



NUTRITION GUIDELINES

GASTRIC BYPASS

Importance of Nutrition

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 factor in gastric bypass, sleeve gastrectomy, and revisional bariatric 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 hunger/satiety 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 your follow ups is the best way to ensure success. Please bring food logs to all follow ups.

Gastric Bypass

Getting Started

Beverages	Water; zero-calorie; non-carbonated; low fat milk; almond milk.
Protein Foods [meats, etc.]	Lean, moist meats; fish/seafood; eggs; cheese; cottage cheese; Greek yogurt, no added sugar; 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 No dried fruit or fruit juice due to the high sugar content.
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

- Body composition analysis scale
- Digital food scale
- Measuring cups & spoons
- Smaller plates, forks, spoons
- Protein supplement
- 64 oz motivational water bottle
- Food journal
- Pill crusher
- 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. cooked meat, chicken, fish, seafood = ~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! • Do not drink with meals and wait 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 (without food containing calcium).*
- *Supplements must be at least 2 hours apart.*
- *Example: MVI at breakfast, calcium at lunch and calcium at dinner.*
- *Recommended brands: Celebrate Vitamins, Bariatric Advantage, Bariatric Fusion.*

- *I ordered my vitamins and plan to start during my first post op week.*

_____ 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 meeting my activity goals.*

_____ 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 (based on your ability);*
- *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

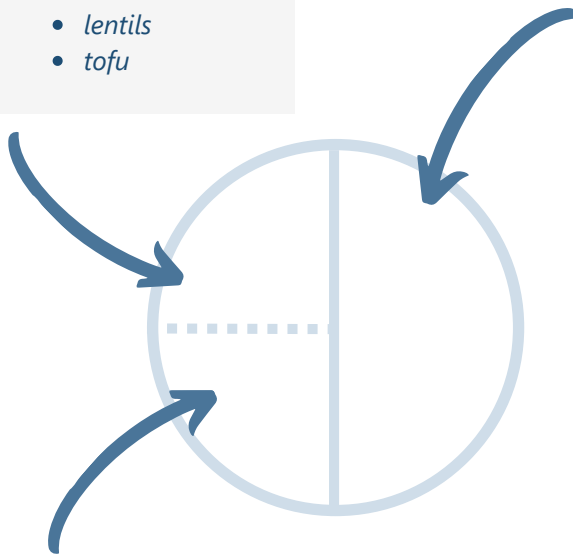
The plate method is an easy visual to remind you how to plan a meal. It helps with portion control and to provide a balance of nutrients.

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 2 weeks prior to your surgery date

WHY The purpose of the pre-op diet is to shrink the size of your liver. The liver sits on top of your stomach. When you gain weight, your liver gets larger. The preoperative diet helps to shrink the liver and gives our surgeons greater visibility and more space to work. It is important to follow these guidelines:

WHAT You may have one meal replacement and two meals with 3 ounces protein along with non-starchy vegetables. You can also have one small serving of fruit.

- GOALS**
- Hydration: minimum 64 ounces/day of water
 - Protein: 60-80 grams/day.
 - Non-starchy vegetables: ½ - 1 cup [NO corn, potatoes, or peas]
 - Low-sugar Fruit: a serving is 1 cup berries or small banana or one 60 calories serving of canned fruit [no sugar added] or 1 cup cantaloupe/honeydew melon, 16 grapes/cherries
 - Vitamins: Bariatric multivitamin (includes iron & B12) and two- three 500-600 mg calcium citrate with vitamin D3 based on if you have dairy in the diet

Eating Opportunity	Food	Example
1.	Meal replacement low carb protein shake Bariatric Multivitamin	Premier Protein or Ensure Max
2.	3-ounce cooked protein non-starchy vegetables	3-ounces rotisserie chicken over a salad of mixed greens, cucumber, onions, green/red pepper
3.	Warm broth Calcium Citrate with Vitamin D	Chicken broth, no noodles
4.	3-ounce cooked protein 1 cup non-starchy vegetables 1 small fruit serving	3-ounces fish or seafood, broiled, grilled (not fried) with grilled vegetables 1 cup cubed cantaloupe
5.	Sugar-free popsicle or gelatin [not red or purple] Calcium Citrate with Vitamin D	Sugar-free gelatin [not red or purple]

The Day Before Surgery

The following full liquid diet **MUST** be followed during the one day prior to surgery.

