



Your complete guide for
Nutrition and Exercise
Following
Roux-en-Y Gastric Bypass



INTRODUCTION

Gastric bypass surgery is a useful tool that will help you make the lifestyle changes necessary to lose weight and keep it off. These lifestyle changes include adjusting both the amount of food you eat and types of food you eat. Because you will be eating very small amounts, you will not be able to get enough of some vitamins, minerals, and other nutrients without careful planning.

You should have an appointment with a registered dietitian before your surgery so that the guidelines and information in this booklet are explained to you. This booklet is yours to keep and will help you to remember the guidelines and information that the dietitian discusses with you.

It is important for you to keep ALL follow-up appointments after your surgery. At some of these appointments, the registered dietitian will meet with you to discuss your diet. At most of your appointments, you will have lab (blood) work done to make sure that you are not deficient (lacking) in any nutrients. Your healthcare providers will be able to tell by your labs if you are developing a deficiency long before you start feeling symptoms of the deficiency.

In order for you to understand the nutrition guidelines after the surgery, there is some basic information that you must understand first. This booklet covers several different areas:

- Basic Nutrition
- Changes to the body after surgery
- Diet Guidelines
- Checklist: Are you ready for the surgery?
- Tips on Limiting Fat

REMEMBER: It's a good idea to read over this booklet several times before your surgery. You will probably notice new things each time you read it, and you will be better prepared for the surgery!

Notice: Use of specific product names in this handout is for examples only. We do not endorse any brand names. If you have questions about a product, please call your doctor or dietitian.



BASIC NUTRITION: NUTRIENTS

Nutrients are the things that our body must have in order to live. There are 6 main groups of nutrients in food:

1. **Carbohydrates** – This group contains starch, sugars, and fiber. Starch and sugar both break down into glucose, the sugar in your blood. Blood sugar is what your body uses for energy. Too much carbohydrate will raise blood sugars in people who have diabetes or glucose intolerance.
2. **Protein** – Protein is an important part of the structure of all body cells. Protein is also used to build skin, hair, and muscle in your body. Your body needs a certain amount of protein each day to stay healthy.
3. **Fat** – Fat is used to cushion body organs and to protect nerve cells. However, most people eat much more fat than what is actually needed. If you are not getting enough carbohydrate, fat can be changed into glucose for your body to use for energy.

Carbohydrates, Proteins, and Fat all contain calories. Calories can be described as a measurement of energy. If you eat more calories (energy) than you use in a day, your body will store the extra calories (no matter where they come from) as body fat.

4. **Vitamins** – Vitamins do not provide calories (energy) for your body. This does not mean that vitamins aren't important! Vitamins play an important part in every chemical process that happens in your body. The vitamins are: A, Thiamin (B1), Riboflavin (B2), Niacin (B3), B6, B12, C, D, E, K, Folate, Pantothenic acid, and Biotin.
5. **Minerals** – Like vitamins, minerals do not provide energy for your body, but they do play an important part in your body's chemical processes. The minerals that your body needs are: Calcium, Phosphorous, Potassium, Sulfur, Sodium, Chloride, Magnesium, Iron, Zinc, Copper, Manganese, Iodine, and Selenium.
6. **Water** – Most people need at least 6-8 cups of water each day. If you do not get enough water, you will become dehydrated and feel very weak and tired.

BASIC NUTRITION: FOOD GROUPS

Our foods are divided into food groups according to how much carbohydrate, protein and fat are in each food. You may be familiar with these groups if you are familiar with the Food Guide Pyramid. These groups and their nutrients are:

- **Breads, cereals, starchy vegetables** – mostly carbohydrate, some protein, can be low-fat or high-fat (about 80 calories per serving).
- **Fruits** – carbohydrate only (about 60 calories per serving).
- **Milk** – mostly carbohydrate, good amount of protein, can be fat-free or high-fat (about 90 calories per serving if low-fat or fat-free).
- **Vegetable** – very little carbohydrate, little protein (about 25 calories per serving).
- **Protein (Meat and meat substitutes)** – mostly protein, can be low-fat or high-fat (about 50 calories per ounce, but can be up to 100 calories per ounce if high-fat).
- **Fat** – fat only (about 45 calories per serving).

What makes up a healthy diet?

A healthy diet is one that includes foods from all food groups in amounts that give you the right number of calories. You should aim to eat around 1200-1500 calories per day.

To get this amount of calories, you would need to eat the following number of servings from each of your food groups.

- **Breads, cereals, starchy vegetables** 4-6 servings per day (1 serving = $\frac{1}{2}$ cup)
- **Fruits** 3-4 servings per day (1 serving = $\frac{1}{2}$ cup or 1 small fruit)
- **Milk** 2-3 servings per day (1 serving = 1 cup)
- **Vegetable** 2-3 servings per day (1 serving = $\frac{1}{2}$ cup cooked, 1 cup raw)
- **Protein** 3-6 oz per day (1 oz is about the size of your thumb)
- **Fat** less than 3 servings per day (1 serving = 1 tsp regular/1Tbsp lowfat)

Why is “Low-fat” such a big deal?

Sometimes foods in the starch, milk, and protein food groups can be very high in fat. These foods will be much higher in calories when compared to low-fat foods in the same food group. It is a good idea to **choose products with less than 3 grams of fat per serving**. The following page contains a chart with high-fat food products from each food group.

TIPS FOR LIMITING FAT

You should watch the amount of fat that you are eating so that you can control your total calories. Each food group has a list of low-fat, medium-fat, and high-fat foods.

