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Introduction

We realize that you have made a very important and significant decision when you chose to have gastric bypass surgery. Gastric bypass can aid you in losing a significant amount of weight in order to improve your health. You understand that it will not cure obesity, but is a powerful tool to be used to control weight. Like any other tool, it needs to be used properly to achieve the best results. Gastric bypass surgery is still a weight loss plan, which requires proper food choices, healthy eating habits and exercise to be successful.

This manual will guide you through the post-operative period and help you get the most out of this tool. It has been developed for patients of PinnacleHealth Weight Loss Center. It may differ slightly from other Bariatric surgeons’ programs. Each program is unique and is designed for its specific population.

Instructions and guidelines for your arrival home and before your first post-surgical visit are discussed first. Wound care, “danger signs” and prescriptions are covered.

The next part of the manual will explain the dietary transitions that are used immediately after surgery until the pouch has healed and is ready to be used most effectively. We recommend that you follow the sample diets listed for the liquid stages after surgery. They are designed to help prevent excess "water" weight loss immediately after surgery, which could contribute to dehydration. They also provide ample protein to promote healing. You may notice that some foods are recommended during earlier stages, but not later. These foods, although helpful during the transition, may impede or slow weight loss.

The following section deals with long-term dietary recommendations and advice on how to get the best results from your surgery. Protein needs and sources are discussed, as well as dumping syndrome. Vitamin and mineral needs are covered in the nutritional supplement section.

There is also a section on possible problems that can occur after gastric bypass surgery and how to either avoid or manage them. Some problems deal with symptoms you may experience after surgery, while others discuss conditions that may develop.

The last section includes protein supplement recipes, sample grocery list for post gastric bypass diet restrictions, and exercising before and after gastric bypass surgery.

We hope you find the information contained in this manual helpful. The manual covers most of the issues you may face after gastric bypass surgery, but is by no means all-inclusive. Please do not hesitate to contact our office with any questions or concerns you may have.
Supplement Disclaimer

Throughout the manual there may be recommendations that include supplements offered by our facility. Often, patients have been unsure or confused about which supplements they should use after surgery. When we surveyed our patients, we found they preferred specific recommendations for the dietary stages post-surgery, as well as nutritional supplements.

We look at the following areas when evaluating supplements.

**Quality**
The products must be from companies that use high quality ingredients and have strict quality control policies.

**Appropriate After Gastric Bypass**
The products must be in forms that are appropriate and effective in the changed body environment that is present after gastric bypass surgery.

**Cost.**
We considered the costs of supplements. Supplements should be not only effective, but also affordable.

**Taste.**
Many patients expressed dissatisfaction with the taste, consistency or volume of many of the popular supplements available to the public. We tried every supplement before recommending it.

We have found some supplements that we feel meet all of these requirements and recommend them. Due to the high quality and standards, many are available only to the medical community. We attempt to give alternative options throughout the manual.

The supplements are offered through our facility to assist patients in using high quality, affordable products. We feel that they will help you to get the best results from your surgery, but the use of specific brands of supplements is optional. We are in the medical business, not the supplement business. Please do not feel that you are obligated to purchase the supplements available for purchase in our office.
Surgery and
Your Hospital Stay
Surgery and Your Hospital Stay

The Day of Surgery
- Do not wear makeup.
- Do not wear jewelry. Remove all piercings.
- Remove nail polish.
- Wear loose, comfortable clothing.

You will report to the Admissions department at the hospital. Once your registration information is verified, you will be taken to the pre-surgical area. A nurse will go over the consent for surgery and ask you some questions about your medications and medical history. You will be asked to remove all jewelry (if you haven’t done so already) and clothing then change into a hospital gown. The nurse will place special stockings (TEDS) on your legs to aid in circulation during your hospital stay. An I.V. will be placed in your arm for easy access for medications. You will meet with the anesthesiologist and discuss your concerns for the surgery. At some point you will be taken to the operating room and put to sleep for the operation. A catheter will be placed in your bladder to void your urine. Following the operation, you will awake in the recovery room. After your vital signs have been taken, and you are stable, you will be taken to your room. Please remember that mornings are a very busy time for the operating room and staff. There are times that there may be delays in your surgery or your pre-operative care. We ask that you be patient and realize that a delay would only occur for an emergent reason on another patient/surgeon’s behalf.

Your family will be with you until you go to the operating room. At that time, they will be shown to the surgical waiting area. The surgery takes approximately 1 hour. Your family, in most cases, will not see you until you go to a regular hospital room. The surgeon will come to talk to them following your surgery, while you are in the recovery room.
In The Hospital
You should expect to be in the hospital a total of 3-4 days following your surgery. When you awake, you may have a drain attached to your gown. This drain is to help remove excess fluid from the surgery. The drain is usually removed before you leave the hospital. You may also have a urinary catheter in place. In most circumstances, the catheter in your bladder will be removed within 24-hours following your surgery. Your diet will be NPO (nothing by mouth). Ice chips will be restricted to 1 cup every 8 hours. Additional nutrition and fluids may be given by use of your I.V. until proper testing can access your surgical progression.

Your pain management will depend on your discussion with the surgeon and/or anesthesiologist pre-operatively. Some patients will have patient controlled analgesic pumps (PCA); others will receive pain medications through their I.V.’s or by injection. If at any time you feel that your pain is not under control, please discuss this with your nurse, or with the doctor that will visit with you each day. Also remember, pain management does not mean pain free. It will be impossible to relieve all the aches and pains that you should expect. This soreness will decrease over the next few days.

Nurses and Personal Care Assistants will check your incision areas and vital signs (blood pressure, temperature, and pulse) at regular intervals. This will include late night and early morning visits. Please remember that everybody involved has your best care in mind. These late night/early morning visits are to help ensure your health and safety.

You may be asked to do breathing exercises with an incentive spirometer, to help prevent pneumonia and other respiratory problems. You will also be assisted out of bed and encouraged to walk as much as possible. Being mobile will help prevent pneumonia, blood clots, constipation and other post-operative problems. You will be asked to walk the halls at least twice a day and to sit in a chair, out of bed, as much as possible. The hospital asks that patients not leave the floor except for testing or procedures without permission from the physician.

Visiting hours are from 12 noon until 8:00 p.m. Exceptions are sometimes made for patients who are going to early or late procedures, so that family members may be present. Please speak to the charge nurse if this situation applies to you. Please remember to be considerate of your roommate.

Two days after your surgery, you will undergo a blue dye test to check for “leaks” at the stomach surgical site. Pending the results of that test, you may have permission to begin your clear liquid diet. This diet will be followed according to your discharge instructions. Please inform the hospital staff if you are having difficulty tolerating liquids.
Post-Operative Instructions: When You Go Home
Post-Operative Instructions: When You Go Home

Post-op Care
Upon arriving at home, call the Weight Loss Center to schedule a one to two week follow-up appointment with your surgeon. At home, patients are encouraged to engage in light activity until they are evaluated at the first follow-up appointment with the surgeon, approximately one to two weeks after discharge. Patients may go up and down stairs, walk in and around the house and drive in a car. To decrease your post-surgical risk, avoid the following:

- No heavy housework (this includes vacuuming)
- No lifting or holding children or animals
- No lifting more than 10 pounds
- No sexual intercourse

These restrictions will be modified once you have your first follow-up appointment with the surgeon. Any other activity can be done in moderation as tolerated. Two weeks after surgery, most patients can begin an exercise program, such as walking.

Care of Wounds and Danger Signs
Care of your surgical wounds is important. In most cases, patients will have about 5 small incisions on their abdomen. These incisions are closed with stitches on the inside and dissolve in 4-6 weeks. The clear cover dressing over these incisions can be removed in 3 days. You may shower 3 days after surgery with hospital assistance. You should not take a bath (stand up shower only) until you have had your first follow-up appointment to ensure that your incisions are healing well. No ointments or special creams are recommended to be used on these incisions. A bariatric surgeon is available for emergency assistance 24 hours a day by calling The PinnacleHealth Weight Loss Center.

You should call our office if you develop any of the following:

- Temperature of greater than 101°F
- Increased abdominal pain or swelling
- Increased incision pain, redness, heat or swelling
- Pus-like drainage from your incision
- Persistent nausea or vomiting
- Persistent cough and shortness of breath
- Difficulty swallowing that does not go away within 2 weeks
- Bleeding
Any of these symptoms may indicate a wound infection or other complication. One of the most common signs of infection is incision drainage. Normal drainage may look like blood or a yellow-red color. If it is thick and brown or yellowish you should call our office. Also, if there is any odor or pus-like discharge, place clean dry gauze dressing over the site and call our office A.S.A.P.

**Pain after Surgery**

Although laparoscopic surgery causes less pain than open surgeries, it does not prevent all pain. Everyone experiences pain after surgery. How much pain varies per person and is affected by that person’s pain tolerance. You will be given prescriptions for pain medications when you are discharged from the hospital. Expect to be sore the first week after surgery. The pain should be tolerable. You should not have so much pain that you are unable to function at home. Contact the office if you are experiencing significant pain. Most patients experience pain under the leftmost surgical incision for about a month after surgery.

**Prescription Medications and PRN Medications**

Upon discharge from the hospital you may be given prescription pain medication and other medications. Please remember to take your prescriptions as directed. Should you find that a certain medication is not working well for you, please call our office. Prescriptions can be requested Monday thru Friday, 8:15am to 5:00pm. No weekends or holidays. Please have your pharmacy phone number available. Unfortunately, we are unable to prescribe medications that were not initiated by our office. This means that if your family doctor has prescribed medications for you, we are unable to call-in refills.

