

# **BARIATRIC DIETARY GUIDELINES**

# Table of Contents

Preoperative Diet	1
Constipation	1
Choosing a Protein Supplement	2
A Note to Our Patients with Diabetes	3
Preoperative Vitamin and Mineral Supplementation	3
Postoperative Diet - Stage 1 - Full Liquid	5
Postoperative Diet - Stage 2 - Pureed	8
Postoperative Diet - Stage 3 - Soft Foods	11
Postoperative Diet - Stage 4 - Regular Texture	17
Bariatric Plate	21
Protein Sources	23
Postoperative Vitamin and Mineral Supplementation	24
Physical Activity	27
Possible Postoperative Complications	31

# Preoperative Diet

Congratulations on completing your preoperative program. You will start your preoperative diet, the Liver Shrinking Diet, 2-3 weeks before your surgery date. The purpose of the diet is to shrink the liver; a lighter liver allows your surgeon better access to your stomach and lowers your risk of complications. You will follow the liver shrinking diet for:

- 2 weeks, if your BMI is below 50 on your last weight loss visit OR
- 3 weeks, if your BMI is 50 or higher on your last weight loss visit

Your surgeon may recommend a longer time period if they deem necessary.

For the diet to be successful, it is essential that you follow it for the prescribed duration. Your surgery may be canceled if you don't follow your preoperative diet.

**Your diet will consist of 3-4 protein shakes that will replace your breakfast, lunch, and dinner. You may also have the following between meals:**

- Low-sodium broth (beef, bone, chicken, vegetable - purchased or make your own, see recipe below)
- Sugar-free popsicles
- Water (plain or infused with fruit and/or herbs)
- Skim or 1% milk
- Unsweetened milk alternatives (almond, coconut, hemp, pea, soy)
- Unsweetened or sugar-free decaffeinated tea or coffee or herbal teas
- Crystal Light or other sugar-free beverages
- Sugar-free juice or sports drinks



## Constipation

If you experience constipation while following the preoperative diet, you may use the following for relief:

- **Fiber supplements:** Metamucil, Benefiber, psyllium husk
- **Laxatives:** Smooth Move tea, magnesium citrate, Milk of Magnesia, Miralax, Dulcolax, and Senokot
- **Prescription medication (if taking already):** Lactulose, Linzess, Motegrity

**The above recommendations are for relieving constipation while following your preoperative diet only. Do not follow these recommendations after surgery.**

# Choosing a Protein Supplement

Your protein supplements must meet the following guidelines per serving:

- Low-calorie (175 calories or less)
- High-protein (20-30 grams)
- Low-sugar (6 grams or less)
- Low-fat (6 grams or less)

Nutrition Facts	
1 Serving Size	
Amount Per Serving	
<b>Calories</b>	175 or less
<b>Total Fat</b>	6 grams or less
Saturated Fat	3 grams or less
Trans Fat	Zero grams
<b>Cholesterol</b>	
<b>Sodium</b>	
<b>Total Carbohydrate</b>	
Dietary Fiber	
Sugars	6 grams or less
<b>Protein</b>	20-30 grams

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

## Ready-to-drink Protein Shake Supplement Suggestions\*

- Ensure Max 11 oz
- Fairlife Core Power 14 oz
- Fairlife Nutrition Plan 11.5 oz
- Isopure Zero Carb 20 oz
- Isopure Natural Flavor 16 oz
- Muscle Milk Light 17 oz
- Orgain (whey based) 14 oz
- Orgain (plant based) 11 oz
- Premier Protein 11 oz
- Pure Protein Complete Protein 11 oz
- Quest Protein 11 oz

## Protein Powder Suggestions\*

Mix with water, skim or 1% milk, or unsweetened milk alternatives (almond, coconut, hemp, pea, soy).

- Dymatize Elite 100% Whey Protein Blend
- Dymatize 100% Whey Protein Isolate
- Muscle Milk Whey Protein Powder Blend
- ON Gold Standard 100% Plant
- ON Gold Standard 100% Egg
- ON Gold Standard 100% Whey
- Syntrax Whey
- Syntrax Nectar Whey Protein Isolate
- Syntrax Nectar Whey Protein Isolate Medical
- Uninjury Whey Protein Isolate
- Vega Clean Protein
- Vega One Organic All-in-one

\*This is a suggested list; if you choose a different supplement, please ensure it meets the stated guidelines.

**Remember to add the fat, sugar, and protein from the liquid when using a protein powder.**



## A Note to Our Patients with Diabetes

If you have diabetes and use insulin or diabetes medication(s), please contact your healthcare provider to discuss your blood sugar management before starting the preoperative diet. Monitor your blood sugar carefully and have your insulin and/or other diabetes medications adjusted by your healthcare provider as needed to avoid hypoglycemia. Blood sugar <70 mg/dL is considered hypoglycemia; however, some patients experience symptoms at higher levels.

### Recommended treatment for hypoglycemia:

1. Take 15-20 grams glucose or other simple carbohydrates. Glucose tablets are preferred. Note: each glucose tablet contains 4 grams glucose. Other sources of simple carbohydrates are 4 ounces juice, 1 tablespoon honey, or hard candies or jelly beans that total 15-20 grams carbohydrates (read label for how many to eat).
2. Recheck blood sugar 15 minutes after treatment. If still low, treat again with another 15-20 grams glucose, and recheck until blood sugar reaches > 70 mg/dL.
3. Eat a balanced snack with protein and fiber to stabilize blood sugar
4. Recheck blood sugar 60 minutes after the snack to confirm blood sugar is within the normal range.



## Vitamin and Mineral Supplementation

Two weeks prior to surgery, please stop taking all herbal/natural products and supplements. Common supplements include fish oil, flaxseed oil, vitamin E, garlic, Ginseng, St. John's Wort, selenium, and turmeric.

You may continue to take your multivitamin, vitamin D, iron or other supplements you are taking to correct a vitamin or mineral deficiency during the preoperative diet. However, do not take any vitamin and mineral supplements on the day of your surgery.



**Please discuss all questions regarding your current supplementation with your surgeon, dietitian, or health care provider.**

# Preoperative Diet Recipes



## Chicken Broth

### Ingredients:

- 4-5 bone-in chicken breast halves with skin
- 4 large carrots, cut into big pieces
- 4 celery ribs, cut into big pieces
- 1 large sweet or yellow onion, cut into big pieces
- ½ teaspoon salt
- ¼ teaspoon pepper
- 3-4 bay leaves
- 1 teaspoon dried thyme
- 8-10 cups water

### Directions:

1. In a stock pot, combine all ingredients and slowly bring a boil
2. Cover, reduce to low heat, and simmer for 60-90 min; avoid boiling
3. Strain broth through strainer
4. Discard vegetables and bay leaves
5. Shred chicken for later use
6. Broth can be refrigerated up to 3 days or frozen for 4-6 months



## Cucumber Citrus Infused Water

### Ingredients:

- 8 cups water
- 1 lemon, sliced
- 1 lime, sliced
- ½ cucumber, sliced
- 2 fresh mint sprigs

### Directions

1. In a 2¼-quart pitcher, combine water, lemon, lime, cucumber, and mint.
2. Chill for 30 minutes before drinking.

## POSTOPERATIVE DIET

### Stage 1: Full Liquid Diet



#### DISCHARGE FROM HOSPITAL THROUGH WEEK 1

Consume 60 grams of protein and drink 64 ounces of fluids daily.

