



BARIATRIC SURGERY PROGRAM

**NUTRITION GUIDELINES
FOR
GASTRIC BYPASS
& SLEEVE GASTRECTOMY**

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INTRODUCTION TO THE GASTRIC BYPASS & SLEEVE GASTRECTOMY DIET PROGRESSION

This booklet has been designed to help you, your family and your friends learn about the nutrition guidelines for gastric bypass & sleeve gastrectomy. In order to be successful at losing weight and keeping it off, you must learn how to modify your eating behavior permanently. The goal of gastric bypass & sleeve gastrectomy surgery is to help you change your eating habits in order to promote weight loss and weight maintenance.

The surgery is only part of the treatment. Your commitment to a healthy diet is the most vital part of the treatment. The diet you follow after surgery and for the rest of your life will determine your ability to control your weight.

The gastric bypass & sleeve gastrectomy diet is different than any other diet you may have followed in the past. It will progress through a series of stages; you will eat smaller portion sizes than you are probably used to and you must eat on a regular schedule. If you overeat, you may feel pain, nausea and/or vomit. After the surgery, many people feel comfortable after eating small portions of food. Over time, you will start learning to stop eating when you feel satisfied.

Once you have finished the diet progression, you will consume three to five meals per day. You will need to eat slowly so as not to overfill your pouch. Overfilling the pouch will cause pain and discomfort. A meal may take you up to a half hour to eat.

The surgery will help you to control the number of calories you consume by making it difficult for you to eat large portions of food at one time. IT IS STILL POSSIBLE FOR PEOPLE TO OVEREAT AND GAIN WEIGHT BY EATING AND/OR DRINKING HIGH CALORIE FOODS THROUGHOUT THE DAY.

This behavior is sometimes referred to as grazing. Try some of these eating tips to stay on track:

- Keep nibbling to a minimum - Continuous nibbling and snacking on high calorie foods and beverages can cause you to gain weight. Do your best to make healthy choices
- Be aware of why you are eating - Eating because of boredom, depression, anxiety, happiness or just something to do can result in weight gain. Talk to your dietitian about learning new activities you can do rather than eat during these times. Some people also find it helpful to involve a therapist to help deal with an emotional dependence on eating.
- Keep a positive attitude - Permanent weight loss requires a change in food attitudes. Try to stay positive about making healthy food choices before, during and after your surgery.
- Stay active - Exercise burns calories, helps control your appetite and can relieve stress. Our experience with people who have had weight loss surgery shows that those who are most successful at weight control are those that exercise regularly
- Take your vitamins - After the surgery you will be placed on a diet that cannot meet your needs for all vitamins and minerals. Be sure to take your recommended supplements every day!

It is very important that you keep all of your follow-up appointments with the dietitian, nurse and physician. The people that keep regular appointments have the greatest chance of successful, safe weight loss and maintenance.

PREPARING FOR SURGERY

In order to promote safe surgery and optimal weight loss after surgery, you will need to lose 5% of your current weight prior to surgery. Losing abdominal fat and shrinking the liver can decrease surgical risk during all upper abdominal procedures.

BEHAVIORAL TECHNIQUES:

- Measure your portions to know how much you are eating
- Make food less visible in the home
- Only go shopping with a list and stick to the list
- Eat slowly so that each meal takes about 30 minutes
- Don't eat while distracted by other things, like the television or a video game
- Plan ahead
- Listen to your body – stop eating when you are no longer hungry instead of when you are full
- Eat at regular intervals throughout the day to prevent feeling famished

PHYSICAL ACTIVITY

Your weight is a result of the balance between the foods you eat and the amount of calories your body burns in physical activity. As you lose weight after weight loss surgery, you may find it much easier to get around. Take advantage of this new freedom! The more active you are, the more quickly you will lose weight.

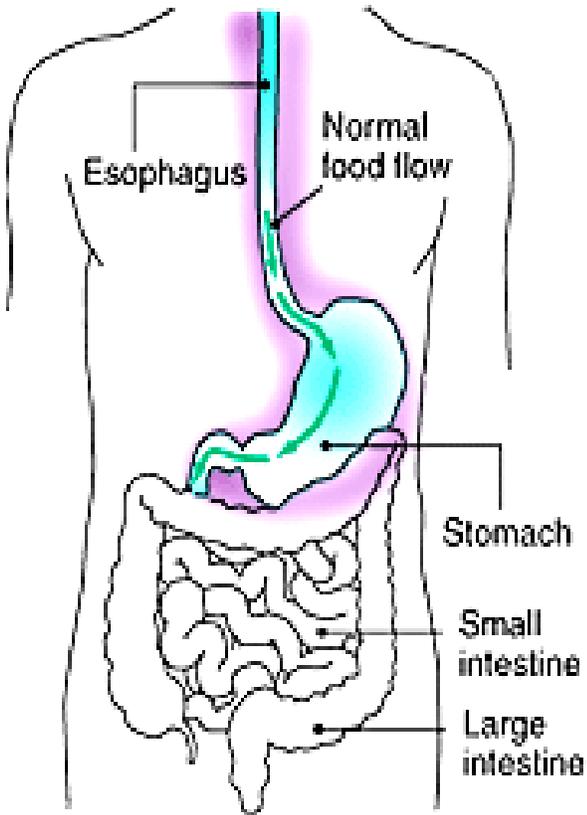
Do not wait until after weight loss surgery to start exercise. Regular physical activity will help preserve your lean body mass as you rapidly lose weight after surgery.

Increase activity wherever you can. A good goal is 60 minutes of physical activity 5 days a week. These minutes do not have to be consecutive, but just having a busy day or a job that involves you moving a lot is NOT exercise. Dedicate some time each day to building your strength and endurance. Try the following suggestions to increase your physical activity.

Ask your doctor before beginning any strenuous program, particularly in the first three months after surgery. Try some of these suggestions to increase your physical activity.

1. Walk whenever you can. Walk the dog; go for a walk with a friend, a neighbor or the children.
2. If you take public transportation, get off a few stops early
3. Park your car far away at shopping centers and walk through the parking lot
4. Take the stairs instead of the elevators
5. Do some yard work, gardening, or household chores that require brisk movement
6. During foul weather, walk indoors at malls, schools, airports, etc.
7. Take a class, like yoga, Pilates, water aerobics, or ballroom dancing
8. Check out exercise videos in your living room – there is a great assortment of yoga, Zumba, cardio boxing, and many more available

The Procedures – Laparoscopic Gastric Bypass & Sleeve Gastrectomy



Typical Stomach



**Stomach after
Roux-en-Y Gastric Bypass**



Stomach after Sleeve Gastrectomy

Important Points to Remember – FOR THE REST OF YOUR LIFE!!

There are some behaviors after surgery that must be followed for the rest of your life in order to achieve weight maintenance and avoid nutritional deficiencies. Aim to meet the following goals every day:

- **Fluids**
- **Protein**
- **Vitamins and Minerals**

Fluids – FOR THE REST OF YOUR LIFE!!

