



# **BARIATRIC SURGERY: Your Nutrition Guide**



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## BARIATRIC SURGERY YOUR NUTRITION GUIDE



ACT:                                   MR:  
DOB:                                   RM:  
ADM:                                   

Congratulations on reaching this stage of your exciting journey. This booklet will guide you through the different nutrition stages needed to have a safe and successful outcome.

Your registered dietitian will address your individual concerns and is here to help you each step of the way.

Sincerely,

The Bariatric Team  
PIH Health  
562.789.5444

<b>My Pre-Op Diet Start Date</b>
<b>My Surgery Date</b>

### NOTES

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### PRE-OPERATIVE NUTRITION PLAN

#### MY 2, 3 OR 4 WEEK DIET

Your provider will prescribe a two, three or four week pre-operative diet based on your body mass index. This diet is high in protein, vitamins and minerals while low in calories to prepare your body for surgery.

I will follow this diet for \_\_\_\_\_ weeks.

My Diet Plan:

- Follow package directions to prepare with water only (for cold cereal, may add ½ cup of skim milk or unsweetened milk substitute i.e., soy milk, almond milk or rice milk)
- Do not go more than 4 hours without eating
- Below is a suggested meal plan; however, the order of foods/drinks consumed may be done in any preferred way

MEAL	PRODUCT	CONTENT
Breakfast	1 packet of oatmeal or 1 packet cold cereal	130 cal, 12 g protein, 19 g carb
Snack	2 packets of chocolate or cappuccino	120-140 cal, 24 g protein, 6-12 g carb
Lunch	1 packet of fruit drink and 1 protein bar	60 cal, 12 g protein, 2 g carb 160 cal, 15 g protein, 18 g carb
Snack	1 packets of fruit drink	60 cal, 12 g protein, 2 g carb
Dinner	1 packet of soup 1 protein bar	70-90 cal, 12 g protein, 12 g carb 160 cal, 15 g protein, 18 g carb  <b>TOTAL</b> Approximately 800 cal, 102 g protein, 85 carbs
Vegetables	List attached <u>only</u> - see directions	
Fruit	<u>None</u> allowed	
Vitamins/Supplements	<ul style="list-style-type: none"> <li>• 1 multivitamin plus mineral per day (any brand)</li> <li>• Stool Softener (i.e., Colace, Pericolace, Senokot)</li> </ul>	
Fluids	<u>At least</u> 64 ounces of calorie free fluids per day (water, coffee, tea, sugar-free drinks such as Crystal Light, Propel, vitaminwater zero and Gatorade Zero)	



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### VEGETABLES

#### Allowed Vegetables

Below is a list of low carbohydrate vegetables that can be added to your pre-operative meal plan. You may have as much as you would like. They must be cooked or raw **without** additional fat or significant calories using: vinegar, lemon/lime juice, dried or fresh herbs and seasonings, **calorie-free dressings only** (such as Walden Farms brand). Try adding some to your soup packet!

Artichokes	Kale
Asparagus	Kohlrabi
Bamboo Shoots	Leeks
Bean Sprouts	Lettuce
Bitter Melon (Karela)	Mushrooms
Broccoli	Nopales
Bok Choy	Nori (seaweed)
Brussels sprouts	Okra
Cabbage	Onions
Carrots	Peppers
Cauliflower	Radish
Celery	Radicchio
Chard	Snow Peas
Chayote	Spinach
Cucumber	Summer Squash
Eggplant	Tomatillo
Endive	Tomato
Fennel	Water Chestnuts
Greens (Turnip/Radish)	Zucchini
Green Beans	

#### Restricted Vegetables

Avocado	Jicama
Acorn Squash	Parsnips
Beets	Peas
Butternut Squash	Potato
Corn	Sweet potato
Edamame	Yam



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### THE DAY BEFORE YOUR SURGERY

The day before your surgery, you will discontinue your pre-operative diet and have sugar-free clear liquids ***only*** (**Please refrain from red products**). In addition to water, you may have:

- Broth/bone broth
- Sugar-free gelatin (no red)
- Sugar-free fruit popsicles (no red)
- Plain black coffee and tea (no cream, no sugar)
- Fruit drinks leftover from your pre-op diet
- Sugar-free drinks (no red) such as Crystal Light, Propel, vitaminwater zero and Gatorade Zero

### THE DAY OF YOUR SURGERY

**Midnight** before your surgery you will stop eating or drinking anything. Any medications taken prior to surgery must be cleared by your provider at your medical clearance appointment.