If you are prescribed Celebrex, please be aware that the cost may not be covered by your insurance. If this is the case, you may ask your pharmacist to fill half the prescription, and return to the pharmacy in the event you should need the remainder of the prescription.

You should discuss all of your medications with the doctor prior to discharge from the hospital. Blood pressure medication, insulin, blood thinners and other “non-gastric bypass related medications” should be addressed. Follow the medication instructions given to you at the time of your discharge from the hospital. If you have any questions or concerns, feel free to call the office. We will ask you to update our office, with your medication list, at every visit. You will also be asked to take a multi-vitamin every day. Blood work will be done at specific intervals (i.e. 3 months, 6 months, and yearly) to check your various levels.
Diet Progression Following Gastric Bypass Surgery
Diet Progression Following Gastric Bypass Surgery

The following stages describe the progression of your diet following gastric bypass surgery. Your newly formed pouch and connections require time to heal and adjust to the changes created by the surgery. The following stages allow this process to occur without putting undo stress on these areas. Following these guidelines will help improve your tolerance to food, promote healthy eating habits and support weight loss.

Immediately following your surgery, you will not be allowed to eat or drink anything except ice chips. You will receive fluids and nutrition intravenously.

Progression Starting after Discharge from Hospital

Stage 1 (Clear Liquids)  Duration: Clear liquids for 1 ½ days at home.
After surgery, you will be started on a clear liquid diet. You will continue to consume clear liquids at home. The main purpose of the clear liquid diet is to provide adequate fluids to prevent dehydration while the digestive system recovers from surgery.

Stage 2 (Full Liquids)  Duration: Full liquids for 7 days.
At the second stage, the digestive system is recovered from the effects of surgery and can tolerate more foods. This stage still prevents dehydration but also provides nutrition to promote recovery and healing.

Stage 3 (Soft Diet)  Duration: Soft diet for 14 to 21 days.
It takes approximately 4-5 weeks for the suture lines to heal after surgery. The Soft diet stage consists of mechanically soft foods that will not place stress on the new stomach. It is also a time to learn what “full” is. The amount of high-calorie liquids that may be consumed changes slightly at this stage.

Stage 4 (Regular Diet)  Duration: From 1 month, ongoing.
Your stomach has now healed to the point where it can be used in the capacity of a weight loss tool. You will progress to a regular diet as tolerated. We recommend that you eat three small meals a day and consume a high-protein drink or snack. Nearly all of the beverages you drink should be non-caloric beverages.

Follow the guidelines in the Sleeve Gastrectomy: The Rules of the Tool handout. Talk to your doctor if you have any trouble advancing your diet from one stage to another, especially if the trouble occurs from liquids to solid food.
Stage 1: Clear Liquids
Stage 1: Clear Liquids

Approximately one and a half days after surgery, you will be started on a clear liquid diet. The clear liquid diet is used initially following gastric bypass surgery, as it requires minimal digestion and does not stress the newly formed pouch.

- Clear liquids are defined as liquids you can see through.
- You will stay on clear liquids for one and a half days before advancing to a full liquid diet.
- Consume at least 60 grams of protein per day. Some patients may require more, as advised.
- A minimum of 32 ounces (4 cups) per day is required to prevent dehydration.
- It is best to drink liquids at room temperature.
- Liquids should be sipped, not gulped.
- Drink 1 oz. every 30 minutes from a 30-cc medicine cup or 1-ounce shot glass, always measure.
- Do not use a straw.
- Avoid chewing gum.

You may eat the following foods while you’re on the clear liquid diet:

- Clear Liquid Protein supplements (see next page)
- Clear unsweetened fruit juice: apple or cranberry (must be 100% juice)
- Water
- Unsweetened coffee or tea (decaf)
- Sugar-free drinks: Crystal Light, Fruit-2-O, and sugar-free Snapple
- Sugar-free drink mixes
- Clear broth or bouillon
- Sugar-free gelatin
- Sugar-free popsicles (flavored water type)
- Sugar substitutes: Splenda, Equal, and Sweet-n-Low.

**AVOID**

Fruit nectars, juices with pulp, sweetened fruit juices, sweetened drink mixes, milk, milkshakes, cocoa, sports drinks, alcohol, and carbonated beverages: soda, club soda, sweetened flavored water, regular gelatin, ice cream/popsicles or popsicles with fruit pieces.

*If it is not on the list, do not drink it.*

*Stay on the clear liquid diet for one and a half days.*
Clear Liquid Protein Supplement Options

- **New Direction Clear Liquid Fruit Drinks (WLC)**
  - (1 pack: 70 calories, 15 gm protein)

- **UNJURY unflavored protein powder (mixed with clear liquid beverages)**
  - (1 scoop: 80 calories, 20 gm protein, 1 gm carb)

- **UNJURY chicken soup flavor (mixed with warm water)**
  - (1 scoop: 90 calories, 21 gm protein, 1 gm carb)

- **UNJURY strawberry sorbet flavor (mixed with water)**
  - (1 scoop: 100 calories, 20 gm protein, 3 gm carb)

- **Pure Protein Whey Shot**
  - (1 vial: 210 calories, 50 gm protein, 3 gm carb)

- **Nature’s Best Isopure Zero Carb**
  - (20 oz. bottle: 160 calories, 40 gm protein, 0 gm carb)

- **New Whey Liquid Protein Shot**
  - (3.8 Fluid ounces or 1 tube: 180, 42 gm protein, 2 gm carb)

* = Gluten Free product

+ = Unjury products are available at www.unjury.com only.
Stage 1: Sample Clear Liquid Diet

During the clear liquid phase of your diet progression after surgery, you will need to consume a minimum of 32 ounces (4 cups) of liquid daily to prevent dehydration. Drinking more than this amount is helpful and recommended. The sample menu below is recommended to provide the amount of fluids, calories and protein needed to optimize your recovery and weight loss following surgery. It will also minimize excess fluid loss. We have researched the food supplements listed. They provide a high quality source of protein in a volume compatible with bariatric surgery. We also feel they are some of the best tasting supplements available. Follow this diet for three and a half days. Of course, you may choose to select other food items that are listed in the clear liquid diet sheet.

Sample Menu (using Weight Loss Center Protein Supplements)

- New Direction Protein Supplements: Consume four packs daily.
- Unsweetened fruit juice: Limit to 8 ounces daily.
- Any additional liquids must be chosen from the clear liquid list and should be low or non-caloric drinks.

Sample Liquids for 60 grams Protein in One Day

<table>
<thead>
<tr>
<th>Protein (grams)</th>
<th>8 oz. High-protein, low-sugar liquid protein drink</th>
<th>20 g</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>8 oz. High-protein, low-sugar liquid protein drink</td>
<td>20 g</td>
</tr>
<tr>
<td></td>
<td>4 oz. of fruit juice</td>
<td>0 gm</td>
</tr>
<tr>
<td></td>
<td>8 oz. High-protein, low-sugar liquid protein drink</td>
<td>20 g</td>
</tr>
<tr>
<td></td>
<td>4 oz. water</td>
<td>0 gm</td>
</tr>
</tbody>
</table>

44 Total ounces Liquid

60 grams Total Protein

- If you experience dumping syndrome symptoms after drinking fruit juice, dilute it 1:1 with water.
Stage 2: Full Liquids
## Stage 2: Full Liquids

The full liquid diet is used following surgery as a transition between clear liquids and solid foods. The full liquid diet provides more nutrition and variety than the clear liquid diet.

- Liquids should be sipped slowly.
- You will stay on full liquids for 7 days before advancing to a soft diet.
- Consume at least 60 grams of protein per day.
- Drink 1-2 ounces every 30 minutes.
- Drink fluid slowly.
- A minimum of 32 ounces per day is required to prevent dehydration.
- Stop eating/drinking before becoming full.
- Avoid chewing gum.
- Do not drink from a straw.

You may eat the following foods as well as foods on the clear liquid diet sheet while you are on the full liquid diet.

### Protein-Containing Products

**Dairy Products**

- Milk - skim, 1%, Lactaid, soy
- Light Artificially sweetened yogurt (no seeds or fruit)
- Yogurt shake*
- High protein eggnog*
- Sugar-free pudding

**New Direction (WLC)**

- Drinks, puddings/shakes, and soups.

**Commercial Protein Supplements**

- Protein shakes, powders (flavored or unflavored)
- Pre-mixed liquids (for examples see page 54)
  (Less than 8 g carbohydrate, less than 120 calories per serving)

*Recipes on page 58.
Stage 2: Full Liquids (continued)

Your guide to choosing the best yogurt
One serving of yogurt (4-6 ounces) should have

- Less than 20 grams of sugar
- 140 calories or less
- 7 grams or more of protein

Recommended yogurt
- Chobani Greek yogurt -plain, vanilla, lemon, or peach (without the chunks of peaches during full liquid)
- Oikos Greek vanilla yogurt
- Yoplait Greek vanilla yogurt
- Stonyfield 0% fat, 100 calories yogurt -vanilla

Non-Protein Products

Soups
- Broth, bouillon, strained low-fat cream soup

Vegetables
- All vegetable juices

Fruits
- All 100% fruit juice
  (Attempt to limit to one 8-oz serving daily)

Desserts
- Sugar-free gelatin, sugar-free popsicles

Beverages
- All beverages listed on clear liquid sheet,
  Sugar-free cocoa

Miscellaneous
- Salt, mild spices, sugar substitutes
Stage 2: Sample Full Liquid Diet

During the full liquid phase of your diet progression after surgery, you will need to consume a minimum of 32 ounces (4 cups) of liquid daily to prevent dehydration. Drinking more than this amount is helpful and recommended. Remember to continue to drink 1-2 oz. every 30 minutes, always measure. The sample menu below is recommended to provide the amount of fluids, calories and protein needed to optimize your recovery and weight loss following surgery. We have researched the food supplements listed. They provide a high quality source of protein in a volume compatible with bariatric surgery. Follow this diet for seven full days. Of course, you may choose to select other food items that are listed on the full liquid diet sheet.