Daily Fluid Goal: _____

Adequate fluid intake is necessary to prevent dehydration. After surgery, you will want to drink at least 8 cups (64 oz) fluids that meet the following criteria:

- 1.) Low calorie
 - High calorie beverages will lead to weight gain
 - Avoid juices, even those that are no sugar added
 - Avoid fancy coffee beverages, these can often have upwards of 300 calories
- 2.) Non-Carbonated
 - Carbonation introduces gas into your pouch which can lead to discomfort; this includes all diet sodas, zero calorie sodas, and carbonated water
 - Going back to carbonated beverages (even diet) after surgery often leads to weight gain
- 3.) Non-caffeinated
 - Caffeinated beverages are gastric irritants and are dehydrating
 - Caffeine should not be reintroduced to the diet until you are regularly making your fluid goals after surgery
 - Caffeinated beverages do not count towards your fluid goals
- 4.) Non-alcoholic
 - Alcohol is a gastric irritant and can cause stomach discomfort and extreme pain
 - Alcohol can be very high in calories, especially when mixers are used; these are empty calories with no nutritional value that can lead to weight gain
 - Alcohol metabolism is altered after surgery, you may get very drunk very quickly.
 - For your safety, if you chose to have alcohol after surgery, make sure the first time you drink you are at home and with someone

Helpful Tips:

- Sip slowly throughout the day – avoid gulping
- Avoid using straws, straws often introduce air which can cause uncomfortable belching
- Follow the 30-30-30 rule separating food and beverages
 - Do not drink 30 minutes before your meal - This allows room for adequate protein
 - The ideal meal time is 30 minutes. Do not drink during your meal.
 - Do not drink 30 minutes after your meal. This will prevent food from flushing through your pouch too quickly.

Recommended Fluids:

- Water
- Fruit infused waters (non-carbonated)
- Fat free/Low fat broth/bullion
- Decaffeinated Herbal Tea
- Crystal Light
- Propel
- Sugar free lemonade
- Vitamin Water Zero
- PowerAde Zero
- SoBe Lifewater Zero
- Sugar free Popsicles
- Sugar free Jell-O

Vitamins – FORTHE REST OF YOUR LIFE!!

Taking vitamin and mineral supplements is an absolute requirement after Weight Loss Surgery! You are no longer able to absorb vitamins and minerals the way you did before surgery therefore you must take extra vitamins to make up for this. You must take vitamins and mineral supplements for the rest of your life. Failing to do so may result in serious deficiencies

Instructions:

- Take vitamins EVERY DAY
- Separate all vitamins by 2 hours or more
- Do not take vitamins with tea or coffee
- Do not take vitamins on an empty stomach
- These must be CHEWABLE for the first 3 months after surgery

MULTIVITAMINS

- **2 daily** multivitamins
 - Centrum Adult Chewable
 - Flintstones Complete Chewable
 - Celebrate Vitamins Chewable (www.celebratevitamins.com)
 - Bariatric Advantage Chewable (www.bariatricadvantage.com)
 - Bariatric Fusion Chewable (www.bariatricfusion.com)
 - Any comparable adult chewable vitamin
- Choose a multivitamin-multimineral supplement that contains the following:
 - Iron (15 mg)
 - Zinc (10 mg)
 - Copper (1 mg)
 - Thiamin (Vitamin B₁) (1.5 mg)
 - Folic Acid (400 mcg)
- Avoid Gummy, Chewy, or Spray multivitamins – they are not nutritionally adequate

CALCIUM CITRATE

- Calcium Supplements for a totaling **1200-1500 mg/day**
 - Twinlab Bariatric Support Calcium chewable wafers
 - NOW Calcium Citrate
 - Citrical Petites (non-chewable, but may be crushed)
 - Solray Calcium Citrate chewable
 - KAL Calcium Citrate chewable
 - Celebrate Vitamins Calcium Citrate chewable (www.celebratevitamins.com)
 - Bariatric Advantage Calcium Citrate chewable (www.bariatricadvantage.com)
- Take no more than 500-600 mg at one time – calcium must be taken **2-3** times daily
- Take calcium separate from multivitamins or any iron-containing supplement by 2 hours
- Choose a calcium supplement with Vitamin D for better calcium absorption
- Supplement should be calcium citrate (avoid calcium carbonate and calcium acetate)

VITAMIN B12

- Take 500 mcg daily in chewable or sublingual form
- Monthly injections or weekly nasal sprays are available as an alternative by prescription only
- B₁₂ does not have to be taken separately from multivitamins or calcium

VITAMIN B1 (Thiamin)

- Take 50 mg orally daily
- Though available over the counter, treat this like a prescription medication; appropriate thiamin supplementation helps control nausea in addition to meeting nutritional needs

OTHER

After your surgery, your blood will be tested regularly for vitamin deficiencies. If you need extra supplementation, it will be tailored to your individual needs.

Protein Supplements

Protein supplements will be an important part of your diet in the early stages after weight loss surgery. Protein shakes provide a concentrated source of protein that is well tolerated and essential to supplying adequate protein to meet your nutritional needs.

Purchasing Guidelines

- Choose Whey Protein
 - Whey Protein Isolate – Contains no lactose
 - Whey Protein Concentrate – May contain some lactose
- If purchasing a powder, it should contain at least 20 grams protein per scoop
- If purchasing a ready-to-drink shake, it should contain at least 20 grams protein per 11 oz
- Shakes and powders can be found at:
 - Retail Stores: GNC, Vitamin World, Vitamin Shoppe
 - Super Stores: Wal-Mart, Target, Costco, Sam's Club
 - Drug Stores: Walgreens, CVS
 - Grocery Stores: Giant Eagle, Marcs, Heinen's
 - The Internet

Mixing Guidelines

- Most whey protein powder supplements are mixed with 8 to 10 ounces of fluid.
- Mix protein powder with water, skim milk, lactose free milk, soy milk, rice milk, or almond milk.
- DO NOT USE JUICE or any other sugary liquid to make your protein shake.
- The directions found on the whey protein powder will specify which liquid mixes best with the powder you purchase.
- You may become lactose intolerant for a few months after weight loss surgery, so a lactose free liquid would be best.

