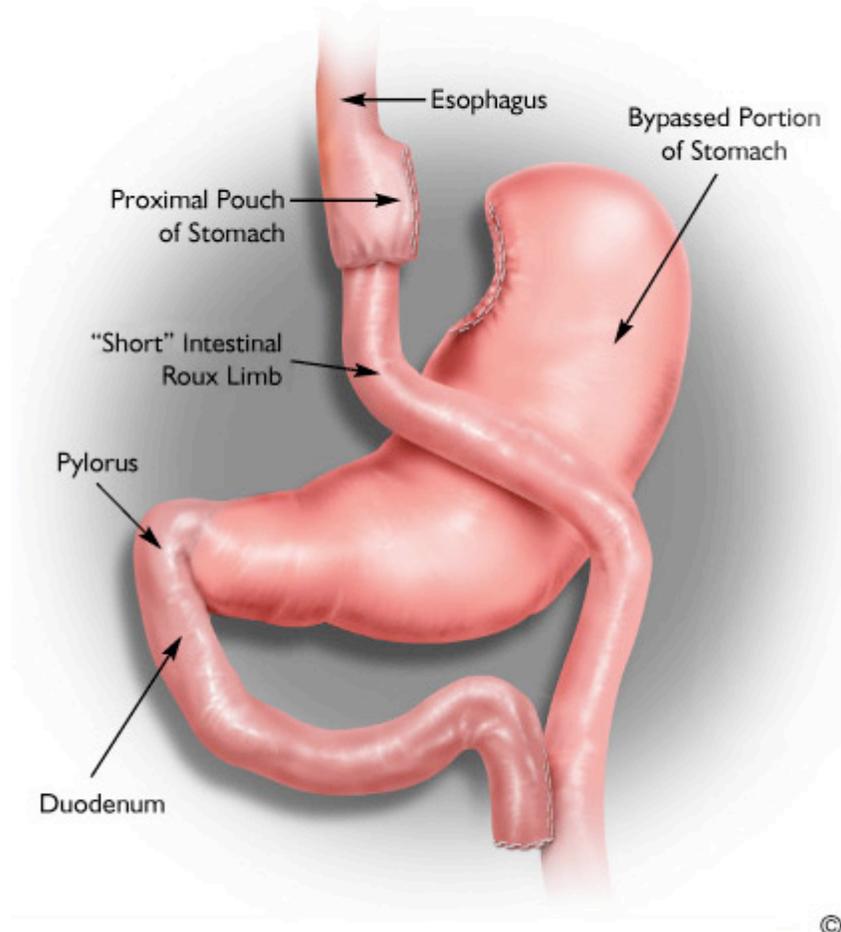


Gastric By-Pass

The gastric By-pass diet is designed to bring about significant weight loss. Changing old eating habits and following the diet correctly will help you lose weight, maintain your weight loss, and avoid medical consequences. The Roux-en-Y gastric bypass procedure involves creating a stomach pouch out of a small portion of the stomach and attaching it directly to the small intestine, bypassing a large part of the stomach and duodenum.

With gastric bypass surgery a small stomach pouch takes the place of the stomach and the intestines are connected to the new pouch. By removing most of the excess stomach ghrelin hormone, the hormone that stimulates hunger, is removed. Therefore patients are less likely to feel hunger.

Roux-en-Y Gastric Bypass



Dietary Guidelines for Gastric By-Pass

The gastric By-pass diet is designed to bring about significant weight loss. Changing old eating habits and following the diet correctly will help you lose weight, maintain your weight loss, and avoid medical consequences

The purpose of the gastric bypass diet is

- To allow your stomach to heal without being stretched by the food you eat
- To get you used to eating the smaller amounts of food that your smaller stomach can comfortably and safely digest
- To help you lose weight and avoid gaining weight
- To avoid side effects and complications from the surgery

The Gastric By-Pass diet includes foods that are **high in protein, and low in fat, fiber, calories, and sugar**. Important vitamins and minerals are provided as supplements that

are specific for the gastric bypass patient and must be taken for the rest of your life. Gastric bypass surgery provides your body with the physical change that can assist with weight loss. However, it is up to you to make lasting lifestyle changes that will promote weight loss after surgery and get you on track for a healthy life.

- **Protein** is the nutrient that the body uses to build new tissue. It is important to get enough protein after surgery to make sure that wounds heal properly. Over the long term, protein in the diet will help preserve muscle tissue and minimize muscle loss along with exercise and weight training. **Eggs, chicken, turkey, fish, and low-fat dairy products** are the most easily digestible sources of protein. All meat/food should be **chewed very well** before swallowing to prevent discomfort. Red meats should be avoided until 4-6 months post operatively. **Unjury Protein powder** is available at the Wellness Center for \$22 per container of 17 servings. Flavors include chocolate, vanilla, strawberry, and chicken soup. Unflavored protein is \$20 and a Starter kit with 2 packages of 5 flavors with a shaker container and a thermometer is \$21.00.