### IN THE HOSPITAL: WHAT TO EXPECT

Our hospital team will be there to help you at each step after your operation. Immediately following your surgery, you will be “NPO” or “nothing by mouth”. Once cleared to advance in your diet the following day, you will be offered small sips of water to start, followed by a tray with Crystal Light, broth, protein powder, protein gel and protein-infused flavored water. If you have allergies or preferences for protein powders or shakes, you may bring your own from home.

You will be given 1 ounce medicine cups to take small sips at a goal rate of 1 every 15 minutes. You will be given a tracking sheet to write these down. You will take these medicine cups home with you to encourage small sips, alternating between fluids and protein. Once you get used to taking in small amounts of fluid frequently throughout the day, you can discontinue this practice.



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## POST-OPERATIVE DIET

### Phase 1: Liquids Only – Your First Two Weeks

Your focus in your first two weeks is on healing, with **fluid** and **protein** as your priority. You will start slowly by using your medicine cups from the hospital; then, continue this habit by having small sips alternating fluids and proteins throughout the day. To meet these goals, you will be limited to:

#### Fluids: Meeting Your Goals

Drink separately from your meals, waiting at least 30 minutes before or after. This will ensure you have space in your pouch for adequate hydration and protein. **Continue your stool softener during Phase 1 as well.**

Fluids Allowed	Goal
<ul style="list-style-type: none"> <li>Water</li> <li>Sugar-free drinks such as Crystal Light, Propel, vitaminwater zero and Gatorade Zero</li> <li>Broth/Bone broth</li> <li><b>After the first week:</b> Nonfat or 1% milk, Lactaid, unsweetened milk substitutes (soy, almond)</li> </ul>	<p>8 cups per day (64 ounces – includes protein drinks)</p>

#### Protein: What to Look for

There are a number of considerations when choosing your protein sources in these first two weeks after your surgery. Your target protein goal to work your way up to: **60-80 grams for women and 80-100 grams for men.**

Numerous brands are available commercially at grocery stores, nutrition specialty stores or retailers. New products are entering the market all of the time, so it is important to read the labels to ensure they meet our criteria listed below. If you are not sure, take a picture of the label and ask the registered dietitian.

**For protein-infused flavored waters:** Clear protein drinks tend to be lower in protein than pre-mixed shakes; however, they tend to be tolerated better right after surgery.

**For pre-mixed shakes:** When reading the label, look for the following nutrition information to meet recommended criteria as some brands/products are higher in fat, calories and sugar than recommended:

- 160 - 250 calories
- 25 - 30 grams of protein
- Less than 10 grams of carbohydrates
- Less than 10 grams of sugar
- Less than 5 grams of fat



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**For protein powders:** Look for protein powder sold as “isolates” (versus concentrate) as they tend to have more protein and mix better. Powders can come in flavors like vanilla or chocolate, but can also be sold as plain/unflavored. Use water for the first week to mix with your powder; then if you like, you may use nonfat or 1% milk, Lactaid or unsweetened milk substitutes.

## Flavor Boosts

Mix up your flavors so you do not get bored! Try:

- Flavor extracts like almond, coconut or mint
- Spices like cinnamon, nutmeg or blends like pumpkin pie spice
- Sugar-free flavor syrups such as Torani or Walden Farms
- Flat diet soda like diet root beer or diet orange soda (let it sit out open for a bit to release some of the gas into the air) - add to vanilla protein shakes or powders to create a root beer float or creamsicle flavor
- Blending shakes with ice cubes for a colder, thinner texture; even make ice cubes out of your favorite pre-mixed protein shake

**Vitamins and Additional Supplements:** You will begin taking your chewable vitamins and other required supplements **one week after your surgery**. See page 12 for more information on this topic.

## Phase 2: Pureed/Soft – Weeks 3 and 4

Start with ¼ to ½ cup of food in pureed texture (think food that can be eaten without teeth). Once you have tried a variety of protein, vegetables and fruit in this texture, then you can advance to soft food. It will be difficult to meet your protein needs through food alone in this phase - **continue drinking one protein shake per day**. Drink 8 cups of fluids per day, waiting 15-30 minutes before and after eating. Continue using your stool softener and other constipation prevention tools (see page 13) as needed.