Food Group	Low-fat (Choose these most often)	Medium-fat (Choose these 1-2 times per week)	High-fat (Choose these no more than 1 time per week)
Breads, Cereals, Starchy Vegetables	Whole-grain loaf bread, pasta, rice, potato, oatmeal, grits, cream of wheat, low-fat boxed cereal, corn, peas, kidney beans, pinto beans, black beans, pretzels, bagels	Biscuits, cornbread, muffins, low-fat crackers	Yeast rolls, dinner rolls, croissants, high-fat crackers, potato chips
Fruits	All fruits & 100% fruit juices.		
Vegetables	All vegetables.		
Milk & yogurt	Skim milk, fat-free yogurt	2% milk	whole milk, regular yogurt
Proteins (meats & meat substitutes)	Chicken, turkey, lean cuts of beef (from round or chuck portions), lean cuts of pork, low-fat hot dogs, turkey bacon, turkey sausage, low-fat cheese, tuna fish packed in water, baked fish, egg whites, egg substitute, shellfish, fat-free cottage cheese, wild game	Regular ground beef, mozzarella cheese, ricotta cheese, feta cheese, ribs, whole eggs	Sausage, salami, bologna, regular hot dogs, American cheese, cheddar cheese, Swiss cheese, bacon

About the fat food group: The foods included in this group are:

Margarine, mayonnaise, salad dressing, canola oil, olive oil, peanut butter, cream cheese, sour cream, shortening, butter.

Do not have more than 3 servings of fat added to your foods each day. One serving equals 1 tsp. If you use a low-fat version of these foods, a serving equals 1 Tbsp. If you use a fat-free version, you do not have to count that as a serving of fat.

CHANGES AFTER SURGERY: USEFUL TOOLS

Gastric bypass surgery provides you with tools that will help you make changes in the way you eat. The most obvious of these tools is the change in the size of your stomach. Your new stomach will only be about the size of an egg. This means that you will be full after eating only ½ cup of food! The new size of the stomach helps you make changes in portion control, or how much you eat. When you are not eating as much, you are getting fewer calories, and so you lose weight.

Another tool the gastric bypass surgery provides is malabsorption. This means that your body does not absorb everything that you put into it. Malabsorption also helps you to lose weight because you will absorb fewer calories.

Another useful tool provided by your gastric bypass surgery is the dumping syndrome. If you eat concentrated amounts of sugar (like what is in cakes, cookies, and pies), you will have the dumping syndrome. The symptoms of dumping syndrome are light-headedness or dizziness, nausea, sweatiness, and diarrhea. You can prevent dumping syndrome by not eating concentrated amounts of sugar. If you do “mess up” and eat something sweet, the dumping syndrome usually makes sure that you don’t want to eat sweets again!

After your surgery, your tastes and food preferences often change. Most of your food cravings will go away. This is another useful tool that the surgery provides.

Make these tools work for you

If you do not follow the diet guidelines in this booklet, you can “lose” all of these useful tools forever. Remember, these tools can only help you make lifestyle changes. They do not guarantee lifestyle changes! Here are two ways to help you make the tools work for you:

1. **Always stop eating or drinking as soon as you feel full.** Pushing yourself to eat more will cause the stomach to stretch. You will then have to eat more to feel full, which means you will eat more calories.
2. **Stay away from any foods that you have trouble controlling cravings for now.** Those can be called “trigger” foods, and are usually different for each person. Don’t go looking for low-fat/low-sugar versions of your “trigger” foods!

CHANGES AFTER SURGERY: COMPLICATIONS

Even though the change in the size of your stomach and malabsorption are useful tools, they can cause you to have serious problems if you do not plan your eating correctly. These problems are often called complications from the surgery, and can happen very soon after your surgery or a long time after your surgery (even 3 or more years).

Complications of the Gastric Bypass Surgery

- ❑ Dehydration
- ❑ Nausea
- ❑ Vomiting
- ❑ Dumping Syndrome
- ❑ Constipation
- ❑ Protein Deficiency
- ❑ Vitamin and Mineral Deficiency – most common are iron, calcium, and B12



Following our diet guidelines for portion size, specific foods, and supplements will help prevent these complications.

Returning to see your physician for regular check-ups will also help prevent complications. Even if you are getting the amounts recommended, you could still have a deficiency if you are not absorbing what you are taking in. Remember that vitamin, mineral, and protein deficiencies can be seen in lab work before you have physical symptoms of the deficiency.

A note about lactose intolerance:

Another complication of the surgery can be lactose intolerance. This occurs when your body is not able to digest lactose, the natural sugar found in fresh milk. Many people have lactose intolerance even before gastric bypass surgery. If drinking milk or eating ice cream causes you to have stomach cramps, gas, or diarrhea, then you may have lactose intolerance. Eating yogurt and cheese should not cause the same symptoms, because most of the lactose in yogurt and cheese is usually broken down during processing. Milk and milk products will be a good source of protein for you after the surgery, but if you have lactose intolerance, you must use products that are lactose-free.

DIET GUIDELINES PREVENTING COMPLICATIONS

Here is a list of complications, along with the cause and ways to prevent them.