Recommended Powder Protein Supplements for Bariatric Surgery

Brand Name	Manufacturer	Type of Whey Protein	Protein Content	Sugar Content	Where to buy?
Iso-100	Dymatize	Isolate	25 g per scoop	0 g	www.bodybuilding.com www.wholesalesupplementstore.com Dymatize Enterprises at 1-888-334-LEAN
Unjury	ProSynthesis Laboratories, LLC	Isolate	21 g per scoop	0 g	www.unjury.com Or call 1-800-517-5111
Fruit Blast	4-Ever-Fit	Isolate	23 g per scoop	0 g	www.bodybuilding.com www.4everfit.com www.supplements101.com
Multi-Pro Whey Isolate	IDS	Isolate	26 g per scoop	1.5 g	www.bodybuilding.com www.wholesalesupplementstore.com
Isolate	Prolab	Isolate	24 g per scoop	0.5 g	Vitamin Shoppe www.bodybuilding.com
Resource Beneprotein	Novartis Nutrition Corporation	Isolate	6 g per scoop	0 g	Walgreens Drug Store www.bariatricadvantage.com
Essence	Syntrax	Isolate	23 g per scoop	0 g	www.bodybuilding.com www.supplements101.com
Nectar	Syntrax	Isolate	24g per scoop	0g	Vitamin Shoppe, www.netrition.com , www.amazon.com , www.vitacost.com
Matrix 5.0	Syntrax	Concentrate	23 g per scoop	2 g	www.netrition.com www.supplements101.com

Brand Name	Manufacturer	Type of Whey Protein	Protein Content	Sugar Content	Where to buy?
Bariatric Advantage High Protein Meal Replacement	Bariatric Advantage	Isolate	27g per scoop	0.5g	www.bariatricadvantage.com
Celebrate Vitamins High Protein Meal Replacement	Celebrate Vitamins	Isolate	27 g per serving	0 g	www.celebratevitamins.com
100% Premium Whey Protein	Optimum Nutrition	Protein Blend (Isolate & Concentrate)	24 g per scoop	1 g	GNC, www.bodybuilding.com www.wholesalesupplementstore.com Walmart
100% Whey Protein	EAS	Protein Blend (Isolate & Concentrate)	26 g per scoop	1.5 g	Walmart, GNC www.bodybuilding.com
HMR 800 Shake	Health Management Resources	Nonfat Dry Milk, Calcium Caseinate, Whole Milk Powder, Egg White Solids	16g	21-22 g carbohydrate	www.hmrprogram.com
HMR 70 Plus Shake	Health Management Resources	Calcium Caseinate, Egg White Solids	14g	13 g carbohydrate	www.hmrprogram.com
Designer Whey		Protein Blend (Isolate & Concentrate)	18g per scoop	2g	GNC, Marc's, Rite Aid, Kmart
New Direction	Robard	Caseinate	26-27 g per packet	3-8 g	UH Parma Metabolic Weight Loss Program

Recommended Ready-to-Drink Protein Supplements for Bariatric Surgery

Brand Name	Manufacturer	Type of Whey Protein	Protein Content	Sugar Content	Where to buy?
Boost Glucose Control	Nestle	Milk Protein Concentrate	16g per 8oz bottle	6g	Walmart, CVS, Walgreens, www.amazon.com
Boost Calorie Smart	Nestle		16g per 8oz bottle	4g	Walmart, CVS, Walgreens, www.amazon.com
Myoplex Lite	EAS	Milk Protein Concentrate, Soy Protein Isolate, Pea Protein Concentrate	20g per 11oz	4g	Target, Walgreens, Giant Eagle, Rite Aid, http://abbottstore.com/active-lifestyle
Myoplex Carb Control	EAS	Protein Blend (Isolate & Concentrate)	25 g per 11 oz can	1 g	Walmart, GNC, Vitamin Shoppe http://abbottstore.com/active-lifestyle
EAS Advantedge Carb Control	EAS	Soy protein isolate, pea protein concentrate	17g per 11oz bottle	0g	CVS, Target, Walmart, Walgreens, Kmart
Atkins Advantage	Atkins	Dairy Protein Blend (Milk Protein Concentrate, Calcium Caseinate, Whey Protein Concentrate)	15g per 11oz bottle	1g	Walmart, Sam's Club, Walgreens, Vitamin Shoppe

Brand Name	Manufacturer	Type of Whey Protein	Protein Content	Sugar Content	Where to buy?
Slimfast High Protein		Calcium Caseinate, Milk Protein Concentrate	20g per 10oz bottle	2 g	Walmart
Glucerna Hunger Smart	Abbott	Milk protein concentrate	15g per 10 oz	6 g	Giant Eagle, Walmart, CVS, Walgreens
Core Power Light	Fairlife, LLC	Filtered lowfat milk	20 g per 11.5 oz	11 g	Giant Eagle, Walmart
Muscle Milk Light	Cytosport, Inc.	Calcium caseinate, milk protein isolate	14 g per 8oz	0 g	Giant Eagle, Target, Walgreens
Muscle Milk 100 Cal	Cytosport, Inc.	Calcium caseinate, milk protein isolate	20 g per 14 oz	0 g	Giant Eagle, Target, Walgreens
Premier Protein	Premier Nutrition	Milk protein concentrate	30 g per 11 oz	1 g	Walgreens, Costco, Sam's, Walmart, www.amazon.com
Isopure Zero Carb	Nature's Best	Isolate	40 g per 20 oz bottle	0 g	GNC, Vitamin World, Vitamin Shoppe
Optisource	Nestle	Milk Protein Isolate	24g per 8oz	12g carbohydrate	Walgreens, Walmart, www.amazon.com ,
Pure Protein Shake	Worldwide Sport Nutrition	Protein Blend (Isolate & Concentrate)	35 g per 11 oz can	0 g	Vitamin Shoppe, Some GNC Trader Joe's Grocery Store

Bariatric Surgery **DO NOT USE** List

Due to their nutritional content, the following shakes will NOT meet your dietary needs as they are either too high in sugar, too high in fat, too low in protein, or contain the wrong type of protein. Please **DO NOT USE** any shakes on this list.

- BOOST
- BOOST PLUS
- BOOST HIGH PROTEIN
- ENSURE
- GLUCERNA
- GLUCERNA ADVANCE
- GLUCERNA SNACK
- SLIMFAST OPTIMA
- MUSCLE MILK (regular)
- CORE POWER (regular)
- SPECIAL K PROTEIN SHAKES
- NEW WHEY LIQUID PROTEIN 42
- PROTEIN *SHOTS* (made with collagen)
- PROTEIN *BULLETS* (made with collagen)

Dumping Syndrome

Dumping syndrome occurs in many individuals who have had gastric bypass and some who have had sleeve gastrectomy. When sweet or fatty foods are eaten, the food passes too quickly into the small intestine and causes symptoms such as: nausea or queasiness, accompanied by discomfort, cramping, diarrhea, general weakness, profuse sweating, vomiting, and rapid heart rate. Dumping syndrome is not dangerous, but it is quite unpleasant, much like a 40 minute flu.

Some patients “eat through” the dumping syndrome and they are eventually able to tolerate calorie dense foods in smaller quantities. Given this is a lifestyle change, it is important to avoid these calorie dense foods from the beginning and develop healthier alternatives to eating.

