



NUTRITION GUIDELINES

BARIATRIC REVISION - TORE AND GSRE

Importance of Nutrition

In order to be successful at losing weight and keeping it off, you must make permanent lifestyle changes to your eating behaviors. Surgery is only part of the treatment. The most important sleeve gastrectomy surgery is modifying your diet. Your food choices after the surgery will directly impact your ability to lose weight and maintain weight loss.

After the surgery, you will eat smaller portion sizes and typically eat three to six times per day. Over time, you will relearn hunger and satiety (**feeling of fullness**) cues. This will train you to stop eating when you feel satisfied. Grazing can cause overeating and weight gain by eating and drinking high-calorie foods throughout the day. Paying attention to your body and ety cues is important to avoid overeating.

The goal of the dietitian is to help you be successful! The dietitian is a resource to help you learn about nutrition and healthy eating habits throughout this entire process. Coming to all of s the best way to ensure success. Please bring food logs to all follow ups.

TORe and GSRe

Getting Started

Beverages	Water; zero-calorie; non-calorie; non-carbonated; low fat milk; almond milk
Protein Foods [meats, etc.]	Lean, moist meats; fish/seafood; eggs; cheese; cottage cheese; low sugar yogurt; beans; lentils; edamame; tofu; nuts/nut butter
Vegetables	Non-starchy: broccoli, squash, carrots, cauliflower, cucumbers, beets, green beans, Brussels sprouts, mushrooms, peppers, eggplant, cabbage, spinach, kale and other leafy greens
Fruit	Small portions: apples, avocados, berries, kiwi, melons, banana, grapes, cherries, oranges, tomatoes; low sugar canned fruit
Sweet & Starchy Foods	Avoid high fat, high sugar and high carbohydrate foods. Look for foods with more than 3 g fiber per 100 calories.
Meal Planning	Plan 4 to 5 eating opportunities per day. Track food daily with a food app such as "My Fitness Pal". Grocery shop with a list and stick to it.

Shopping List

- Digital food scale
- Measuring cups & spoons
- Smaller plates, forks, spoons
- Premier Protein
- 64 oz motivational water bottle
- Food journal
- Bariatric multivitamin
- Calcium citrate with vitamin D3

Eating Habit Goals	Description	Goal Accomplished
Measure Your Food	<ul style="list-style-type: none"> • Portion control. We recommend purchasing a digital food scale, measuring cups and spoons to know how much you are consuming. • 1 oz. meat, etc. = 7 grams of protein 	<ul style="list-style-type: none"> • I am doing this every day. _____ date
Food & Beverage Timing	<ul style="list-style-type: none"> • Drink plenty of calorie-free beverages. You may be thirsty, not hungry! • Wait 15 min before and 30 min after eating to drink. 	<ul style="list-style-type: none"> • I am doing this every day. _____ date
Small Bites & Chew	<ul style="list-style-type: none"> • Put your fork down, chew, swallow and breathe between each bite. • Use smaller plates and utensils. • Take a minimum of 20 minutes to eat. 	<ul style="list-style-type: none"> • I am doing this every day. _____ date

Eat with Intention

- *Avoid distracted eating. Eat at the table, not while driving, using the computer or phone or watching TV.*
- *Keep all food in the kitchen. Be sure not to eat in the bedroom, family room or home office.*
- *Eat until comfortable. Signs of fullness can include watery eyes, sneezing, hiccupping, yawning and left shoulder pain.*

- *I am doing this every day.*
_____ date

Take Your Bariatric Vitamins

- *Bariatric-specific multivitamin (MVI) daily*
- *500-600 mg Calcium citrate with vitamin D3 twice per day*
- *Supplements must be at least 2 hours apart*
- *Suggest: MVI at breakfast, calcium at lunch and calcium at dinner*
- *Recommended brands: Celebrate Vitamins, Bariatric Advantage, Bariatric Fusion*

- *I am doing this every day.*
_____ date

Make Activity Part of Your Life

- *Physical activity as tolerated.*
- *Recommendation for cardio is 150 minutes per week.*
- *Weight training 2-3 times per week.*
- *Activity should be approved by your surgeon.*