- **Sweets & Sugars** include candy, cookies, ice cream, milkshakes or smoothies, sweetened juices or gelatin, and most desserts. The SleeveGastrectomy diet is low in sweet and sugary foods for these reasons:
 1. May cause dumping syndrome – food passes from the stomach to the intestines quickly and causes low blood sugar (sweating, shaking, weakness, etc.)
 2. Most sweet and sugary foods **don't provide many vitamins and minerals** to contribute to the nutritional value of your diet. It is important that what you eat is nutritious in order to supply your body with the nutrients it needs for good health.
 3. Sweets and dessert foods are **high in calories and fat**. Even in small amounts they can make weight loss difficult

- **Fat** may be difficult to digest after surgery. Too much fat delays emptying of the stomach and may cause reflux, a backup of stomach acid and food into the esophagus that causes heartburn. Fat may also cause diarrhea, nausea, or stomach discomfort. High fat, fried foods and fatty meats are common offenders. Too much fat also contributes to excess calories which slows weight loss and therefore should be limited.
- **Fiber** found in foods like bran, popcorn, raw vegetables, and bean or peas, is also limited initially (first month) on the diet. There is less space in the stomach to hold these bulky foods, and less gastric acid available to digest them. Do not take any fiber pills or laxatives without the advice of your physician, (Miralax, a stool softener is OK to use).

Vitamins and Mineral Supplementation

Vitamins and Minerals are an important to maintain good health. Initially all supplements **MUST be chewable or liquid**. Since the diet allows only small amounts of a limited variety of foods, it may be difficult to get enough vitamins and minerals from food alone. Deficiencies can develop with no warning. **Iron, folate, vitamin B-12, and calcium are the nutrients most affected.** A bariatric specific vitamin may be better absorbed and is recommended after your surgery, because it contains a formula specific for bariatric patients. You can purchase these through the Huntsville Hospital Wellness Center. **Celebrate Bariatric Vitamins and calcium are available for \$38.00 for a 1 month supply (chewable). A 3 month supply is \$91.00.**

The following supplements are recommended. Begin 3 days to 2 weeks after surgery

- **Multi-vitamin – 2**

- **Calcium with vitamin D– 2-3 times a day** (Your dietitian will help you determine how much calcium you need to supplement your diet)
- **Soft Calcium chews with Vitamin D are now available--\$28 for 90 count**
- Additional B12 and iron may be prescribed if needed. It is important to keep your follow up appointment, because your nutritional status is monitored through your blood work.
- Iron plus Vitamin C is also available for those who need additional iron. \$22 for chewable iron.

Your doctor may prescribe additional supplements as necessary. It is important to keep your follow up appointment, because your nutritional status is monitored through your blood work. Children’s chewable vitamins and gummy vitamins are **not** recommended.

We also have multi-vitamin soft chews available for \$22 (30 day supply) in orange and berry flavors. People who cannot tolerate the hard chewable vitamins can often tolerate the soft chews. **They do NOT contain iron and therefore you will need to take a separate iron supplement.** We have an excellent chewable iron available also to take with the multi-vitamin.

Your doctor may prescribe additional supplements as necessary. It is important to keep your follow up appointment, because your nutritional status is monitored through your blood work. Children’s chewable vitamins and gummy vitamins are **not** recommended.

Vitamin and Mineral Supplementation Guidelines and Schedule

You will begin vitamin and mineral supplementation 2 weeks post-surgery, and continue for the **rest of your life**. Because you are eating less calories you may not be getting all the nutrients your body needs for optimal nutrition. **If you do not take your vitamin and mineral supplements regularly and for the rest of your life, deficiencies may occur that can have serious health consequences.**

Follow the schedule below to ensure adequate absorption of nutrients.

Breakfast	Mid-AM	Lunch	Dinner	Bedtime
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Prilosec (Dr. Mailapur prescribes for his patients for 90 days)	1-Multi vitamin (containing Iron and B 12) chewable	1-calcium citrate with vitamin D chewable	1-calcium citrate with vitamin D chewable	1-Multi vitamin (containing Iron and B 12) chewable
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- Do not take more than 500-600 mg calcium at one time. The body can only absorb this amount at any one dose. **Calcium citrate with vitamin D** is always recommended.
- Do not take calcium or iron with Nexium, Prilosec, Pepcid, etc.
- Do not take calcium and iron at the same time.
- Do not take iron with Synthroid.
- Do not take vitamins on an empty stomach.
- Schedule your supplements at 2-3 hour intervals for optimal absorption.
- A chewable vitamin/mineral supplementation that is specially formulated for the bariatric patient is preferred. You can purchase your nutrition supplements from the Wellness Center.

Calcium: 500 mg. **calcium citrate** with 100 IU **vitamin D** for enhanced calcium absorption. 1 cup milk has 300 mg calcium. You need 1200mg-1500 mg calcium day. It is recommended that sleeve patients get 1200mg calcium per day and Gastric Bypass get 1500 mg/day.

B 12—included in your multivitamin: 350-500 mcg. Vitamin B 12 in sublingual (under-the-tongue) form if additional amounts are needed. Your doctor will monitor your B 12. If you are already taking B 12 shots, continue to do so with the additional B12 included in your vitamin.

Multivitamin/mineral: Contains 100% of most vitamins and minerals. Make sure you are getting 36 mg iron or more per day. Some patients will need a higher dose. If you have any questions, please ask your dietitian.

How is Weight Loss Achieved?

Gastric Bypass surgery **reduces the capacity of the stomach to about 4-6 oz. thus patients are forced to restrict the amount and kind of food or fluid that is consumed (restriction).** **Hormonal changes** also contribute to weight loss. Successful weight loss after surgery depends on how carefully you follow the restricted diet. The greatest weight loss occurs the first year after surgery. Weight loss slows down but will continue if the diet is followed appropriately. Surgery is a **tool** to help you lose weight. It still requires you to make wise choices. You can gain the weight back after surgery if you consume excess calories.

