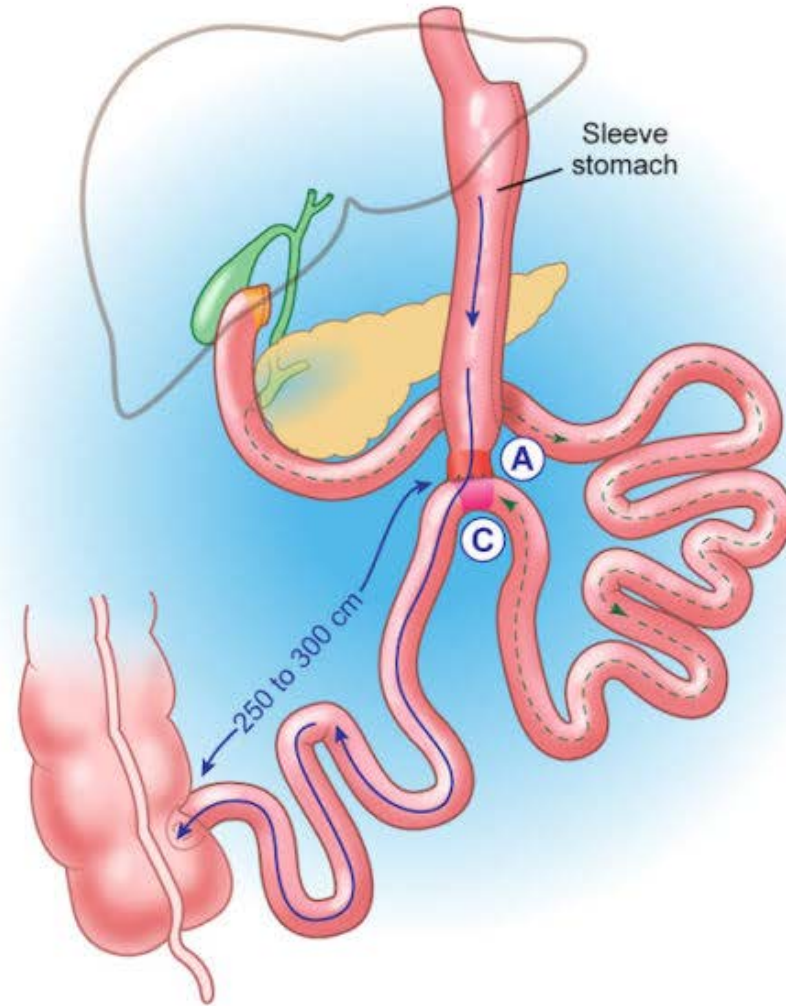
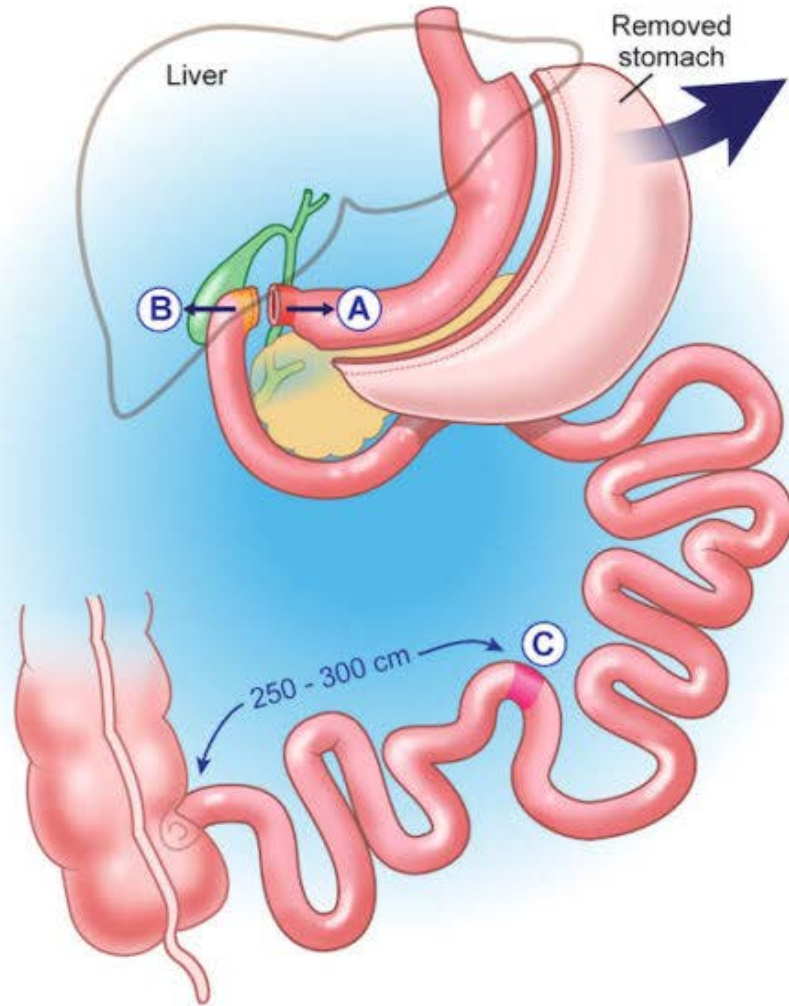


SADI VS DS

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

- *Gradually* re-start taking Bariatric MV and Calcium on **Post-Op Day 3** (Full Liquid Phase)
 - Take 1 multivitamin for a few days, then work up to 2, then gradually work up to the full dose (as tolerated)
- Do not take vitamins on an empty stomach. Take with food/protein shake.
- Spread out all your vitamins; Do not take them all together!! Keep doses **at least 2 hours apart**
 - May cause nausea, stomach aches, burps and pouch fullness 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
- Post-surgery, consider changing your vitamins and medications (ask your Dr) to this form:
 - Chewable
 - Crush and cut tablet (small size to fit through a drinking straw)
 - Approved capsule (designed for weight loss surgery) or open up a capsule (ask your doctor!)
 - These are designed to **dissolve quickly** upon contact with heat and moisture
 - **NOT RECOMMENDED**
 - Vitamin patches, liquid multivitamins (Tespo), pre-natal, children vitamins, over-the-counter hard tablets
 - NO GUMMIES OR GUMBALLS (too much sugar, poor quality, low nutrients)

Bypass/Sleeve/DS Vitamins Requirements

- All vitamins that you are required to take, are for MAINTENANCE (to stay at normal levels)
 - These bariatric vitamins are not enough to correct a vitamin deficiency
 - 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 Bariatric Advantage? CelebrateVitamins.com is another appropriate brand to choose
 - ...or 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 Calcium 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-menopausal, non-menstruating
 - Take with food
 - May cause constipation/teeth staining
 - *Avoid take with caffeine/dairy/calcium*

Gastric Bypass Vitamins

- **Ultra Solo with Iron**
 - Swallow 1 capsule/day
- OR -
- **Advanced Multi EA**
 - Chew 2 tablets/day
- Both options include
 - complete multivitamin and mineral
 - 25mg B1
 - 500mcg 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 Solo with Iron**
 - Swallow 1 capsule/day
- OR -
- **Advanced Multi EA**
 - Chew 2 tablets/day
- Both options include
 - complete multivitamin and mineral
 - 25mg B1
 - 500mcg B12
 - 3000IU Vitamin D
 - 45mg Iron
 - 10,000IU Vitamin A
 - 20mg Vitamin E
 - 120mcg Vitamin K
- **Still need Calcium Chewy Bites**
 - 2000-2500mg Calcium Citrate
 - 500mg x 4 daily
 - Keep calcium 2 hours apart from your multivitamin



Sleeve Vitamins

Menstruating Women

Anemic Men and Women

- **Ultra Solo with Iron**
 - Swallow 1 capsule/day
- OR -
- **Advanced Multi EA**
 - Chew 2 tablets/day
- Both options include
 - complete multivitamin and mineral
 - 25mg B1
 - 500mcg 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 Anemic Men

Non Anemic Women who are:
Post-Hysterectomy, Menopausal

- **“Bariatric Advantage” Ultra Solo WITHOUT Iron**
 - **Swallow 1 capsule/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
Gastric Bypass	Ultra Solo with Iron x 1 - or - Advanced Multi EA x 2  	Calcium Chewy Bites x 3 
Duodenal Switch	Ultra Solo with Iron x 1 - or - Advanced Multi EA x 2  	Calcium Chewy Bites x 4-5 
Sleeve needing Iron - Menstruating Female - Anemic Male - Anemic Female	Ultra Solo with Iron x 1 - or - Advanced Multi EA x 2  	Calcium Chewy Bites x 3 
Sleeve do not need Iron - Non-Anemic Male - Post-Hysterectomy/Post-Menopausal/Non-Anemic Female	Ultra Solo WITHOUT Iron x 1 - or - Multivitamin Soft Chew x 2  	Calcium Chewy Bites x 3 

Sample Vitamin Schedule

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

Remember to keep Iron and Calcium at least 2 hours apart to prevent malabsorption.

Spread out your vitamins. Take with food or protein shake to prevent stomach ache.

Do not double up on dose. Take one at a time.

May take Vitamin D, fish oil, Biotin, probiotics, etc with MV or Calcium.