### Food Guide

<b>Protein</b>	Scrambled Eggs Egg, tuna, salmon or chicken salad (blended <b>well</b> with small amount of low-fat mayo or plain yogurt until smooth) Soft tofu Smooth Greek or plain yogurt Cottage cheese Hummus Cooked proteins such as chicken, turkey and beef should be well-cooked and chewed (try milk, Greek yogurt, water or broth for moisture)
<b>Vegetables</b>	Vegetables should be mashed, riced or blended, as well as cooked and chewed thoroughly (i.e., steamed, poached in liquid) – focus on allowed vegetables on list for pre-op diet on page 5
<b>Fruit</b>	Soft fruits such as sugar-free applesauce, blended fruit pouches, as well as vacuum-sealed fruit cups in sugar-free syrup or water
<b>Carbohydrates and Starchy Foods</b>	Avoid for first month after surgery





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### Sample Meal Plan (Pureed Foods):

<b>Breakfast</b>	¼ cup Greek yogurt with 1 tablespoon applesauce
<b>Snack</b>	½ protein drink
<b>Lunch</b>	¼ cup tuna drained mixed with 1 tsp low-fat mayo
<b>Snack</b>	½ protein drink
<b>Dinner</b>	¼ cup scrambled eggs mixed with smooth, mild salsa
<b>Snack</b>	¼ cup cottage cheese with cinnamon mixed in

### Sample Meal Plan (Soft Foods):

<b>Breakfast</b>	½ cup steel-cut plain oatmeal mixed with protein shake to taste
<b>Snack</b>	½ cup Greek yogurt with 1 tablespoon sugar-free fruit cocktail
<b>Lunch</b>	1 cup shredded chicken and vegetable soup
<b>Snack</b>	½ protein shake
<b>Dinner</b>	1 or 2 turkey meatballs in no sugar added tomato sauce with steamed zucchini noodles
<b>Snack</b>	½ protein shake

### Protein Boosts

- Protein powders or protein shakes can be added to yogurt or cottage cheese, oatmeal, grits or cream of wheat
- Soft tofu is a great protein booster in smoothies; firm tofu is a great addition to vegetable soups
- Unflavored protein powders can be added to blended soups
- Making your own protein smoothies using ice cubes made from your pre-mixed protein shake

### Phase 3: General – Week 4 and Beyond

As you are able to tolerate more advanced textures of protein, vegetables and fruit, you will be able to have a more general diet, focusing on wholesome foods in small portions. Everyone advances through these stages at a different rate. If needed, go back to basics with soft foods and protein shakes.

### Food Guide

<b>Protein</b>	Eggs All seafood (may need additional sauce such as lemon) Chicken, turkey, beef, pork (ground or shredded in sauce or soup will be easier to tolerate at first) Tofu and meat substitutes Beans and legumes (as tolerated for gas) Dairy such as yogurt, cottage cheese
<b>Vegetables</b>	Focus on allowed vegetables on list for pre-op diet on page 5
<b>Fruit</b>	All as tolerated in small portions
<b>Carbohydrates</b>	Hot cereals (oatmeal, grits, cream of wheat), breads, rice, pastas, tortillas, starchy vegetables like corn, peas, potatoes, sweet potatoes, winter squash - <b><i>Limit to 3-4 servings per week</i></b>



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## Sample Meal Plan (General Diet)

<b>Breakfast</b>	1 hard boiled egg on 1 piece 100% whole grain toast
<b>Snack</b>	½ cup Greek yogurt with ¼ cup fresh fruit
<b>Lunch</b>	Deli turkey roll-up on butter lettuce with avocado, tomato
<b>Snack</b>	¼ cup hummus with baby carrots, sliced cucumbers
<b>Dinner</b>	Baked salmon with roasted cauliflower
<b>Snack</b>	½ cup cottage cheese with ¼ cup fresh fruit