After surgery, you will gradually introduce liquids into your diet. **There are two goals during the first week that will also be important in the long term: Consume 60 grams of protein and drink 64 ounces of fluids daily.** Reaching these goals can be difficult given the size of your new stomach and your recovery from surgery.



#### YOUR DIET WILL CONSIST OF:

- Protein shakes
- Low-sodium broth (beef, bone, chicken, vegetable)
- Sugar-free popsicles
- Water (plain or infused with fruit and/or herbs)
- Skim or 1% milk
- Unsweetened milk alternatives (almond, coconut, hemp, pea, soy)
- Unsweetened or sugar-free decaffeinated tea or coffee or herbal teas
- Crystal Light or other sugar-free beverages
- Sugar-free juice or sports drinks



#### IMPORTANT NOTES:

- **Drink liquids at room temperature for the first 3 days after surgery.**
- Avoid all solid, semi-solid, or soft foods
- Sip on your protein shakes and other beverages throughout the day
- Only drink to satisfaction; do not force beyond comfort
- Add protein powder (flavored or unflavored) or non-fat milk powder to broths and beverages if you are struggling to get enough protein
- Avoid carbonated, caffeinated, alcoholic, and high calorie beverages including juice
- Do not use straws

# Full Liquid Diet Recipes



Remember to drink liquids at room temperature for 3 days after surgery.



## Chocolate Peanut Butter Shake

### Ingredients:

- 1 scoop chocolate protein powder
- 2 tablespoons PB2 (peanut butter powder)
- ½ cup ice cubes
- 1 cup 1% milk (or unsweetened milk alternative)

### Directions:

1. Place ingredients in a blender
2. Blend until smooth



## Blended Mocha Latte

### Ingredients:

- ¾ cup decaffeinated brewed coffee
- 1 scoop chocolate protein powder
- 1-1 ½ tablespoons unsweetened cocoa
- 1-2 packets of stevia or calorie-free sweetener (optional)
- Ice cubes

### Directions:

1. Cool coffee (you may also use instant decaffeinated coffee powder or crystals mixed with milk of choice)
2. Starting with coffee, place all ingredients, except for ice, in a blender
3. Blend until smooth
4. Add ice cubes to desired consistency



## Orange Dreamsicle

### Ingredients:

- 1 scoop vanilla protein powder
- 8 ounces Crystal Light Orange or sugar-free Tang
- 4 ice cubes
- 1 cup water

### Directions:

1. Place ingredients in a blender
2. Blend until smooth





## High-Protein Hot Cocoa

### Ingredients:

- 1 cup low-fat milk (or unsweetened milk alternative)
- 1 package sugar-free hot chocolate mix
- 1 scoop unflavored protein powder of choice

### Directions:

1. In a small saucepan over medium-low heat, whisk together the milk, hot chocolate mix, and protein powder
2. Whisk continuously just until warm. Do not boil
3. Pour into a heat-proof mug



## Chicken Soup

### Ingredients:

- 1 scoop chicken flavored protein powder
- 1 cup water

### Directions:

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



## High-Protein Milk

### Ingredients:

- 4 cups low-fat milk
- 1 1/3 cups instant nonfat dry milk powder

### Directions:

1. In a large pitcher, mix the milk and milk powder
2. Chill in the refrigerator for up to 5 days
3. Stir until smooth

# Stage 2: Pureed Diet



## WEEK 2 AND 3

Protein and fluids remain your priorities: 60+ grams of protein and 64+ ounces of fluids daily.



### YOUR FOOD CHOICES MAY CONSIST OF:

- Protein shakes (ready-made or made from protein powders)
- Low-fat creamed soups (strain pieces or puree in blender, avoid starches)
- Any pureed soups (avoid starches)
- Drinkable yogurt (with less than 6 grams added sugars)
- Pureed low-fat cottage cheese
- Part-skim ricotta cheese
- High-protein pudding (see recipe)
- Low-sodium broth (beef, bone, chicken, vegetable)
- Sugar-free popsicles



### YOUR BEVERAGE CHOICES MAY CONSIST OF:

- Water (plain or infused with fruit and/or herbs)
- Skim or 1% milk
- Unsweetened milk alternatives (almond, coconut, hemp, pea, soy)
- Unsweetened or sugar-free decaffeinated tea or coffee or herbal teas
- Crystal Light or other sugar-free beverages
- Sugar-free juice or sports drinks



### IMPORTANT NOTES:

- Each meal may equal 2-4 ounces (1/4 – 1/2 cup)
- Add one new food at a time and make note of how you tolerate it
- Take small sips and swallow gently and slowly
- Sip on your fluids. Do not gulp.
- Continue to supplement with protein shakes to meet daily protein goal (60+ grams)
- Avoid caffeinated, carbonated, alcoholic, and high calorie beverages including fruit juice
- Do not use straws



Start vitamin and mineral supplementation two weeks after your surgery date.

# Sample Menu: Pureed Diet

## SAMPLE 1

8 A.M.	Protein shake
10 A.M.	¼ cup low-fat ricotta cheese, pureed with water or fat-free/1% milk
NOON	1/4 cup Homestyle Cream of Chicken soup (see recipe) or 1/4 cup low-fat cream of chicken soup with 1 teaspoon collagen peptides
3 P.M.	Protein shake
6 P.M.	1/4 cup Homestyle Cream of Chicken soup (see recipe) or 1/4 cup low-fat cream of chicken soup with 1 teaspoon collagen peptides
8 P.M.	Drinkable yogurt or sugar-free popsicle (if meeting protein goal)

## SAMPLE 2

8 A.M.	Protein shake
10 A.M.	¼ cup low-fat ricotta cheese, pureed with water or fat-free/1% milk
NOON	¼ cup cream of tomato soup mixed with 1 teaspoon collagen peptides
3 P.M.	Drinkable yogurt
6 P.M.	¼ cup cream of tomato soup mixed with 1 teaspoon collagen peptides
8 P.M.	¼ cup high-protein pudding (see recipe) or sugar-free popsicle (if meeting protein goal)

## SAMPLE 3 (PLANT-BASED)

8 A.M.	Protein shake
10 A.M.	¼ cup high-protein pudding (see recipe)
NOON	¼ cup split pea soup mixed with 1 teaspoon protein powder
3 P.M.	Protein shake
6 P.M.	¼ cup split pea soup mixed with 1 teaspoon protein powder
8 P.M.	¼ cup high-protein pudding (see recipe) or sugar-free popsicle (if meeting protein goal)