Complication	Possible Causes	Ways to Prevent it
Dehydration	Not enough fluid	Make sure you drink at least 6 cups (48 oz. of liquid each day)
	Diarrhea	See ways to prevent dumping syndrome
	Vomiting	See ways to prevent dumping syndrome
Nausea & Vomiting	Too much food	Follow the guidelines for portion control. Always stop eating when you feel full.
	Food too large to fit into intestine	Chew foods very carefully. Make sure that your food is liquid before you swallow.
	Taste change	Add one new food at a time so that you learn what foods to avoid.
Dumping Syndrome	Eating concentrated amounts of sugar	Avoid table sugar, cakes, cookies, pies, doughnuts, hard candy, candy bars, honey, cereals with added honey or sugar, jellies & jams.
Constipation	Not enough fiber or food.	Try to eat more vegetables, fruits, and whole grains. Ask your doctor if you think you might need a fiber supplement (like Metamucil® or Benefiber®)
	Dehydration	See ways to prevent dehydration
	Lack of exercise	The more you move, the more regular you are
Protein Deficiency	Not enough protein	Make sure that you get at least 60 grams of Protein per day. See Diet Guidelines: Protein
Vitamin and Mineral Deficiency	Not enough vitamins and/or minerals.	Always take your multi-vitamin and any other supplements recommended by your dietitian or doctor. See Diet Guidelines: Vitamins and Minerals
	Malabsorption	Your doctor or dietitian may recommend extra supplements.

DIET GUIDELINES

PROTEIN

You will need **60-80 grams** of protein each day. This will start a few days after your surgery, when your doctor advances you to a Full Liquid Diet and will continue for the rest of your life.

How to get your protein

During the first few weeks, you will not be able to eat foods, so you must drink your protein. Even after you start to eat solid foods, you will still have to drink some of your protein to get 60 grams in each day. Below are some high-protein liquids and also some protein supplements. If you choose to use something that is not on this list, check with your dietitian or physician.

Protein Shakes

Pure Protein Shake.....	170cal, 35g protein, 1g sugar
Muscle Milk Light.....	60cal, 15g protein, 0g sugar
Oh Yea! Nutrition Shake.....	220cal, 32g protein, 3g sugar
Protein Blitz.....	120cal, 30g protein, 1g sugar
Designer Whey Protein.....	100cal, 18g protein, 3g sugar
Syntha-6.....	220cal, 28g protein, 4g sugar
Bariatric Advantage Pro Joe Liquid Protein.....	120cal, 20g protein, 3g sugar
Bariatric Advantage High Protein Meal Replacement...	140cal, 27g protein, 1 sugar
Bariatric Fusion.....	138cal, 27g protein, 1g sugar
CytoSport Monster Milk.....	130cal, 18g protein, 0g sugar
EAS Advantage Carb Control.....	110cal, 17g protein, 0g sugar
Atkins Advantage.....	160cal, 15g protein, 1g sugar
Slimfast Lower Carb.....	190cal, 20g protein, 1g sugar
Boost Glucose Control.....	190cal, 16g protein, 4g sugar

Juice Protein Drink/Powder:

Bariatric Advantage ProGo.....	50cal, 10g protein, 2g sugar
Isopure Zero Carb RTD.....	160cal, 40g protein, 0g sugar
Nectar Protein Powder.....	90cal, 23g protein, 0g sugar
Profect.....	100cal, 25g protein, 0g sugar
Isopure Zero Carb Powder (has non-milky options).....	210cal, 50g protein, 0g sugar
Chike Protein Powder (has non-milky options).....	170 cal, 27g protein, 2g sugar
Unjury (has soup and unflavored options).....	100cal, 20g protein, 3g sugar

REMINDER: When choosing Protein Shake/ Drink:

- \leq 200 calories/ serving
- $>$ 15g protein/ serving
- $<$ 5g sugar/ serving

High Protein Foods

Food Name	Portion	Protein (gm)
Beans, Cnd, Baked	½ cup	7
Beans, Kidney, Cnd	½ cup	8
Beef Eye of Round	3oz.	21
Beef Top Loin	3oz.	21
Cheese, American Fat Free	1 oz.	6
Cheese, Cottage, 1% Fat	½ cup	14
Cheese, Cottage Creamed	½ cup	13
Cheese, Parmesan, Grated	¼ cup	12
Cheese, Mozzarella, Part-skim	1 oz.	8
Cheese, Ricotta, Part skim	½ cup	14
Cheese, Part Skim Ricotta	¼ cup	8
Chicken, White Breast Meat w/o skin	3 oz.	26
Chicken, Leg w/o skin	3 oz.	21
Cod, White, Baked	3 oz.	21
Crab, steamed	3 oz.	17
Egg, hard boiled	1	7
Egg Whites	2	7
Egg Substitutes	¼ cup	7
Flounder	3 oz.	21
Halibut	3 oz.	21
Ham, Lean, 5% Fat	3 oz.	21
Hamburger (90% lean ground beef)	3 oz.	21
Lobster, Steamed	3 oz.	16
Milk, Skim	1 cup	8
Milk, Skim Plus	1 cup	11
Peas, Chick, Cnd	½ cup	7
Pork Tenderloin	3oz.	21