- *I am doing this every day.*
_____ date

Non-food Activities to Try Instead of Turning to Food

- *Color in an adult coloring book;*
- *Read a new book or magazine;*
- *Play an instrument by using YouTube for lessons;*
- *Plant an herb garden;*
- *Make a vision board;*
- *Wash your dog or your car;*
- *Listen to a motivational podcast;*
- *Dance like no one is watching or try hip hop chair exercises on YouTube;*
- *Send a card to someone you have lost touch with from your past;*
- *Play solitaire on the phone;*
- *Go for a walk.*



The Bariatric Plate

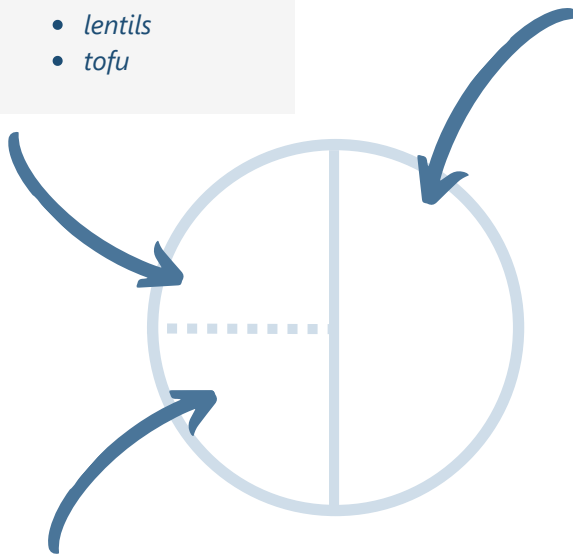
The plate method is an easy visual to remind you how to plan a meal. It helps with portion control and to provide a balance of nutrients.

Step 1. Select your protein

- fish
- seafood
- eggs
- cheese
- chicken
- beef
- lamb
- pork
- greek yogurt
- skim milk
- almond milk
- soy milk
- nuts
- beans
- lentils
- tofu

Step 2. Select your non-starchy vegetables

- arugula
- beets
- broccoli
- butternut squash
- carrots
- cauliflower
- cucumbers
- eggplant
- endive
- lettuce
- mushrooms
- olives
- mushrooms
- olives
- onions
- parship
- pumpkin
- peppers
- radish
- scallions
- spaghetti squash
- spinach
- squash
- winter squash



Step 3. Healthy carbohydrates. Select fruits or grains or starchy vegetables

- avocado
- banana
- blueberries
- cantaloupe
- coconut
- cranberries
- grapes
- honeydew
- kiwi
- lemons/limes
- orange
- papaya
- passionfruit
- raspberries
- rhubarb
- starfruit
- strawberries
- buckwheat
- gluten-free wraps
- oats
- polenta
- quinoa
- sweet potato

Avoid:

Processed foods and fried foods;
Foods with added sugar, fat, and salt;
Large portions, especially when dining out.

The Pre-op Diet

WHEN Two days prior to surgery

WHY To ensure your stomach is empty for surgery

WHAT You may have clear liquids; no solid foods

GOALS Hydration: minimum 64 ounces/day

Eating Opportunity	Food	Example
1.	Clear beverage	Herbal tea
2.	Clear beverage	Water
3.	Warm broth	Chicken broth, no noodles
4.	Clear beverage	Water
5.	Sugar-free popsicle or gelatin [not red or purple]	Sugar-free gelatin [not red or purple]

The Post-op Diet Advancement

Stage Advancement Overview

The following is your postoperative stage advancement overview:

Stage 1	Clear Liquids for 2 days	[days 1 and 2]
Stage 2	Full Liquids for 2 weeks	[days 3 thru 17]
Stage 3	Soft Solids for 2 weeks	[days 18 thru 31]
Stage 4	Solid Foods	[day 32 and beyond]

GOALS

- Hydration: minimum 64 ounces/day;
- Protein: 60-80 grams/day;
- Eat meals and snacks at regular times.