# Pureed Diet Recipes



## Homestyle Cream of Chicken Soup

### Ingredients:

- 1 10.5 ounce can of low-fat condensed cream of chicken (For example: Pacific Foods Cream of Chicken condensed soup)
- 1 ½ cups chicken broth
- 2 tablespoons diced yellow onion
- 3 tablespoons diced celery
- ¼ cup sliced mushrooms
- 2 tablespoons diced yellow squash
- 1 ½ tablespoons diced carrots
- 3 ounces raw skinless, boneless chicken breast
- 1/8 teaspoon Mrs. Dash seasoning
- ½ teaspoon dried thyme
- ½ teaspoon fresh cilantro

### Directions:

1. Combine all ingredients in small crockpot and cook for 4-5 hours on high
2. Place soup in blender and blend until smooth



## High-protein Pudding

### Ingredients:

- 1 package sugar-free instant pudding (vanilla or chocolate)
- 1 scoop protein powder
- 1 scoop peanut butter powder
- 2 cups 1% milk (or unsweetened milk alternative)

### Directions:

1. Mix all ingredients in a medium bowl and beat with a whisk for 2 minutes
2. Refrigerate; pudding will soft-set in 5 minutes

Note: You may also pour pudding mixture into popsicle molds, freeze, and enjoy as pudding pops

# Stage 3: Soft Foods Diet




## WEEKS 4, 5, AND 6

Protein and fluids remain your priorities: 60+ grams of protein and 64+ ounces of fluids daily.

 <p><b>PROTEIN</b> Include with all meals</p>	<ul style="list-style-type: none"> <li>• Eggs (poached, scrambled, over easy, egg salad)</li> <li>• Lean ground meat (93% or leaner)</li> <li>• Canned chicken, tuna, or salmon</li> <li>• Moist meatloaf</li> <li>• White flaky fish (cod, haddock, seabass, sole, tilapia)</li> <li>• Beans, lentils, and split peas (includes low-fat refried beans, chili, hummus, split pea soup, and lentil soup)</li> <li>• Silken tofu</li> <li>• Fat-free cottage cheese</li> <li>• Part-skim ricotta cheese</li> <li>• Greek yogurt (low-fat, low-sugar)</li> <li>• High-protein pudding (see recipe)</li> <li>• Protein shakes</li> </ul>	 <p><b>AVOID:</b> All jerky products, steak, raw fish, and anything fried</p>
 <p><b>VEGETABLES</b> Once meeting protein goals, add vegetables to your meals</p>	<ul style="list-style-type: none"> <li>• Cooked, canned, well-steamed, or pureed (soft – able to mash with a fork)</li> <li>• Good choices include carrots, green beans, mushrooms, and zucchini</li> </ul>	 <p><b>AVOID:</b> All other vegetables - cooked or raw</p>
 <p><b>FRUIT</b> Once meeting protein goals, add fruit to your meals</p>	<ul style="list-style-type: none"> <li>• Good choices include canned or fruit cup (in its own juice with no added sugar) and soft fresh fruit (ripe banana, ripe PEELED peach, seedless melon)</li> <li>• Unsweetened applesauce mixed with collagen peptides or powdered milk for added protein</li> <li>• Pair fruit with Greek yogurt or cottage cheese for protein boost</li> </ul>	 <p><b>AVOID:</b> All other fruit - canned or raw</p>

# Stage 3: Soft Foods Diet - Continued

## WEEKS 4, 5, AND 6

 <p><b>FATS</b> Focus on eating mostly plant-based fats as they are heart healthy, have fiber, and some also have protein</p>	<ul style="list-style-type: none"> <li>• Smooth nut butters with no added sugar (almond butter, peanut butter, sunflower butter)</li> <li>• Avocados</li> <li>• Spray oils (olive oil, avocado oil, and canola oil)</li> <li>• Low-fat cheese</li> <li>• Low-fat mayonnaise</li> </ul>	 <p><b>AVOID:</b> All other fats</p>
 <p><b>BEVERAGES</b></p>	<ul style="list-style-type: none"> <li>• Water (plain or infused with fruit and/or herbs)</li> <li>• Skim or 1% milk</li> <li>• Unsweetened milk alternatives (almond, coconut, hemp, pea, soy)</li> <li>• Unsweetened or sugar-free decaffeinated tea or coffee or herbal teas</li> <li>• Crystal Light or other sugar-free beverages</li> <li>• Sugar-free juice or sports drinks</li> </ul>	 <p><b>AVOID:</b> Caffeinated, carbonated, alcoholic, and high-calorie beverages including juice; avoid straws</p>



### IMPORTANT NOTES

- Don't drink with your meals and wait 30 minutes after your meals to resume sipping your fluids
- Sip on your fluids between meals. Do not gulp.
- Gradually add soft solid foods into your diet: soft proteins, well-cooked vegetables (see acceptable choices above), fruit (see acceptable choices above), beans, lentils, nut butters, and avocados
- Eat 4-6 small meals that all include protein
- Avoid starches
- Remember your food tolerance continues to evolve. If you cannot tolerate a particular food, wait a few weeks and then try it again
- Supplement with protein shakes between meals if unable to reach protein goal (60+ grams) with soft foods only

# Sample Menu: Soft Foods Diet

## SAMPLE 1

8 A.M.	1 scrambled egg, ¼ cup Greek yogurt (Oikos Triple Zero, Dannon Light + Fit, Chobani Complete, Two Good)
10 A.M.	Protein shake
NOON	¼ - ½ cup tuna salad
3 P.M.	¼ - ½ cup cottage cheese mixed with soft fruit (drain the juice)
6 P.M.	Low-fat chili with 1 teaspoon avocado
8 P.M.	¼ - ½ cup high-protein pudding or chocolate peanut butter cup (see recipes)

## SAMPLE 2

8 A.M.	Protein shake
10 A.M.	Drinkable yogurt (Dannon Light + Fit or Chobani Complete)
NOON	¼ - ½ cup ground turkey ricotta bake (see recipe)
3 P.M.	Low-fat string cheese
6 P.M.	¼ - ½ cup ground turkey ricotta bake (see recipe)
8 P.M.	¼ cup high-protein pudding or chocolate peanut butter cup (see recipes)

## SAMPLE 3 (PLANT-BASED)

8 A.M.	Protein shake
10 A.M.	¼ - ½ cup tofu scramble with 1 teaspoon avocado
NOON	¼ - ½ cup vegan chili
3 P.M.	Protein shake
6 P.M.	¼ - ½ cup vegan chili
8 P.M.	¼ cup high-protein pudding or chocolate peanut butter cup (see recipes)

# Soft Foods Diet Recipes



## Ricotta Bake

### Ingredients:

- 1 cup part-skim ricotta cheese
- 1 large egg, beaten
- 1 cup ground turkey, cooked
- 1 cup marinara sauce
- ½ cup shredded low-fat mozzarella cheese