Food Name	Portion	Protein (gm)
Pork Loin Chop	3oz.	21
Protein Powder (There are many different brands which vary in amount of protein. Read labels.)	1 scoop	16
Salmon, Baked	3 oz.	21
Shrimp, Steamed	3 oz.	18
Soybeans (edemami)	½ cup	14.3
Soy Flour, defatted	¼ cup	12.8
Soymilk, plain	1 cup	6.6
Soynuts	¼ cup	15
Steak, Sirloin, trimmed	3 oz.	26
Swordfish, Baked	3 oz.	21
Tempeh	½ cup	15.7
Texturized Soy Protein	½ cup	11
Tofu	½ cup	10
Tuna, Cnd, Water Packed	3 oz.	25
Turkey, White Meat	3 oz.	21
Veal Loin	3 oz.	21
Veal Leg (top round)	3 oz.	21
Yogurt (sugar free), Frozen, Vanilla	½ cup	5
Yogurt, Fruit, Fat Free, low sugar	1 cup	8
Yogurt, w/o Fruit, Lowfat	1 cup	8

REMINDER:

- Need 60-80g of protein per day
- Keep a FOOD JOURNAL to keep track of intake
- In the beginning, you may still need protein powder or shake to meet 60-80g protein/day

DIET GUIDELINES

VITAMINS

It is recommended that you take a chewable multivitamin for the first 3 months following surgery. You should start taking your chewable vitamin 2 weeks post-operatively. Not taking additional supplementation will put you at risk for developing a vitamin/mineral deficiency.

We recommend that you take:

1. Multivitamin
2. Calcium Citrate chew (1500 mg/day)
3. Iron 18 mg/day (Ferrous Fumerate/Gluconate)
4. Vitamin B12 (1000 mcg every other day or 350-500 mcg daily)

Remember to take your iron and calcium supplement at different times of the day as they will otherwise inhibit absorption of one another.

Recommended brands* for chewable vitamin supplements:

1. Bariatric Advantage (www.bariatricadvantage.com)
2. Optisource Vitamins (www.walgreens.com)
3. Celebrate Bariatric Vitamins (www.celebratevitamins.com)
4. Nutrametrix Vitamins (www.nutrametrix.com)

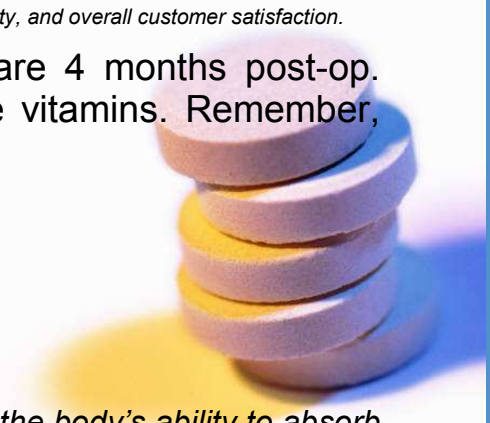
* these products have been given high ratings for quality, purity, and overall customer satisfaction.

You can start taking capsule vitamins when you are 4 months post-op. Below are some recommended brands for capsule vitamins. Remember, B-12 will always be Sublingual!

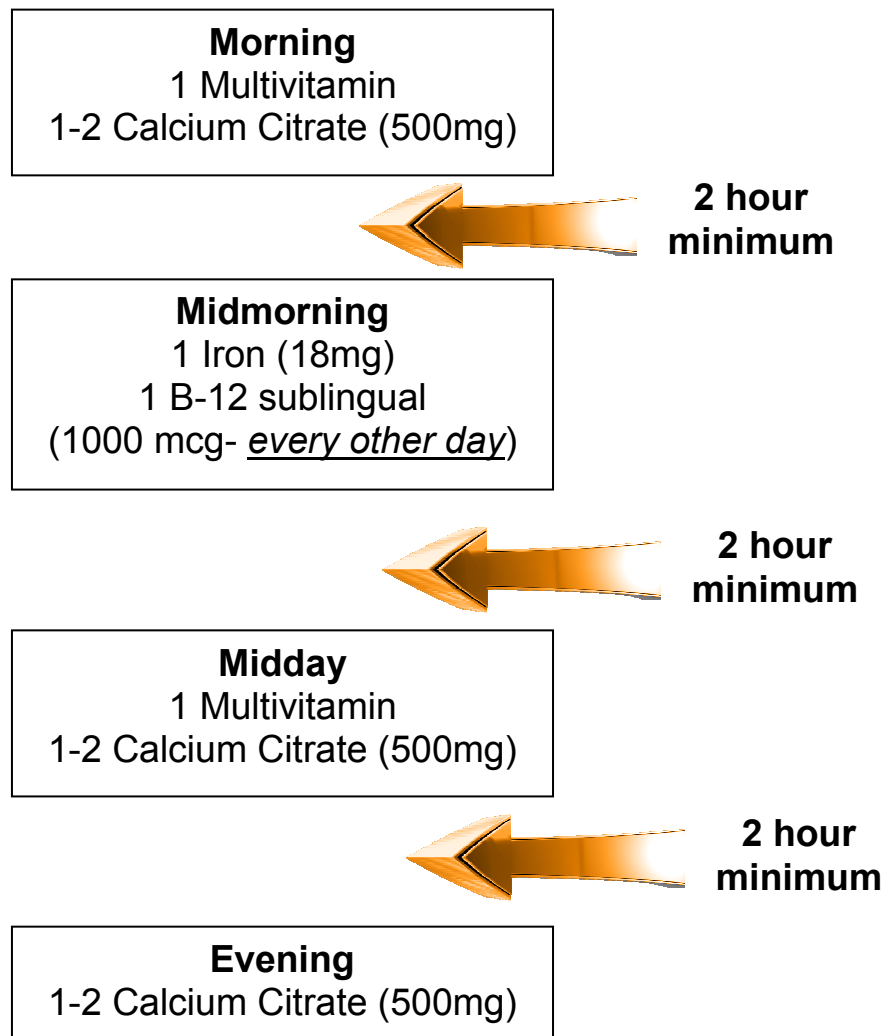
1. Nature's Life (Whole Foods)
2. Nature's Way (Whole Foods)
3. GNC vitamin products (www.gnc.com)