Options	Breakfast	AM Snack	Lunch	PM Snack	Dinner	Bedtime
Option A Capsule	Ultra Solo (with or without Iron) 1 capsule	Calcium Chewy Bite 1x	Calcium Chewy Bite 1x	Calcium Chewy Bite 1x		
Option B Chewable Tablet	Advanced Multi EA 1 chewable tablet	Calcium Chewy Bite 1x	Advanced Multi EA 1 chewable tablet	Calcium Chewy Bite 1x	Calcium Chewy Bite 1x	
Option C Soft Chew	Celebrate 1 MV Soft Chew	Calcium Chewy Bite 1x	Celebrate 1 MV Soft Chew	Calcium Chewy Bite 1x	Calcium Chewy Bite 1x	



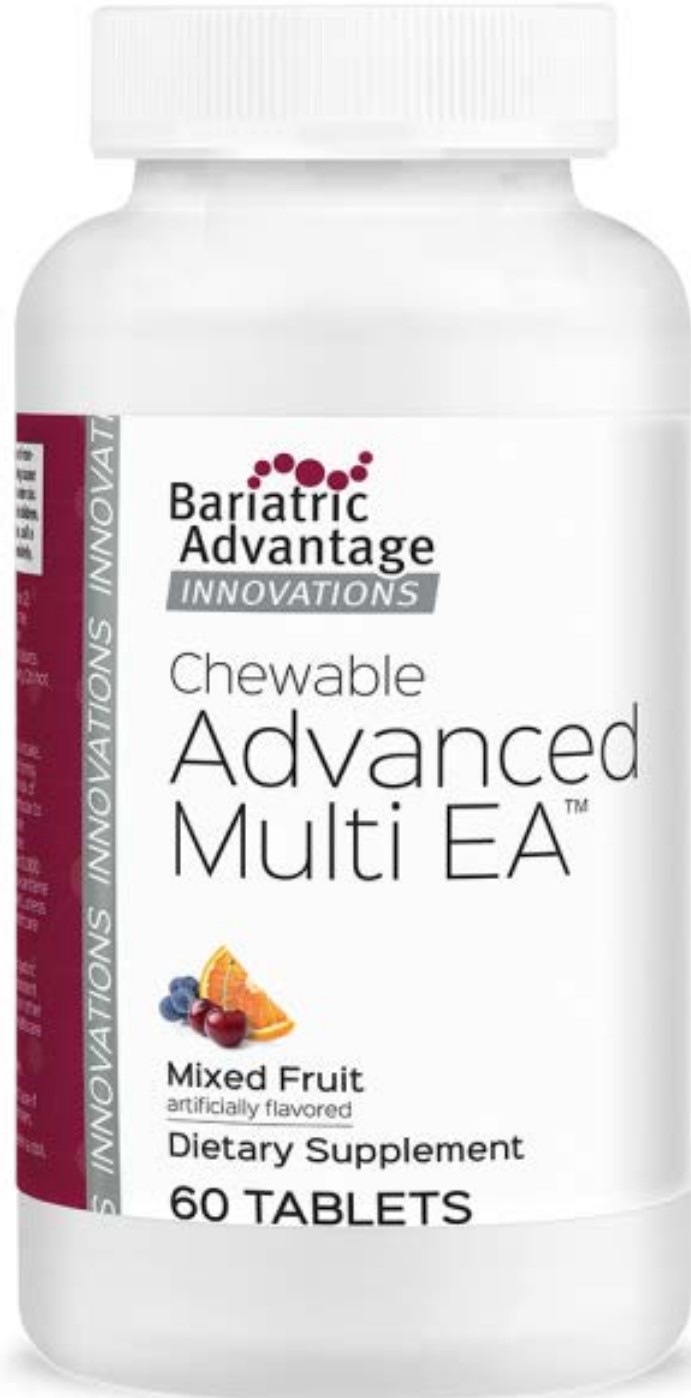
“Ultra Solo with Iron” ONE A DAY MULTIVITAMIN

Appropriate for Duodenal Switch, Gastric Bypass, Sleeve (anemic, menstruating)

Key Highlights:

- 1 capsule per day (Still need 3 Calcium Citrate Chewy Bites to get 1500mg Calcium)
- 3000IU Vitamin D
- 25mg B1 (Thiamin)
- 800mcg Folate
- 500mcg B12
- 45mg Iron

Ingredients	Amount Per Serving	% Daily Value
Serving Size	1 Capsule [†]	
Servings Per Container	90	
Vitamin A (from mixed carotenoids and as retinyl acetate)	3,000 mcg	333%
Vitamin C (as ascorbic acid)	120 mg	133%
Vitamin D (as cholecalciferol)	75 mcg (3,000 IU)	375%
Vitamin E (as d-alpha tocopheryl succinate)	20.1 mg	134%
Vitamin K (as phytonadione USP)	120 mcg	100%
Thiamin (as thiamin HCl)	25 mg	2,083%
Riboflavin	3.4 mg	262%
Niacin (as niacinamide)	40 mg	250%
Vitamin B ₆ (as pyridoxine HCl)	4 mg	235%
Folate	1,335 mcg DFE (800 mcg folic acid)	334%
Vitamin B ₁₂ (as methylcobalamin)	500 mcg	20,833%
Biotin	600 mcg	2,000%
Pantothenic Acid (as calcium D-pantothenate)	20 mg	400%
Iron (as ferrous fumarate)	45 mg	250%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide)	10 mg	2%
Zinc (as zinc citrate)	20 mg	182%
Selenium (as selenomethionine)	70 mcg	127%
Copper (as copper gluconate)	2 mg	222%
Manganese (as manganese citrate)	2 mg	87%
Chromium (as chromium picolinate)	120 mcg	343%
Molybdenum (as molybdenum aspartate complex)	75 mcg	167%



Ingredient		Amount	Daily Value
Calories		20	
Total Carbohydrates		5 g	2%*
Sugar		2 g	**
Vitamin A (7,500 IU as beta-carotene and 2,500 IU as retinyl palmitate)		10,000 IU	200%
Vitamin C (as sodium ascorbate and ascorbic acid)		90 mg	150%
Vitamin D (as cholecalciferol)		3,000 IU	750%
Vitamin E (from d-alpha tocopheryl polyethylene glycol 1000 succinate, d-alpha tocopherol, and mixed tocopherols)		150 IU	500%
Vitamin K (as phytonadione)		300 mcg	375%
Thiamin (as thiamin mononitrate)		12.5 mg	833%
Riboflavin (vitamin B ₂)		3.4 mg	200%
Niacin (as niacinamide)		20 mg	100%
Vitamin B ₆ (as pyridoxine HCl)		4 mg	200%
Folic Acid		800 mcg	200%
Vitamin B ₁₂ (as cyanocobalamin)		1,000 mcg	16,667%
Biotin		600 mcg	200%
Pantothenic acid (as calcium d-pantothenate)		20 mg	200%
Calcium (as dicalcium phosphate)		150 mg	15%
Iron (as ferrous fumarate)		45 mg	250%
Iodine (as potassium iodide)		150 mcg	100%
Magnesium (as magnesium hydrolyzed rice protein chelate)		50 mg	13%
Zinc (as zinc hydrolyzed rice protein chelate)		15 mg	100%
Selenium (as selenomethionine)		70 mcg	100%
Copper (as copper citrate)		2 mg	100%
Manganese (as manganese aspartate and manganese glycinate)		2 mg	100%
Chromium (as chromium hydrolyzed rice protein chelate)		120 mcg	100%
Molybdenum (as sodium molybdate)		50 mcg	67%
Sodium		15 mg	1%
Mixed Tocopherols (including gamma, delta, and beta-tocopherols)		30 mg	**
Choline (as choline bitartrate)		20 mg	**
Coenzyme Q10 (as ubiquinone)		10 mg	**
Boron (as boron citrate)		2 mg	**

Other Ingredients: Sorbitol, fructose, dextrose with maltodextrin, oligofructose, stearic acid, natural and artificial flavors, silica, erythritol, microcrystalline cellulose, magnesium stearate, mono and diglycerides, citric acid, hydrogenated vegetable oil (one or more of soybean, palm, and cottonseed oils), sucralose and neohesperidine DC (non-nutritive sweeteners).

SUGGESTED USE: Take two (2) chewable tablets per day or as directed by your healthcare practitioner. Chew or crush tablets completely before swallowing. Do not swallow tablets whole.

This product is gluten free.

WARNING: Excess vitamin A intake, beta-carotene or carotenoid forms excepted, may increase the risk of birth defects, and may contribute to osteoporosis. Women who are pregnant or who may become pregnant should not exceed 10,000 IU of vitamin A per day, beta-carotene or carotenoid forms excepted, unless instructed to do so by a healthcare practitioner.

CAUTION: If you have had gastric surgery and experience persistent nausea, vomiting, diarrhea, or other symptoms, contact your healthcare practitioner.

Keep out of reach of children.

TAMPER EVIDENT: Do not use if safety seal is missing or broken.

STORAGE: Keep tightly closed in a cool, dry place.

Warning: Accidental overdose of iron-containing products is a leading cause of fatal poisoning in children under six. Keep this product out of reach of children. In case of accidental overdose, call a doctor or poison center immediately.