### Directions:

1. Preheat oven to 350 degrees
2. Mix ricotta cheese and beaten egg
3. Layer ingredients in a greased casserole dish: ricotta cheese and egg mixture, ground turkey, marinara sauce, and mozzarella cheese
4. Cover with foil and bake in the oven for 15-20 minutes or until warmed through



## Lemon and Dill Tuna Salad

### Ingredients:

- 1 5-ounce can water-packed tuna
- 2 tablespoons lemon juice
- 1 tablespoon low-fat mayonnaise
- 1 tablespoon 2% plain Greek yogurt
- ½ teaspoon Dijon mustard
- ½ - 1 teaspoon dried dill
- Salt and pepper to taste

### Directions:

1. Drain tuna and place in a medium sized bowl
2. Add remaining ingredients and mix until well combined



## Beans and Cheese

### Ingredients:

- 1 15-ounce can pinto or black beans, drained and rinsed
- Juice from ½ lime
- 1 teaspoon taco seasoning
- ¼ cup shredded cheese (sharp cheddar, Mexican blend, or pepper jack) or ¼ mashed avocado

### Directions:

1. Heat beans in small pot over medium heat until warmed through (3-5 minutes)
2. Add taco seasoning and lime and mix until well combined
3. Transfer to food processor or use immersion blender to puree or use potato masher to mash
4. Top with cheese





## Chocolate Peanut Butter Cups

### Ingredients:

- 2 scoops chocolate protein powder
- 1 tablespoon cocoa powder
- 1/4 cup milk of choice
- 7 tablespoons peanut butter powder
- 1/3 cup water

### Directions:

1. Mix protein powder, cocoa powder, and milk until smooth
2. In a separate bowl, mix peanut butter powder and water until smooth
3. Layer a muffin pan with liners
4. Spread chocolate mix in bottom of each liner
5. Spread peanut butter mix over chocolate mix
6. Top with remaining chocolate mix
7. Freeze for 4 hours and enjoy frozen



## Split Pea Soup

### Ingredients:

- 1 tablespoon extra-virgin olive oil
- 2 large carrots, chopped
- 1 medium onion, diced
- 2 garlic cloves, minced
- 4 cups chicken broth
- 2 cups water
- Salt and pepper to taste
- 2 bay leaves
- 1 (16-ounce) bag green split peas

### Directions:

1. Heat oil in a large stock pot over medium heat
2. Add the carrots, onions, and garlic. Saute until soft, 5-7 minutes
3. Add the broth, water, salt and pepper, bay leaves, and split peas. Stir well and bring to a boil
4. Reduce to a simmer, cover, and cook until the peas are soft, about 1 hour
5. Remove bay leaves and serve warm



## Deviled Eggs

### Ingredients:

- 6 eggs
- 3 tablespoons light mayonnaise
- 1 tablespoon Dijon mustard
- Freshly ground pepper
- Ground paprika

### Directions:





1. Fill a large pot with water and bring to a rapid boil over high heat
2. Carefully add the eggs to the boiling water using a spoon and boil for 10 minutes
3. Transfer eggs from boiling water to a strainer and run cold water over eggs to stop the cooking process
4. Peel eggs, when they are cool enough to handle
5. In a small bowl, mix together mayonnaise, mustard, and black pepper
6. Halve each egg lengthwise and scoop out the yolk into the bowl with the mayonnaise mixture. Mix until smooth and creamy
7. On a plate, place each egg white half cut-side up. Fill each egg half with about 2 teaspoons of mayonnaise and egg yolk mixture and sprinkle each with paprika
8. Serve immediately or refrigerate for up to 3 days

# Stage 4: Regular Texture Diet - General Healthful Diet



## WEEK 7 AND BEYOND

Protein and fluids remain your priorities: 60+ grams of protein and 64+ ounces of fluids daily.

 <p><b>PROTEIN</b> Include with all meals</p>	<ul style="list-style-type: none"> <li>• Eggs (poached, scrambled, over easy, egg salad)</li> <li>• Chicken and turkey (moist and soft-cooked) or ground</li> <li>• Lean ground meat (93% or leaner)</li> <li>• Thinly sliced deli meats (turkey, chicken, or ham)</li> <li>• Canned chicken, tuna, or salmon</li> <li>• Moist meatloaf</li> <li>• White flaky fish (cod, haddock, seabass, sole, tilapia)</li> <li>• Beans, lentils, and split peas (includes low-fat refried beans, chili, hummus, split pea soup, and lentil soup)</li> <li>• Silken tofu</li> <li>• Fat-free cottage cheese</li> <li>• Part-skim ricotta cheese</li> <li>• Greek yogurt (low-fat, low-sugar)</li> <li>• High-protein pudding (see recipe)</li> <li>• Protein shakes</li> </ul>	 <p><b>AVOID:</b> All jerky products, steak, raw fish, and anything fried</p>
 <p><b>VEGETABLES</b> Once meeting protein goals, add vegetables to your meals</p>	<ul style="list-style-type: none"> <li>• Cooked, steamed, canned, roasted, or pureed (soft - able to mash with a fork)</li> <li>• You may gradually start adding raw vegetables, one at a time, into your diet</li> </ul>	 <p><b>NOTE:</b> Chew thoroughly</p>
 <p><b>FRUIT</b> Once meeting protein goals, add fruit to your meals</p>	<ul style="list-style-type: none"> <li>• Fresh or frozen fruit - pair with yogurt or cottage cheese for protein boost or add to protein shakes</li> <li>• Pair fresh fruit with cheese or nuts</li> </ul>	 <p><b>NOTE:</b> Be careful with skins and seeds</p>

# Stage 4: Regular Texture Diet - Continued

## WEEK 7 AND BEYOND

 <p><b>FATS</b> Focus on eating mostly plant-based fats as they are heart healthy, have fiber, and some also have protein</p>	<ul style="list-style-type: none"> <li>• Whole nuts and peanuts - chew thoroughly</li> <li>• Nut butters with no added sugar (peanut butter, almond butter, sunflower butter)</li> <li>• Seeds such as sunflower, pumpkin, or chia</li> <li>• Avocados</li> <li>• Spray oils (olive oil, avocado oil, and canola oil)</li> <li>• Low-fat cheese</li> <li>• Low-fat mayonnaise</li> </ul>	 <p><b>AVOID:</b> All other fats</p>
 <p><b>HIGH FIBER STARCHES</b> Once meeting protein goals, gradually add high fiber starches to your meals</p>	<ul style="list-style-type: none"> <li>• Barley, brown rice, buckwheat, bulgur, high fiber cereal, millet, oatmeal, quinoa, whole wheat bread, whole wheat pasta, whole wheat crackers</li> <li>• Corn, peas, popcorn, potatoes with skin, yams, sweet potatoes with skin, pumpkin</li> </ul>	 <p><b>AVOID:</b> All refined carbohydrates (white bread, pizza, white pasta, baked goods, candy, chips, white flour tortillas, etc.)</p>
 <p><b>BEVERAGES</b></p>	<ul style="list-style-type: none"> <li>• Water (plain or infused with fruit and/or herbs)</li> <li>• Skim or 1% milk</li> <li>• Unsweetened milk alternatives (almond, coconut, hemp, pea, soy)</li> <li>• Unsweetened or sugar-free decaffeinated tea or coffee or herbal teas</li> <li>• Crystal Light or other sugar-free beverages</li> <li>• Sugar-free juice or sports drinks</li> </ul>	 <p><b>AVOID:</b> Carbonated, alcoholic, and high-calorie beverages including juice; avoid straws</p>