Sample Menu (using Weight Loss Center Protein Supplements)

- New Direction Protein Supplements: Consume four packs daily.
- Milk (skim or 1%): May be used to prepare all full liquid protein supplements
- Any additional liquids must be selected from the full liquid list and should be low or non-caloric drinks.

Sample Diet for 70 grams Protein per day

<table>
<thead>
<tr>
<th></th>
<th>Protein (grams)</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 oz. High-protein, low-sugar liquid protein drink</td>
<td>20 g</td>
</tr>
<tr>
<td>8 oz. skim or 1% milk</td>
<td>8 g</td>
</tr>
<tr>
<td>8 oz. High-protein, low-sugar liquid protein drink</td>
<td>20 g</td>
</tr>
<tr>
<td>8 oz water</td>
<td>0</td>
</tr>
<tr>
<td>8 oz. High-protein, low-sugar liquid protein drink</td>
<td>20 g</td>
</tr>
<tr>
<td>12 oz. Water</td>
<td>0</td>
</tr>
<tr>
<td>8 oz. High-protein, low-sugar liquid protein drink</td>
<td>20 g</td>
</tr>
</tbody>
</table>

60 Total ounces Liquid  88 Total grams Protein

- If you experience dumping syndrome symptoms after drinking fruit juice, dilute it 1:1 with water.
- This sample menu provides at least 60 oz. of liquid, 88 gm of protein, and 500 calories.
Stage 3: Soft Foods
Stage 3: Soft Foods

The soft diet is used following surgery as a transition between full liquids and regular solid foods.

- You will stay on a soft diet for fourteen to twenty-one days before advancing to a regular diet as tolerated.
- Limit your portion size to ¼ cup per meal. Stop eating when you become full.
- Eat three meals a day.
- Consume at least 60 grams of protein per day. Supplement your protein needs with low-calorie, low-carbohydrate protein supplements as needed to meet the recommended daily amount of protein.
- Continue to drink at least 32-64 ounces of liquid per day. You may be able to drink several ounces of liquid every thirty minutes. Drink slowly and do not swallow more than one ounce at a time.
- Avoid drinking fluid with meals and drink all fluids between meals. Stop drinking 30 minutes before eating do not resume drinking for 45-60 minutes after eating.
- Do not use a straw.
- Avoid chewing gum.
- Begin with softer, mushier foods. It is very important that foods are chopped or pureed to a fine and moist consistency; add light mayo, fat-free gravy, mustard, water, or milk to moisten.

You may eat the following foods on a soft diet.

### Soft Foods Containing Protein

#### New Direction (WLC) protein Supplements

- Drinks
- Puddings/shakes
- Oatmeal
- Soups

#### Eggs

- Soft or hard-boiled egg
- Scrambled egg with/without cheese
- Omelet with/without cheese
- Egg salad

#### Dairy products

- Milk- skim, 1%, Lactaid, soy
- Yogurt, Greek yogurt with or without fruit (less than 20 grams sugar in 4-6 ounce serving)
- Pudding (sugar-free)

### Peanut Butter (creamy)

#### Cheese

- Cottage cheese
- 1% Ricotta cheese, part skim

#### Poultry and Fish (avoid 1st week of soft stage)

- Chicken, white or dark
- Turkey, white or dark
- Tuna
- Fish: haddock, flounder (mild, flaky fish)

***Chicken, tuna and turkey should be chopped very finely in a blender or food processor. Add light mayo, light gravy, or broth to moisten. Do not add celery or onion.***
Stage 3: Soft Foods (continued)

Non-Protein Soft Foods

Broth or bouillon

Soups (low-fat, pureed, no legumes)

Cereals
  - Cream of wheat
  - Cream of Rice
  - Farina
  - Oatmeal

Vegetables
  - Potatoes- baked, mashed or boiled (Remove skin)
  - Sweet potatoes (remove skin)
  - Soft, tender cooked vegetables (without peels or seeds)- such as carrots and green beans

Fruits
  - Applesauce
  - Ripe banana
  - Canned unsweetened fruit (no pineapple or mandarin oranges)
  - “Mushy” peeled fruits
  - No citrus fruit sections
Stage 3: *Sample Soft Food Diet*

- Consume at least 60 grams of protein per day. Some patients may require more as advised.
- You will stay on a soft diet for approximately fourteen to twenty-one days before advancing to a regular diet as tolerated.
- Limit your portion size to \( \frac{1}{4} \) cup. Because these foods are soft, they may move through the pouch quicker, allowing you to eat more than you could with more dense foods.
- Stop eating when you become full. Use this stage to learn what “full” feels like.
- Drink liquid continuously between meals
- Eat three meals a day. If you become hungry between meals, select a low-calorie, low-carbohydrate protein supplement.
- Supplement your protein intake as needed to meet estimated protein needs. More supplements may be necessary if adequate protein is not obtained through food alone.
- Continue to drink 32-64 ounces of liquid per day.
- Stop drinking 30 minutes before eating do not resume drinking for 45-60 minutes after eating. This will prevent “filling up” with liquids or flushing food through the pouch.

<table>
<thead>
<tr>
<th>Sample A</th>
<th>Sample B</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>1 scrambled egg</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>( \frac{1}{4} ) cup Greek yogurt</td>
</tr>
<tr>
<td><strong>Protein Supp</strong></td>
<td>Protein shake (15-20 g)</td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td>( \frac{1}{4} ) cup tuna salad</td>
</tr>
<tr>
<td><strong>Protein Supp</strong></td>
<td>Protein Drink (15-20 g)</td>
</tr>
</tbody>
</table>
Stage 4: Regular Diet
Stage 4: *Regular Diet*

At this time, your pouch has had time to heal and you are ready to begin using your new “tool” in earnest. Remember that this surgery works by primarily reducing the amount of food you can eat at a time. You may experience dumping syndrome (see page 44). It is important to avoid foods that are high in sugar and fat content. You may have difficulty eating spicier foods and foods with crunchy textures. It is possible that foods that irritate your stomach at first may become more tolerable with time. Inform your doctor if you are having difficulty progressing from soft to regular foods. It is very important to use this tool appropriately in order to have the most success. Use the following guidelines when you begin the regular diet.

- **Eat three meals a day.**
- **Use a low-calorie, low-carbohydrate protein supplement to meet your protein requirements.**
- **Continue to drink 64 ounces of low or non-caloric liquids daily.**
- **Your estimated daily protein needs:** ________________

- **Meals.**
  - Begin with meals approximately ¼ cup (= 2 oz. or 4 TBSP) in volume. Since the foods you will be eating are more solid than the soft diet foods, you will most likely be able to eat less at the beginning of this stage.
  - Eat 1/8 cup or 1 oz. of food over 15 minutes. If you feel full, stop eating. If not, continue to eat over the next 15 minutes until you feel full, or eat a ¼ cup of food, and then stop. You may not be able to eat your full meal.
  - At least ⅔ of each meal should consist of protein. In the beginning, nearly all of your meal may be protein. Several months after surgery, when you are able to eat 2-3 oz. of protein at a meal, you may add other foods. Eat the protein first to make sure you do not get full first. Choose lean sources of protein.
  - The remainder of the meal should consist mainly of non-starchy vegetables or fruit. Starches should be the smallest portions.

- **Drinking liquids.**
  - Stop drinking 30 minutes before meals. Do not resume drinking for 45-60 minutes after a meal.
  - Limit or avoid high calorie beverages. Limit fruit juice to no more than 6 oz. of 100% fruit juice per day.
Meal Portion Recommendations

Controlling the size of meals prevents over-stretching of the pouch. Follow this guide for the first year after gastric bypass surgery.

**Meal Size Limit in Months after Surgery**

<table>
<thead>
<tr>
<th></th>
<th>3 months</th>
<th>6 months</th>
<th>9 months</th>
<th>12 months</th>
</tr>
</thead>
<tbody>
<tr>
<td>¼ cup</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>½ cup</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>¾ cup</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 cup</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

- The portion indicated refers to an entire meal.
- Practice measuring your meals in a measuring cup.
- The meal size at one year after surgery should be 1 cup of food three times per day. This is where progression stops and you continue having 1 cup of food per meal.
- Until portion size reaches ½ a cup per meal, patients require additional protein supplements in between meals in order to meet individual protein needs.

**Reintroducing Foods on a Regular Diet**

You will find that your new pouch is similar to a baby’s stomach. There will be some foods that you may not tolerate immediately after surgery, but do fine with later. There may be some foods that you never tolerate after surgery. Introduce new foods as you would with a baby; one new food at a time and take a small amount. If the food does not agree with you, try again in a few weeks. Each patient tolerates certain foods differently. We have found the following recommendations will serve most patients.

