



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

- ❖ You can access this packet on our website [www.tlcsurgery.com](http://www.tlcsurgery.com)
- ❖ 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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713-493-7700

# 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

Power-systems.com Versa Loops



# 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. These can be high in salt, fat, sugar and 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, sodas, fruit/veggie juices, coffee drinks, smoothies For every 4g sugar = 1 tsp sugar = 1 packet sugar
- Check out [www.calorieking.com](http://www.calorieking.com) for nutrition information on foods



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



# Reading Nutrition Labels

- Always READ the BACK of the food label
- Determine the serving size
- Total Carbohydrates: Disregard “Net Carbs”
  - Aim for ~15 grams per snack
  - Aim for ~30 grams per meal
- Sugar: less than 10g “Added Sugar” per serving
  - If you don’t see “Added Sugar” on the label?
    - Check if ingredients include a type of SUGAR
      - Then the grams of sugar include natural and added sugar
      - “Fruit juice concentrate” is a type of sugar!
- Dietary Fiber: more than 3g per serving
  - Both soluble and insoluble
  - 1<sup>st</sup> ingredient: Whole Wheat or Whole Grain
  - Avoid “enriched wheat flour”

# Are these good Bariatric food options?



## Nutrition Facts

☆☆ (?)

Calories ? 460 (1923 kJ)

Calories from fat ? 297

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



## Nutrition Facts

☆☆ (?)

Calories ? 410 (1714 kJ)

Calories from fat ? 189

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

Nutrition info from  
www.calorieking.com

# Be Aware of Your Behaviors Related to Food

Do you have a trigger food, environment, or time of day, that may lead to unwanted eating?

## Emotional Eating

- Eating to distract us from negative feelings (trigger), snacking when you feel stressed/angry/sad/grieving/bored
- Ex: keep candy/chips/tempting foods nearby to help cope with negative feelings

## Mindless Eating

- Eating while engaging in other activities. This leads to over-eating, eating beyond fullness
- Ex: Snacking out of the container while watching TV

## Habitual Eating

- Automatic daily habits, trained yourself into an unhealthy routine based on triggers
- Ex: Morning Time (trigger) having Starbucks; afternoon slump (trigger) munchies at the vending machine; Driving past fast food (trigger) picking up fast food on the way home; Evening TV couch session (trigger) includes snacking

# Be Aware of Your Behaviors Related to Food

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??

Dr. Monica Agosta, PsyD 713-816-3559

Jenny Deitz, LMFT 281-846-4480 ([www.jennydeitz.com](http://www.jennydeitz.com))

[www.HoustonEDS.org](http://www.HoustonEDS.org) (Houston Eating Disorders Specialists)

[www.psychologytoday.com](http://www.psychologytoday.com) (database for therapists in your area)

[www.EatingRecoveryCenter.com](http://www.EatingRecoveryCenter.com) (compulsive/Binge Eating, Mood, Anxiety)



# Medical “FYIs” Before Surgery

- STOP HERBAL and DIETARY SUPPLEMENTS: 1 week before surgery
  - Omega 3 Fish Oil, 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 REGULARLY 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 (at least 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

- 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, Tailor for Dr. Yu, Iliana for Dr. Mehta
- 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

- During off-hours/weekends, 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
- Locate 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.



# Before Surgery: Get Your Bariatric Vitamins NOW

(For gastric-band removal and 1<sup>st</sup> time Bariatric Surgeries only)

- You will not be eating a balanced meal for at least 1.5 to 2 months after surgery
- Take vitamins NOW to build up extra vitamin reserves to:
  - Prevent vitamin deficiencies after surgery
  - Promote quicker surgery healing
- Begin taking **Pre-Op/Minimal Dose** of bariatric vitamins before surgery
  - MV Capsule: 1 capsule 2x week
  - MV Chewable: 1 chewable every day
  - Calcium Chews daily: 1 chew for men, 2 chews for women
- Purchase at TLC front desk, or from [www.bariatricadvantage.com](http://www.bariatricadvantage.com) (validation code: TLC)
- Start vitamins now, continue through 2 week pre-op liquid diet, stop 3 days before surgery
  - After surgery, on Post-op Day 3: slowly work up to the **Post-Op/Full Dose:**
    - 1 capsule MV and 3 calcium chews
    - 2 chewable MV and 3 calcium chews



# PRE-SURGERY: Minimal Dose Vitamin Schedule

(For gastric-band removal and 1<sup>st</sup> time Bariatric Surgeries only!)

Multivitamin: Capsule or Chewable

- MV Capsule: 1 capsule 2x week
- MV Chewable: 1 chewable 1x daily

Calcium Chews daily: Men 1x, Women 2x

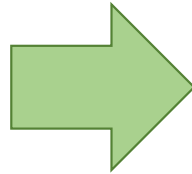
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<ul style="list-style-type: none"> <li>• <b>1 Ultra Solo Capsule</b></li> <li>• 1 - 2 Calcium Chews</li> </ul>	<ul style="list-style-type: none"> <li>• 1 - 2 Calcium Chews</li> </ul>	<ul style="list-style-type: none"> <li>• 1 - 2 Calcium Chews</li> </ul>	<ul style="list-style-type: none"> <li>• <b>1 Ultra Solo Capsule</b></li> <li>• 1 - 2 Calcium Chews</li> </ul>	<ul style="list-style-type: none"> <li>• 1 - 2 Calcium Chews</li> </ul>	<ul style="list-style-type: none"> <li>• 1 - 2 Calcium Chews</li> </ul>	<ul style="list-style-type: none"> <li>• 1 - 2 Calcium Chews</li> </ul>
<ul style="list-style-type: none"> <li>• <b>1 Chewable MV</b></li> <li>• 1 - 2 Calcium Chews</li> </ul>	<ul style="list-style-type: none"> <li>• <b>1 Chewable MV</b></li> <li>• 1 - 2 Calcium Chews</li> </ul>	<ul style="list-style-type: none"> <li>• <b>1 Chewable MV</b></li> <li>• 1 - 2 Calcium Chews</li> </ul>	<ul style="list-style-type: none"> <li>• <b>1 Chewable MV</b></li> <li>• 1 - 2 Calcium Chews</li> </ul>	<ul style="list-style-type: none"> <li>• <b>1 Chewable MV</b></li> <li>• 1 - 2 Calcium Chews</li> </ul>	<ul style="list-style-type: none"> <li>• <b>1 Chewable MV</b></li> <li>• 1 - 2 Calcium Chews</li> </ul>	<ul style="list-style-type: none"> <li>• <b>1 Chewable MV</b></li> <li>• 1 - 2 Calcium Chews</li> </ul>

# Pre-Op vs. Post-Op Bariatric Vitamins

(Gastric Band and 1<sup>st</sup> Time Surgery Patients only. Not revisions)

## Before Surgery: Minimal Dose

- Choose Your Multivitamin
  - 1 MV capsule 2x week
  - 1 MV chewable every day
- Men: 1x 500mg calcium chew daily
- Women: 2x 500mg calcium chews daily
- Take any other vitamins ordered by your PCP or by TLC based on labs
  - Talk to dietitian if you have questions about labs and additional vitamins
  - Stop fish oil and herbals 1 week before
  - Stop all vitamins 3 days before



## After Surgery: Full Dose

- Choose Your Multivitamin
  - 1 MV capsule every day
  - 2 MV chewables every day
- Everyone: 3x 500mg calcium chews daily
- Continue taking any other vitamins ordered by your PCP or by TLC for at least 3 months post-op
  - 3 month post-op: TLC will re-check labs

# Before Surgery: Get Your Bariatric Vitamins NOW

(Revision Patients: Already had Sleeve/RNYGB/DS, moving onto another surgery)

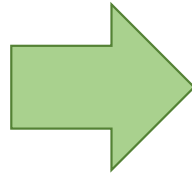
- You will not be eating a balanced meal for at least 1.5 to 2 months after surgery
- This helps to build up extra vitamin reserves to:
  - Prevent vitamin deficiencies after surgery
  - Promote quicker surgery healing
- Begin taking Full Dose of all bariatric vitamins EVERY DAY
  - 1 capsule MV and 3 calcium chews
  - 2 chewable MV and 3 calcium chews
- Purchase at TLC front desk, or from [www.bariatricadvantage.com](http://www.bariatricadvantage.com) (validation code: TLC)
  - Start vitamins now, continue through 2 week pre-op liquid diet, stop 3 days before surgery.
  - On Post-op Day 3 after surgery: gradually work up to Full Dose
    - 1 capsule MV and 3 calcium chews
    - 2 chewable MV and 3 calcium chews

# Pre-Op vs. Post-Op Bariatric Vitamins

(For revisions patients only. Not band or 1<sup>st</sup> time surgery)

## Before Surgery: Full Dose

- Choose Your Multivitamin
  - 1 MV capsule every day
  - 2 MV chewables every day
- Everyone: 3x 500mg calcium chews daily
- Take any other vitamins ordered by your PCP or by TLC based on labs
  - Talk to dietitian if you have questions about labs and additional vitamins
  - Stop fish oil and herbals 1 week before
  - Stop all vitamins 3 days before



## After Surgery: Full Dose

- Choose Your Multivitamin
  - 1 MV capsule every day
  - 2 MV chewables every day
- Everyone: 3-4x 500mg calcium chews daily
  - Sleeve and gastric bypass: 3x 500mg Calcium
  - DS: 4x 500mg Calcium
- Continue taking any other vitamins ordered by your PCP or by TLC for at least 3 months post-op
  - 3 month post-op: TLC will re-check labs

# PRE-SURGERY: Full Dose Vitamin Schedule for Revisions

Choose: Option A (capsule MV), Option B (chewable tablet MV), Option C (soft chew MV)

Keep MV and Calcium at least 2 hours a part

Take one at a time (1 MV at a time, 1 Calcium at a time)

May take Vitamin D, fish oil, B12, Biotin, probiotics, etc. with either MV or Calcium.

Take Iron by itself

Options	Breakfast	AM Snack	Lunch	PM Snack	Dinner	Bedtime
Option A Capsule MV	<b>Ultra Solo 1 capsule</b>	Calcium Chewy Bite 1x	Calcium Chewy Bite 1x	Calcium Chewy Bite 1x		
Option B Chewable Tablet MV	<b>Advanced Multi EA 1 chewable tablet</b>	Calcium Chewy Bite 1x	<b>Advanced Multi EA 1 chewable tablet</b>	Calcium Chewy Bite 1x	Calcium Chewy Bite 1x	
Option C Soft Chew MV	<b>Multi Chewy Bite 1 MV Soft Chew</b>	Calcium Chewy Bite 1x	<b>Multi Chewy Bite 1 MV Soft Chew</b>	Calcium Chewy Bite 1x	Calcium Chewy Bite 1x	

## 2 weeks Before Surgery: Pre-Surgery Liquid Diet

- Purpose:
  - High protein: Protein load for improved healing/recovery after surgery
  - Low calorie: Weight loss, lose belly fat, decrease liver size
  - Liquids only: Clean out stomach to prevent serious infection (food caught in staples)
- How long:
  - 2 weeks: Vertical Sleeve, Gastric Bypass, Overstitch and Loop DS/Duodenal Switch
  - 1 week: Endoscopic Sleeve Gastrectomy
- What do you drink: Protein Shakes AND Clear Liquids
  - Protein shakes: 3-5 servings/day, 60-150grams protein goal daily
  - Clear liquids: At least 64oz daily
  - No soup, yogurt, pudding, solid food, or alcohol!

# 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

- **Clear Liquids**

- High protein diets can cause gout, constipation and kidney stones
- Choose “See-through” liquids, any color
- OK to use 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

# Strategies to Help Manage The Pre-Op Liquid Diet:

- **DO NOT DRINK**

- Boost, Glucerna, Carnation Instant Breakfast, Herbalife, Shakeology, Advocare, Naked/Odwalla
  - These DO NOT contain enough protein, and may be too high in sugar/fat
- NO: Jamba Juice, Smoothie King, Gatorade, sodas, fruit/veggie juices, smoothies, soups, chili, yogurt, pudding!

- **Nausea/Vomiting/Diarrhea**

- 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

- **Lightheaded/Headaches**

- Drink plenty of fluids +64oz
- Drink regular (not low sodium) broth for electrolytes
- Add 1-2 bottles of G2 daily: contains some carbohydrates/sugar and electrolytes

- **Feeling “hungry”**

- Drink more shakes. Protein goal intake up to 150grams daily
- Eat sugar free jello/sugar free popsicles, ice chips. This can satisfy desire to chew
- Drink broth to switch up sweet with savory
- Is it HEAD hunger due to boredom? Keep yourself busy!
  - Get out of the house. Chewing sugar-free gum is OK



## 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	
<b>Calories</b>	<b>400</b>
% 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><b>Whey Concentrate</b> (contains milk and lactose)</p>				
<p><b>Whey Isolate</b> (still has milk, but is lactose free)</p>	 	 		
<p><b>Plant Based Protein</b> (no milk and lactose free)</p>		 		



# 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 Shake 25
- Pure Protein shakes/powder
- Ghost 100% Whey powder
- Orgain Grass Fed Whey
- Ensure MAX Protein
- Slim Fast Advanced Nutrition



- Whey Isolate (contains milk, but lactose free)

- Premier Protein "Clear" drinks
- Isopure Zero Carb Protein drinks/powder
- Unjury protein powder/shakes
- Gold Standard 100% Whey protein powder
- Bariatric Advantage protein powder
- ICONIC grass-fed whey protein shakes
- Dymatize Iso100 powder
- Core Power (Elite)

- Plant Based (No milk/lactose, Dairy Free)

- Orgain Plant Based protein powder/shakes
- Vega Sport protein powder
- Plant Fusion protein powder
- Raw Meal protein powder
- Evolve Protein Shake/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, 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](http://www.premierprotein.com)



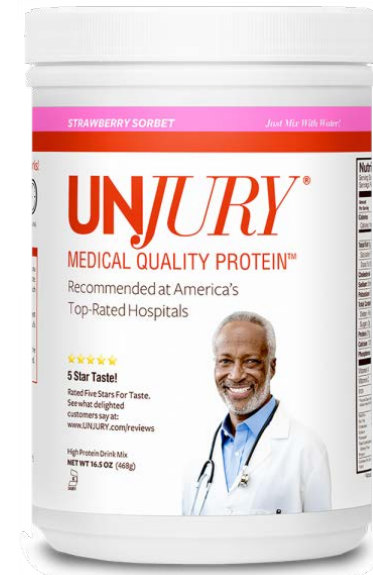
Nectar Protein Powder  
1 scoop = 23g protein  
25 calories, 0g sugar  
Acesulfame-K, Sucralose  
Whey protein isolate  
Many fruity flavors  
[www.bariatricadvantage.com](http://www.bariatricadvantage.com)



Isopure Zero Carb Protein Drink  
20oz, 160 calories  
40g protein  
0g carb  
[www.isopurecompany.com](http://www.isopurecompany.com)



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



Unjury Protein Powder  
1 scoop = 21g protein  
100 calories, 3g sugar  
Fructose, Sucrolose  
Whey protein isolate  
[www.unjury.com](http://www.unjury.com)  
Chicken soup, unflavored,  
chocolate, vanilla,  
strawberry



# High Protein Liquids Alternatives during Pre-Op Liquid Diet

Don't like protein shakes?  
Check out these high protein shake alternatives!  
Each serving would replace a protein shake  
Each serving contains +20 grams of protein



## ORIGINAL CHICKEN SOUP

### INGREDIENTS

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**1 Packet** or **1 Scoop** UNJURY® Chicken Soup Flavor  
**1 Cup** Water (or 1 cup chicken/veggie broth)

### INSTRUCTIONS

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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

# High Protein Liquids Alternatives

## JELL-O® (HIGH PROTEIN)

### INGREDIENTS

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- 1-2 packets or scoops UNJURY® Unflavored  
**1 Package** JELL-O® mix, any flavor (use Sugar Free Jello)  
**2 Cups** Water

### INSTRUCTIONS

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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.





