



Nutrition Class for Weight Loss Surgery Preparation

Lin Lin Shao, Dietitian

linlin@tlcsurgery.com

713-493-7700 (ext. 105) office

281-971-4065 fax

www.tlcsurgery.com



@linlin.shao.dietitian
@tlcsurgery



Texas Laparoscopic Consultants

Topics to Cover

- Nutrition Class
 - Protein and Vitamin Requirements
 - Pre and Post-Surgery Diet
- First Bite Class at 2 Weeks Post-Surgery
 - Complications after surgery
 - Strategies for Success

- ❖ You can access this packet on our website www.tlcsurgery.com
- ❖ PLEASE CAREFULLY READ THROUGH ENTIRE PACKET! It contains many answers to your questions!
- ❖ PLEASE USE THIS PACKET AS YOUR GO-TO NUTRITION GUIDELINES
- ❖ DO NOT USE GUIDELINES FOUND ONLINE, OR GIVEN TO YOU AT THE HOSPITAL
- ❖ EMAIL/CALL ME IF YOU SEE DISCREPANCIES OR HAVE QUESTIONS
linlin@tlcsurgery.com
713-493-7700

Learn To Read Nutrition Labels

- Always READ the BACK of the food label
- Determine the serving size. Choose foods with:
 - **Added Sugar less than 10g per serving**
 - **Dietary Fiber more than 3g per serving**

- Quick and Easy “5 and 20 Rule”
- Look at % Daily Value
- Nutrients with a % near
 - 5% is low = there is not a lot of it
 - 20% is high = there is high amount of it!

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

- Check out www.calorieking.com for nutrition information on foods

How to tell if a food is HIGH PROTEIN or not??

- Look at the Protein grams
- Multiple it by 10 (or just add a zero)
- Is this number bigger or smaller than the Calories??
- If it is less than the Calories, then this food isn't a HIGH PROTEIN food
- Be careful: even if a food is HIGH PROTEIN, doesn't mean it is better for you
 - Is it a packaged/processed food?
 - It might be high in sugar, salt or unhealthy fats



Nutrition Facts	
Serving Size	2 Tbsp (33g)
Amount Per Serving	
Calories	190
% Daily Value*	
Total Fat 16g	21%
Saturated Fat 3.5g	16%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	9%
Total Sugars 3g	
Incl 2g of Added Sugars	3%
Protein 7g	7%

Are these good Bariatric food options?



Nutrition Facts

☆☆ (2)

Calories 460 (1923 kJ)

Calories from fat 297

% Daily Value 1

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



Nutrition Facts

☆☆ (2)

Calories 410 (1714 kJ)

Calories from fat 189

% Daily Value 1

Total Fat	21g	32%
Sat. Fat	9g	45%
Trans Fat	1g	
Cholesterol	50mg	17%
Sodium	900mg	38%
Total Carbs.	39g	13%
Dietary Fiber	1g	4%
Sugars	14g	
Protein	16g	5

Learn To Read Nutrition Labels: SUGAR!

- Look at **ADDED** Sugars
 - Read the ingredients to determine if sugar has been added
 - Other names for sugar:
 - High fructose corn syrup, fruit juice concentrate, sucrose, fructose, glucose, honey, agave, molasses, maple syrup, date sugar
 - This is the sugar that was intentionally added into food for flavor
 - An apple (no added sugar) vs. Apple Jacks cereal (added sugar)
 - Try to avoid, if possible, foods with “sugar” listed in the ingredients
- Choose foods with LESS THAN 10 GRAMS “Added Sugar”
- 4 grams sugar = 1 packet of sugar = 1 teaspoon of sugar
- Per day:
 - Women: less than 6 tsp sugar (24g added sugar)
 - Men: less than 9 tsp sugar (36g added sugar)

INGREDIENTS

APPLES, HIGH FRUCTOSE CORN SYRUP, ASCORBIC ACID (VITAMIN C)

Total Carbohydrate 49g

Dietary Fiber 7g

Total Sugars 17g

Includes 12g Added Sugars

Learn To Read Nutrition Labels: HIGH FIBER FOODS

- 100% Whole grain, 100% Whole wheat as 1st ingredient
 - Cereals, crackers, breads, pasta
 - Avoid “Enriched flour” = White Flour
 - Aim for at least 3 grams of fiber
- Other nutritious whole grains
 - brown rice, quinoa, barley, farro, oats, millet
- Beans and lentils
- If not gluten sensitive, don't BUY gluten free foods!
 - Gluten is a protein found in wheat
 - Gluten Free is not healthier!
 - Instead of wheat flour, other flours are used: corn, potato, white rice
 - Still may be high in carbohydrates!



Be Aware of Your Behaviors Related to Food

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

Emotional Eating

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

Mindless Eating

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

Habitual Eating

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

Be Aware of Your Behaviors Related to Food

These habits can return and may lead to weight regain

Weight Loss Surgery does not fix these habits related to food; it does not fix these behaviors.

It is important to recognize “thinking” vs. “feeling” hungry

Ask yourself: is it Stomach hunger or Head hunger??

D'Shawn McCane, 832-723-5906 (dymccane@gmail.com)

mccanecounselinglpc.com

Dr. Monica Agosta, PsyD 713-816-3559

Jenny Deitz, LMFT 281-846-4480 (www.jennydeitz.com)

www.HoustonEDS.org (Houston Eating Disorders Specialists)

www.psychologytoday.com (database for therapists in your area)

www.EatingRecoveryCenter.com (compulsive/binge eating, mood disorders, anxiety)

Bariatric Surgery Support Groups: www.Unjury.com >>> Unjury Cares



Before You are APPROVED for Bariatric Surgery

1. Review your bariatric checklist
 - Have you completed your labs, psychology visit, EGD, other required tests (cardiac clearance, sleep study, etc.)
2. Get started on your bariatric vitamins NOW!
3. Start shopping for your protein supplements and clear liquids

Supplies to gather before surgery

- Bariatric Multivitamins and Calcium “Citrate”
- Protein supplements: ready to drink shakes, powders and shaker bottle
- Clear liquids: MiO drops, Crystal Light, regular broth, sugar free Jello and sugar free popsicles
- 2 bottles of G2 (low sugar Gatorade) 20oz size
- Pickle juice, Body Armor Lyte, G2, ginger tea
- Miralax packets
- Benefiber packets
- Unflavored protein powder
- Food scale, small plate and small utensils, measuring cups/spoons, small food storage containers
- Re-usable water bottle

IMPORTANT TO KNOW Before Surgery



- **Review your checklist to what else you need to complete**
 - Please call our office 713-493-7700 and ask to speak to our PATIENT CARE TEAM to check on your progress
- Our office will call you when approved for surgery and we will help you:
 - Schedule your surgery, tell you when to start pre-op liquid diet, and schedule pre/post-op appointments
- **Pre-Op Appointment at TLC Clinic**
 - Bring list of medications/vitamins/supplements for surgeon to review
 - Talk to your surgeon if you are taking blood thinners (Coumadin, etc.)
 - Address any DIABETIC MEDS
 - Talk to your PCP or endocrinologist to **adjust diabetic meds** while on the pre-op liquid diet!
 - Start thinking of other questions to ask your surgeon:
 - When can I return to work, exercise, fly/drive, take a shower, have sex, etc.
- **Pre-Admission Testing at surgery hospital**
 - Call your hospital to schedule this appointment

IMPORTANT TO KNOW Before Surgery



- STOP 7 DAYS BEFORE SURGERY!!
 - Herbal supplements:
 - St. John's Wort, Black Cohosh, Milk Thistle, Melatonin, Turmeric, Ginseng, Ginkgo Biloba, Marijuana, etc.
 - These can increase the chances of bleed too much or developing blood clots during and after surgery
 - NSAID medications:
 - Aspirin, Ibuprofen, Naproxen, Motrin, Advil, Aleve
- Continue your vitamins/Omega 3 fish oil/probiotics until surgery
 - If unsure what counts as "herbal supplement" vs. "vitamin" bring your list to your surgeon

IMPORTANT TO KNOW Before Surgery



- **STOP SMOKING!**

- At least 1 month before surgery. And never again after surgery.
- Stop using any nicotine/tobacco/CBD/THC products
- Risk for blood clots (**death**), poor circulation and poor healing after surgery, affects breathing under anesthesia during surgery, causes ulcers/leaks in the stomach pouch

- **WEAR YOUR CPAP REGULARLY if you have sleep apnea!**

- Low blood oxygen levels may postpone your surgery

- **Lose weight before surgery, DO NOT GAIN WEIGHT!!**

- Losing some weight (at least 5% of your current weight) before surgery
- Your surgeon might have advised you to lose weight prior to surgery, for your safety.
- This helps to keep incisions small, less blood loss, faster operating time, quicker recovery, less soreness.

Medical “FYIs” for Post-Surgery Pain and Emergencies

- During off-hours/weekends, one of our surgeons is on-call.
 - Please call our office **713-493-7700** and our answering service will pick up
 - They will page the on-call surgeon to address your medical concerns
- If you are experiencing a medical emergency, call 911!
- Locate a hospital nearby your home in case of emergencies.
 - It’s helpful if this hospital has a bariatric center/surgeon on staff to appropriately treat you.
- Safe pain meds to use: Tylenol Extra Strength
 - Avoid Non-Steroidal Anti-inflammatory Drugs (NSAIDs): aspirin, ibuprofen (Advil, Motrin), naproxen (Aleve)



Before Surgery: Get Your Bariatric Vitamins NOW

(For gastric-band removal and 1st time Bariatric Surgeries only)

- Take vitamins NOW to build up extra vitamin reserves to:
 - Prevent vitamin deficiencies after surgery (prevent hair thinning too!)
 - Promote quicker surgery healing
- You will not be eating a balanced meal for at least 1.5 to 2 months after surgery
 - Very swollen stomach pouch
- Begin taking **Before Surgery / Minimal Dose** of Bariatric Vitamins NOW
 - Purchase at TLC front desk, or from e-store: www.tlcsurgery.bariatricadvantage.com
- Start vitamins now before surgery!
- **STOP herbal supplements 7 days before surgery**
 - Continue taking all VITAMINS/FISH OIL/PROBIOTICS until surgery
 - Questions: discuss with your surgeon at your PRE-OP VISIT
 - After surgery, on Post-op Day 3: slowly work up to the **Post-Op/Full Dose:**

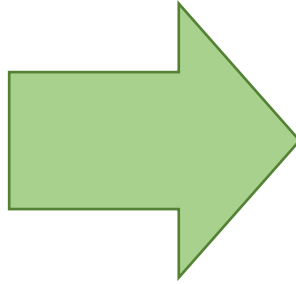
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Pre-Op vs. Post-Op Bariatric Vitamins

(Gastric Band and 1st Time Surgery Patients only. Not revisions)

Before Surgery:

- “Minimal Dose” Bariatric Vitamins
- Multivitamins: Choose one
 - Ultra Solo capsule MV 2x week
 - Ultra Solo chewable MV 2x week
 - Multi Chewy Bite MV 1x day
- Calcium:
 - Men: 1x 500mg calcium chew daily
 - Women: 2x 500mg calcium chews daily
- Take any extra vitamins ordered by your PCP or by TLC clinic based on labs
 - Stop HERBAL SUPPLEMENTS **1 week before surgery**
 - **Continue all vitamins/fish oil/probiotics until surgery**
 - Talk to dietitian if you have questions about labs and additional vitamins



After Surgery:

- "Full Dose" Bariatric Vitamins
- Multivitamins: Choose one
 - Ultra Solo capsule MV 1x day
 - Ultra Solo chewable MV 1x day
 - Multi Chewy Bite MV 2x day
- Calcium:
 - SLEEVE/BYPASS: 3x 500mg calcium chews daily
 - LOOP DS: 4X 500mg calcium chews daily
- Resume your bariatric vitamins on **Post-Op Day 3**
 - Start off with 1 MV for 1st week, then gradually add more as tolerated.
- PLUS Continue taking any extra vitamins ordered by your PCP or by TLC labs for at least 3 months after surgery
 - 3 month post-surgery follow up
 - Re-check your labs

Before Surgery: Get Your Bariatric Vitamins NOW

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

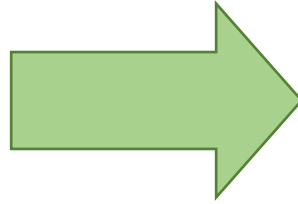
- Begin taking **Full Dose** of all bariatric vitamins NOW, EVERY DAY and FOREVER!!
 - Purchase at TLC front desk, or from e-store: www.tlcsurgery.bariatricadvantage.com
- This helps to build up extra vitamin reserves to:
 - Prevent vitamin deficiencies after surgery, prevent hair thinning too!!
 - Promote quicker surgery healing
- You will not be eating a balanced meal for at least 1.5 to 2 months after surgery
 - Very swollen stomach pouch
- Start vitamins now, continue through pre-op liquid diet
- **STOP herbal supplements 7 days before surgery**
 - Continue taking all VITAMINS/FISH OIL/PROBIOTICS until surgery
 - Questions: discuss with your surgeon at your PRE-OP VISIT
 - After surgery, on Post-op Day 3: slowly work up to the **Post-Op/Full Dose**

Pre-Op vs. Post-Op Bariatric Vitamins

(For REVISION patients only. Not band or 1st time surgery)

Before Surgery:

- Begin Full Dose Bariatric Vitamins
- Multivitamins: Choose one
 - Ultra Solo capsule MV 1x day
 - Ultra Solo chewable MV 1x day
 - Multi Chewy Bite MV 2x day
- Calcium:
 - Everyone: 3x 500mg calcium chews daily
- Take any extra vitamins ordered by your PCP or by TLC clinic based on labs
 - Stop HERBAL SUPPLEMENTS **1 week before surgery**
 - **Continue all vitamins/fish oil/probiotics until surgery**
 - Talk to dietitian if you have questions about labs and additional vitamins



After Surgery:

- Continue Full Dose Bariatric Vitamins
- Multivitamins: Choose one
 - Ultra Solo capsule MV 1x day
 - Ultra Solo chewable MV 1x day
 - Multi Chewy Bite MV 2x day
- Calcium:
 - Sleeve/Bypass: 3x 500mg calcium chews daily
 - LOOP DS: 4X 500mg calcium chews daily
- Resume your bariatric vitamins on **Post-Op Day 3**
 - Start off with 1 MV for 1st week, then gradually add more as tolerated.
- PLUS Continue taking any extra vitamins ordered by your PCP or by TLC labs for at least 3 months after surgery
 - 3 month post-surgery follow up
 - Re-check your labs

PRE-SURGERY: Full Dose Vitamin Schedule for Revisions

(For people who already had VBG, sleeve or gastric bypass)

Choose your multivitamin:

- Option A: Ultra Solo capsule MV 1x day
- Option B: Ultra Solo chewable MV 1x day
- Option C: Multi Chewy Bite MV 2x day

Calcium Chews daily: 3x day

PLUS: Continue to take any extra vitamins that were recommended by your PCP or by TLC labs

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Before Surgery: What Vitamins To Take??

What Surgery Are You Having??	Multivitamin: Capsule or Chewable?	Calcium Citrate: Take Daily
Gastric Bypass	Capsule Ultra Solo with Iron 2x week - or - Chewable Ultra Solo with Iron 2x week	Calcium Chewy Bites Men: 1x day Women: 2x day
Sleeve: WITH Iron - Menstruating Female - Anemic Male - Anemic Female	Capsule Ultra Solo with Iron 2x week - or - Chewable Ultra Solo with Iron 2x week	Calcium Chewy Bites Men: 1x day Women: 2x day
Sleeve: NO Iron - Non Menstruating Female (Post Hysterectomy / Post Menopausal) - Non Anemic Male	Capsule Ultra Solo <u>WITHOUT Iron</u> 2x week - or - Multi Chewy Bites 1x daily	Calcium Chewy Bites Men: 1x day Women: 2x day
Revision Surgery - Sleeve to Bypass - Sleeve to DS* - Bypass to Overstitch - Bypass to “Band over Bypass”	Capsule Ultra Solo with Iron x 1 daily - or - Chewable Ultra Solo with Iron x 1 daily	Calcium Chewy Bites x 3 *DS: 4x day



Pre-Op Liquid Diet (Before Surgery)

Protein Shakes and Clear Liquids Only

Omega 3 Fatty Acids



- Purpose:
 - High protein: Protein load to maintain muscle, improved healing after surgery
 - Low calorie: 5% Weight loss, lose belly fat, decrease liver size
 - Liquids only: Clean out stomach to prevent serious infection (food caught in staples)
 - Decrease inflammation
- How long:
 - 2 weeks: Vertical Sleeve, Gastric Bypass, Overstitch and Loop DS/Duodenal Switch
 - 1 week: Endoscopic Sleeve Gastroplasty
- **No FOOD OR ALCOHOL:** any type of solid food, meats, thick creamy soups, yogurt, pudding, fudge pops, smoothies, fruit, salads, veggies, crackers, etc.
- **ARE YOU TAKING BLOOD SUGAR MEDICATIONS?**
 - PLEASE TALK TO YOUR DOCTOR (not surgeon) ABOUT ADJUSTING BLOOD SUGAR MEDS
 - Liquid diets can cause your blood sugars to drop!

Constipation Before Surgery

- Constipation may occur during your pre-op liquid diet
- Solutions:
 - Fiber powders: Benefiber, Citrucel, Metamucil, Just Better
 - Miralax powder, use 2x daily for a few days
 - Laxatives: Smooth Move herbal tea, Milk of Magnesia, Colace, Dulcolax, Senokot
 - Stay hydrated with plenty of zero sugar/low sugar clear liquids!



Pre-Op Liquid Diet

Protein Shakes and Clear Liquids Only

Omega 3 Fatty acids



- **3 grams of Omega 3 Fatty Acids**

- Take 3 grams (3000mg of EPA and DHA combined) daily to help decrease inflammation
- Coromega Max Omega 3: 2 packets daily
- Barlean's High Potency Omega 3: 2 tablespoons daily
- Nordic Naturals Ultimate Omega 2X: 3 soft gels daily

- **3 to 5 Protein Supplements daily**

- Achieve 60-150 grams of protein daily to help maintain muscle mass
- >20 grams protein, <10 grams sugar, <10 grams fat, <250 calories per shake
- "Ready-to-drink" protein shakes/drinks, or Protein powders
 - Mix powder with ice, water, 0%-2% milk, unsweetened dairy alternatives
 - **NO: juices, fruit/veggies/oats, SMOOTHIES!** This adds sugar, calories, residue/bulk in your stomach!
- **Avoid collagen protein:** powder and liquid! This is a poor quality, incomplete source of protein!



- **Clear Liquids to help you stay hydrated**

- Drink +64 ounces daily to prevent dehydration, gout, constipation and kidney stones from high protein intake
- Choose "See-through" liquids, any color
- Low sugar, low calorie. <50 calories, <10 grams sugar per 8 ounces. Drink 64oz or more!
- NO VEG/FRUIT JUICE! TOO MUCH SUGAR! NO green juices, apple juice, orange juice, cranberry juice, lemonade, etc.
- OK to use Sugar substitutes. No sugar, honey, maple syrup, agave
- No caffeine (decaf OK): caffeine is a diuretic/irritant (dehydration, gastric ulcers, acid reflux)
- No carbonation (no sodas): can cause chest pain from gas pressure
- Protein "drinks/waters" DO NOT count as your clear liquids because it is dehydrating (example: Gatorade Protein)

Too High in Calories and Sugar – Not Bariatric Appropriate



Nutrition Facts	
1 serving per container	
Serving Size	15.2 fl oz (450 mL)
Amount Per Serving	
Calories	400
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 1g	5%
Cholesterol 29mg	10%
Sodium 290mg	13%
Total Carbohydrate 61g	22%
Total Sugars 53g	
Includes 0g Added Sugars	0%
Protein 30g	60%

ALSO, DO NOT DRINK SMOOTHIES!

HOMEMADE SMOOTHIES

SMOOTHIE KING

JAMBA JUICE

BOTTLED SMOOTHIES (NAKED / ODWALLA PROTEIN SMOOTHIES)

Appropriate Pre-Op Protein Shake Options: 3 to 5 per day

>20 grams protein, <10 grams sugar, <10 grams fat, <250 calories per shake

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

Drink 3-5 shakes/day. Protein Supplement Options

Look for: >20 grams protein, <10 grams sugar, <10 grams fat, <250 calories

- **Whey Concentrate (contains milk and lactose)**

- Quest Protein Shake
- Muscle Milk PRO Series
- EAS Myoplex
- Pure Protein shakes/powder
- Ghost 100% Whey powder
- Orgain Grass Fed Whey
- Ensure MAX Protein
- Slim Fast Advanced Nutrition



- **Whey Isolate (contains milk, but lactose free)**

- Premier Protein "Clear" drinks
- Isopure Zero Carb Protein drinks/powder
- Unjury protein powder/shakes
- Gold Standard 100% Whey protein powder
- Bariatric Advantage protein powder
- ICONIC grass-fed whey protein shakes
- Dymatize Iso100 powder
- Fair Life Nutrition Plan
- Core Power
- Atkins PLUS 30g Protein



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

- Orgain Plant Based protein powder/shakes
- Vega Sport protein powder
- Plant Fusion protein powder
- Raw Meal protein powder
- Evolve Protein Shake/Powder
- OWYN Vegan protein (no sugar substitutes)

Plant Based Protein (dairy free, vegan)

Look for protein with a blend of multiple food sources, not just 1 ingredient (only pea or rice)
Blend with ice, water or unsweetened dairy alternative (almond, soy, oat, rice, hemp milk)



1 scoop
170calories
9g fiber
21g protein
Protein source:
Pea, algae, millet,
lentil, flax, chia



1 scoop
150calories
3g fiber
30g protein
Protein source:
Pea, pumpkin see,
sunflower seed,
alfalfa

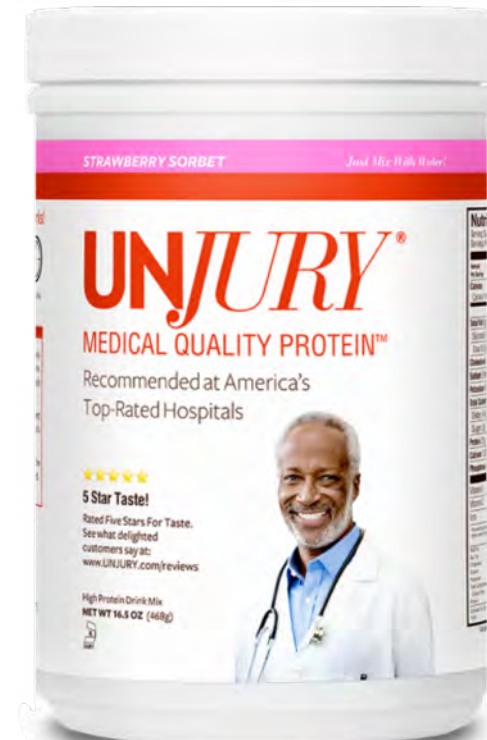


1 scoop
100calories
1g fiber
20g protein
Protein source:
pea, hemp,
goji berry



1 scoop
120calories
7g fiber
20g protein
Protein source:
Pea, brown rice, amaranth,
buckwheat, millet, quinoa, chia,
adzuki beans, flax, garbanzo beans,
lentils, pumpkin seeds, sesame
seeds, sunflower seeds

Non-Milky/Creamy High Protein Supplements



Protein20
16oz, 90 calories
20g protein
6g carbs
Whey protein isolate
Stevia
www.drinkprotein2o.com

Nectar Protein Powder
1 scoop = 23g protein
25 calories, 0g sugar
Acesulfame K, Sucralose
Whey protein isolate
Many fruity flavors
www.tlcsurgery.bariatricadvantage.com

Bariatric Advantage
Clearly Protein
16oz, 8- calories
20g protein
0g carb
Stevia, monk fruit
www.tlcsurgery.bariatricadvantage.com

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

Unjury Protein Powder
1 scoop = 21g protein
100 calories, 3g sugar
Fructose, Sucralose
Whey protein isolate
www.unjury.com
Chicken soup, unflavored,
chocolate, vanilla, strawberry

High Protein Liquids Alternatives during Pre-Op Liquid Diet

Don't like protein shakes?

Check out these high protein shake alternatives!

Each serving would replace a protein shake

Each serving contains +20 grams of protein



ORIGINAL CHICKEN SOUP

INGREDIENTS

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

INSTRUCTIONS

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



*Do not mix protein powder into boiling or very hot liquids.

This will cause protein powder to clump. Let liquid cool down slightly, then mix in protein powder

High Protein Liquids Alternatives

JELL-O® (HIGH PROTEIN)

INGREDIENTS

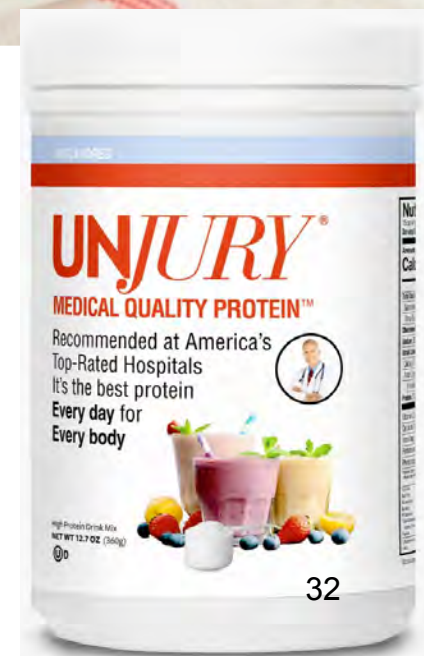
1-2 packets or scoops UNJURY® Unflavored

1 Package JELL-O® (use Sugar Free Jello)

2 Cups Water

INSTRUCTIONS

1. Follow package directions for dissolving the JELL-O in 1 cup of boiling water.
2. After dissolving, set aside to cool for 3 to 5 minutes.
3. In a different bowl, measure 1 cup of cold water.
4. Add 2 scoops of Unflavored UNJURY to the cold water, one scoop at a time, stirring slowly to dissolve.
5. Stir the UNJURY and water mixture into the dissolved JELL-O.
6. Chill quickly. The protein will settle somewhat to create a smooth cloud at the bottom, but the taste will remain unchanged.