Get Adequate Fluid to Avoid Dehydration

Patients should drink water and not carbonated beverages. Generally patients should drink 48-64 oz. of water per day. Keep a water bottle with you to sip on during the day.

Fluids are important to prevent dehydration. You should drink approximately 64 oz. of non-carbonated and non-caffeine containing fluids each day. Fluids should be taken in small amounts continuously throughout the day to reach this goal. However, you should avoid liquids 30 minutes before and after meals. Avoid all carbonated beverages, sweetened beverages, and caffeine containing beverages.

Remember the 3 C's

- **Carbonation:** When the cold beverage is consumed, it warms and releases gases, distending the stomach pouch and stretching the stomach.
- **Calories:** Many beverages are high in calories, low in nutrient value and contain simple sugars. Not only do they add additional calories with low nutrient value, they are quickly absorbed into the blood stream causing a rapid rise in both blood sugar and insulin levels leading to increased hunger.
- **Caffeine:** Many beverages contain caffeine, an appetite stimulant and diuretic which is detrimental to hydration status, weight loss and long-term weight control. Caffeine also contains tannins which may interfere with iron absorption.

Exercise

Exercise will become part of your daily routine as you lose weight. With weight loss, patients have less joint pain, less shortness of breath, and more endurance. We require all patients to adopt an exercise regimen such as walking, swimming, aerobics, or any other form of physical fitness. This not only increases caloric expenditure, but metabolism as well, thus helping with weight loss and maintenance. We also suggest weight training since building muscle tissue (muscle tissue burns calories 24 hours per day) increases and help maintain maximum weight loss. We recommend you exercise about **30 minutes most days**. Walking at a moderate pace is an excellent form of exercise. Get involved with the **BEST** (Bariatric, Exercise, Strength Training) program at Huntsville Hospital Wellness Center which will make an exercise program specific to bariatric patients.

Good Sleeping Habits

Taking care of you also means good sleeping habits. Try to get into a healthy sleeping pattern of 7-8 hours per night.

Taking Personal Responsibility

Patients should take personal responsibility for staying in control, such as weighing weekly. Patients who have a general feeling that maintaining their weight was indeed their own responsibility and that the surgery was a tool they used to reach a healthy weight are often successful.

Lack of exercise, poorly balanced meals, constant grazing and snacking are the basic causes of not maintaining weight loss.

The first post-operative year is a critical time that must be dedicated to changing old behavior and forming new life-long habits to prevent weight regain.

To be successful after surgery, patients must eat three well-balanced meals and a maximum of two snacks daily; drink water and avoid carbonated beverages. Remember to take multi-vitamins, calcium and any other prescribed supplement daily. Patients need seven hours sleep per night. Regular exercise is imperative and above all, weight control is the patient's own responsibility.

Support Group Meetings-Morning and Evening

The evening support group meets the **first Thursday of every month at 6pm** at the Dowdle Center. The morning support group meets the **third Wednesday of every month at 10am at the Wellness Center**. It is important to attend these meetings for the information shared, friendships made and encouragement you will experience when you attend. Meetings last 1 to 1 ½ hours.

Clothes Closet

The Clothes Closet is available at the Medical Mall Wellness Center. You may swap your outgrown clothes for a smaller size. There is no charge for this service. Bring in your clean clothes on a hanger or folded and take from the closet the clothes that work for you.

Post-Operative Diet

Gastric Bypass Diet (4 Phases)

After surgery you must follow the recommendations outlined below to maximize weight loss. There are 4 diet phases.

Phase 1 – Liquids--two weeks (Clear and Full Liquids – you will consume 2 protein drink/day)

Phase 2 – Pureed--two weeks

Phase 3 - Low Carb, High Protein, Low Fat—until you have lost 75% of your excess weight

Phase 4 - Maintain weight loss by limiting portions. If you begin to gain weight or want to continue losing weight, schedule an appt. with the dietitian, (\$30.00 for ½ hour). Call 256-265-7100 and ask to make an appt. with Linda Steakley, RD.

Gastric Bypass: Phase 1

Clear Liquid Diet

NO Caffeine, NO Carbonation, NO Sugar

The day after surgery you will be x-rayed to determine there are no leaks associated with your surgery. After the gastrogaffin swallow test you will be allowed a **Gastric Bypass Clear Liquid Diet**. The following liquids are included.

Broth and bouillon

Decaffeinate coffee and tea
 Crystal light and MIO
 Sugar free Kool-Aid
 Sugar free gelatin
 Sugar free popsicles
 Sugar free/noncarbonated flavored waters
 Water
 Clear Liquid Protein Supplement (clear liquid protein is only for the hospital—you will go to the regular protein supplement when you get home)

Do not drink anything that is not listed above. If you are served any fluid with sugar, caffeine, or carbonation DO NOT DRINK IT. Notify your nurse and she will serve you an appropriate diet. **Bariatric Sleeve Clear Liquid does not include juice or carbonated beverages of any kind.**

Nutrition Tips:

1. Sip slowly and do not use a straw.
2. Try to consume about 4 ounces of fluid per hour that you are awake. A good rule of thumb is to consume about 1 oz. fluid every 15 minutes the first few days after surgery.
3. You need to have a total of about 48 ounces per day, increasing to 64 ounces by the end of the first week.
4. Stop when you feel full. Consuming too large a volume of fluids too quickly can stretch your new stomach.
5. You will feel as if you are constantly drinking and you will have to, in order to get 64oz of fluid daily

Full Liquid Diet

(400 – 600 calories/60-80 grams protein/64 oz. fluids each day)

Start on day 3 after surgery and all nausea has passed. Continue until post-op day 10-14. If you feel nauseated go back to clear liquids. Begin your protein drinks on the full liquid diet. You may add the following foods to the clear liquids you have been consuming.