*Percent Daily Values are based on a 2,000 calorie diet.

** Daily Values not established.

Advanced Multi EA Chewable Tablets (contains iron)

- Appropriate for DS, Gastric Bypass, Sleeve (anemic, menstruating)
- 2 Chewable Tablets/Daily
- 3000IU Vitamin D
- 1000mcg B12
- 12.5mg B1
- 45mg Iron
- Still need to get separate Calcium



“Ultra Solo without Iron” ONE A DAY MULTIVITAMIN

Appropriate for Only Sleeve (non-anemic men, non-menstruating and non anemic women)

- 1 capsule per day (Still need 3 Calcium Citrate Chewy Bites to get 1500mg Calcium)
- 3000IU Vitamin D
- 25mg B1 (Thiamin)
- 800mcg Folate
- 500mcg B12

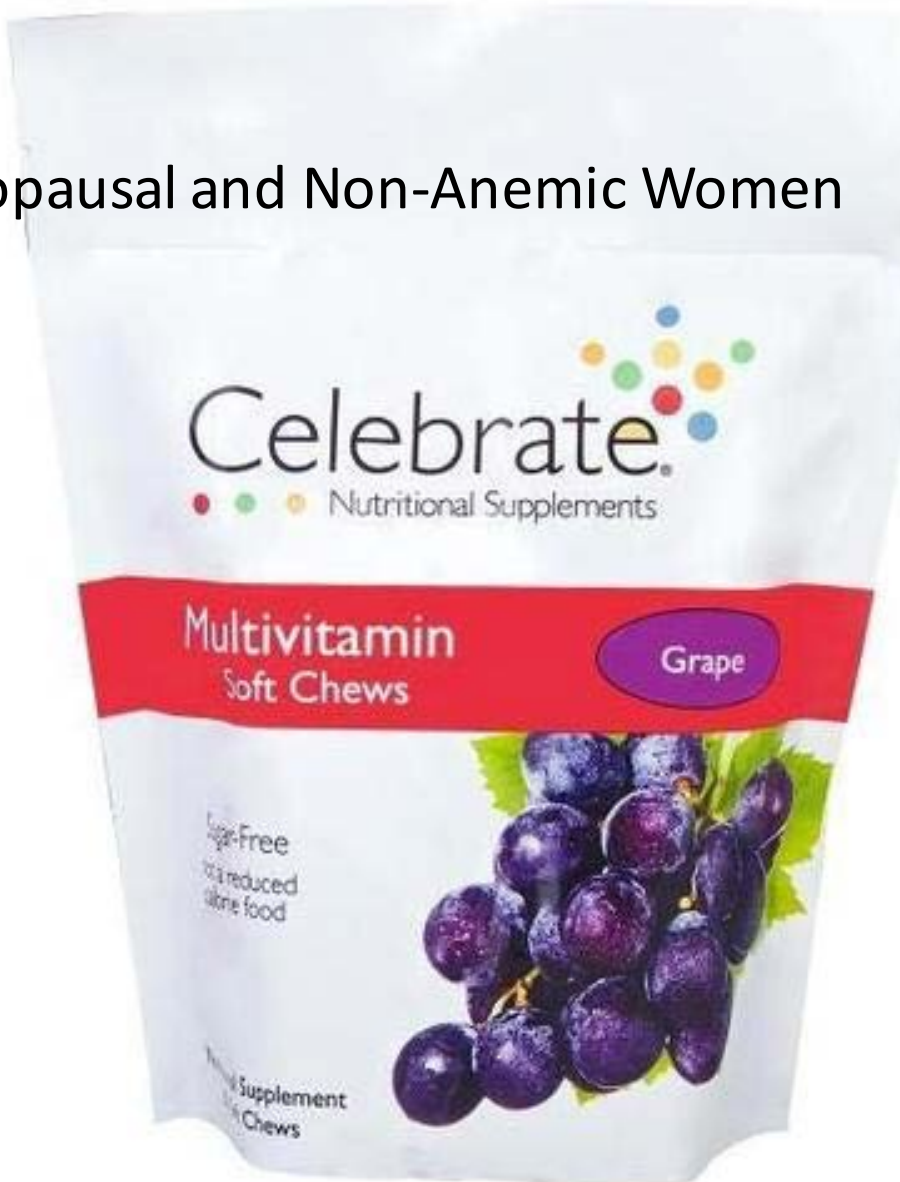
Ingredients	Amount Per Serving	% Daily Value
Serving Size	1 Capsule [†]	
Servings Per Container	90	
Vitamin A (from mixed carotenoids and as retinyl acetate)	3,000 mcg	333%
Vitamin C (as ascorbic acid)	120 mg	133%
Vitamin D (as cholecalciferol)	75 mcg (3,000 IU)	375%
Vitamin E (as d-alpha tocopheryl succinate)	20.1 mg	134%
Vitamin K (as phytonadione USP)	120 mcg	100%
Thiamin (as thiamin HCl)	25 mg	2,083%
Riboflavin	3.4 mg	262%
Niacin (as niacinamide)	40 mg	250%
Vitamin B ₆ (as pyridoxine HCl)	4 mg	235%
Folate	1,335 mcg DFE (800 mcg folic acid)	334%
Vitamin B ₁₂ (as methylcobalamin)	500 mcg	20,833%
Biotin	600 mcg	2,000%
Pantothenic Acid (as calcium D-pantothenate)	20 mg	400%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide)	10 mg	2%
Zinc (as zinc citrate)	20 mg	182%
Selenium (as selenomethionine)	70 mcg	127%
Copper (as copper gluconate)	2 mg	222%
Manganese (as manganese citrate)	2 mg	87%
Chromium (as chromium picolinate)	120 mcg	343%
Molybdenum (as molybdenum aspartate complex)	75 mcg	167%

Celebrate MV Soft Chews

- Appropriate for Only Sleeve Non-Anemic Men

Post-Hysterectomy, Post-Menopausal and Non-Anemic Women

- 2 soft chews daily
- 3000IU Vitamin D
- 12mg B1
- 500mcg B12
- Still need separate Calcium



Supplement Facts

Serving Size: 2 Chews

Servings Per Container: 30

	Amount per serving	% Daily Value
Calories	30	
Calories from Fat	10	
Total Fat	1.5 g	2%
Saturated Fat	1 g	5%
Total Carbohydrate	8 g	3%*
Sugars	0 g	**
Sugar Alcohol	8 g	**
Vitamin A (as retinyl palmitate and 50% from beta-carotene)	10,000 IU	200%
Vitamin C (as ascorbic acid)	180 mg	300%
Vitamin D3 (as cholecalciferol)	3,000 IU	750%
Vitamin E (as d-alpha-tocopheryl acetate)	60 IU	200%
Vitamin K (as phytonadione)	120 mcg	150%
Thiamin (as thiamin mononitrate)	12 mg	800%
Riboflavin	12 mg	706%
Niacin (as niacinamide)	40 mg	200%
Vitamin B6 (as pyridoxine HCl)	12 mg	600%
Folate (as folic acid)	800 mcg	200%
Vitamin B12 (as methylcobalamin and cyanocobalamin)	500 mcg	8333%
Biotin	600 mcg	200%
Pantothenic acid (as D-calcium pantothenate)	20 mg	200%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium citrate)	100 mg	25%
Zinc (as zinc amino acid chelate)	30 mg	200%
Selenium (as selenium amino acid chelate)	140 mcg	200%
Copper (as copper amino acid chelate)	3 mg	150%
Manganese (as manganese amino acid chelate)	2 mg	100%
Chromium (as chromium amino acid chelate)	200 mcg	167%
Molybdenum (as molybdenum amino acid chelate)	75 mcg	100%
Sodium	25 mg	1%

*Percent Daily Values are based on a 2,000 calorie diet.

**Daily value not established.

INGREDIENTS: Maltitol Syrup, Vitamin Blend Palm Oil, Citric Acid, Mono & Diglycerides, Soy Lecithin, Artificial Flavor, Grape Color Extract, and Sucralose.

Ingredients	Amount Per Serving	% Daily Value
Calories	15	
Calories from Fat	5	
Total Carbohydrate	4 g	1%*
Sugar Alcohol	2 g	**
Vitamin D (as cholecalciferol)	500 IU	125%
Calcium (as calcium citrate)	500 mg	50%
Sodium	5 mg	<1%



Other Ingredients: Maltitol syrup, palm oil, mono and diglycerides, natural flavors, caramel color, soy lecithin, sea salt, FD&C yellow no. 5, FD&C yellow no. 6, and sucralose (a non-nutritive sweetener). **Contains: Soy.**

SUGGESTED USE: Take as directed by your healthcare practitioner. Take at least two hours apart from iron.

CAUTION: If you have had gastric surgery and experience persistent nausea, vomiting, diarrhea, or other symptoms, contact your healthcare practitioner. Excessive consumption may cause a laxative effect.

Keep out of the reach of children.

TAMPER EVIDENT: Do not use if package is torn or open.

STORAGE: Keep in a cool, dry place.

Made in a facility that processes peanuts, tree nuts, soy, dairy, eggs, wheat, fish gelatin, and shellfish.