# High Protein Liquids Alternatives

## Strawberry Lemonade

Published In: Recipes , Diabetes , Healthy Lifestyle , Heart Health , Pregnancy , Seniors , Weight Loss , Weight Loss Surgery , Wound Healing , Flavors , Strawberry Sorbet

### INGREDIENTS

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**1 Packet** or **1 Scoop** UNJURY® Strawberry Sorbet

**½ Packet (0.14 Ounce)** Crystal Light® Lemonade Mix (powdered)

**1 Cup** Water

**½ Cup** Ice

### INSTRUCTIONS

---

1. Measure 1 cup of cold water.
2. Mix Crystal Light lemonade into the water. Stir until dissolved.
3. Slowly add in UNJURY, stirring until well combined.
4. Mix in ice.



Do not eat strawberries while on pre-op liquid diet!!

# High Protein Liquids Alternatives

## Iced Vanilla Coffee



### INGREDIENTS

---

**1 Packet** or **1 Scoop** UNJURY® Vanilla

**1 Cup** Decaffeinated coffee

**½ Cup** Ice

### INSTRUCTIONS

---

1. Prepare coffee.
2. Allow coffee to cool to 140° F.
3. Stir in UNJURY Vanilla.
4. Add ½ cup of ice.

# Appropriate Pre-Op Clear Liquid Options

Clear, See-Through, Any Color. No caffeine/carbonation.

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



# Clear Liquid Options

Look for <50 calories, <10 grams sugar per 8oz

- Water flavoring drops: MiO, Crystal Light, Kool Aid 0 calorie
- Sports drinks: PowerAde Zero, Propel Fitness Water, Gatorade G2/GZero
- Flavored waters: hint water, Nestle Splash water
- Diet/Light juice: diet cranberry, light white grape juice
- Vitamin Water Zero
- 100% coconut water (50calories, 11g sugar. No added sugar should be in the ingredients)
- Herbal tea (ex: chamomile, peppermint, ginger)
- Decaffeinated green/black/iced tea
- Diet Snapple (small amount of caffeine OK)
- Decaffeinated coffee (use splash of protein shake as “creamer”)
- Sugar free gelatin and popsicles (no fruit bars)
- Regular sodium Broth (homemade, store bought, bone broth, bouillon cubes)
- Fruit infused waters (squire of lemon/lime, add slices of cucumber, orange, berries, etc.)

# Pre-Op Liquid Diet: Sample Schedule\*

3-5 Protein Shakes

+64oz non-protein, clear liquids

Breakfast	8:00am	20-30gram Protein Shake
Snack	9:00am	1 Sugar Free Jello cup and 2 cup (16oz.) Water with lemon
Snack	10:00am	1 cup (8oz.) Broth, any flavor and 12oz G2
Lunch	12noon	20-30gram Protein Shake
Snack	2:00pm	1-2 Sugar Free popsicles
Snack	4:00pm	20-30gram Protein Shake (optional)
Snack	6:00pm	1 Sugar Free Jello cup and 2 cups (16oz.) Crystal Light
Dinner	7:00pm	20-30gram Protein Shake
Snack	8:00pm	1 cup (8oz.) Broth, any flavor
Snack	9:00pm	1 cup (8oz.) Peppermint/Chamomile hot tea

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~750-1000 calories

60-150 grams protein

~80 oz of non-protein fluids

\*Suggested amounts and times. Modify to your preference.



# Calories of Pre-Op Liquid Options

## Clear Liquids

3oz Sugar Free Jello Cup	10
8oz Chicken Broth	10
8oz Chicken Stock	20
12oz G2	30
20oz G2	50
1.65oz Sugar Free Popsicle	15
½ tsp liquid Crystal Light/MiO/Kool Aid	0
20oz Vitamin Water Zero/Powerade Zero/Propel	0
8oz herbal tea with sugar substitute	0

## Calories



# Pre-Hydration 24 Hours Before Surgery

- Low Sugar/Low Calorie **G2**: Helps decrease post-op nausea
- The night before surgery day
  - Drink 1 bottle 20-32oz **G2** (any color) before going to bed/before midnight
- The morning of surgery day
  - Drink 1 bottle 20-32oz **G2** only (no water or food – talk to your surgeon about medications)
  - Finish at least 3 hours before surgery time



ONLY Low Sugar G2.

DO NOT DRINK:

Regular Gatorade/Powerade

Gatorade/Powerade Zero

Propel Fitness water

Pedialyte

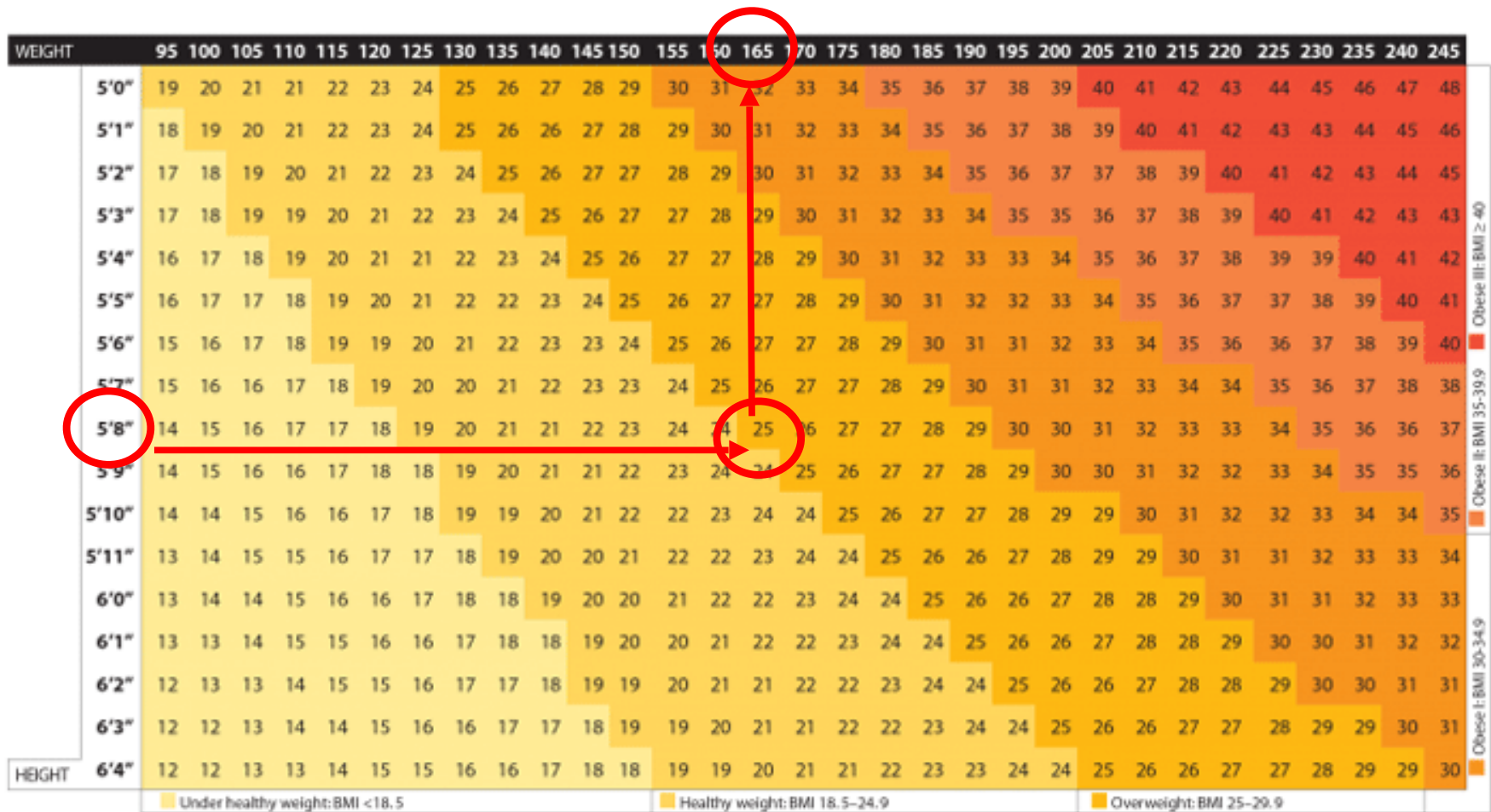
# How much weight can you lose?

## Calculating “Excess Weight”

- Find out what your weight would be at a BMI of 25. This is your IDEAL weight
- Subtract IDEAL weight from CURRENT weight. This is your EXCESS weight.
- You can lose a % of your excess:
  - Duodenal Switch: 90%
  - Sleeve Gastrectomy/Gastric Bypass: 65-70%
  - Gastric Band/Endoscopic Sleeve: 50%
- Example: You are a 300lbs, 5’8” person who is interested in sleeve gastrectomy
  - At a BMI of 25, your ideal weight is 165lbs
  - $300\text{lbs} - 165\text{lbs} = 135\text{lbs}$  excess weight
  - 65-70% of 135lbs = 88-95lbs. This is how much you could lose in 1.5-2 years

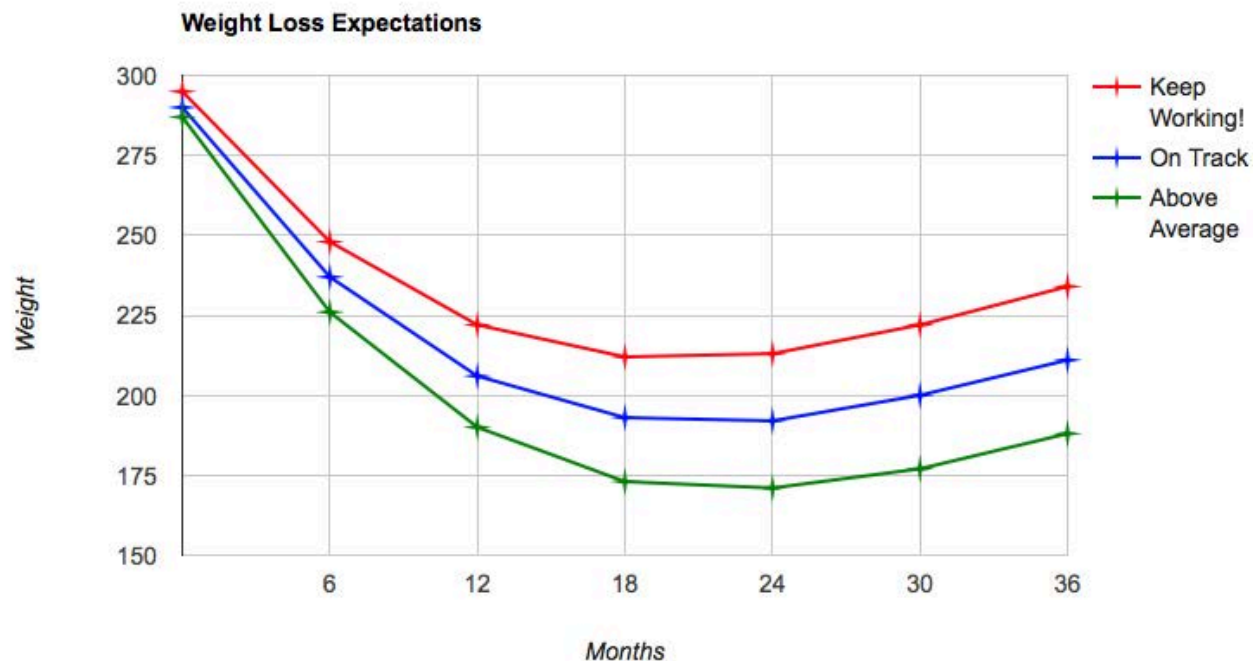


# BMI Chart: 95lbs to 245lbs

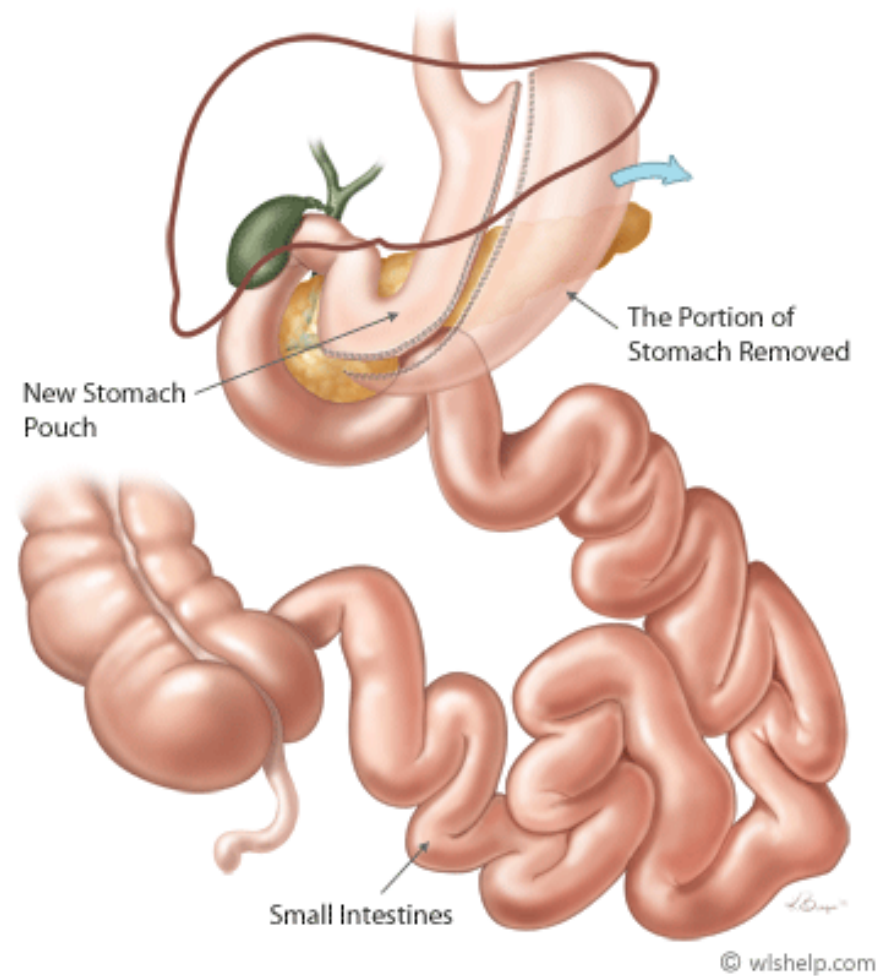


# Are you on track with weight loss?

- Check out Get2Goal (website and app) to see if you are losing too slowly or quickly
  - It is set for gastric bypass, but all surgeries can use this as a “guide”
  - Rapid weight loss can occur in the 1<sup>st</sup> 6 months.
  - Weight loss plateaus will occur at 1.5 to 2 years post-surgery
  - Weight regain happens when patients get off track with their healthy lifestyle