Food Groups	Recommended	Foods To Avoid
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Milk Products/ Beverages	Skim or 1% milk, soy milk or lactose free milk, High protein drinks. Crystal Light™, Water (may add a splash of lemon or lime juice for flavor if desired) Sugar free beverages such as kool aid or decaffeinated coffee/tea. NFDM—1/3 cup has 8 g protein Try lactose free milk if you cannot tolerate milk after surgery	Chocolate milk made with added sugar, 2 % and Whole milk, Coffee, Tea, Carbonated beverages, All Sugar sweetened beverages, All Juices, Alcohol NO carbonation, caffeine or sugar containing beverages
Desserts	Sugar free gelatin, Sugar free popsicles, Sugar free and fat free pudding	All other regular desserts and sweets
Soups	ALL soups should be strained: low fat cream soups, broth, strained egg drop soup or other strained soups (NO food pieces)	All others
Miscellaneous	“No sugar added” fat free yogurt without fruit pieces (≤ about 80 calories/6 oz.) Kroger carb master yogurt Fat free sugar free Greek yogurt (about 80 calories/6 oz.) Salt, Pepper, Sugar substitute	Yogurt with pieces of fruit, Sugar
Cereals/breads Pastas/rice		All
Fruit and vegetables		All



1. Continue to sip slowly consuming about 6-8 ounces fluid per hour or about 2 ounces every 15 minutes. You will need to consume about 48 to 64 ounces of fluid per day. Keep a record of how much you are drinking.
2. The goal is to consume about 60 grams of protein. If you are consuming two 8 ounce protein shakes a day you should reach your goal. The fluid counts as part of your total fluid intake. **Always consume your protein drink first.**
3. Always STOP eating when you feel full.
4. You can also continue the clear liquids while on the full liquid diet.
5. You will be on liquids for 2 weeks. The next stage is Pureed Diet which will allow your stomach to continue to heal and put less stress and strain on your stomach.

How to Consume Adequate Protein

1 serving Unjury protein supplement	20g protein
8 oz. milk	<u>8g protein</u>
	28g protein
	<u>x 2 protein drinks</u>
	56g protein
Yogurt	6-12 g protein

Criteria for Protein Powder Per Serving

Protein: 20-27 grams

Carbs: 5-7 grams or less

Fat: 3 grams or less

Criteria for Ready to Drink Protein Per Serving

Protein: about 30 grams

Carbs: 5 grams or less

Fat: 3 grams or less

Recipes for Making High Protein Drinks at Home

High Protein Milk (Vanilla)

Instructions: In a blender mix:

1 cup skim milk

Protein powder equal to about 20 gm. Protein/5 gm. carbohydrate

Sugar substitute (Splendid, Equal, and Sweet-N-Low etc.)

Vanilla flavoring

Variations:

Chocolate milk: Add 1 Tbsp. unsweetened cocoa powder

Hot chocolate: Add cocoa and heat the chocolate milk to 140 degrees or less.

Sip slowly.

This recipe provides: 190 calories

28 gm. protein

2 gm. fat

High Protein Fruit Punch (Unflavored)

Instructions: In a blender mix:

6 oz. sugar free fruit drink such as Crystal Light or sugar free kool aid

Protein powder to equal 20 gm. protein/5 gm. carbohydrate

4 ice cubes

This recipe provides: 110 calories

20 gm. protein

2 g fat

High Protein Cream Soup

Instructions: Mix:

1/3 cup nonfat dry milk powder

1 tsp. chicken or beef bouillon

3 Tbsp. protein powder

Add enough hot water to equal 1 cup. Mix well.

This recipe provides: 200 calories

24 gm. protein

2 gm. fat

DO NOT use Regular Instant Breakfast, Ensure, Boost or Regular Slim Fast. We suggest you purchase a flavored and unflavored protein supplement for variety.

Strategies for Success

Goal	Reason	Strategies
No vomiting	To avoid tearing staple line	<ul style="list-style-type: none">• Drink slowly• Sip fluids• Do not use straws• Avoid carbonated drinks

Get enough fluid	To avoid becoming dehydrated	<ul style="list-style-type: none"> • Sip small amounts of water or sugar-free, noncarbonated drinks throughout the day • Aim for at least 6-8 cups of fluids daily
Get enough protein	To heal the surgical wounds and minimize the loss of muscle and other lean tissue	<ul style="list-style-type: none"> • Supplements that have 20g protein and 5-6g carbohydrates per serving • Aim to have 60-75g of high protein liquids daily. Take 1-2 ounces of supplement every 15 minutes
Avoid stretching the new stomach	The purpose of surgery is to make the stomach smaller in order to take in fewer calories.	<ul style="list-style-type: none"> • Limit the amount that you eat or drink at one time • Consume 2-4 tablespoons at each meal.
Avoid dumping syndrome (nausea, vomiting, diarrhea after consuming sweets or fats)	After eating sweets or fats the stomach contents can dump immediately into the small intestine causing dumping syndrome.	<ul style="list-style-type: none"> • Avoid concentrated sweets such as sugar, candy, honey, jam, cookies, ice cream, desserts etc. • Avoid greasy high fat foods such as fried foods, bacon, sausage or fatty meats
Get enough vitamins and minerals (You may begin your supplements 3 days after surgery)	After the surgery, you eat less food and take in fewer nutrients.	<ul style="list-style-type: none"> • Take liquid or chewable multivitamin and mineral supplement daily • Take liquid or chewable calcium supplements 2 times daily

Gastric Bypass: Phase II

Liquid/Pureed Foods

600 cal/60 – 80grams pro/64oz fluids

Start this diet 2 weeks after surgery. Continue for **2 more weeks.** You should choose soft/pureed foods. Below is a list of foods to eat and foods to avoid. During the 2-4 weeks after surgery the stomach and small intestines are still healing. Limiting the diet

to these foods is necessary to prevent blockage or other complications. ALWAYS chew your food well and do not drink fluids with meals. Sip water during the day. You may add the foods listed below to the phase 1 liquid diet.