Avoid foods such as:

- Cake
- Candy
- Cookies
- Pies
- Ice cream
- Sugar
- Syrup
- Honey
- Sugar coated cereal
- Regular Jell-O
- Regular soft drinks
- Juice
- Fruit drinks
- Regular gravy
- Anything deep fried

ARTIFICIAL SWEETENERS:

Artificial sweeteners DO NOT trigger dumping syndrome.

- Aspartame (Nutra Sweet, Equal)
- Saccharin (Sweet ‘N Low)
- Sucalose (Splenda)
- Stevia (Truvia, Purvia)

Some sugar free items are sweetened with sugar alcohols. These do not cause dumping syndrome, but they have a laxative effect. They can cause nausea, gas, abdominal cramping, and diarrhea, regardless of surgery. You can identify sugar alcohols by their suffix. Sugar alcohols end in “ol”.

- Glycol
- Glycerol
- Erythritol
- Arabitol
- Xylitol
- Ribitol
- Mannitol
- Sorbitol
- Isomalt
- Maltitol
- Lactitol

Lactose Intolerance

Sometimes after weight loss surgery, people experience symptoms of lactose intolerance. Lactose intolerance typically causes gas, bloating and/or diarrhea. If you believe you are developing a sensitivity to milk products, please contact the Bariatric Center.

Helpful Tips for Lactose Intolerance:

- Instead of milk products, try soy milk, rice milk, almond milk and/or Lactaid products.
- Take lactase tablets at the start of any meal containing lactose.
- Use protein supplements that contain whey protein isolate only – avoid whey protein concentrate

GASTRIC BYPASS & SLEEVE GASTRECTOMY DIET

Your diet will progress through different stages over the course of the next few months.

Shopping List: What to Buy Before Surgery

- | | | |
|--|--|---|
| <input type="checkbox"/> Notebook/Food Journal | <input type="checkbox"/> Food Scale | <input type="checkbox"/> Vitamin & Mineral Supplements |
| <input type="checkbox"/> Pill Crusher | <input type="checkbox"/> Small Plates | <input type="checkbox"/> Protein Drinks and/or Protein Powder |
| <input type="checkbox"/> Timer | <input type="checkbox"/> Baby Utensils | <input type="checkbox"/> Electric Heating Pad |
| <input type="checkbox"/> Water Bottle (16-32 oz) | <input type="checkbox"/> Blender | |
| <input type="checkbox"/> Measuring Cups | <input type="checkbox"/> Drink Shaker | |
| <input type="checkbox"/> Measuring Spoons | <input type="checkbox"/> Strainer | |

Stage 1: Sips of Water and Crystal Light (Hospital)

- Start:** Arrival to floor
- Duration:** Until swallow evaluation results
- Diet Instructions:** Sip a maximum of 2 oz per hour as tolerated
Water and Crystal Light ONLY

Important Information:

- You will be given 1-ounce medicine cups to help prevent you from drinking too fast
- STOP sipping as soon as you feel full or if you have any nausea/vomiting
- Write down the amount of liquid you drink on a food record
- Straws can cause painful belching. You will not receive a straw during your hospital stay.

Stage 2: Bariatric Full Liquids (Hospital)

- Start:** Per surgeon preference
- Duration:** Until discharge
- Diet Instructions:**
- Bypass:** *1 Day after Surgery:* Sip a maximum of 4 oz per hour as tolerated (2 oz clear liquids and 2 oz protein shake)
2 Days after Surgery: Sip a maximum of 8 oz per hour as tolerated (4 oz clear liquids and 4 oz protein shake)
- Sleeve:** Sip a maximum of 8 oz per hour as tolerated (4 oz clear liquids and 4 oz protein shake)

Important Information:

- Sip all liquids slowly. DO NOT exceed 8 ounces per hour
- Be sure to make half of the fluids you drink clear liquids and half protein-containing full liquids
- Refer to the "Weight Loss Surgery Menu" provided to you
- STOP sipping as soon as you feel full or if you have any nausea/vomiting
- Write down the amount of liquid you drink on a food record

Stage 2: Bariatric Full Liquids (Home)

- Start:** After hospital discharge
- Duration:** One Week
- Protein Goal:** 60-70 grams/day (you probably won't be able to reach this early on – that's okay)
- Fluid Goal:** 64 oz per day
- Vitamins/Minerals:** 2 Multivitamins, 3 500 mg Calciums, 1 Vitamin B₁₂, and prescription Thiamin daily

Diet Instructions:

Bariatric Clear Liquids (should be about ½ total intake)

- Water
- Crystal Light
- Propel
- Vitamin Water Zero
- SoBe Lifewater Zero
- Sugar Free Lemonade
- Herbal Tea
- Broth
- Sugar Free Jello
- Sugar Free popsicles

Bariatric Full Liquids (should be about ½ total intake)

- Protein Supplements
- Skim Milk
- Soy Milk
- Lactose Free Milk
- V8 juice (not Splash)
- No Sugar Added Applesauce
- Sugar Free Hot Chocolate (made with milk)
- Sugar Free Pudding
- Strained cream soups (made with milk)

Important Information

- Sip all liquids slowly throughout the day. DO NOT exceed 8 ounces per hour
 - Keep an eye on your urine, it should be a light yellow not a dark yellow
 - Avoid gulping and using straws. These introduce gas and can cause painful belching
- DO NOT FORCE YOURSELF TO VOMIT! This may lead to staple line disruption
- STOP sipping if you feel full
- Write down the amount of fluid you drink in your food record
- Add additional protein powder if you can only consume small amounts
- Plan ahead and have the protein drinks ready to drink
- AVOID HIGH CALORIE BEVERAGES (juice, milkshakes & soda) they can lead to weight gain
- Avoid gum chewing and hard candy. If swallowed, the gum or candy can obstruct your outlet
- Be sure to take a fiber supplement, like Benefiber, daily to help prevent constipation

Sample Meal Plan – Bariatric Full Liquids Week 1 (Liquids ONLY)

Time	Day 2 Liquids	Vitamins
8 am	4-8 oz Protein Drink	Multivitamin + Thiamin
9 am	4-8 oz Water/Fluid	
10 am	4-8 oz Protein Drink	Calcium Supplement
12 noon	4-8 oz Protein Drink	Calcium Supplement
1 pm	4-8 oz Protein Drink	
2 pm	4-8 oz Water/Fluid	
3 pm	4-8 oz Protein Drink	Vitamin B ₁₂ & Multivitamin
4 pm	4-8 oz Water/Fluid	
5 pm	4-8 oz Protein Drink	
8 pm	4-8 oz Water/Fluid	Calcium Supplement