- **Red meat:** Avoid red meat for the first 4-6 weeks after surgery. Red meat may be the food that takes the longest to tolerate. It is because beef (and pork) is denser and contains a large amount of connective tissue, which makes it harder to digest. Start with ground beef cooked in a “crumbled” form. Hamburgers must be chewed very carefully. Do not attempt steak until 3 months after surgery. Choose a cut such as a filet and marinate and tenderize it. The first time you try beef, eat a bite or two to see if you can tolerate it.

- **Fish and poultry:** Fish is usually the best tolerated with poultry next. You no longer need to finely chop all of your fish and chicken. You may find dark-meat poultry is easier to tolerate than white meat.
- **Breads and Starches**: Avoid bread, rice, pancakes, waffles, and pasta until 3 months after surgery. Most breads are made of refined carbohydrates and should be eaten in limited amounts. Whole grain breads are the best choice. When trying bread, first try it toasted to prevent it from “gumming up”. Crispy crackers or baked tortilla chips may be used in limited quantities. Many people do not tolerate pasta, noodles or rice initially after surgery. Like bread, they are usually refined starches and should be eaten in limited quantities. Overcook them to prevent expansion in your pouch.

- **Potatoes**: Potatoes are a form of starch and should be limited similar to breads and noodles. Do not eat the skin of the potato; it may cause a blockage. Avoid adding high-fat foods like butter or sour cream to potatoes.

- **Vegetables**: Avoid raw crunchy vegetables for the first 4-6 months after surgery. Lettuce may be tried at three months, but should be shredded or chopped. Non-starchy vegetables are encouraged after gastric bypass surgery. Take precautions to avoid possible blockages. Vegetables should be cooked until very soft and chewed thoroughly. Vegetables with tough skin may need to be peeled.

- **Soups**: Do not use soup as a regular food. Soup is often a combination of liquid and solid food. You must separate liquid from solid. Eat solids first, wait 45 minutes and then drink the liquid. Avoid cream based soups due to their high fat content, unless skim milk is used. Be careful with large pieces of meat.

- **Fruits**: For the first 3 months after surgery, peel fruits to avoid the skin clogging the pouch; avoid citrus fruit sections and whole grapes. Although fruits naturally contain sugar, they are usually tolerated after surgery and should be a part of your diet. As with vegetables, take precautions to avoid blockages. After 3 months, you should be able to eat the fruit with skin if you take small bites and chew thoroughly. Avoid dried fruits after surgery.

- **Fats**: High fat foods should be avoided because they are very high in calories and may not be tolerated. Avoid fried foods and fast foods. Avoid full fat dairy products and high fat meats. Limit added fats such as butter, margarine, regular mayonnaise or spreads, and regular salad dressing. Try the low fat alternatives. You need to eat some “healthy fats”, such as extra-virgin olive oil, canola oil, nuts, nut butters, or avocado.

- **Alcohol**: If you drink alcohol, do not drive. To prevent weight gain and other post-surgical complications, it is best to avoid alcohol after surgery. Alcohol is absorbed much more quickly after surgery and will reach much higher levels in the blood. You may become intoxicated from a small amount of alcohol. Alcohol also dehydrates you and adds unwanted calories. Do not drink more than 2 drinks within a 24 hour period. Save drinks for special occasions.
Gastric Bypass: The Rules of the Tool
Gastric Bypass: The Rules of the Tool

The following guide will help you to use your new “tool” more effectively. It will help you to avoid problems that may occur as well as maximizing your weight loss. Remember, long-term success is dependent upon how you use your “tool”.

The Rules

1. Eat three meals a day
2. Use low-calorie, low-carbohydrate protein supplements to meet protein needs
3. Eat small portions
4. Try new foods one at a time
5. Eat solids
6. Eat slowly
7. Chew foods well
8. Stop eating when you are full
9. Do not drink with your meals
10. Drink at least 64 ounces (8 glasses) of low or non-caloric liquids daily
11. Do not eat between meals
12. Avoid soda and caffeine
13. Eat a balanced diet
14. Avoid sugar
15. Avoid high calorie foods
16. Take the recommended nutritional supplements
17. Exercise
18. Make a commitment for a lifestyle change
The Rules of the Tool

1. **Eat three meals a day**
   One of the major ways that gastric bypass surgery works is by decreasing the amount of food you are able to eat at one time. This restricts the amount of calories you can consume. Eating less than three meals a day makes it very difficult to meet your nutritional needs and can actually slow weight loss. At least half of each meal should consist of protein.

2. **Use low-calorie, low-carbohydrate protein supplements to meet protein needs**
   It is very important to eat an adequate amount of protein following weight loss surgery. The handout, Protein Power, explains the role of protein, how much you should eat, and a list of sources. We recommend that you attempt to meet your protein needs primarily through meals. However, it can be difficult, especially when meal sizes are small, to meet the recommended amounts solely through meals.
   Many people find they need to consume extra protein. We recommend accomplishing this through liquid protein rather than eating extra meals. In order to prevent consuming unwanted calories or sugar, use supplements that are low-calorie and low-carbohydrate. We do not recommend slim-fast, Ensure, Boost, regular Carnation Instant Breakfast or other meal replacements. They contain too many carbohydrates and overall calories.

3. **Eat small portions**
   Your newly formed pouch is about 1/8 cup (1 oz. or 2 TBSP.). Initially, it can hold approximately ¼ cup (4 TBSP.), depending on the consistency of the food. Limit portion size to ¼ cup to help prevent overstretching of the pouch or vomiting. Limit meal size to ¼ cup or less for the first three months after surgery. You may be able to increase the amount of food eaten at a meal as the pouch naturally stretches. Measure portions as often as possible to ensure proper portion size. Try eating meals on a saucer for the “less is more” appearance.

4. **Try new foods one at a time**
   After surgery, certain foods may cause nausea, pain, vomiting or may block the opening of the stomach. The ability to tolerate foods varies from person to person. Try one new food at a time and chew thoroughly before swallowing. If a food causes discomfort, don’t eat it. As time passes, you may be able to eat this food. Foods and liquids that commonly cause discomfort include meat, bread, pasta, rice, raw vegetables, and milk. Food textures not tolerated well include dry, tough, sticky, or stringy foods.
5. Eat solids
Now that your pouch has healed, eat foods that will fill the pouch and not empty quickly. Avoid very soft or liquid foods as regular foods such as soup, applesauce, mashed potatoes and yogurt. Avoid high calorie drinks.

6. Eat slowly
Eating slowly will help prevent overeating and vomiting. Take 20-30 minutes to eat each meal, even when the meal is only ¼ cup. The nerve fibers in the stomach that signal the brain that you are full are slow-acting fibers. It takes about 15-20 minutes for the “full” signal to reach your brain. Eating quickly can cause you to eat too much. Do not spread a meal out any longer than 30 minutes. If you become full, stop eating for that meal. Putting food in one end of the pouch as it leaves the other defeats the purpose of the pouch. Cut each piece of food individually and put the utensils down while chewing.

7. Chew foods well
Chew foods thoroughly to prevent nausea, vomiting and blockage of pouch. Begin by cutting food into very small pieces to limit its size. Then chew the food until it is a “mushy” consistency. Chewing food well also moistens it and starts the digestive process. Chew every bite of food 20 times.

8. Stop eating when you are full
This may be easier said than done. People may have different perceptions about what “full” is. Stop eating as soon as you feel mild pressure or fullness in the area just beneath the rib cage. Overeating can cause overstretching of the pouch and vomiting.

9. Do not drink with your meals
For some people, this may be one of the harder adjustments to make after surgery. However, it is an important rule to follow. Drinking too soon before a meal will prevent you from being able to eat the nutritious food that you need. Drinking with a meal can turn the meal into a “soupy” consistency that will allow the pouch to empty too quickly and affect your hunger. You may take a sip of water if needed for dry foods.

10. Drink at least 64 ounces (8 glasses) of low or non-caloric liquids daily
During the weight loss that occurs after gastric bypass surgery your body will tend to lose water while burning and processing fat. Therefore, it is extremely important that you drink enough fluid to prevent dehydration. This can be challenging with the small pouch capacity. Carry a water bottle with you throughout the day and sip water continuously. Also, drink water immediately upon awakening in the morning.
morning and right before going to bed at night. The majority of the fluids you drink should be low or no-calorie to prevent unwanted calories.

Signs of dehydration include dizziness, weakness, dry mouth, rapid heartbeat and concentrated urine. Dehydration is also the main cause of constipation after surgery. Dehydration also places you at higher risk for developing kidney stones and gout.

11. Do not eat between meals
Snacking, “grazing” or eating between meals should be avoided. It can lead to unwanted calories, which may impede or prevent weight loss. If you must snack, attempt to choose healthy foods such as a low calorie protein or fruit/vegetables. Try to avoid high calorie snacks.

12. Avoid soda and caffeine
We recommend that patients avoid carbonated beverages after surgery. The carbonation can stretch the pouch when it warms and expands in the pouch.

Avoid caffeine for two weeks after surgery. After two weeks, caffeine containing beverages should be avoided or used sparingly (limit to 1-2 cups per day). Caffeine is a diuretic and can cause dehydration. Caffeine may also be an appetite stimulant and may cause you to become hungry.

13. Eat a balanced diet
Gastric Bypass is a powerful tool to aid in significant weight loss. However, it does not replace eating a nutritionally balanced and healthy diet. Due to the limitations in the amount of food you can eat after surgery, it is even more vital to choose healthy foods. Initially, you may find that your diet consists mainly of protein sources. Use low-fat cooking methods and avoid high calorie sauces and condiments. Remember to eat the protein portion of your meal first to be sure your protein needs are being met.