High Protein Liquids Alternatives

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

Strawberry Lemonade

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

INGREDIENTS

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

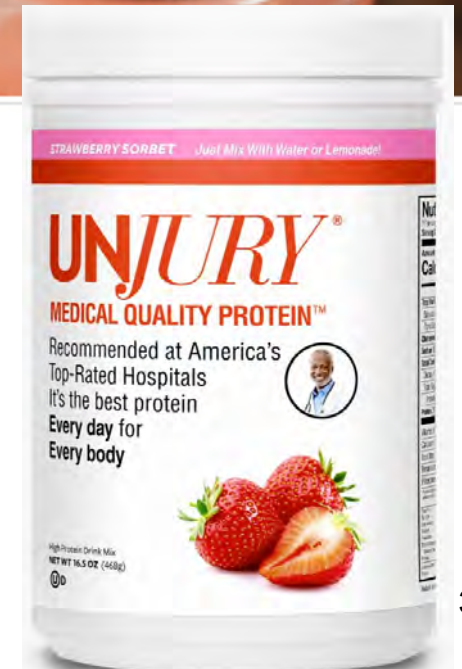
½ Packet (0.14 Ounce) Crystal Light® Lemonade Mix (powdered)

1 Cup Water

½ Cup Ice

INSTRUCTIONS

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



High Protein Liquids Alternatives

Iced Vanilla Coffee

INGREDIENTS

- 1 Packet** or **1 Scoop** UNJURY® Vanilla
- 1 Cup** Decaffeinated coffee
- ½ Cup** Ice

INSTRUCTIONS

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



Appropriate Pre-Op Clear Liquid Options

Clear, See-Through, Any Color. No protein/caffeine/sodas/fruit juices!
<50 calories, <10 grams sugar per 8 ounces. Drink 64oz or more!

Nestle IMPACT Advanced Recovery

- Highly Recommended, but not required!
- Helps with enhanced recovery after surgery
- Contains unique blend of 3 key immunonutrients:
 - Arginine: amino acid to help wound healing
 - Omega 3 Fatty Acids: essential fats to help decrease inflammation
 - Dietary Nucleotides: rebuilds immune function
- Increases pre and post-surgery weight loss
- Improves wound healing
- Prevents surgical site infections
- Reduces nausea and vomiting
- Drink 1 carton 2x day for 5 days before surgery
 - In conjunction with your protein shakes and clear liquids
- Buy from Amazon, [nestlenutritionstore.com](https://www.nestlenutritionstore.com), or from South Side Pharmacy



Clear Liquid Options

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

- Water flavoring drops
 - MiO, Crystal Light, Kool Aid 0 calorie
- Low sugar sports drinks
 - Body Armor Lyte, PowerAde Zero, Propel Fitness Water, Gatorade G2, G Zero
- Flavored waters: Hint, Nestle Splash
- Diet/Light juice
 - diet cranberry, light white grape juice. NO regular juice!
- 100% coconut water. No added sugar should be in the ingredients!
- Diet Snapple (small amount of caffeine is OK)
- Decaffeinated coffee
- Sugar free gelatin and popsicles (no fruit bars or gelatin with fruit)
- Regular sodium broth (any flavor)
 - homemade chicken/veg/bone broth and strained, store bought, bouillon cubes
- Infused waters
 - Fresh mint, squirt of lemon/lime, slices of cucumber, orange, strawberries
- Seasonings/seasonings
 - salt/pepper, hot sauce, citrus juices, extracts, sugar substitutes, spices



Strategies to Help Manage The 2 Week Pre-Op Liquid Diet:

- **DO NOT DRINK**

- High sugar shakes/smoothies: Boost, Glucerna, Carnation Instant Breakfast, Herbalife, Shakeology, AdvoCare, Naked, Odwalla
 - These DO NOT contain enough protein, and may be too high in sugar/fat
- NO: Jamba Juice, Smoothie King, regular/diet sodas, fruit/veggie juices, smoothies

- **Nausea/Vomiting/Diarrhea**

- Switch to clear liquid protein drinks instead of milky shakes
- Switch to WHEY ISOLATE (Lactose free) instead of WHEY CONCENTRATE (contains Lactose)
- Eliminate whey/milk protein, switch to PLANT BASED PROTEIN shakes

- **Lightheaded/Headaches due to Ketosis (body is burning body fat)**

- Drink plenty of fluids +64oz
- Drink 2 cups of regular (not low sodium) broth for salt and electrolytes
- Add 1-2 bottles of diluted sports drink
- Drink 1-2 Tbs. pickle JUICE, contains some carbohydrates/sugar and electrolytes



- **Feeling “hungry”**

- Drink more shakes (3 to 5 shakes daily). Protein goal intake up to 150grams daily
- Eat sugar free Jell-O and sugar free popsicles, ice chips. This can satisfy the desire to chew
- Drink broth to switch up sweet flavors with savory flavors instead
- Is it HEAD hunger due to boredom? Keep yourself busy!
 - Get out of the house and be active! Distract yourself!
 - Chewing sugar-free gum
 - Sugar free hard candy: mints, lemon drops are OK. NO CHOCOLATE CANDY!!



Pre-Op Liquid Diet: Sample Schedule*

3-5 Protein Shakes

+64oz non-protein, clear liquids

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

~750-1000 calories

60-150 grams protein

~80 oz. of non-protein fluids

*Suggested amounts and times. Modify to your preference.

Calories of Pre-Op Liquid Options

Clear Liquids

3oz Sugar Free Jello Cup

8oz Chicken Broth

8oz Chicken Stock

12oz G2

20oz G2

1.65oz Sugar Free Popsicle

½ tsp liquid Crystal Light, MiO, Kool Aid

20oz Vitamin Water Zero, PowerAde Zero, Propel

8oz herbal tea with sugar substitute

Calories

10

10

20

30

50

15

0

0

0



“Enhanced Surgery Recovery” Drinks Before Surgery

- Drinking carbohydrates before surgery helps with **after surgery recovery**:

- Increases wound healing
- Prevents surgical site infections
- Reduces nausea and vomiting
- Speeds up recovery time



- 12oz carbohydrate drink x 2
 - Regular Sport Drink: Gatorade, Powerade, BodyArmor
 - Clear Fast Pre-Op (drinkclearfast.com, Amazon)
 - Ensure Pre-Surgery Clear Carbohydrate Drink (Amazon)
- Drink 12oz - The night before surgery day, before going to bed
- Drink 12oz - The morning of surgery day, at least 3 hours before surgery time
- Do not EAT or DRINK anything else besides your carbohydrate drink

Bariatric Surgery Types

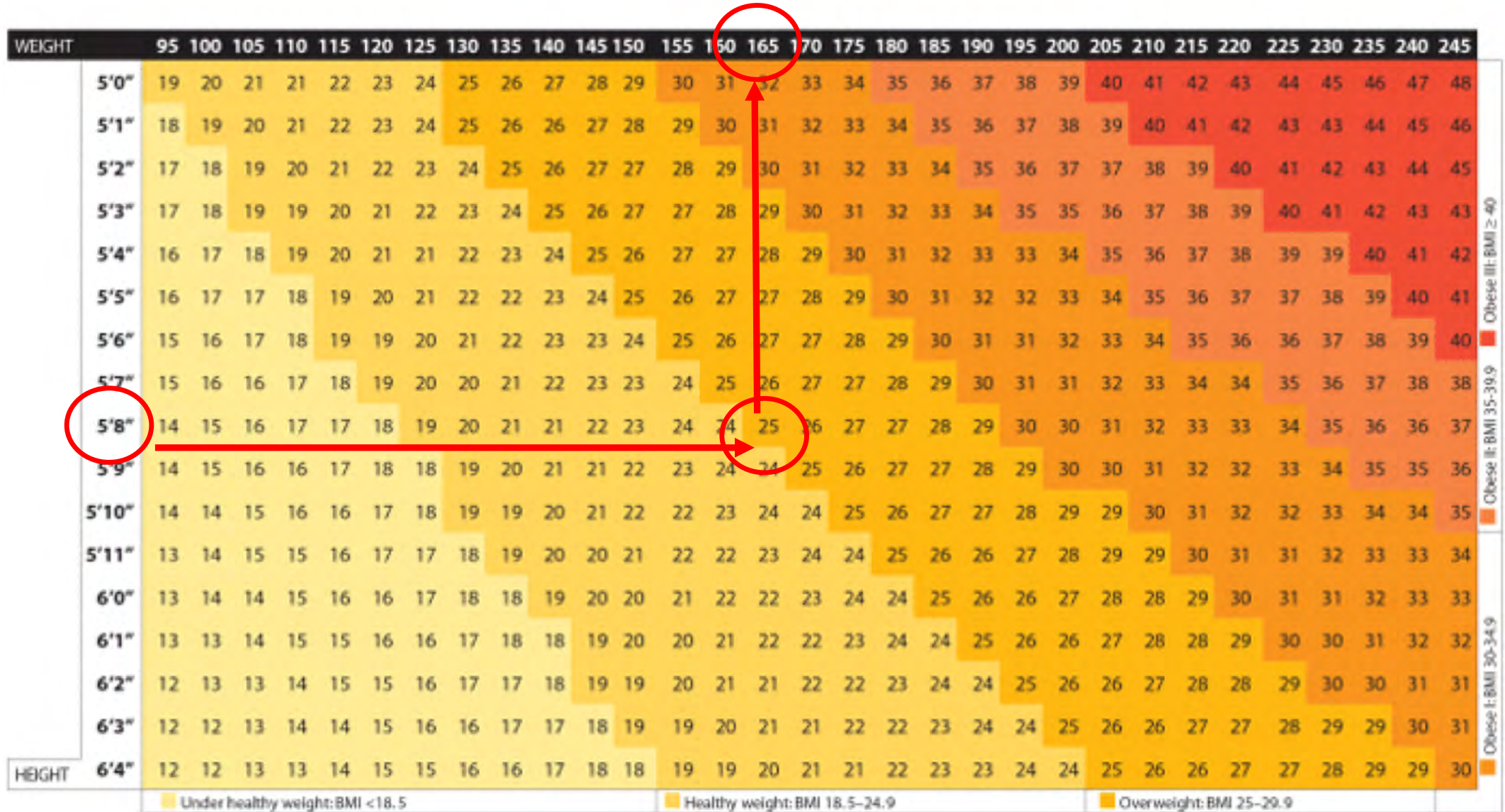
Vertical Sleeve Gastrectomy
Endoscopic Sleeve Gastrectomy
Roux en Y Gastric Bypass
Duodenal Switch

How much weight can you lose?

Calculating “Excess Weight”

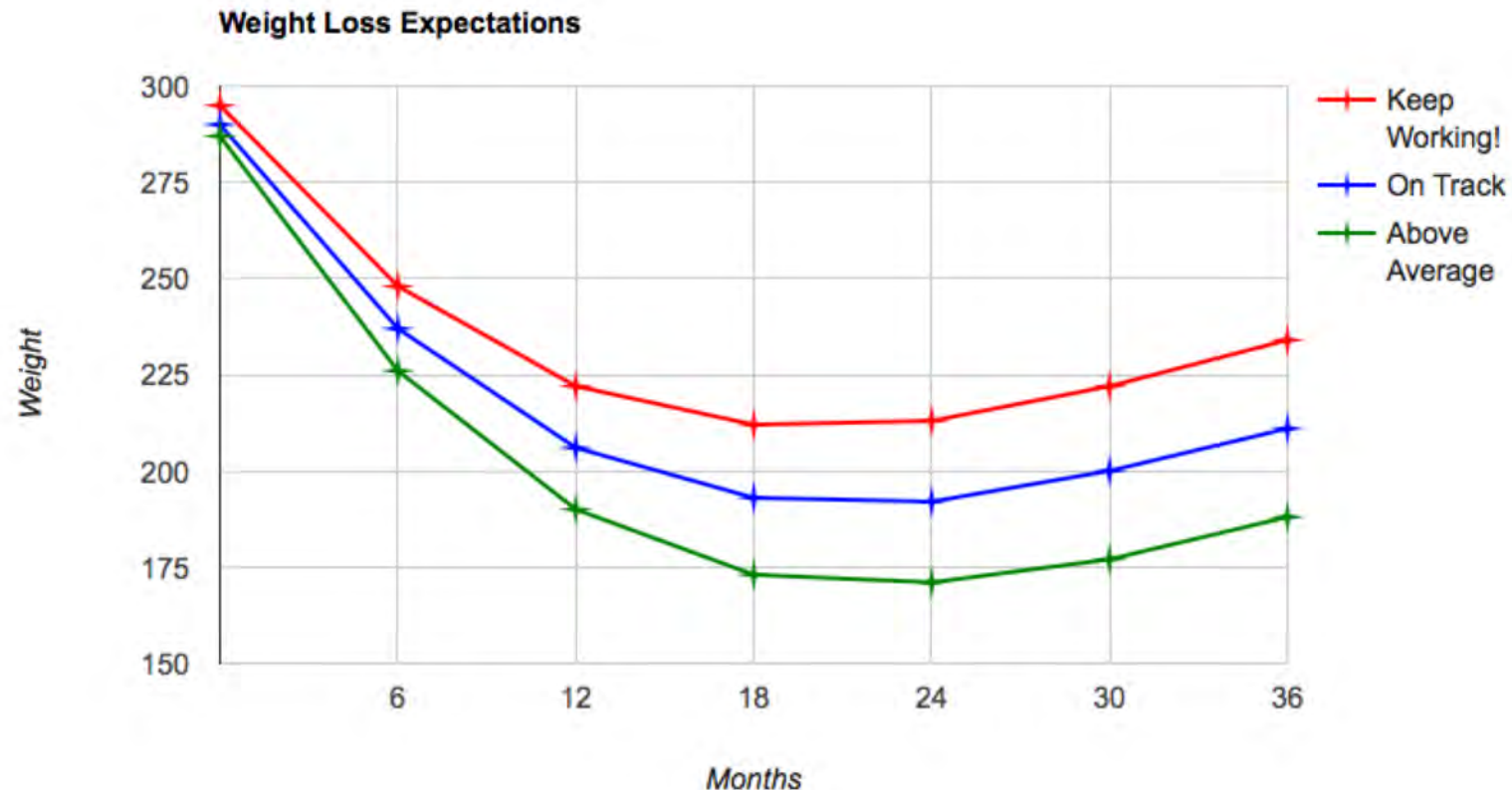
- Find out what your weight would be at a BMI of 25. This is your IDEAL weight
- Subtract IDEAL weight from CURRENT weight. This is your EXCESS weight.
- You can lose a % of your excess:
 - Duodenal Switch: 90%
 - Sleeve Gastrectomy/Gastric Bypass: 65-70%
 - Gastric Band/Endoscopic Sleeve: 50%
- Example: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

BMI Chart: 95lbs to 245lbs

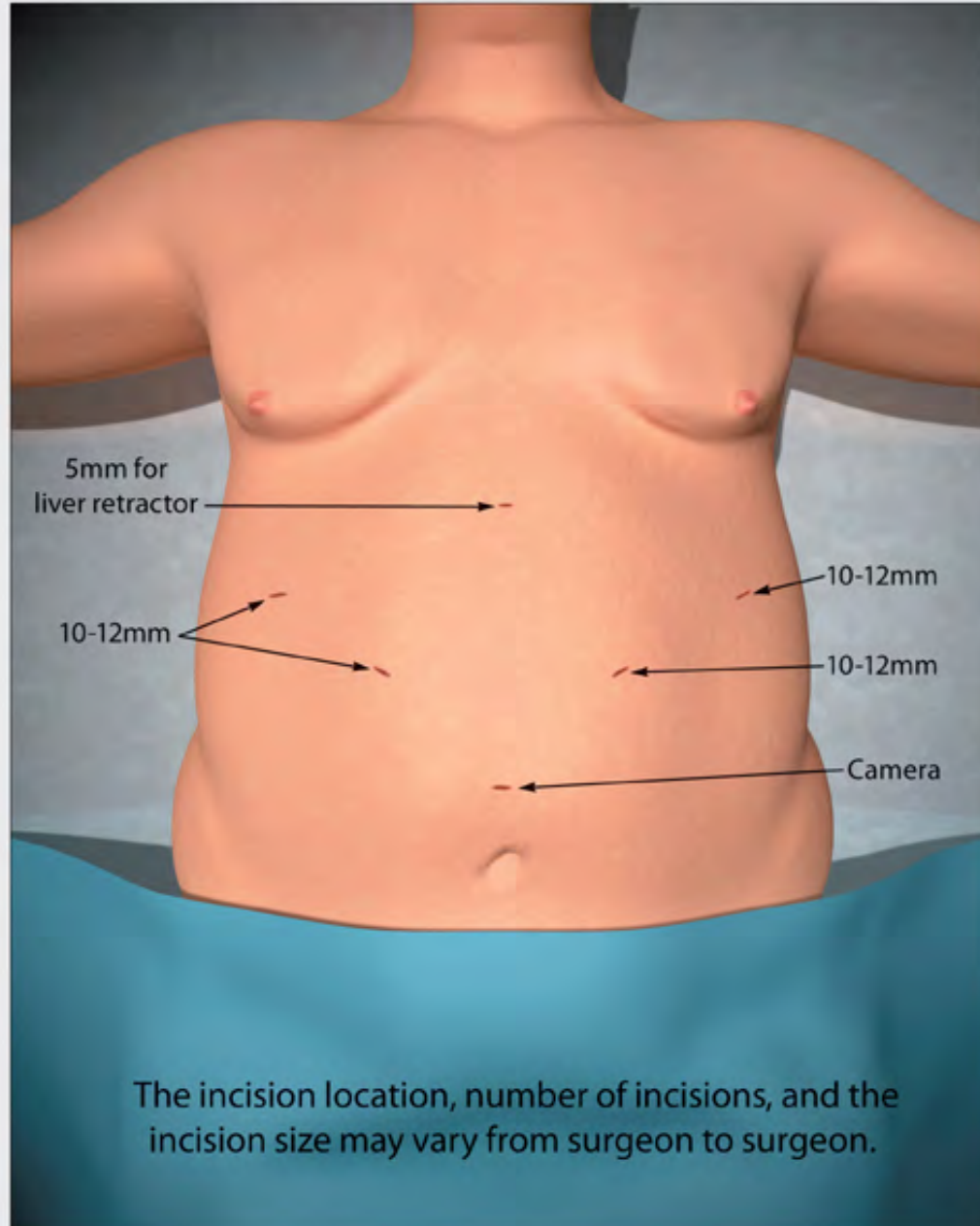


Are you on track with weight loss?

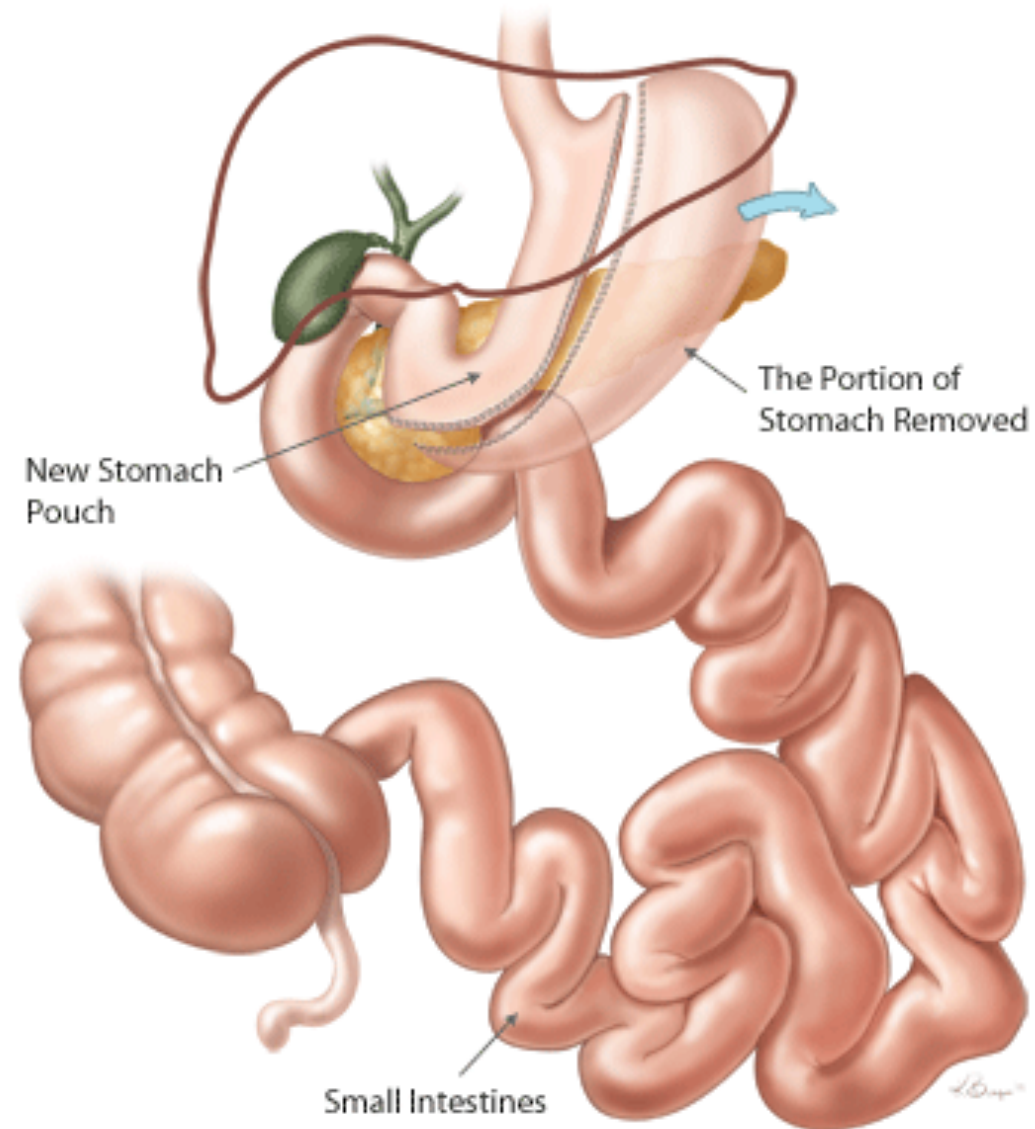
- Check out Get2Goal (website and app) to see if you are losing too slowly or quickly
 - It is set for gastric bypass, but all surgeries can use this as a “guide”
 - Rapid weight loss can occur in the 1st 6 months.
 - Weight loss plateaus will occur at 1.5 to 2 years post-surgery
 - Weight regain happens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



INCISIONS FOR LAPAROSCOPIC BARIATRIC SURGERY



Vertical Sleeve Gastrectomy (VSG)



Vertical (Laparoscopic) Sleeve Gastrectomy (VSG/LSG)

Advantages

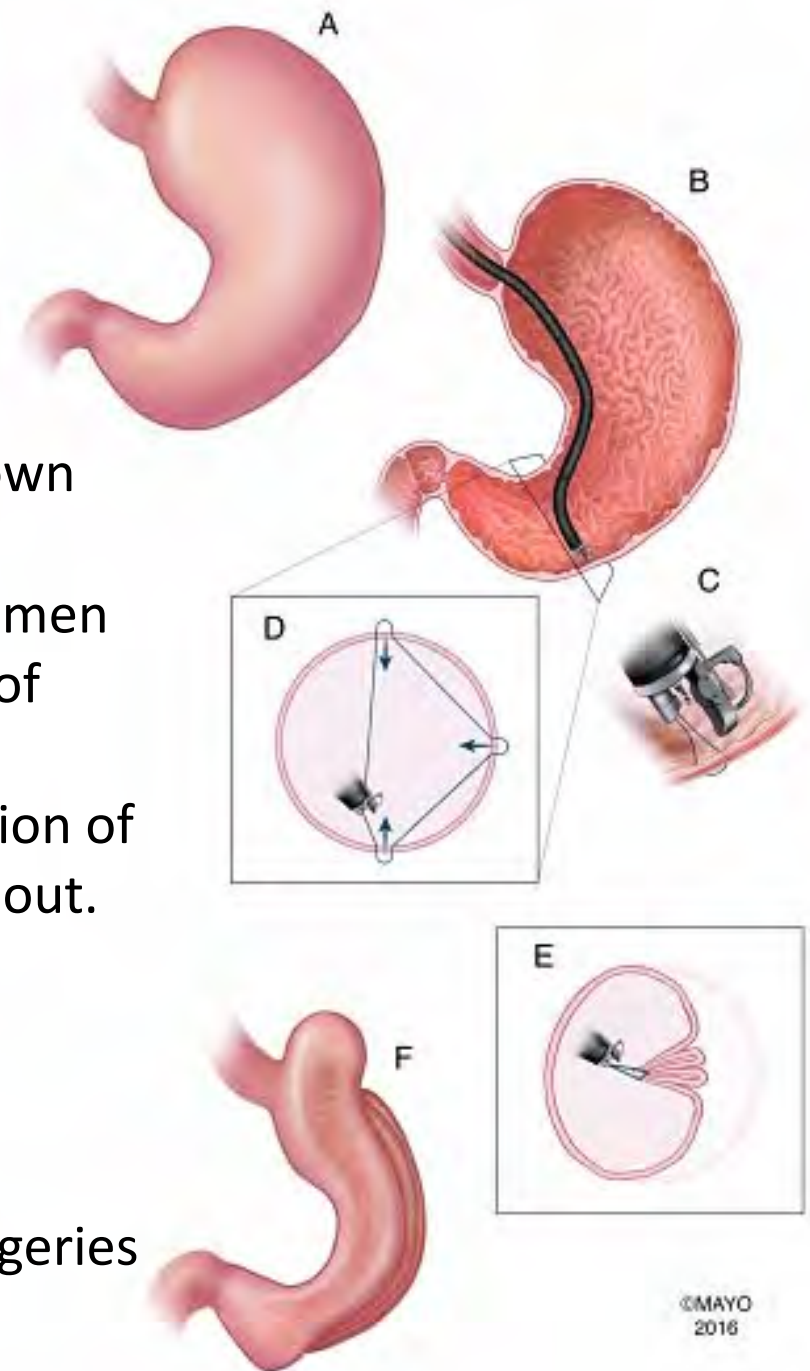
- Restricts the amount of food the stomach can hold
- Induces rapid and significant weight loss that comparative studies find similar to that of the Roux-en-Y gastric bypass. Weight loss of >50% for 3-5+ year data, and weight loss comparable to that of the bypass with maintenance of >50%
- Requires no foreign objects (band), and no bypass or re-routing of the food stream (RYGB)
- Involves a relatively short hospital stay
- Causes favorable changes in gut hormones that suppress hunger, reduce appetite and improve satiety

Disadvantages

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

Endoscopic Sleeve Gastroplasty (ESG)

- Typically reserved for people with lower BMI (BMI <40)
- Average, lost ~10-13% of total body weight in 1 year
- Improvement in blood sugars and blood pressure
- Endoscopic procedure (camera and suturing device passed down esophagus into the stomach)
- Not laparoscopic. No incisions or scars on the outside of abdomen
- Inside of stomach is sutured/plicated (stitched to reduce size of stomach)
- This procedure is not permanent. It is reversible because portion of stomach has not been removed. Sutures can be removed/cut out.
- 1 week pre-op liquid diet (not 2 weeks)
- Day surgery (will go home on same day)
- Return to work in about 2-3 days
- Follow same vitamin and diet guidelines as other bariatric surgeries