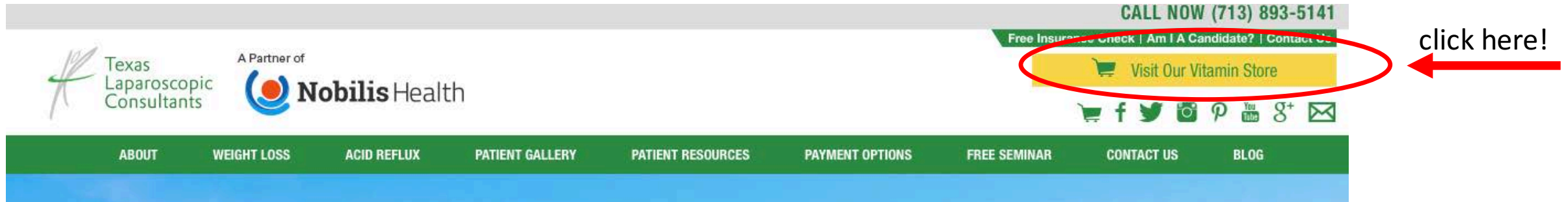
*Percent Daily Values are based on a 2,000 calorie diet.

**Daily Value not established.

Calcium Citrate Chewy Bites

Gastric Bypass and Sleeve: Take 3 chewy bites daily
Duodenal Switch: Take 4 chewy bites daily

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



E-Store

Home Bariatric Surgery / E-Store

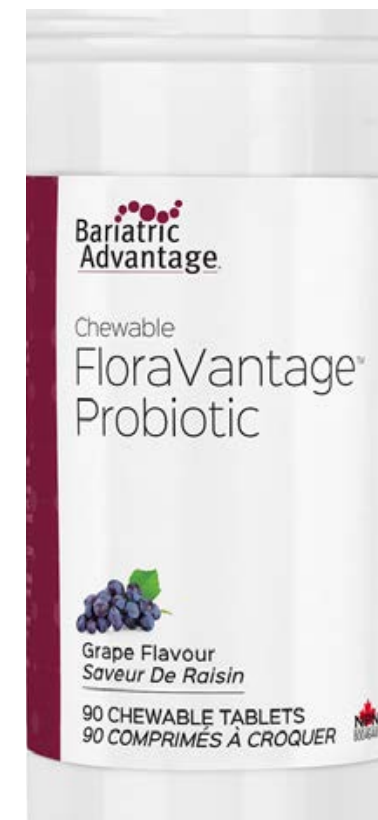
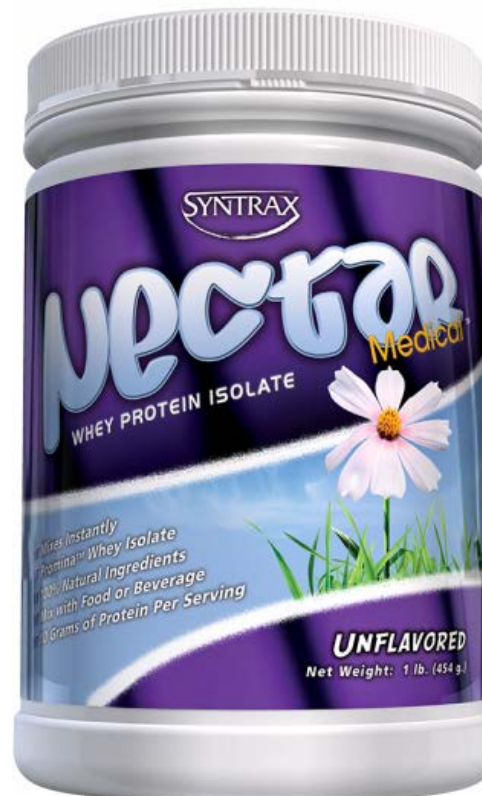
Weight Loss Surgery is the beginning of a new lifestyle, and your weight loss journey doesn't end after your procedure. Many patients experience rapid weight loss after surgery, and it is very important to adhere to the dietary plan and nutrition guidelines that are provided by our team. Following these 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:

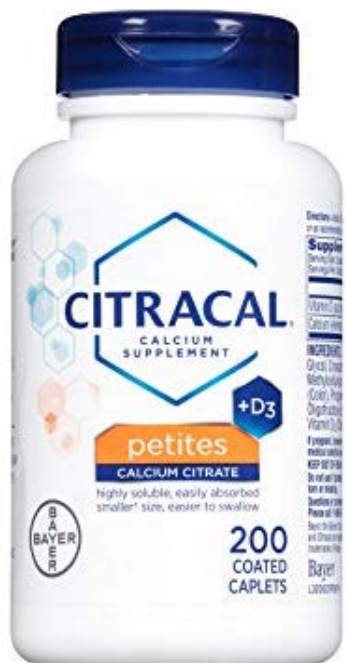
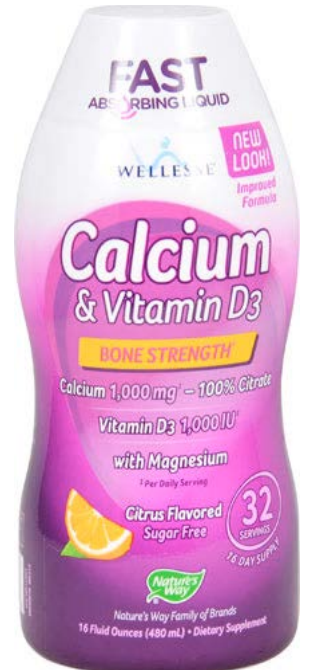
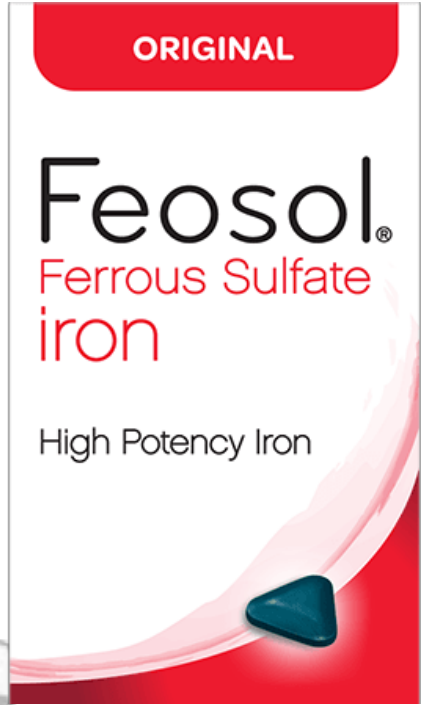


- For a direct link to our recommended vitamins, go to our website: www.tlcsurgery.com
- Click on the yellow box “Visit Our Vitamin Store”
This will bring to our E-Store page
- Select Bariatric Advantage or Celebrate Vitamins for TLC’s recommended weight loss surgery vitamins
- You may also go directly 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



Bariatric Advantage: Additional Supplements if needed

- Vitamin D3 Chewable Gels
 - 1 gel = 10,000IU. Take 1 gel daily, or 1 gel every other day to get 5,000IU
- Iron – less constipating than over the counter “Ferrous Sulfate”
 - 29mg Chewable Iron Passion Fruit: Carbonyl Iron and Ferrous Fumarate
 - 60mg Chewable Iron Lemon Lime: Carbonyl Iron
- B Vitamins
 - B50 Complex capsule, 2 capsules daily
 - B12 1000mcg, 1 dissolvable tablet
 - B1 Thiamin 100mg, 1 capsule
- Non-chewable Calcium Citrate Tablets: 2 tablets = 500mg, 6 tablets/day = 1500mg
- Protein Powder Alternatives
 - High Protein Vegetable Soup: Savory alternative for protein powders
 - Dairy free, made with pea protein, 1 serving = 20g protein
 - Nectar Unflavored: Mix into foods, whey protein isolate, 1 scoop = 10g protein
 - Nectar Protein: Many flavors, whey protein isolate, 1 scoop = 23g protein
- Probiotic, chewable



Other Brands: Vitamins and Supplements if needed

- BariMelts D3 1 tablet = 5,000IU; www.barimelts.com
- Vitron C tablet 65mg Carbonyl Iron; www.vitronC.com
- Nordic Naturals Omega 3 Fish Oil; TLC Clinic, WholeFoods, Sprouts, VitaminShoppe, amazon.com
 - ProOmega 2000-D 2 soft gels = 2000mg Omega 3 (1125mg EPA, 875mg DHA)
 - ProOmega-D Xtra 1tsp = 2925mg Omega 3 (1950mg EPA, 975mg DHA)
- Barlean's liquid "Fish Oil Omega Swirl" 2tsp = 720mg Omega 3
 - Available at most HEB grocery stores; www.barleans.com; Amazon
- Wellesse Liquid Calcium 3 Tbs = 1500mg Calcium Citrate; Walgreens, www.vitacost.com
- CitraCal Calcium Citrate Petites
 - 6-8 "petite" tablets = 1400-1600mg Calcium Citrate
- Nutrition Direct, BariActiv www.nascobal.com
 - Bariatric vitamins that are covered by insurance
 - Oral Multivitamins, calcium, and Iron. B12 nasal spray
- Fitforme WLS Optimum www.fitforme.com
 - Bariatric vitamins, online only
- Feosol Iron supplements www.feosol.com; available at CVS, Walgreens, Walmart, Target, amazon.com
 - Original: Ferrous Sulfate, 1 tablet 65mg
 - Complete: gentle, less constipating, 1 tablet 28mg

2 Month Post-Surgery Diet Progression

- Purpose: Gradually introduce different textures until back to eating solid food
- You are healing from a new swollen stomach
- Re-learning how to eat: cutting food into small pieces, chewing into a mush, slowing down to eat.
- Your taste buds may change so use seasonings carefully
- 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, *start vitamins*
- Day 15/Week 3 - 4: Pureed – “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 = vomiting/diarrhea)

AVOID RESTAURANTS

during your 2 month post-surgery diet progression!