# Vertical Sleeve Gastrectomy (VSG)



# Vertical (Laparoscopic) Sleeve Gastrectomy (VSG or LSG)

## **Advantages**

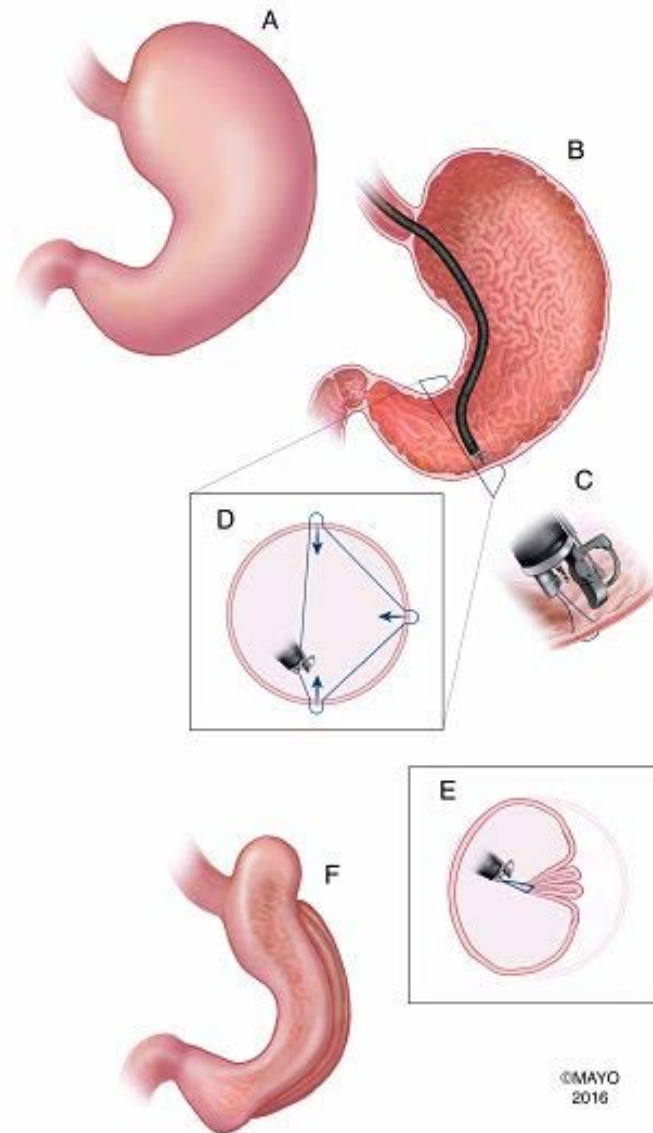
- Restricts the amount of food the stomach can hold
- Induces rapid and significant weight loss that comparative studies find similar to that of the Roux-en-Y gastric bypass. Weight loss of >50% for 3-5+ year data, and weight loss comparable to that of the bypass with maintenance of >50%
- Requires no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

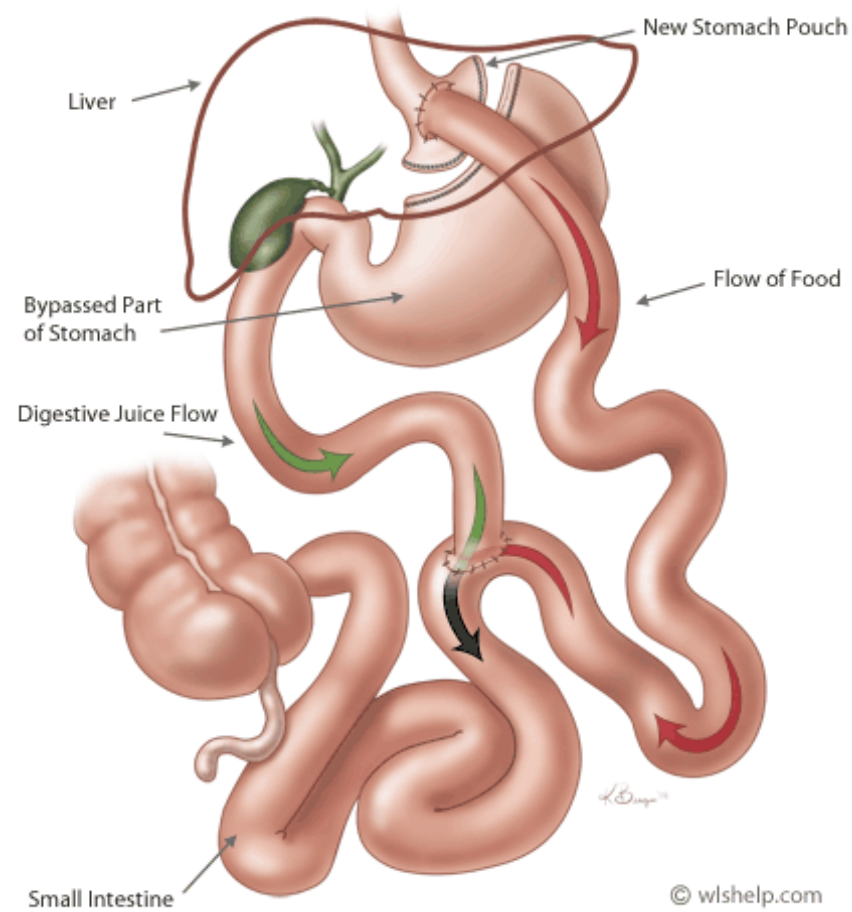
- Is a non-reversible procedure
- Has the potential for long-term vitamin deficiencies
- Has a higher early complication rate than the band

# 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**

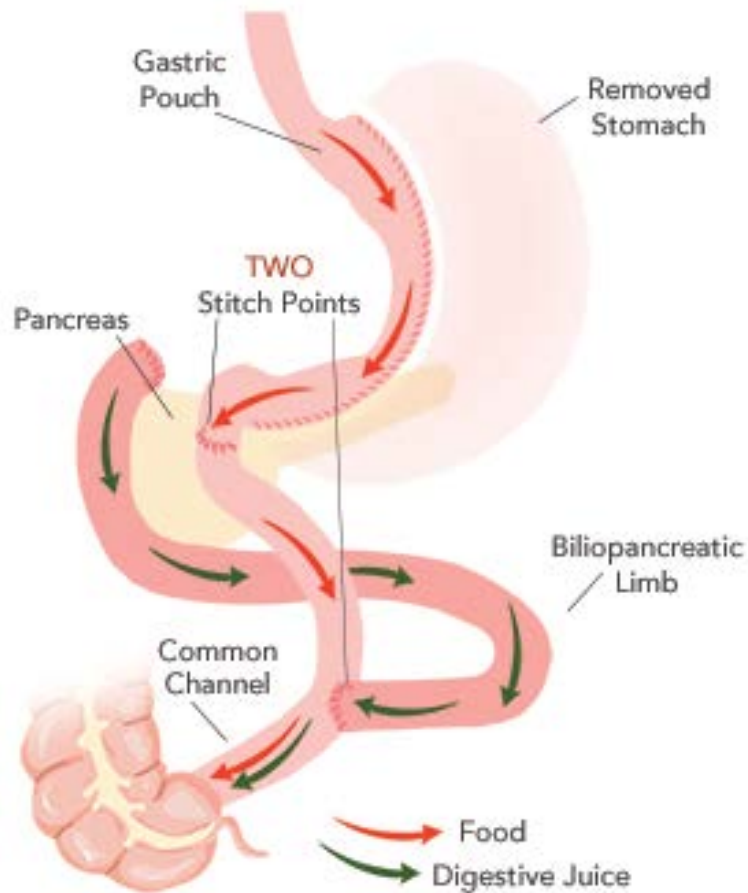
- Produces significant long-term weight loss (60 to 80% excess weight loss)
- Restricts the amount of food that can be consumed
- May lead to conditions that increase energy expenditure
- Produces favorable changes in gut hormones that reduce appetite and enhance satiety
- Typical maintenance of >50%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

## **Disadvantages**

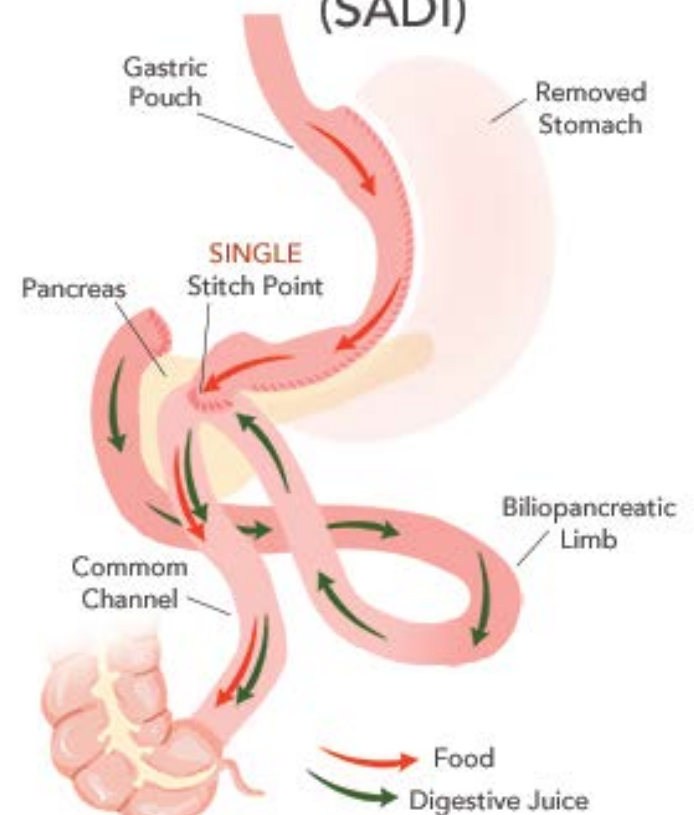
- Is technically a more complex operation than the band or LSG and potentially could result in greater complication rates
- Can lead to long-term vitamin/mineral deficiencies particularly deficits in vitamin B12, iron, calcium, and folate
- Requires adherence to dietary recommendations, life-long vitamin/mineral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



## Duodenal Switch (DS)



## Single Anastomosis Duodeno-Ileal (SADI)



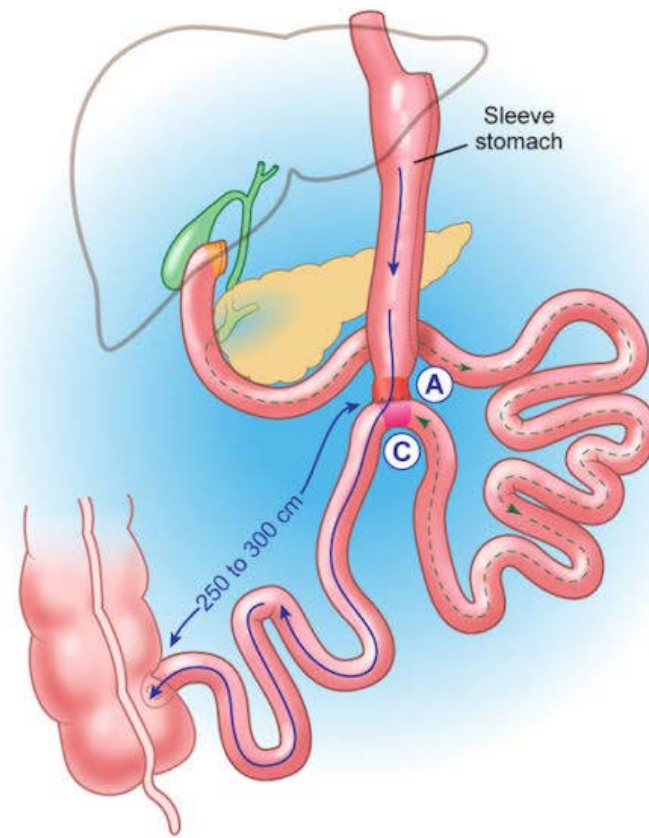
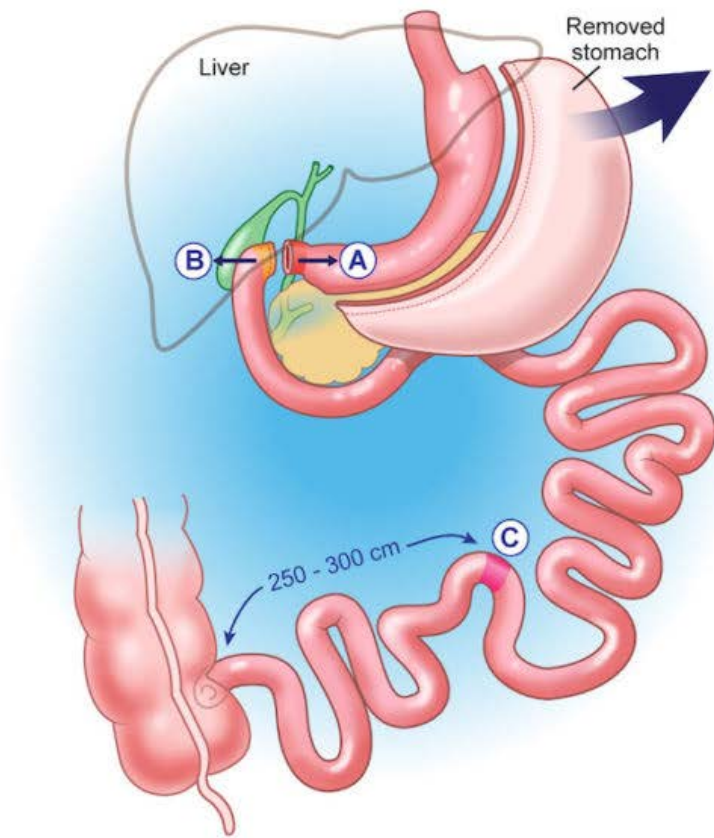
### SADI VS DS

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

# Taking Your Bariatric Vitamins After Surgery

- **Post-Op Day 3: *Gradually*** work towards full dose of Bariatric MV and Calcium
  - Refer to your calendar
  - Take 1 multivitamin for a few days, then gradually work up to the full dose (as tolerated)
  - Do not rush all these vitamins into a small pouch. Take your time.
- **Precautions:**
  - Always take vitamins **with food/protein shake**. Do not take vitamins on empty stomach.
  - **Spread out** all your vitamins. Do not take them all together!! Keep multivitamin ~2 hours apart from calcium
  - Do not exercise immediately after taking vitamins
- May cause nausea, stomach aches, burps and pouch fullness if taken all together
- May cause mal-absorption of vitamins and minerals
  - Keep Multivitamin and Calcium at least 2 hours apart (Iron and Calcium block each other's absorption)
  - Avoid taking vitamins with caffeine (coffee, ice tea, green/black tea) and dairy (protein shakes, yogurt, milk)
  - Phytates (found in grains, beans, nuts, potatoes) can block absorption of iron, calcium and zinc
    - Consider soaking and "sprouting" these foods to break down phytic acid