## IMPORTANT NOTES

- Don't drink with your meals and wait 30 minutes after your meals before drinking fluids again.
- Sip on your fluids between meals. Do not gulp.
- As your hunger increases and your new stomach is able to tolerate a higher volume of food, gradually start a healthy and balanced diet that includes protein, vegetables, fruits, healthy fats, and high fiber starches.
- Start meals and snacks with protein first, followed by vegetables, fruits, and then high fiber starches.
- Focus on eating mostly plant-based fats; they are good for your heart, improve your cholesterol and bowel movements, and some have protein.
- Remember your daily protein goal (60+ grams) and fluid goal (64+ ounces).
- Listen to your satiety cues; stop at the first sign of fullness.
- You may experience hunger more some days than others; let your hunger and fullness cues guide your eating.
- Track your protein and fluids; this will help you reach protein and fluid goals.
- Continue your daily vitamin and mineral supplementation for life.
- Keep your follow-up schedule with your weight loss team.

# Sample Menu: Regular Texture Diet

## SAMPLE 1

8 A.M.	1 ½ scrambled egg, ¼ cup blueberries
10 A.M.	5-ounce fat-free Greek yogurt, mixed with 2 tablespoons peanut butter powder
NOON	½ cup ground turkey, ¼ cup cooked carrots
3 P.M.	Protein shake
6 P.M.	½ cup flaked fish, ¼ cup cooked green beans
8 P.M.	¼ cup high-protein pudding (see recipe)

## SAMPLE 2

8 A.M.	Protein shake mixed with ¼ small banana and 2 tablespoons peanut butter powder
10 A.M.	½ cup low-fat refried beans, 1 teaspoon avocado
NOON	¼-½ cup tuna salad (see recipe)
3 P.M.	1-2 slice(s) cold cuts, 1 teaspoon avocado
6 P.M.	½ cup ground turkey, ¼ cup green beans
8 P.M.	¼ cup high-protein pudding (see recipe)

## SAMPLE 3 (PLANT-BASED)

8 A.M.	Protein shake mixed with ¼ small banana, 1 tablespoon nut butter
10 A.M.	¼ - ½ cup lentil soup
NOON	½ cup silken tofu stir fry with soft-cooked vegetables
3 P.M.	¼ - ½ cup edamame
6 P.M.	¼ - ½ low-fat refried beans, 1 teaspoon avocado
8 P.M.	¼ cup high-protein pudding or chocolate peanut butter cup (see recipes)

# Bariatric Plate

## PROTEIN 60+ grams

Per day



## FRUITS AND HIGH-FIBER STARCHES

## VEGETABLES

## HEALTHY FATS



## BEVERAGES 64+ ounces

Sip Between Meals

- » Water
- » Decaffeinated tea/coffee
- » Fat-free or 1% milk
- » Unsweetened milk alternatives
- » Sugar-free, caffeine-free, uncarbonated beverages

# Bariatric Plate

<p><b>PROTEIN</b></p>	<p><b>1 Serving of Protein = 7 Grams of Protein</b></p> <ul style="list-style-type: none"> <li>• 1 ounce poultry, fish, or shellfish</li> <li>• 1/4 cup low-fat cottage cheese</li> <li>• 3 ounces Greek yogurt</li> <li>• 1/2 cup beans or lentils</li> <li>• 5 ounces silken tofu</li> </ul>	<p>Chicken, turkey, duck, beef, lamb, pork, bison, salmon, tuna, cod, halibut, mahi mahi, tilapia, trout, sole, sardines, shrimp, scallops, eggs, low-fat greek yogurt, cottage cheese, ricotta cheese, beans, lentils, peas, edamame, tofu, protein supplements</p>
<p><b>VEGETABLES</b></p>	<p><b>1 Serving of Vegetables = 2-3 Grams of Fiber</b></p> <ul style="list-style-type: none"> <li>• 1 cup raw vegetables</li> <li>• 1/2 cup cooked vegetables</li> </ul>	<p>Artichokes, asparagus, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, celery, eggplant, green beans, greens (collard, kale, mustard, and turnip), leeks, lettuce, onions, peppers (all types), radishes, salad greens, spinach, squash (spaghetti, summer, zucchini), sprouts, snap peas, tomatoes, turnips, water chestnuts</p>
<p><b>FRUIT</b></p>	<p><b>1 Serving of Fruit = 2+ Grams of Fiber</b></p> <ul style="list-style-type: none"> <li>• 1/2 cup cut fresh fruit</li> <li>• 1/4 cup dried fruit (with no added sugar)</li> </ul>	<p>Apples, apricots, bananas, blackberries, blueberries, cantaloupe, cherries, citrus, dates, figs, grapes, kiwi, mangos, papaya, pears, peaches, pineapple, plantains, plums, pomegranate, raspberries, strawberries, watermelon</p>
<p><b>HIGH FIBER STARCHES</b></p>	<p><b>1 Serving of High Fiber Starches = 2-3 Grams of Fiber</b></p> <ul style="list-style-type: none"> <li>• 1 slice whole wheat bread</li> <li>• 1/2 cup oatmeal</li> <li>• 1/3 cup brown or wild rice</li> <li>• 1/2 cup green peas</li> <li>• 1/2 cup mashed yams or sweet potato</li> </ul>	<p>Barley, brown rice, buckwheat, bulgur, corn, high fiber cereal, millet, oatmeal, peas, popcorn, potatoes with skin, pumpkin, quinoa, whole wheat bread, whole wheat pasta, whole wheat crackers, yams/sweet potatoes with skin</p>
<p><b>DIETARY FAT</b></p>	<p><b>1 Serving of Fat = 5 Grams of Fat</b></p> <ul style="list-style-type: none"> <li>• 1 tsp oil, butter, or mayonnaise</li> <li>• 1 tbsp salad dressing</li> <li>• 2 tbsp avocado</li> <li>• 1.5 tsp peanut butter</li> <li>• 6 almonds, 16 pistachios, 10 peanuts</li> </ul>	<p>Avocados, peanuts, peanut butter, nuts, almond butter, chia seeds, flaxseeds, sunflower seeds, pumpkin seeds, hemp seeds, olives, low-fat cheese, safflower oil, sesame oil, canola oil, olive oil, avocado oil</p>