General Tips about Vitamins:

1. *Taking your Iron supplement with Vitamin C will aid in the body's ability to absorb Iron. Also, although Ferrous sulfate is a popular form of Iron, it is not well absorbed post-operatively. That is why we recommend Ferrous Fumerate or Ferrous Gluconate.*
2. *Calcium Citrate is better absorbed post-operatively because it does not require as much stomach acid. Avoid supplements that say Calcium Carbonate; you will not be able to absorb them as well. Also, you can only absorb 500 mg of Calcium at once; any more is simply excreted in the urine. Lastly, do not take your Iron supplement with your Calcium supplement; they inhibit the absorption of one another.*
3. *If it is recommended that you take Vitamin D, make sure you take Vitamin D3 (it is absorbed best).*
4. *Products such as Centrum, One-A-day, Flinstones, and Generic brands are not generally recommended because they often contain forms of Calcium/Iron that are not well absorbed following WLS.*



Chewable Vitamin Pathway
Bariatric Advantage Vitamins



To Order:

1. Go to www.bariatricadvantage.com or call 1-800-898-6888
 - a. Validation Code- "VHC"
2. Click on "Gastric Bypass/Sleeve Kit"
 - a. Kit #1 (90 day) and #3 (30day) include MVI, Protein Powder, Iron, B-12, Calcium Chews and Calcium Crystals
 - i. Calcium Chews- Need 1-2 chews per day
 1. May take 2 chews at a time
 - ii. Calcium Crystals- Need 3-4 scoops per day
 1. May take 2 scoops at one time
 - b. Kit #2 (90 day) and #4 (30 day) include MVI, Iron, B-12 and Calcium Lozenge
 - i. Calcium Lozenge- Need 3 per day

Liquid Vitamin Pathway
Nutrametrix Liquid Vitamins

Morning
Isotonix Multivitamin (1 capful)
+
Isotonix Calcium Complete (2 capful)
+
6oz of Water
=
Vitamin Cocktail



**2 hour
minimum**

Afternoon
1 Iron chewable (18mg)
1 B-12 sublingual
(1000 mcg - *every other day*)



**2 hour
minimum**

Evening
Isotonix Multivitamin (1 capful)
+
Isotonix Calcium Complete (2 capful)
+
6oz of Water
=
Vitamin Cocktail

To Order Nutramix:

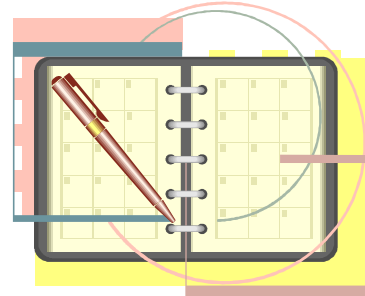
3. Go to www.nutrametrix.com
 - a. To order liquid Calcium- Click on "Bone & Joint"
 - i. Click on "NutraMetrix Isotonix Calcium Complete"
 - b. To order liquid MVI- Click on "General Health"
 - i. Click on "NutraMetrix Isotonix Multivitamin"
 1. Choose single bottle with Iron
4. REMINDERS
 - a. Use 2oz water for each capful
 - b. Product will fizz for a minute when mixing. Stir and let sit for a minute before drinking
 - c. Keep isotonic vitamins in refrigerator
 - d. Do not mix vitamins with medications or other averages

DIET GUIDELINES

STAGES OF YOUR DIET

After the surgery, your stomach will not be able to hold as much food or liquid as it will eventually. Your stomach will also have to be introduced to larger amounts of liquid and solid foods slowly. This slow introduction will be done in different stages. The first stages will start in the hospital. The stages of your diet will be:

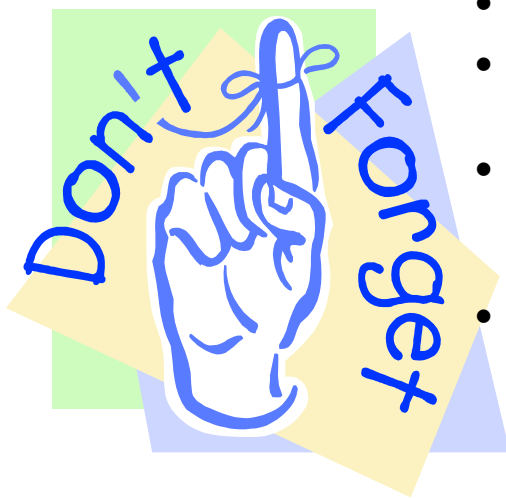
- Stage 1: Clear Liquid
- Stage 2: Full Liquid
- Stage 3: Pureed
- Stage 4: Solid Foods



There are two things that **will** change in each stage:

- Amount: The portions that we recommend are maximums. You CAN do less if you need to.
- Consistency: You will start off with very liquid-type foods, and then move toward normal solid foods.

There are some things that **will not** change in each stage. These are summarized in the following rules:



- Always stop eating when you feel full!
- Always eat your protein first. This will help you to get your 60 grams of protein each day.
- Always measure your liquids and foods before you start drinking or eating. This will help you to portion control.
- Avoid high-calorie foods. This will mean avoiding sugar (which will also prevent dumping syndrome) and limiting fat. You can refer to the "Limiting Fat" page at the back of this handout for tips on limiting fat.