14. Avoid sugar
Sugar containing foods cause a number of problems. Firstly, they are typically high calorie foods with little nutritional value. Refined sugars may also affect insulin and glucose levels in your body, which can prevent weight loss and create hunger. Sugar containing foods can also cause dumping syndrome (see page on Dumping Syndrome).

Artificial sweeteners are allowed. There is a small group of people in which these may increase hunger. If this occurs to you, avoid artificial sweeteners as well.
15. Avoid high calorie foods
High calorie foods and beverages will slow down or prevent weight loss. Two types of food can add significant calories. They are “crispy” foods and foods that “melt in your mouth.” Both types take up a much smaller volume after they are eaten which allows you to eat a much larger portion. “Crispy” foods include potato chips, cheese curls, pretzels and crackers. Foods that “melt in your mouth” include ice cream, chocolate and puffy breads and pastries.

16. Take the recommended nutritional supplements
It is important to take the recommended vitamins and nutritional supplements after gastric bypass surgery. The nature of the surgery and calorie restriction makes it difficult to obtain the needed amounts through food alone. The surgery affects the absorption of primarily the B-vitamins, B-12, and folic acid. It can affect the absorption of the minerals, iron and calcium. These vitamins and minerals are vital to proper body function. Deficiencies can cause major medical problems, which may not surface until years after surgery. Most problems are caused by patients failing to take the recommended supplements and some of the effects can be permanent.

17. Exercise
Research has shown that exercise or increased activity is a necessary part of any successful weight loss and maintenance program. Besides helping weight loss, it provides numerous other medical benefits. You should find exercising much easier as you lose weight and have increased energy. The bottom line... You have to do it!

18. Make a commitment for a lifestyle change
While gastric bypass surgery will trigger significant weight loss, you must do your part to maintain the weight loss by making lifelong changes. This involves making changes in your eating habits and choosing healthy, low-fat, nutritious foods. It involves changing your activity level and exercising. It involves making behavioral changes to deal with obstacles that interfere with your success.
Possible Problems
After Gastric
Bypass Surgery
Possible Problems After Gastric Bypass Surgery

**Nausea & Vomiting**
Nausea and vomiting that occurs after gastric bypass surgery is usually caused by eating too fast, eating too much, or not chewing food properly. It may also occur if you drink liquids too soon after a meal. Certain foods may be more likely to block the pouch or be poorly tolerated in the first few months after surgery. A stricture of the stoma (the connection between the pouch and the small intestine) can also cause vomiting. Follow the guidelines in the Rules of the Tool handout to prevent these problems.

**Pouch Blockage**
If you do not chew your food properly or you eat tough foods (ones that contain tough skins or membranes) you may block the pouch. Symptoms include pain in the lower chest or upper abdomen area in body midline. You may feel nauseous. Do not force yourself to vomit. Most foods will pass through the opening after a few hours. Taking a few sips of a hot liquid like tea and lying on your left side may help the food pass. Do not try to flush the food through by drinking larger amounts of fluid. This may cause to fluid to back up and induce vomiting. Do not eat or drink again until the pain has subsided. Then revert back to liquids for the remainder of that day.

**Stoma Stricture**
Less than 5% of patients develop a stricture of the stoma after surgery due to excess scarring during the healing process. If you develop vomiting on a consistent basis even on soft foods or liquids, you may have developed a stoma stricture. If this does occur, follow the same guidelines listed above for vomiting, but stay on liquids. The symptoms may resolve after a few days. Continue to drink to prevent dehydration. If vomiting continues even with liquids or if there is no improvement within a few days, call the office. You may need to be evaluated or be scheduled for an endoscopy (EGD).

The EGD is the same test you had before surgery to evaluate the stomach. When a stoma stricture is present, a balloon is used to dilate the stoma. Usually, one or two dilatations are all that is needed to correct this problem. Occasionally, more treatments may be needed. There is a very small risk that the stoma may crack during the procedure. If this occurs, you may need to be hospitalized for observation or undergo surgery to repair the crack.

If you do have to have an endoscopy after surgery, have someone drive you to and from the test. Plan on taking the rest of the day off. Call the office immediately if you experience severe pain after the procedure. Revert back to a clear liquid diet for one day, then a soft diet for one week before resuming a regular diet.
Nausea & Vomiting (continued)

What to do if you vomit
If vomiting does occur, there will be some swelling of the pouch and stoma. Revert back to a liquid diet for the remainder of the day. Try a soft food the next morning before progressing to regular foods. If you vomit after attempting a new food, wait a few weeks before trying it again. Make sure the food is not on the food tolerance list (Rules of the Tool handout.)

Dehydration
After surgery, both the amount and the rate of fluid you are able to drink are markedly reduced. This places you at a higher risk of developing dehydration and also makes it more difficult to treat. Also, the increased metabolism of fat tissue tends to cause the body to lose fluid. Dehydration can also occur due to nausea, vomiting or diarrhea. Becoming dehydrated places stress on your body and can increase your risk of developing kidney stones and gout. You may need IV fluid replacement if you do become significantly dehydrated. Therefore, it is extremely important to prevent dehydration by drinking plenty of fluids. Try to drink at least 64 ounces per day. Drink water when you wake up in the morning and before you go to bed at night. Carry a water bottle with you to drink throughout the day.

Constipation
The amount of food consumed is greatly decreased, as is the quantity of fiber, following gastric bypass surgery. Pain medications, as well as supplements containing iron, may also affect bowel function. The number of bowel movements will decrease, causing less frequent bowel activity, which can result in constipation. However, the most common reason for constipation is not drinking enough fluids. Constipation can be treated by increasing fluid intake, increasing dietary fiber through food or supplements and increasing activity.

When you are allowed to resume regular foods, you can start eating high fiber foods such as high fiber cereals (3 or more grams of fiber per serving), fresh fruits, vegetables, and legumes.

- Add high-fiber foods gradually. A rapid increase in fiber may cause bloating, cramping, and gas.
- Chew all fiber-containing foods very well.
- Drink plenty of fluids when increasing fiber in the diet.

To increase fiber we recommend adding fiber like wheat bran to food or using fiber supplements. Benefiber is a soluble fiber, which can be mixed with foods or liquids.
**Constipation (continued)**
We do not recommend taking fiber in a pill form unless it is crushed to prevent swelling and possible pouch blockage. If you use the fiber supplements Metamucil or Citracel, start with ¼ of the recommended dose. These supplements may “gum up” in the pouch if used at normal doses. Be sure to drink fluid with any fiber supplement use. Medications can be used as prescribed by your doctor if other attempts fail.

A stool softener may be used for the first few months after surgery if needed. Examples are Surfak and Colace. Mild laxatives such as Milk of Magnesia and Senekot may also be used on occasion if needed. Ducolax tablets or suppositories may be used if the above measures are unsuccessful.

**Diarrhea**
Diarrhea may occur after gastric bypass surgery. Some patients may experience more watery stools the first few weeks after surgery as the small intestine adjusts to the new changes. Diarrhea may also be a sign of dumping syndrome from eating foods with a high sugar or fat content. If you notice that you are experiencing diarrhea with the fruit juices or dairy products while on the liquid stage diets, try diluting the liquids. If this does not resolve the problem, eliminate that food from your diet for a few weeks.

**Lactose Intolerance**
Our bodies need the enzyme, lactase, to digest the milk sugar, lactose. Lactase is not found in large quantities in the lower small intestine. As a result, milk and milk products may not fully be digested. They are then fermented by bacteria, which can cause gas, cramps, & diarrhea. Lactose intolerance can be treated with Lactaid, a pill to help your body digest lactose.

**Red Meat Intolerance**
Red meats may not be well tolerated immediately following surgery. You may want to avoid red meats until your stomach is functioning well, usually after 1 month. Begin with ground beef, cooked loose (not a burger). Wait until 3 months after surgery before attempting to eat steak. Most people do not tolerate it sooner than this. Some people never do well with steak after gastric bypass surgery.

**Sugar Intolerance**
Refined sugars (“sweets”) pass rapidly through the stomach into the small intestine. When this occurs after gastric bypass surgery, a condition called “dumping syndrome” may occur. Symptoms of dumping include nausea, vomiting, diarrhea, abdominal cramps, palpitations, rapid pulse, dizziness, lightheadedness, paleness, and sweating. Avoiding all sugar containing foods and fluids can decrease dumping.
Hair Loss
Many people experience thinning of their hair or hair loss after gastric bypass surgery. In some people, hair follicle loss may increase by 30-40%, rather than the usual 10% due to the stress of rapid weight loss. It usually occurs between three and six months after surgery. This is a temporary effect and resolves when nutrition and weight stabilize. Maintaining an adequate intake of protein and taking the recommended nutritional supplements may prevent or reduce hair loss. (See the Nutritional Supplement Recommendations handout.) Pantene Age Defy shampoo and conditioner may help with hair loss.

Body Odors
One of the unexpected side effects that patients may encounter after surgery is the presence of unpleasant odors emitted by their body. Unfortunately, this can occur at both ends. You may notice you have “bad breath” after surgery caused by the ketosis or the burning of fat as energy. This will stop as the volume of food you can eat increases and your weight loss slows.

Many people also find that their stools and bowel gas have a strong, unpleasant odor after gastric bypass surgery. This is caused by food being exposed to the bacteria in the intestines in a less digested state. Although our facility has no experience with the product, some patients reported improvement with a supplement, Devrom (Bismuth Subgallate) used by colostomy patients. It is available from The Parthenon Co., Inc. (www.parthenoninc.com). Some patients just light a match!