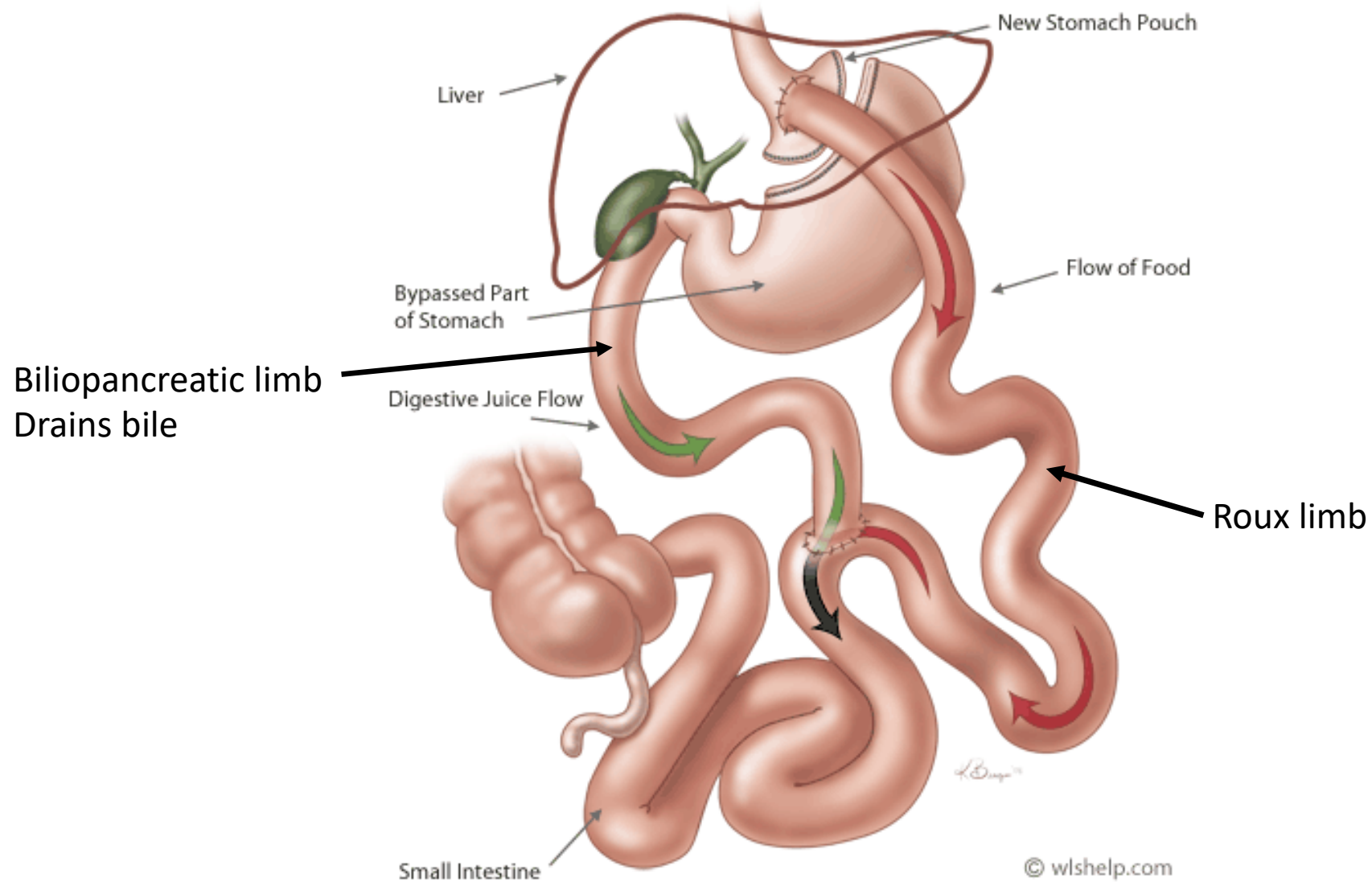


Endoscopic Sleeve Gastroplasty

- Before (Original Stomach Size)
- After



Roux-en-Y Gastric Bypass (RYGB)



Roux en Y Gastric Bypass (RYGB)

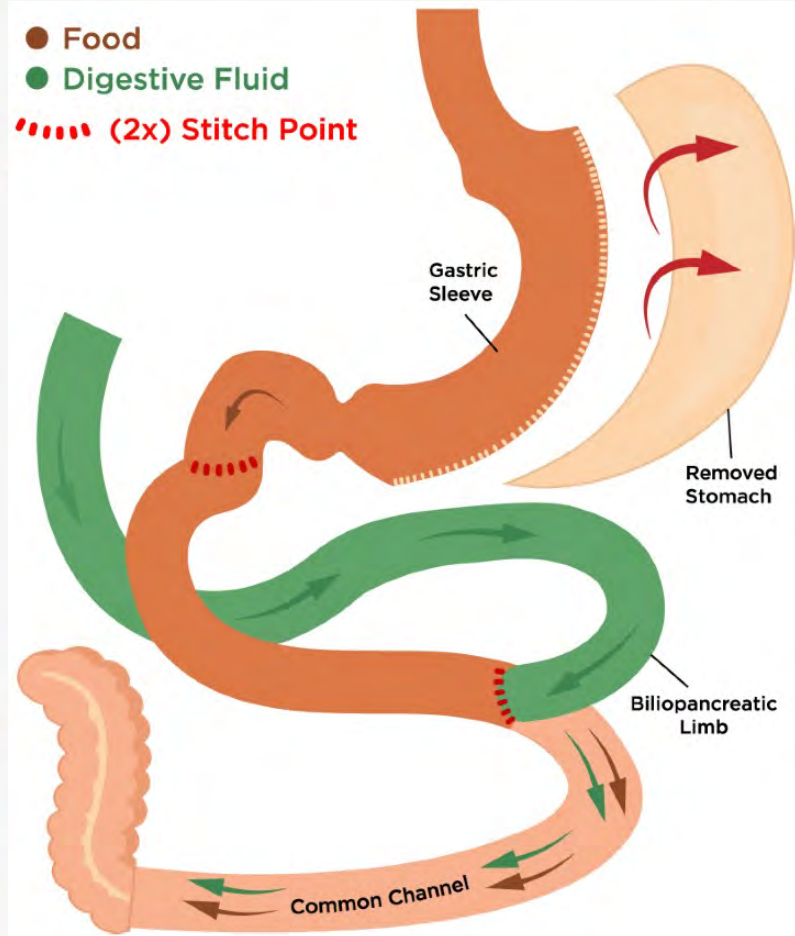
Advantages

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

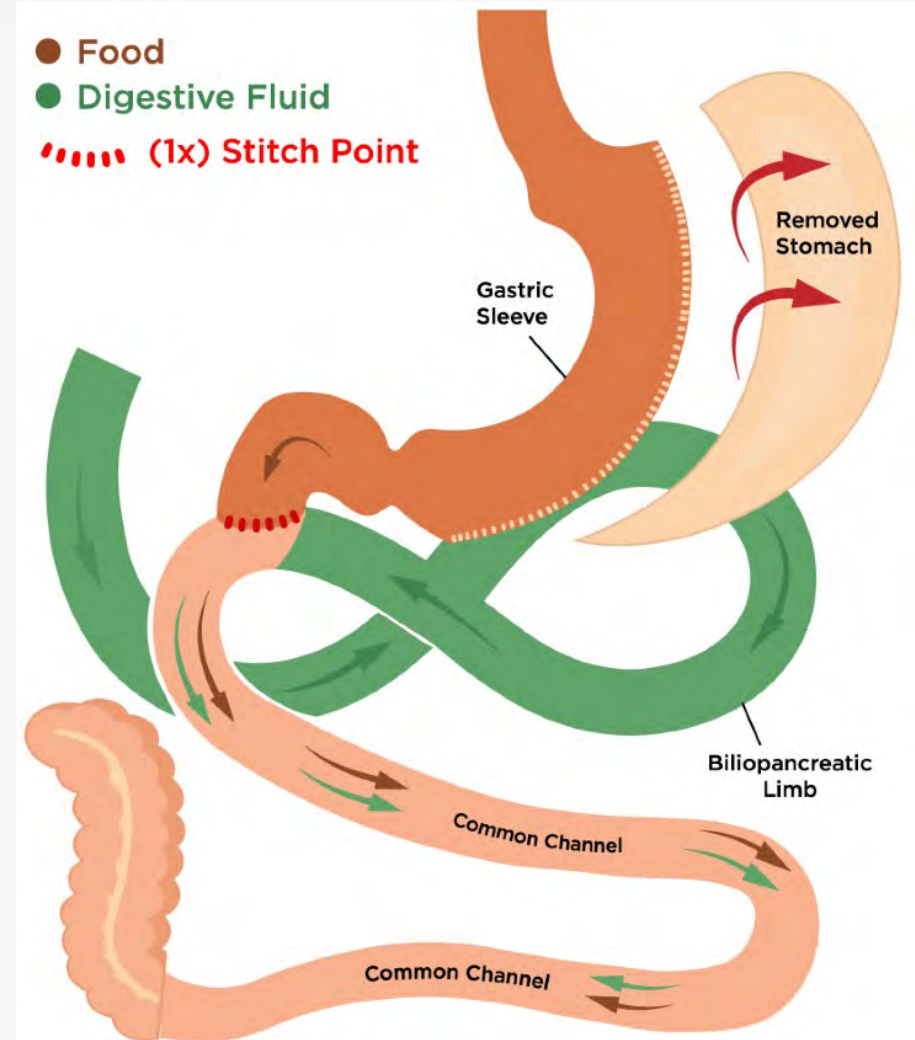
Disadvantages

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

Duodenal Switch



Loop Duodenal Switch (SADI-S)



Duodenal Switch

Advantages

- Results in greater weight loss than RYGB, VSG, or band, i.e. 60 – 70% percent excess weight loss or greater, at 5 year follow up
- Reduces the absorption of fat by 70 percent or more
- Causes favorable changes in gut hormones to reduce appetite and improve satiety
- Is the most effective against diabetes compared to RYGB, LSG, and band

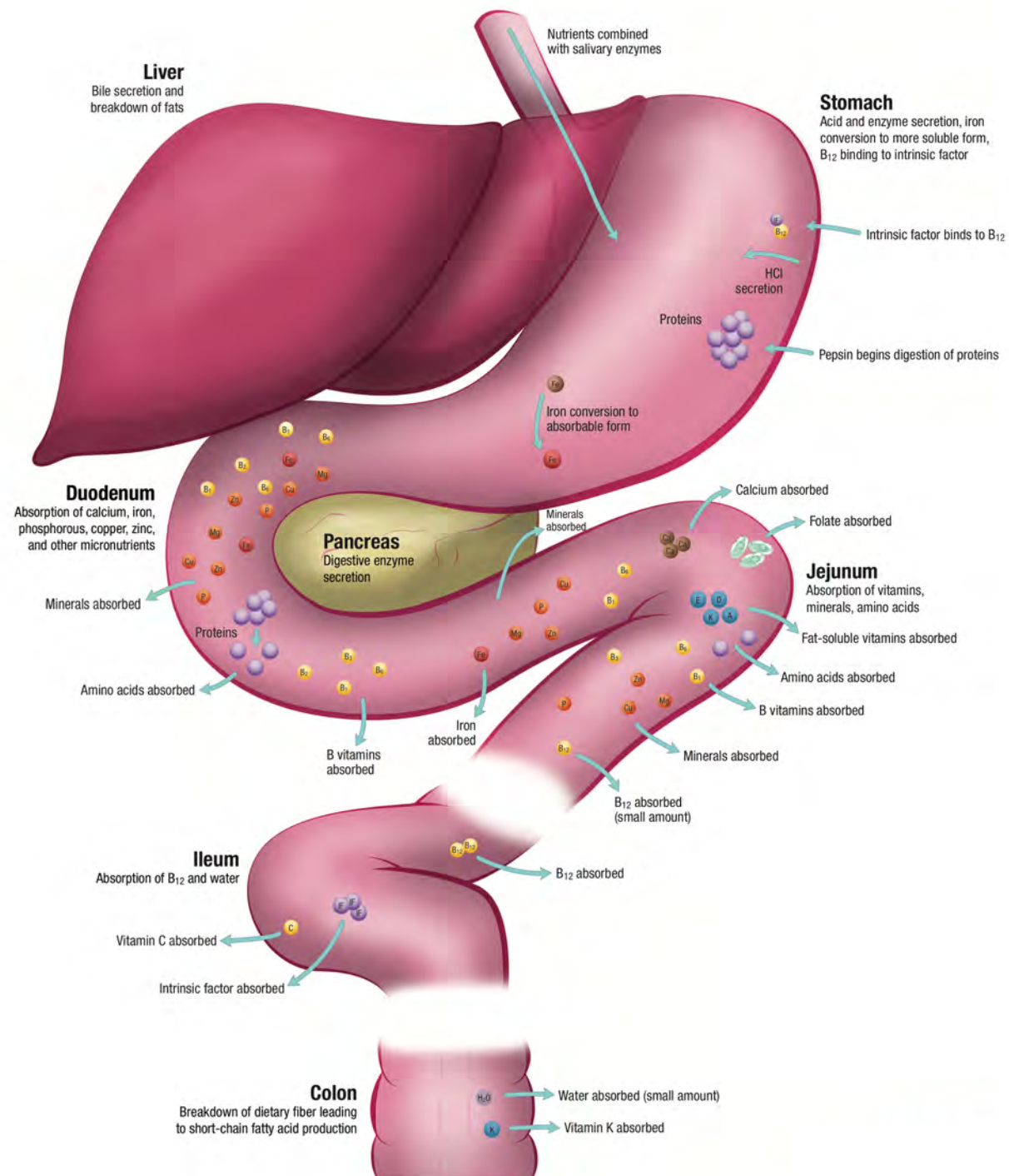
Disadvantages

- Higher complication rates and risk for mortality than the band, LSG, and RYGB
- Greater risk for protein deficiencies and long-term nutrient deficiencies i.e. iron, calcium, zinc, fat-soluble vitamins such as vitamin A, D, E and K.
- Increased gastro-intestinal complications: foul gas, multiple loose stools
- Compliance with follow-up visits and care and strict adherence to dietary and vitamin supplementation guidelines are critical to avoiding serious complications from protein and certain vitamin deficiencies

Loop DS: Functions of Fat Soluble Vitamins A, D, E and K

- Vitamin A
 - Important for normal vision, gene expression, reproduction, embryo development, growth and immune function
 - Deficiencies: May lead to night blindness, follicular hyperkeratosis (rough skin with hard “goose bumps”), impaired immunity, itching, dry hair, poor wound healing, loss of taste
 - Hemoglobin and s. retinol: Vit A deficiency can coexist with Iron deficiency, or make it worse. Consider adding Vit A if low Iron (with approval of clinic)
 - Zinc deficiency can cause low Vit A, especially in patients with protein/energy deficiency
- Vitamin D
 - Essential for bone mineralization through regulation of calcium and phosphorus; benefits immune, endocrine and cardiovascular systems
 - Deficiencies: Inadequate mineralization of bones (osteomalacia), low Calcium stores, tetany (muscle spasms), metabolic and autoimmune complications
 - Magnesium is cofactor in making Vit D in liver, may benefit in adding Magnesium if Vit D is low (with approval of clinic)
- Vitamin E
 - Antioxidant for protecting polyunsaturated fats in membranes phospholipids and plasma lipoproteins
 - Deficiencies: nerve damage throughout the body, difficulty walking, skeletal myopathy (muscle degradation), pigmented retinopathy, red blood cell hemolysis
 - Vit C can help recycle Vit E. Adding Vit C may help increase Vit E
- Vitamin K
 - Functions as coenzyme in synthesis of proteins for blood coagulation and bone metabolism
 - Deficiencies: easy bruising, bleeding gums, delayed blood clotting, heavy menses, nose bleeds, declining bone health
 - High Vit E may counteract Vit K effects in anticoagulant patients (blood thinning vs blood clotting)

Post-Surgery Bariatric Vitamins



Taking Your Bariatric Vitamins After Surgery

- **Post-Op Day 3: *Gradually*** work towards full dose of Bariatric MV and Calcium
 - Take 1 multivitamin for a few days, then gradually work up to the full dose (as tolerated)
 - Do not rush all these vitamins into a small swollen pouch. Take your time.
 - Refer to your calendar (at the end of your nutrition packet)
 - Day 0 - Monday: Surgery day
 - Day 1 - Tuesday: 1st Day after surgery
 - Day 2 - Wednesday: 2nd Day after surgery
 - Day 3 - Thursday: 3rd Day after surgery – begin taking your MV
- Precautions:
 - Always take vitamins **with food**. Do not take vitamins on empty stomach.
 - **Spread out** all your vitamins. Do not take them all together!!
 - Do not exercise immediately after taking vitamins
- May cause nausea, stomach aches, pouch fullness if taken all together
- May cause constipation and kidney stones
- May not absorb all your vitamins (malabsorption)

Vitamin and Mineral Interactions

- **Multivitamin (MV)**

- If taking multiple doses, take 1 at a time (AM and PM)
- Separate by 2 hours: Calcium, caffeine, dairy products (protein shakes, yogurt, cheese), grains/nuts, beans
- OK to take with: Iron, Vitamin D, B vitamins, Omega 3 fish oil, probiotics
- Best to take with food

- **Calcium**

- Take only 500-600mg at 1 time
- Choose Calcium CITRATE (not CARBONATE)
- Separate by 2 hours: next Calcium dose, MV, Iron, caffeine, dairy products (protein shakes, yogurt, cheese), grains/nuts, beans
- OK to take with: Vitamin D, B vitamins, Omega 3 fish oil, probiotics
- Best to take with food and with Vitamin D

- **Iron**

- Can take with MV
- Can take 2 doses at once (60mg 2x together)
- Avoid Ferrous SULFATE to decrease chances of constipation
- Separate by 2 hours: Calcium, caffeine, dairy products (protein shakes, yogurt, cheese), grains/nuts, beans
- OK to take with: MV, Calcium, Vitamin D, B vitamins, Omega 3 fish oil, probiotics
- Best to take at night

- **Vitamin D:**

- OK to take with: anything (MV, Iron, Calcium, B vitamins, Omega 3 fish oil, probiotics)
- Best to take with a large meal (lunch or dinner) and with Calcium

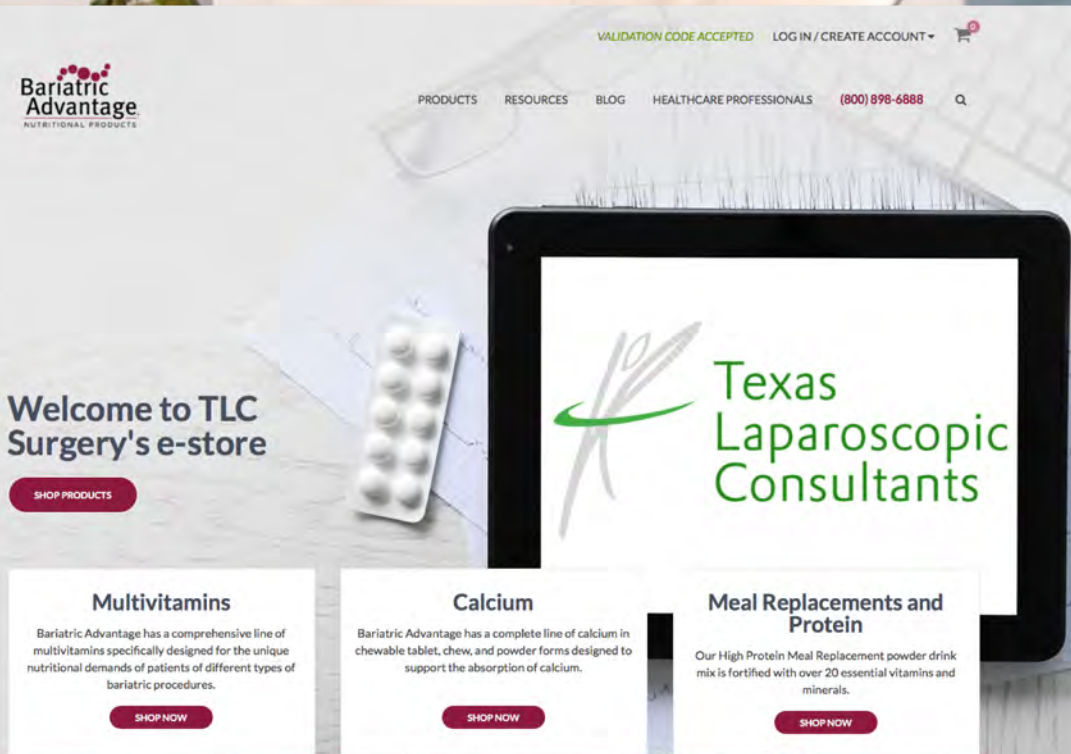
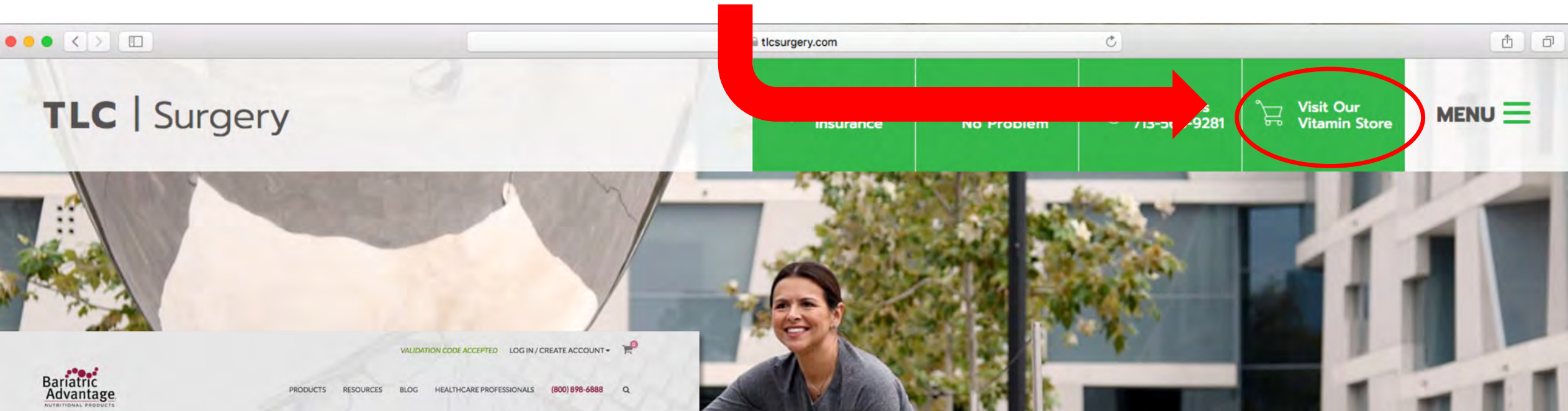
- **B Vitamins (B12, B1, B Complex)**

- OK to take with: anything (MV, Iron, Calcium, Vitamin D, Omega 3 fish oil, probiotics)
- OK to take anytime

After Surgery: Choose “Bariatric” Vitamins

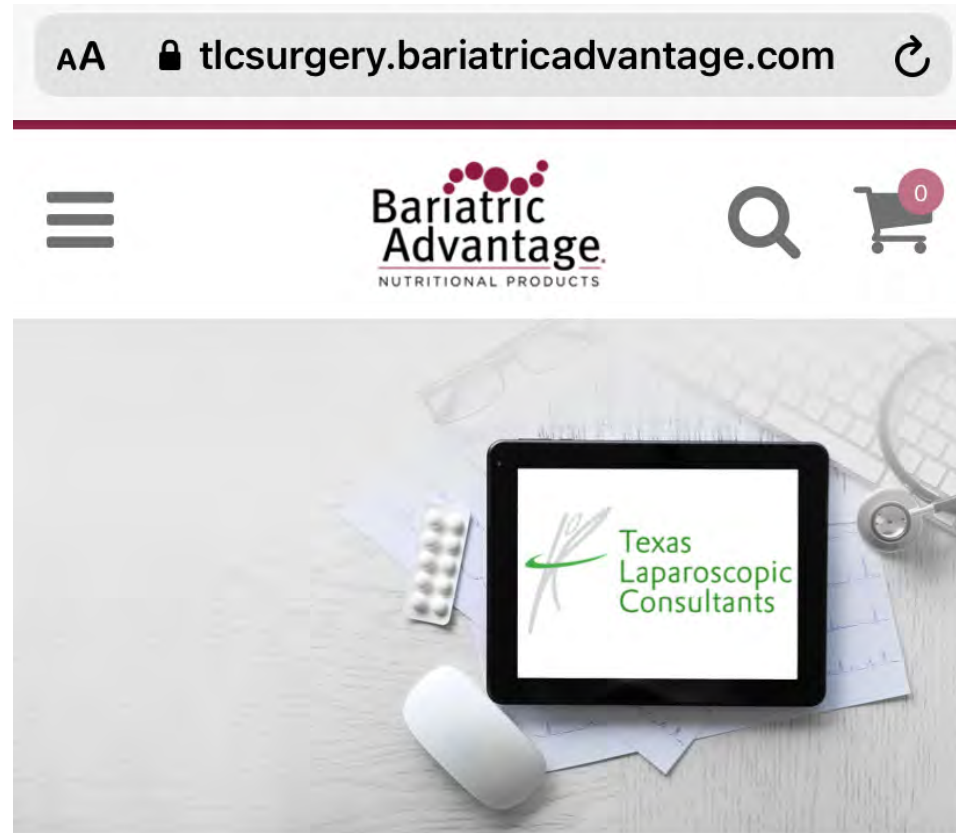
- Look for “Bariatric” brand of Chewable or Capsule Vitamin Supplements
 - Designed for weight loss surgery: smaller, easy to swallow, quick to dissolve and absorb
 - Should contain critical vitamins and minerals needed for bariatric nutrition
 - **Bariatric Advantage:** purchase at TLC front desk or from www.tlcsurgery.bariatricadvantage.com
 - This is not available to buy “over the counter”
- If you choose not to use this brand, CALL YOUR DIETITIAN to help you find with appropriate alternatives
 - High quality Bariatric vitamins typically are not sold in stores since they are specialty supplements
 - Avoid buying vitamins at grocery stores, GNC, Vitamin Shoppe, Walmart, CVS, Amazon
 - You may end up buying the wrong items!
- **NOT RECOMMENDED: Will not have the necessary vitamins needed for bariatric nutrition**
 - Vitamin patches, liquid multivitamins (Tespo), pre-natal, children’s , over-the-counter hard multivitamins
 - NO GUMMIES OR GUMBALLS (too much sugar, poor quality)

Check out our Vitamin E-Store at www.TLCsurgery.com



- For a direct link to our recommended vitamins, go to our website: www.tlcsurgery.com
- Upper right corner, Click on “Visit Our Vitamin Store” This will bring to our E-Store page for Bariatric Advantage
- You may also go directly to the company’s website
 - www.TLCsurgery.bariatricadvantage.com
 - Sign up for Auto Refill Orders, with 10% off first order

Scan Our QR code to find TLC Surgery's E-Store



Welcome to TLC Surgery's e-store

PURCHASE YOUR SUPPLEMENTS



HOW TO SCAN: OPEN, AIM & TAP



Open the camera
on your phone



Aim it at the
Flowcode



Tap the banner
that appears

Bariatric Vitamins Forever + Additional Vitamins

- You will need to take your Bariatric Vitamins FOREVER. DO NOT EVER STOP!
 - Small stomach pouch = eating less food, absorbing less nutrients
- Bariatric vitamins have the nutrients needed to meet your *basic* bariatric nutrition requirements
 - However, Bariatric Vitamins DO NOT contain enough extra vitamins to correct vitamin deficiencies
- If your labs showed abnormal levels of Vitamin D, Iron, B12, B1, cholesterol, etc.
 - **Continue to take the recommended extra vitamins until we recheck your labs**
 - Please refer to your lab report to determine if what type and how much vitamins you will need
- TLC Clinic will re-check your labs again at 3 months post-surgery follow up visit
- If your labs are come back as normal, then **stop taking the recommended extra vitamins**
- But, continue taking **all of your basic bariatric vitamins and minerals**
 - Please call the dietitian for clarification
- Before collecting bloodwork, stop all vitamins and supplements (herbal, protein) 24 hours prior to getting labs done.
 - Some vitamins may affect the results of your blood work. This also includes drug testing.
- It is normal for your urine to be bright yellow or orange due to taking your vitamins.