Stage 3: Bariatric Full Liquids + Pureed

- Start:** Week 2
- Duration:** One Week
- Protein Goal:** 60-70 grams/day (combination of fluid and pureed or semi-solid foods)
- Fluid Goal:** 64 oz per day
- Vitamins/Minerals:** 2 Multivitamins, 3 500 mg Calciums, 1 Vitamin B₁₂, and prescription Thiamin daily
- Diet Instructions:** Use a combination of the following pureed or semi-solid foods and protein shakes to help reach your goals.
- Low fat refried beans
 - Small curd cottage cheese
 - Smooth Greek yogurt
 - Finely chopped chicken salads (made with low-fat mayo)
 - Finely chopped tuna salads (made with low-fat mayo)
 - Soft scrambled egg whites (no yolks!)
 - High protein soups and smoothies

Important Information

- Avoid baby foods as these are high in sugar.
- Sip all liquids slowly throughout the day. DO NOT exceed 8 ounces per hour
 - Keep an eye on your urine, it should be a light yellow not a dark yellow
 - Avoid gulping and using straws. These introduce gas and can cause painful belching
- DO NOT FORCE YOURSELF TO VOMIT! This may lead to staple line disruption
- Serve yourself in a ¼ cup measuring cup. STOP if you feel full.
- Write down your fluid and solid intake in your food diary.
- Add additional protein powder if you can only consume small amounts
- AVOID HIGH CALORIE BEVERAGES (juice, milkshakes & soda) as they can lead to weight gain
- Avoid gum chewing and hard candy. If swallowed, the gum or candy can obstruct your outlet

Sample Meal Plan – Full Liquids Week 2 (Liquids + Blended Foods)

Time	Food	Liquid	Protein (g)	Vitamins
8 a.m.	High Protein Drink or Smoothie		12-17	Multivitamin
9 a.m.		8 oz herbal tea		
10 a.m.				
11 a.m.		8 oz water		
12 noon	½ c Cottage Cheese		12	Calcium
1 p.m.		8 oz Crystal Lite		
2 p.m.	High Protein Drink or Smoothie		12-17	Calcium
3 p.m.		8 oz Propel		
4 p.m.				
5 p.m.		8 oz broth		
6 p.m.	5.3 oz lemon Greek yogurt		13	Calcium
7 p.m.		8 oz water		
8 p.m.	High Protein Drink or Smoothie		12-17	Multivitamin+B ₁₂
9 p.m.		8 oz water		
10 p.m.		8oz Decaf tea		
Total		64 ounces	70 grams	

Stage 4: Soft Foods

Start: Week 3

Duration: 3 weeks

Protein Goal: 60-70 grams/day

Fluid Goal: 8 cups (64 oz)/day

Vitamins/Minerals: 2 Multivitamins, 3 500 mg Calciums, 1 Vitamin B₁₂, and prescription Thiamin daily

Diet Instructions:

1. Foods should be soft enough to mash with a fork. If you need a knife to cut it, it's not soft enough.
2. Eat out of a ½ cup measuring cup and stop when you are full. At least half of your portion should be protein/dairy.
3. AVOID raw vegetables, raw fruits, nuts, tough meats, and stringy vegetables. Your pouch is not yet ready to handle these.
4. AVOID rice, bread, and pasta as these can get stuck in your pouch and expand, causing severe pain.
5. Begin to follow the 30-30-30 rule, separating food and beverages
 - o Do not drink 30 minutes before your meal to allow room for protein.
 - o Your meal should take 20-30 minutes to eat and NO LONGER. Do not drink during your meal.
 - o Do not drink 30 minutes after your meal. This will prevent food from flushing through your pouch too quickly.

Protein/Dairy – CHOOSE 5 SERVINGS

- | | |
|--|--|
| <input type="checkbox"/> 2 oz Chicken (canned, cooked in the slow cooker, Perdue Shortcuts®) | <input type="checkbox"/> ½ cup Cottage Cheese (small curd) |
| <input type="checkbox"/> 2 oz Ground Turkey | <input type="checkbox"/> 1 cup Tofu |
| <input type="checkbox"/> 2 oz Fish / Tuna Fish | <input type="checkbox"/> 8 oz Light yogurt or Greek yogurt |
| <input type="checkbox"/> 2 oz Cheese or Soy Cheese | <input type="checkbox"/> 8 oz Skim, 1%, or low fat soymilk |
| <input type="checkbox"/> 2 Eggs or 4 Egg Whites or ½ c Egg Beater | <input type="checkbox"/> ½ cup Sugar free pudding |
| <input type="checkbox"/> 2 oz Deli Meat (no roast beef) | <input type="checkbox"/> 1 cup Sugar free hot chocolate (made with milk) |

Avoid dry meats as these are difficult to tolerate

Fruits/Vegetables – CHOOSE 2 SERVINGS

- | | |
|--|---|
| <input type="checkbox"/> ½ cup applesauce (unsweetened) | <input type="checkbox"/> ½ cup steamed carrots |
| <input type="checkbox"/> ½ cup canned fruit or fruit cup (packed in juice) | <input type="checkbox"/> ½ cup beets |
| <input type="checkbox"/> ½ cup pureed butternut squash | <input type="checkbox"/> ½ cup well cooked vegetables |
| <input type="checkbox"/> ½ cup canned green beans | |

Avoid stringy or gassy vegetables like celery, Brussels sprouts, and asparagus as these are difficult to tolerate

Starch – CHOOSE 1 SERVING

- | | |
|---|---|
| <input type="checkbox"/> 1 cup low fat creamed soup made with 1% or skim milk | <input type="checkbox"/> ½ cup peas |
| <input type="checkbox"/> ½ cup mashed potato or sweet potato | <input type="checkbox"/> ½ cup cooked oatmeal, cream of wheat or farina (made with 1% or skim milk) |
| <input type="checkbox"/> ½ cup lima beans | |

Avoid doughy breads, pasta, and rice as these are difficult to tolerate

Fat – CHOOSE 1 SERVING

- 1 teaspoon butter, margarine or mayonnaise
- 1 Tablespoon (3 teaspoons) light margarine, light salad dressing, fat free gravy or light mayonnaise

Stage 4: Soft Foods (continued)

Sample Soft Foods Meal Plan

Time	Food	Liquid	Protein (g)
8 am	2 scrambled eggs (protein), ½ c applesauce (fruit)		12
9:30 am.		8 oz Decaf tea	
10:30 am	½ c cottage cheese (protein)		14
11:30 am		8 oz water	
12:30 pm	2 oz Tuna fish (protein), 4" banana (fruit), 1 tsp light mayonnaise (⅓ fat)		14
2 pm		8 oz Crystal Light	
2:30 pm		8 oz Propel	
3:30 pm	8 oz yogurt (protein)		8
5 pm		8 oz broth	
6 pm		8 oz water	
7 pm	2 oz canned chicken (protein), ½ c mashed potato (starch), 2 tsp fat free gravy (⅔ fat)		14
8:30 pm		8 oz water	
10 pm		8oz Decaf tea	
Total		64 ounces	62 grams