## After Surgery: Choose “Bariatric” Vitamins

- Look for “Bariatric” brand of Chewable or Capsule Vitamin Supplements
  - Designed for weight loss surgery: smaller, easy to swallow, quick to dissolve and absorb
  - Should contain critical vitamins and minerals needed for bariatric nutrition
  - Bariatric Advantage: purchase at TLC front desk or from [www.bariatricadvantage.com](http://www.bariatricadvantage.com)
- If you choose not to use this brand, CALL ME and I’ll help you find an appropriate alternative
  - Avoid buying vitamins at GNC, Vitamin Shoppe, Walmart, CVS, Amazon, etc.
  - You may end up buying the wrong items!
- **NOT RECOMMENDED: Will not have the necessary vitamins needed for bariatric nutrition**
  - Vitamin patches, liquid multivitamins (Tespo), pre-natal, children’s , over-the-counter hard multivitamins
  - NO GUMMIES OR GUMBALLS (too much sugar, poor quality)



# Bariatric Vitamins Forever + Additional Vitamins

- You will take your Bariatric Vitamins FOREVER. DO NOT EVER STOP!
  - Small stomach pouch = eating less food, absorbing less nutrients
- Bariatric vitamins have the nutrients needed to meet your *basic* bariatric nutrition requirements
  - These bariatric vitamins DO NOT contain enough extra vitamins to correct a vitamin deficiency
- If your labs showed abnormal levels (Vitamin D, Iron, B12, B1, cholesterol, etc.)
  - **Take extra vitamins (Extra Vitamin D, Iron, B12, B1, fish oil etc.) until we recheck your labs at 3 months post-op**
  - Please refer back to your labs to determine if you need extra vitamins and how much
- TLC Clinic will re-check your labs again at 3 months post-surgery follow up visit
- If your labs are normal, then **stop taking those extra vitamins (Vitamin D, Iron, B12, B1, fish oil, etc.)**
  - Continue taking all of your basic bariatric vitamins and minerals
  - Call the dietitian for clarification

Examples of extra vitamins you may need, based on your labs.



# Basic Bariatric Vitamin Requirements Forever

Based on ASMBS Guidelines

## • **1. Multi-Vitamins and Minerals**

- Your Bariatric MV should have:
- 3-12mg B1 (Thiamin)
- 800mcg folic acid
- 5,000-10,000IU Vitamin A
- +15mg (+22IU) Vitamin E
- 90-300mcg Vitamin K
- 8-22mg Zinc
- 1-2mg Copper
  - 1 mg Cu for every 8-15mg Zn
- Selenium, Chromium

## • **2. B12: 500-1000mcg**

- Options:
  - Your Bariatric MV may include ~500-1000mcg
  - Over-The-Counter Sublingual/Liquid
  - Rx Intramuscular injection (1,000 mcg/month)

## • **3. Calcium "CITRATE" (NOT CARBONATE!!)**

- Bypass/Sleeve: 1,500 mg/day (500mg x3)
- Loop DS: +2000mg/day (500mg x4)
- Take only 500mg at each time
- Keep Calcium 2 hours from Multivitamin, and from Iron

## • **4. Vitamin D3: 3,000 to 5,000 IU**

- Options:
  - Your Bariatric MV may include ~3000IU
  - Liquid, soft gel or chewable
- You may still need extra Vitamin D (clarify with dietitian)

## • **5. Iron: 40-65mg**

- Bypass/Loop DS: NEED Iron in Multivitamin FOREVER!
- Sleeve: NEED Iron in Multivitamin
  - Menstruating, Chronic Anemia men/women
- Sleeve: DO NOT NEED IRON (Multivitamin without Iron)
  - Non-anemic men
  - Non-anemic women, post-hysterectomy, post-menopausal
  - You may still need extra Iron (clarify with dietitian)

# Gastric Bypass Vitamins

## Choose Your Multivitamin Option:

- **Ultra Solo with Iron**
  - Swallow 1 capsule/day
- OR -
- **Advanced Multi EA**
  - Chew 2 tablets/day
- Both options include
  - Multi-vitamins and minerals
  - 500mcg B12
  - 3000IU Vitamin D
  - 45mg Iron

## Still need separate Calcium Citrate

- 1500mg Calcium Citrate
  - 500mg x 3 daily (take 1 at a time)
  - Keep calcium 2 hours apart from your multivitamin



# Duodenal Switch/Loop DS Vitamins

## Choose Your Multivitamin Option:

- **Ultra Solo with Iron**
  - Swallow 1 capsule/day
- OR -
- **Advanced Multi EA**
  - Chew 2 tablets/day
- Both options include
  - Multi-vitamins and minerals
  - 25mg B1
  - 500mcg B12
  - 3000IU Vitamin D
  - 45mg Iron
  - 10,000IU Vitamin A
  - 20mg Vitamin E
  - 120mcg Vitamin K

## Still need separate Calcium Citrate

- 2000-2500mg Calcium Citrate
  - 500mg x 4 daily (take 1 at a time)
  - Keep calcium 2 hours apart from your multivitamin





# Sleeve Vitamins WITH IRON

Menstruating Women  
Anemic Men and Women

## Choose Your Multivitamin Option:

- **Ultra Solo with Iron**
  - Swallow 1 capsule/day
- OR -
- **Advanced Multi EA**
  - Chew 2 tablets/day
- Both options include
  - Multi-vitamins and minerals
  - 500mcg B12
  - 3000IU Vitamin D
  - 45mg Iron

## Still need separate Calcium Citrate

- 1500mg Calcium Citrate
  - 500mg x 3 daily (take 1 at a time)
  - Keep calcium 2 hours apart from your multivitamin



# Sleeve Vitamins: NO IRON

Non Anemic Men

Non Anemic Women who are:  
Post-Hysterectomy, Menopausal

- **Choose Your Multivitamin Option:**

- **Ultra Solo WITHOUT Iron**

- Swallow 1 capsule/day

- OR -

- **Multi Chewy Bites**

- Chew 2 squares/day

- Both options include













- Multi-vitamins and minerals
- 500-1000mcg B12
- 3000IU Vitamin D
- Do not contain Iron

**Still need separate Calcium Citrate**

- 1500mg Calcium Citrate
  - 500mg x 3 daily (take 1 at a time)
  - 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
<b>Gastric Bypass</b>	Ultra Solo with Iron x 1 - or - Advanced Multi EA x 2  	Calcium Chewy Bites x 3 
<b>Duodenal Switch</b>	Ultra Solo with Iron x 1 - or - Advanced Multi EA x 2  	Calcium Chewy Bites x 4-5 
<b>Sleeve needing Iron</b> - Menstruating Female - Anemic Male - Anemic Female	Ultra Solo with Iron x 1 - or - Advanced Multi EA x 2  	Calcium Chewy Bites x 3 
<b>Sleeve do not need Iron</b> - Non-Anemic Male - Non-Anemic Female Post-Hysterectomy Post-Menopausal	Ultra Solo WITHOUT Iron x 1 - or - Multi Chew Bite x 2  	Calcium Chewy Bites x 3 

# Sample Vitamin Schedule AFTER SURGERY

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

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

Do not double up on dose; Take one at a time (1 MV at a time, 1 Calcium at a time)

May take Vitamin D, fish oil, B12, Biotin, probiotics with either MV or Calcium.

Take Iron by itself.

Options	Breakfast	AM Snack	Lunch	PM Snack	Dinner	Bedtime
Option A Capsule	Ultra Solo 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	Multi Chewy Bite 1 Soft Chew	Calcium Chewy Bite 1x	Multi Chewy Bite 1 Soft Chew	Calcium Chewy Bite 1x	Calcium Chewy Bite 1x	



## “Ultra Solo with Iron” ONE A DAY MULTIVITAMIN

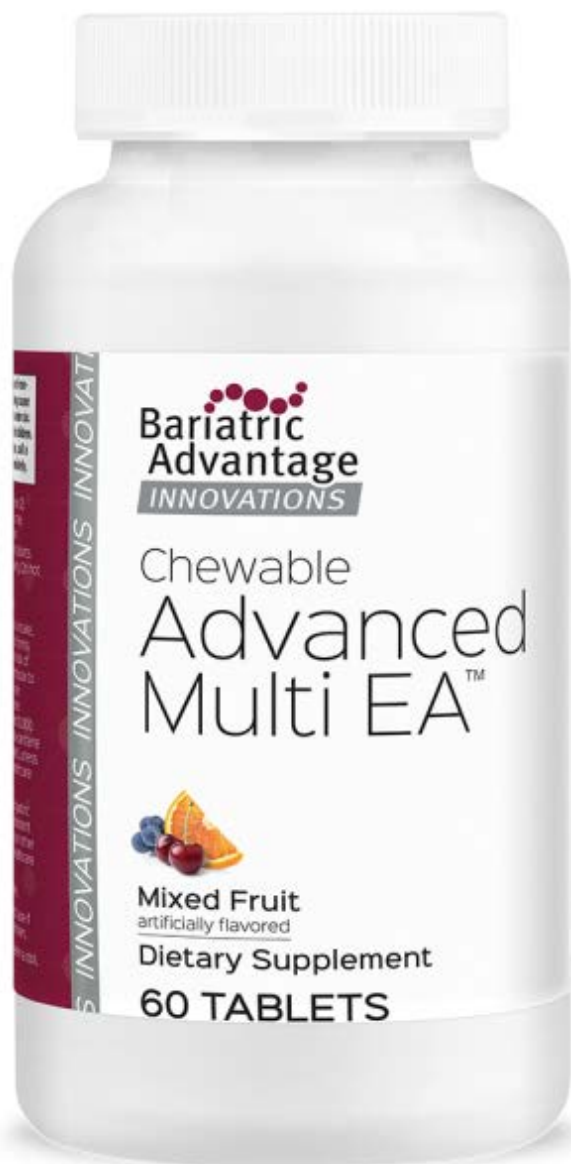
Appropriate for Duodenal Switch, Gastric Bypass, Sleeve (anemic, menstruating)

### Key Highlights:

- 1 capsule per day
- 3000IU Vitamin D
- 25mg B1 (Thiamin)
- 800mcg Folate
- 500mcg B12
- 45mg Iron
- You will still need separate Calcium

Ingredients	Amount Per Serving	% Daily Value
Serving Size	1 Capsule <sup>†</sup>	
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 <sub>6</sub> (as pyridoxine HCl)	4 mg	235%
Folate	1,335 mcg DFE (800 mcg folic acid)	334%
Vitamin B <sub>12</sub> (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 <sub>2</sub> )	3.4 mg	200%
Niacin (as niacinamide)	20 mg	100%
Vitamin B <sub>6</sub> (as pyridoxine HCl)	4 mg	200%
Folic Acid	800 mcg	200%
Vitamin B <sub>12</sub> (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	**

## 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
- You will 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
- 3000IU Vitamin D
- 25mg B1 (Thiamin)
- 800mcg Folate
- 500mcg B12
- NO IRON
- You will still need separate Calcium

Ingredients	Amount Per Serving	% Daily Value
Serving Size	1 Capsule <sup>†</sup>	
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 <sub>6</sub> (as pyridoxine HCl)	4 mg	235%
Folate	1,335 mcg DFE (800 mcg folic acid)	334%
Vitamin B <sub>12</sub> (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%



# Multi Chewy Bite

- Appropriate for Only Sleeve:
  - Non-Anemic Men
  - Post-Hysterectomy, Post-Menopausal and Non-Anemic Women
- Take 2 soft chews daily
- 3000IU Vitamin D
- 3mg B1
- 500mcg B1
- NO IRON
- Will still need separate Calcium



Ingredients	Amount Per Serving	% Daily Value
Serving Size	2 Chews	
Servings Per Container	30	
Calories	35	
Calories from Fat	15	
Total Fat	1.5 g	2%*
Total Carbohydrates	8 g	3%*
Vitamin A (as Retinyl Palmitate)	5,000 IU	100%
Vitamin C (as Ascorbic Acid)	120 mg	200%
Vitamin D (as Cholecalciferol)	3,000 IU	750%
Vitamin E (as d-alpha Tocopheryl Acid Succinate)	60 IU	200%
Vitamin K (as phytonadione)	160 mcg	200%
Thiamine (as Thiamin Mononitrate)	3 mg	200%
Riboflavin	3.4 mg	200%
Niacin (as niacinamide)	40 mg	200%
Vitamin B <sub>6</sub> (from Pyridoxine HCl)	4 mg	200%
Folic Acid	800 mcg	200%
Vitamin B <sub>12</sub> (as cyanocobalamin)	1,000 mcg	16,667%
Biotin	600 mcg	200%
Pantothenic Acid (as calcium D-pantothenate)	20 mg	200%
Calcium	30 mg	3%
Iodine (as potassium iodide)	300 mcg	200%
Zinc (as zinc citrate)	15 mg	100%
Selenium (as L-Selenomethionine)	140 mcg	200%
Chromium (as Chromium Picolinate)	240 mcg	200%
Molybdenum (as Sodium Molybdate)	150 mcg	200%
Sodium	25 mg	1%

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.

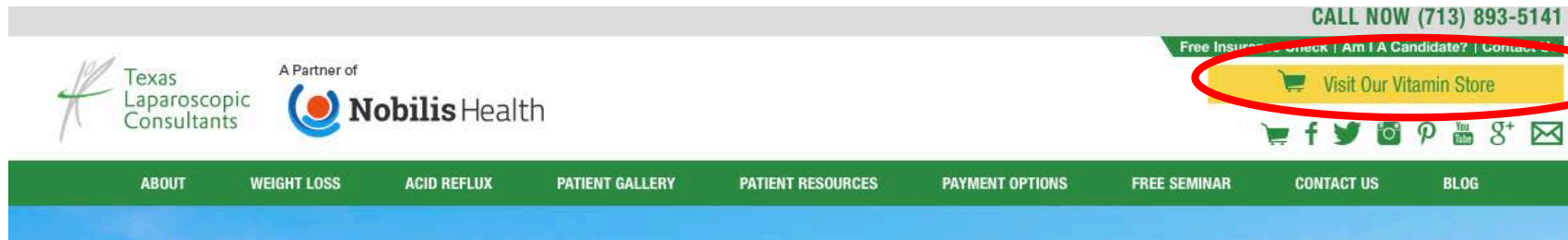
\*Percent Daily Values are based on a 2,000 calorie diet.