Basic Bariatric Vitamin Requirements Forever

Based on ASMBS Guidelines

- **1. Multi-Vitamins and Minerals**
 - Your Bariatric MV should have:
 - 3-12mg B1 (Thiamin)
 - 800mcg folic acid
 - 5,000-10,000IU Vitamin A
 - +15mg (+22IU) Vitamin E
 - 90-300mcg Vitamin K
 - 8-22mg Zinc
 - 1-2mg Copper
 - 1 mg Cu for every 8-15mg Zn
 - Selenium, Chromium
- **2. B12: 500-1000mcg**
 - Options:
 - Your Bariatric MV may include ~500-1000mcg
 - Over-The-Counter Sublingual/Liquid
 - Rx Intramuscular injection (1,000 mcg/month)
- **3. Calcium “CITRATE” (NOT CARBONATE!!)**
 - Bypass/Sleeve: 1,500 mg/day (500mg x3)
 - Loop DS: +2000mg/day (500mg x4)
 - Take only 500mg at each time
 - Keep Calcium 2 hours from Multivitamin, and from Iron
- **4. Vitamin D3: 3,000 to 5,000 IU**
 - Options:
 - Your Bariatric MV may include ~3000IU
 - Liquid, soft gel or chewable
 - You may still need extra Vitamin D (clarify with dietitian)
- **5. Iron: 40-65mg**
 - Bypass/Loop DS: NEED Iron in Multivitamin FOREVER!
 - Sleeve: NEED Iron in Multivitamin
 - Menstruating, Chronic Anemia men/women
 - Sleeve: DO NOT NEED IRON (Multivitamin without Iron)
 - Non-anemic men
 - Non-anemic women, non-menstruating (due to post-hysterectomy, post-menopausal)
 - You may still need extra Iron (clarify with dietitian)

Gastric Bypass Vitamins

Choose Your Multivitamin Option:

- Ultra Solo with Iron Capsule
 - Swallow 1 capsule/day
- OR -
- Ultra Solo with Iron Chewable Tablet
 - Chew 1 tablet/day
- Both options include
 - Multi-vitamins and minerals
 - 500mcg B12
 - 3000IU Vitamin D
 - 45mg Iron

Still need separate Calcium Citrate

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



Duodenal Switch/Loop DS Vitamins

Choose Your Multivitamin Option:

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

Still need separate Calcium Citrate

- 2000-2500mg Calcium Citrate
 - 500mg x 4-5 Calcium Citrate Chewy Bites daily (take 1 at a time)
 - Keep calcium 2 hours apart from your multivitamin



Sleeve Vitamins WITH IRON

Menstruating Women

Anemic Men and Women

Choose Your Multivitamin Option:

- **Ultra Solo with Iron Capsule**
 - Swallow 1 capsule/day
- OR -
- **Ultra Solo with Iron Chewable Tablet**
 - Chew 1 tablet/day
- Both options include
 - Multi-vitamins and minerals
 - 500mcg B12
 - 3000IU Vitamin D
 - 45mg Iron

Still need separate Calcium Citrate

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



Sleeve Vitamins WITHOUT IRON

Non Anemic Women, Non Menstruating
Post-Hysterectomy, Menopausal
Non Anemic Men

Choose Your Multivitamin Option:

- Ultra Solo without Iron Capsule

- Swallow 1 capsule/day

- OR -

- Multi Chewy Bite Soft Chews









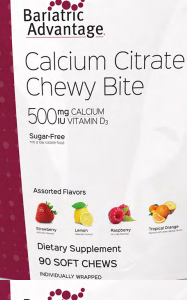


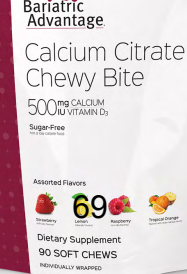
- Chew 2 soft chews/day
- Both options include
 - Multi-vitamins and minerals
 - 500mcg B12
 - 3000IU Vitamin D
 - Does not contain Iron

Still need separate Calcium Citrate

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



After Surgery: What Vitamins To Take??

Surgery Type	Multivitamin: Choose One and Take Daily		Calcium Citrate: Take Daily
Gastric Bypass	Capsule Ultra Solo with Iron x 1 - or - Chewable Ultra Solo with Iron x 1	 	Calcium Chewy Bites x 3 
Duodenal Switch	Capsule Ultra Solo with Iron x 1 - or - Chewable Ultra Solo with Iron x 1	 	Calcium Chewy Bites x 4-5 
Sleeve: WITH Iron - Menstruating Female - Anemic Male - Anemic Female	Capsule Ultra Solo with Iron x 1 - or - Chewable Ultra Solo with Iron x 1	 	Calcium Chewy Bites x 3 
Sleeve: NO Iron - Non Menstruating Female (Post Hysterectomy / Post Menopausal) - Non Anemic Male	Capsule Ultra Solo <u>WITHOUT Iron</u> x 1 - or - Multi Chewy Bites x 2	 	Calcium Chewy Bites x 3 

Sample Vitamin Schedule AFTER SURGERY



- Keep MV and Calcium at least 2 hours apart to prevent malabsorption.
- Take 1 Calcium Chew at a time, do not take all together
- PLUS: Continue to take any extra vitamins that were recommended by your PCP or by TLC labs
 - If needed, you can take extra Vitamin D, Omega 3, B Vitamins, probiotics with either MV or Calcium.
 - If needed, take extra Iron (take Iron by itself)
- Create your own schedule to find a timing that works for you!

Options	Breakfast	AM Snack	Lunch	PM Snack	Dinner	Bedtime
Option A Ultra Solo Capsule (MV with Iron) (MV without Iron)		500mg Calcium Chewy Bite	500mg Calcium Chewy Bite	500mg Calcium Chewy Bite	MV Capsule Ultra Solo 1x	
Option B Ultra Solo Chewable (MV with Iron)		500mg Calcium Chewy Bite	500mg Calcium Chewy Bite	500mg Calcium Chewy Bite	MV Chewable Ultra Solo 1x	
Option C Multi Chewy Bite (MV without Iron)	Multi Chewy Bite 1x	500mg Calcium Chewy Bite	500mg Calcium Chewy Bite	500mg Calcium Chewy Bite	Multi Chewy Bite 1x	

Strategies to Taking Your Vitamins

Remember: You need to take your **BARIATRIC** vitamins forever!!

- Get a pill box to avoid forgetting your daily doses of vitamins
- If you miss a dose, that is OK! Start over the next day
 - Do not replace the missing dose!
- ALWAYS take your vitamins with food
 - Try taking them with a tart food like applesauce
 - Avoid taking your vitamins with oatmeal or yogurt
 - Try taking them during a heavier meal like lunch or dinner
- Try swallowing your vitamins with warm water to help the pills glide down more easily
 - DO NOT take your vitamins with a caffeinated drink (coffee or iced tea)
- You can “air out” your vitamins by leaving them on the counter, which might decrease the odor
- Try taking your vitamins immediately before bedtime
- If the 1-a-day capsule upsets you, switch to the 2-a-day chewable options, or the 3-a-day capsule options
 - See “Alternative Bariatric MV” slide for options
- Still nauseated/vomiting? Decrease dose, or take a break from your vitamins, and call your dietitian
- Take only approved BARIATRIC vitamins for the optimal weight loss surgery results!



“Ultra Solo with Iron” ONE A DAY - Capsule MULTIVITAMIN

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



Key Highlights:

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

Ingredients	Amount Per Serving	% Daily Value
Serving Size	1 Capsule†	
Servings Per Container	90	
Vitamin A (from mixed carotenoids and as retinyl acetate)	3,000 mcg	333%
Vitamin C (as ascorbic acid)	120 mg	133%
Vitamin D (as cholecalciferol)	75 mcg (3,000 IU)	375%
Vitamin E (as d-alpha tocopheryl succinate)	20.1 mg	134%
Vitamin K (as phytonadione USP)	120 mcg	100%
Thiamin (as thiamin HCl)	25 mg	2,083%
Riboflavin	3.4 mg	262%
Niacin (as niacinamide)	40 mg	250%
Vitamin B ₆ (as pyridoxine HCl)	4 mg	235%
Folate	1,335 mcg DFE (800 mcg folic acid)	334%
Vitamin B ₁₂ (as methylcobalamin)	500 mcg	20,833%
Biotin	600 mcg	2,000%
Pantothenic Acid (as calcium D-pantothenate)	20 mg	400%
Iron (as ferrous fumarate)	45 mg	250%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide)	10 mg	2%
Zinc (as zinc citrate)	20 mg	182%
Selenium (as selenomethionine)	70 mcg	127%
Copper (as copper gluconate)	2 mg	222%
Manganese (as manganese citrate)	2 mg	87%
Chromium (as chromium picolinate)	120 mcg	343%
Molybdenum (as molybdenum aspartate complex)	75 mcg	167%



“Ultra Solo with Iron” ONE A DAY – Chewable MULTIVITAMIN

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

Key Highlights:

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

Other Ingredients: Fructose, xylitol, natural flavors, highly refined hydrogenated soybean oil, stearic acid (vegetable), magnesium stearate (vegetable), silicon dioxide, and sucralose (a non-nutritive sweetener).

Suggested Use: Chew one tablet once daily with food or as directed by your healthcare practitioner. Chew or crush tablets completely before swallowing. Do not swallow tablets whole.

This product is gluten-free.

Ingredients	Amount Per Serving	% Daily Value*
Serving Size	1 Chewable Tablet	
Servings Per Container	90	
Calories	10	
Total Carbohydrate	2 g	1%*
Total Sugars	<1 g	**
Included 0 g Added Sugars		
Sugar Alcohol	<1 g	**
Vitamin A (75% from beta-carotene) (as beta-carotene and retinyl palmitate)	3,000 mcg	333%
Vitamin C (as ascorbic acid)	120 mg	133%
Vitamin D (as cholecalciferol)	75 mcg (3,000 IU)	375%
Vitamin E (as d-alpha tocopheryl acetate)	20.1 mg	134%
Vitamin K (as phytonadione USP)	120 mg	100%
Thiamin (as thiamin mononitrate)	25 mg	2,083%
Riboflavin	3.4 mg	262%
Niacin (from niacinamide)	40 mg	250%
Vitamin B ₆ (as pyridoxine HCl)	4.6 mg	270%
Folate	1,360 mcg DFE (800 mcg folic acid)	340%
Vitamin B ₁₂ (as cyanocobalamin)	500 mcg	20,833%
Biotin	600 mcg	2,000%
Pantothenic Acid (as calcium D-pantothenate)	20 mg	400%
Calcium	30 mg	2%
Iron (as ferrous fumarate).	45 mg	250%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium citrate)	10 mcg	2%
Zinc (as zinc citrate)	20 mg	182%
Selenium (as selenomethionine)	70 mcg	127%
Copper (as copper gluconate)	2 mg	222%
Manganese (as manganese citrate)	2 mg	87%
Chromium (as chromium picolinate)	120 mcg	343%
Molybdenum (as molybdenum aspartate complex)	75 mcg	167%



“Ultra Solo without Iron” ONE A DAY MULTIVITAMIN

Appropriate for Only Sleeve (non-anemic men, non-menstruating and non anemic women)

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

Ingredients	Amount Per Serving	% Daily Value
Serving Size	1 Capsule [†]	
Servings Per Container	90	
Vitamin A (from mixed carotenoids and as retinyl acetate)	3,000 mcg	333%
Vitamin C (as ascorbic acid)	120 mg	133%
Vitamin D (as cholecalciferol)	75 mcg (3,000 IU)	375%
Vitamin E (as d-alpha tocopheryl succinate)	20.1 mg	134%
Vitamin K (as phytonadione USP)	120 mcg	100%
Thiamin (as thiamin HCl)	25 mg	2,083%
Riboflavin	3.4 mg	262%
Niacin (as niacinamide)	40 mg	250%
Vitamin B ₆ (as pyridoxine HCl)	4 mg	235%
Folate	1,335 mcg DFE (800 mcg folic acid)	334%
Vitamin B ₁₂ (as methylcobalamin)	500 mcg	20,833%
Biotin	600 mcg	2,000%
Pantothenic Acid (as calcium D-pantothenate)	20 mg	400%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide)	10 mg	2%
Zinc (as zinc citrate)	20 mg	182%
Selenium (as selenomethionine)	70 mcg	127%
Copper (as copper gluconate)	2 mg	222%
Manganese (as manganese citrate)	2 mg	87%
Chromium (as chromium picolinate)	120 mcg	343%
Molybdenum (as molybdenum aspartate complex)	75 mcg	167%



Calcium Citrate Chewy Bites

Gastric Bypass and Sleeve: Take 3 chewy squares daily

Duodenal Switch: Take 4 chewy squares daily

Take 1 at a time. Do not take with Iron or MV

Too much calcium can cause kidney stones

Ingredients	Amount Per Serving	% Daily Value
Serving Size	1 Chew	
Servings Per Container	90	
Calories	15	
Total Carbohydrate	4 g	1%*
Sugar Alcohol	2 g	**
Vitamin D (as cholecalciferol)	12.5 mg (500 IU)	63%
Calcium (as calcium citrate)	500 mg	38%
Sodium	5 mg	<1%

Other Ingredients: Maltitol syrup, palm oil, mono and diglycerides, natural flavors, caramel color, soy lecithin, sea salt, FD&C yellow no. 5, FD&C yellow no. 6, and sucralose (a non-nutritive sweetener). **Contains: Soy**

SUGGESTED USE: Take as directed by your healthcare practitioner. Take at least two hours apart from iron.

This product is gluten-free.

Alternative Bariatric MV with IRON

(Don't forget: You still need to take Calcium!)

www.CelebrateVitamins.com



Bariatric Advantage
Advanced Multi EA
2 chewable tablets daily



Bariatric Advantage
Ultra MULTI with Iron
3 capsules daily



Celebrate Vitamins
CelebrateONE 45
1 chewable tablet daily



Celebrate Vitamins
CelebrateONE 45
1 capsule daily₇₆

Alternative Bariatric MV without IRON

(Don't forget: You still need to take Calcium!)



Bariatric Advantage
Multi Chewy Bite
2 chewy squares daily



Bariatric Advantage
Ultra MULTI without Iron
3 capsules daily

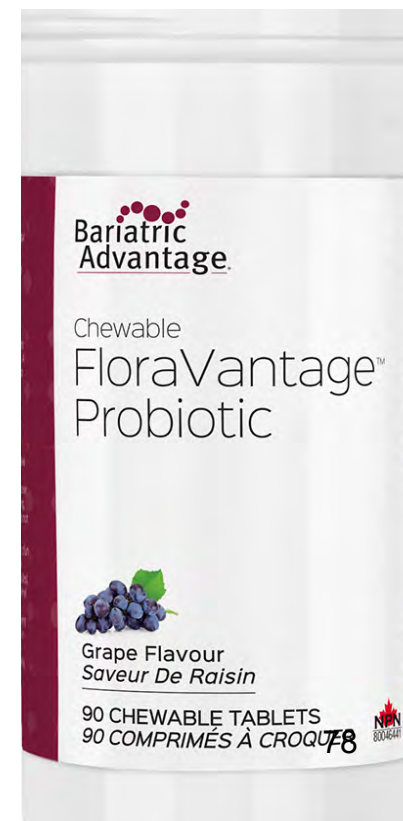
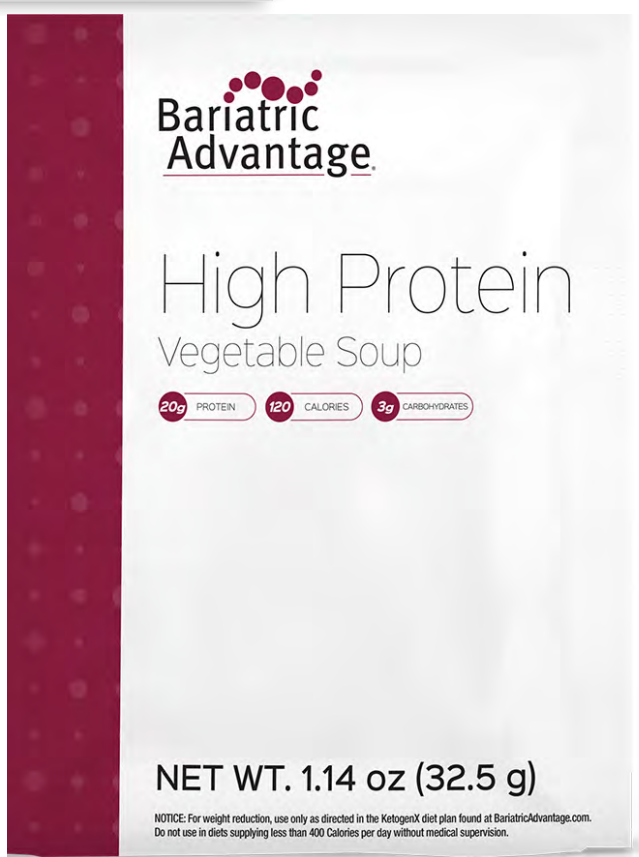


Celebrate Vitamins
CelebrateONE
1 chewable tablets daily



Celebrate Vitamins
CelebrateONE
1 capsule daily₇₇

Other Bariatric Advantage Products



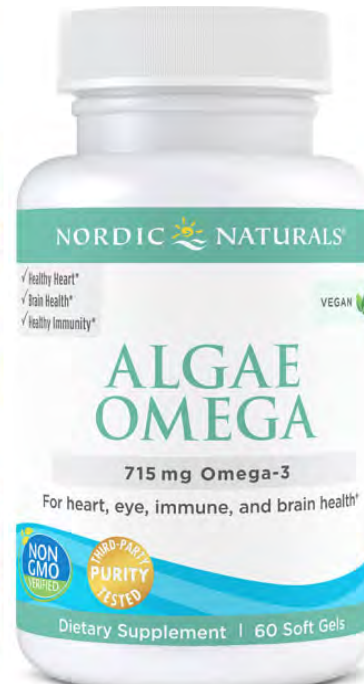
Bariatric Advantage: Additional Supplements if needed



www.bariatricadvantage.com

TLC Clinic carries some of these products

- Non-chewable Calcium Citrate Tablets: 2 tablets = 400mg
 - Take 6-8 tablets DAILY = 1200-1600mg. Take 2 tablets, 2-3 x daily.
- Vitamin D3 Chewable 10,000IU Gels
 - 1 gel = 10,000IU. Take 1 gel daily, or 1 gel every other day to get 5,000IU
 - Vitamin D is best absorbed with a meal, not on an empty stomach
- Iron – less constipating than over the counter “Ferrous Sulfate” Contains Vitamin C for better absorption
 - 29mg Chewable Iron Passion Fruit: Carbonyl Iron and Ferrous Fumarate
 - 60mg Chewable Iron Lemon Lime: Carbonyl Iron
- B50 Complex capsule, 2 capsules daily
- B12 1000mcg, 1 dissolvable tablet
- B1 Thiamin 100mg, 1 capsule
- Protein Supplement Alternatives: All lactose free.
 - High Protein Vegetable Soup: Savory alternative for protein powders
 - Dairy free, made with pea protein, 1 serving = 20g protein
 - Clearly Protein (protein drink): 20g protein, 80calories, stevia and monk fruit
- Probiotic, chewable or capsule: Helpful for constipation and lactose intolerance



Other Brands: Vitamins and Supplements

- Other bariatric vitamins:
 - Opurity www.unjury.com
 - Nutrition Direct, BariActiv www.nascobal.com: Nascobal: B12 nasal spray, 1 nostril, 1x week
 - BariMelts www.barimelts.com (read the label for proper dosing!!)
 - Bariatric Fusion www.bariatricfusion.com (read the label for proper dosing!!)
- Nordic Naturals Omega 3 Fish Oil
 - Ultimate Omega Xtra: 1 tsp = 2925mg Omega 3 (1950mg EPA + 975mg DHA)
 - Algae Omega (vegetarian): 2 soft gels = 585mg Omega 3 (195mg EPA + 390mg DHA)
- Barlean's liquid "Fish Oil Omega Swirl"
 - 2tsp = 720mg Omega 3
- Coromega.com MAX High Concentrate Omega 3 Fish Oil
 - 2 shots = 2400mg Omega 3 (1250mg EPA, 850mg DHA)
- BlueBonnet Liquid Calcium, Magnesium Plus Vitamin D:
 - 1 Tbs. = 600mg Calcium Citrate, 300mg Magnesium, 400IU Vitamin D
- CitraCal Calcium Citrate Petites 2 tablets = 400mg
 - 6-8 "petite" tablets daily = 1200-1600mg Calcium Citrate
- Vitron C:
 - 1 tablet = 65mg Carbonyl Iron
- Feosol Iron supplements www.feosol.com
 - "Complete with Bifera": more gentle, less constipating, 1 tablet = 28mg (22mg non-heme iron, 6mg heme iron polypeptide)

2 Month Post-Surgery Diet Progression

- Purpose: Gradually introduce different textures until back to eating solid food
- You are healing from a new swollen stomach
- **Re-learning how to eat: Small and Slow**
 - **Serve small portions**, cut all foods into **small pieces** (PEA size), take **small bites (small utensils)**, **slow down** to eat so you have time to chew thoroughly (mush)
- #1 Tip to Remember: SLOW DOWN
 - Sip slowly, take small bites slowly.
- DO NOT SELF ADVANCE DIET/DO NOT RUSH THROUGH THE DIET
 - Causes unnecessary pain and leaks in your staple line
 - Examples: Clear liquid phase – Patient ate fajitas and kielbasa sausage. Ended back in the hospital.
Full liquid phase – Patient ate steak because he was cooking for his family. His wife called 911 because patient thought he was having a heart attack (chest pain).
- During these 2 months:
AVOID RESTAURANTS (large portions, high sugar, high calorie = vomiting/diarrhea)

2 Month Post-Surgery Diet Progression

- Post-Op Day 1 – 2
 - Clear Liquids - Crystal Light, broth, SF jello/popsicles, water, G2
- Day 3-14 (Week 1 - 2)
 - Full/Thickened Liquids – protein shakes, smooth soups, yogurt, pudding
- Week 3 – 4
 - Pureed/Mashed – mashed scrambled eggs/fish/beans, applesauce, oatmeal, avocado
- Week 5 – 6
 - Soft Chopped – hardboiled eggs, string cheese, crackers, cooked veggies, peeled fruits
- Week 7 – 8
 - Introduction to Regular Solids/Maintenance – all meats, raw veggies, fruits with skins on

Helpful Supplies: Food Storage



Helpful Supplies: Food Preparation



AVOID RESTAURANTS

during your 2 month post-surgery diet progression!

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



Vegetarian Creamy Tomato Soup

Calories	280
Total Fat	13g
Saturated Fat	7g
Trans Fat	0g
Cholesterol	50mg
Sodium	910mg
Total Carb	35g
Dietary Fiber	4g
Sugars	16g
Protein	6g

Nutritional Facts:

	% Daily Value
Calories 290	
Total Fat 1g	1%
Saturated Fat 0g	1%
Trans Fat 0g	0%
Cholesterol 20mg	7%
Sodium 110mg	4%
Total Carbohydrates 54g	54%
Dietary Fiber 3g	14%
Sugar 45g	
Protein 17g	



4grams of sugar = 1 tsp = 1 packet of sugar

Fill in your own date so you can see when you should progress to the next diet phase

Fill in your own date so you can see when you should progress to the next diet phase

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

Post-Op Day 1 and 2: Clear Liquids ONLY

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

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



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

Clear, See-Through, Any Color. No coffee/sodas/fruit juices/milky shakes!
<50 calories, <10 grams sugar per 8 ounces. Drink 64oz or more!



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

Sample Schedule

Post-Op Day 1 and 2: Clear Liquids

Options for Clear Liquids

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

Day 1-2: Clear Liquids ONLY (continued)



Low energy, headache, lightheaded, difficulty concentrating?