Important Information

- The soft foods stage gradually re-introduces solid foods to your system
- **DO NOT FORCE VOMITING!** This may lead to staple line disruption
- It is important to get on a schedule of eating.
 - If you are not hungry, take a few bites just to stay on schedule – AVOID PICKING AND GRAZING
 - You may need to have more than 5 meals per day in the beginning, but do not make this a habit
 - You may want to temporarily consider having one protein shake per day
- Write down all of the food you eat and the fluid you drink on your food record – this is critical to make certain that you are eating enough protein
- Increase the protein content of food by adding unflavored protein powder or dry skim milk powder
- It is **VERY** important to stay hydrated, sip fluids throughout the day
 - Follow the 30-30-30 rule
 - Keep an eye on your urine, it should be a light yellow, not dark
 - For lightheadedness or dizziness, try one cup of bouillon as part of your fluid intake
 - **AVOID HIGH CALORIE BEVERAGES** (juice, milkshakes, & soda) they can lead to weight gain
- Meat should be tender and moist
 - Marinated meats, boiled meats and the dark meat or poultry tends to be well tolerated
 - Fibrous meats like steak, dry turkey, dry chicken breast or ground beef can be difficult to digest
 - Microwaving and grilling dries out meats, making them difficult to tolerate
 - Do not fry meats – this can add calories, make food hard to digest, and cause dumping syndrome
- Use herbs, spices and condiments.
- Weigh food on a scale after it has been cooked to be sure you are getting adequate protein
- Take **VERY** small bites of food, eat slowly, and chew well, using 10 minutes/oz as a guideline
- Continue taking your chewable vitamin supplements
- Be sure to take a fiber supplement, like Benefiber, daily to help prevent constipation
- Do not chew gum or suck on hard candy. If swallowed it can obstruct your outlet
- If you experience some hair loss, this is normal.
 - Be sure you are getting in all of your protein and taking your vitamins and minerals.
 - Special shampoos like Nioxin may also be helpful

Stage 5: Regular Diet

- Start:** Week 6
- Duration:** As tolerated, ongoing
- Protein Goal:** 60-70 grams/day
- Fluid Goal:** 8 cups (64 oz) daily
- Vitamins/Minerals:** 2 Multivitamins, 3 500 mg Calciums, 1 Vitamin B₁₂, and prescription Thiamin daily
- Diet Instructions:**
1. Introduce new foods one at a time and in small amounts to determine tolerance. Give your pouch 2 hours to decide.
 2. Texture restrictions are lifted at this point. Try challenging foods like raw fruits, raw vegetables, and nuts.
 3. Be cautious when introducing combination foods, like salads. Eating a food with multiple components can make determining tolerance difficult. Try each piece of the combination food before trying it as a whole.
 4. Always eat proteins first, vegetables second, and starches last.
 5. Continue to avoid rice, bread, and pasta until at least 3 months post-op.
 6. Begin to move away from protein shakes and soft foods – solids are most filling.
 7. You will likely not have hunger signals – this is normal. Eat on a schedule. **AVOID PICKING OR GRAZING!** This will lead to weight gain.
 8. Continue to follow the 30-30-30 rule, drinking between meals. This habit should continue for the rest of your life.

Calorie Goals: The farther you get away from surgery, the greater volume you will be able to tolerate. As you are able to have room for more items than just proteins, calories must be monitored to avoid weight regain. Rather than counting calories, try using this exchange system.

You should avoid consuming more than **1000 calories per day** within your first year after surgery.

1000 calorie meal plan

7 meat/protein servings

1 milk servings

3 starch serving

2 fruit servings

2 vegetable servings

2 fat servings

*Please see pages 19-23 for a listing of serving sizes

Stage 5: Regular Diet (continued)

Sample Regular Diet Meal Plan

1000 calorie meal plan

7 protein servings

1 dairy serving

3 starch servings

2 fruit servings

2 vegetable servings

2 fat servings

Time	Food	Liquid	Protein	Food Group
8 a.m.	1 egg 1 oz cheese ½ cup chopped vegetables cooked		6 grams 8 grams 2 grams	1 protein 1 protein 1 vegetable
9 a.m.		8 ounces decaf tea		
10 a.m.	8 oz low fat yogurt		8 grams	1 dairy
11 a.m.		8 ounces crystal light		
12 noon	2 oz tuna 1 TBS light mayonnaise 6 saltines ½ c pears		14 grams 0 grams 3 grams 0 grams	2 protein 1 fat 1 starch 1 fruit
1 p.m.		8 ounces of water		
2 p.m.	½ c peaches		0 grams	1 fruit
3 p.m.		8 ounces of water		
4 p.m.	Protein bar with 150 calories and 10 grams protein		10 grams	1 protein + 1 starch
5 p.m.		8 ounces of Fruit ₂ O		
6 p.m.	2 oz diced chicken 1/2c green beans ½ cup mashed potato 1 tsp margarine		14 grams 2 grams 3 grams 0 grams	2 protein 1 vegetable 1 starch 1 fat
7 p.m.		8 ounces crystal light		
8 p.m.		8 ounces of water		
9 p.m.		8 ounces of water		
Total		64 oz (8 cups)	70 g protein	

Additional Information:

- Use herbs, spices and condiments to improve taste.
- Do not fry your meats
 - Frying adds calories and can make foods hard to digest
 - Some people may experience dumping with fatty foods
- When weighing meats and proteins, weigh them on a food scale after they have been cooked for accurate measurements
- Take VERY small bites of food and chew the food well until it is liquid in your mouth
- Eat slowly, use 10 minutes per ounce as a guideline
- Stop eating when you are satisfied, you can go back to your meal later
- Drink between meals for a total of 8 cups (64 oz) per day

STARCH/BREADS

EACH ITEM ON THIS LIST = 1 SERVING

Each item on this list contains approximately

15 grams of carbohydrate,

3 grams of protein

0-1 grams of fat

80 calories

Whole grain products average about 2 grams of fiber per serving.

Those foods that contain 3 or more grams of fiber per exchange are identified with the fiber symbol **★**.

You can choose your starch servings from any of the items on this list.