Large portions, high fat/high sugar foods = Dumping Syndrome



Vegetarian Creamy Tomato Soup

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

Nutritional Facts:

	% Daily Value
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	



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

Diet Calendar

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

Learn when to move onto the next diet phase.

2 week Pre-Surgery Liquid Diet	Protein shakes and clear liquids, and minimal dose vitamins					
						SURGERY DAY!
Post-Op Day 1 Clear liquids	Day 2 Clear Liquids	3 Full Liquids Begin Vitamins As tolerated	4	5	6	7
8	9	10	11	12	13	14
	Day 3-14: Protein shakes, soups, yogurt and pudding, begin vitamins					
Day 15 Week 3-4 Pureed	16	17	18	19	20	21
	Day 15-28: mashed eggs, fish, beans; oatmeal, applesauce					
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 ONLY

- Main purpose: REHYDRATION!
- Post-Surgery Day 1 (the day after surgery): **Start slow and take small sips all day long**
 - Aim for at least 2 oz every 15 minutes, 1 cup per hour
 - Go home and resume clear liquids (same as “Pre-Surgery Clear Liquids”)
- Post-Surgery Day 2: Continue clear liquids at home
- Clear/See-through, <50calories and <10grams sugar
 - No Caffeine. OK decaf coffee/tea, herbal tea. OK sugar substitutes, No creamer
 - Caffeine: diuretic, irritating to ulcers, may cause acid reflux, blocks Iron absorptior
 - No carbonation/no straws
 - Chest pain from swallowing too much air/trapped gas
 - No milky thick protein shakes/vitamins/solid food!!!
- For example:
 - Monday: Surgery Day
 - Tuesday: Post-Op Day 1 (Day 1 of clear liquids), go home
 - Wednesday: Post-Op Day 2 (Day 2 of clear liquids)
 - Vertical sleeve, gastric bypass, duodenal switch: plan to stay overnight in hospital (go home Day 1)
 - ESG: you should be discharged home same day as surgery day
- Aim for +48-64oz low calorie fluids per day. Same clear liquids as the “pre-surgery clear liquids”
- NO LIMIT TO HOW MUCH YOU CAN DRINK. If you can drink more, then please do so!!!



Day 1-2: Clear Liquids ONLY (continued)

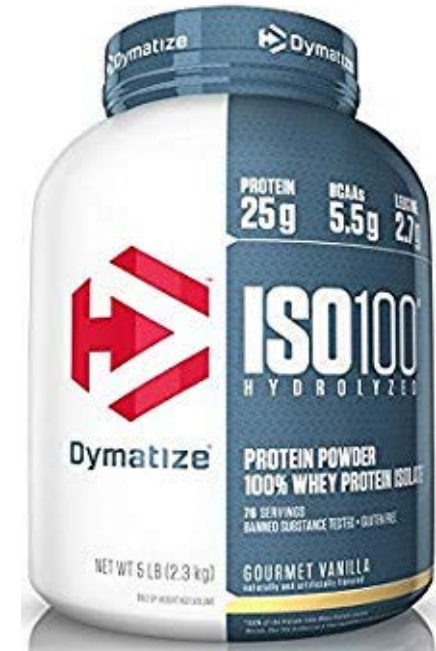
Low energy, headache, lightheaded, difficulty concentrating?

- Keep drinking plenty of fluids. You could be dehydrated!
 - Sip ALL DAY LONG. Use a cough syrup/medicine cup to pace yourself.
 - Drink ATLEAST 2 oz (or more!) every 15 minutes. Drink MORE if you can!
- Modify the flavor. Flavored beverages may be easier to drink
- Modify the temperature: hot tea or ice cold drinks may be easier to drink
- Use a spoon or suck on a cup of crushed ice chips/sugar free popsicles
- Eating sugar-free Jello can satisfy the desire to chew
- Drink G2, regular sodium broth, clear liquid protein “drinks” for energy
 - Provides some carbohydrate, electrolytes and protein



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

- Begin Bariatric Vitamins gradually
 - Take 1 for a few days, then work up to 2, etc...
- **TOP PRIORITY: STAY HYDRATED! 48-64oz daily.**
 - Continue to drink fluids ALL DAY LONG
 - OK to have Decaf coffee and tea with milk or fat free creamer, and sugar substitute
- Protein goal: drink at least +40-60 grams/day
 - **Resume drinking protein shakes**
 - Each shake: ↑20grams protein, ↓10 grams sugar, ↓250calories
 - Ready-to-Drink protein shakes: Premier, LaBrada Lean Body, Muscle Milk, etc.
 - Protein Powders: Dymatize 100% Whey powder, etc.
 - Blended with ice, water, 0-2% milk or unsweetened soy/nut milk
 - Do not add fruit, veggies or juice, **do not make smoothies**
 - Adding fruit/raw veggies may cause stomach cramping due to fiber and sugar
- NO SMOOTHIES! NO GREEN JUICES! = diarrhea
- Try high protein milks: Fairlife Ultra Filtered Milk, HEB Mootopia, Silk Nut Protein Milk



Day 3-14: Full/Thickened Liquids (continued)

- ¼ to ½ cup per meal, 5-6x day (or less)
- *Smooth*, Thick and Low Fat Soups (NOT BROTH!)
 - **Move on from broth. Drinking thicker soups will be nourishing and satisfying!**
 - Look for: Less than 10g sugar per serving, Less than 5% total fat
 - Smooth soups in a box (Look for Imagine, Pacific Brand or Trader Joe's box soups_
 - Low fat cream soups: Campbell's 98% FAT FREE cream soups. Strain out any bits and chunks
 - Low Sodium V8 Vegetable Juice is a lower sugar than tomato soup
 - NO HEAVY CREAM SOUPS (bisque, chowders). TOO HIGH IN FAT = dumping syndrome!
- Homemade pureed COOKED veggie soups, *strained*. NO FRUITS/MEATS
 - Pureed cauliflower/butternut squash/pea, etc. Seasonings are fine to use!
 - Add whole milk or plain Greek yogurt for protein NO HEAVY CREAM!
- *Smooth* Yogurt/Sugar Free Pudding
 - No fruit pieces. Choose flavors like vanilla, lemon, etc.
 - Choose preferably Greek style for extra protein: Oikos Triple Zero Greek yogurt, Yoplait Greek 100
 - Check the label!! Keep sugar less than 10grams

Full (Thickened/Milky) Liquid Options



How to make Flavorful Protein Shakes

- OK to mix in:
 - 0-2% 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/veggies to make smoothies, juices
 - Nut butter, avocado



Unflavored Protein Powders

Mix into foods/liquids to add a boost of protein

Begin using small amount (1 tsp) and gradually increase (1 Tbs, ½ scoop) as your food intake increases



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



Nectar Unflavored
BariatricAdvantage.com
20g protein
80calories
Whey Isolate



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



Isopure
GNC
Vitamin Shoppe
25g protein
100calories
Whey Isolate



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

Day 15: Week 3-4: Pureed/Mashed

- **You should be taking all your 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
- It is OK to season your food! Salt/pepper/herbs/spices, mustard/mayo, sugar substitutes, etc.
- **Applesauce Texture** before you eat: Mashed very well with fork or Blend in a mini-food processor
- **Eat Protein Foods First!! Meats, eggs and dairy products**
 - Mashed *soft* scrambled eggs (try it with hot sauce, ketchup, pinch of shredded cheese)
 - Low fat cottage/ricotta cheese (add mashed peaches or sugar free jam)
 - Mashed “white” fish: flounder, trout, tilapia, etc.
 - Mashed smooth tuna/salmon/canned chicken with bit of mayo. NO chunky ingredients: relish, celery, hardboiled eggs
 - Try to avoid baby food meals: Consider making your own “baby food”
 - Finely ground cooked lean beef/pork/chicken/turkey/seafood minced with with cooked broccoli, sweet potato with broth
- **Fiber foods:**
 - Mashed beans (no restaurant refried beans); hummus; mashed avocado
 - Unsweet applesauce, mashed fruits: bananas, “canned in fruit juice” peaches, pears
 - Mashed cooked veggies: mashed potatoes, sweet potatoes, carrots, cauliflower, broccoli, etc.
 - Baby food fruit/veg OK if only blended with water
 - Microwave PLAIN oatmeal, PLAIN grits, cream of wheat, Malt-O-Meal and season it yourself!