- Keep drinking plenty of fluids. You could be dehydrated!
 - Sip ALL DAY LONG. Use a cough syrup/medicine cup to pace yourself.
 - Drink AT LEAST 2 oz. (or more!) every 15 minutes. Drink MORE if you can!
- Modify the flavor. Flavored beverages may be easier to drink
- Modify the temperature: hot tea or ice cold drinks may be easier to drink
- Use a spoon or suck on a cup of crushed ice chips/sugar free popsicles
- Sugar-free Jello, Sugar-free popsicles can satisfy the desire to chew
- Drink G2, regular sodium broth, clear liquid protein “drinks” for energy
 - Provides some carbohydrate, salt, electrolytes and protein

Day 3-14: Full (Thickened/Milky/Opaque) Liquids

- Begin reintroducing Bariatric Vitamins gradually
 - Take 1 multivitamin for a few days or for 1 week
 - Then add back calcium chews, and any extra vitamins gradually as tolerated
- **TOP PRIORITY: STAY HYDRATED! 48-64oz daily**
 - Continue to sipping on fluids ALL DAY LONG
 - Water, low sugar clear liquids: MiO, Crystal Light, herbal tea, Vitamin Water Zero
- Protein goal: drink at least +40-60 grams/day
- Resume drinking protein shakes. Aim for 1-3 shakes daily
 - Ready to drink shakes
 - Protein powders: OK to mix with ice and milk! No fruit!!
- NO SMOOTHIES! NO FRUIT/GREEN JUICES! TOO HIGH IN SUGAR = diarrhea
- You can also have high protein milks
 - Fairlife Ultra Filtered Milk, HEB Mootopia, Silk Nut Protein Milk



Day 3-14: Full/Thickened Liquids (continued)

- ¼ to ½ cup per meal, 5-6x day (or less if you don't feel hungry)
- Smooth, Thick and Low Fat **Soups (NOT BROTH!)**
 - **Move on from broth. Drinking thicker soups will be nourishing and satisfying!**
 - Smooth, no chunks or pieces = Easy for your swollen stomach to digest
 - NO: meat pieces, chicken noodle, veggies, egg drop soup
 - You can mix protein powder into soups for added protein!
 - Blended smooth soups in box: Pacific, Imagine brands, etc.
 - Make your own pureed COOKED veggie soups, strained
 - Cook your veggies then puree till smooth! Seasonings (hot sauce, dried herbs) are fine to use!
 - Add whole milk or plain Greek yogurt for creaminess and protein. NO HEAVY CREAM!
 - Avoid restaurant soups (bisques, chowders): TOO HIGH IN FAT = DIARRHEA
- Smooth Yogurt and Sugar Free Pudding
 - No fruit pieces. Choose flavors like vanilla, lemon yogurt, etc.
 - Choose Greek style for extra protein: Oikos Triple Zero Greek yogurt, Yoplait Greek 100
 - Check the label!! Keep added sugar less than 10grams
 - Avoid adding caloric sweeteners (honey, maple syrup, agave) = DIARRHEA

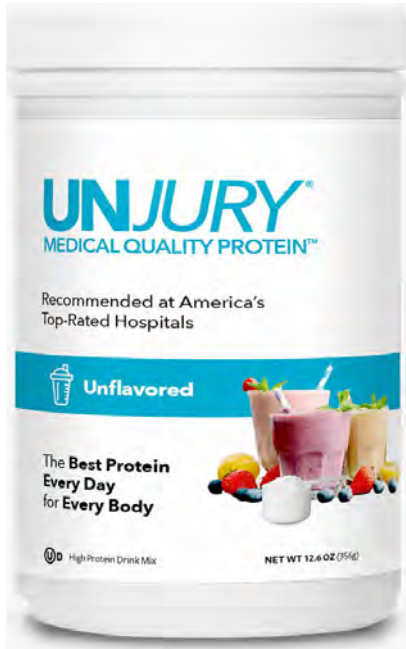


Day 3-14: Full (Thickened, Milky) Liquid Options



Unflavored Protein Powders

Mix into foods/liquids to add a boost of protein. DO NOT USE "GENEPRO"
Begin using small amount (1 tsp) and gradually increase as your food intake increases
Do not COOK or add into BOILING/VERY HOT liquids. Allow to cook to 140°F



Unjury.com
TLC Clinic
21g protein
90calories
(recipes online!)
Whey Isolate



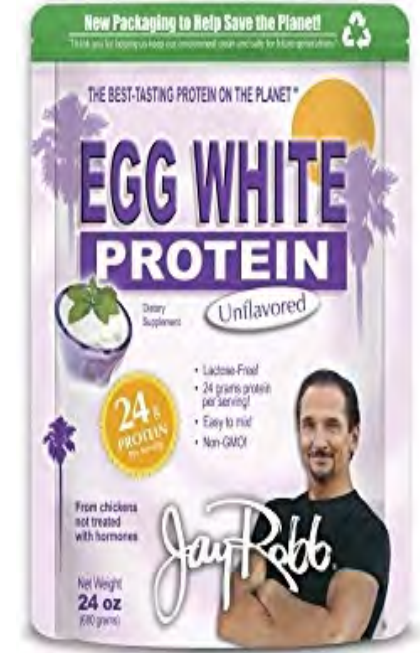
Nectar Unflavored
BariatricAdvantage.com
20g protein
80calories
Whey Isolate



Beneprotein
NestleNutritionStore.com
Walgreens
1scoop (1.5Tbs)
6g protein
25calories
Whey Isolate



Isopure
GNC
Vitamin Shoppe
25g protein
100calories
Whey Isolate



Egg White Protein
JayRobb.com
HEB, Sprouts
25g protein
115calories

How to make Flavorful Protein Shakes

- OK to mix in:
 - 0-2% milk, unsweet soy milk, unsweet nut milks
 - Spices, extracts, unsweet cocoa powder, MiO, Crystal Light, Kool-Aid drops
 - PB2 (low fat peanut butter powder), sugar free syrup, coffee crystals
- NOT OK to mix in (adds extra calories, fat and sugar)
 - DO NOT ADD Fruits/veggies to make smoothies, fruit/veg juices
 - DO NOT ADD Nut/seeds, nut butters, avocado



Full Liquid Phase Recipe

High Protein Creamy Soup

Makes ~2 servings

- 1 can of Campbell's 98% FAT FREE cream soups (mushroom, chicken, celery, etc.)
- ½ cup low fat milk
- 1 scoop Unflavored protein powder

How to make it:

1. Heat soup until cooked through in microwave or stove top
2. Remove soup from heat and allow to cool slightly so that it is not boiling/scalding hot (Do not mix protein powder into very hot liquids, this will cause protein powder to clump)
3. Dissolve 1 scoop protein powder into ½ cup milk, then stir protein liquid into soup
4. Pour soup through strainer to remove any bits and pieces
5. Serve and enjoy!



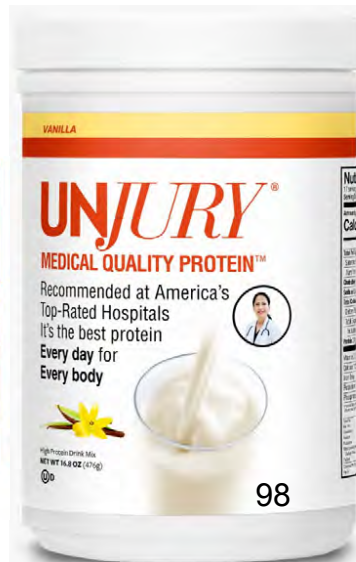
CREAMSICLE

INGREDIENTS

- 2 Packets or 2 Scoops UNJURY® Vanilla
- 2 Cups Skim Milk
- 1 Box (Small) JELL-O® Instant Vanilla Pudding Mix (sugar-free, fat-free)
- 1 Teaspoon McCormick® Pure Orange Extract

INSTRUCTIONS

1. Measure skim milk and pour into a bowl.
 2. Mix in UNJURY, stirring until well combined. Set aside.
 3. In a separate bowl, empty the contents of the pudding mix.
 4. Add the UNJURY-and-milk mixture to the dry pudding mix.
 5. Stir final mixture for 2 minutes, or until texture is smooth.
 6. Add orange extract and mix in.
 7. Place six 3-ounce paper cups (or popsicle molds) onto a plate.
 8. Ladle mixture evenly into paper cups or molds.
 9. Place popsicle stick in center of each cup or mold.
 10. Put plate of creamsicles into the freezer. Let freeze for 4 hours.
 11. Once creamsicles have frozen, peel away the paper cup and enjoy!
- ★ For stronger orange taste, you may add additional orange extract — this will not affect the nutritional values.



Spiced Pumpkin Soup

Ingredients:

- 2 Tbsp. olive oil
- 1/2 white/yellow onion, finely chopped
- 2 garlic cloves, minced
- 1 can 100% pumpkin (15oz can)
- 1 tsp dried thyme
- 1/2 tsp salt
- 1/2 tsp cumin
- 2 cup broth

How to make:

1. Sauté onions and garlic in a large pan until soft. Add all other ingredients (pumpkin and seasonings) to pan and heat through
2. In a blender, add all ingredients and blend until smooth.
3. Optional: Add 1 scoop of unflavored protein powder when ready to eat.



Carrot Ginger Tofu Soup

1 cup: 100 calories, 4g protein, 6g fat, 8g carbohydrates, 2g fiber

Recipe modified from Vitamix Whole Food Recipes

Ingredients:

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

How to make:

1. Sauté carrots, onions, garlic and ginger with 2 Tbs oil until tender.
2. In a high powder blender (VitaMix, BlendTec), add in all ingredients: sautéed veggies, seasonings, tofu and broth
3. Gradually increase speed to high until all ingredients are pureed into a smooth liquid.
4. Pour into a saucepan to heat
5. Optional: Add 1 scoop of unflavored protein powder when ready to eat.



Potato and Cauliflower Soup

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

Recipe from Vitamix Whole Food Recipes

Ingredients:

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

Directions:

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



Sample Full Liquid Diet

Breakfast	4oz (½ cup) protein shake (10g protein)
1 st Snack	¼ cup Oikos Triple Zero yogurt (6g protein)
2 nd Snack	4oz (½ cup) protein shake (10g protein)
Lunch	½ cup smooth lentil soup + 1 Tbs Greek yogurt (4g protein)
Snack	4oz protein shake (10g protein)
Dinner	½ cup smooth pea soup (9g protein)
Total Protein	49g protein

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

- Stay hydrated with +64oz fluids
- Eat at least 40 to 60grams protein
- Mashed food very well with fork, or puree/mince in a food processor
 - APPLESAUCE TEXTURE
 - NO CHEWING SHOULD BE NEEDED since all foods are mashed up
 - OK: sugar substitutes, seasonings, spices, herbs, lemon juice, vinegars, etc.
- Small and Slow!
 - Start with ¼ cup portions per meal. Take 1 tsp size bite (or smaller)
 - Swallow well, wait a few minutes, then take another small bite
 - Using measuring cups (1/4 cup) and small spoons (baby spoon, iced tea spoon) to keep small portions and small bites
 - Limit meal time to less than 30 minutes, no grazing!
- Aim for <5-6 small meals, every 3-4 hours
- From this point on, **do not eat and drink together ever**
 - If you drink too soon after eating, you will throw up.
 - For these 2 months: Wait 15minutes after drinking to eat / Wait 30minutes after eating to drink



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

- PROTEIN FOODS. +40 to 60 grams protein/day
 - Take a break from protein shakes if you cannot tolerate them. Consume protein from FOOD instead
 - Moist meats, tender eggs and low fat dairy products
 - Mashed *soft* scrambled eggs (try it with hot sauce, ketchup, pinch of shredded cheese)
 - Low fat cottage/ricotta cheese (add mashed peaches or sugar free jam)
 - Mashed thin “white” fish: flounder, trout, tilapia, swai, barramundi, etc.
 - Mashed smooth tuna/salmon/canned chicken with bit of mayo.
 - NO chunky ingredients: relish, celery, hardboiled eggs
 - Minced/finely chopped: cooked ground meats (beef/pork/chicken/turkey) or cooked shellfish
 - Try to avoid eating baby food meals. Not very nutritious. Poor source of protein.
 - Consider making your own “baby food” with your own mashed meats and mashed veggies
- FIBER FOODS
 - Mashed beans (no restaurant refried beans); hummus; mashed avocado
 - Unsweet applesauce, mashed fruits: bananas, “canned in fruit juice” peaches, pears
 - Mashed cooked veggies: LIMIT mashed potatoes. Peas, carrots, cauliflower, broccoli
 - Baby food fruit/veg OK if only blended with water
 - Instant PLAIN hot cereals (oatmeal, grits, cream of wheat, Malt-O-Meal): season with cinnamon, mashed fruits, sugar substitutes, vanilla extract, pumpkin puree, etc.



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



Day 15: Week 3-4 Pureed / Mashed Foods

Portable Pureed Food Ideas to take on the go!



Week 3-4: Pureed Food Options

- Protein: Meats, eggs, dairy, soy
 - Mashed white fish (flounder, trout, etc.), mashed canned tuna/salmon/chicken with a small amount of mayo, blenderized beef/chicken/pork with soft cooked veggies
 - Mashed soft scrambled eggs
 - Low sugar Greek yogurt, low fat cottage cheese mixed with pureed fruits (applesauce, pureed peaches, mashed bananas)
 - Ricotta cheese with marinara sauce and a sprinkle of parmesan cheese
 - Mashed silken tofu seasoned with soy sauce and small amount of sesame oil
 - Avoid baby food “meals” = poor quality protein
- High Fiber Foods: veggies, fruits, beans, nuts
 - Mashed carrots, cauliflower, broccoli, avocado, baby food veggies
 - Applesauce, mashed bananas, peaches, pears, strawberries/kiwis, mango, baby food fruits
 - Homemade mashed beans, canned fat free refried beans, mashed lentils, hummus
 - Plain instant: oatmeal, grits, cream of wheat, malt o meal. Cook with milk, add sugar substitutes
 - 1-2 Tbs. smooth nut butter

Pureed Phase Recipe

Cheesy Cauliflower Casserole

Makes a large portion to share with family and friends

- 4 cups steamed to fork tender cauliflower
- 3 Tbs butter
- $\frac{1}{4}$ cup all-purpose flour
- $\frac{1}{2}$ tsp dry mustard powder
- Salt and pepper to season
- 3 cup milk
- 2 cups low fat cheddar cheese

Directions

- Set aside steamed cauliflower
- Melt 3 Tbs butter and stir in flour and seasonings
- Add milk and cook until thickened, then stir in shredded cheese until melted
- Pour over cauliflower. At this phase, your non-bariatric family and friends can enjoy this.
- Add $\frac{1}{4}$ cup portion into food processor and blend until smooth.



Mashed Carrots

Recipe adapted from www.tasteslovely.com

Ingredients

- 1 lb. baby carrots
- 2 Tbsp. butter
- ¼ cup broth
- Salt and pepper to taste
- 1 tsp garlic powder

Instructions

1. Boil, steam or microwave carrots until fork tender
2. In a large bowl, add all ingredients and mashed together. You could add all ingredients into a food processor for a more smooth texture



Garlic Mashed Broccoli

Recipe adapted from www.healthyseasonalrecipes.com

Ingredients:

- 8 cups chopped raw broccoli crowns
- ¼ cup olive oil
- 4 cloves garlic, minced
- ¼ cup broth
- ½ tsp salt
- ¼ tsp dried thyme
- ¼ tsp pepper

Instructions:

1. Boil, steam, or microwave broccoli until fork tender
2. Meanwhile, in a large pan, sauté garlic with oil until golden, then add broth into pan
3. In a food processor, add all ingredients and pulse until finely minced. You may need to blend in batches. Blend further if a pureed consistency is desired.





MASHED POTATOES

INGREDIENTS

- 1 Packet or 1 Scoop UNJURY® Unflavored**
- ⅓ Cup** Instant mashed potatoes
- ⅓ Cup** Water
- ½ Cup** Skim Milk

INSTRUCTIONS

1. Combine water and potato flakes in microwave safe bowl.
2. Heat on high until almost boiling according to microwave chart.
3. Add ½ cup of milk (or replace milk with water).
4. Stir with fork until potatoes are smooth and cool until temperature is 140° F or below.
5. Mix in 1 scoop of UNJURY.
6. Stir until combined and smooth.
7. Season with salt and pepper (if you prefer) and enjoy!



OATMEAL

INGREDIENTS

1 Packet or **1 Scoop** UNJURY® Unflavored

1 Packet Plain, Instant Oatmeal

¾ Cup Skim Milk

INSTRUCTIONS

1. Empty 1 packet of instant oatmeal into a microwave-safe bowl.
2. Mix in ¾ cup milk and stir. Heat in microwave 1 to 2 minutes or until cereal begins to thicken.
3. Carefully remove from microwave and allow to cool until oatmeal reaches 140° F.
4. Add UNJURY and mix until well combined.

★ For added flavor, try using UNJURY Vanilla or sprinkling with cinnamon!

★ For reduced calories, substitute water for milk.

Tip: add in a bit of
mashed banana for a
touch of natural₁₂
sweetness!

Perfectly Soft Scrambled Eggs

Some of the simplest recipes are the best for that reason. Scrambled eggs are a great transitional food after graduating from the liquid diet because they are soft, easy to digest, and rich with protein. While this is traditionally a breakfast food, scrambled eggs can be a quick-and-easy answer to weeknight dinners, too.

**SERVES 1 / PREP TIME: 5 MINUTES / COOK TIME: 10 MINUTES /
TOTAL TIME: 15 MINUTES**

2 large eggs

2 tablespoons

low-fat milk

**1 tablespoon shredded
cheese of your choice**

Salt

**Freshly ground
black pepper**

1. In a small bowl, whisk together the eggs and milk.
2. Heat a small skillet over low heat.
3. Pour the egg mixture into the pan, add the cheese, and gently stir with a rubber spatula, scraping the sides of the pan as needed while it cooks. Season with salt and pepper to taste.
4. Cook for roughly 8 to 12 minutes, until the eggs form soft and fluffy small curds. The eggs should not brown.
5. Transfer to a plate, and enjoy.

Post-Op Serving Suggestions

			
Full-Liquid	Purée	Soft Foods	General
	¼ cup	½ cup	

Ingredient tip: Once you are on a soft-foods diet, add variety to your breakfast with softly cooked vegetables, finely diced Canadian bacon, salsa, or sliced avocado.

Per Serving: Calories: 176; Total fat: 11g; Protein: 15g;
Carbohydrates: 2g; Fiber: 0g; Sugar: 2g; Sodium: 212mg.

Recipe by The Complete Bariatric Cookbook and Meal Plan
Megan Moore, RD CSOWM, CD



Lemon-Dijon Tuna Salad

Fish and seafood are great options after surgery because they are high in protein and low in calories. Canned tuna is inexpensive and usually easy to tolerate after surgery. This recipe is great to make ahead on the weekend and portion out for weekday lunches. Consider wrapping in lettuce leaves, eating on top of thinly sliced cucumber or celery, stuffing in tomatoes, or using as a filling in zucchini boats topped with Cheddar cheese for a spin on a tuna melt.

SERVES 4 / PREP TIME: 5 MINUTES / TOTAL TIME: 5 MINUTES

2 (5-ounce) cans
water-packed
tuna, drained

½ cup mayonnaise

2 teaspoons freshly
squeezed lemon juice

1 teaspoon
Dijon mustard

2 teaspoons dill
pickle juice

Salt

Freshly ground
black pepper

- 1. In a medium bowl, mash the tuna with a fork.
- 2. Add the mayonnaise, lemon juice, mustard, and pickle juice, and season with salt and pepper to taste. Mix until well combined, and serve.

Post-Op Serving Suggestions			
			
Full-Liquid	Purée	Soft Foods	General
	¼ cup, puréed	½ cup	

Ingredient tip: To increase your protein intake, consider substituting low-fat, plain Greek yogurt for mayonnaise, or adding powdered egg whites. For extra flavor and to vary texture, add chopped celery, red onion, and dill pickles once you have transitioned to a general diet.

Per Serving: Calories: 227; Total fat: 20g; Protein: 10g; Carbohydrates: 0g; Fiber: 0g; Sugar: 3g; Sodium: 384mg.

Recipe by The Complete Bariatric Cookbook and Meal Plan
Megan Moore, RD CSOWM, CD



Pureed Phase Recipe

Crab Louie

Recipe by Chef Dave Fouts

Makes 3 servings. Serving size 1/4 cup

- 6oz cooked crab
- 2 tsp mayonnaise
- ½ tsp lemon juice
- 1 Tbs chili sauce
- 1 dash Worcestershire sauce
- ½ tsp onion powder
- ¼ tsp sweet pickle relish
- Pinch salt and pepper

Directions

- Place all ingredients in food processor and pulse for 30 seconds until minced



Pureed Phase Recipe

Pinto Beans and Cheese

Fresh Start Bariatric Cookbook by Sarah Kent MS RD

Makes 4 servings

- 1 15oz can of pinto beans, drained and rinsed
- 1 Tbs freshly squeeze lime juice
- 1 tsp taco seasoning (low sodium optional)
- ¼ cup shredded cheese (2% Cheddar, Mexican Blend, pepper Jack, etc)

Directions:

1. In small pot over medium-low heat, heat beans thoroughly. Turn off heat and then add lime juice and taco seasoning. Stir to combine.
2. To achieve pureed consistency, use a blender or immersion blender stick to pureed beans, or mash very well with potato masher
3. Before serving, top beans with cheese and stir to melt



Indian Curry Chicken Puree

Recipe adapted from Gastric Sleeve Cookbook: The Complete Bariatric Recipes Guide and Cookbook for You After Weight Loss Surgery

By: Sarah McCabe

Ingredients

8oz cooked chicken breast/thigh (skinless, shredded – leftover Rotisserie chicken works too!)

1 cup chicken broth

2 Tbs Whole Milk/Low Fat plain Greek yogurt

½ cup 0-2% milk

½ cup chopped tomatoes (from a can)

½ Tbs curry powder

1 clove garlic

Pinch of salt

Directions:

1. Heat up broth
2. In a food processor, add cooked chicken, yogurt, milk, tomatoes, garlic, curry powder, salt and only half of chicken broth
3. Pulse until finely minced and add remaining broth. Blend until smooth (remove any visible large pieces of food)



Limit mashed potatoes.

Choose other non-starchy veggies to mash up.

Sample Pureed Diet

Breakfast	1 large soft scrambled egg or 2 egg whites (6g protein)
Snack	¼ cup low fat cottage cheese mixed with 1 Tbs. sugar free jam (8g protein)
Lunch	1oz ground turkey with 2 Tbs. well-cooked broccoli, minced together with 1-2 Tbs chicken broth (7g protein)
Snack	¼ cup Oikos Triple Zero yogurt (6g protein)
Dinner	1oz lemon herb flounder, mashed with 2 Tbs. mashed sweet potato (7g protein)
Snack	¼ cup low fat ricotta cheese with 1 Tbs. tomato sauce, sprinkle of Italian herbs and parmesan cheese (7g protein) (serve warm)
Total Protein	41 grams of protein

Week 5-6: Soft, Chopped Solids

- Continue drinking lots of water, aim for +40-60g protein, take vitamins daily
- Eat ~½ to ¾ cup per meal, 5-6 small meals every 3 hours
- Soft/easy to chew; chop, shred, flake, slice, dice into small PEA SIZE pieces
 - SMALL PIECES OF FOOD are easier to chew!!
- Protein foods
 - Shredded skinless dark meat chicken, turkey meatloaf, tender pot roast, baked fish/sashimi (no rice)
 - Chopped shellfish: shrimp, crab, lobster, crawfish, scallops, clams, oysters
 - Eggs any style (Hardboiled eggs are OK)
 - String cheese, Babybel cheese, low fat cheese slices
 - Chopped thin deli meats: turkey, ham, chicken, roast beef
 - “Soft” Nuts: walnuts, pecans, cashews, peanuts, pistachios, sliced almonds
 - Avoid hard nuts: hazelnuts, whole almonds
- Non-Protein Foods
 - NO BREAD, PASTA, RICE, soft TORTILLAS for +6 months: swells up, very filling!
 - High fiber crackers, plain cereals, baked tostadas, crispy taco shells
 - Whole beans/lentils, quinoa, zucchini noodles, cauli rice, peeled potatoes
 - Chopped and Cooked Fork-Tender Vegetables
 - **Finely chopped** cooked stringy veggies (green beans, spinach)
 - **No raw, no salads yet: difficult to digest, will cause vomiting/diarrhea**
 - Chopped and Peeled Fruit: melons, pear, berries, banana, mango
 - Orange/grapefruit segments (remove “membrane”), canned fruits in 100% juice
 - Chopped grapes (no need to peel)
 - Avoid stringy fruits: pineapple, tangerines



Week 5-6: Soft, Chopped Solids



Week 5-6: High Protein Snacks – On The Go!



What to Look For in a Protein Bar??

Remember: Protein bars are only for convenience, and DO NOT replace real food.
Eat bars occasionally, no more than 1 bar per day.

- Less than 200 calories
- Less than 10g fat
- Less than 10g added sugar
- Less than 20g carbohydrates
- More than 10g protein
- More than 3g fiber



Quest Hero
160cal, 7g fat
30g carb (10g fiber, 4g erythritol)
16g protein



Unjury Protein
190cal, 7g fat
22g carb (2g fiber, 3g added sugar)
16g protein



Oatmega
200cal, 7g fat
22g carb (7g fiber, 4g added sugar)
14g protein



Barebells
200cal, 9g fat
18g carb (3g fiber, 13g sugar alcohols)
20g protein



Built Bar
130cal, 2.5g fat
18g carb (6g fiber, 8g sugar alcohols)
17g protein



No Cow Vegan
200cal, 4.5g fat
25g carb (16g fiber, 6g sugar alcohols)
22g protein (brown rice, pea)

PROTEIN PANCAKES

INGREDIENTS

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

INSTRUCTIONS

1. In a medium-size bowl, whisk all ingredients together until well-blended and no clumps are visible.
2. Spray a skillet or griddle top with cooking spray and put on medium heat.
3. Pour approximately 1/3 of the batter onto the skillet or griddle top and allow the batter to cook until the edges are golden brown.
4. Flip the pancake and allow that side to cook until evenly golden brown on whole pancake. Repeat with the rest of the mixture until you have 3 pancakes.



Stuffed Acorn Squash Recipe

Ingredients:

2 acorn squash (please wash and scrub the skin to rinse off any dirt)
2-3 Tbs olive oil
1 small onion, small diced
3-5 cloves garlic, minced
1 box cremini mushrooms, small diced
1 pound ground turkey
1 tsp Italian seasoning
Salt n pepper
1 can 15oz size tomato sauce
Shredded mozzarella cheese

Directions:

1. CAREFULLY slice open the acorn squash in half, lengthwise (top to bottom) and scoop out the seeds.
2. In a shallow baking dish, place cut side down, with a little water to barely cover the bottom, microwave for 15minutes, in 5minute increments, checking for doneness around 13-15 minute mark. Should be “fork tender”. Leave in microwave until ready to “stuff”
3. Heat oil in large sauté pan on medium heat, sauté onions and garlic until soft.
4. Add mushrooms and sauté until shriveled (they will have released and evaporated a lot of water)
5. Add turkey and crumble until cooked through. Sprinkle in Italian seasoning, pinch of salt and a few grinds of pepper (red pepper flakes optional!)
6. Stir in tomato sauce until heated through
7. Turn acorn squash over so skin side is facing down. Fill each squash “well” with turkey mixture. Sprinkle tops with cheese
8. Place in toaster oven and “broil” tops until Cheese is bubbly and melty!