\*\*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](http://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](http://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 the company's website
  - [www.BariatricAdvantage.com](http://www.BariatricAdvantage.com)
  - Enter our validation code: TLC
  - Sign up for Auto Refill Orders, with 10% off first order



# Bariatric Advantage: Additional Supplements if needed

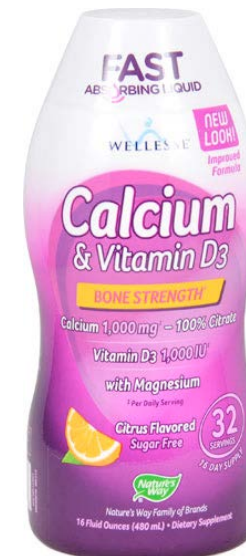
- Ultra Multi With or Without Iron: 3 capsules daily
  - Same vitamins and minerals as Ultra Solo, but this will be 3 white capsules daily
- Non-chewable Calcium Citrate Tablets: 2 tablets = 400mg
  - Take 6-8 tablets DAILY = 1200-1600mg
- Vitamin D3 Chewable 10,000IU Gels
  - 1 gel = 10,000IU. Take 1 gel daily, or 1 gel every other day to get 5,000IU
- Iron – less constipating than over the counter “Ferrous Sulfate” Contains Vitamin C for better absorption
  - 29mg Chewable Iron Passion Fruit: Carbonyl Iron and Ferrous Fumarate
  - 60mg Chewable Iron Lemon Lime: Carbonyl Iron
- B50 Complex capsule, 2 capsules daily
- B12 1000mcg, 1 dissolvable tablet
- B1 Thiamin 100mg, 1 capsule
- Protein Supplement Alternatives: All lactose free.
  - 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 non-milky flavors, whey protein isolate, 1 scoop = 23g protein
  - Clearly Protein (protein drink): 20g protein, 80calories, stevia and monk fruit
- Probiotic, chewable or capsule: Helpful for constipation and lactose intolerance



[www.bariatricadvantage.com](http://www.bariatricadvantage.com)

TLC Clinic carries some of these products





## Other Brands: Vitamins and Supplements if needed

- Nutrition Direct, BariActiv [www.nascobal.com](http://www.nascobal.com)
  - Bariatric vitamins that may be covered by insurance
  - Oral Multivitamins, calcium, and Iron. B12 nasal spray
- BariMelts D3 1 tablet = 5,000IU; [www.barimelts.com](http://www.barimelts.com)
- Vitron C tablet 65mg Carbonyl Iron; [www.vitronC.com](http://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](http://www.barleans.com); Amazon
- Coromega.com MAX High Concentrate Omega 3 Fish Oil 2 shots = 2400mg Omega 3 (1250mg EPA, 850mg DHA)
- Wellesse Liquid Calcium 3 Tbs = 1500mg Calcium Citrate; Walgreens, [www.vitacost.com](http://www.vitacost.com)
- CitraCal Calcium Citrate Petites 2 tablets = 400mg
  - 6-8 "petite" tablets daily = 1200-1600mg Calcium Citrate
- FitforMe WLS Optimum [www.fitforme.com](http://www.fitforme.com)
  - Bariatric vitamins, online only
- Feosol Iron supplements [www.feosol.com](http://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
- #1 Tip to Remember: SLOW DOWN
  - Sip slowly, take small bites slowly.
- DO NOT SELF ADVANCE DIET/DO NOT RUSH THROUGH 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 solid - 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)**

# Helpful Supplies: Tools and Equipment



# AVOID RESTAURANTS

## during your 2 month post-surgery diet progression!

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

### Nutritional Facts:

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

	% 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	



Vegetarian Creamy Tomato Soup



\*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.

						14 2 week Pre-Op Liquid Diet
13	12	11	10	9	8	7
Pre-op Day 14-1: Protein shakes and clear liquids, and minimal dose vitamins						
6	5	4	3	2	1 Drink 20-32oz G2 before midnight	Drink 20-32oz G2 2 hrs pre-op  <b>Surgery Day!!</b>
Post-Op Day 1 Clear Liquids	Day 2 Clear Liquids 2/16	Day 3-14 Full Liquids Begin vitamins	4	5	6	7
Day 3-14: Protein shakes, soups, yogurt and pudding, begin vitamins						
8	9	10	11	12	13	14
Day 15 Week 3-4 Pureed	16	17	18	19	20	21
Day 15-28: mashed eggs, fish, beans, oatmeal, applesauce						
Week 4	23	24	25	26	27	28
Week 5-6 Chopped Soft Solids	2 weeks of chopped, soft meats, cooked veggies, peeled fruits					
Week 6						
Week 7-8 Chopped Solids	2 weeks of different kinds of chopped meats, chopped raw veggies, fruits with peel					
Week 8						End of 2 month Post-Op Diet

# Post-Op Day 1 and 2: Clear Liquids ONLY

Pace yourself with a shot glass or,  
The OXO 2 oz. measuring cup



- Main purpose: REHYDRATE your body after surgery
- Start slow and take small sips, all day long
  - Carry a beverage with you everywhere you go!
  - Aim for at least 2 oz (1/4 cup) every 15 minutes, try to drink 8 oz (1 cup) per hour or more!
- Clear Liquids Only
  - Clear/See-through, any color
  - <50calories and <10grams sugar
- DO NOT DRINK:
  - NO Caffeine: diuretic effects, irritating to ulcers, may cause acid reflux, blocks vitamin/mineral absorption
    - OK decaf coffee/tea, herbal tea. OK sugar substitutes, No creamer
  - NO carbonation or sodas/no straws
    - Chest pain from swallowing too much air/trapped gas
  - No milky thick protein shakes/vitamins/solid food!!!
    - Clear Protein “Drinks” are ok
- Sample Schedule:
  - Monday: Surgery Day
  - Tuesday: Post-Op Day 1 (Day 1 of clear liquids)
  - Wednesday: Post-Op Day 2 (Day 2 of clear liquids)
- NO LIMIT TO HOW MUCH YOU CAN DRINK. If you can drink more, then please do so!!!



# Post-Op Day 1 and 2: Sipping on Clear Liquids ONLY



Sample Clear Liquid Diet Schedule

Total Fluids: 64.5oz

9:00am	2oz hot ginger tea (sugar sub OK)
9:15am	2oz hot ginger tea (sugar sub OK)
9:30am	2oz hot ginger tea (sugar sub OK)
9:45am	2oz hot ginger tea (sugar sub OK)
10:00am	
10:15am	
10:30am	2oz G2
10:45am	2oz G2
11:00am	2oz G2
11:15am	2oz G2
11:30am	
11:45am	
12noon	2oz chicken broth
12:15pm	2oz chicken broth
12:30pm	2oz chicken broth
12:45pm	2oz chicken broth
1:00pm	
1:15pm	
1:30pm	Sugar free Jello cup (3oz)
1:45pm	
2:00pm	2oz diet cranberry juice
2:15pm	2oz diet cranberry juice
2:30pm	2oz diet cranberry juice
2:45pm	2oz diet cranberry juice
3:00pm	
3:15pm	
3:30pm	2oz beef broth
3:45pm	2oz beef broth
4:00pm	2oz beef broth
4:15pm	2oz beef broth
4:30pm	
4:45pm	
5:00pm	Sugar free popsicle (1.5oz)
5:15pm	
5:30pm	2oz decaf coffee
5:45pm	2oz decaf coffee
6:00pm	2oz decaf coffee
6:15pm	
6:30pm	
6:45pm	2oz veggie broth
7:00pm	2oz veggie broth
7:15pm	2oz veggie broth
7:30pm	2oz veggie broth
7:45pm	
8:00pm	
8:15pm	2oz hot chamomile tea
8:30pm	2oz hot chamomile tea
8:45pm	2oz hot chamomile tea

# Post-Op Day 1 and 2: Clear Liquids

## Options for Clear Liquids

- Herbal tea (mint, chamomile, ginger, apple spice, etc.)
- Decaf coffee, decaf green/black tea
- Regular or Low Sodium Broth: chicken/veggie/beef/seafood, etc.
- Bouillon cubes in hot water
- Diet fruit juice
- Diet Snapple (small amount of caffeine is OK)
- 0 calorie water flavoring drops: Kool-Aid, MiO, Crystal Light, etc.
- Gatorade G2/GZero, Powerade Zero, Propel Fitness Water
- Vitamin Water Zero
- Water with sliced fruits (for flavor) or a squeeze of lemon/lime
- Sugar Free Jello
- Sugar Free popsicles
- Clear protein Drinks (not shakes): Premier Clear Protein, Isopure Zero Carb (glass bottle), Bariatric Advantage Clearly Protein
- Hint water, Nestle Splash waters
- Bai Antioxidant Infusion (no bubbles)



# 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
- Sugar-free Jello, Sugar-free popsicles 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 reintroducing Bariatric Vitamins gradually
  - Take 1 for a few days, then work up to 2, etc...
- **TOP PRIORITY: STAY HYDRATED! 48-64oz daily.**
  - Continue to sipping on fluids ALL DAY LONG
  - OK: Decaf coffee and tea with milk, fat free creamer, sugar substitute
  - May add some protein shake into coffee as a “high protein creamer”
- Protein goal: drink at least +40-60 grams/day
  - Resume drinking protein shakes. Aim for 1-3 shakes daily
    - Ready to drink shakes
    - Protein powders: OK to mix with ice and milk! No fruit!!
- NO SMOOTHIES! NO FRUIT/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 if you don't feel hungry)
- *Smooth, Thick and Low Fat Soups (NOT BROTH!)*
  - **Move on from broth. Drinking thicker soups will be nourishing and satisfying!**
    - Examples: Soups in a box (Imagine, Pacific brands), Campbell's 98% FAT FREE cream soups (strained)
  - Make your own pureed COOKED veggie soups, strained
    - Cook your veggies then puree till smooth! Seasonings are fine to use!
    - Add whole milk or plain Greek yogurt for creaminess and protein. NO HEAVY CREAM!
  - Avoid restaurant soups (bisques, chowders): TOO HIGH IN FAT!
  - NO FRUITS/MEATS/NOODLES
- Smooth Yogurt and Sugar Free Pudding
  - No fruit pieces. Choose flavors like vanilla, lemon, etc.
  - Choose Greek style for extra protein: Oikos Triple Zero Greek yogurt, Yoplait Greek 100
  - Check the label!! Keep sugar less than 10grams





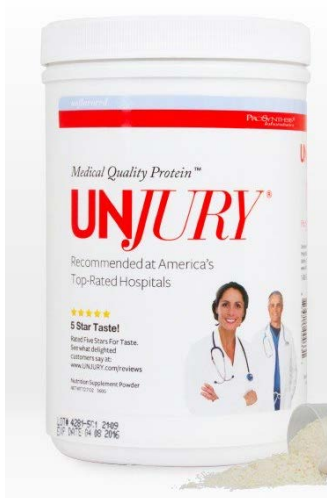
# Full (Thickened/Milky) Liquid Options



# 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



# 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, water “flavorings”
  - PB2 (low fat peanut butter powder), sugar free syrup, coffee crystals
- NOT OK to mix in (adds extra calories, fat and sugar)
  - DO NOT ADD Fruits/veggies to make smoothies, fruit/veg juices
  - DO NOT ADD Nut/seeds, nut butters, avocado



# 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

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- 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.



# Carrot Ginger Tofu Soup

1 cup: 100 calories, 4g protein, 6g fat, 8g carbohydrates, 2g fiber  
Recipe modified from Vitamix Whole Food Recipes

## Ingredients:

- 4 medium carrots, chopped into small dice
- ¼ small onion, chopped into small dice
- 4 garlic cloves, minced
- 1 Tbs freshly grated ginger root
- 2 Tbs olive oil
- ½ tsp salt
- Pinch of black pepper
- 1/3 cup silken tofu
- 2 cups chicken broth

## How to make:

1. Sauté carrots, onions, garlic and ginger with 2 Tbs oil until tender.
2. In a high power blender (VitaMix, BlendTec), add in all ingredients: sauteed veggies, seasonings, tofu and broth
3. Gradually increase speed to high until all ingredients are pureed into a smooth liquid.
4. Pour into a saucepan to heat



# Potato and Cauliflower Soup

1 cup: 100 calories, 5g protein, 1g fat, 19g carbohydrates, 3g fiber

Recipe from Vitamix Whole Food Recipes

## Ingredients

- 1½ cup (360 ml) milk
- ⅓ cup (80 ml) water
- 2 (215 g) small russet potatoes
- ½ cup (80 g) onion, peeled, diced
- 1 (100 g) carrot, halved
- 1 stalk (100 g) celery, diced
- 1 cup (100 g) cauliflower
- 1½ vegetable bouillon cube

## Directions

- Cook potatoes in microwave for 8 minutes.
- Place onion, carrot, celery and cauliflower in a 2-quart (1.9 l) saucepan and cover with water.
- Bring to a boil. Reduce heat to medium and cook until tender.
- Set aside 1 heaping cup of cooked vegetables.
- Place remaining vegetables, bouillon, potatoes, and milk into the Vitamix container and secure lid.
- Select Variable 1.
- Turn machine on and slowly increase speed to Variable 10, then to High.
- Blend for 3 minutes using the tamper to press the ingredients into the blades. Reduce speed to Variable 2 and remove the lid plug.
- Add reserved vegetables and water through the lid plug opening.
- Blend an additional 5 seconds. Serve immediately.



# Sample Full Liquid Diet

Breakfast	4oz (1/2 cup) protein shake (10g protein)
1 <sup>st</sup> Snack	¼ to ½ cup Greek style yogurt (11g protein)
2 <sup>nd</sup> 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

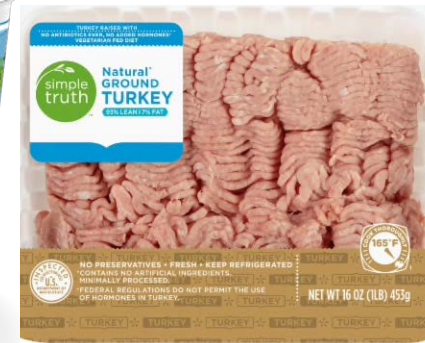
# Day 15: Week 3-4: Pureed/Mashed/Smashed

- **Applesauce Texture** before you eat: Mashed very well with fork, or Blend in a mini-food processor
  - NO CHEWING SHOULD BE NEEDED since all foods are mashed up
- 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.
- 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
- **Eat Protein Foods First!! Moist meats, tender eggs and low fat 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 thin “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”
    - Mince up cooked ground meats (beef/pork/chicken/turkey) or cooked shellfish, then mash in cooked veggies 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: LIMIT mashed potatoes. Peas, carrots, cauliflower, broccoli
    - Baby food fruit/veg OK if only blended with water
  - Instant PLAIN hot cereals (oatmeal, grits, cream of wheat, Malt-O-Meal) and season it yourself!



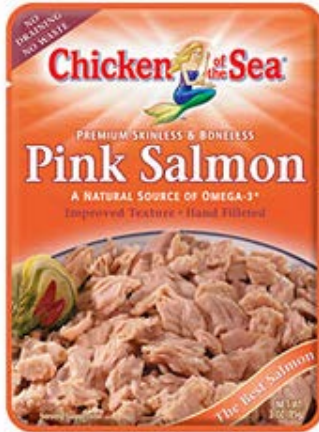


## Pureed/Mashed/Smashed Foods





# 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](http://TheWorldAccordingToEggFace.blogspot.com)







## MASHED POTATOES

### INGREDIENTS

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- 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)



Limit mashed potatoes.