WHEN *one day prior to surgery*

WHAT *No solid foods*

- GOALS**
- *Hydration: minimum 64 ounces/day*
 - *Protein: 60-80 grams/day*

<i>Eating Opportunity</i>	<i>Food</i>	<i>Example</i>
1.	<i>Clear beverage</i>	<i>Herbal tea</i>
2.	<i>Meal replacement low carb protein shake</i>	<i>Premier protein or ensure max</i>
3.	<i>Warm broth</i>	<i>Chicken broth, no noodles</i>
4.	<i>Meal replacement low carb protein shake</i>	<i>Premier protein or ensure max</i>
5.	<i>Sugar-free popsicle or gelatin [not red or purple]</i>	<i>Sugar-free gelatin [not red or purple]</i>

The Post-op Diet Advancement

Stage Advancement Overview

The following is your postoperative stage advancement overview:

Stage 1	Clear Liquids	[day 1 – day of surgery]
Stage 2	Full Liquids	[day 2 thru day 3]
Stage 3	Pureed Foods	[day 4 thru day 14]
Stage 4	Soft Solids	[week 3 and week 4]
Stage 5	Solid Foods	[week 5 and beyond]

GOALS

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

Stage Advancement Details

Stage 1. Clear Liquids [day 1]

Enjoy:

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

Avoid:

- Caffeine.

Remember:

- Drink 2 ounces every 15 minutes;
- Consume 60-80 grams of protein from protein shakes per day;
- Whey protein isolate is best absorbed.

Stage 2. Full Liquids [day 2 thru day 3]

Enjoy:

- *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.*

Avoid:

- *Caffeine.*

Remember:

- *Drink 2 ounces every 15 minutes.*
- *Consume 60-80 grams of protein from protein shakes per day.*
- *Whey protein isolate is best absorbed.*

Stage 3. Pureed Foods [day 4 thru day 14]

Enjoy:

- *Puree all foods to a smooth, dip consistency:*
- *Greek yogurt, no added sugar without fruit pieces*
- *Egg whites or eggbeaters*
- *Egg, tuna or chicken salad (pureed)*
- *Refried beans or pureed lentils or split peas*
- *Hummus*
- *Unsweetened applesauce*
- *Pureed avocado*
- *Mashed banana*
- *Pureed cooked carrots, winter squash, mashed potato*
- *Very thin Cream of Wheat, oatmeal, grits*
- *Sugar free pudding*

Avoid:

- *Solid foods*

Remember:

- *Meal size = ~ ¼-½ cup in volume (1 oz. protein and 2-3 bites of vegetable or fruit.)*
- *Do not drink with meals and wait 30 minutes after to resume drinking.*
- *Introduce one new food at a time.*
- *Use one to two protein shakes per day to ensure you are meeting your protein goal.*
- *By day 7 postop, resume your bariatric multivitamin and calcium citrate with vitamin D. Soft chew or chewable are typically better tolerated and then tablets/capsule after the first month.*



Stage 4. Soft Solids [weeks 3 and 4]

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 bananas and avocados.*

Avoid:

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

Remember:

- *Meals = ~ ¼-½ cup in volume (1 oz. meat and 2- 3 bites of vegetable or fruit)*
- *Do not drink with meals and wait 30 minutes after eating to resume drinking.*
- *Introduce one new food at a time.*
- *Use one protein shake per day to ensure you are meeting your protein goal.*

Stage 5. Solid foods [week 5 and beyond]

Enjoy:

- *Eat protein first, non-starchy vegetables second, then carbohydrates last;*
- *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 = ~ ¾ - 1 cup in volume (1.5-2 oz. meat and 3-4 bites of a vegetable or fruit);*
- *Do not drink with meals and wait 30 minutes after to resume drinking;*
- *Introduce one new food at a time;*
- *Drink a protein shake if you must skip a meal;*
- *Discontinue protein shakes once able to consume 60-80 grams of protein through food alone.*



Sample Menu. One Month & Beyond

Day 1:

Breakfast: 1 scrambled egg, ½ banana

Snack: 1 oz. cheese

Lunch: 3 oz. baked chicken, ¼ c. cooked carrots

Snack: 6 oz. no sugar added yogurt

Dinner: 3 oz. baked fish, ¼ c. green beans with 1 tsp. butter, 1 Tbsp. shredded cheddar cheese, 3-4 small grapes

Day 2:

Breakfast: 4 oz. plain Greek yogurt with ¼ c. blueberries, sweetened with stevia/monk fruit, as needed, and 1- 2 tsp. chia seeds

Lunch: 2 oz. turkey lunch meat, 1 oz. cheese slice, 1 kiwi or small orange

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

Dinner: 3 oz. sauté' shrimp, ¼ c. spaghetti squash, 1 Tbsp. no added sugar tomato sauce (RAO), 1 Tbsp. grated parmesan cheese

Day 3:

Breakfast: ½ c. oatmeal with 1 Tbsp. slivered almonds, 1 teaspoon chia seeds and 2-3 berries

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

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

Snack: 2 Tbsp. hummus, ¼-½ c. raw vegetables

Dinner: 2 oz. ground beef, ¼ c. refried beans, ½ oz. shredded cheese, shredded lettuce, 1 Tbsp. diced tomatoes, ½ Tbsp. plain Greek yogurt, 2 slices avocado

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