Food Groups	Recommended	Foods To Avoid
Milk Products Beverages	Skim or 1% milk, soy milk or lactose free milk High protein drink, Crystal Light™, Water (may add a splash of lemon or lime juice for flavor if desired) Sugar free beverages such as kool aid or decaffeinated coffee/ tea	Chocolate milk made with added sugar, Whole milk, Coffee, Tea, Carbonated beverages, Sweetened drinks, All Sugar sweetened beverages, All Juices, Alcohol NO carbonation, NO caffeine and NO sugar containing beverages
Desserts	Sugar free gelatin, Sugar free popsicles, Sugar free and fat free pudding	All other regular desserts and sweets
Cereals/breads Pastas/rice/potatoes		All
Fruits and Vegetables	Strained baby fruits and vegetables without sugar	All others
Meat and Proteins Serving size: 1 oz. or ¼ cup Tuna Salmon Tilapia White fish	Any fish that is flaked or mashed. Pureed chicken, turkey, pork or beef Eggs prepared anyway but fried. Egg substitutes Low fat cottage cheese and other soft low fat cheeses. Make sure all meat is moist (add broth)	Tough meats. Fried meats. Any dry meat.
Soups	All <u>Strained</u> low fat cream soups, broth based soups made with allowed foods/ pureed. (Add protein powder to soups if needed)	Soups containing whole vegetables, corn, celery
Miscellaneous	Sugar free low fat yogurt (Yogurt should have ≤ 80 cal and ≤12g carbs per 6 oz.), mild seasonings and spices, mustard, ketchup, and low fat/ light mayonnaise (limit to 1-2 tsp.)	Sugar, nuts, coconut, seeds, popcorn, relishes, chewing gum, strong spices such as chili powder and curry



1. Chew your food to an applesauce or strained baby food consistency.
2. Take your chewable vitamin/mineral supplements daily.
3. Continue drinking 1 to 2 protein shakes (8 oz. each) a day until you reach 60-75 gm. protein a day.
4. Sip at least 64 oz. of fluids throughout the day.
5. Eat and sip slowly. Do not consume more than 8 oz. fluid per hour.
6. Have 4 to 6 planned meals a day, eating about every 3 hours.
7. Stop drinking/eating when you feel full.
8. Wait 30 minutes after a meal to drink fluids.

How to Consume Adequate Protein

1 serving Unjury protein supplement	20g protein
8 oz. milk	<u>8g protein</u>
	28g protein
	<u>x 2 protein drinks</u>
	56g protein

1 oz. meat or 1 egg or 1 oz. cheese =	7grams protein each
6 oz. yogurt (protein content of yogurt varies)	6 grams protein
Greek Yogurt	9-14 grams
protein	
1 protein drink (28 – 35 g protein) plus 1 oz. cheese, 1 oz. meat, 1 egg and 6 oz. yogurt will give you about 60 g protein.	

Sample Bariatric Surgery Menus

Full Liquid Diet (Day 3 to 14)

	Protein (g)	Fluid (oz.)
8 AM protein drink	20-30	10
10 AM Sips of liquid (Water, Popsicle, Skim Milk)	0-8	6

12 noon strained cream soup	12	4-6
Make with skim milk and add 1/3 cup NFDM		
2:00 PM SF jello	0	4
4:00 PM Greek yogurt	6-12	3-6
6:00 PM Protein drink	20-30	10
8:00 PM SF pudding, broth, jello	0	4
Bedtime sips of water	0	4-6

Pureed Diet (2-4 weeks after surgery)

	Protein (g)	Fluid (oz.)
7 AM decaffeinated coffee	0	4-8
8 AM 1 scrambled egg/1 oz cheese	14	0
10 AM 8 oz. milk or carton yogurt	8-16	4-8
12 noon ¼ cup cottage cheese or tuna	7	
1:00 PM broth, water, SF lemonade	0	6-8
3:00 PM Greek yogurt	6-12	3-5
6:00 1 oz baked fish	7	0
7:00 Sips of SF liquids	0	6
8:00 Protein drink	20-30	10
Bedtime sips of water, SF Gatorade etc.	0	6

For more protein try Double Milk: add 1/3 cup NFDM to 8 oz. skim milk for 16 g protein

Bariatric Sample Menus

4 weeks Post Op

	Protein (g)	Fluid (oz.)
7 AM decaf coffee	0	8
8 AM egg with cheese	14	
10 AM milk or yogurt	8-12	6-8
12:00 1-2 oz. fish	7-14	
1:00 8 oz. sugar free drink	0	8

3:00 protein drink	20-30	8-10
5:00 sugar free drink	0	6
6:00 1-2 oz shredded chicken ¼ cup squash	7-14	
8:00 8 oz. skim milk	8	8
10:00 4 oz. sugar free drink	0	4
Totals: 64-84 g.		48-52 oz.