DIET GUIDELINES

STAGE 1: CLEAR LIQUIDS

This diet will last 1-2 days. A clear liquid diet focuses on keeping you hydrated.

Foods Allowed: Water, Sugar-free drinks (like Crystal Light®), sugar-free jell-o, sugar-free popsicles, and 100% fruit juices. You can also use Splenda®, Nutrasweet®, and Equal®.

Foods Not Allowed: Drinks with sugar (like Gatorade®, Powerade®, Kool-Aid®), drinks with carbonation (anything that fizzes), drinks with caffeine, any solid foods.

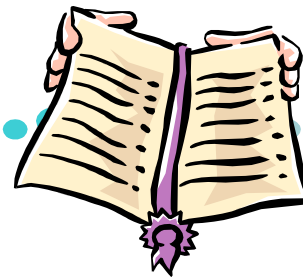
Amounts: No more than 1 oz. in 15 minutes. You will need to make sure that your nurse brings you a medicine cup to measure out your liquid.



Reminders: You need at least 6 cups of liquid to stay hydrated.

1 oz = 2 Tablespoons = 1/8 cup

8 oz = 1 cup



SAMPLE MENUS

Sample Menu #1

7:00- 1oz water
7:15- 1oz SF punch
7:30- 1oz (2 Tbsp) SF Jello
7:45- 1oz water
8:00- 1 oz (2 Tbsp) SF Jello
8:15- 1 oz (2 Tbsp) SF Jello
8:30- 1 oz (2 Tbsp) SF Jello
8:45- 1 oz water
9:00- 1oz SF Popsicle

Sample menu #2

12:00- 1oz (2 Tbsp) soup broth
12:15- 1oz (2 Tbsp) soup broth
12:30- 1oz (2 Tbsp) SF Jello
12:45- 1oz water
1:00- 1oz water
1:15- 1oz Isopure
1:30- 1oz Isopure
1:45- 1oz water
2:00- 1oz SF Popsicle

DIET GUIDELINES

STAGE 2: FULL LIQUIDS

This diet will start in the hospital and last 2 weeks after you go home. Your surgeon will tell you when you can advance to the next stage.

Summary: This diet will keep you hydrated and also allow you to get your 60 grams of protein each day.

Foods Allowed: All foods on Clear Liquid Diet, fat-free milk, protein shakes, protein powders mixed with liquids, plain lite yogurt, fat free/sugar free pudding, low-fat cream soup.

Foods Not Allowed: Liquids not allowed on Clear Liquid Diet, whole milk, any other solid foods.

Amounts: No more than 1 oz. in 15 minutes. You should ask your nurse to bring you a medicine cup for measuring in the hospital. You will need to make sure that you have medicine cups or other small measuring tools at home to measure your liquids.

Reminders: You need at least 6 cups of liquid to stay hydrated.
-You will need 60-80 grams of protein each day, so drink your protein first!

SAMPLE MENUS

Sample Menu 1:

7:30- 1oz (2 Tbsp) Light Plain Yogurt
8:00- 1oz (2 Tbsp) Light Plain Yogurt
8:30- 1oz Water
8:45- 1oz Water
9:00- 1oz water
9:15 - 1oz water
10:00- 1oz protein Shake
10:15- 1oz Protein Shake
10:30- 1oz Protein Shake
10:45- 1oz Protein Shake
12:00- 1oz (2Tbsp) LF Creamed Soup (strained)
12:15- 1oz (2Tbsp) LF Creamed Soup (strained)
12:30- 1oz (2Tbsp) LF Creamed Soup (strained)
12:45- 1oz (2Tbsp) LF Creamed Soup (strained)

Sample Menu 2:

1:00- 1oz Water
1:15- 1oz Water
1:30- 1oz water
1:45 - 1oz water
2:00- 1oz Protein Shake
2:15- 1oz Protein Shake
2:30- 1oz Protein Shake
2:45- 1oz Protein Shake
3:30- 1oz (2 Tbsp) SF Jello
3:45- 1oz (2 Tbsp) SF Jello
4:00- 1oz (2 Tbsp) SF Jello
4:15- 1oz (2 Tbsp) SF Jello
5:00- 1 oz (2 Tbsp) Light Plain Yogurt
5:15- 1 oz (2 Tbsp) Light Plain Yogurt
5:30- 1 oz (2 Tbsp) Light Plain Yogurt
5:45- 1 oz (2 Tbsp) Light Plain Yogurt

DIET GUIDELINES

STAGE 3: PUREED FOOD

This diet will last about 2 weeks. Your surgeon will tell you when you can advance to the next stage. This diet will start to get your stomach ready for solid foods. Your surgeon will tell you when it is okay to start this diet. Only try one new food at a time. If a food makes you sick, wait several weeks before you try that food again. Do not eat foods and drink liquids at the same time!

Foods Allowed: All foods on Clear Liquid Diet, all foods on the Full Liquid diet, egg whites, egg substitute, fat-free cottage cheese, applesauce, any fruits that have been pureed (you can use a blender for this), any vegetables that are pureed, any meats that are pureed, and all baby foods.

Foods Not Allowed: Liquids not allowed on Clear Liquid Diet, whole milk, any solid foods that are not pureed, and sweets.

Amounts: No more than 2 oz. or ¼ cup in 30 minutes. You will probably still need a medicine cup to measure your liquids.