Pureed/Mashed Appropriate Foods



Portable Pureed Food Ideas to take on the go!



Pureed Food Options

- Protein: Meats, eggs, dairy, soy
 - Mashed white fish (flounder, trout, etc.), mashed canned tuna/salmon/chicken with a small amount of mayo, blenderized beef/chicken/pork with soft cooked veggies
 - Mashed soft scrambled eggs
 - Low sugar Greek yogurt, low fat cottage cheese mixed with pureed fruits (applesauce, pureed peaches, mashed bananas)
 - Ricotta cheese with marinara sauce and a sprinkle of parmesan cheese
 - Mashed silken tofu seasoned with soy sauce and small amount of sesame oil
 - Avoid baby food “meals” = poor quality protein
- High Fiber Foods: veggies, fruits, beans, nuts
 - Mashed carrots, cauliflower, broccoli, avocado, baby food veggies
 - Applesauce, mashed bananas, peaches, pears, strawberries/kiwis, mango, baby food fruits
 - Homemade mashed beans, canned fat free refried beans, mashed lentils, hummus
 - Plain instant: oatmeal, grits, cream of wheat, malt o meal. Add your own sugar substitutes
 - 1-2 Tbs smooth nut butter

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
- ⅓ Cup** Instant mashed potatoes
- ⅓ Cup** Water
- ½ 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 ½ 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

¾ Cup Skim Milk

INSTRUCTIONS

1. Empty 1 packet of instant oatmeal into a microwave-safe bowl.
2. Mix in ¾ 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



Indian Curry Chicken Puree

Recipe adapted from Gastric Sleeve Cookbook: The Complete Bariatric Recipes Guide and Cookbook for You After Weight Loss Surgery

By: Sarah McCabe

Ingredients

8oz cooked chicken breast/thigh (skinless, shredded – leftover Rotisserie chicken works too!)

1 cup chicken broth

2 Tbs Whole Milk/Low Fat plain Greek yogurt

½ cup 0-2% milk

½ cup chopped tomatoes (from a can)

½ Tbs curry powder

1 clove garlic

Pinch of salt

Directions:

1. Heat up broth
2. In a food processor, add cooked chicken, yogurt, milk, tomatoes, garlic, curry powder, salt and only half of chicken broth
3. Pulse until finely minced and add remaining broth. Blend until smooth (remove any visible large pieces of food)

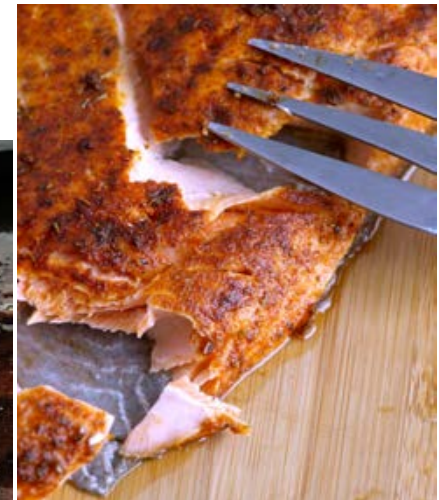


Sample Pureed Diet

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 drinking lots of water, aim for +40-60g protein, take vitamins daily
- Eat ~½ to ¾ cup per meal, 5-6 small meals every 3 hours
- Do not eat and drink together. No liquids with solids.
- 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
 - Foods chopped into small pieces are easier to chew!!
- **Eat protein first. Eat protein with all meals/snacks** (This can prevent “dumping”)
- Protein foods
 - Shredded skinless dark meat chicken, 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
- Non-Protein Foods
 - High fiber crackers, bran flakes (+3 grams fiber per serving). **NO BREAD/PASTA/RICE/TORTILLAS!**
 - Beans, quinoa, peeled chopped small/sweet potatoes
 - Chopped, **Cooked Fork-Tender** Vegetables
 - Chopped soft broccoli, carrots, cauliflower, zucchini, peel potatoes, etc.
 - **Finely chopped** cooked stringy veggies (green beans, spinach)
 - **No raw, no salads yet: difficult to digest, will cause vomiting/diarrhea**
 - Chopped **Peeled** Fruit
 - Citrus segments (remove “membrane”), canned fruits in juice
 - Chopped berries, chopped grapes (no need to peel)



Ideas for Soft Chopped Phase



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.

Recipe courtesy of theworldaccordingtoeggface.blogspot.com

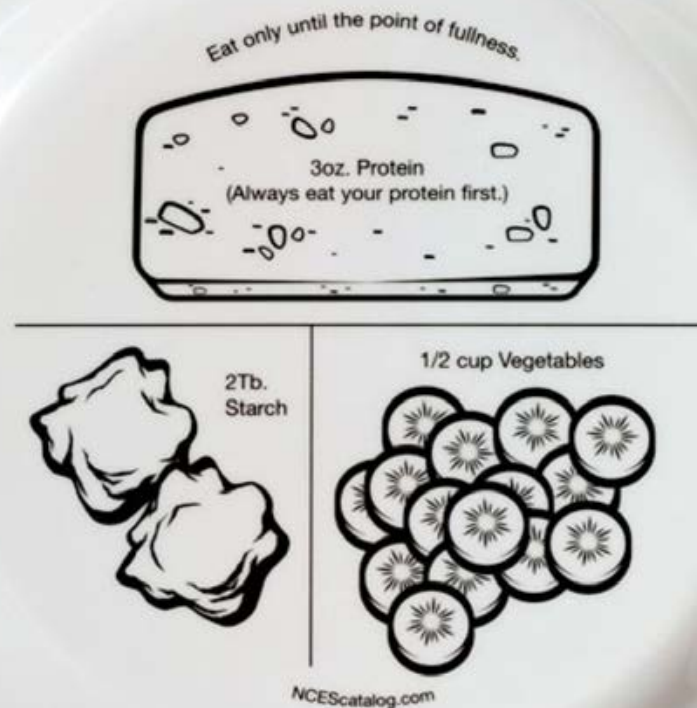


Sample Soft Chopped Diet

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

About 1 cup of food per meal



2-3 oz. Chopped Lean Moist Meat

- Choose protein FIRST
- Eat protein at all meals
- Limit processed/high fat meats (hot dogs, SPAM, bacon, bologna, pepperoni, etc. = high salt/fat)
- Increase to +60-80g protein daily

2 – 4Tbs High Fiber Starch

- Smallest food group (eat these last)
- High fiber choices: quinoa, chopped small potatoes/sweet potatoes with skin, peas, corn, beans, lentils, bulgur, couscous, acorn/butternut squash

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/Venison, 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 foods:

Lean meats, eggs, low fat dairy (low fat cheese)

How can you add more protein using food?

1oz cooked meat = 7grams protein

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



Consider a digital food scale to weigh out “cooked” meats. OXO food scale is a good one to use (Amazon, Bed Bath Beyond, etc.)

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 foods:

Lean meats, eggs, low fat dairy (low fat cheese)

How can you add more protein from food?

1oz cooked meat = 7grams protein

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



Consider using measuring cups to help with portion control

• **Alcohol**

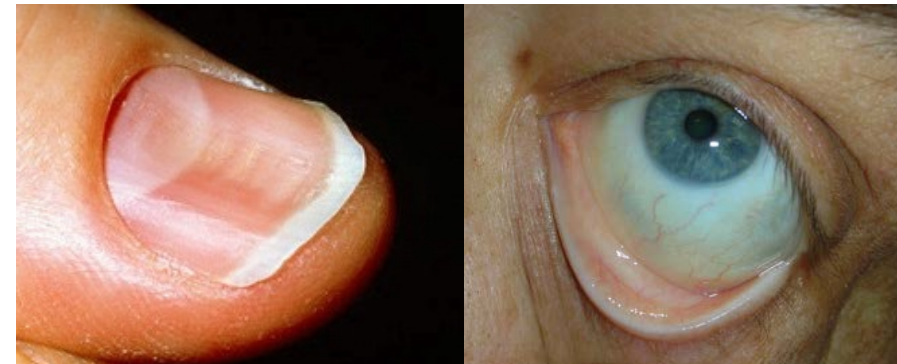
- Please avoid for at least 6 months!!
- Wait until you have a good routine of “safe” foods and are staying hydrated
- Alcohol contains EXCESS CALORIES AND SUGAR! (margaritas, sangrias, daiquiris) = slows down weight loss!
- May cause vitamin mal-absorption (blocks B vitamins)
- Leads to high blood alcohol level
 - You will get drunk quickly with small amounts (wine, liquors)
 - Be careful with breathalyzer tests and DUIs
 - Avoid “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
- Be aware of “transfer addictions”
 - Using alcohol, instead of food, as a method to cope with emotions = Substance abuse

• **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

Nutrition Deficiencies can 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!
- Low B1 (Thiamin)
 - “Wernicke’s Encephalopathy” numbness/tingling in hands/feet, irreversible nerve damage, loss of balance
 - B1 loss from frequent vomiting, B1 malabsorption from excess alcohol consumption
 - Example: Post-sleeve 16 days post-op, feeling weak, not drinking water, some broth, some protein shakes, vomiting = burning/pain in hands and legs. Sent her to ER
- Low Calcium: Osteoporosis, bone fractures, teeth chipping/tooth loss
- Iron Deficiency Anemia: Tired/weakness, feeling cold, eating ice, “spoon nails”, pale eyes, hair thinning
- Low Vitamin A: Difficulty seeing at night, night blindness
- Low Zinc: Poor immunity, poor cell recovery (hair thinning, ridges on nails)
- Low Protein: Muscle loss, low energy, slow weight loss, hair thinning



Loop DS: 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 (juices, alcohol, smoothies, high fat 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 :
1 ½ week post-sleeve drank coffee creamer. Ran to bathroom with diarrhea
12days post-sleeve, got tired of his protein shakes, drank Sonic milkshake through a straw. Spit up and had diarrhea.
10days post-sleeve, feeling hungry, ate sugar-free ice cream (not fat free!). Had diarrhea.