Breakfast Egg Muffins



Instructions

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

Nutrition

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

Ingredients

BASE:

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

TOMATO SPINACH MOZZARELLA:

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

BACON CHEDDAR:

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

GARLIC MUSHROOM PEPPER:

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

High Protein Berry Crumble

- 3/4 cup Almond Flour
- 1/3 cup Premier Protein Vanilla Whey Protein Powder
- 1 Tablespoon Butter
- 2 Tablespoons Almond Butter
- 2 Tablespoons Sugar Free Vanilla Syrup
- 2 cups of Berries (I used Raspberries and Blueberries)

1. Preheat oven to 350. Wash berries and divide equally in 4 ramekins.
2. Mix crumble ingredients together till clumps form (add a teaspoon of water if needed, it'll depend on almond butter brand some are thinner or thicker than others.)
3. Sprinkle clumps of the topping equally over each ramekin of fruit.
4. Place the ramekins on a baking sheet for easy removal from the oven and saves any oven clean-up if your berries are especially juicy.
5. Bake at 350 for 25 minutes till golden. Serve warm, room temperature or cold with a dollop of Greek yogurt.

Recipe courtesy of theworldaccordingtoeggface.blogspot.com



Healthy Prepared Meals

Frozen meals can be a great portion-controlled option for bariatric patients.

You might be able to eat just ½ and that is ok! Don't force yourself to finish the entrée if you feel satisfied with ½

Look for: 200-250 calories, less than 10g fat, 15-30g carbs, less than 10g sugar, more than 14g protein

Avoid entrees with rice, bread or pasta!



Sample Soft Chopped Diet

Breakfast	1 scrambled egg with 2 slices thin deli turkey (6g + 10g protein)
Snack	1 string cheese and ¼ cup fresh blueberries (6g protein)
Lunch	½ cup shredded skinless chicken thigh with ¼ cup black beans (14g + 4g protein)
Snack	½ cup Yoplait 100 vanilla Greek yogurt with ¼ cup chopped strawberries (10g protein)
Dinner	2oz baked salmon with ¼ cup chopped sautéed zucchini (14g protein)
Total Protein	64g protein

Week 7 and 8: Introduction into Regular Solids/Maintenance

~2-4 meals daily, about ½ cup to 1 cup per meal

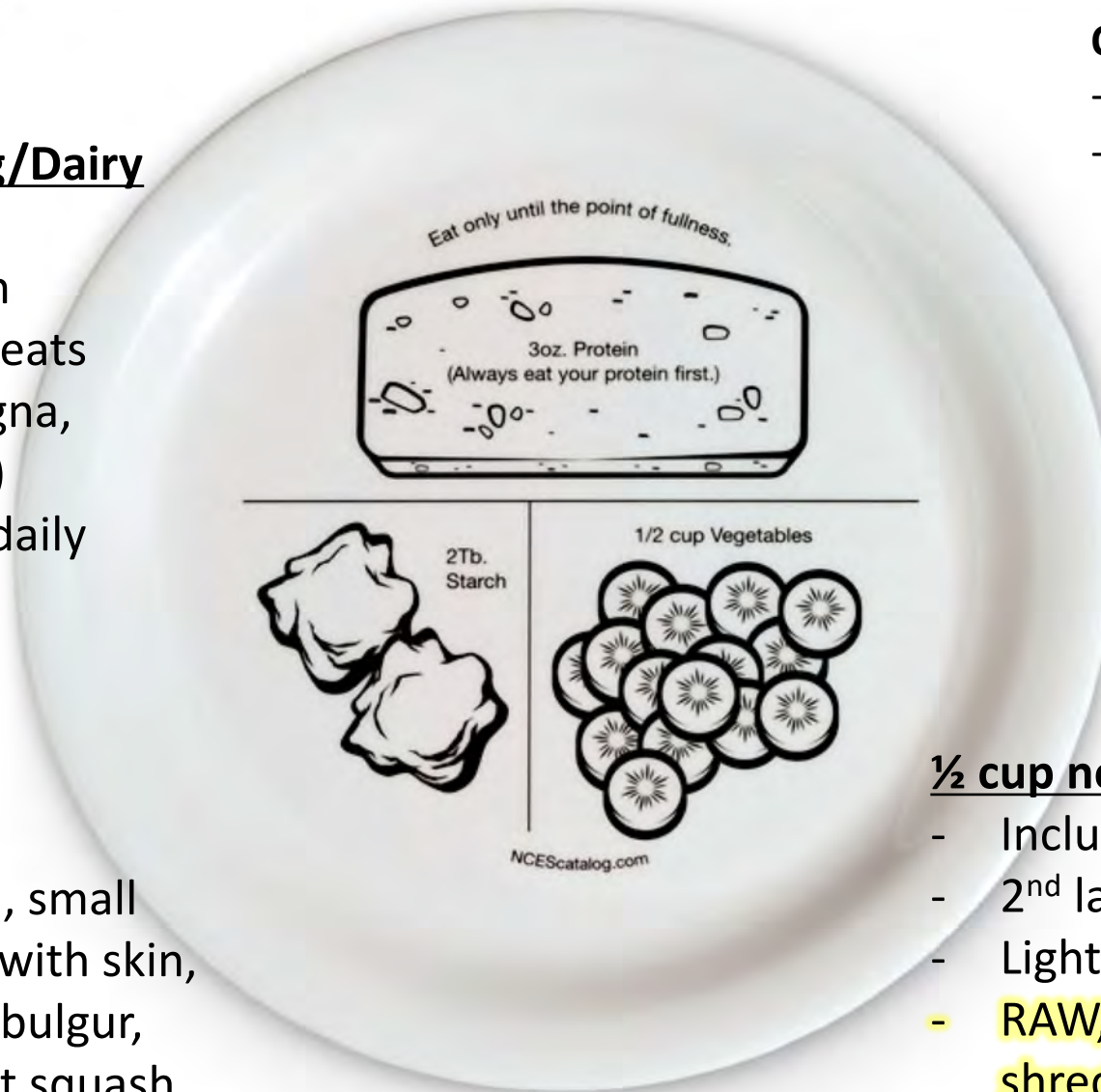
Balance your meals with chopped protein, veggies and starches.

2-3 oz. Chopped Meats or Egg/Dairy

- Eat protein at all meals
- Largest food group: Protein
- Limit processed/high fat meats (hot dogs, SPAM, bacon, bologna, pepperoni, etc. = high salt/fat)
- Increase to +60-80g protein daily

2 – 4Tbs High Fiber Starches

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



Optional: 1-2 Snacks per day

- ½ cup chopped “unpeeled” fruits
- ¼ cup nuts/seeds

Fat serving per meal/snack:

- ¼ cup nuts/seeds
- 1-2 Tbs. nut butter
- ¼ avocado
- 1 tsp oils
- 1-2 Tbs. mayo/dressings

½ cup non-starchy **CHOPPED** vegetable

- Include veggies with all meals/snacks
- 2nd largest food group: Veggies
- Lightly steamed, sautéed, crisp tender
- **RAW, finely chopped raw veggies, shredded dark green salad**



Homemade Tuna Salad Through Diet Phases



Pureed/Mashed Phase
¼ cup tuna with mayonnaise



Soft Foods Phase
¼ cup tuna with mayonnaise
and chopped hard boiled eggs
Served with 2 high fiber crackers



Maintenance Phase
¼ cup tuna with mayonnaise,
chopped hard boiled eggs, chopped
celery, chopped pecans
Served with side salad and 2 high fiber
crackers

Sample Maintenance Diet

Breakfast	Premier Protein Shake (30g protein)
AM snack	¼ cup raw almonds and ½ cup chopped apple (7g protein)
Lunch	3oz chopped grilled chicken with ½ cup shredded romaine lettuce and 1tsp dressing (21g protein)
PM snack	2 Light Babybel cheese and 4 Triscuit crackers (12g protein)
Dinner	3oz baked Halibut and ½ cup broccoli florets (21g protein)
Total Protein	91g protein

Sample Maintenance Diet



Breakfast	Bariatric Advantage High Protein Meal Replacement shake (27g protein)
AM snack	9 slices Oscar Mayer deli turkey and 3-4 Triscuits (14g protein)
Lunch	3oz ground turkey with $\frac{1}{2}$ cup cauliflower rice and $\frac{1}{4}$ cup black beans (21g + 4g protein)
PM snack	Oikos PRO and $\frac{1}{4}$ cup Cheerios (20g protein)
Dinner	1 skinless baked chicken thigh (3oz), and $\frac{1}{2}$ cup cooked carrots, $\frac{1}{4}$ cup cooked quinoa (21g + 2 g protein)
Total Protein	109g protein

Sample Maintenance Diet – NO COOK

Breakfast	Fair Life Nutrition Plan protein shake (30g protein)
AM snack	1 hardboiled egg and mini bag baby carrots (6g protein)
Lunch	2oz turkey slices and 1 slice cheddar cheese roll-up (14g + 7g) with ½ cup grapes
PM snack	Quest Hero protein bar (15g protein)
Dinner	Healthy Choice Power Bowl: Chicken Marinara (19g protein)
Total Protein	91g protein



2 Month Post-Bariatric Surgery Diet Progression

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

Prepared Bariatric Meal Programs

Appropriate to start around Week 5: Soft Foods Stage



BariBox.com (mail order delivery)
Cooked meals (keep in fridge/freezer)
< 1.5 cups of food
<350 calories, 15g carbs, +20g protein
No added sugar, low sodium



Myfitfoods.com (Houston delivery, and mail order shipping)
Cooked meals (keep in fridge/freezer)
~150 calories, ~12-14g protein
Low sugar, low sodium
Post-Bariatric Pack of 21 weeks (7 days worth of food)

Maintenance Phase:

2 Months and Beyond

- Sleeve/Bypass: +80-100 grams protein/day
- Loop DS: 100-120g protein/day
 - Helps with hunger, energy and weight loss
- Small bites, small plates, and chew well!
- ~1 to 1.5 cup of food per meal
- You may be able to eat more:
 - Man vs Woman
 - Pouch/Surgery type
 - Activity levels
 - # Years from surgery
- Balance meals with:
 - 3-5oz lean protein
 - ½-1 cup veggies
 - ¼ cup high fiber starches
 - 1-2 Tbs. heart healthy fat



2 Week Maintenance Phase Meal Plan

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Farmers' Market Scramble (page 3)	Low-Fat Greek Yogurt	Low-Fat Cottage Cheese with Soft Fruit	Farmers' Market Scramble (page 3)	Low-Fat Greek Yogurt	Sweet Maple Protein Oatmeal (page 4)	Farmer's Market Scramble (page 3)
			PROTEIN SHAKE			
Curried Chicken Salad (page 5)	Soy-Ginger Salmon with Bok Choy (page 6)	Slow Cooker Salsa Chicken (page 7)	Tomato-Basil Cod en Papillote (page 8)	Deli Meat and Cheese Roll-Up	Mom's Turkey Meatloaf (page 9)	Lentil Sloppy Joes (page 10)
			PROTEIN SHAKE			
Soy-Ginger Salmon with Bok Choy (page 6)	Slow Cooker Salsa Chicken (page 7)	Tomato-Basil Cod en Papillote (page 8)	Leftovers	Mom's Turkey Meatloaf (page 9)	Lentil Sloppy Joes (page 10)	West Coast Crab Cakes (page 11)
Walk 20 to 30 minutes, with 5 to 10 minutes of gentle stretching	Walk 20 to 30 minutes, with 5 to 10 minutes of gentle stretching	Walk 20 to 30 minutes, with 5 to 10 minutes of gentle stretching	Rest	Walk 20 to 30 minutes, with 5 to 10 minutes of gentle stretching	Walk 20 to 30 minutes, with 5 to 10 minutes of gentle stretching	Walk 20 to 30 minutes, with 5 to 10 minutes of gentle stretching

2 Week Maintenance Phase Meal Plan

DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Breakfast Pizza (page 12)	Perfectly Soft Scrambled Eggs (page 13)	Low-Fat Greek Yogurt	Sweet Maple Protein Oatmeal (page 4)	Breakfast Pizza (page 12)	Perfectly Soft Scrambled Eggs (page 13)	Low-Fat Greek Yogurt
			PROTEIN SHAKE			
West Coast Crab Cakes (page 11)	Classic Turkey Chili (page 14)	Zucchini Lasagna Roll-Ups (page 15)	Halibut with Creamy Parmesan- Dill Sauce (page 16)	Low-Fat Cottage Cheese with Soft Fruit	Jambalaya with Vegetarian Sausage (page 17)	Spaghetti Squash with Chow Mein (page 18)
			PROTEIN SHAKE			
Classic Turkey Chili (page 14)	Zucchini Lasagna Roll-Ups (page 15)	Halibut with Creamy Parmesan- Dill Sauce (page 16)	Leftovers	Jambalaya with Vegetarian Sausage (page 17)	Spaghetti Squash Chow Mein (page 18)	Mom's Turkey Meatloaf (page 9)
20 to 30 minutes of cardiovascular exercise, plus 5 to 10 minutes of gentle stretching	10 to 15 minutes of light to moderate resistance exercises, plus 5 to 10 minutes of gentle stretching	Rest	20 to 30 minutes of cardiovascular exercise, plus 5 to 10 minutes of gentle stretching	10 to 15 minutes of light to moderate resistance exercises, plus 5 to 10 minutes of gentle stretching	20 to 30 minutes of cardiovascular exercise, plus 5 to 10 minutes of gentle stretching	Rest

2 Months and Beyond: Macronutrients

- This is HIGHLY VARIABLE from person to person
 - Male vs female
 - Age, height and weight
 - Muscle mass vs. body fat amount
 - Level of activity, level of stress
 - Pouch size, surgery type, year of surgery
- Roughly 1000 - 1500 calories per day
 - Do not less than 1000 calories. You might need more than 1500 calories per day
- 40% protein, 30% carbohydrates, 30% fat
 - 100 - 150 grams of protein
 - 75 - 110 grams of total carbohydrates
 - 35 - 50 grams of fat
- Added Sugar (American Cancer/Heart guidelines)
 - Men: 36 grams of added sugar (9 tsp)
 - Women: 24 grams of added sugar (6 tsp)
- Dietary Fiber: 25-35g daily!

Seasonings, Spices and Condiments

Here are some low calorie/low sugar options to consider.

You do not need to buy reduced/lighter versions of the original if you use 1 serving or less.



100-150 High Protein Snacks

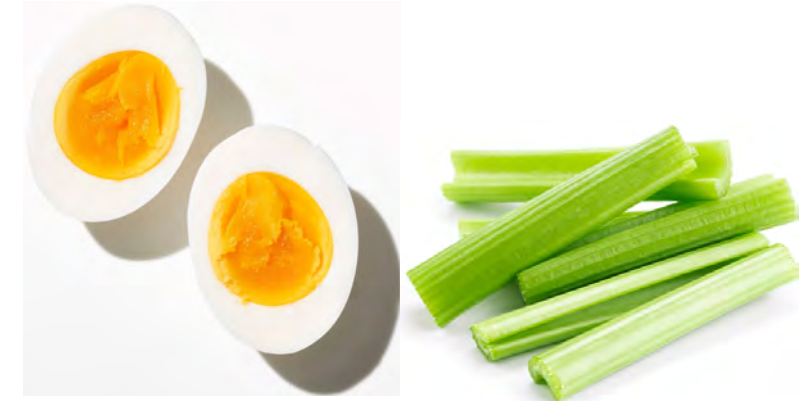
Try to choose more real food proteins (meats, eggs, dairy) over packaged snacks and protein bars



80 cal, 12g protein: Dannon Light n Fit Greek Yogurt
30 cal: ¼ cup plain bran flakes



100 cal, 12 g protein: 2 Light Babybel cheese
50 cal: ½ cup grapes



150 calories, 12g protein: 2 hardboiled eggs
3 cal: ½ stalk of celery



150 cal, 6g protein: ½ cup pistachios, in shell
4 cal: ½ cup cucumber slices



75 cal, 15g protein: 9 slices deli chicken
30 cal: 9 baby carrots



70 cal, 15g protein: 2.6oz tuna pouch
45cal: 5 Wheat Thins



How much food provides 14g of Protein?

Animal sources of protein (meats, eggs, dairy) are higher quality compared to plant based proteins.
You also will need to eat more vegetarian proteins to match protein from animal foods.



2oz skin-off drumstick
100 calories
3g fat
0g carbs



2 hard cooked eggs
155 calories
11g fat
1g carb



9 Thin deli turkey slices
75 calories
1.5g fat
1.5g carbs



4oz 2% cottage cheese
100 calories
2.2g fat
4g carb



2.5oz almonds
410 calories
36g fat
14g carbs



1 cup black beans
230 calories
1g fat
41g carbs



1 $\frac{3}{4}$ cup quinoa
400 calories
6g fat
70g carbs



3.5 Tbs. peanut butter
330 calories
30g fat
11g carbs



Plant Based/Vegetarian Sources of Protein



Plant based proteins might have more fat or more carbohydrates.
Keep the carbs to less than 30 grams per meal.

- Soy products
 - Tofu: 10g protein per ½ cup
 - Soy beans / edamame: 8.5g protein per ½ cup
 - Soy milk: 6g protein per 8 ounce cup
 - Tempeh: 15g per ½ cup
- Beans: 15g protein per 1 cup
- Lentils: 9g protein per ½ cup
- Chickpeas / Garbanzo beans: 7g protein per ½ cup
- Hummus: 2g protein per 2 Tbs.
- Green peas: 9g protein per 1 cup
- Nuts (limit to ¼ cup)
 - Almonds: 12g per ½ cup
 - Walnuts: 4g protein per 1oz
 - Pecans: 3g protein per 1 oz
 - Cashews: 5g protein per 1 oz
 - Pistachio kernels: 6g protein per 1 oz
 - Peanuts: 20g protein per ½ cup
- Meat substitutes: Impossible, Beyond Meat, Quorn, LightLife, Gardein, IncogMeato
- Seeds (limit to ¼ cup)
 - Chia: 2g protein per 1 Tbs.
 - Hemp: 3g protein per 1 Tbs.
 - Sunflower: 6g protein per ¼ cup
 - Pumpkin : 7g protein per 1 oz.
- Nut butter
 - Peanut butter: 7g protein per 2 Tbs.
 - Almond butter: 5g protein per 2 Tbs.
- Seitan (wheat gluten): 21g per 1/3 cup
- Grains
 - Amaranth and Quinoa: 8g protein per 1 cup
 - Spelt and Teff: 11g protein per 1 cup
 - Sprouted grain breads: 4g protein per slice
- Spirulina: 8g protein per 2 Tbs.
- Mycoprotein: 13g protein per ½ cup
- Nutritional Yeast: 8g protein per 0.5 ounce
- Plant based protein shakes/bars:
 - 20-25g protein, <30g carbs per serving
 - Orgain, Evolve, OWYN, SunWarrior

Food	Portion	Protein Grams
Beans, black cooked	1/2 cup	7
Beans, kidney cooked	1/2 cup	8
Beans, soy/edamame (shelled)	1/2 cup	8
Beef, ground 95% lean cooked	2oz	16
Beef, jerky	1oz	10
Beef, jerky bar by Epic	1 bar	11
Beef/Venison, sirloin cooked	2oz	17
Cheese, Babybel Light	1 wheel	6
Cheese, cottage 0%-2% small curd	1/2 cup	15
Cheese, ricotta by HEB Low Fat	1/4 cup	7
Cheese, Sargento Reduced Fat Slices	1 slice	6
Cheese, string cheese light	1 stick	7
Chicken, ground breastmeat	2oz	10
Chicken, thigh skinless	2oz	14
Deli Turkey/Ham, Oscar Myer Thin Deli Fresh	6 slices	10
Egg, liquid egg whites by All Whites 100%	3 Tbs	5
Egg, Egg-Beaters Original	1/4 cup	6
Egg, large whole	1 egg	6
Egg, large white	2 whites	6
Fish, salmon Sockeye cooked	2oz	14
Fish, salmon pouch by Chicken of the Sea	2.5oz pouch	13
Fish, tuna pouch by Starkist	2.6oz pouch	17
Hummus, Pita Pal singles to-go pack	2oz	6
Lentils, cooked	1/2 cup	9
Lentil soup, Progresso	1 cup	9

All meals and snacks need **PROTEIN!**

Best sources of protein foods:

Lean meats, eggs, low fat dairy (low fat cheese)

Use a food scale to help calculate grams of protein. Lifelong protein goal: +80-100grams/day

1oz cooked meat or cheese = ~7grams protein

3oz cooked meat (deck of cards size)
= 18-25grams protein (~21grams)



Consider a digital food scale to weigh out “cooked” meats. OXO food scale is a good one to use (Amazon, Bed Bath Beyond, etc.)

Food	Portion	Protein Grams
Milk, almond and cashew by Silk Protein Nutmilk	1 cup	10
Milk, cow 0%, 2%, whole	1 cup	8
Milk, cow by HEB Mootopia 2%	1 cup	13
Milk, cow by Fairlife 0%-2%	1 cup	13
Milk, soy unsweetened	1 cup	7
Nuts, almonds raw whole	1/4 cup	7
Nuts, peanuts (shelled)	1/4 cup	9
Nuts, peanut butter	1 Tbs	4
Nuts, peanut butter powder by PB2	2 Tbs	5
Nuts, pecan halves (shelled)	1/4 cup	3
Nuts, pistachios (shelled)	1/4 cup	6
Nuts, walnut pieces (shelled)	1/4 cup	5
Peas	1/2 cup	4
Pea soup, Campbell's	1/2 cup	9
Pork, loin chop cooked	3oz	24
Quinoa, cooked	1/2 cup	4
Seeds, chia	3 Tbs	9
Seeds, flax (whole)	3 Tbs	6
Seeds, hemp	3 Tbs	10
Seeds, pumpkin (shelled)	3 Tbs	9
Shrimp, cooked	3oz	18
Tofu, firm	3oz (1 inch slice)	8
Tempeh	2oz	11
Turkey, ground darkmeat by Jenny-O cooked	2oz	10
Yogurt, Greek plain fat-free	1 Tbs	1.5
Yogurt, Oikos Triple Zero	5.3oz	15
Yogurt, Yoplait Greek 100	5.3oz	13



Measuring cups and measuring spoons can help determine appropriate portions

Choose These Lean Protein Choices

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

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

Avoid These High Fat, Poor Quality Proteins

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

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

Avoid or Limit These High Fat Foods

Use light/low fat/low calorie versions

Or limit to less than 1 Tbs. per meal

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

Avoid or Limit These High Sugar Foods

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

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

Healthy Options for Carbohydrates

*6 months after surgery

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

Un-Healthy Options for Carbohydrates

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

What does 15 grams of High Fiber Carbs look like?



3/4 cup green peas
17g carb, 90 cal, 7g fiber



1/3 cup black beans
13g carb, 70 cal, 5g fiber



Oikos Triple Zero Yogurt
10g carb, 100 cal, 3g fiber



1/3 cup sweet potato with skin
13g carb, 60 cal, 2g fiber



1 cup raspberries
15g carb, 60 cal, 8g fiber



1/2 cup pear cubes
13g carb, 50 cal, 3g fiber



1/2 cup bran flakes
15g carb, 60 cal, 4g fiber



5 Triscuit crackers
17g carb, 100 cal, 3g fiber

Comparing Carbohydrates:

Veggies vs. Starchy Veggies vs. Grains

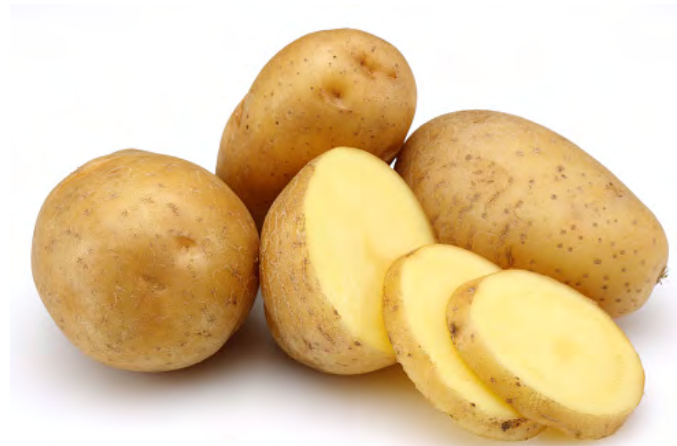
Vegetables contains carbs, but very small amounts.

Starchy veggies (potatoes, peas) and grains (corn, rice, quinoa, pasta, bread, crackers, oats, cereals) can add up in carbohydrates and calories, and they can fill you up more quickly as well, creating less room for important proteins and high fiber veggies!

Save starchy veggies and grains for the end of your meal (if you still have room) and these should be your smallest food group on the plate.



1 cup non-starchy veg
55 calories
11 grams carbs
5 grams fiber



1 cup starchy veg
150 calories
37 grams carbs
5 grams fiber



1 cup grain
218 calories
45 grams carbs
4 grams fiber

Alcohol and Bariatric Surgery



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

Alcohol and Bariatric Surgery

- Leads to high blood alcohol level
 - You will get drunk quickly with small amounts (wine, liquors)
 - May fail breathalyzer tests and get arrested with DUIs
 - Avoid “shots” or sugary cocktails
- Beer may cause “foaming” at the mouth due to carbonation
- Try at home first to see how much you can safely handle
- Be aware of “Transfer Addictions”
 - Instead of turning to food for comfort, start drinking alcohol as a method to cope with emotions = Substance abuse

Alcohol Nutrition

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

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

Physical Activity After Surgery

- Exercise
 - Only easy walking immediately post-op (no jogging, no elliptical)
 - No heavy lifting/pushing/pulling (small children, pets, groceries)
 - Lift less than 10lbs
 - Wait 4-6 weeks after surgery to increase exercise
 - After 4-6 weeks, if it hurts, don't do it!
 - You may have abdominal pain at the surgery site
 - Risk for umbilical hernia (intestine popping through belly button)
- No Swimming/Bathes/Saunas until OK by surgeon
- Talk to surgeon at your follow up appointment if OK to advance exercise
- Sex
 - It is OK to have sex if you feel comfortable and you are not in pain

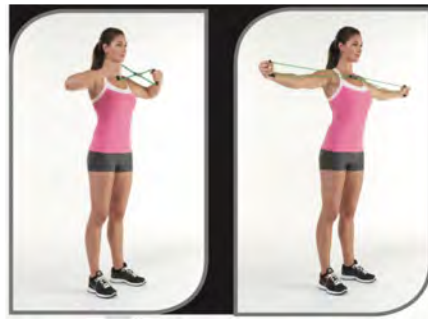
Exercise is IMPORTANT FOR WEIGHT LOSS

Exercise will help to MAINTAIN WEIGHT LOSS after surgery by creating a calorie deficit.

You will need both DIET and EXERCISE to keep the weight off after surgery!