CEREALS/GRAINS/PASTA

★Bran cereals, concentrated (such as Bran Buds®, All Bran®)	1/3 cup
★Bran cereals, flaked	½ cup
Bulgur (cooked)	½ cup
Cooked cereals	½ cup
Cornmeal (dry)	2½ Tbsp.
Grape-Nuts®	3 Tbsp.
Grits (cooked)	½ cup
Other ready-to-eat unsweetened cereals	¾ cup
Pasta (cooked)	1/3 cup
Puffed cereal	1½ cup
Rice, white or brown (cooked)	1/3 cup
Shredded wheat	½ cup
Sugar free pudding	½ cup

STARCHY VEGETABLES

★Corn	½ cup
★Corn on cob, 6 in. long	1
★Lima Beans	½ cup
★Peas, green (canned or frozen)	½ cup
★Plantain	½ cup
Potato, baked (3oz)	1 small
Potato, mashed	½ cup
★Squash, winter (acorn, butternut)	1 cup
Yam, sweet potato, plain	1/3 cup

BREADS

Bagel	1/4 (1 oz.)
Bread sticks (crisp, 4 in. long x 1.2 in.)	2 (2/3 oz)
English muffin	½
Frankfurter or hamburger bun	½ (1 oz)
Pita, 6 in. across	½
Plain roll, small	1 (1 oz)
Bread, white, wheat, rye, raisin	1 sl.(1 oz)
Tortilla, 6 in. across	1

CRACKERS/SNACKS

Animal crackers	8
Graham crackers	3-2.5in sq
Matzoh	3/4 oz.
Melba toast	5 sl.
Oyster crackers	24
Popcorn (popped, no fat added)	3 cups
Pretzels	3/4 oz.
★Rye crisp, (2 in. x 3 in.)	4
Saltine-type crackers	6
★Whole-wheat crackers no fat added (such as Finn®, Kavli®, Wasa®)	2-4sl(3/4 oz.)

DRIED BEANS/PEAS/LENTILS

(Count as 2 starch plus 1 lean meat)	
★Beans and peas (cooked) (kidney, white, split, blackeye, lentils)	1 cup
★Broad beans, garbanzo, navy, pinto	2/3 cup
★Baked beans	2/3cup

STARCHY FOODS PREPARED WITH FAT

(Count as 1 starch/bread serving, plus 1 fat serving)	
Biscuit, 2½ in. across	1
Chow mien noodles	½ cup
Corn bread, 2 in. cube	1 (2 oz.)
Cracker, round butter type	6
French fries (2 in. to 3½ in. long)	10 (1½ oz.)
Muffin, plain, small	1
Pancake, 4 in. across	2
Stuffing, bread (prepared)	¼ cup
Taco shell, 6 in. across	2
Waffle, 4½ in. square	1
★Whole-wheat crackers no fat added (such as Triscuit®)	4-6 (1 oz.)
Hummus	1/3 cup

VERY LEAN AND LEAN MEATS/PROTEIN

EACH ITEM ON THIS LIST = 1 SERVING
VERY LEAN MEAT/PROTEIN AND SUBSTITUTES
0 grams of carbohydrate, 7 grams of protein
0-1 grams of fat, 35 Calories

POULTRY:		1 oz.
	Chicken, turkey, Cornish hen (without skin)	
FISH:		
	Fresh or frozen cod, flounder, haddock, halibut, trout, tuna	1 oz.
SHELLFISH:		
	Crab, lobster, scallops, shrimp, clams (fresh or canned in water)	1 oz.
GAME:		
	Pheasant (without skin), Venison, buffalo, ostrich	1 oz.
CHEESE:		
	Non fat or low fat cottage cheese	1/4 cup
	Fat free cheese	1 oz.
OTHER:		
	95% fat-free luncheon meat (less than 1 gram fat per oz.) ▲	1½ oz.
	Egg substitutes with less than 55 calories per ½ cup	1/4 cup
COUNT AS ONE LEAN MEAT AND ONE STARCH		
	Beans, peas, lentils (cooked)	1/2 cup

LEAN MEATS/PROTEIN AND SUBSTITUTES
0 grams of carbohydrate, 7 grams of protein
3 grams of fat, 55 Calories

BEEF		1 oz
	USDA Select or Choice grades of lean beef, such as round, sirloin, and flank steak, tenderloin; roast (rib, chuck, rump), steak (T-bone, porterhouse, cubed), ground round	
PORK		1 oz
	Lean pork, such as fresh ham; canned, cured or boiled ham▲; Canadian bacon▲, tenderloin, center loin chop.	
VEAL:		1 oz.
	Lean chop, roast	
LAMB		
	Roast, chop, leg	
POULTRY:		1 oz.
	Chicken, turkey (dark meat no skin), chicken (white meat with skin), domestic duck or goose (no skin)	
FISH:		
	Salmon, (fresh or canned), Tuna (canned in oil, drained), catfish	1 oz.
	Oysters	6 medium
	Sardines (canned)	2 medium
WILD GAME:		
	goose (without skin), rabbit,	1 oz.
CHEESE:		
	4.5% cottage cheese	1/4 cup
	Grated parmesan	2 Tbsp.
	Diet cheeses ▲ (with 3 grams or less of fat per ounce)	1 oz.
OTHER:		
	Hot dogs with 3 grams or less fat per ounce	1 1/2 oz
	Processed sandwich meat w/ 3 grams or less fat per ounce ▲ (turkey pastrami, kielbasa)	1 oz.
	Egg	1
	Tofu (1 medium fat meat)	3 oz soft/2 oz firm
	Peanut Butter (1 high fat meat)	1 Tbsp.

VEGETABLES

EACH ITEM ON THIS LIST = 1 SERVING

Each vegetable serving on this list contains
5 grams of carbohydrate,
2 grams of protein
25 calories

Vegetables contain 2-3 grams of dietary fiber.

Vegetables which contain 400 mg. or more of sodium per exchange are identified with a ▲ symbol.

Vegetables are a good source of vitamins and minerals. Fresh and frozen vegetables have more vitamins and less added salt. Rinsing canned vegetables under water will remove much of the salt.

Unless otherwise noted, a serving size for vegetables is:

✓ $\frac{1}{2}$ cup of cooked vegetables or vegetable juice
✓1 cup raw vegetables

Artichoke ($\frac{1}{2}$ medium)
Okra
Asparagus
Onions
Beans (green, wax, Italian)
Pea pods
Bean sprouts
Peppers (green)
Beets
Rutabaga
Broccoli
Brussel sprouts
Sauerkraut ▲

Cabbage, cooked
Spinach, cooked
Carrots
Summer squash (crookneck)
Cauliflower
Tomato (one large)
Eggplant
Greens (collard, mustard, turnip)
Tomato/vegetable juice ▲
Kohlrabi
Turnips
Leeks
Water chestnuts

THE FOLLOWING VEGETABLES ARE CONSIDERED "FREE"

Cabbage
Celery
Chinese cabbage
Cucumber
Green onion
Hot peppers
Mushrooms
Radishes

Zucchini
Endive
Escarole
Lettuce
Romaine lettuce
Spinach

Starchy vegetables such as corn, peas, and potatoes are found on the Starch/Bread list.

FRUITS

EACH ITEM ON THIS LIST = 1 SERVING

Each item on this list contains

15 grams of carbohydrate

0 grams of protein

0 grams of fat

60 calories

Fresh, frozen, and dried fruits have about 2 grams of fiber per exchange.

Fruits that have 3 or more grams of fiber per exchange have a ★ symbol.

Fruit juices contain very little dietary fiber.

Use fresh fruits, frozen fruits or canned fruits without sugar added. Whole fruit is more filling than fruit juice and is a better choice for those who are trying to lose weight.