# Protein Sources

Food Name	Portion	Grams
**Beans, canned	½ cup	7
Beef eye of round	3 ounces	23
Beef top loin	3 ounces	21
**Chia seeds	1 tbsp	2
Cottage cheese, 2% fat	½ cup	12
Cottage cheese, creamed	½ cup	14
Cheese, parmesan, grated	¼ cup	10
Cheese, mozzarella, part skim	1 ounce	8
Cheese, ricotta, part skim	½ cup	14
Chicken breast without skin	3 ounces	21
Chicken breast, canned in water	3 ounces	21
Chicken leg without skin	1 drumstick	12
**Chickpeas, canned	½ cup	7
**Split peas, cooked	½ cup	8
Cod, white, baked	3 ounces	21
Crab, steamed	3 ounces	15
Egg, hard boiled	1 egg	6
**Flax seeds	1 tbsp	2
Flounder	3 ounces	16
Ground beef, 93% lean	3 ounces	21
**Green peas	½ cup	4
Halibut	3 ounces	19
Ham, lean, 5% fat	3 ounces	18
**Hemp seeds	1 tbsp	3
**Lentils	½ cup	9
Lobster, steamed	3 ounces	16

Food Name	Portion	Grams
Milk, skim	1 cup	8
Milk, Skim Plus	1 cup	11
**Nutritional yeast	1 tbsp	3
**Nuts	¼ cup	6-7
**Peanut butter powder	2 tbsp	7
**Plain soy yogurt	¾ cup	7
Pork tenderloin	3 ounces	21
Pork loin chop	3 ounces	21
Protein powder*	1 scoop	20-30
**Quinoa	½ cup	8
Salmon, baked	3 ounces	21
**Seitan`	3.5 ounces	19
Shrimp, steamed	3 ounces (6-9 large)	19
**Soybeans (edamame)	½ cup	11
**Soy flour, defatted	¼ cup	12
**Soy milk, plain	1 cup	8
**Soy nuts	¼ cup	17
**Spirulina	1 tbsp	4
Steak, sirloin	3 ounces	24
**Tempeh	3 ounces	15
Tilapia	3 ounces	21
**Tofu	½ cup	10
Tuna, canned in water	3 ounces	21
Turkey, white meat	3 ounces	21
**Unflavored plant-based protein powder	1-2 scoops	21
Yogurt, Greek, plain	¾ cup	17
Yogurt, plain or low-sugar	1 cup	8

\* Serving size or protein amount may vary according to brand. Check labels.

\*\*Plant-based protein sources

## Vitamin and Mineral Supplementation

You will need to take vitamin and mineral supplements for the rest of your life after bariatric surgery. We have listed the recommended supplementation for each type of surgery below. You will need to complete blood tests regularly after surgery to check your vitamin and mineral levels. Supplements may need to be adjusted based on your lab results. Expect to complete labs 3 months after surgery, yearly from your surgery date and as needed per your health care provider.

Popular bariatric formulated brands of supplements include Bariatric Advantage, Bariatric Fusion, Celebrate, Procare Health, and DEKA by Callion Pharmaceuticals. **Please do not take a children's chewable multivitamin - this does not meet your needs after weight loss surgery.** Choosing a bariatric formulated multivitamin will help reduce the number of supplements you need to take to meet recommendations and reduce overall cost.



Always have your supplementation information (brand and dose) available so that your providers at the Weight Loss Center are able to review and ensure you are meeting your vitamin and mineral needs.

## GASTRIC SLEEVE AND GASTRIC BYPASS

Take chewable or liquid supplements for the first month after surgery. You may then switch to capsules.



Chewable or Liquid Supplements



First month after surgery

- Start taking your supplements 2 weeks after surgery
- Do not take gummy supplements or use transdermal supplements (patches)
- Take calcium supplements in divided doses of 500-600 mg throughout the day to meet recommendations
- Avoid taking iron supplement within 2 hours of taking calcium supplement or foods high in calcium
- Read the supplement facts label to ensure that your supplement meets the recommendations listed below
- Avoid taking vitamin and mineral supplements on an empty stomach

VITAMIN/MINERALS	NAME AND AMOUNT	AVOID
<b>Multivitamin</b>	<ul style="list-style-type: none"> <li>• Thiamin 12+ mg</li> <li>• Folic acid 400 - 800 mcg</li> <li>• Vitamin B12 350 – 500 mcg</li> <li>• Vitamin D 3,000 IU (75 mcg)</li> <li>• Vitamin A 5,000 – 10,000 IU (1,500 – 3,000 mcg)</li> <li>• Vitamin E 15 mg</li> <li>• Vitamin K 90 – 120 mcg</li> <li>• Copper 1 mg</li> <li>• Zinc 8 – 11 mg</li> </ul>	
<b>Iron</b> (from all supplement sources)	<ul style="list-style-type: none"> <li>• 18 – 60 mg</li> </ul>	Avoid taking with calcium
<b>Calcium citrate</b> (from food and all supplement sources)	<ul style="list-style-type: none"> <li>• 1,200 – 1,500 mg</li> <li>Take in divided doses of 500-600 mg</li> </ul>	Avoid taking with iron

**SAMPLE:** How vitamin and mineral supplements may fit into your day:

BREAKFAST:	LUNCH:	DINNER:
<p>Take bariatric multivitamin with iron with your meal</p>	<p>Take calcium citrate 500-600 mg with your meal</p>	<p>Take calcium citrate 500-600 mg with your meal</p>

## DUODENAL SWITCH

Take chewable or liquid supplements for the first month after surgery. You may then switch to capsules.



Chewable or Liquid Supplements



First month after surgery

- Start taking your supplements 2 weeks after surgery
- Do not take gummy supplements or use transdermal supplements (patches)
- Take calcium supplements in divided doses of 500-600 mg throughout the day to meet recommendations
- Avoid taking iron supplement within 2 hours of taking calcium supplement or foods high in calcium
- Read the supplement facts label to ensure that your supplement meets the recommendations listed below
- Avoid taking vitamin and mineral supplements on an empty stomach

VITAMIN/MINERALS	NAME AND AMOUNT	AVOID
<b>Multivitamin</b>	<ul style="list-style-type: none"> <li>• Thiamin 12+ mg</li> <li>• Folic acid 400 - 800 mcg</li> <li>• Vitamin B12 350 – 500 mcg</li> <li>• Vitamin D 3,000 IU (75 mcg)</li> <li>• Vitamin A 10,000 IU (3,000 mcg)</li> <li>• Vitamin E 15 mg</li> <li>• Vitamin K 300 mcg</li> <li>• Copper 2 mg</li> <li>• Zinc 16 – 22 mg</li> </ul>	
<b>Iron</b> (from all supplement sources)	<ul style="list-style-type: none"> <li>• 18 – 60 mg</li> </ul>	Avoid taking with calcium
<b>Calcium citrate</b> (from food and all supplement sources)	<ul style="list-style-type: none"> <li>• 1,800 – 2,400 mg</li> </ul> Take in divided doses of 500-600 mg	Avoid taking with iron

**SAMPLE:** How vitamin and mineral supplements may fit into your day:

BREAKFAST:	LUNCH:	AFTERNOON SNACK:	DINNER:
<p>Take bariatric multivitamin with iron with your meal</p>	<p>Take calcium citrate 500-600 mg with your meal</p>	<p>Take calcium citrate 500-600 mg with your snack</p>	<p>Take calcium citrate 500-600 mg with your meal</p>

## Physical Activity

Once cleared by your surgeon, include moderate- and/or vigorous-intensity physical activity that includes strength training 2-3 days per week. Most people need 300 minutes of moderate intensity activity (roughly 45 minutes per day) or 150 minutes of vigorous intensity activity (roughly 20 minutes per day) per week to maintain weight loss after weight loss surgery. Please see below for examples of moderate- and vigorous-intensity activities.