Reminders: You need at least 6 cups of liquid to stay hydrated.

- You will need 60-80 grams of protein each day, so drink your protein first!
- Do not eat and drink together.
- Always measure out what you are going to drink or eat before you start drinking or eating.



PUREED FOOD : SAMPLE MENU

7:00- 2oz- Protein Shake

7:30- 2oz Protein Shake

8:00- 2oz Protein Shake

8:30- 2oz Protein Shake

9:00- 2oz water

9:30- 2oz water

10:00- 2oz water

10:30- 2oz water

11:00- ¼ cup FF cottage cheese (small curd)

11:30- ¼ cup FF cottage cheese (small curd)

12:00- 2oz Crystal Light

12:30- 2oz Crystal Light

1:00- 2oz Crystal Light

1:30- 2oz Crystal Light

2:00- 1 oz (2 Tbsp) Puree Turkey

1 oz (2 Tbsp) Mashed Potatoes (w/ pro powder)

3:00- 2oz SF Kool-Aid (w/ pro powder)

3:30- 2oz SF Kool-Aid (w/ pro powder)

4:00- 2oz SF Kool-Aid (w/ pro powder)

4:30- 2oz SF Kool-Aid (w/ pro powder)

5:00- 2 oz Puree Fish

5:30- 2oz (4 Tbsp) Puree green beans

6:00- 2oz water

6:30- 2oz water

7:00- 2oz water

7:30- 2oz water

8:00- 2oz Crystal Light

8:30- 2oz Crystal Light

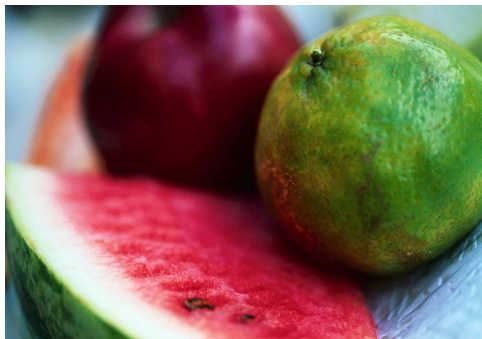
9:00- 2oz Crystal Light

9:30- 2oz Crystal Light

DIET GUIDELINES STAGE 4: SOLID FOOD

This diet will last you the rest of your life! Your doctor will tell you when to start adding in solid foods. Add new foods in one at a time. The most important thing to remember when you start eating solid foods is to chew! You want to turn your food into liquid before you swallow it. This usually means chewing about 30 times. Start with really soft foods and gradually get into tougher foods as tolerated.

Foods Allowed: All foods on Clear Liquid Diet, all foods on the Full Liquid diet, egg whites, egg substitute, fat-free cottage cheese, applesauce, all soft fruits, all cooked vegetables, low-fat meats foods, low-fat starches.



Foods Not Allowed: Liquids not allowed on Clear Liquid Diet, whole milk, high-fat meats, high-fat starches, sweets. See Tips on Limiting Fat.

Amounts: No more than 4 oz. or ½ cup in 30 minutes. You can use normal kitchen measuring cups to measuring your foods at this point.

Reminders: You need at least 6 cups of liquid to stay hydrated.

- You will need 60-80 grams of protein each day, so eat and drink your protein first!
- Do not eat and drink together.
- Always measure out what you are going to drink or eat before you start drinking or eating.
- You will be eating between 4 and 6 times each day. You should make sure that you eat fruits and vegetables each day. You should follow the meal patterns on the next page to make sure your meals are balanced.

DIET GUIDELINES

SAMPLE MEAL PLAN

You should eat at least two vegetables and two fruits each day, along with your proteins and liquids. This will keep your diet balanced.

SOFT FOOD SAMPLE MENU

7:00- ¼ cup egg substitute
½ cup of applesauce

8:00- 4oz Skim Milk
8:30- 4oz Skim Milk

10:00- ¼ cup cottage cheese (w/ protein powder)
¼ cup canned peaches

11:00- 4oz Water
11:30- 4oz Water

12:00 pm- ¼ cup canned tuna (packed in water)
with 1 tsp LF mayonnaise
3 small whole grain crackers

1:00- 4oz SF Kool-Aid
1:30- 4oz SF Kool-Aid

2:30- ½ cup Light Yogurt (w/ protein powder)

3:00- 4oz Skim Milk
3:30- 4oz Skim Milk

4:30- 4oz SF Kool-Aid
5:00- 4oz SF Kool-Aid

6:00- ¼ cup ground turkey w/ 1 Tsp FF gravy
¼ cup cooked green beans

7:00- 4oz Water
7:30- 4oz Water



SOLID FOOD SAMPLE MENU

7:00- ¼ cup Light Yogurt
¼ cup banana slices

8:00- 4oz water
8:30- 4oz water

9:30- 2oz low-fat cheese
3 small whole grain crackers

10:30- 4oz Crystal Light
11:00- 4oz Crystal Light

12:00- 2 oz chicken breast
2oz cooked broccoli

1:00- 4oz Crystal Light
1:30- 4oz Crystal Light

2:30- ¼ cup cottage cheese

3:30- 4oz Skim Milk
4:00- 4oz Skim Milk

5:00- 4oz Crystal Light
5:30- 4oz Crystal Light

6:30- ½ cup mild Chili soup
1 oz LF cheese

7:30- 4oz water
8:00- 4oz water

EXERCISE

EXERCISE INFORMATION

Your surgeon will tell you when it is safe for you to start exercising.

Why is exercise important?