Unless otherwise noted, one serving size for fruit:

✓ ½ cup of fresh fruit or fruit juices

✓ ¼ cup of dried fruit

FRESH, FROZEN AND UNSWEETENED

Apple (raw, 2 in. across)	1 apple
Applesauce (unsweetened)	½ cup
Apricots (canned)	½ cup or 4 halves
Apricots (medium, raw)	4 apricots
Banana (9 in. long)	½ banana
★Blackberries (raw)	¾ cup
★Blueberries (raw)	¾ cup
Cantaloupe (5 in. across)	1/3 melon/ 1 cup cubes
Cherries (canned)	½ cup
Cherries (large, raw)	12 cherries
Figs (raw, 2 in. across)	2 figs
Fruit cocktail (canned)	½ cup
Grapefruit (medium)	½ grapefruit
Grapefruit (segments)	¾ cup
Grapes (small)	15 grapes
Honeydew melon (med)	1/8 melon/1 cup cubes
Kiwi (large)	1 kiwi
Mandarin oranges	¾ cup
Mango (small)	½ mango
★Nectarine (2½ in. across)	1 nectarine
Orange (2½ in. across)	1 orange
Papaya	1 cup
Peach (2 ¾ in. across)	1 peach (¾ cup)
Peaches (canned)	½ cup (2 halves)
Pear	½ large (1 small)
Pears (canned)	½ c (2 halves)
Persimmon (med, native)	2 persimmons
Pineapple (canned)	1/3 cup
Pineapple (raw)	¾ cup
Plum (raw, 2 in. across)	2 plums
★Pomegranate	½ of fruit
★Raspberries (raw)	1 cup
★Strawberries (raw, whole)	1¼ cup
★Tangerine (2½ in. across)	2
tangerines	
Watermelon (cubes)	1¼ cup

CANNED FRUIT

DRIED FRUIT

★Apples	4 rings
★Apricots	7 halves
Dates	2½ medium
★Figs	1½
★Prunes	3 medium
Raisins	2 Tbsp.

FRUIT JUICE

Apple juice/cider	½ cup
Cranberry juice cocktail	1/3 cup
Grapefruit juice	½ cup
Grape juice	1/3 cup
Orange juice	½ cup
Pineapple juice	½ cup
Prune juice	1/3 cup

DAIRY

EACH ITEM ON THIS LIST = 1 SERVING

Each serving of milk or milk products on this list contains

12 grams of carbohydrate

8 grams of protein

The fat and calories vary, depending on what kind of milk you choose

One serving of each of these includes:

SKIM AND VERY LOWFAT MILK

Skim milk	1 cup
1% milk	1 cup
Lowfat buttermilk	1 cup
Evaporated skim milk	½ cup
Dry nonfat milk	1/3 cup
Nonfat yogurt	8 oz.

Lowfat yogurt (with added nonfat milk solids)	8 oz.
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WHOLE MILK

Whole milk	1 cup
Evaporated whole milk	½ c
Whole plain yogurt	8oz.

LOWFAT MILK

2% milk	1 cup
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FAT

EACH ITEM ON THIS LIST = 1 SERVING

Each serving on the fat list contains

5 grams of fat

45 calories

The foods on the fat list contain mostly fat, although some items may also contain a small amount of protein. All fats are high in calories and should be carefully measured. Conversion Tip: One Tablespoon = Three teaspoons.

UNSATURATED FATS

Peanut Butter	2 tsp
Avocado	1/8medium
Margarine	1 tsp.
▲Margarine, diet	1 Tbsp.
Mayonnaise	1 tsp.
▲Mayonnaise, reduced-calorie	1 Tbsp.

Salad dressing, (mayonnaise-type)	2 tsp.
Salad dressing (mayonnaise-type, reduced calorie)	1 Tbsp.
▲Salad dressing (oil varieties)	1 Tbsp.
Salad dressing (reduced calorie)	2 Tbsp.

Nuts and Seeds:

Almonds, dry roasted	6
Whole Cashews, dry roasted	1 Tbsp.
Pecans	2 whole
Peanuts	20 sm (or 10 lg)
Walnuts	2 whole
Other nuts and seeds	1 Tbsp.
Pumpkin seeds	2 tsp.
Oil (corn, canola, cottonseed, safflower, soybean, sunflower, olive, peanut)	1 tsp.
▲Olives	10 small (or 5 large)

SATURATED FATS

Bacon	1 slice
Butter	1 tsp.
Chitterlings	½ oz.
Coconut, shredded	2 Tbsp.
Coffee whitener, liquid	2 Tbsp.
Coffee whitener, powder	4 tsp.
Cream (light, coffee, table)	2 Tbsp.
Cream, sour	2 Tbsp.
Cream (heavy, whipping)	1 Tbsp.
Cream cheese	1 Tbsp.
▲Salt Pork	¼ oz.

Common Problems and Solutions

The following guidelines are for your reference in case you experience any problems. Please be sure to keep your medical team informed of any problems you may be experiencing. It may help to keep a record of anything unusual that occurs and what you did to correct it. Call the Bariatric Center if these symptoms persist.

Constipation

- Try taking a stool softener
- Be sure to drink plenty of water (64 oz per day – 8 cups)
- Stay active
- Take Benefiber or Sugar-free Metamucil
- Increase your fiber intake through fruits, vegetables and whole grains if your diet stage permits.

Vomiting

- Eat slowly and chew foods thoroughly
- Measure out portion sizes
- Make sure foods are moist
- Avoid eating and drinking at the same time
- If these suggestions do not work, or you vomit bright red or dark brown liquid, please call the Bariatric Center immediately

Nausea

- Do not over eat
- Drink plenty of fluids
- Eat slowly and chew foods thoroughly
- Avoid carbonated beverages
- Avoid foods that you can not tolerate

Stomach Bloating After Eating

- Do not over eat
- Do not drink fluids with meals
- Avoid carbonated beverages
- Stay physically active

Diarrhea

- Eat slowly
- Do not over eat
- Do not drink fluids with meals
- Avoid high sugar, high fat and spicy foods
- Limit the amount of sugar free products (like sugar free candies). These products contain sugar alcohols called sorbitol and mannitol that can cause diarrhea
- Limit caffeine containing beverages
- If diarrhea is foul smelling, an unusual color or you feel ill, contact the Bariatric Center immediately

Heartburn

- Avoid caffeine, spicy foods, carbonated beverages, and alcohol
- Avoid aspirin and other NSAIDs
- Try over the counter Pepcid, Prilosec or Zantac
- Avoid foods that are too hot or too cold
- Check the side effects of any medications you are taking

Excessive Hair Loss

- Eat a well balanced diet with adequate protein (60-70 grams)
- Drink plenty of fluids
- Take your multivitamins daily
- Consider supplementing 1000 mcg biotin daily in addition to multivitamins.
- Special shampoos like Nioxin may also be helpful