### Lifestyle CHANGE for Success

- C** - Chew well and eat slowly. Chewing is very important to avoid getting food stuck after eating. Chewing also increases the release of endorphins which makes you feel satisfied. You will not feel satisfaction by eating soft, mushy foods that do not require chewing. Soft foods can be eaten in big portions too quickly and are mostly carbohydrates. Mashed potatoes and mac-and-cheese are not your friends.
- H** - Hydrate! The brain does not recognize the difference between thirst and hunger. You will have cravings when you are dehydrated. Try to drink at least 64 oz of zero-calorie liquids per day in between meals. Drinking during a meal will wash food through the pouch too quickly and allow you to eat too much, too fast. Do not drink your calories! High calorie liquids like popular coffee drinks, juice or soda will defeat the operation and poorly affect your weight loss.
- A** - Avoid breads, pasta, tortillas and other starches that are hard to eat without taking sips of liquid to “wash” them down. These foods should generally be avoided. Try to limit starches to only 3 times per week. Avoid overcooked and dry meats that are also difficult to eat. Drink minimal carbonated beverages to avoid cramps and bloating. Carbonation will make you gassy. Avoid excessive alcohol.
- N** - Nutrition! Eat Healthy and take your vitamins. Five small meals (or snacks) throughout the day will boost your metabolism and prevent fluctuations in blood sugar. This will make you feel energized. Do not skip meals and always eat breakfast. Skipping meals causes cravings and headaches. Three of the meals per day should be focused on protein. Remember - "protein first". Protein makes you feel fuller than carbohydrates. Start meals with protein rich foods like meat, fish and eggs. Eat carbs at the end of the meal to ensure you get the nutrition you need first.
- G** - Grazing will sabotage your success. Nibbling on high fat snacks and sweets will cause weight gain and provide no nutritional value. Examples include crackers, chips, candy and cookies. Do not graze!
- E** - Exercise at least 4-5 times per week and try to lead an active lifestyle. Focus on resistance exercise. Exercise will directly burn calories and builds strong muscle. The more muscle you have, the faster your metabolism. Muscle mass also helps control hormone levels and blood sugar. Exercise minimizes cravings. Muscle toning is a key ingredient to successful and permanent weight loss.



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### FREQUENTLY ASKED QUESTIONS

#### Can I chew gum?

Some people may experience discomfort from increased gas pains after surgery when air is entered in the mouth while chewing gum; others may experience stomach discomfort with sugar alcohols used in most sugar-free gums. Please wait at least a month before chewing gum and if experiencing symptoms, discontinue.

#### Can I use straws?

Straws can cause people to gulp beverages at a far quicker rate than they want to after surgery. Because we want you to focus on small sips of liquids spaced throughout the day, straws are not recommended.

#### Can I drink caffeine?

Caffeine is generally well-tolerated one week after surgery. However, you may experience increased sensitivity to the effects of caffeine as both an energy stimulant and diuretic. You may also experience heart burn as a response to the high levels of acid in most coffees and teas.

#### Can I drink alcohol?

You will be very sensitive to the effects of alcohol after surgery. The recommendation is to wait at least one year before trying alcohol. However, if you do indulge before that, know you will feel the effects of alcohol with less alcohol far quicker and should plan on not driving accordingly.

#### What about carbonated drinks?

Carbonation can cause irritation in the stomach, as well as gas and discomfort from bloating. It also takes up valuable space in your limited pouch for more nutrient-dense foods such as protein and vegetables. If you do crave a carbonated beverage, make sure it is sugar-free and let it sit open for a bit to release some of the gas into the air.

#### I am concerned about losing hair; what foods will help prevent that?

Hair loss is seen in about  $\frac{1}{3}$  of patients after surgery as a result of rapid weight loss. It generally lasts about 6-12 months and reverses without intervention. **Take your vitamins and supplements as instructed, complete your lab work on schedule and attend your follow-up appointments.** This will allow your doctor to correct any nutritional deficiencies with proper supplementation. Foods high in protein, biotin and zinc may help. In addition, ask your hairdresser for topical products or conditioners that may assist. If hair loss persists after one year after surgery, ask for a dermatologist referral.



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## YOUR VITAMIN PLAN

You will take chewable vitamins ***one week after surgery***. Bariatric Advantage Multi EA, calcium citrate chews and chewable probiotics. Additional supplementation will be recommended based on your lab work and type of surgery. After one month, you can switch to the tablet form. ***Do not stop taking them unless specifically told to by your doctor*** – you will need additional supplements for the rest of your life.

Vitamins	Frequency
Bariatric Advanced Multi EA Chewable Tablets	2 daily
Chewable Calcium Citrate	3 daily
FloraVantage Probiotics Chewable Tablets	As instructed per package directions
B12 Speedy Melt	As prescribed
Biotin 5000 mcg Capsules	As prescribed
B-50 Complex Capsules	As prescribed
Vitamin D Chewable Gels	As prescribed
Vitamin D3 5000 IU Capsules	As prescribed
Iron Chewy Bites	As prescribed

### Tips for Vitamins

- No gummy vitamins
- Space your vitamins out for better absorption – take a multivitamin and calcium in the morning, calcium in the afternoon and multivitamin and calcium in the evening
- If you are prescribed iron, take separate from calcium – they do not absorb well if taken at the same time
- Take your vitamins and supplements as instructed, complete your lab work on schedule and attend your follow-up appointments. This will allow your doctor to correct any nutritional deficiencies with proper supplementation.