Always eat protein first, low carb vegetable next and fruit or healthy carb last. You may only be able to eat 2-4 Tablespoons of food at a meal. Don't rush it.

Eat SLOWLY, Chew Well.

Take 2 vitamins and 2 calcium a day (separately).

Sample Bariatric Menus—3 to 6 months

	<u>Protein g.</u>	<u>Fluid oz.</u>	
7 AM 8 oz. decaf coffee	0		8
8 AM 1 egg, ½ slice toast or oatmeal made with skim milk	7 4		
9 AM 8 oz. sugar free drink			8
Noon 2 oz. luncheon meat, 1 oz. cheese	21		
3:00 Greek yogurt or SF FF pudding	12-14		6
4:00 8 oz. sugar free drink			8

6:00	2 oz. hamburger patty		
	¼ c green beans	14	
7:00	4 oz. protein drink	10-15	4
8:00	8 oz. double milk	16	8
10:00	8 oz. water or SF popsicle		6-8

Drink protein drink as needed throughout the day.

Sample Bariatric Menu—6-12 months

Breakfast	egg ¼ cup grits ½ slice toast
Lunch	2-3 oz. ham Green salad with low fat dressing or ½ ham and cheese sandwich 6-8 grapes
Snack	2-3 slices no sugar added peaches ¼-½ cup low fat cottage cheese Or Low fat string cheese
Dinner	2-3 oz. chicken ¼ cup broccoli 1 small red potato

SF liquids and protein drink as needed during the day. Aim for 64 oz. fluid daily!

Gastric Bypass: Phase III

Soft Low Fat Low Carbohydrate High Protein Diet

Start this diet at 4 weeks after surgery.

Food Group	Recommended	Food To Avoid
Milk Products Beverages	Skim or 1% milk and milk drinks, high protein supplements, Crystal Light™, water (may add lemon or lime juice for flavor if desired) (sugar free/caffeine free)	Chocolate milk, whole milk, coffee, tea, carbonated beverages, caffeine, sweetened drinks, sugar sweetened juices, alcohol
Cereals	½ cup cream of wheat, oatmeal, or grits, unsweetened ready-to-eat cereals (½ cup cheerios, bran flakes—beginning to add fiber to diet)	Sweetened cereals, granola or other coarse cereals, cereals containing nuts and dried fruits
Sugar Free Desserts	smooth sugar free custards and puddings (add protein powder or 1/3 cup non-fat milk powder to increase protein), sugar free gelatin, popsicles	Regular desserts and sweets
Fruit No sugar added	No sugar added fruits such as applesauce, pears and peaches; bananas and fresh peeled fruit such as apples, pears, peaches etc.; Limit portion to ½ cup. NO juice.	fruit canned in syrup or sugar added, dried fruit, fruits with large seeds, stringy sections of fruit such as membrane of citrus fruit, fruit with peeling
Vegetables ¼ cup	Fresh, canned or frozen cooked vegetables such as green beans, pumpkin, squash, carrots, spinach,	Raw vegetables until about 2 months post op trying only one at the time to see how tolerated Fried vegetables Fibrous/tough vegetables such as corn, celery
Meat and Meat substitutes Serving Sizes: 1 oz. or ¼ cup	Any fish/seafood, chicken, turkey, pork, or beef that is moist. Beef may not be tolerated for 4-6 months. Thin sliced luncheon meat. Egg: poached, soft boiled or scrambled, egg substitute, Low fat cottage cheese, low fat cheese,	Tough meats, poultry skin. Fried meat of any kind.

Potatoes, starches		Avoid pastas, potatoes and rice until 3-5 months post op. Eat in small amounts
Breads	Dry toast or melba crackers in small amounts (Use whole grain breads)	Soft bread, white bread, pastries, Danishes, donuts
Fats	Vegetable spray, olive or canola oil in small amounts, diet margarines and mayonnaise, diet salad dressings	Fried foods, high fat snack foods, chips, dips
Miscellaneous	Sugar free low fat yogurt, mild seasonings and spices, mustard, ketchup and low fat mayonnaise (1-2 teaspoons)	Sugar, nuts, coconut, chewing gum, seeds, popcorn, strong spices such as chili and curry

When progressing to regular food try only one new food per day to determine if you are able to tolerate the food. Eat small bites. Eat slowly. Chew thoroughly.

Do not put more than about ½ cup food in your stomach at a meal.

Do not be tempted to eat more even if you feel you can. Learning to eat mindfully will help you to control your calories and weight gain. The most effective weight loss will come from increasing activity (exercise) and decreasing calories. 1 year after surgery putting more than 1 cup food in your stomach at mealtime may be too much!

Sample Bariatric Menus—3 to 6 months

	<u>Protein g.</u>	<u>Fluid oz.</u>	
7 AM 8 oz. decaf coffee	0		8
8 AM 1 egg, ½ slice toast	7		

	or			
	oatmeal made with skim milk	4		
9 AM	8 oz. sugar free drink		8	
Noon	2 oz. luncheon meat, 1 oz. cheese	21		
3:00	Greek yogurt or SF FF pudding	12-14		6
4:00	8 oz. sugar free drink		8	
6:00	2 oz. hamburger patty			
	¼ c green beans	14		
7:00	4 oz. protein drink	10-15		4
8:00	8 oz. double milk	16		8
10:00	8 oz. water or SF popsicle		6-8	

Drink protein drink as needed throughout the day.