Choose other non-starchy veggies to mash up.

# 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 1/4 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 1/4 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
- 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/sliced into small/thin pieces are easier to chew!!
- 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 meats: turkey, ham, chicken, roast beef
  - “Soft” Nuts: walnuts, pecans, cashews, peanuts, sliced almonds
- Non-Protein Foods
  - NO BREAD/PASTA/RICE/TORTILLAS for +6 months: swells up!
  - High fiber crackers/cereal (+3 grams fiber per serving).
  - Beans, quinoa, peeled chopped small/sweet potatoes
  - Chopped, **Cooked Fork-Tender** Vegetables
    - **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 grapes (no need to peel)



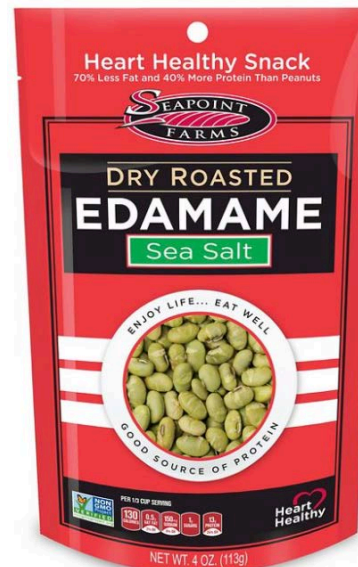


## Soft Chopped Foods Phase





# High Protein Snacks – On The Go!



# PROTEIN PANCAKES

## INGREDIENTS

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



## INSTRUCTIONS

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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  $\frac{1}{3}$  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!

# Breakfast Egg Muffins



## Instructions

1. Preheat oven to 350°F | 180°C. Lightly spray a 12-cup capacity muffin tin with nonstick oil spray.
2. In a large bowl, whisk together eggs and onion. Season with salt and pepper, to taste.
3. Add egg mixture halfway up into each tin of a greased muffin tin.
4. Divide the three topping combinations into 4 muffin cups each.
5. Bake for 20 minutes.
6. Serve OR store in an airtight container in the refrigerator for up to 4 days and reheat when ready to serve.
7. Enjoy!

## Nutrition

Calories: 82kcal | Carbohydrates: 1g | Protein: 6g | Fat: 5g | Saturated Fat: 2g | Cholesterol: 168mg | Sodium: 97mg | Potassium: 103mg | Vitamin A: 555IU | Vitamin C: 6.3mg | Calcium: 55mg | Iron: 0.8mg

## Ingredients

### BASE:

- 12 large eggs
- 2 tablespoons finely chopped onion, (red, white or yellow/brown)
- Salt and pepper, to taste

### TOMATO SPINACH MOZZARELLA:

- 1/4 cup fresh spinach, roughly chopped
- 8 grape or cherry tomatoes, halved
- 1/4 cup shredded mozzarella cheese

### BACON CHEDDAR:

- 1/4 cup cooked bacon, chopped
- 1/4 cup shredded cheddar cheese

### GARLIC MUSHROOM PEPPER:

- 1/4 cup sliced brown mushrooms
- 1/4 cup red bell pepper, (capsicum), diced
- 1 tablespoon fresh chopped parsley
- 1/4 teaspoon garlic powder or 1/3 teaspoon minced garlic

<https://cafedelites.com/breakfast-egg-muffins-3-ways/>

# 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](http://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

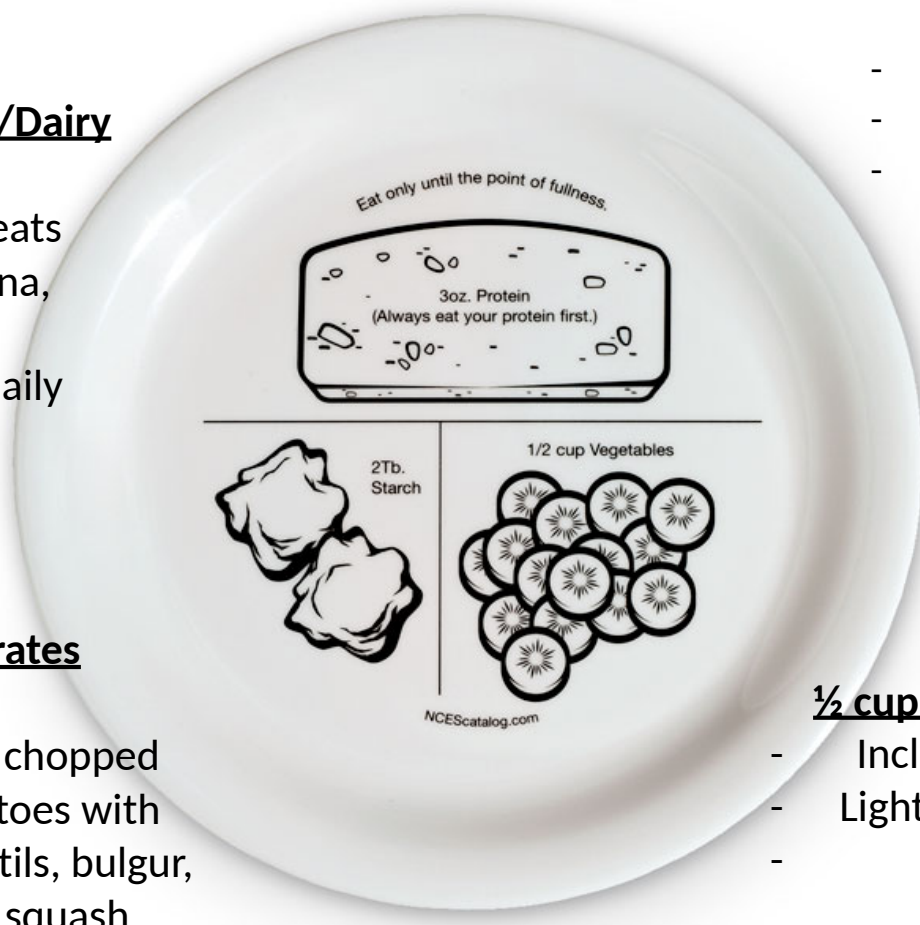
# Week 7 and 8: Maintenance Chopped

~2-4 meals daily, about 1 cup per meal

Balance your meals with protein, veggies and carbs.

## 2-3 oz. Chopped Meats or Egg/Dairy

- 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 Carbohydrates

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

## **Optional: 1-2 Snacks per day**

- ½ cup chopped “unpeeled” fruits
- No fruit juice/smoothies
- Pair fruits with protein

## **Fats per meal/snack:**

- ¼ cup nuts
- 1 Tbs nut butter
- ¼ avocado
- 1 tsp oils
- 1 Tbs mayo/dressings

## ½ cup non-starchy **CHOPPED** vegetable

- Include veggies with all meals/snacks
- Lightly steamed, sautéed, crisp tender
- RAW, finely chopped raw veggies, shredded dark green salad



# Sample Maintenance Diet

Breakfast	8-11oz Unjury or Premier 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

# Sample Maintenance Diet

Breakfast	Oikos Triple Zero Yogurt and ¼ cup Cheerios (15g protein)
AM snack	6 slices Oscar Mayer deli turkey and 3-4 Triscuits (9g protein)
Lunch	3oz ground turkey with ½ cup cauliflower rice and ¼ cup black beans (21g + 4g protein)
PM snack	½ cup chopped apple and 1 string cheese (8g protein)
Dinner	1 skinless baked chicken thigh, and ½ cup cooked carrots, ¼ cup cooked quinoa (21g + 2 g protein)
Total Protein	80g protein



## 2 Month Post-Bariatric Surgery Diet Progression

Day 1	Day 2	Day 3	4	5	6	7
Clear Liquids						
		Day 3 - 14 Full Liquids: protein shakes, soup, pudding, yogurt				14
8	9	10	11	12	13	
Week 3						
	Week 3 and 4 Pureed: mashed eggs, mashed fish, cottage cheese, applesauce, oatmeal					
Week 4						
Week 5						
	Week 5 and 6 Chop Soft: pot roast, hardboiled eggs, string cheese, crackers, cooked veggies					
Week 6						
Week 7						
	Week 7 and 8 Maintenance Chop: Chopped meats, raw veggies, unpeeled fruits					
Week 8						

# 100 Calories High Protein Snacks



80 kcal, 12g pro: Dannon Light n Fit Greek Yogurt  
25 kcal: ¼ cup Cheerios



50 kcal, 7g pro: light string cheese  
50 kcal: 1 ¼ cup plain popcorn



80 kcal, 6g pro: 1 hardboiled egg  
20 kcal: 6 baby carrots



50 kcal, 9g pro: 6 thin deli turkey slices  
50 kcal: ¾ cup apple slices



70 kcal, 11g pro: ½ cup fat free cottage cheese  
15 kcal: ¼ cup fresh raspberries



100 kcal, 20g pro:  
Unjury/Muscle Milk protein shake

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

# Choose These Lean Protein Choices

1 ounce = ~7 grams protein, 2 grams fat, 45 calories

- Ground Beef 90/10 or higher
- Lean beef (trim off visible fat)
  - Roast (chuck, rump, sirloin)
  - Steak (filet mignon, sirloin, flank/skirt)
  - Tenderloin
- Wild Game
  - Buffalo, ostrich, rabbit, venison
- Beef jerky (caution: high in sodium)
- Low fat Cottage cheese
- Low fat Ricotta cheese
- Whole eggs, egg whites, egg substitutes
- Fish
  - White fish: catfish, cod, flounder, haddock, halibut, tilapia, trout
  - Salmon: fresh, frozen, canned, smoked (caution: high in sodium)
  - Sardines (drained)
  - Tuna: fresh, canned (drained)
- Goat/Lamb
  - Chop, leg, loin, roast
- Pork
  - Canadian bacon/ham (caution: high in sodium)
  - Loin chop
  - Tenderloin
- Chicken
  - Skinless breast, thighs, drumsticks
  - Ground chicken
  - Deli chicken slices
  - Chicken sausage (caution: high in sodium)
- Ground turkey
  - Deli turkey slices
  - Turkey ham/Turkey pastrami (caution: high in sodium)
- Shellfish
  - Clams, oysters, crab, lobster, shrimp, etc.
- Veal
  - Cutlet (no breading)
  - Loin
  - roast



# Avoid These High Fat, Poor Quality Proteins

1 ounce = ~7 grams of protein, 5-8 grams fat, 75-100 calories

- Bacon: pork, beef, even turkey
- Hot dogs: beef, pork, even turkey
- Ground pork
  - Pan sausage
  - Breakfast sausage links
  - Summer sausage
  - Smoked sausage
  - Polish sausage
  - Bratwurst
  - Chorizo
  - Italian sausage
  - Pepperoni
- Fatty brisket
- Beef/pork ribs
- Lunch meat with + 8grams fat
  - Pastrami
  - Bologna
  - Salami
- Rib Eye Steaks
- High fat ground beef (80/20)
- Fried chicken: Patties, strips, nuggets
- Fried seafood : fish, shrimp, clams, etc.
- Ground lamb
- Regular cheese (choose light instead)
  - American, bleu, Brie, cheddar, Gouda, Monterey Jack, Queso, etc.
- Slim Jims
- Any meat covered in butter/creamy sauce
  - Tuna/chicken/egg salad
  - Pork chops smothered in gravy
  - Turkey sandwich/salad with cheese, mayo, Ranch dressing
- Organ meats
  - Heart, kidney, liver
- Spam

# Avoid or Limit These High Fat Foods

Use light/low fat/low calorie versions

Or limit to less than 1 Tbs per meal

- Sour cream
- All salad dressings
- All oils (limit to 1 tsp)
- Coconut oil
- Coconut milk/cream
- Butter (limit to 1 tsp)
- Lard
- Bacon grease
- Margarine
- Vegetable shortening/Crisco
- High fat potatoes
  - chips, fries, tots, hash browns, au gratin, etc.
- Avocado (limit to ¼)
- Olives (limit to 8 – 10)
- Cream cheese
- Mayonnaise/Miracle Whip
- Alfredo sauce
- Creamy Bisque soups/chowders
- Cheese sauce
- Queso
- Heavy cream
- Whipped cream
- Cheese
  - Block/shredded/sliced
- High fat corn products
  - Taco shells, tostadas, chips, movie popcorn, etc.
- Peanut/almond butter
- Nuts and Seeds (limit to ¼ cup)
- Tahini

# Avoid or Limit These High Sugar Foods

Use sugar free versions if possible, or limit to 2 teaspoons or less per meal  
Read the label and choose foods with sugar less than 10 grams per serving  
(4 grams of sugar = 1 packet of sugar = 1 tsp of sugar)

- Fruit juice/drinks
- Fruit punch
- Fruit juice concentrate
- Lemonade
- Hot cocoa, chocolate milk
- Sweet tea
- Smoothies
- Sodas
- Coffee drinks
- Sports drinks, energy drinks
- Cocktails/Mocktails
- Candy
  - Chocolate, hard candy, fruity gummy candy, caramel
- White/brown sugar
- High Fructose Corn Syrup
- Corn Syrup
- Honey
- Maple syrup, pancake syrup
- Molasses
- Chocolate syrup
- Agave nectar
- Coconut sugar
- Jam and jelly
- Pastries
  - Cake, cookies, muffins, pies, cobbler, donuts, banana nut bread, danish, scones, etc.
- Ice cream, sherbet, frozen yogurt
- Popsicles, Fruit bars
- Granola bars
- Sweetened oatmeal, cold cereal
- Jello, Pudding, Flan
- Flavored yogurt
- Candied nuts and seeds
- Nutella, Cookie Butter/Speculoos
- Cough drops
- Condiments
  - Ketchup, BBQ sauce, dipping sauces, glazes, marinades
- Dried fruit prepared with sugar (read ingredients!)
- Cake frosting/icing
- Coffee creamer
- Canned fruit in syrup

# Healthy Options for Carbohydrates

\* 6 months after surgery

- Baked/Roasted Potatoes with skin on
  - Red/New potatoes
  - Sweet potatoes
  - Mini/Pee-wee potatoes
- Parsnips
- Soy beans/edamame
- Peas
- Corn
  - Fresh, frozen or canned
  - Plain popcorn
  - Hominy
- Beans
  - Avoid restaurant refried beans
  - Hummus
- 100% Whole wheat/whole grain
  - Crackers
  - Bread/Sandwich Thins/English Muffins\*
  - Pasta\*
  - Cereal (bran flakes, shredded wheat)
    - <10gram sugar. Avoid granola.
- Whole Grains
  - Farro\*
  - Buckwheat\*
  - Bulgur\*
  - Kasha\*
  - Millet\*
  - Barley\*
- Tabbouleh
- Wild rice
- Plain Oatmeal, preferably steel cut oats
- Whole fruit
  - Canned in fruit juice, drained
  - Frozen, without syrup/sugar
  - Minimal amounts of dried fruit
- Plantains (not fried or sugar coated)
- Lentils
- Pumpkin
- Acorn/Butternut Squash