Exercise will help overcome weight loss stalls/plateaus

- +5 days a week: 30 minutes/day cardio
 - Get your heart rate up! Walking, cycling, elliptical, jogging, rowing, stepper machine
 - Consider “interval training” = alternating low/easy and higher/harder intensity
- +2 days a week resistance training
 - Lift weights or use resistance bands to build muscle
 - **Building muscle will improve your metabolism = more weight loss!**
 - Need adequate protein to help muscle repair and recover for growth



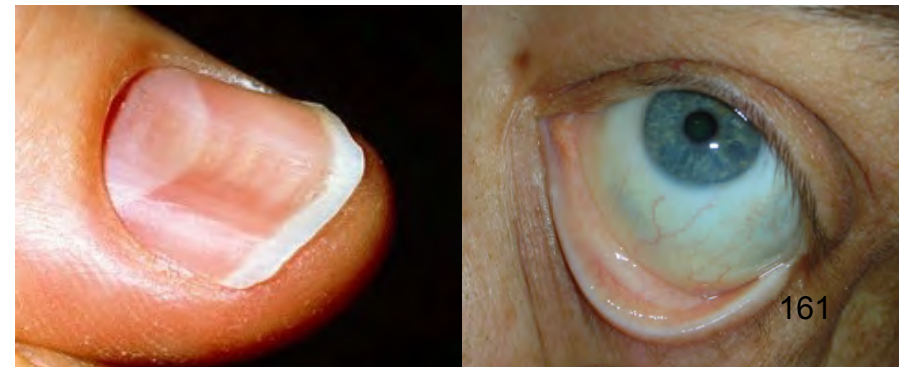
DO NOT GET PREGNANT!



- Wait until after 18 months (1 year and a half) to start planning a pregnancy
 - It is not advisable to be pregnant at the time of surgery or soon after surgery
 - Proper nutrition to sustain the growing fetus vs. Proper nutrition for weight loss
- If you feel frisky, YOU NEED TO USE A METHOD OF CONTRACEPTIVE
 - Birth control pills may not be absorbed (talk to surgeon or your gyn)
 - Engage in sex if you do not feel pain, wait until after 1 month
 - You are more fertile after weight loss
- If you get pregnant during your weight loss journey, you may have a difficult time getting back on track with weight loss
 - Reaching your weight loss goal may be more difficult
- Children born to obese mothers are more likely to be obese
 - Mothers who have lost the weight after bariatric surgery are more likely to have non-obese children
- SEX: whenever you feel comfortable (but if it hurts, don't do it)

Nutrition Deficiencies can develop anytime!

- Poor diet (not eating a wide variety of meats, fruits/veggies, healthy fats, grains)
- Not taking vitamins, or taking wrong type
- Easily prevented. But, deficiencies can get worse without annual check up!
- Low B1 (Thiamin)
 - “Wernicke’s Encephalopathy” numbness/tingling in hands/feet, irreversible nerve damage, loss of balance
 - B1 loss from frequent vomiting, B1 malabsorption from excess alcohol consumption
 - Example: Post-sleeve 16 days post-op, feeling weak, not drinking water, some broth, some protein shakes, vomiting = burning/pain in hands and legs. Sent her to ER
- Low Calcium: Osteoporosis, bone fractures/breaks, teeth chipping/tooth loss
- Iron Deficiency Anemia: Tired/weakness, feeling cold, eating ice, “spoon nails”, pale eyes, hair thinning
- Low Vitamin A: Difficulty seeing at night, night blindness
- Low Zinc: Poor immunity, poor cell recovery (hair thinning, ridges on nails)
- Low Protein: Muscle loss, low energy, slow weight loss, hair thinning



What Causes Hair Thinning



- Causes
 - Stress from surgery on the body
 - Overall stress from life: work, family, money, lack of sleep
 - Hormones
 - Genetics
 - Other chronic illness
 - Poor nutrition: low calorie, low protein, poor quality protein, low vitamins and minerals (low folic acid, low Zinc, low Ferritin) (inconclusive: Iron and B12)
- Surgery related hair loss
 - Appears ~ 3 to 6 months after surgery
- 1st stage: occurs due to shock from surgery
 - Forced malnutrition = Rapid weight loss
- Hair will regrow when nutrition stabilizes
 - However, worsened hair thinning if poor nutrition continues

6 Tips to Decrease Hair Thinning After WLS

1. Get labs checked before surgery to determine if you are low in any nutrients, and start taking those extra nutrients
2. Start bariatric supplements before surgery to build up nutrients, and prevent deficiencies after surgery
3. Continue to take ALL your bariatric supplements after surgery, FOREVER
 1. Proper type and proper dose
4. Get high quality protein at each meal and snack
 1. Lean meats, whole eggs, low fat dairy
 2. Occasionally, high quality protein shakes, bars and other protein-add snacks
5. Get labs checked yearly after surgery. Low vitamin levels can impact hair
6. Eat a diet with a lot of different foods to achieve a variety of nutrients

How to Decrease Hair Thinning

- Before considering hair/skin/nail supplement, are you getting these daily?
 - Stress management: enough rest and sleep
 - High Quality, and Variety of Protein: + 80grams daily
 - Lean meats, eggs, low fat dairy. Not just protein shakes/bar/chips
 - Complete **Bariatric** Multivitamins with Zinc (8-15mg), Copper (1-2mg)
 - Avoid gummies, liquids, patches, Over the Counter, pre-natal, and children's
 - Take the correct amount of bariatric multivitamins for your surgery (Sleeve/Bypass/DS)
 - Add healthy fats into your day?
 - ¼ cup Nuts, ¼ to ½ avocado
 - 1 - 2Tbs ground flaxseed mixed into foods
 - 2000mg Omega 3 Fish oil (EPA + DHA) and also eating salmon, sardines, mackerel, herring
- After all the above, then consider adding a Hair/Skin/Nail supplement
 - However, they are not proven to work
 - You could try:
 - BariatricEating.com (Journey Vitamins)
 - Additional Biotin 2500mcg
 - Collagen supplements (pills, powder)
 - Collagen is not a good source of protein but might benefit hair/skin/joints



Dumping Syndrome



Small stomach pouch becomes sensitive to high fat/sugary foods

Early onset (immediate: 0 – 30 minutes)

- Liquid sugar/fat foods (ice cream, frosting, juices, alcohol, smoothies, high fat creamy soups, juicy fruits)
- Drinking with meals

Example: 5 week post-sleeve ate Panera Bread cheesy broccoli soup. Went to ER due to pain, on morphine from 3pm to 11pm
1 ½ week post-sleeve drank coffee creamer. Ran to bathroom with diarrhea
12days post-sleeve, got tired of his protein shakes, drank Sonic milkshake through a straw. Spit up and had diarrhea.
10days post-sleeve, feeling hungry, ate sugar-free ice cream (not fat free!). Had diarrhea.

Late onset (delayed: 1 – 2 hours after)

- Solid sugar/fat foods (cookies, cake, chips, fried foods, fatty meats/burgers)

Example: 2 weeks post-sleeve, ate 2 slices of BBQ sausage. 1hour later: watery diarrhea, sweating, flushing in face, body cramps
3 month post-sleeve, patient ate 1 French fry. 45minutes later, felt stomach cramping, nausea, lightheaded

- Symptoms:
 - Lightheaded due to blood pressure dropping
 - Fatigue, tired, sleepy
 - Fainting due to blood sugar drop (insulin spike, reactive hypoglycemia due to high sugar/too much carbs)
 - Nausea, stomach cramping, rapid heart rate, hot flashes, feeling flushed/sweating/clammy, diarrhea
 - When these symptoms occur, lie down/rest until symptoms subside on their own
- To decrease chances of dumping:
 - Balance all meals/snacks with BOTH protein and high fiber carbs (crackers, veggies, fruits)
 - DO NOT EAT fruits on an empty stomach – too much sugar
- Overtime, you can build up a tolerance to high fat/sugary foods.
 - Dumping symptoms won't bother you anymore if you continue eating junk food = weight regain

Gout: Type of arthritis (sudden pain in joints)

- Symptoms: sudden severe pain, swelling, redness and very tender
- Common areas affected: big toe, ankles, knees, elbows, wrists, fingers
- Causes: Uric acid crystals build up in your joints if kidneys are not able to excrete them.
- Risk factors:
 - Heavy meat diet (red meat, organ meats, turkey, seafood) contain purines. Purines are broken down into uric acid.
 - High alcohol and sugary beverage (high fructose corn syrup, fructose-fruit juices) consumption
 - High protein diet and not enough water
 - Obesity: body makes more uric acid and kidneys cannot eliminate them easily
 - High blood pressure, kidney disease
- Treatment and Prevention:
 - See the doctor and get on medication
 - Stay very well hydrated
 - Limit or avoid alcohol
 - Limit meat, seafood and poultry as protein options
 - Lose weight



Constipation

- Common complication after surgery
 - Decreased intake of water
 - Increased intake of protein and vitamins/minerals
- STAY HYDRATED:
 - +64oz water/low calorie-low sugar beverage
- FIBER: Aim for 25-30grams of fiber daily.
 - Full Liquid: bean soups (black bean, pea, lentil soups)
 - Pureed: Pureed veggies/fruits (raspberries!) mashed beans or lentils, plain oatmeal
 - Solid foods: veggies, fruits, high fiber crackers/cereals (+3grams of fiber per serving), whole beans,
 - Non-thickening Fiber Powders mix into foods or liquids
 - 2 Tablespoons each dose, twice daily
 - Non-bloating/gassy: Wheat Dextrin (BeneFiber) or Methyl Cellulose (Citrucel)
 - Do not use Metamucil (psyllium husk): may cause bloating; thickens very quickly



How to close the fiber gap: Eat more of these foods

	STANDARD PORTION SIZE	DIETARY FIBER IN STANDARD PORTION (IN GRAMS)
 Navy beans	1/2 cup	9.3
 Pumpkin seeds	1 oz.	5.2
 Air-popped popcorn	3 cups	3.5
 Sweet potatoes	1 medium	3.6
 Pears	1/4 cup	5.5

 Raspberries	1/2 cup	4.0
 Rye wafer crackers	2 wafers	5.0
 Lentils	1/2 cup	7.8
 Avocados	1/2 cup	5.0
 Chia seeds	1 tbsp	4.1
 Artichokes	1/2 cup	7.2

Source: USDA

Vox

Constipation (continued)

- **LAXATIVES:** use for short term benefits

- **Milk of Magnesia**

- **MiraLAX powder**

- 1 capful dissolved into 8oz water, taken 1-2x daily. Clear dissolving/tasteless powder absorbs water into colon to soften stool to pass easily (osmotic laxative)

- **Smooth Move Tea**

- 1 cup at night. This is a caffeine free, herbal tea with Senna, a natural gentle laxative, available at most pharmacies; stimulates colon to contract and push stool through (stimulant laxative)

- **PROBIOTICS**

- Any over-the-counter brand is safe to try (Align, Culturelle, etc.) You can open up a capsule and mix the probiotic powder into any non-dairy foods (applesauce, oatmeal, etc.)
 - There are many different strains of bacteria that may help relieve GI issues.
 - Bariatric Advantage has a chewable probiotic (Chewable FloraVantage Probiotic: available at TLC office as well)



Constipation (continued)



- TROPICAL FRUITS

- Fresh kiwi, pineapple, papaya and mango have digestive enzymes which can help with regularity

- PHYSICAL ACTIVITY:

- Daily walking for at least 30 minutes can help stimulate bowels to move

- RE-POSITION YOUR SQUAT:

- Squatty Potty toilet stool helps to re-align your bowels while you sit on the toilet, allowing for easier passage of stool through your colon.

- Call our office if constipation does not resolve



Dehydration is a BIG DEAL!

Causes: not drinking enough water, vomiting, diarrhea

Bariatric IV Bag
500mg Thiamin
Folic Acid
Vit/Min



GOAL: +48 to 64oz daily, at least ¼ cup (2oz) or more, every 15 minutes

Staying hydrated is your #1 priority always, especially during the surgery healing process.

Dehydration can happen fast, and is very serious medical concern. You will be re-admitted back to the hospital for IV hydration.

Signs of Dehydration

- Mild: dark yellow urine, strong odor in urine, no energy, dry mouth, lightheaded, headache
- Moderate: rapid heart rate, less urine output, dry/sunken eyes, poor skin elasticity, difficulty with concentration
- Severe: No urine, possible kidney failure, lethargic, vomiting and diarrhea, shock

CARRY WATER AT ALL TIMES, EVERY WHERE and SIP ALL DAY LONG!!

Strategies to Stay Hydrated

- Focus on hydration FIRST before protein and vitamins
 - Carry water or zero/low calorie, non-protein drink with you always!
 - If losing a lot of fluids: sweating, diarrhea, vomiting
 - Drink a low calorie sports drink (GZero, Powerade Zero, BodyArmor Lyte) or use electrolyte tablets/powders
 - Protein drinks do not count towards hydration (protein causes constipation)
- Use the same drinking container to keep track of your fluid ounces
 - Check out HydroJug (www.hydrojug.com) Available in 64oz and 1 gallon containers
- Use your phone to help set timers/reminders to drink
 - 15minute alarms, smart phone apps:
 - Free smart phone app to download: Baritastic has water reminders



Strategies to Stay Hydrated



- Different temperatures may reduce swelling, help increase fluid intake!
 - Cold: Drinks with ice, ice chips, sugar free popsicles
 - Hot: warm lemon water, hot ginger/mint tea, hot salty broth
- Different beverage flavors
 - “spa water” infused with herbs (mint, basil) or fruits (citrus, berries, cucumbers), Crystal Light, MiO, etc.
- Different brands of water!
 - If filtered waters (Brita filters, Ozarka) feel scratchy, heavy, gets stuck, full feelings
 - Specialty bottled water brands: Fiji, Evian, Smart Water, Core, Essentia
 - These waters have added minerals/electrolytes, or have a higher pH which might help the water feel more “soft” and easier to glide/swallow
- Eat your liquids: sugar jello and sugar free popsicles



Sample Hydration Schedule

9:00am	2oz chamomile tea
9:15am	2oz chamomile tea
9:30am	2oz chamomile tea
9:45am	2oz chamomile tea
15 minute break before eating	- -
30 minute break after eating	- -
11:00am	2oz ice cold water with lemon
11:15am	2oz ice cold water with lemon
11:30am	2oz ice cold water with lemon
11:45am	2oz ice cold water with lemon
15 minute break before eating	- -
30 minute break after eating	- -
1:00pm	2oz Crystal Light Pure
1:15pm	2oz Crystal Light Pure
1:30pm	2oz Crystal Light Pure
1:45pm	2oz Crystal Light Pure
15 minute break before eating	- -
30 minute break after eating	- -
3:00pm	2oz warm low sodium chicken broth
3:15pm	2oz warm low sodium chicken broth
3:30pm	2oz warm low sodium chicken broth
3:45pm	2oz warm low sodium chicken broth
4:00pm	2oz mint tea
4:15pm	2oz mint tea
4:30pm	2oz mint tea
4:45pm	2oz mint tea
15 minute break before eating	- -
30 minute break after eating	- -
5:00pm	2oz strawberry/cucumber infused water
5:15pm	2oz strawberry/cucumber infused water
5:30pm	2oz strawberry/cucumber infused water
5:45pm	2oz strawberry/cucumber infused water
15 minute break before eating	- -
30 minute break after eating	- -
8:00pm	½ sugar free popsicle (2oz)
8:15pm	½ sugar free popsicle (2oz)
8:30pm	½ sugar free popsicle (2oz)
8:45pm	½ sugar free popsicle (2 popsicles total)
9:00pm	4Tbs sugar free jello
9:15pm	4Tbs sugar free jello
9:30pm	4Tbs sugar free jello
9:45pm	4Tbs sugar free jello

If you are having difficult time staying hydrated...

- This “Sample Hydration Schedule” is to show you how to pace your drinking throughout the day
- **Aim to drink at least 2oz (1/4 cup) of fluids every 15 min**
- A standard medicine cup is 1oz = 2 Tablespoons = 1/8 cup
- 2 medicine cups = 2 Oz = 4 Tablespoons = ¼ cup
- SIPPING all day long
- Over the next 1-2 months, the swelling will reduce, you will be able to drinking larger amounts. It just takes time 😊
- It is OK to drink larger (more than 2oz every 15 minutes) and faster amounts, instead of sipping, if you feel comfortable
- **IF YOU ARE STILL STRUGGLING WITH FLUIDS**
 - **CALL OUR OFFICE!!**
 - **We may need to give you medications to decrease swelling**
 - **You might need to get IV fluids from our office or hospital**
 - **The surgeon may need to perform another EGD to look at your pouch**



Caffeine: Coffee, Iced Tea, Green/Black Tea, Energy Drinks

- You may add caffeine back into your diet if:
 - You are well hydrated with other non-caffeinated beverages (water, Crystal Light, G Zero, MiO)
 - You do not feel any acid reflux symptoms
 - You are separating caffeine (coffee/tea) 2 hours away from your vitamins
- Diuretic effects which can cause more fluid loss = dehydration!
- Caffeine blocks the absorption of minerals (Calcium, Iron!)
 - Too much caffeine further increases risk for Osteoporosis and Iron Deficiency Anemia!
 - All tea will have caffeine (unless the product states “caffeine free” or it is herbal tea)
 - Avoid caffeine when taking your vitamins. Keep these separate at least 2 hours
- Caffeine may irritate gastric ulcers or stimulate more acid production!
- Don't drink your calories!!
 - Sweet tea, coffee drinks with syrups, heavy cream, whipped cream (mochas, frappuccinos)
 - Make it skinny! Skip whipped cream; Use non-fat/low-fat milk or unsweet almond milk; use sugar free syrups (Torani sugar free syrup), sugar substitutes (Stevia, etc.)
- Make high protein coffee!
 - Coffee with a splash of protein shake like Premier Protein caramel/vanilla flavor
 - CHIKE High Protein Coffee: 20g whey isolate protein powder contains 2 shots of espresso!



Why Do I Belch/Burp MORE After Surgery??

- Burping is a natural way to get rid of ingested air from our esophagus or stomach.
 - During every swallow or breath, a small amount of air ingested
 - When the stomach feels stretching/pressure building up from air, the lower esophageal sphincter relaxes, allowing some air to escape = burping
-
- During the first ~6 months after surgery, your new swollen pouch is very small
 - It is less expandable/stretchy than before surgery, so pressure can easily build up with small amounts of air
 - This should improve over time as the swelling reduces and becomes a bit more pliable
 - You could also be swallowing more often if you suffer from acid reflux
-
- Medications may help: Simethicone (Gas-x Strips, Mylanta)
 - Causes more swallowing of air
 - Carbonation, straws, and gum
 - Talking while eating



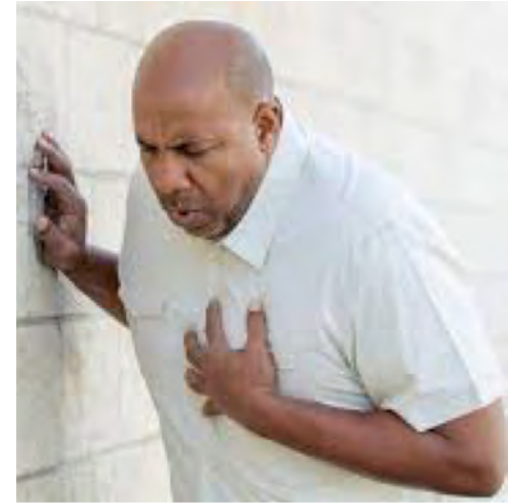
Air/Gas: Carbonation, Chewing Gum, Straws

- Post-surgery stomach swelling (more swelling with hiatal hernia repair) can create burping, chest pressure/pain during the first weeks to months after surgery
- Consuming air or gas can happen from:
 - Drinking from wide-mouthed, open containers
 - Chewing/smacking on gum
 - Carbonated drinks
 - Drinking through straws
 - Talking while eating
- After 2-3 weeks post-surgery, OK to try:
 - Straws, chewing sugar free gum, **0 calorie/DIET** carbonation if you do not feel discomfort
 - Some patients avoid carbonation/straws permanently (personal preference)
 - Carbonation/Straws WILL NOT stretch your pouch
- Try “sports top” squirt bottle to help prevent sucking in too much air.



Causes of Chest Pain, Burping, Stomach Cramping?

- Swallowing air
 - Talking too much while eating
 - Drinking from a wide mouthed container
 - Drinking from straws, smacking on gum, drinking carbonated beverages
- Drinking too fast and too much
- Eating too large of a bite, not chewing well, eating too much
- Tightness and swelling from surgery and hiatal hernia repair (1-2 months to resolve)
- Eating difficult to digest/tough foods (dry/overcooked meats, rubbery eggs)
- Eating the wrong foods too early during the diet progression!
- Eating too many different types of foods too early after surgery!
- Eating and drinking together



Causes of Chest Pain, Burping, Stomach Cramping?

- Solutions
 - Sit upright 90 degrees. Stand up and walk around after eating.
 - Sip of liquids instead of gulp.
 - Consider drinking through “sports top” water bottle to decrease air bubbles.
 - Use small utensils, take very small bites and chew each single bite until mushy.
 - Avoid drinking with meals. Wait 20-30 minutes after meals.
 - Eat slowly. Allow more time in between bites. Put fork down in between bites.
 - Do not talk while eating.
 - Try a single food at one time
 - Stop eating that food and re-try next month. Perhaps your stomach is still healing/swollen/tight.

How Can I Decrease Nausea??



- Nausea is common after having bariatric surgery
- Causes of nausea
 - Anxiety, moving too fast (motion sickness)
 - Anesthesia, pain medications, vitamins
 - Ulcers along your GI tract (from Smoking, taking aspirin/ibuprofen, H Pylori)
 - Strictures (narrowing in your stomach pouch from scarring)
 - Dumping Syndrome: eating new foods that do not agree with your pouch (too high fat/sugar)
- Solutions
 - Rest your stomach, and drink clear liquids for a few hours or the rest of the day: herbal teas, water, G2, Body Armor Lyte, broth
 - Eat small portions (1/4 to 1/2 cup)
 - Eat cold or room temperature, and bland foods: applesauce, avocado, oatmeal, mashed potatoes, crackers, broth
 - Avoid beef and pork (choose white fish, chicken, ground turkey), avoid greasy meals
 - Sniff these throughout the day to get rid of foul odors: isopropyl alcohol wipes, whole coffee beans, peppermint/eucalyptus oils
 - Sip on herbal tea: mint, ginger, chamomile teas, lemon water
 - Slice up 2 thin pieces of fresh ginger, steep in a cup of hot water to make fresh ginger tea.
 - Take vitamins with food or at bedtime, or take a break from your vitamins
 - Use plastic utensils instead of silverware (less metallic odor)
 - Call our office to discuss with surgeon or nurse practitioner about anti-nausea medications (Zofran)

Flatulence/Gas and Loose Stools/Diarrhea

- More common in Gastric Bypass and Duodenal Switch
- What causes Excess Gas/Bloating, and Foul Smelling Gas
 - Eating too fast, talking while eating, chewing gum, carbonation, straws
 - Lactose/milk, Whey Concentrate protein shakes
 - Gassy veggies (beans, broccoli)
 - Sugar alcohols (erythritol, sorbitol)
 - High sulfur foods (dried fruits, red meat, eggs)
- Solutions:
 - Devrom capsules/chewable tablets (www.devrom.com)
 - 200mg bismuth subgallate
 - Eliminates odors from gas and bowel movements
 - Gas-x Strips, Lactaid pills, Beano pills
 - Walking can help too!
- What causes Loose Stools/Diarrhea
 - Lactose/Milk/Whey Concentrate shakes
 - Too much fat or sugar in the meal
 - Fibrous foods not chewed well (salads, fruit peels)
- Solutions:
 - Avoid lactose/milk, choose Whey Isolate or plant based protein shakes, Lactaid pills
 - Avoid fatty/creamy/fried/sugary foods
 - Cut veggies into small pieces and chew thoroughly



Flatulence/Gas and Loose Stools/Diarrhea

- Lactose Intolerance: Stop consuming foods and shakes with LACTOSE
 - Avoid WHEY CONCENTRATE (contains lactose):
 - Switch to WHEY ISOLATE (lactose free):
 - Bariatric Advantage, Iconic shakes, Core Power
 - Switch to LACTOSE FREE milk:
 - Lactaid Milk, FairLife Ultra Filtered Milk, YQ Yogurt
- Milk Allergy: Avoid all cow's milk products
 - Avoid any protein products with WHEY/CASEIN/MILK protein.
 - These contain MILK.
 - Avoid any milk/dairy foods (milk, yogurt, cheese, cottage cheese)
 - Use unsweet soy milk or nut milk instead
 - Choose plant based protein
 - Vega Sport, Plant Fusion, Garden of Life: Raw Meal



Metallic Taste, Mouth Odor and Dry Mouth

- Low carbohydrate/higher protein diet
- Ketosis
- Dehydration
- changes in metabolism, medications
- Solutions:
 - Mouth Rinse
 - 1 tsp. salt with 1 cup warm water, or 1 tsp. baking soda with 1 cup warm water
 - Biotene Dry Mouth Oral Rinse: 1 Tablespoon, rinse for 30 seconds, may use up to 5x daily
 - Sip on warm lemon water, add lemon juice onto foods
 - Sugar free sour candies/lemon drops (acids like lemon help produce more saliva)
 - Sugar free candies made with XYLITOL to stimulate saliva production
 - Avoid drinking caffeine (green/black tea, regular coffee) which can be drying
 - Alcohol dries your mouth: Avoid drinking alcohol, avoid mouth-washes that contain alcohol (Listerine)
- Maintain good oral hygiene (brush at least 2x daily, and floss regularly)
 - Dry mouth can lead to worse bad breath, fungus overgrowth (thrush) and cavities
- These symptoms will improve as you begin adding more variety of foods over time
 - Make sure you diet has carbohydrates includes: whole wheat crackers, fruits, beans, grains
- Get your labs checked regularly to determine if this is due to a vitamin/mineral deficiency



Vomiting and Spitting Up



- “Sliming” = Saliva Pooling/Foaming at back of throat
 - When food is stuck, your body develops fluids to lubricate the obstruction and saliva backs up
- GI/Chest Pain and Vomiting might be due to:
 - Swelling from surgery (may last 1 to 2 months)
 - Eating too fast
 - Eating too much...even 1 bite too much (pressure builds up in your pouch)
 - Taking too large of a bite
 - Not chewing well enough

Vomiting and Spitting Up



- Solutions:
 - SLOW DOWN!! Wait 1-2 minutes in between bites.
 - Cut your food into **very small** pieces BEFORE you start eating
 - Put your fork down in between bites.
 - Chew each bite into a mush (pureed texture) before swallowing
 - Warm liquids can help
 - Eat smaller portions. Use smaller plates, measure and weigh your food
 - Stand up after meals, stay upright for a while, walk around to help digest food
- Continued pain, and vomiting on a weekly basis IS NOT NORMAL!
- Call our office to notify surgeon, dietitian, nurse practitioner as soon as possible!
- We may need to give you medications to decrease swelling
- You might need another EGD to look at your pouch
- DO NOT WAIT!