Sample Bariatric Menu—6-12 months

Breakfast	egg ¼ cup grits ½ slice toast
Lunch	2-3 oz. ham Green salad with low fat dressing or ½ ham and cheese sandwich 6-8 grapes
Snack	2-3 slices no sugar added peaches ¼-½ cup low fat cottage cheese Or Low fat string cheese
Dinner	2-3 oz. chicken ¼ cup broccoli 1 small red potato

SF liquids and protein drink as needed during the day. Aim for 64 oz. fluid daily.

1. Always eat protein first.
2. Wait 30 minutes after your meal to drink your fluid.

3. Continue to consume 64 oz. sugar free, non-caffeine, non-carbonated beverages a day.
4. Eat 60-75 gm. protein a day. Drink a protein shake if you are unable to eat enough protein. Getting adequate protein will help prevent your hair loss.
5. Do not graze during the day. Eat your meals on a schedule—about every 3 to 5 hours. If you are able to consume enough at meal time you do not have to snack. By 3 months post op you should be able to eat 3 meals and 1 snack a day.
6. Stop eating when you are full or feel any discomfort. Overeating will stretch your pouch.
7. Add only one new food at the time to see if you tolerate it.
8. Eat at the table and not in front of the TV. Eat slowly and in a relaxed atmosphere. Make mealtime as stress free as possible.
9. Avoid eating for emotional reasons or to fill a void in your life.
10. Seek psychological counseling if you feel you are having trouble coping with life. We all need counseling at various times in our lives.
11. Avoid alcohol for at least one year after surgery.

High Protein Food Sources

Skim or 1% milk
 Low fat cottage cheese
 Fat free yogurt with artificial sweeteners
 Eggs
 Low fat cheese
 Fish
 Chicken and turkey without the skin
 Lean meats (pork tenderloin, 90% ground round)
 Protein shake
 Protein powder added to soups
 Nonfat dry milk powder
 Soy products, tofu

Foods that May Cause Distress

Bread, rice, pasta
 Sugar and sweets
 Candy, chocolate sweetened foods and beverages
 Carbonated beverages
 Dried fruits and skin or peel of fresh fruits
 Corn, coconut
 Beef, shrimp

There is no painless way to melt the pounds away. When you are able to consume normal foods the daily recommended servings for optimal nutrition are listed below:

6-8 ounces lean protein

Time	Food & Amount Eaten	Protein (g)	Notes
Breakfast			
Lunch			
Dinner			
Snacks			
	Total Protein:		

- 1-2 cups low fat milk
- 3 servings non starchy vegetables
- 2 servings fruit
- 2 servings bread or starchy food

Eating more calories than you burn may mean weight gain.

Eating Tips

AVOID overeating. Overeating may cause you to vomit or stretch your new stomach and decrease the effectiveness of your surgery. Indications of fullness include:

- A feeling of pressure or fullness just below your rib cage
- A feeling of nausea

Pain in your shoulder or upper chest

If you experience these problems you have **eaten too much, eaten too fast or not chewed your food adequately**. Chew foods thoroughly, about 30 chews per bite. Use smaller plates and bowls and a baby spoon. Put your fork down between bites to slow you down. STOP as soon as you feel full

Avoid high calorie drinks such as milkshakes, sodas, alcohol etc. Avoid high sugar, high calorie foods such as cakes, cookies, candy, pies etc.

Bake, broil, and grill your foods instead of frying. Limit the number of times you eat out.

Meat tenderizer mixed with water may help to break up any food that does not seem to move or feels lodged in your pouch. (1/4 teaspoon meat tenderizer and 1 Tablespoon water.)

How much water have you consumed today? _____

8 oz.

Check when you take:

Multivitamin _____

Calcium w/ D _____

Other as needed _____

Exercise: _____

2 Week Pre-operative Dietary Guidelines

The following dietary regimen should be followed for **2 weeks** before you surgery. It is important to follow your surgeon's instructions for your pre-op diet.

- **Breakfast and Lunch** Drink a high protein, low carbohydrate shake (minimum of 20 grams of protein and 5 grams or less carbohydrates per serving) twice a day in place of breakfast and lunch. Your evening meal should consist of a high protein food choice (4 to 6 oz.) and a non-starchy vegetable.

High protein food choices:

- **Dinner** 4-6 ounces of skinless chicken or turkey; pork or lamb; fish or eggs. Meats should be baked, broiled, grilled, roasted or braised. In short, prepare in anyway **EXCEPT** fried. If cooking eggs, use non-stick spray.
- You may have non-starchy vegetables or a salad of mixed greens with your high protein food source from the list above. Choose from **green beans, broccoli, cauliflower, cabbage, zucchini, yellow squash, carrots, mushrooms, cucumbers, spinach, kale, greens (turnip, mustard or collard) or green peppers**. When eating salads, use the smallest amount of regular salad dressing—about 1 T or about 2 T. diet dressing on your salad.

You are required to drink at least 64 ounces of sugar caffeine and carbonation free. Use this pre-op time to decrease, and then eliminate your caffeine intake, as it will not be allowed until you reach your goal weight. Examples of clear liquid beverages include:

- Broth
- Sugar free Jell-O
- Sugar free Popsicles
- Crystal Lite beverages
- Diet Snapple
- Water
- Propel
- Sugar/caffeine free tea

You may have a normal lunch the day before your surgery. Start clear liquids at 4 pm until midnight the day before your surgery. **DO NOT** eat or drink anything after midnight the night before your surgery. Failure to follow the pre-operative diet may result in your surgery being cancelled.