Physical activity doesn't just help you maintain weight loss: it lowers your risk of heart disease, stroke, type 2 diabetes, osteoporosis, dementia and Alzheimer's, some cancers, and pregnancy-related complications. Our patients report longer and better sleep and feeling more alert and rested with regular exercise.

In addition, physical activity helps to speed up your metabolism, elevate your mood, decrease stress, improve your aerobic fitness, maintain and/or increase your muscle and bone mass, and improve your sense of wellness and quality of life in the short and long term.

Any activity is good activity. The more you move and the less you sit, the better off you are. Including activities of different intensities and varieties throughout throughout the week helps to prevent boredom and increases fitness level.

### **TIPS FOR SAFE AND ENJOYABLE PHYSICAL ACTIVITY**

Invest in good shoes

- Wearing the right shoes will help to protect your joints and ligaments. Choose shoes that are appropriate for the type of activity you do the most.

Start slowly and build up gradually

- Be gentle with your body and start slowly. Doing too much too quickly may set you up for potential injury and burnout.

Make physical activity a part of your daily life

- Schedule an appointment with yourself to exercise. Think of your exercise as what it is: self-care for physical and mental health.

Create a balanced routine

- Avoid limiting yourself to just cardio. Resistance training, yoga, tai chi, Pilates, and dancing are additional ways to increase your fitness and improve your balance.

Do exercises you actually like

- You are more likely to stick to exercising if you do activities you enjoy. You don't have to run a single mile to be fit and strong.

Set realistic goals

- Setting smaller goals that are achievable will physically and mentally propel you to set bigger goals. For example, going to the gym 6 days a week sounds great but can you realistically manage that with your schedule?

Remain consistent




- Exercising gently and consistently will result in bigger changes than periodic intense/extreme activity. Exercising 2 hours a day may yield quick results in the short-term but you risk injury and burnout.

Plan for the long-term

- Think of activity as a lifetime commitment to your physical and mental health rather than a quick fix.

Practice gratitude

- Be grateful for what your body can do today. Listen to it; getting caught up with what your body can't do right now will rob you of the joy of the hard work you have done already.

		
<p><b>LIGHT ACTIVITIES</b> (normal breathing - able to sing)</p> <ul style="list-style-type: none"><li>• Yoga</li><li>• Walking</li><li>• Stretching</li><li>• House cleaning</li></ul>	<p><b>MODERATE-INTENSITY ACTIVITIES</b> (breathing hard but can still have a conversation)</p> <ul style="list-style-type: none"><li>• Brisk walking (at least 2.5 miles per hour)</li><li>• Water aerobics</li><li>• Dancing (ballroom or social)</li><li>• Gardening</li><li>• Tennis (doubles)</li><li>• Biking (slower than 10 miles per hour)</li><li>• Fitness class in person or online video (Zumba, etc)</li></ul>	<p><b>VIGOROUS-INTENSITY ACTIVITIES</b> (breathing hard and can only say a few words)</p> <ul style="list-style-type: none"><li>• Hiking uphill</li><li>• Running</li><li>• Swimming laps</li><li>• Tennis (singles)</li><li>• Jumping rope</li><li>• Biking (10 miles or more per hour)</li><li>• Bootcamp type fitness classes</li></ul>



**You must obtain clearance from your surgeon before starting strenuous activity.**

## HOW TO GET ENOUGH PHYSICAL ACTIVITY FOR THE WEEK

### SAMPLE 1:

Sunday	Rest	Rest
Monday	Walking	30 min
Tuesday	Weight lifting (strength training)	20 min
Wednesday	Stationary bike	30 min
Thursday	Weight lifting (strength training)	20 min
Friday	Elliptical	30 min
Saturday	Yoga/stretching	20 min

**Total: 150 minutes**

### SAMPLE 2:

Sunday	Rest	Rest
Monday	Brisk walking/jogging	45 min
Tuesday	Weight lifting (strength training)	40 min
Wednesday	Bootcamp with cardio/strength training	45 min
Thursday	Weight lifting (strength training)	40 min
Friday	Swimming	45 min
Saturday	Yoga/stretching	35 min

**Total: 250 minutes**

**SAMPLE 3:**

<b>Sunday</b>	Uphill hike	<b>60 min</b>
<b>Monday</b>	Weight lifting (strength training)	<b>30 min</b>
<b>Tuesday</b>	Brisk walk with hand weights	<b>30 min</b>
<b>Wednesday</b>	Zumba or water aerobics	<b>45 min</b>
<b>Thursday</b>	Stationary bike; weight lifting (strength training)	<b>45 min</b>
<b>Friday</b>	Yoga	<b>45 min</b>
<b>Saturday</b>	8-10 mile bike ride	<b>60 min</b>

**Total: 315 minutes**



# Possible Postoperative Complications



## NAUSEA AND/OR VOMITING

- Eat slowly and chew food thoroughly
- Stop eating when just satisfied, not overfull
- Avoid foods and beverages high in sugar and fat
- Don't drink with your meals and for 30 minutes after your meals
- Slowly sip on fluids between meals and avoid drinking too much at once



## DIARRHEA

- Avoid foods with lactose (see Lactose Intolerance for more details)
- Eat slowly and chew food thoroughly
- Avoid foods and beverages high in sugar and fat
- Don't drink with your meals and for 30 minutes after your meals
- Limit sugar-free products sweetened with sugar alcohols. They can cause GI distress. Look for ingredients that end with -ol (malitol, sorbitol, xylitol, etc).



## CONSTIPATION

- After weight-loss surgery, the frequency and consistency of your bowel movements (BM) will change. You will have fewer BMs than usual because you are eating less. Also, narcotic pain medications, such as Norco, Vicodin, hydrocodone, Percocet, Lortab elixir slow the rate of food and fluid traveling through the gastrointestinal tract

- Missing a BM does not necessarily mean you are constipated; however, if your stool is hard and difficult to pass and you go several days without a BM, you most likely are experiencing constipation
- Establishing normal bowel habits after weight loss surgery is important to prevent the discomforts of constipation.