Exercising each day will help your body use more calories each day. If you are following your diet guidelines, you are already limiting the amount of calories coming into your body. By exercising, you will increase the **difference** between the calories coming in and the calories going out. This will help you lose more weight. Once you have reached your goal weight, exercise plays an important role in helping you to maintain your weight.

Regular exercise will also increase your cardiovascular fitness, which means that your heart and lungs will have more endurance. Regular exercise can help you reduce your risks for health problems like heart attack, stroke, diabetes, and high blood pressure.

What is the difference between exercise and daily activity?

Many people think that if they are active during the day, they do not need to exercise regularly. Increasing your daily activity by parking further away from stores, taking stairs instead of elevators, or walking to your mailbox can increase how many calories you are using. However, unless you are performing an activity for a continuous amount of time, you are not giving your heart and lungs a good work out.

The difference between daily activity and exercise is that exercise is performed for a continuous amount of time, while daily activity occurs for short periods. Once you choose an exercise, you should exercise continuously for at least 10 minutes. Once you have increased your cardiovascular fitness, try to exercise continuously for 20 or 30 minutes.

Some ideas for exercise

1. Walking – You can walk around your neighborhood, at a local park, at a local high school track, or on a treadmill.
2. Biking – You can ride an outside bike in your neighborhood or at a local bike trail. You can ride a stationary bike at home or at a gym.
3. Group classes – Local gyms usually have a variety of classes such as step aerobics, water aerobics, yoga, or Pilates.
4. Team sports – Many local churches and some local gyms may have basketball, baseball, or tennis teams that you can join.

EXERCISE TIPS FOR GETTING STARTED

Guidelines for exercise

1. Do not do anything that causes you pain. If you are experiencing pain, decrease the amount of time you are exercising or change to a different type of exercise. If the pain continues, talk to your doctor.
2. Exercise a minimum of 30 minutes a day. When you first start exercising, you may not be able to do all 30 minutes at once. Try breaking your exercise into 3 10-minute sessions. Then gradually increase your time until you can exercise for 30 minutes at a time.
3. Always have a warm-up and cool-down period. These periods should last 5 minutes before and after you exercise. Do the same activity that you are planning to do for exercise, but at a slower rate.
4. Always be safe. If you are exercising alone, make sure that a friend or family member knows where you are going and about what time you should be back. Wear a medical identification bracelet if you have a health problem such as allergies, diabetes, or high blood pressure. Wear comfortable shoes that do not rub your feet and have good cushioning for your joints. Wear loose, comfortable clothing that will keep you cool in the summer and warm in the winter.
5. When you first start exercising, start off slowly. Over a period of several months, you should be able to gradually increase both the intensity and duration of your exercise.

A sample walking program

	Warm-up Time (Walk slowly)	Fast Walk Time (Walk briskly)	Cool-down Time (Walk slowly)	Total Time
Week 1	5 minutes	5 minutes	5 minutes	15 minutes
Week 2	5 minutes	8 minutes	5 minutes	18 minutes
Week 3	5 minutes	11 minutes	5 minutes	21 minutes
Week 4	5 minutes	14 minutes	5 minutes	24 minutes
Week 5	5 minutes	17 minutes	5 minutes	27 minutes
Week 6	5 minutes	20 minutes	5 minutes	30 minutes
Week 7	5 minutes	23 minutes	5 minutes	33 minutes
Week 8	5 minutes	26 minutes	5 minutes	36 minutes
Week 9 and beyond	5 minutes	30 minutes	5 minutes	40 minutes

Food and Exercise Log

Name: _____ Date: _____ Diet Phase: _____

Meal	Time	Amount (Tsp, Tbsp, oz, cups)	Food/Supplement (brand/how cooked)	Protein (grams)
Breakfast				
Lunch				
Dinner				
Snack (s)				
Beverages				
Exercise				

CHECKLIST

ARE YOU READY FOR SURGERY?



You should be able to check off everything on this list. Otherwise, you are not ready for surgery!

- I eat at least 3 times a day (breakfast can be a protein shake).
- I eat at about the same time each day.
- I have decreased my portion sizes.
- I eat at least 3 servings of vegetables a day (1 serving = ½ cup).
- I eat at least 2 servings of fruit each day (this does not count the fruit that you are drinking.)
- I have cut in half the amount of fat that I add to foods.
- I am choosing low-fat products more often than I choose high-fat products.
- I only eat sweets, desserts and/or candy one time per week.
- I only eat fried foods one time per month.
- I have increased my activity.
- I have cut in half the number of caffeine drinks I have each day.
- I have cut in half the number of carbonated drinks I have each day.
- I drink at least 64 oz. of water each day.
- I sip all of my drinks slowly.
- I take a multivitamin each day (can be adult instead of chewable).
- I have practiced (at least twice) chewing my foods 30 times before swallowing.
- I have practiced (at least twice) not drinking for 30 minutes before, during, or 30 minutes after a meal.
- I have medicine cups at my house to use for measuring after the surgery.
- I have a set of measuring cups to use for measuring after the surgery.
- I have a set of measuring spoons to use for measuring after the surgery.
- I have a liquid measuring cup to use for measuring after the surgery.
- I have an alarm clock, kitchen timer, or stop watch to use to remind myself to drink after surgery.
- I have tasted and purchased a supply of the supplements I will use to get most of my protein after the surgery.
- If I have decided to use fat-free milk, I have purchased something lactose-free as a “back-up” in case I become lactose intolerant.