Bariatric Surgery for Weight Loss: Patient Assessment of Knowledge

Client Name _____

Please print name

Dietitian: Linda Steakley, MS RD LD

Phone: 256.265.2180

email: Linda.steakley@hhsys.org

This client has been educated about the permanent changes in how he/she must eat and drink after surgery. Topics included, but are not limited to the following:

_____ **Reduced volume of stomach and limited amounts of food that can be eaten.**

_____ **Potential for dehydration after surgery and how to stay hydrated.**

_____ **Importance of chewing thoroughly.**

_____ **Vomiting (often a consequence of inadequate chewing or overfilling stomach pouch) and ways to prevent vomiting.**

_____ **Dumping syndrome (often a consequence of consuming concentrated sweets and fatty foods).**

_____ **There is a greater risk of nutrient deficiency and potential health problems such as bone thinning (osteoporosis) or anemia after surgery because you cannot eat as much food and therefore smaller amounts of nutrients are taken in. It is important that you take vitamin and mineral supplementation for the rest of your life in order to avoid malnutrition and related nutrition problems.**

_____ **The need for permanent changes in eating behaviors including limited portions and types of foods eaten in order to avoid medical consequences and weight gain/regain.**

_____ **The importance of medical follow-up with bariatric physician and dietitian.**

I have participated in a nutrition session that provided me with the above information and I have had all my questions answered. I feel I have a good understanding of what is required to be successful and have appropriate information to make decisions regarding my nutrition needs after surgery. I understand I may make additional appointments with the RD and there is a charge for those appointments. It is recommended that I follow-up with the RD when I have nutrition issues or as needed.

Name _____ Date _____

**Huntsville Hospital Wellness Center
1963 Memorial Parkway, Suite 17
Huntsville, AL35801**

PHONE 256.265.7100
FAX 256.265.2083

Date: _____

Dr. Mailapur:

_____ was seen at Huntsville Hospital Wellness Center on _____
(date) for nutrition counseling prior to Gastric Bypass surgery for weight loss. The patient
received nutrition/diet instructions for pre and post gastric bypass surgery.

Patient did/did not comprehend the diet.

Expect good/fair/poor compliance with diet.

If you have any questions concerning this patient, please call 256.265.7100. Thank you for the
opportunity to work with your patients.

Sincerely,

Linda Steakley, MS RDN LD
Bariatric Dietitian Nutritionist
Huntsville Hospital Systems
256.265.2180

4 Week Post Bariatric Surgery Nutrition Follow-Up
D.R.O.P Program (Decreasing Readmissions through Opportunities Provided)

**Bring this with you to your post op nutrition visit.
You may choose between the following:
Group Meeting 1 hour \$20.00 or Private Session 30 minutes \$30.00
Call two weeks after surgery to schedule a visit: 256-265-7100**

**Name _____ Date _____
Weight at Surgery _____ Weight Today _____
Date of Surgery _____ Type of Surgery _____
Ht _____ BMI _____**

Please list all foods/beverage amounts eaten in the last 24 hours starting with breakfast. List the time eaten.

**Circle the diet phase you are currently following:
Phase 1 Liquid Phase 2 Pureed Phase 3 High Protein Low Carb**

What protein drink are you consuming? _____ How many per day? ____

How many grams of protein does your protein beverage contain? _____

What type of foods/beverages have you found difficult to tolerate? What problems have you encountered?

Are you consuming at least 64 oz. of fluid a day? Y ___ N ___

List your current meds.

Please bring the supplements you are taking to this meeting. When are you taking your supplements? _____

What type of exercise are you doing and how long?

Are you happy with your progress? _____

Is there anything in particular you would like to discuss today? _____

Use the back of this sheet to make notes for the RD or include anything you want to discuss.

BARIATRIC NUTRITION QUIZ

Name: _____ Date: _____

Fill in the blank:

1. The protein powder that you select should contain about how much protein _____ and how much carbohydrate: _____.
2. List the two nutrition supplements that you **must** take after surgery: _____ and _____ for the rest of your life.
3. You must drink _____ oz. water/fluid per day before/ after surgery and for life.
4. You must **NOT** drink within _____ minutes of eating a meal.
5. You will follow the prescribed dietary protocol until _____% excess body weight is lost.
6. Calcium is never taken at the same time as _____.
7. The best type of supplement for the bariatric patient is in the _____ form.
8. Protein shakes should have _____ as the main source of protein.
9. After gastric bypass surgery, patients experience weight loss due to _____ and _____.
10. List three complications that would result from not following the proper diet: _____, _____ and _____.
11. When does support group meet? _____

True or False:

1. You don't need to eat three times a day-only when you are hungry. T F
2. Carbonated drinks are allowed, as long as they are sugar-free. T F
3. Adding simple carbohydrate back into your diet and consuming too many calories will slow weight loss. T F
4. Whatever you are sent while in the hospital is okay for you to eat or drink. T F
5. Over filling the stomach will stretch it and can cause weight gain. T F
6. You will only need vitamin/ mineral supplements while you are recovering from surgery. T F
7. Caffeine is an appetite stimulant and should be avoided. T F
8. Protein is only important in the early stages of weight loss. T F
9. You will lose weight at a predictable rate that is comparable to other patients who have had sleeve surgery. T F
10. After gastric surgery, it will be impossible for you to ever be overweight again. T F
11. It is important to attend Support Group T F