### Some short-term solutions are:

1. Drink more fluids – your daily goal is 64+ ounces.
2. Stay active – walk, walk, walk.
3. Take one ounce of Milk of Magnesia if you have not had a BM in 4 days.

### Some long-term solutions, as you fully advance your diet, include:

1. More fiber-rich foods: beans, lentils, vegetables, fruits, whole grain, nuts and nut butters, and avocados.
2. More fluids - your daily goal is 64+ ounces. The more fiber-rich foods you eat, the more fluids you will need to drink.
3. Physical activity - begin or increase regular exercise.
4. A fiber supplement like Benefiber or Metamucil. Benefiber can be stirred into food if you are not able to drink 4-8 ounces of water at once. Powdered Metamucil must be stirred into 8 ounces of water/fluid; if you are unable to drink 8 ounces of water at once, you can take the capsule form. The capsule form still requires that you drink 8 ounces of water.



## GAS AND BLOATING

You may experience gas and bloating after surgery. Eating and drinking quickly can create or worsen gas and bloating symptoms. You may also develop lactose intolerance after surgery (see Lactose Intolerance below).

- Sip on fluids - don't gulp
- Eat slowly and chew food thoroughly
- Avoid chewing gum
- Don't drink with a straw



## LACTOSE INTOLERANCE

You may develop lactose intolerance after weight loss surgery; you may be able to tolerate yogurt and cheese but not milk. Symptoms may include abdominal pain, gas, bloating, and diarrhea.

- Track your food, beverages, and symptoms to properly diagnose lactose intolerance
- Avoid dairy products (milk, cheese, cottage cheese, yogurt) that you notice symptoms with
- Switch to lactose-free protein supplements or lactose-free milk, yogurt and other dairy products (for example: Lactaid, Green Valley, etc)
- Use a lactase enzyme, such as Lactaid, when eating dairy products



## HEART BURN

- Don't lay down for 3 hours after eating
- Eat slowly and chew your food thoroughly; eating fast will cause you to overeat and have heartburn
- Stop eating when satisfied, not overfull

- Avoid high fat and high sugar foods and beverages
- Don't drink with your meals and for 30 minutes after your meal
- Take your GERD medication as directed



## WEIGHT PLATEAUS

There are many variables to weight loss. Gender, body composition, age, genetics, BMI, and level of activity are some of the factors that affect weight loss in general. Your weight may plateau from time to time after surgery. **This is normal.** How quickly and how much weight a patient loses is unique to them.

- Avoid comparing your progress with others
- Don't weigh yourself more than once per week
- Take inventory of your lifestyle and diet and ask yourself the following questions:
  1. Are you meeting your protein and fluid goals?
  2. Are you eating regular meals with protein, vegetables, fruits and whole grains?
  3. Are you mindful of your food choices?
  4. How active are you?
  5. How is your sleep?
- Be consistent with your newly-formed healthy habits
- Maintain your follow-up schedule with your Weight Loss Center team



## DUMPING SYNDROME

More common with gastric bypass than gastric sleeve or duodenal switch, dumping syndrome occurs when partially digested foods, beverages, and stomach acid pass quickly from the stomach into the small intestine.

Symptoms include abdominal pain, nausea, vomiting, diarrhea, sweating, rapid heartbeat, dizziness, and faintness. Symptoms start 10-30 minutes after eating meals and may last 30 minutes to several hours.

- Avoid drinking sweetened beverages such as sodas, lemonade, iced tea, sports drinks, and juice
- Avoid eating white rice, white pasta, white bread, and high sugar cereals, desserts, candy, cookies, and ice cream
- Don't drink with your meals and for 30 minutes after your meals
- Talk to your Weight Loss Center Team or surgeon if you experience dumping syndrome regularly



## LATE DUMPING SYNDROME (REACTIVE HYPOGLYCEMIA)

Late dumping syndrome occurs when blood sugar drops below 70 mg/dL about 1 to 3 hours after eating. Symptoms include low blood sugar (70 mg/dL or lower), hunger, weakness, sweating, rapid heartbeat, dizziness, tremors, confusion, and faintness. Patients most commonly experience late dumping syndrome 12 to 24 months or later after bariatric surgery.

- Eat small, frequent meals (6-8 per day)
- Balance meals AND snacks with protein, fiber, and healthy fats

- Eat slowly and chew food thoroughly
- Avoid drinking with meals and for 30 minutes after meals
- Talk to your Weight Loss Center Team or surgeon if you are experience late dumping syndrome regularly



## DEHYDRATION

Dehydration is a common but serious problem after bariatric surgery. You are not able to drink large quantities of water at once, use straws, or drink with your meals and for 30 minutes after your meals after bariatric surgery. This puts you at risk for dehydration.

- Drink at least 64 ounces of fluids daily
- Sip on fluids between meals
- Make water your beverage of choice. Add sliced citrus, fruit, cucumbers, or mint sprigs to your water for flavoring if needed. Unsweetened herbal iced or hot teas are additional refreshing choices.
- Enjoy sugar-free beverages in moderation.
- Avoid high fat (full fat milk) and high sugar beverages

Please complete your laboratory orders when instructed.



## HAIR SHEDDING

Hair shedding, commonly observed 3-6 months after surgery, may be related to significant weight loss and the stress of surgery. To maintain good health and hair, you must also:

- Eat enough protein - at least 60 grams daily

- Eat a balanced diet that includes protein, fiber and healthy fats
- Take your recommended vitamin and mineral supplements (talk to your registered dietitian who can individualize your supplement regimen for you)
- Keep up with all follow-up appointments with your Weight Loss Center Team and your surgeon

You will be asked to complete blood tests before some of your follow-up appointments. This is an important tool your providers use to monitor your progress and address any dietary and supplementation deficiencies that lead to postoperative complications including unwanted changes in hair. Please complete your laboratory orders as requested by your Weight Loss Center Team or surgeon.



### **PREGNANCY**

Planning on becoming pregnant? Wait at least 12-18 months after surgery to attempt pregnancy; be sure your surgeon knows if you plan to have children as this may affect which surgery you receive.



### **DEPRESSION AND PSYCHOLOGICAL DISTRESS**

Patients who have had bariatric surgery can experience:

- Marital stress
- Relationship changes
- Mood changes
- Increase in anxiety
- Increase in substance use

- Increase in addictive behaviors

If you experience any of the above, please do not hesitate to discuss with your Weight Loss Center Team. They can provide you with a referral to mental health professionals.



### **ALCOHOL CONSUMPTION**

Alcohol will be metabolized differently after weight loss surgery.

- Don't drink alcohol if you're actively trying to lose weight
- Plan to avoid alcohol for 1 year after weight loss surgery

High alcohol intake increases risks for ulcers after weight loss surgery.



### **SUPPORT GROUP**

Attend support group! The Dignity Health Weight Loss Center offers a monthly support group each second Tuesday of the month, from 6-7 pm. Attending support group is critical to maintaining your success and coping with all the changes that await you after weight loss surgery.