- Late onset (1-2hours after)
 - Solid sugar/fat foods (desserts, fried foods, creamy pasta)

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 dropping
 - Fatigue, tired, sleepy
 - Fainting due to blood sugar drop (insulin spike, reactive hypoglycemia due to high sugar/too much carbs)
 - Nausea, stomach cramping, rapid heart rate, hot flashes, feeling flushed/sweating/clammy, diarrhea
- To decrease chances of dumping: balance all meals/snacks with BOTH protein and high fiber carbs
- 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

Gout: Type of arthritis (sudden pain in joints)

- Symptoms: sudden severe pain, swelling, redness and very tender
- Common areas affected: big toe, ankles, knees, elbows, wrists, fingers
- Causes: Uric acid crystals build up in your joints if kidneys are not able to excrete them.
- Risk factors:
 - Heavy meat diet (red meat, organ meats, turkey, seafood) contain purines. Purines are broken down into uric acid.
 - High alcohol and sugary beverage (high fructose corn syrup, fructose-fruit juices) consumption
 - High protein diet and not enough water
 - Obesity: body makes more uric acid and kidneys cannot eliminate them easily
 - High blood pressure, kidney disease
- Treatment and Prevention:
 - See the doctor and get on medication
 - Stay very well hydrated
 - Limit or avoid alcohol
 - Limit meat, seafood and poultry as protein options
 - Lose weight



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:**
 - **Milk of Magnesia**
 - **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)
 - **Smooth Move Tea**
 - 1 cup at night. This is a caffeine free, herbal tea with Senna, a natural gentle laxative, available at most pharmacies; stimulates colon to contract and push stool through (stimulant 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)



Constipation (continued)

- 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.
- Call our office if constipation does not resolve



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, strong odor in urine, no energy, dry mouth, lightheaded, headache
- 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)
 - Any low calorie/low sugar beverage counts (refer back to your clear liquid options!)
- 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
- Switch up beverage temperature
 - Add ice, room temperature, or hot herbal tea/hot broth. Hot liquids may also help relax swelling.
- Switch up beverage flavors, low sugar/low calorie clear liquid
 - “spa water” infused with herbs (mint, basil)m fruits (citrus, berries, cucumbers), Crystal Light
- Switch up brands of water!
 - 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
- SIPPING all day long
- Over the next 1-2 months, the swelling will reduce, 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 increased post-surgery swelling (**hiatal hernia**), trapped air or gas can create burping, chest pressure and pain
- Causes of inhaling too much air
 - Drinking from open containers
 - Chewing/smacking on gum
 - Carbonated drinks (sodas, carbonated waters, etc.)
 - Drinking through straws
- You can try drinking through straws, chewing gum if you do not feel chest pain
 - Many patients avoid drinking sodas permanently
- Consider using a “sports top” squirt bottle to help prevent sucking in too much air.



Caffeine

- You may add these back into your diet if:
 - You are well hydrated (good levels of energy, urine is light yellow, not constipated)
 - Do not feel any acid reflux symptoms
- 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

Sodas, Straws and Gum

- Liquids, air, gas/carbonation will not stretch your pouch.
- You may add these back into your diet if:
 - Do not feel chest pain from swallowing extra air
- Sodas, Straws and Chewing Gum
 - Carbonated beverages can create a lot of gas pressure into your pouch. It 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/loop DS
- 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)



Metallic Taste, 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, or 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 (acids like lemon help produce more saliva)
 - Try sucking on sugar free candies made with XYLITOL to stimulate saliva production
 - Avoid drinking caffeine (green/black tea, regular coffee)
 - Alcohol dries your mouth: Avoid drinking alcohol, avoid mouth-washes that contain alcohol (Listerine)
 - You may take VERY SMALL SIPS with your meals if your mouth is extremely dry
- 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



Vomiting and Spitting Up



- “Sliming” = Saliva Pooling/Foaming at back of throat
 - When food is stuck, your body develops fluids to lubricate the obstruction and saliva backs up
- Vomiting and Food getting stuck is due to:
 - Eating too fast
 - Eating too much...even 1 bite too much (pressure builds up in your pouch)
 - Taking too large of a bite
 - Not chewing well enough
- Solutions:
 - SLOW DOWN!!
 - Cut your food into very small pieces BEFORE you start eating
 - Put your fork down in between bites.
 - Chew each bite into a mush (pureed texture) before swallowing
 - Eat smaller portions. Use smaller plates, measure and weigh your food
 - Stand up after meals, stay upright for a while, walk around to help digest food
- Vomiting on a weekly basis IS NOT NORMAL!
- Call our office to notify surgeon, dietitian, nurse practitioner as soon as possible!
- DO NOT WAIT!

Chest Pain and Nausea

• 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).
- Eating the wrong foods too early during the diet progression!
- Eat or drink too much and too fast; eating/drinking together
- Swallowing air: drinking from straws, smacking on gum, drinking carbonated beverages
- 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, or bland foods which have less odor (applesauce, avocado, oats, crackers, potatoes, broth)
- Eat small meals. Choose light (not heavy meaty, greasy meals)
- Sniffing coffee beans, peppermint oil to get rid of foul odors
- Calm your stomach with herbal tea: mint/ginger/chamomile teas
- Slice up 2 thin pieces of fresh ginger, steep in a cup of hot water to make ginger tea. OK Sugar substitutes
- Use plastic utensils instead of silverware (less metallic odor)
- Call our office to discuss with surgeon or nurse practitioner about anti-nausea medications (Zofran)

Difficult to Digest Foods



- **Tough/Dry Proteins**
 - Especially chicken breast, dry pork chops, chewy/well-done steak
 - Do not drown in sauce!
 - Consider changing food preparation for easier digestion
 - Slow Cooker, InstantPot
 - Marinate/brine meats so they won't be too dry
 - Using meat mallet to pound thin/tenderize
 - Choose dark meat (more moist). Please remove chicken skin (high in fat!)
 - Choose tender cuts/thinly sliced meats: ham, roast beef, pot roast
 - Do not OVERCOOK meats/eggs. Avoid re-heating proteins in the microwave (will turn tough and rubbery)
- **Raw veggies, leafy greens, unpeeled fruits**
 - If food is not prepared into small pieces, they will be very difficult to chew thoroughly
 - Finely shred salads, raw leafy greens and raw veggies
 - Chop into small pieces: stringy veggies/cooked leafy greens
 - Instead of apple chunks, try thinly sliced apples



Strategies to Avoid Foods Getting Stuck



Get Rid of Bread!

- **Bread (including Rolls, Bagels, Pizza Crust)/Rice/Pasta/Tortillas:**
- **STAY AWAY FOR 6 MONTHS OR LONGER!**
- Many people have trouble eating these foods
 - Get stuck
 - Become gummy and expands like a sponge (chest pain, vomiting)
 - Very filling
 - Full from bread (Subway sandwich)
 - No room to eat more nutritious foods (proteins and veggies)
 - High in calories, but little nutrition (usually white flour, no fiber)
 - Fluctuates blood sugars (highs and lows), craving more carbs
- Choose high fiber carbohydrates instead!
 - Look for fiber +3 grams per serving
 - High crackers (Triscuits), high fiber plain cereals (bran, steel cut oats, shredded wheat)
 - Beans, lentils, peas, quinoa, oats, cauliflower rice, zucchini noodles, acorn/butternut/spaghetti squash, sweet potatoes/small potatoes with skins
 - Avoid gluten-free, low carb, zero carb starch substitutes = junk food!



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?
 - Are you eating larger portions? Eating a few bites, waiting 30minutes, then eating some more...
 - Drinking and eating together?
 - Eating “slider foods” – saucy/liquidy/soft/mushy foods
 - Covering food with soups/sauces so they are easier to swallow
 - 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
- Continuing proper diet and exercise is CRITICAL to help keep the weight off (weight loss maintenance)

How to “Cheat” with Bariatric Surgery

You will be able to eat larger portions if:

- Drink with meals, having only liquid meals (a bowl of soup)
- Cover foods with sauce (gravy, dressings, soups)
- Choose soft texture foods so they will less likely get “stuck” (avocado)
- Choose processed/greasy/oily foods: Cheese, ice cream, chips will never get stuck

Do not drink with meals. Permanently, 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, you can just allow ~5 min in between eating and drinking
- Avoid having a drinking glass during meals

Stop eating liquid/pureed meals starting at Week 5 Chopped Solid Phase

- 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. Use a knife and fork (not spoon)
 - Eat whole fruit and veggies not purees. Sliced apples vs apple sauce; small potatoes with skin vs mashed potatoes
 - Soups, mushy and saucy foods (**refried beans, bananas, chicken tortilla soup, chili**) don’t require much chewing
 - If meals are easy to eat (no need to chew), you will eat them faster = you may eat larger portions
 - Slow down and chew: Try yogurt with chopped fruit and nuts and bran flakes. This forces you to STOP and CHEW!