Ulcers
In order to help prevent stomach ulcers we recommend avoiding anti-inflammatory medications (NSAID’s) that may irritate the stomach. Avoid aspirin, ibuprofen, Motrin, Advil, Naprosyn and Aleve and any other NSAID’s.

Tylenol or acetaminophen may be used for pain relief. We also advise against the use of oral corticosteroids such as prednisone unless necessary. There are other prescription pain and anti-inflammatory medications available.

Vitamin & Mineral Deficiency
Gastric bypass surgery alters the way your body processed the food you eat. The portions of the digestive system that are no longer exposed to food are regions where the body absorbs certain nutrients, vitamins and minerals most effectively. Also, the diet after gastric bypass surgery is initially inadequate to supply complete nutrition. The nutrients that are most affected after surgery are Vitamin B12, Folic acid, Iron, and Calcium. In order to meet your vitamin and mineral needs, a high potency multivitamin and mineral supplement must be taken daily for the rest of your life. Vitamin and mineral deficiencies are tested for as part of your long-term follow-up after surgery.
Protein Deficiency
Protein is the essential nutrient of which our muscles and organs are all constructed. Our bodies require a constant supply of protein building materials to repair and replace tissues, which become worn out or damaged. Bariatric surgery reduces the capacity of the stomach to a very small volume, so that protein foods must be carefully eaten with every meal to be sure that the body gets enough to maintain itself. If protein is eaten at every meal during the first half of the meal, deficiency is less likely to occur.

Loss of Muscle Mass
Exercise can prevent loss of muscle mass. It is very important during active weight loss to exercise daily for at least 20 to 30 minutes. Daily exercise not only preserves muscle mass, but also enhances fat burning and hastens weight loss. Adequate protein intake also helps to maintain muscle tissue. (See the Exercising after Gastric Bypass handout.)
Psychological problems
Gastric bypass surgery causes a significant weight loss in a relatively short period of time. For many people, it is a surgery that changes their life. As with any major change in your life, you may find it stressful at times. It forces immediate lifestyle changes to occur, which may be difficult to cope with. It is not unusual to have “ups and downs” during the first few months after surgery. Consider this time as a transition period. The support group can be a valuable resource to help during this time of change.

Two to three weeks after surgery, some patients may experience a significant drop in their energy level along with irritability or mild depression. This may be caused by the body’s attempt to conserve energy as much as possible in the face of severe calorie restriction. It usually only lasts a few weeks. The best way to prevent this from occurring or to treat it is to exercise. This can help restore your metabolism to an “active mode.” Of course, the best time to begin exercising is before surgery. (See the Exercising after Gastric Bypass Surgery handout.)

Depression
Some people develop mild depression after gastric bypass surgery. Your life has literally changed overnight. Some people have difficulty adjusting to these changes so rapidly. Their relationship with food has changed. It may no longer be available as a source of comfort. If you use eating to treat emotional difficulties, you may benefit from counsel both before and after surgery. There are also a number of excellent books available dealing with this issue.

If you take prescription antidepressant medication before gastric bypass surgery, we recommend you continue it for at least the first 4-6 months after surgery. The final decision in regard to medication for depression is between you and your primary care physician or mental health care provider. If you feel you are developing depression after surgery, see your primary care physician.

Relationship Distress
Every interpersonal relationship will change as the dramatic weight loss occurs. The change affects all relationships. You will change and the attitudes others have about you may change. The marital relationship may be affected. A high percentage of patients get divorced within the first two years after weight loss surgery. Consider this before surgery. If marital problems occur before surgery, consider counseling before surgery. If your relationship begins to suffer after surgery, seek help.
Dumping Syndrome

Dumping syndrome is a side effect that can be caused by the consumption of sugary foods and fluids. Dumping occurs as a result of the rapid movement of liquids and sweets out of the pouch and into the small intestine. Symptoms of dumping syndrome include lightheadedness, dizziness, paleness, rapid pulse, palpitations, sweating, abdominal cramps, bloating, nausea, vomiting, and/or diarrhea. Lying down immediately after eating reduces these symptoms. Dumping syndrome symptoms can also occur with foods that have a very high fat content.

Some people are very sensitive to dumping syndrome while others do not seem to be affected. In our practice, we have found that the patients who are diligent about avoiding sugary foods in the first six months after surgery tend to remain sensitive to high sugar containing foods. Patients who “push the limits” by keeping the amount of sugar consumed just below the point where they experience dumping tend to lose the sensitivity and may no longer dump. This may be from the intestine’s ability to adapt to the foods to which it is exposed. Most patients desire to have some level of sensitivity to dumping syndrome. It provides another tool to help avoid certain foods that can slow or prevent weight loss. We therefore recommend that you avoid the foods listed below as much as possible, especially for the first 4-6 months after surgery. After that point, a taste of these foods at the end of a meal on special occasions should not cause any difficulty.

Reading food labels can help determine if a food has too high of a sugar content, which may cause dumping syndrome. Look at both the amount of sugars listed and the ingredient list. The following are different forms or names of sugar that may be seen in the list of ingredients:

- Sugar
- Sucrose
- Dextrose
- Glucose
- High
- Fructose
- Corn syrup
- Corn sweeteners
- Honey
- Maple
- Molasses
- Sorbitol
- Mannitol
- Sorghum

A good rule of thumb to follow is: Avoid foods that have one of the above sugars listed as one of the first three ingredients. The exceptions are fructose and lactose. Fructose is the natural sugar found in fruit and fruit juice. Lactose is the natural sugar found in dairy products. Both of these sugars are well tolerated after gastric bypass surgery.

Diabetics

If you are a diabetic, you must be extra careful after gastric bypass. The symptoms of dumping syndrome are similar to hypoglycemia, or low blood sugar. Test your blood glucose levels if you experience these symptoms. What you think is a low blood sugar reaction may actually be dumping syndrome. Also, if you do experience hypoglycemia after gastric bypass surgery, you must be careful how you treat it. Treat a low blood sugar with milk or fruit juice, not by having a sugary drink, which may cause dumping. Dumping can be avoided by minimizing the consumption of foods that have a significant sugar content such as desserts, sweets, candies and certain beverages. Avoid the foods on the list provided to prevent dumping syndrome.
Foods that May Cause Dumping Syndrome

**Beverages**
- Alcohol
- Milkshakes
- Cocoa
- Sports drinks
- Sweetened drink mixes
- Flavored milk
- Sweetened coffee
- Sweetened fruit juice
- Carbonated beverages
- Sweetened tea

**Desserts & Sweets**
- Cakes
- Candy
- Cookies
- Marshmallow
- Pies
- Gelato
- Pastries
- Sugar
- Chocolate
- Syrups
- Gelatin (regular)
- Molasses
- Ice Cream
- Honey
- Ice Milk
- Jelly
- Frozen Yogurt
- Jam
- Italian Ice
- Yogurt (regular)
- Popsicles

**Breads & Cereals**
- Pastries
- Doughnuts
- Muffins
- Sweet rolls
- Breads with frostings or glazes
- Sugarcoated cereal

**Meats and Mixed Meat Dishes**
- Fast Food
- Chinese Food
- Baked Beans
- Honey-baked Ham

**Fruits**
- Sweetened fruit juice
- Fruits canned in heavy or light syrup

**Vegetables**
- Any to which sugar has been added (i.e. candied sweet potatoes or carrot)
Nutritional Supplement Recommendations
## Nutritional Supplements Recommendations

### Mandatory Supplements

<table>
<thead>
<tr>
<th>Vitamin</th>
<th>Start Date</th>
<th>Form and Dosage</th>
<th>Frequency</th>
<th>Instructions</th>
</tr>
</thead>
</table>
| **Multi-vitamin** | Day 1 at home, 1 month after surgery  | - Adult chewable multi-vitamin for the first month  
- Bariatric Multi-Vit custom formula vitamin, twice a day or 1-adult high-potency multi-vitamin twice daily. | -1-2 daily, according to package instructions  
- Take first dose with breakfast and second dose with dinner | - During the first month after surgery, you must use an adult formula (not a children’s chewable).  
- Stop taking chewable multi-vitamin at 1 month.  
- Take at meal time with small sip of water for best tolerance  
- Over the counter, non-chewable forms should dissolve in water within 20-30 minutes. |
| **Vitamin B-12**  | Day 1 at home               | - Sublingual Vitamin B-12 5,000 mcg or  
- Injectable Vitamin B-12 (by prescription only) | -1 weekly under the tongue  
- Quarterly | - Symptoms of Vitamin B-12 deficiency are irreversible and they include memory loss and neurological dysfunction.  
- Vitamin B-12 cannot be a swallowed pill after surgery. |
| **Iron**       | 2 weeks after surgery (when starting soft food) | - Vitron-C, 65mg or  
- Ferrous fumarate, 65mg or  
- Ferrous gluconate, 65mg | -1 Daily  
-1 Daily  
-1 Daily | - Only menstruating women or those prone to anemia should take extra iron routinely. (Other patients only take under physician guidance)  
- Do not take iron and calcium supplements at the same time. |
| **Calcium**    | 1 month after surgery      | - Citracal +D or  
- Calcium citrate malate (best-absorbed form) 2 -250mg tablet twice a day | -2 tablets Daily  
-2 tablets Daily | - Do not take more than 500-600mg of calcium at one time.  
- Do not take calcium and iron supplements at the same time. |
Nutritional Supplements Recommendations

After gastric bypass surgery, your body will absorb vitamins and minerals differently. Certain vitamins and minerals are more difficult to absorb. This can lead to deficiencies of these nutrients, which in turn can cause serious health problems. For this reason, all patients who undergo gastric bypass surgery are required to take daily vitamin and mineral supplementation for the rest of their lives. Avoid taking all supplements at one time. Vitamins and minerals come in many different forms. The body absorbs some forms more easily than others after gastric bypass surgery. Also, certain supplements may interfere with each other if taken at the same time. We have developed the following recommendations for nutritional supplements based upon these facts. If there is a preferred form of a supplement, it will be in bold letters. Unless noted, take supplements with food. Our center offers custom formulated supplements designed for gastric bypass patients.