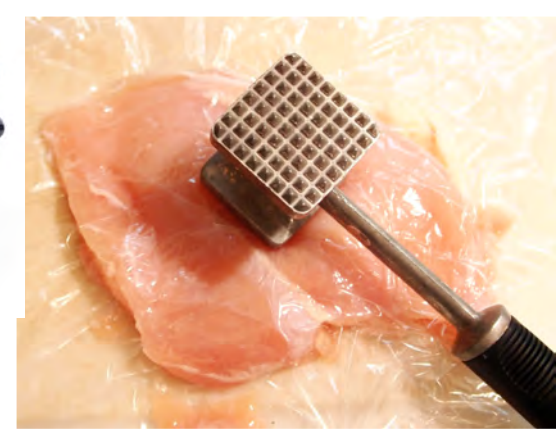
“Difficult to Digest” Foods

- **Tough/Dry Proteins**

- Chicken breast, lean pork chops, well-done steak
- Consider changing food preparation for easier digestion
 - Slow Cooker, Instant Pot to help tenderize
 - Marinate/brine meats so they won't be too dry
 - Using meat mallet to pound very thin and to tenderize
 - Choose dark meat (more moist). Please remove chicken skin (high in fat!)
 - Choose tender cuts/thinly sliced meats: ham, roast beef, pot roast
 - Do not OVERCOOK meats/eggs.
 - Avoid re-heating proteins in the microwave (will turn tough and rubbery)

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

- Chop into small pieces, or they will be very difficult to chew thoroughly
- Finely shred: salads, raw leafy greens and raw veggies
- Chop into small pieces: stringy veggies/cooked leafy greens
- Instead of apple chunks, try thinly sliced apples





Strategies to Avoid Foods Getting Stuck



Bread, Rice, Pasta, and Tortillas

- **Avoid these foods for at least 6 MONTHS OR LONGER!**
 - Includes bread rolls, bagels, pizza crust, donuts
- Many people have trouble eating these foods
 - Gets stuck, becomes gummy, expands/swells (chest pain, vomiting)
 - Very filling, no room to eat more nutritious foods (proteins and veggies)
- Can cause fluctuations in blood sugars (highs then lows), increases more carb cravings
- Choose high fiber carbohydrates:
 - High fiber: more than 3 grams. Low sugar: less than 10g grams per serving
 - High crackers (Triscuits), high fiber plain cereals (bran flakes, shredded wheat)
 - Beans, lentils, peas, quinoa, plain oats, sweet potatoes/small potatoes with skins
 - Avoid gluten-free, low carb, zero carb starch substitutes = junk food!
- Choose better choices for bread, pasta, rice and tortillas when safe/comfortable to eat:
 - Thin slice, toasted bread (Dave's Killer Bread, sandwich thins)
 - Whole wheat pasta, lentil/chickpea pasta
 - Brown rice, "Right Rice"
 - Baked tostadas, crispy taco shells



Low Carb Alternatives to Bread, Rice, Pasta, Tortillas

- Instead of bread/tortillas
 - Lettuce/collard wraps, jicama slices, EggLife wraps, Crepini wraps, Folio cheese wraps
- Instead of pasta
 - Zucchini noodles, shirataki noodles, spaghetti squash
- Increase of rice
 - Cauliflower/broccoli rice



Non-Scale Victories

- DO NOT COMPARE YOURSELF TO OTHERS!! This is YOUR JOURNEY, YOUR HEALTH
- Weight loss stalls/plateaus will happen throughout your journey
- DON'T PANIC! Some stalls may last ~1 month...the weight loss will pick up again
- Don't rely too heavily on the scale
- Do your clothes fit more loosely? Losing INCHES!! Body fat % loss!
- Sleeping/breathing more easily?
- More energy?
- Less joint pain?
- Decreased or completely off meds?
- Mental health: better mood, more clarity



Causes of Weight Loss Plateaus and Weight Regain

- Assess your lifestyle
 - Have you been **cheating** with high calorie, high sugar foods/beverages, drinking more ALCOHOL?
 - Dining out more frequently?
 - Eating later at night?
 - Serving yourself larger portions?
 - Skipping meals and snacking/grazing more frequently on processed junk food?
 - Eating more by grazing throughout the day? Eat a few bites, wait 30minutes, then eat some more...
 - Drinking and eating together?
 - Eating “slider foods” – oily, saucy, liquid, soft, mushy, or processed junk foods
 - Lack of consistent exercise?
 - Not changing your exercise routine?
 - Not meeting daily goals: 64oz water, +80grams protein, taking all your vitamins?
- Focus on high QUALITY foods and small QUANTITY foods
 - Small bites of fast foods....IS STILL FAST FOOD!!!

How to “Cheat” After Bariatric Surgery

Mal-adaptive Eating Behaviors = Weight Regain

You will be able to eat larger portions if you engage in these behaviors:

- Drink while you eat
 - Also includes soups with solids, milk and cereal
- Eating only liquid meals (soup, smoothies)
- These foods slide down easily so they don't get stuck
 - Smothering foods with sauce: gravy, dressings
 - Eating more soft texture foods: avocado, yogurt, casseroles, stews
 - Eating more processed/greasy/oily foods: cheese, ice cream, chips

Do not drink with meals. Permanently, avoid mixing liquids and solids

- For the 1st 2 months
 - wait 15min after drinking, then eat
 - Wait 30min after eating, then drink
- After 2 months, you can just allow ~15 minutes in between eating and drinking
- Remove drinking glass during meals



Examples of Slider Foods

These foods “slide” into your pouch easily, and will not give a very full sensation. You will be able to eat more! Avoid or limit how often/how much you eat these foods

- **Fruits**
 - Watermelon
 - Applesauce
 - Bananas
 - Canned fruit
 - Fruit cups
 - Smoothies
 - Fruit juice
- **Vegetables**
 - Canned veggies
 - Veggie juice
 - Creamed veggies (cream corn, cream spinach)
 - Creamy vegetable soups (broccoli cheese)
 - Salsa
- **Starches**
 - Mashed potatoes
 - High fat potatoes (au gratin, hash browns, French fries)
 - Baked potato/sweet potato
- Oatmeal/grits
- Refried beans
- Hummus
- High fat crackers (Goldfish, Cheez-Its, Ritz)
- Fried and baked Potato chips, corn chips
- **Proteins**
 - Yogurt
 - Scrambled eggs
 - Cottage cheese
 - Tuna/chicken/egg salad
 - Chili
 - Soups with protein (chicken tortilla, beef barley, egg drop, etc.)
 - Casseroles
 - Stews
 - Ground meats (meatloaf, meatballs, patties)
 - Fried meats (nuggets, fried fish)
 - High fat meats (sausage, pepperoni, SPAM, ribs, fatty brisket)
- **Fats**
 - Avocado
 - Dressings
 - Mayonnaise
 - Sour cream
 - Cheese
 - Butter
 - Nut butter
 - Fried foods
- **Sweets**
 - Ice cream, sorbet, frozen yogurt
 - Pudding
 - Milkshakes
 - Cake frosting
 - Chia pudding
 - Hard Candy
 - Chocolate Candy
 - Cookies
 - Sauces (ketchup, BBQ sauce)
 - Jam, jellies
 - Coffee drinks

“Slider Foods” = Eat More, Weight Regain

Avoid liquid/pureed meals

- Try to eat only solid foods = Meals that require chewing
 - “Chewing” slows you down, allowing for a better sense of feeling full
 - Focus on foods that require chewing.
 - Eat whole fruit and veggies, not purees or smoothies
 - Sliced apples with skin vs. Apple sauce
 - Roasted chopped potatoes with skin vs. Mashed potatoes
 - Try yogurt with chopped fruit, chopped nuts, bran flakes
 - Avoid soups, mushy, saucy foods don’t require much chewing
- If meals are easy to eat (no need to chew), you will eat faster and eat more!



How to “Cheat” After Bariatric Surgery

Mal-adaptive Eating Behaviors = Weight Regain

- Grazing: eating a few bites, then taking a short break, then going back to eat again
 - Instead of eating a portioned, balanced meal, will nibble on snack foods, finger foods
 - Continue to pick away at dinner entrée
 - Grazing = Eating more throughout the day
- Portion your meals ahead of time
 - Use measuring cups, food scales and food containers
 - When dining out, portion food onto a smaller plate and remove extra food out of sight
 - Limit meals to 30 minutes, no longer
- Eat balanced meals/snack
 - Protein with fiber (veggie, fruit, starch)



Why Do I Crave Sugar?

- Blood sugar fluctuations (swings of highs and lows)
 - When your blood sugar is low, your body signals for more SUGAR
 - Don't start off your day with high sugar foods
 - sugary/low fiber cereals, donuts, pastries, sugary yogurt, sugary smoothies/coffee drinks
- You are waiting too long for your next meal
 - Have a balanced meal/snack containing protein and fiber. Eat more frequently if needed
- You're not eating enough protein
 - Include 14g protein with all meals and snacks
 - Eggs, cheese, low sugar yogurt, turkey slices, protein shake/bar
- You are eating processed/junk food starches: Ritz crackers, chips, granola bars
 - Include high fiber foods with all meals and snacks
 - Triscuit crackers, fruits with skin, hummus/beans, nuts, veggies
- You are tired or stressed
 - When our bodies are stressed, we look for comfort/feel-good foods (sugar, fat and salt)
 - Get 7-8 hours of sleep
 - Practice stress management: therapy, exercise, yoga, meditation
- Possible nutrient deficiencies or hormonal imbalanced
 - Get your labs checked!! At least every year after surgery



Lifelong Tips to Keep in Mind

- HYDRATION FIRST!!
 - Drink +64oz low calorie fluids daily; Carry water/low calorie beverage everywhere
- PROTEIN
 - Sleeve/Bypass: +80-100 grams protein daily. Loop DS: +100-120grams protein daily
 - 30 g = protein shake, 50g = lean meats, eggs, low fat dairy
 - Eat protein with all meals. High quality protein: meats, eggs, dairy or protein shake
 - An easy way to start off your day is with a protein supplement for breakfast
 - The Power of Protein
 - **Feel more full and satisfied**, energized for the day, maintain lean muscle, hair health
 - Helps with weight loss, **PREVENTS WEIGHT REGAIN!!**
- VITAMINS
 - Multivitamin and Calcium DAILY, FOREVER!
 - No gummy vitamins
 - Be sure to take the correct type!

How To Eat After Bariatric Surgery

- SMALL and SLOW
 - Small dining ware, small portions, small bites
 - Slow down to eat
- Sit down at a table to eat
 - Do not eat with distractions: walking, driving, computer, TV, phone
- Pay attention/acknowledge what and how much is on your plate
 - This will engage your stomach and your brain.
- Plate size should be smaller than a sheet of paper (8 inches or less)
- Use smaller than normal utensils: ice tea spoon, cocktail fork
- Before you eat, CUT ALL YOUR FOOD into dime size pieces
- Take one bite then put your fork down
- Chew each bite until mush (at least 20x), then swallow
- Wait 30-60 seconds, then pick up your fork for the next bite



How To Eat After Bariatric Surgery



- SLOW DOWN: Check in with yourself and ask...
 - How do you feel? Do you WANT more food vs do you NEED more food?
 - Do you feel comfortable and satisfied? Do you feel 80% full?
 - Do you feel pain/pressure in your chest? STOP EATING IMMEDIATELY!
 - Eating beyond this point = vomiting, stretching pouch over time
- Subtle signs of fullness: runny nose, hiccups, sneezing
- Once you have decided it is time to stop eating:
 - Get away from the food: Push away/pack up the food, or YOU walk away from food
 - Don't keep sitting there! Switch your focus onto something else
 - Eat another well balanced meal (protein + fiber) 2-3 hours later.
- Eat for only 20-30 minutes. No longer than 30 minutes.
 - It takes ~20-30minutes for your stomach to send fullness signals to the brain
 - If you sit at the table too long, this could lead to **grazing**

Avoid Drinking With Meals

- Do not drink liquids with meals.
 - Wait ~20-30 minutes after eating, before drinking fluids
 - Vomiting if drink too soon after eating
 - Causes false fullness feeling, then you won't be able to eat enough nutrients
 - Funnel Effect:
 - Causes food to digest quicker when mixing liquids with solids
 - Rapid emptying = "Flush" out of your pouch sooner
 - Empty pouch = Feeling hungry sooner, and then wanting to eat again = WEIGHT REGAIN
 - Especially with gastric bypass. Lack of sphincter muscle can cause mushy foods to empty out more quickly
 - To help break this habit, serve yourself a smaller amount of beverage (like a 8 oz. cup rather than a large/tall cup)
 - You will need to pace your sipping to allow your 8 oz. beverage to last for the entire meal
 - You'll learn to take smaller sips, and eventually, may not need to have a beverage with your meal
- This also includes other liquids mixed with solids:
 - Cereal with milk
 - Soups with meat and vegetables



Lifelong Tips to Keep in Mind

- Try “Intermittent Fasting”: Allow 12hours in between last meal and tomorrow’s first meal
 - No nighttime snacking!
- Avoid following “fad/trendy diets” that aren’t realistic/sustainable for the long term
- Do not consume less than 1000 calories per day!
 - Your metabolism will slow down. Each person’s calorie goal is different.
 - Talk to your dietitian about calorie and macronutrient goals (carbs, protein, fat)
- Read labels for added sugars (stick to less than 10 grams of added sugar)
- NEVER drink your calories. NO fruit/veggies juices, smoothies, sodas, coffee drinks

Lifelong Tips to Keep in Mind

- Limit snacking throughout the day. Do you truly NEED or WANT a snack?
 - Head Hunger (cravings) vs. True Hunger?
 - Eating out of boredom/stress vs. Needing nutrients for energy
 - Snacking = Grazing. Junk food is MUCH EASIER TO EAT, DOESN'T FILL YOU UP!
- Make all your bites count with high quality nutrients
 - Choose lean protein, heart healthy fats, high fiber starches
- Avoid getting full from “FILLER CARBS”
 - Processed, low fiber starches: Chips, bread, pasta, crackers, pretzels, cereal
 - LOW CARB, gluten free does not mean healthier!
- Avoid high fat/high salt MEATS
 - Bacon, breakfast sausage, pepperoni, pork rinds, sausage sticks
- Ask for condiments on the side

Track Your Progress

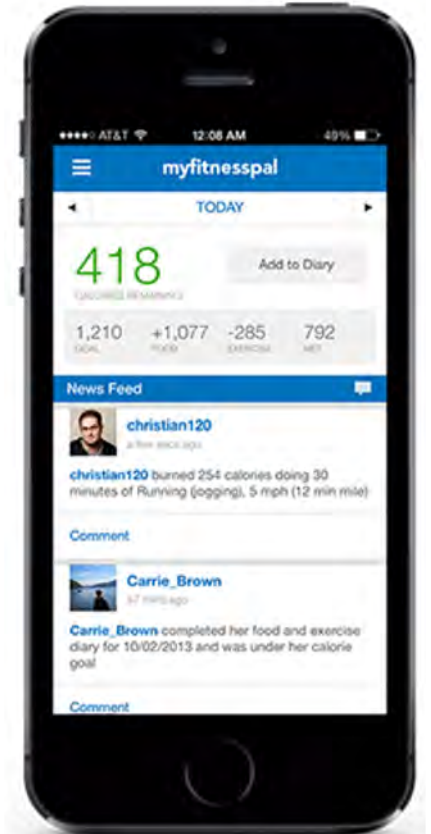
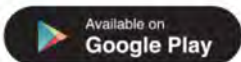
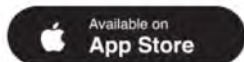
Keep a log/journal of your measurements, water, vitamins, exercise, protein!

- Free mobile apps: MyFitnessPal, Baritastic, Lose It!
- Calorie King nutrition database
- Free mobile apps to log intake, set alert reminders, track progress
- NO CODE IS NEEDED TO USE THESE APPS!



BARITASTIC

The #1 App for
Weight Loss
Surgery



MyFitnessPal Mobile

Track your health from
anywhere, anytime.



Follow Up Care is Critical for Weight Loss Success

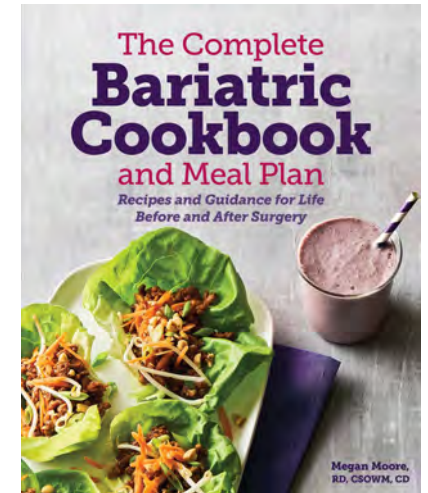
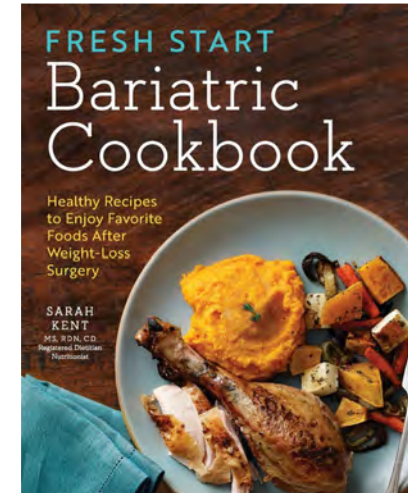


- How much weight you lose, and how long you keep it off...depends on **YOU**
- Post-Surgery Follow up Schedule
 - ~2 week Post-Op Follow up with surgeon, and attend Post-Op Nutrition Class
 - These 2 APPOINTMENTS will get scheduled at your PRE-OP appointment
 - FREE Post-Op Nutrition Class: **FIRST BITE CLASS** with Dietitian
 - This is a mandatory nutrition class at ~2 weeks Post-Surgery
 - Discuss long-term post-surgery care and weight loss maintenance
 - Please call our office to schedule your follow up appointments with your surgeon/nurse practitioner
 - 3 months (get labs again!)
 - 6 months, 9 months, 12 months
 - Once a year (get lab work annually!)
- Please schedule Private Nutrition Consultation with dietitian anytime if you need assistance with diet

Online Bariatric Resources



- BariatricEating.com
 - Great tips and articles, recipes, they also sell protein products and vitamins
- www.CalorieKing.com for nutrition information (free app: Calorie King)
- Calorie and Weight Trackers
 - Livestrong.com, Sparkpeople.com, Baritastic app
 - Myfitnesspal.com; FitDay.com, DailyBurn.com, Loselt! App
- Recipe Books on Amazon
 - “The Complete Bariatric Cookbook and Meal Plan”
 - “Fresh Start Bariatric Cookbook”
- Bariatric Instagram and Facebook accounts to follow
 - @Bariatric.meal.prep
 - @Thesleeveddietitian
 - @Bariatricbubble
 - @mybariatricdietitian
 - Bariatric Surgery Eating, Reset Bariatric Community by Katy Harvey





Pre-Op and Post-Op Diet Calendar

						14 Begin 2week Pre-Op Liquid Diet
13	12	11	10	9	8	7
6	5	4	3	2	1 Drink G2 before midnight	Drink G2 3hours before surgery time SURGERY DAY!!
Post-Op Day 1 Clear Liquids	Day 2 Clear Liquids	Day 3-14 Full Liquids Begin vitamins				
Day 15 Week 3-4 Pureed						
Week 4						
Week 5-6 Chopped Soft Solids						
Week 6						
Week 7-8 Chopped Solids						
Week 8						End of 2 month Post-Op Diet



Shopping List for Bariatric Surgery

Please refer to your nutrition packet for more details.

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

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

Good supplies to keep on hand before and after surgery:

- Pickle juice
- 2 bottles of G2 20oz size (any color)
- Miralax packets
- Benefiber/Citrucel fiber powders
- Unflavored protein powder: Isopure, JayRobb, Beneprotein, etc. DO NOT USE GenePro!
- ¼ to ½ cup food storage containers, measuring cups/spoons, food scale
- Re-usable water bottle

Pre-Op Liquid Diet

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

- Premier Protein, Muscle Milk, Iconic, Lean Body, Core Power ELITE, Fairlife Nutrition Plan, etc.
- You can blend protein powders with: Skim milk, 2% milk, unsweet soy/almond milk
- No Naked/Odwalla smoothies, no Smoothie King/Jamba Juice, no fruits or veggies blended into your shake!

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

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

Post-Op Diet Progression

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

- MiO, Crystal Light, G2, BodyArmor Lyte, Propel, Hint water, Vitamin Water Zero, Bai, Nestle Splash Water, diet Cranberry/white grape juice
- Herbal/decaf tea: Chamomile/mint/ginger/decaf green tea, decaf coffee. Sugar substitutes OK!
- Broth any flavor: chicken/beef/veggie broth (not low sodium) or bouillon cubes
- Sugar free Jell-O, sugar free popsicles (not fruit bars)
- NO: sodas, regular coffee (no creamer), green/black/oolong/Earl Grey tea
- Optional: Premier "Clear Liquid" Protein drink, Isopure Zero Carb Drinks (glass bottle), Protein2O

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

Protein Options:

- Protein shakes: +20g protein, <10g sugar, <10g fat, <250calories
 - Premier Protein, Muscle Milk, Iconic, Lean Body, Core Power ELITE, Fairlife Nutrition Plan, etc.
 - NO Naked/Odwalla smoothies, Smoothie King/Jamba Juice
- Skim, 2% cow's milk, High protein milk: Fairlife Ultra Filtered milk, HEB Mootopia,
- Unsweet soy/almond milk, Silk Protein Nut milk (Not vanilla or chocolate due to added sugar)
- Smooth high protein yogurts: Oikos Triple Zero, Oikos PRO 20g, Yoplait Greek 100 Protein (DO NOT GET WHIPS!)

Thickened Liquids:

- Low fat, smooth soups in a box (Tomato, Butternut Squash, Carrot, Potato Leek, Broccoli, etc.)
- Campbell's 98% Fat Free Cream Soups (Cream of Chicken/Celery/Mushroom, Broccoli Cheese), then strain it!
- V8 100% Vegetable Juice (Avoid these varieties: +Energy, +Hydrate, Fruit and Veg Blends)
- Sugar free pudding (not tapioca): Pudding cups or instant pudding mix with skim or 2% milk
- NO restaurant soups (chowders, bisques). High fat/calories = dumping and slows down weight loss

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

Protein Foods: Tender meats, eggs and dairy products

- Soft scrambled egg (OK to add shredded cheese, ketchup or hot sauce!)
- 2% cottage cheese, high protein yogurts, low fat ricotta cheese
- Tuna/salmon pouches, thin white fish (flounder, tilapia), crab meat
- >90% Ground meats: beef, chicken, turkey; minced rotisserie chicken (no skin), chicken in a can
- Silken tofu, Fat free re-fried beans, cooked beans or lentils, hummus
- Peanut butter/almond butter

High Fiber Foods

- Green Giant frozen mashed cauliflower
- Plain instant oatmeal, grits, cream of wheat, malt o meal
- Cooked and Mashed veggies: peeled sweet potatoes/white potatoes, acorn/butternut squash, carrots, broccoli, cauliflower, frozen or canned peas, avocado, broccoli
- Mashed Peeled Fruits: canned fruit in 100% juice, bananas, peaches, pears, strawberries, raspberries, kiwi, melons, mango, papaya; unsweetened applesauce. NO stringy fruits: pineapple, oranges/grapefruit. NO SMOOTHIES.

Week 5 and 6: Soft CHOPPED Solids Phase

Protein Foods

- Baked skinless dark meat chicken, pot roast. AVOID STEAKS/PORK CHOPS
- Baked fish, crab, shrimp, crawfish, crab, lobster, other seafood (NOT FRIED!)
- Thinly sliced deli meats (turkey, ham, roast beef, chicken)
- Low fat cheese (light string cheese, light Babybel)
- High protein yogurt, low fat cottage cheese/ricotta cheese
- Eggs: hardboiled, poached, fried, scrambled
- Cashews, walnuts, pecans, sliced almonds, all seeds, roasted edamame/chickpea snacks
- High protein chips: <200 calories, >10g protein: Quest, PopCorners Flex
- High protein bars: ~200 calories, >10g: ThinkThin Protein+ 150calorie, One bars, Quest Hero, Barebells
- Avoid high fat processed meats: Spam, bologna, bacon, sausage, pepperoni

High Fiber Foods

- Cooked (steamed, roasted, stir fry) and chopped: Fresh, frozen or canned veggies (NO RAW!) Carrots, broccoli, cauliflower, green beans, asparagus, spaghetti squash, zucchini, spinach/kale, cabbage, cauliflower rice, zucchini noodles, thin sliced pickles, chunky salsa
- Cooked, chopped and peeled: small potatoes, sweet potatoes, acorn/butternut squash
- Peeled and chopped fruit: apples, bananas, berries, melons, orange/grapefruit, etc. Be careful with dried fruit.
- Triscuits, Wheat Thins (look for +3grams fiber). Avoid: Ritz, Saltines, Club/Townhouse crackers
- Plain cereal: All-bran flakes, Fiber One Original Bran cereal, Plain Cheerios
- Cooked beans, quinoa, peas, lentils, Right Rice veggie rice
- Peeled and chopped: Fresh, frozen or canned fruits in juice
- NO BREAD, PASTA, RICE or TORTILLAS for at least 6 months!! Baked tostadas/crispy taco shells are OK

Week 7 and 8: Maintenance CHOPPED Phase: lean meats, high fiber, low fat, low sugar (similar to week 5-6 soft)

- Lean meats: Skinless chicken (white/dark), sirloin steak, ground beef, ground turkey, baked/steamed fish, seafood
- Any fresh fruit with skin on, chopped into small pieces or sliced thinly.
- Any fresh veggies, chopped into small pieces or sliced thinly. OK: Shredded salads, chopped raw veggies, lettuce wraps
- Cooked, chopped and peeled: small potatoes, sweet potatoes, acorn/butternut squash
- Light popcorn, Triscuits, Wheat Thins (look for +3grams fiber). Avoid: Ritz, Saltines, Club/Townhouse crackers
- Plain cereal: All-bran flakes, FiberOne Original Bran cereal, Plain Cheerios
- Cooked beans, quinoa, peas, lentils, RightRice veggie rice

Seasonings, Spices and Condiments: You do not need to buy the reduced/lighter version if you use 1 serving or less

- Any dried herbs, spices and seasonings: Bagel seasoning, garlic/onion powder, Italian herbs, fresh herbs, Ranch powder, Tony Chachere's, seasoned salt, all vinegars, lemon and lime juice
- Hot sauce: Tabasco, Sriracha; ketchup, mayonnaise, mustards, salt and pepper
- Fats: olive oil, avocado oil, canola oil, sesame oil; real butter; peanut butter, peanut butter powder
- Sugar-free jam, jams made with 100% fruit juice, sugar free syrups, Equal, Splenda, Sweet n Low, Stevia, Monk Fruit