Track Your Progress

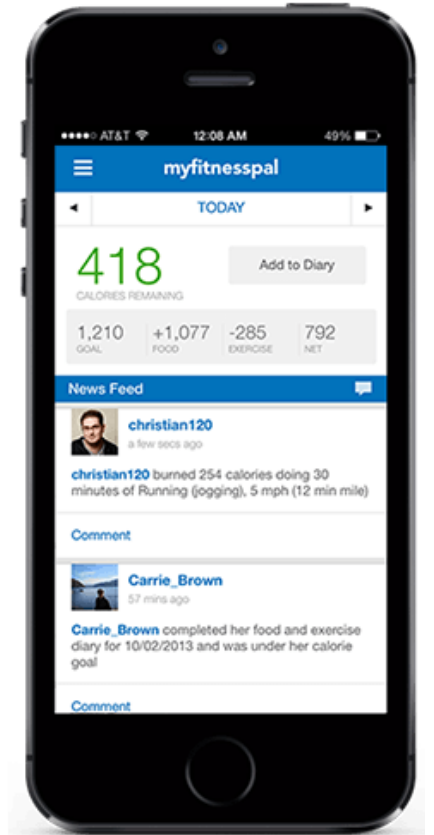
Keep a log/journal of your measurements, water, vitamins, exercise, protein!

- 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



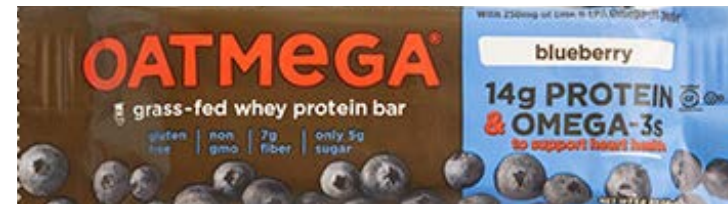
MyFitnessPal Mobile

Track your health from
anywhere, anytime.



Tips for Success:

- Use smaller plates and small utensils
 - 6-8 inch sectioned plate (kid's plate, salad plate, bread plate)
 - Consider using baby spoons/cocktail forks/ice tea spoon to help with smaller bites
- Consider a food scale and measuring cups
- Eat slowly and comfortably for only 30 minutes
 - Stop eating when you are COMFORTABLY full/satisfied (maybe <30min)
 - Put your fork down in between bites.
 - Chew each bite until it is mush
 - Then after 30 minutes, get up and walk away
 - Remove food from your sight
- **DO NOT eat a few bites, then wait 10-30min, then go back to eat...**
 - **This is GRAZING! You will be able to EAT LARGER PORTIONS**
 - **Eat what you can in a set time, then have your next meal 2-3hours later.**
 - **Pre-portion your meals ahead of time**
- Carry water and pack your own healthy snacks
 - ~64oz water/low calorie beverage daily
 - +80 grams protein daily
 - Protein at all meals
 - Hardboiled eggs, Greek yogurt, string cheese, nuts, deli meats
 - Beginning Week 5
 - Protein bars (<250calories, <10g fat, <10g sugar, >5g fiber, >10g protein)
 - Protein chips (sold at TLC Clinic or AmBari)



Lifelong Tips to Keep in Mind

- HYDRATION FIRST!!
 - Drink +64oz low calorie fluids daily; Carry water/low calorie beverage everywhere
- PROTEIN
 - Consume +80-100 grams protein daily:
 - protein shakes, lean meats, eggs, low fat 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
 - An easy way to start off your day is with a protein supplement for breakfast
 - 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
- VITAMINS
 - Multivitamin and Calcium DAILY, FOREVER!
 - No gummy vitamins
 - Be sure to take the correct type!

Lifelong Tips to Keep in Mind

- BEHAVIORS RELATED TO “HOW YOU EAT”
 - Slow down when eating.
 - Sit down at a table to eat. Do not eat on the go: while walking, driving
 - Pay attention to what and how you are eating: Turn off all distractions (Do not eat while watching TV, in the car, on the computer/phone)
 - Make your meals last 30 minutes. It takes ~20-30minutes for your stomach to send fullness signals to the brain
 - Before you eat, cut all your food into dime size pieces.
 - Take one bite at a time. Put your fork down in between bites.
 - Chew each bite until mush, then swallow. Then you may pick up the fork for the next bite.
 - Do not drink liquids with meals. Wait ~5minutes before and after eating to drink fluids.
 - If you feel full after a few bites, then stop eating. Put the food away. Have another meal 2-3 hours later.

Lifelong Tips to Keep in Mind

- Make all your bites count with high quality nutrients. Don't fill up on use-less carbs
- Watch overall calorie intake: high fat MEATS are very high in calories and unhealthy saturated fats, no matter how high in protein!
- Avoid high fat foods: fried foods, creamy soups/sauces
- Avoid high sugar foods: candy, desserts.
- NEVER drink your calories: fruit juices, smoothies, sodas
- Eat less packages/processed/restaurant foods: high calories, high in salt!
- Read nutrition labels. Keep all your foods less than 10grams sugar per serving!
- Limit snacking throughout the day. You may not really need this extra snack.
- No nighttime snacking!
- Intermittent fasting: Allow 12 hours in between your last meal and tomorrow's first meal
- Exercise +5 days week: +30minutes/day of cardio and +2 days of resistance training
- Avoid following "fad/trendy diets" that are not realistic and sustainable for the long term.
- Do not consume less than 1000 calories per day! Your metabolism will slow down
 - Each person's calorie goal is different.
- Continue all bariatric nutrition guidelines: water, protein, vitamins, exercise, etc to maintain weight loss.
 - Do not stop adhering to these guidelines or you will regain your weight, or develop malnutrition.

Follow Up Care is Critical for Weight Loss Success

- Post-Op Schedule
 - ~2 week Follow up with surgeon and attend post-op nutrition class on same day, if possible
 - YOU NEED TO SCHEDULE THESE 2 APPOINTMENTS!
 - 3 months (lab work) – check your insurance for approved lab facilities!
 - Labs: fasting at least 8 hours, stop taking vitamins for at least 24 hours
 - 6 months
 - 9 months
 - 12 months
 - Once a year (lab work)
- FREE Post-Op Nutrition Class: 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
 - BRING SOMETHING TO DRINK WITH YOU TO CLASS!!! Dehydration is very common
- Schedule a Private Nutrition Consultation at 6 months post
- If you have questions about anything, don't hesitate to call us!!! 713-493-7700

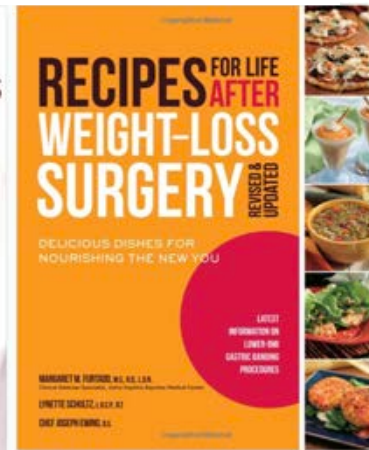
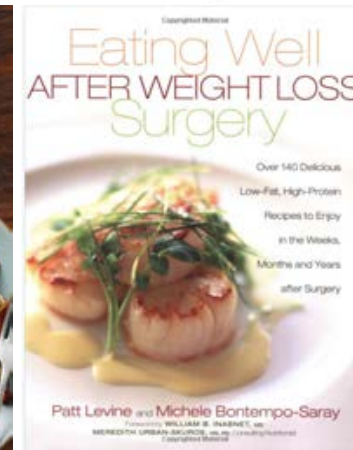
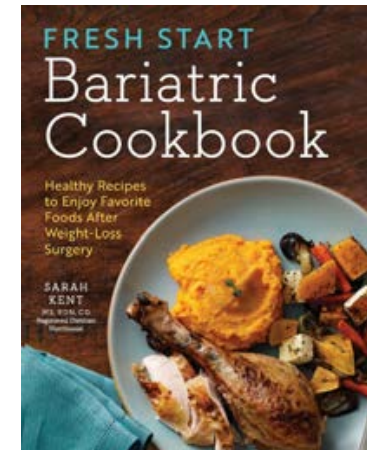


After Surgery Support

- 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

Online 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
 - Great tips and articles, recipes, they also sell protein and vitamins
- TheWorldAccordingToEggface.blogspot.com
 - Gastric bypass blog, sells Bento Box (bentology.com)
- www.CalorieKing.com for nutrition information (free app: Calorie King)
- Calorie and Weight Trackers
 - Livestrong.com, Sparkpeople.com, Baritastic app
 - Myfitnesspal.com; FitDay.com, DailyBurn.com, Loselt! 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)