### Optional Supplements

<table>
<thead>
<tr>
<th>Name of Vitamin</th>
<th>Form and Dosage</th>
<th>Instructions:</th>
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</table>
| **Essential Fatty Acids (EFA)** | - 1 TBSP Flaxseed oil daily  
- 2-3 Flaxseed oil capsules daily  
or  
- Fish oil per label directions | - Supplementation may help or prevent hair loss after surgery.  
- American diets are frequently deficient in the essential fatty acids.  
- Diets after gastric bypass are typically low fat and low in EFA. |
| **Magnesium**       | - 1 Magnesium gluconate 500mg tablet at bedtime      | - Magnesium is frequently low after surgery; magnesium supplementation may help prevent fatigue and muscle cramps. |
## First Month at Home After Surgery

<table>
<thead>
<tr>
<th>Month: ___________________</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Arrive Home</strong></td>
</tr>
<tr>
<td>Start Clear Liquid Diet</td>
</tr>
<tr>
<td>Start Sublingual Vit B12</td>
</tr>
<tr>
<td>Start Chewable MVI daily</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Take Sublingual Vit B12</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Advance to Soft foods</strong>&lt;br&gt;Start taking iron supplement daily (by recommendation only)</td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Take Sublingual Vit B12</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Take Sublingual Vit B12</strong></th>
</tr>
</thead>
<tbody>
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<td></td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Take Sublingual Vit B12</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Advance to Regular Diet</strong>&lt;br&gt;Stop Chewable MVI&lt;br&gt;Start Bariatric MVI daily&lt;br&gt;Start Calcium daily</td>
</tr>
</tbody>
</table>
Protein Power
Protein Power

Protein is an essential part of every cell and tissue in the body. Protein is the primary nutrient that is used to build and repair the body (i.e. growth, muscle building, wound healing). Adequate protein improves the body’s resistance to ward off illness. Following surgery, adequate protein intake will promote healing of the incision, prevent hair loss, and maintain immune function.

Protein is composed of building blocks called amino acids. There are two types of amino acids: non-essential and essential. The body makes the non-essential amino acids. However, the body cannot produce the essential amino acids, so these must come from food.

There are two sources of protein in the diet. Protein can be found in animal products and plant foods (grains and vegetables). Typically, animal products are higher in protein than plant sources. However, there are a few plant foods listed here that compare to animal products in their protein content. When you eat, make sure that every meal contains one serving of protein. Always eat the protein source first to ensure your protein needs are met and remember to chew meat, fish, and poultry well. Since animal proteins contain fat, you want to primarily choose lean or low-fat choices, saving the higher fat choices for occasional use.

How Much Protein Do You Need?

During the weight loss period following gastric bypass surgery, your body’s protein needs are higher than the weight maintenance phase. Men have higher protein needs than women due to a greater amount of muscle. Listed below are recommended ranges for women and men based on height and ideal body weight. The lower number is the protein needs during weight maintenance and the higher number is the target protein needs during rapid weight loss. Men should make sure they meet at least the upper range listed for women if they are unable to meet their upper range amount. If you have kidney disease, the physician may recommend a lower amount of protein be consumed.

<table>
<thead>
<tr>
<th>Height</th>
<th>Women’s Daily Protein Needs</th>
<th>Men’s Daily Protein Needs</th>
</tr>
</thead>
<tbody>
<tr>
<td>5’0” – 5’1”</td>
<td>45 – 65 grams</td>
<td>50 – 75 grams</td>
</tr>
<tr>
<td>5’2” – 5’3”</td>
<td>50 – 80 grams</td>
<td>55 – 85 grams</td>
</tr>
<tr>
<td>5’4” – 5’5”</td>
<td>55 – 85 grams</td>
<td>60 – 90 grams</td>
</tr>
<tr>
<td>5’6” – 5’7”</td>
<td>60 – 90 grams</td>
<td>65 – 100 grams</td>
</tr>
<tr>
<td>5’8” – 5’9”</td>
<td>65 – 100 grams</td>
<td>75 – 110 grams</td>
</tr>
<tr>
<td>5’10” – 5’11”</td>
<td>70 – 105 grams</td>
<td>80 – 115 grams</td>
</tr>
<tr>
<td>6’0” – 6’1”</td>
<td>75 – 110 grams</td>
<td>85 – 125 grams</td>
</tr>
<tr>
<td>6’2” – 6’3”</td>
<td>80 – 120 grams</td>
<td>90 – 130 grams</td>
</tr>
<tr>
<td>6’4” – 6’5”</td>
<td>85 – 125 grams</td>
<td>95 – 140 grams</td>
</tr>
</tbody>
</table>
# Protein Sources

<table>
<thead>
<tr>
<th>Source</th>
<th>Serving Size</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Poultry:</td>
<td>1 ounce</td>
<td>7 grams</td>
</tr>
<tr>
<td>Fish:</td>
<td>1 ounce</td>
<td>7 grams</td>
</tr>
<tr>
<td>Shellfish:</td>
<td>1 ounce</td>
<td>7 grams</td>
</tr>
<tr>
<td>Beef:</td>
<td>1 ounce</td>
<td>7 grams</td>
</tr>
<tr>
<td>Pork:</td>
<td>1 ounce</td>
<td>7 grams</td>
</tr>
<tr>
<td>Lamb:</td>
<td>1 ounce</td>
<td>7 grams</td>
</tr>
<tr>
<td>Veal:</td>
<td>1 ounce</td>
<td>7 grams</td>
</tr>
<tr>
<td>Game:</td>
<td>1 ounce</td>
<td>7 grams</td>
</tr>
<tr>
<td>Dairy:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- skim &amp; 1% milk</td>
<td>1 cup</td>
<td>8 grams</td>
</tr>
<tr>
<td>- high protein eggnog</td>
<td>1 cup</td>
<td>17 grams</td>
</tr>
<tr>
<td>- yogurt shake*</td>
<td>1 cup</td>
<td>15 grams</td>
</tr>
<tr>
<td>- non-fat or low-fat cottage cheese</td>
<td>1/4 cup</td>
<td>7 grams</td>
</tr>
<tr>
<td>- whole milk cheese</td>
<td>1 ounce</td>
<td>7 grams</td>
</tr>
<tr>
<td>Other:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- eggs</td>
<td>1</td>
<td>7 grams</td>
</tr>
<tr>
<td>- egg whites</td>
<td>2</td>
<td>7 grams</td>
</tr>
<tr>
<td>- egg substitutes</td>
<td>1/4 cup</td>
<td>7 grams</td>
</tr>
<tr>
<td>- low-fat lunch meat</td>
<td>1 ounce</td>
<td>7 grams</td>
</tr>
<tr>
<td>Plant Sources:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>- tofu</td>
<td>1/2 cup</td>
<td>7 grams</td>
</tr>
<tr>
<td>- tempeh</td>
<td>1/4 cup</td>
<td>7 grams</td>
</tr>
<tr>
<td>- soy milk</td>
<td>1 cup</td>
<td>7 grams</td>
</tr>
<tr>
<td>- dried beans, peas, lentils</td>
<td>1/2 cup</td>
<td>7 grams</td>
</tr>
<tr>
<td>- peanut butter</td>
<td>2 TBSP</td>
<td>7 grams</td>
</tr>
<tr>
<td>- nuts</td>
<td>1 ounce</td>
<td>4 grams</td>
</tr>
</tbody>
</table>

*See page 58 for recipes
Helpful Hints to Boost Protein Intake

You can add protein to your diet without increasing the amount of food you eat. Here’s how.

**Cottage or Ricotta Cheese (part-skim or 1%)**
- Add to spaghetti or pasta dishes.
- Add to pancake or waffle batter.
- Add to casseroles & egg dishes (quiche, scrambled eggs, & soufflés).
- Stuff fruits & vegetables.

**Eggs and Egg Substitutes**
- Add an extra egg substitute to French toast, pancake, or waffle batter.
- Add finely chopped, hard-cooked eggs to casseroles, sandwiches, sauces, salads, & vegetables.

**Legumes (dried beans & peas; lentils)**
- Mash cooked or canned legumes with cheese and milk for a sandwich or cracker spread.
- Add cooked or canned legumes to salads.
- Mix cooked or canned legumes into casseroles, pasta, or rice.

**Meat, Fish, & Poultry**
- Add chopped or pureed pieces to:
  - baked potatoes
  - biscuits
  - casseroles
  - omelettes
  - pasta
  - potatoes
  - quiche
  - rice
  - salads
  - soufflés
  - soups
  - stews
  - stuffing
  - vegetables

**Milk (skim or 1%)**
- Use in any recipe calling for water:
  - casserole
  - hot cereal
  - mashed potatoes
  - salad dressing
  - sauces
  - soup
  - sugar-free pudding.
- Serve in sauces with vegetables, rice, noodles, or pasta.
High Protein Powder (non-fat milk powder & others)

- Add 1 tablespoon virtually anywhere:
  - applesauce
  - cottage cheese
  - ground meat
  - pancakes
  - salad dressing
  - soup
  - fruit juice
  - bread
  - meat loaf
  - salads
  - waffles

- Add chopped or ground to the following:
  - burger
  - pancakes
  - sandwiches
  - yogurt

- Add to fruit & vegetable dishes.
- Top pancakes, waffles, French toast, hot or cold cereal.
- Use as a filling for stuffed baked potatoes.
- Add to fruit salad dressing.