# Un-Healthy Options for Carbohydrates

- High Fat Potato foods
  - Sweet potato fries
  - Loaded/Stuffed baked potatoes
  - Fried: chips, fries, tots, hash browns
  - Au Gratin
  - Mashed potatoes
- Pasta with creamy sauce
  - Cheese sauce, Alfredo, etc.
- High Fat Corn foods
  - Movie theatre/buttered popcorn
  - Taco shells, tostadas, corn chips
- Refried Beans
- Falafel (garbanzo bean fritters)
- High sugar cereals
  - Granola
  - Cold breakfast cereals
- Fried rice
- White flour/enriched flour starches
  - Ritz, Saltine, Club, Townhouse crackers
  - Pretzels
  - Cheez-its, Goldfish crackers
  - White bread products
  - Biscuits
  - Flour tortillas
- Pastries
  - Cake, cookies, muffins, pies, cobbler, donuts, banana nut bread, danish, scones, etc.
- Dried fruit with added sugar
- Fruit cups with added sugar/syrups



# Alcohol and Bariatric Surgery

- Please avoid for at least 6 months after surgery!!
- Establish healthy balanced diet of solid food first before adding alcohol
- Stay very well hydrated if you plan on drinking alcohol
- Alcohol contains EXCESS CALORIES AND SUGAR! = Slows down weight loss!
  - Avoid margaritas, sangrias, daiquiris, cocktails mixed with juice, soda, energy drinks, cocktail mixers
  - For less sugar and fewer calories, consider mixing alcohol with seltzer water, diet soda, diet tonic or sugar free syrups
- May cause vitamin mal-absorption (blocks B1 Thiamin)

# Alcohol and Bariatric Surgery

- 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”
  - Instead of turning to food, using alcohol as a method to cope with emotions = Substance abuse

# Alcohol Nutrition

- 0 to 1 drink per day is the limit to decrease risk of liver disease
- 1 beer: 12 ounces; 1 glass wine: 5 ounces; 1 shot hard liquor: 1.5 ounces

Light Beer (~4.2% ABV)	12 ounces	100 calories
Regular Beer (~5% ABV)	12 ounces	150 calories
Dark Beer (>5% ABV)	12 ounces	175 calories
Spirits (vodka, rum, gin, whiskey, tequila, cognac)	1.5 ounces	100 calories
Coffee liqueur	1.5 ounces	150 calories
Irish cream	1 ounce	100 calories
Jagermeister	1 ounce	100 calories
Champagne	4 ounces	80 calories
Dessert wine (Sherry, Port)	3.5 ounces	150 calories
Red, White Rose (10% ABV)	5 ounces	100 – 125 calories
Sake (~15% ABV)	3 ounces	115 calories

# Physical Activity After Surgery

- Sex
  - It is OK to have sex if you feel comfortable and you are not in pain
  - Please use extra contraception methods
    - WOMEN: DO NOT GET PREGNANT for at least 1.5 years after surgery
    - Allow nutrition and weight to stabilize
- Talk to surgeon at your follow up appointment if OK to advance exercise

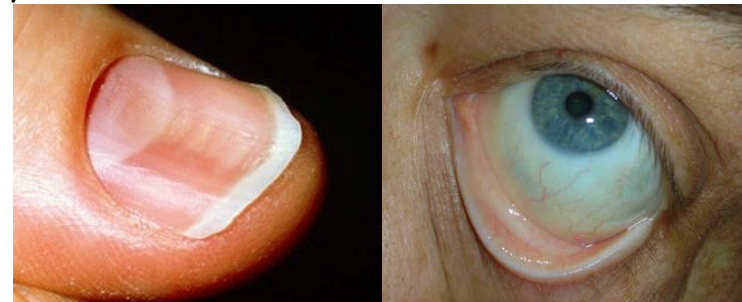
# Physical Activity After Surgery

- 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
- 1<sup>st</sup> stage: occurs due to shock from surgery
  - Forced malnutrition = Rapid weight loss
- Hair will regrow when nutrition stabilizes
  - However, worsened hair thinning if poor nutrition continues
- Before considering hair/skin/nail supplement, ask yourself: Every day, are you getting?
  - Protein: +80grams daily
  - Bariatric Multivitamins with Zinc (8-15mg), Copper (1-2mg)
  - Taking the correct amount of bariatric multivitamins for your surgery (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 supplement
  - However, they are not proven to work
  - You could try:
    - BariatricEating.com (Journey Vitamins)
    - Additional Biotin 2500mcg
    - Collagen supplements (pills, powder)
      - Collagen is not a good source of protein but might benefit hair/skin/joints



# Dumping Syndrome

Definition: body reacts when eating high fat/sugary foods

- Early onset (immediate: 0 – 30 minutes)
  - 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 11pm  
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 (delayed: 1 – 2 hours 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)

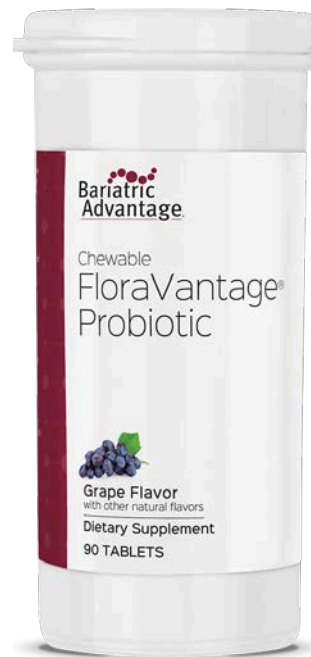
- **LAXATIVES:**

- **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  $\frac{1}{4}$  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 (diet sodas, carbonated waters)
  - 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

- Diuretic effects which can cause more fluid losses = dehydration
  - If you drink caffeine, drink enough water to stay hydrated
- Caffeine blocks the absorption of minerals (calcium, iron)
  - Avoid caffeine when taking your vitamins. Keep these separate at least 2 hours
- Caffeine may irritate gastric ulcers or stimulate more acid production
- You may add caffeine back into your diet if:
  - You are well hydrated
  - Do not feel any acid reflux symptoms
  - Established a schedule for vitamins

# Why Do I Belch/Burp MORE After Surgery??

- Burping is a natural way to get rid of ingested air from our esophagus or stomach.
    - During every swallow, a small amount of air ingested
    - When the stomach feels stretching/pressure building up from air, the lower esophageal sphincter relaxes, allowing some air to escape = burping
- 
- During the first ~6 months (while you are healing from surgery), your new swollen pouch is very small and cannot hold much of anything
    - It is less expandable/stretchy than before surgery, so pressure can easily build up with small amounts of air
    - This should improve over time as the swelling reduces and becomes a bit more pliable
  - You could also be swallowing more often if you suffer from acid reflux
- 
- Medications may help: Simethicone (Gas-x Strips, Mylanta)
  - Avoid carbonation, straws, and gum. Avoid talking while eating = swallow more air



# Carbonation, Straws and Gum

- Why Avoid Sodas, Straws and Chewing Gum??
  - Leads to swallowing air, which creates a lot of gas pressure in your pouch. May cause discomfort in your chest
  - Drinking through straws can cause a large amount of fluids to flow in very quickly
  - May cause you to be very bloated, gassy and burpy/belchy
- You may try carbonation/straws/gums if:
  - Swelling has improved, and you do not feel pressure/chest pain from swallowing extra air
  - However, diet sodas may cause you to crave more sugary foods
- Air, gas, carbonation will not stretch your pouch.
- Some people permanently stay away from sodas/straws/gums
  - It continues to be uncomfortable due to building pressure in chest and burping





# What Causes Chest Pain?

- Swelling from surgery and hiatal hernia repair (may take ~2 months to resolve)
  - Small amounts of anything: air, water, or food may cause pain
- 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, too fast; eating and 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. Allow more time in between bites
  - Do not drink with meals
  - Stop eating that food and re-try next month. Perhaps your stomach is still healing



# How Can I Decrease Nausea?



- Nausea is common after having any type of surgery
- Causes of nausea after Bariatric Surgery
  - Anesthesia and pain medications can change in how foods/beverages smell or taste
  - Ulcers along your GI tract (from Smoking, taking aspirin/ibuprofen, H Pylori)
  - Strictures (narrowing in your stomach pouch from scarring)
  - Dumping Syndrome: eating foods that do not agree with your pouch (high fat/sugar)
- Solutions
  - Eat cold/room temperature, bland foods which have less odor (applesauce, avocado, oats, crackers, broth)
  - Eat small meals. Choose light (not heavy meaty, greasy meals)
  - Sniff these throughout the day to get rid of foul odors: whole coffee beans, peppermint/eucalyptus oils
  - 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)

# Flatulence/Gas and Loose Stools/Diarrhea

- More common in Gastric Bypass and Duodenal Switch
- Excess Gas/Bloating, and Foul Smelling Gas
  - Causes
    - Eating too fast, talking while eating, chewing gum, carbonation, straws
    - lactose/milk, gaseous veggies (beans, broccoli), sugar alcohols (erythritol, sorbitol), sulfurous foods (dried fruits, red meat, eggs)
  - Devrom capsules/chewable tablets ([www.devrom.com](http://www.devrom.com))
    - 200mg bismuth subgallate
    - Eliminates odors from gas and bowel movements
  - Gas-x Strips, Lactaid pills, Beano pills
  - Walking can help too!
- Loose Stools/Diarrhea
  - Causes
    - Lactose/Milk, Dumping (too much fat or sugar in the meal, fibrous foods not chewed well (salads, fruit peels)
  - Avoid lactose/milk, avoid fatty/creamy/fried/sugary foods
  - Cut veggies into small pieces and chew thoroughly



# Flatulence/Gas and Loose Stools/Diarrhea

- Lactose Intolerance: Stop consuming foods and shakes with LACTOSE
  - Avoid WHEY CONCENTRATE (contains lactose): Premier Protein, Musc Milk
  - Switch to WHEY ISOLATE (lactose free): Bariatric Advantage, Iconic shakes, Core Power
  - Switch to LACTOSE FREE milk: Lactaid Milk, FairLife Ultra Filtered Milk, YQ Yogurt
- Milk Allergy: Avoid all cow's milk products
  - Avoid any protein products with WHEY/CASEIN/MILK protein. These contain MILK.
  - Avoid 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:
  - Mouth Rinse
    - 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
  - Lemon water
  - Sugar free sour candies/lemon drops (acids like lemon help produce more saliva)
  - Sugar free candies made with XYLITOL to stimulate saliva production
  - Avoid drinking caffeine (green/black tea, regular coffee) which can be drying
  - 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 (brush and floss regularly)
  - 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!

# Difficult to Digest Foods

- **Tough/Dry Proteins**

- Chicken/turkey breast, dry pork chops, chewy/well-done steak
- Do not drown in sauce! This will add extra calories!
- Consider changing food preparation for easier digestion
  - Slow Cooker, InstantPot to help tenderize
  - 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)

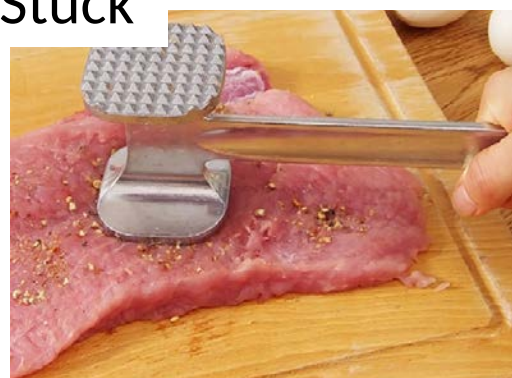


- **Raw veggies, leafy greens, unpeeled fruits**

- If food is not chopped 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 1<sup>st</sup> 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



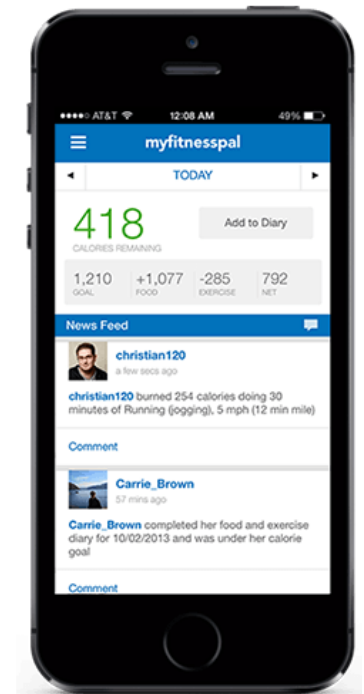
BARITASTIC

BARITASTIC  
The #1 App for  
Weight Loss  
Surgery

Available on  
App Store

Available on  
Google Play

The image shows a white iPhone displaying the Baritastic app interface. The screen features a large circular progress indicator at the top with a heart icon and the text 'Body Mass Index 26'. Below this is a grid of colorful icons for various app functions: Photos, Journal, Messages, Recipes, Trainers, Social, Step Challenge, Supplements, and Timer. The app is also advertised as 'The #1 App for Weight Loss Surgery' and is available on both the App Store and Google Play.



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
  - Sleeve/Bypass: +80-100 grams protein daily. Loop DS: +120grams protein daily
    - protein shakes, lean meats, eggs, low fat dairy
  - Eat protein with all meals. High quality protein: meats, eggs, dairy or protein shake
  - An easy way to start off your day is with a protein supplement for breakfast
  - The Power of Protein
    - **Feel more full and satisfied**, energized for the day, helps with weight loss, maintain lean muscle
    - **PREVENTS WEIGHT REGAIN!!**
- 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

- Intermittent fasting: Allow 12hours in between 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 aren't realistic/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.

## Lifelong Tips to Keep in Mind

- Limit snacking throughout the day. You may not really need this extra snack.
- No nighttime snacking!
- Make all your bites count with high quality nutrients. Don't fill up on use-less carbs
  - Dining out: avoid rice, pasta, request no bun/bread
- 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
  - Dining out: ask for condiments/dressings on the side, no butter
- Avoid high sugar foods: candy, desserts.
- NEVER drink your calories: NO 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!