Stage Advancement Details

Stage 1. Clear Liquids [days and 2]

- *Water;*
- *Broth;*
- *Sugar-free gelatin;*
- *Sugar-free popsicles;*
- *Sugar-free beverages.*

- *Drink 1-1.5 ounces every 15 minutes;*
- *Sip; do not gulp;*
- *Avoid carbonated beverages;*
- *Avoid caffeine.*

Stage 2. Full Liquids [days 3 thru 17]

- *Protein shakes (should have at least 20 g protein and less than 10 g carbohydrate per serving);*
- *Fat-free or 1% milk, soy milk, almond milk;*
- *98% fat-free strained cream soups;*
- *Greek yogurt without fruit pieces;*
- *Sugar-free pudding;*
- *Very thin cream of wheat, oatmeal, grits, mashed potatoes.*

- *Drink 2 ounces every 15 minutes;*
- *Consume 60 g protein from protein shakes per day;*
- *Whey protein isolate is best absorbed.*
- *Avoid caffeine.*

Stage 3. Soft Solids [days 18 thru 31]

Enjoy:

- *Lean, moist protein foods (low-fat deli meats, flaky fish, smooth peanut butter, eggs, beans, cottage cheese, low-fat cheese, dark meat chicken, tofu, etc.);*
- *Well-cooked vegetables (carrots, squash, broccoli, cauliflower, beets, green beans);*
- *Canned fruits in juice or water, applesauce. Avoid fresh fruits except for bananas and avocados;*
- *Resume your bariatric multivitamin and calcium citrate with vitamin D.*

Avoid:

- *Dry, tough meats;*
- *Stringy, fibrous vegetables such as celery, asparagus, or corn;*
- *Skins, seeds or membranes.*

Remember:

- *Meals = ~ ½ cup in volume (1½ oz. meat and bites of vegetable or fruit);*
- *Wait 15 minutes before and 30 minutes after eating to drink;*
- *Introduce one new food at a time;*
- *Use one protein shake per day as a meal or snack to ensure you are meeting your protein goal.*

Stage 4. Solid foods [day 32 and beyond]

Enjoy:

- Eat protein first, non-starchy vegetables second, then carbohydrates last;
- Discontinue protein shakes once able to consume 60 g of protein through food alone;
- Fresh fruits and vegetables;
- High fiber grains.

Avoid:

- Processed, fast, convenience, snack and fried foods;
- Simple sugars, concentrated sweets and high calorie and carbonated beverages.

Remember:

- Meals = ~ $\frac{3}{4}$ cup in volume (2- cup vegetable or fruit);
- Wait 15 minutes before and 30 minutes after eating to drink;
- Introduce one new food at a time;
- Drink a protein shake if you must skip a meal.

Sample Menu: Solid Foods

Day 1:

Breakfast: 1 scrambled egg, $\frac{1}{2}$ small avocado

Snack: 1 reduced fat cheese stick

Lunch: 3 oz. baked chicken, $\frac{1}{4}$ c. cooked carrots, $\frac{1}{4}$ c. canned peaches in natural juice

Snack: 6 oz. no sugar added Greek yogurt

Dinner: 3 oz. baked, broiled or grilled fish, $\frac{1}{2}$ c. broccoli with 1 tsp. butter or shredded cheddar cheese, 3-4 small grapes

Day 2:

Breakfast: 6 oz. plain Greek yogurt with $\frac{1}{4}$ c. mixed berries (blueberries, raspberries, strawberries, blackberries) sweetened with stevia/monk fruit, as needed, and 1-2 tsp. chia seeds

Lunch: Turkey Cheese Rollup: 2 oz. turkey lunch meat, 1 oz. cheese slice, a little mustard if you prefer, and thinly sliced cucumber and 1 tsp chopped olives, small pickle on the side

Snack: 1 small apple, 1 Tbsp. natural peanut butter

Dinner: 3 oz. baked turkey, $\frac{1}{2}$ c. green beans, 1 kiwi or small orange



Day 3:

Breakfast: ½ c. oatmeal with 1 Tbsp. chopped walnuts and 1 Tbsp. raisins

Snack: ½ c. cottage cheese, ¼ c. pineapple

Lunch: 3 oz. tuna salad, ½ pita, ¼ -½ c. cucumber slices, 3 whole strawberries

Snack: 2 Tbsp. hummus, ½ c. raw vegetables

Dinner: 2 oz. ground beef, ¼ c. refried beans, 1 oz. shredded cheese, 1 small tortilla shell, shredded lettuce and diced tomatoes, ½ Tbsp. sour cream, ¼ mango

**EMBRACE YOUR JOURNEY
TO REACH AND MAINTAIN
YOUR GOALS!**