## YOUR EXERCISE GOALS

One of the most successful ways of achieving and maintaining weight loss after surgery is with appropriate physical activity. Starting an exercise routine before surgery has shown evidence of improved outcomes after surgery, so get started today! Your provider will determine what light exercise is safe to begin at your one week follow-up appointment. **Do not lift greater than 10 pounds for the first week after surgery.**

By 90 days (3 months) after surgery, your goals will be:

- Five days per week for 30 minutes: cardiovascular exercises like biking, walking, rowing, running, stair climber, elliptical, swimming, dance, aerobics
- Five days per week for 20 minutes: resistance training like free weights, band workouts, core training, circuit training



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## My Exercise Plan

I will do \_\_\_\_\_ for \_\_\_\_\_ minutes on

Mon       Tues       Wed       Thurs       Fri       Sat       Sun

I will do \_\_\_\_\_ for \_\_\_\_\_ minutes on

Mon       Tues       Wed       Thurs       Fri       Sat       Sun

## DUMPING SYNDROME

Dumping syndrome occurs when foods high in sugar pass quickly through the stomach and into the small intestine after gastric bypass. This can lead to one or more of the following symptoms:

- hot flashes
- dizziness
- weakness
- increased heart rate
- nausea
- sweating
- fatigue
- cramps or diarrhea

Symptoms generally occur within one hour after eating and may last for more than 24 hours. **There is no specific therapy for dumping syndrome other than avoiding the types of foods high in sugar that lead to it** such as sweets, pastries, ice cream, juice, soda, and condiments (i.e., jams/jellies, teriyaki sauce, ketchup or barbeque sauce).

## CONSTIPATION AND FLATULENCE

Constipation is a common side effect of the pre- and post-operative diets. To prevent, drink plenty of fluids, exercise and once tolerated after a month, eat foods high in fiber such as fruits, vegetables and whole grains. Over the counter products recommended are:

- A stool softener during your pre-operative diet as well as for 2-4 weeks after surgery (Colace, Peri-Colace, Senokot)
- Fiber products such as Metamucil, Benefiber, Citrucel and FiberCon come in sugar-free versions that can be added to water
- Probiotics in chewable form will be prescribed from your doctor's office; additional may be found in foods such as Yakult Light or plain Greek yogurt
- Laxatives, such as Miralax, Milk of Magnesium or Magnesium Citrate, may be added if the above does not provide relief. However, laxatives should not be used routinely.
- If constipation continues, a suppository or enema may be used
- If the problems persist despite hydration, fiber, exercise and over the counter products, contact your surgeon's office

Excessive gas is also a common problem. Certain foods and beverages can lead to an increase in gas. Usually the problem resolves itself with time.

- Over the counter medications such as Devrom, Phazym, Gas-X or Beano may help relieve gas discomfort
- Probiotics will restore normal gut bacteria



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### RESOURCES

#### PROFESSIONAL ORGANIZATIONS AND ADVOCACY GROUPS

American Society for Metabolic and Bariatric Surgery	<a href="https://asmbs.org/">https://asmbs.org/</a>
Obesity Help	<a href="http://www.obesityhelp.com/">http://www.obesityhelp.com/</a>
Obesity Action Coalition	<a href="http://www.obesityaction.org/">http://www.obesityaction.org/</a>

#### PREFERRED VITAMIN, MINERAL AND SUPPLEMENT VENDOR

PIH Health Pharmacy 12462 Putnam St Whittier, CA 90602	Monday-Friday 9am - 7pm Saturday 9am - 2pm 562.789.5412
Bariatric Advantage	<a href="https://www.bariatricadvantage.com">https://www.bariatricadvantage.com</a> (Use code "PIH" for a discount)

#### FOOD BLOGS AND RECIPE SITES

Bariatric Foodie	<a href="https://www.bariatricfoodie.com/">https://www.bariatricfoodie.com/</a>
The World According to Eggface	<a href="http://theworldaccordingtoeggface.blogspot.com/">http://theworldaccordingtoeggface.blogspot.com/</a>
Obesity Help Recipe Page	<a href="https://www.obesityhelp.com/bariatric-recipes">https://www.obesityhelp.com/bariatric-recipes</a>

#### ONLINE FORUMS AND SUPPORT GROUPS

Bariatric Pal	<a href="http://www.bariatricpal.com">www.bariatricpal.com</a>
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#### BARIATRIC APPS

Baritastic	<a href="http://www.baritastic.com/">http://www.baritastic.com/</a>
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