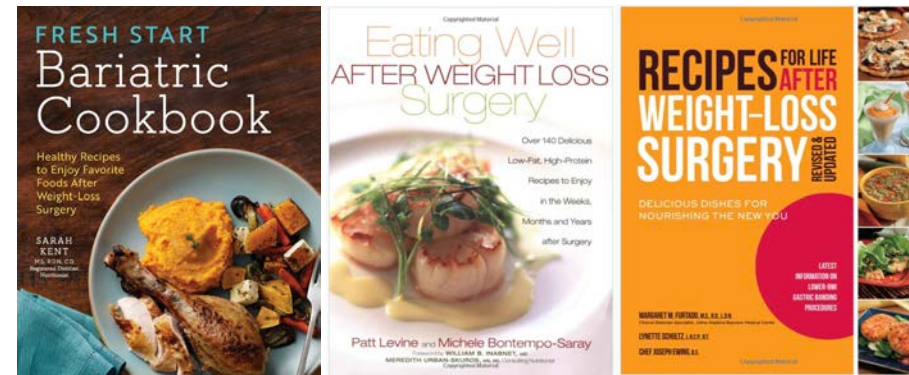
# Follow Up Care is Critical for Weight Loss Success

- 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
- Please schedule Private Nutrition Consultation if need assistance with diet



# Online Bariatric Resources

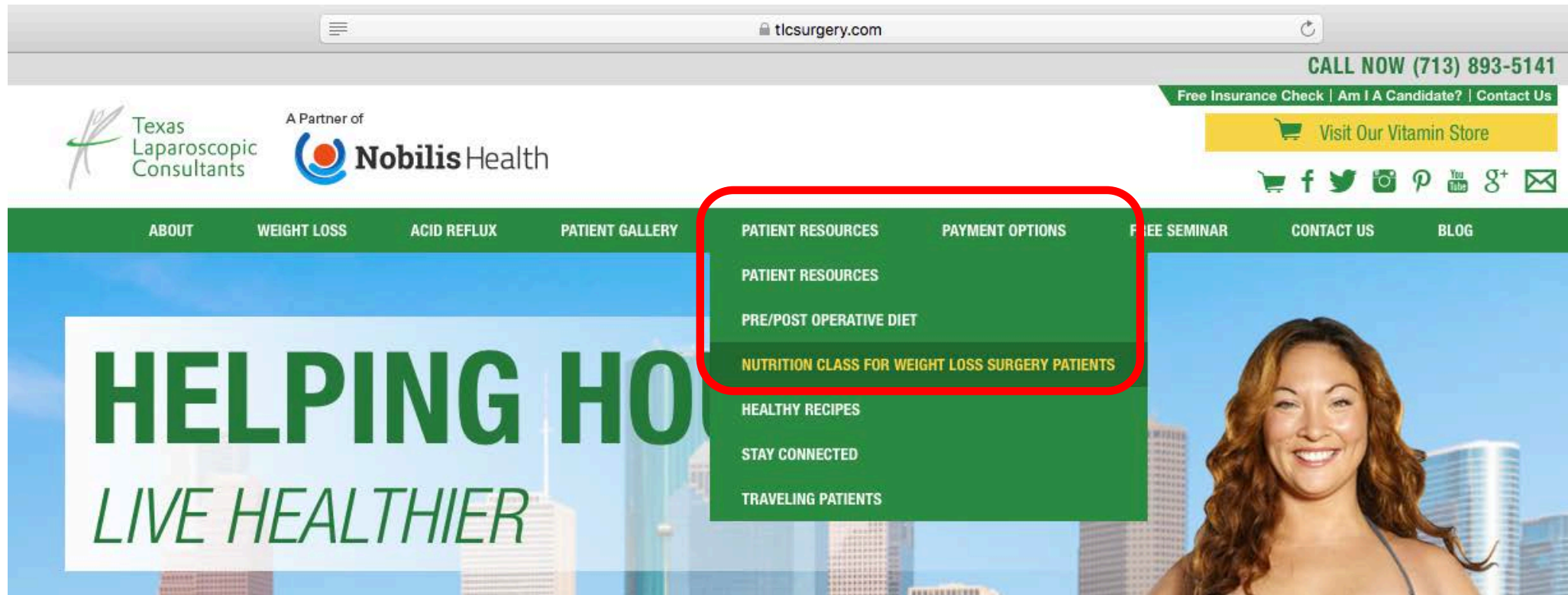
- [www.TLCSurgery.com](http://www.TLCSurgery.com)
  - Recipes, handouts, this packet is also available online
  - Facebook: Texas Laparoscopic Consultants
  - **Check us out on Instagram: *tlcsurgery***
- [www.BariatricEating.com](http://www.BariatricEating.com)
  - Great tips and articles, recipes, they also sell protein and vitamins
- [TheWorldAccordingToEggface.blogspot.com](http://TheWorldAccordingToEggface.blogspot.com)
  - Gastric bypass blog, sells Bento Box ([bentology.com](http://bentology.com))
- [www.CalorieKing.com](http://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
  - Get2Goal 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](http://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)





## Weight-Loss Surgery Support Groups

The Surgical Weight-Loss Program at HCA Houston Medical Center (formerly Park Plaza Hospital) has established support groups that allow weight-loss patients to share their experiences with others who understand and support their goals. These groups will help you deal with potential concerns and questions you may have, including matters related to self-image and your pre-surgery behavior patterns.

Just as important, they help manage expectations. For example, you will see for all of its benefits, weight-loss surgery does not provide instant relief from existing emotional problems or offer immediate solutions to the problems that stem from a lifetime of obesity.

We believe that participating in these groups plays an important role in your recovery. More than that, it can also contribute significantly to your long-term success in maintaining a healthy weight.

### Two Support Groups To Better Serve You

**2<sup>nd</sup> Saturday of every month**  
**10:00 a.m. – 12:00 p.m.**

**HCA Houston Medical Center**  
**(formerly Park Plaza Hospital)**  
**1313 Hermann Drive**  
**Houston, TX 77004**  
**First floor Conference Room**  
**South Building (Cafeteria)**

**3<sup>rd</sup> Thursday of every month**  
**12:30-2:00 p.m.**

**HCA Houston Medical Center**  
**(formerly Park Plaza Hospital)**  
**1313 Ewing Drive**  
**Houston, TX 77004**  
**5<sup>th</sup> Floor, North Tower**  
**Bariatric Classroom**



## **Weight-Loss Surgery Support Groups**

**Renée Barron**, Bariatric Dietitian at 713.285.1527

### *Save the Date*

**\*\*\*Nov 9 and 21, 2019 – Guest Speaker \*\*\***

**December 14 and 19, 2019**

**January 11 and 16, 2020**

**February 8\* and 20, 2020 (\*subject to change)**

**March 14 and 19, 2020**

**April 11 and 16, 2020**

**HCA**  **Houston**  
**Healthcare**  
**Medical Center™**

  
**redefine**  
**Clinical Weight Loss**



## Pre-Op and Post-Op Diet Calendar

						14 Begin 2 week Pre-Op Liquid Diet
13	12	11	10	9	8	7
6	5	4	3	2	1 Drink 20-32oz G2 before midnight	Drink 20oz G2 3 hrs pre- surgery  <b>SURGERY DAY!!</b>
<b>Post-Op Day 1</b> Clear Liquids	<b>Day 2</b> Clear Liquids	<b>Day 3-14</b> Full Liquids <b>Begin vitamins</b>	4	5	6	7
8	9	10	11	12	13	14
<b>Day 15</b> <b>Week 3-4</b> Pureed	16	17	18	19	20	21
Week 4	23	24	25	26	27	28
<b>Week 5-6</b> Chopped Soft Solids						
Week 6						
<b>Week 7-8</b> Chopped Solids						
Week 8						End of 2 month Post-Op Diet



## Shopping List for Bariatric Surgery

Please refer to your nutrition packet for more details.

This list is to give you an idea of what foods to keep on hand.

Take this list with you to the grocery store when preparing for bariatric surgery.

### Pre-Op Liquid Diet

**Protein Supplements:** >20 grams of protein, <10 grams of fat, <10 grams of sugar, <250calories

- Bariatric Advantage High Protein Meal Replacement protein powder, Premier Protein, Muscle Milk, Iconic, LeanBody by Labrada, CorePower ELITE, Orgain, Unjury, Evolve, etc.
- Skim, 2% milk, unsweet soy/almond milk to mix into protein powders
- No Naked/Odwalla smoothies, no Smoothie King/Jamba Juice, no fruit/veg blended into your shake!

**Clear Liquids:** clear (see-through) liquids need to be <50 calories, <10 grams of sugar

- MiO, Crystal Light, G2, Propel, Hint water, VitaminWater Zero, Bai, Nestle Splash Water, diet Cranberry/white grape juice
- Herbal/decaf tea: Chamomile/mint/ginger/decaf green tea, decaf coffee. Sugar substitutes OK!
- Cans or boxes of chicken/beef/veggie broth (not low sodium) or bouillon cubes
- Sugar free Jello, sugar free popsicles (not fruit bars)
- NO: sodas, regular coffee (no creamer), green/black/oolong/Earl Grey tea

### Post-Op Diet Progression

**Day 1 and 2: Clear Liquids ONLY!** clear (see-through) liquids need to be <50 calories, <10 grams of sugar

- MiO, Crystal Light, G2, Propel, Hint water, VitaminWater Zero, Bai, Nestle Splash Water, diet Cranberry/white grape juice
- Herbal/decaf tea: Chamomile/mint/ginger/decaf green tea, decaf coffee. Sugar substitutes OK!
- Cans or boxes of chicken/beef/veggie broth (not low sodium) or bouillon cubes
- Sugar free Jello, sugar free popsicles (not fruit bars)
- NO: sodas, regular coffee (no creamer), green/black/oolong/Earl Grey tea
- Optional: Premier "Clear Liquid" Protein drink, Isopure Zerocarb Drinks (glass bottle), Protein20

### Day 3 through 14: Full Liquids (Thickened and Milky Phase)

**Protein Options:**

- Protein shakes: +20g protein, <10g sugar, <10g fat, <250calories
  - Bariatric Advantage High Protein Meal Replacement protein powder, Premier Protein, Muscle Milk, Iconic, LeanBody by Labrada, CorePower ELITE, etc.
  - No Naked/Odwalla smoothies, Smoothie King/Jamba Juice
- Skim, 2% cow's milk, High protein milk: Fairlife Ultra Filtered milk, HEB Mootopia,
- Unsweet soy/almond/hemp milk, Silk Protein Nutmilk (Not vanilla or chocolate)
- Oikos Triple Zero Greek Yogurt (smooth, no chunks)
- Yoplait Greek 100 Protein, YQ yogurt (smooth, no chunks, DO NOT GET WHIPS!)

**Thickened Liquids:**

- Low fat and Smooth Creamy soups in a box (Tomato, Butternut Squash, Carrot, Potato Leek, Broccoli)
- Look for Pacific or Imagine brands, Trader Joe's.
- Campbell's 98% Fat Free Cream Soups (You will need to strain out the chunks: Cream of Chicken/Celery/Mushroom, Broccoli Cheese). DO NOT GET CHICKEN NOODLE/RICE!
- V8 100% Vegetable Juice (Avoid these varieties: +Energy, +Hydrate, Fruit and Veg Blends)
- Sugar free pudding (not tapioca): Pudding cups or instant pudding mix with skim or 2% milk
- NO: sodas, regular coffee (no creamer), green/black/oolong/Earl Grey tea
- Do not eat restaurant soups (chowders, bisques). Too high in fat/calories = dumping and slows down weight loss

### Day 15/Week 3 and 4: Pureed Phase

**Protein Foods: Tender meats, eggs and dairy products**

- Mashed, scrambled eggs
- 2% cottage cheese, Oikos Triple Zero Greek Yogurt, Dannon Light n Fit Greek, YQ, Yoplait Greek 100 Protein (any flavor, NOT WHIPS!), low fat ricotta cheese



- Mashed: Tuna/salmon cans, fresh or frozen thin, white fish (flounder, tilapia) shellfish (crab, shrimp)
- Mashed/Finely minced: ground meats (beef, chicken, turkey, pork), Canned or rotisserie chicken (no skin)
- Mashed/Finely minced: Ground meats (turkey, chicken or 95% lean beef), Silken Tofu
- Canned fat free re-fried beans (example brand: Rosarita)
- Mashed: any kind of cooked beans or lentils; Hummus
- Smooth plain peanut butter/almond butter

#### **High Fiber Foods**

- Green Giant frozen mashed cauliflower
- Plain instant oatmeal, grits, cream of wheat, malt o meal
- Cooked and Mashed veggies: peeled sweet potatoes/white potatoes, acorn/butternut squash, carrots, broccoli, cauliflower, frozen or canned peas, avocado, broccoli
- Mashed Peeled Fruits: canned fruit in 100% juice, bananas, peaches, pears, strawberries, raspberries, kiwi, melons, mango, papaya; unsweetened applesauce
  - Avoid stringy fruits: pineapple, oranges/grapefruit
- Seasonings: Salt and pepper, cinnamon, vanilla extract, hot sauce, ketchup, mustard, Italian herbs, Mrs. Dash, small amounts of shredded cheese/butter/mayo

### **Week 5 and 6: Soft CHOPPED Phase**

#### **Protein Foods**

- Shredded: baked skinless chicken (dark meat is less dry), beef/pork roast. AVOID STEAKS/PORK CHOPS
- Chopped: salmon, baked white fish, crab, shrimp, crawfish, crab, lobster, other seafood (NOT FRIED!)
- Thinly sliced deli meats (turkey, ham, roast beef, chicken)
- Low fat cheese (light string cheese, light Babybel)
- Low fat/low sugar, less than 10 grams sugar: Greek yogurt, low fat cottage cheese/ricotta cheese
- Eggs anyway: hardboiled, poached, fried, scrambled
- Unsalted cashews, walnuts, pecans, sliced almonds, all seeds, roasted edamame/chickpea snacks
- High protein chips: <200 calories, >10g protein, <10g fat
  - Quest, PopCorners Flex, BariWise (limit to 7grams fat per serving)
- High protein bars: ~200 calories, >10g protein <10g fat, <10g sugar, >5g fiber
  - Unjury, BariWise, ThinkThin Protein+ 150calorie, One bars, Quest
- Avoid high fat processed meats: Spam, bologna, bacon, sausage, pepperoni

#### **High Fiber Foods**

- Cooked and chopped: Fresh, frozen or canned veggies (NO RAW!) Carrots, broccoli, cauliflower, green beans, asparagus, spaghetti squash, zucchini, spinach/kale, cabbage, cauliflower rice, zucchini noodles
- Cooked, chopped and peeled: small potatoes, sweet potatoes, acorn/butternut squash
- Peeled and chopped fruit: apples, bananas, berries, melons, orange/grapefruit (remove membrane)
  - Do not need to peel grapes
  - Limit dried fruits. Too much sugar and may be difficult to digest
- Triscuits, Wheat Thins (look for +3grams fiber). Avoid: Ritz, Saltines, Club/Townhouse crackers
- Plain cereal: All-bran flakes, FiberOne Original Bran cereal, Plain Cheerios
- Cooked beans, quinoa, peas, lentils, RightRice veggie rice
- Peeled and chopped: Fresh, frozen or canned fruits in juice (NO DRIED! – too much sugar, hard to digest)
- NO BREAD, PASTA, RICE or TORTILLAS for at least 6 months!!

### **Week 7 and 8: Maintenance CHOPPED Phase: lean meats, high fiber, low fat, low sugar**

- **Limit processed foods: foods in a box, can, package**
- **Limit dining out!! High calories, large portions = weight gain**
- Lean meats, chopped into small (dime size pieces)
- Any fresh fruit, chopped into small pieces or sliced thinly. Keep skin on!
- Any fresh veggies, chopped into small pieces or sliced thinly. OK: Shredded salads, chopped raw veggies
- Cooked, chopped and peeled: small potatoes, sweet potatoes, acorn/butternut squash
- Triscuits, Wheat Thins (look for +3grams fiber). Avoid: Ritz, Saltines, Club/Townhouse crackers
- Plain cereal: All-bran flakes, FiberOne Original Bran cereal, Plain Cheerios
- Cooked beans, quinoa, peas, lentils, RightRice veggie rice