Nuts

- Some guidelines for use:
  - Ground meat: Add ½ -¾ cup powder to each pound of meat.
  - Cooked cereal: Mix an equal measure of powder with dry cereal before cooking.
  - Creamed or mashed vegetables: Add 1/3 cup powder to 2 cups vegetable puree. Add skim milk to reach preferred consistency.
  - Sauces, soups, puddings, & custards: Add 4 tablespoons powder to each cup of fluid milk in recipe or ½ cup powder to each cup of water in recipe.

Yogurt
Commercial Protein Supplements

Pinnacle Health Weight Loss Center offers high quality protein supplements to our patients to assist them in meeting their protein needs. However, some patients prefer to use other supplements that are available through retail stores. There are a vast number of products available.

If you choose to use these products, we recommend you buy only products from reputable, well known companies to ensure quality. Also, read the nutritional labels carefully to avoid products that may contain sufficient quantities of sugars to cause dumping syndrome, or products high in calories. Also avoid products that add other supplements for muscle building. Creatine is one example. Some of these supplements can present problems to patients after surgery.

Below is a list of protein supplements that our clinic feels are appropriate and have been well tolerated by our patients. There are many other protein supplements sold commercially. Consult a dietitian or physician of the Weight Loss Center if you are uncertain about a protein source.

**New Direction (WLC) Protein Shakes**
(1 shake = 15 g protein; 80-100 calories)

**Isopure Zero-Carb Protein Powder***
(1 scoop= 25 g protein; 105 calories)
(available at GNC)

**NewWhey**
(3.5 oz. pre-mixed liquid = 42 g protein)

**Just Whites**
(2 tsp = 3 g of protein and 12 calories)
(available at most supermarkets)
This supplement is best used as an addition to foods increase protein content.

**UNJURY Protein powder***
(1 scoop= 20 g protein; 80-100 calories)
(www.UNJURY.com)

* = Gluten-Free

**Protein Powders**
1 scoop = 17-20 grams of protein
90-120 calories
1 TBSP = 4-5 grams of protein

- Available at GNC, Vitamin Shoppe, and health food stores.
- Limited availability in grocery stores.

**Common Protein-powder Brands**
- Designer Whey Protein
  (available at Rite-Aid)
- ProPerformance Protein Powder
- 100% Whey Powder
  (available at GNC, drug stores, supermarkets)
- GNC Soy Powder
- Pure Protein whey powder or shake
- Muscle Milk
- Rockin’ Refuel, Muscle Builder
Exercising After Gastric Bypass Surgery
Exercising after Gastric Bypass Surgery

Increasing your activity level or exercising is very important after gastric bypass surgery and will greatly influence how successful you are. Patients who do not exercise may gain back some of the weight they initially lost after two to three years.

The Benefits of Exercise

- **Burns calories.** Although this is important, the number of calories you burn while exercising has less impact than the number of calories you eat.

- **Helps control appetite.** Studies have shown that exercise can help control appetite. This is especially important when your appetite returns after surgery.

- **Preserves lean body mass.** You lose both fat and muscle when you lose weight. Exercising maximizes fat loss and minimizes muscle loss.

- **Increases metabolic rate.** Eating less and losing weight slow down your metabolism. This means you burn fewer calories. Exercising helps to offset this drop.

- **Improves sense of well-being.** Exercise makes you feel good. It also helps relieve stress.

- **It is the best predictor for long-term success.** People who exercise are more likely to keep off weight they have lost.

How to exercise after gastric bypass surgery

If you have a history of heart disease, hypertension, diabetes, high cholesterol or other risk factors for heart disease, check with your doctor before starting an exercise program. Stop exercising immediately and see your doctor if you experience chest pain or severe shortness of breath with exercise. During the first week after surgery, walk around the house. After the first post-operative visit, most patients may begin walking. If you have significant orthopedic problems that prevent walking, you may benefit from other forms of exercise such as swimming.

**Walking**

Begin by walking five minutes a day. If you are unable to complete 5 minutes without stopping, rest for thirty seconds and resume. Try to increase the time you walk by a minute each day until you are walking for 20-30 minutes a day. You may break the time into more than one session (10-15 minutes in morning and evening). As you are able to walk more, the pace should be one that feels like more exertion than a leisurely walk.

You may find other forms of exercise enjoyable as your fitness level increases. Resistance training has many benefits and is recommended. Also attempt to increase your activity throughout the day by walking, using the stairs, parking further from a building, etc.
Recipes and Shopping List
Protein-Rich Liquid Recipes

The following recipes are for liquids fortified with extra protein. They may be used to help meet your protein needs following surgery. They are higher in calories than most protein supplements (twice the calories). Limit to no more than one per day.

**High Protein Milk** (28 gm protein, 190 cal)

- 1 cup skim milk
- 2 ounces protein powder
- Sugar substitute
- Vanilla flavoring

Add ingredients to blender. Blend well and chill.

**Variation:**
- Chocolate milk: add unsweetened cocoa powder to recipe before mixing.
- Hot chocolate: head the chocolate milk; sip slowly.

**Yogurt Shake** (20 gm protein, 170 calories)

- 1 cup artificially sweetened yogurt
- ½ cup skim milk
- 2 TBSP protein powder

Add ingredients to the blender. Blend well and chill.

**High Protein Eggnog** (25 gm protein, 150 calories)

- ¾ cup skim milk
- ¼ cup liquid egg
- 2 TBSP vanilla protein powder
- ¼ - ½ tsp vanilla extract
- 1 tsp artificial sweetener
- Nutmeg to taste

Add ingredients to the blender. Blend well and chill.

**Choco-Nog** (25 gm protein, 175 calories)

Start with basic high protein eggnog recipe.

Add 1 packet of sugar-free chocolate.

Blend well and chill.
Protein Rich Liquid Recipes (continued)

**Mocha Shake** (16 gm protein, 130 calories)
- 8 oz skim milk
- 2 TBSP protein powder
- ½-1 tsp instant coffee
- 1 tsp artificial sweetener
- Dash cinnamon

Add ingredients to blender. Blend well and chill.

**High-Protein Fruit Punch** (20 gm protein, 110 calories)
- 6 oz. sugar-free powdered fruit drink(such as Crystal Lite or Sugar-Free Kool Aid)
- 2 ounces protein powder
- 4 ice cubes

Add ingredients to blender. Blend well and chill.

**High-Protein Cream Soup** (24 gm protein, 200 calories)
- 1/3 cup non-fat dry milk
- 1 tsp. chicken or beef bouillon
- 3 Tbs. protein powder
- Hot water

Mix first 3 ingredients and then add enough hot water to equal 1 cup; mix well. Eat soup when it is lukewarm.
Sample Shopping List for Liquid Diets

Department Store
- Drink shaker with sealable lid and ounce markings
- Liquid Measuring Cup
- Measuring spoons
- 1 oz. shot glass or measuring cup
- Timer
- Blender or food processor

Grocery Store/Pharmacy

Clear Liquid Diet
- Clear Liquid (Low-carb, low calorie) protein supplement
- Sugar-free gelatin
- Sugar-free popsicles
- Decaffeinated Coffee or Tea
- 100% fruit juice (apple or cranberry)
- Sugar-free drink mix (Crystal Lite or Kool Aid)
- Broth, bouillon
- Chewable Multivitamin (adult formula)

Full Liquid Diet
- Low calorie, low carbohydrate protein shake/powder
- Skim or Fat-Free milk
- Sugar-free pudding
- Yogurt (no seeds or fruit pieces)
- Sugar-free cocoa
- Fat-free cream soups
- 100% fruit juice
- Strained vegetable juice
Additional Handouts
Key Points to Remember:

- You may never be able to eat the portions you consumed prior to surgery.
- For a safe weight loss, you need to eat a healthy, well balanced diet.
- Be sure to make healthy food choices to obtain the most nutrition per serving.
- Choose low calorie, nutrient-dense foods.
- Be patient. At first, you will fill up after just a few bites. This is normal. Stop eating when you become full.
- Initial meal size should be approximately 1-2 oz. (2-4 Tbs.) per meal, 3 meals per day. Volume tolerance will increase after healing (refer to meal progression time line for meal portion size).
- Continue to eat slowly, chew foods thoroughly and drink in-between meals.
- When you try a new food, take one bite to see if it is comfortable for you.
- You must take the recommended vitamin/mineral supplements as directed every day for the rest of your life.
- You should consume protein drinks or supplement with protein powder until your protein intake from foods is adequate.
- Following the recommended diet rules will help you lose weight and keep it off.
- Your dedication to diet, exercise, and lifestyle changes will dictate your success after surgery.
- You can defeat the surgery, resulting in weight gain.
- Grazing, drinking fluid with meals, or consuming high calorie foods or liquids are examples of ways that the surgery can be defeated.
- Attend Bariatric Support group meetings on a regular basis before and after surgery.
- Exercise regularly and follow doctor’s orders or restrictions when exercising.

Continue to follow the guidelines provided throughout this education packet. You have been provided the tools necessary to achieve and maintain a healthy weight loss.