



Your complete guide for
Nutrition and Exercise
Following
Sleeve Gastrectomy



INTRODUCTION

Weight loss surgery, such as the sleeve gastrectomy, provides you with 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 amounts and types of food you eat.

You should have an appointment before your surgery so that the guidelines and information in this booklet are explained to you by a registered dietitian. This booklet will help you 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, you will be referred back to the registered dietitian to discuss your diet. At some of your appointments, you may 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
- Diet Guidelines
- Checklist: Are you ready for weight loss 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 = ½ cup)
- **Fruits** 3-4 servings per day (1 serving = ½ cup or 1 small fruit)
- **Milk** 2-3 servings per day (1 serving = 1 cup)
- **Vegetable** 2-3 servings per day (1 serving = ½ 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	Yeast rolls dinner rolls, cornbread, low-fat crackers	Croissants, high-fat crackers, potato chips, biscuits, muffins
Fruits	All fruits & 100% fruit juice		
Vegetables	All vegetables.		
Milk & yogurt	Skim milk, fat-free yogurt/light yogurt	2% milk	Whole milk, whole milk yogurt
Proteins (meats & meat substitutes)	Chicken/turkey breast, lean cuts of beef (round or chuck, tenderloin, sirloin portions), lean cuts of pork (tenderloin or chops), low-fat hot dogs, turkey bacon, turkey sausage, 2% cheese, tuna fish packed in water, baked fish, egg whites, egg substitute, shellfish, fat-free cottage cheese, wild game	Mozzarella cheese, ricotta cheese, feta cheese, whole eggs	Sausage, salami, bologna, regular hot dogs, American cheese, cheddar cheese, Swiss cheese, bacon, regular ground beef, ribs

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.

HOW IT WORKS: A USEFUL TOOL

The Sleeve Gastrectomy provides you with a tool that will help you make changes in the way you eat. They will make your stomach much smaller than it is now, which 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.

Make this tool work for you!

Remember, this tool can only help you make lifestyle changes. It does not guarantee lifestyle changes! Below are some **rules** to help you make this tool work for you. If you do not follow these rules and the other diet guidelines in this booklet, you can cause problems to occur after surgery.

1. **Eat 3 meals a day, but no snacks!** You need to eat at least 3 times a day in order to get all the nutrients that you need for the day. However, eating in between meals only adds calories, and can cause you not to lose weight or to gain weight back.
2. **Always stop eating or drinking as soon as you feel full.** Pushing yourself to eat more will cause the stomach to stretch. These are complications that have to be corrected with surgery. If you continue to eat or drink once you are full, you will probably cause yourself to vomit.
3. **Eat slowly! You should take at least 20-30 minutes to finish each meal.** If you are eating fast, you may be full before you can feel it. You may then overeat even though you do not mean to.
4. **Do not drink with your meals.** Drinking may cause you to fill up too quickly. It is also easier to eat too much if you are drinking with meals. Do not drink 30-45 minutes before meals and 45-60 minutes after meals.
5. **Do not drink liquids that have calories.** Liquids that contain calories include regular soft drinks, Gatorade, PowerAde, Kool-Aid, sweet tea, coffee with sugar. Fruit juices have calories, but they also provide you with vitamins and minerals. If you want to drink fruit juices, limit yourself to no more than ½ cup per day.
6. **Always eat your protein first.** This will help prevent a protein deficiency.
7. **Take your multi-vitamin supplements each day.**
8. **Exercise regularly, 30 minutes a day.**

CHANGES AFTER SURGERY: COMPLICATIONS

Even though the change in the size of your stomach is a useful tool, it can cause you to have serious problems if you do not plan your eating correctly. These problems are called complications from the surgery, and can happen very soon after your surgery or a long time after your surgery (even 3 or 5 years).

Following our diet guidelines for portion size, specific foods, and supplements will help prevent these complications. Here is a list of possible complications:

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)
Nausea & Vomiting	Too much food	Follow our guidelines for portion control. Always stop eating when you feel full.
	Eating too fast	Make sure that you eat slowly, and chew your food carefully. Your meals should last about 30 minutes.
	Blockage	<i>If you have more than 1 or 2 vomiting episodes per day, or if you vomit after everything you eat, you should call your doctor immediately!</i>
Constipation	Not enough fiber.	Try to eat more vegetables, fruits, and whole grains. Please note: You should limit bran, whole grain bread, and raw fruits and vegetables immediately after the surgery. These foods should be added in slowly so that your stomach can get used to them. <i>Do not take any fiber pills or laxatives without talking to your doctor first.</i>
	Dehydration	See ways to prevent dehydration
Protein Deficiency	Not enough protein	Make sure that eat protein at each of your 3 meals. You should get at least -60-70 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

DIET GUIDELINES PROTEIN

To get the right amount of protein, you should include a good source of protein at each meal. You need 60-80 grams of protein each day. This will help prevent your body from losing muscle mass. Once you begin to eat solid foods, you should not drink the protein liquids that are high in calories.

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:

 - <= 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
Soy milk, 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

Reference: The Weill Cornell Weight Loss Surgery Program

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:

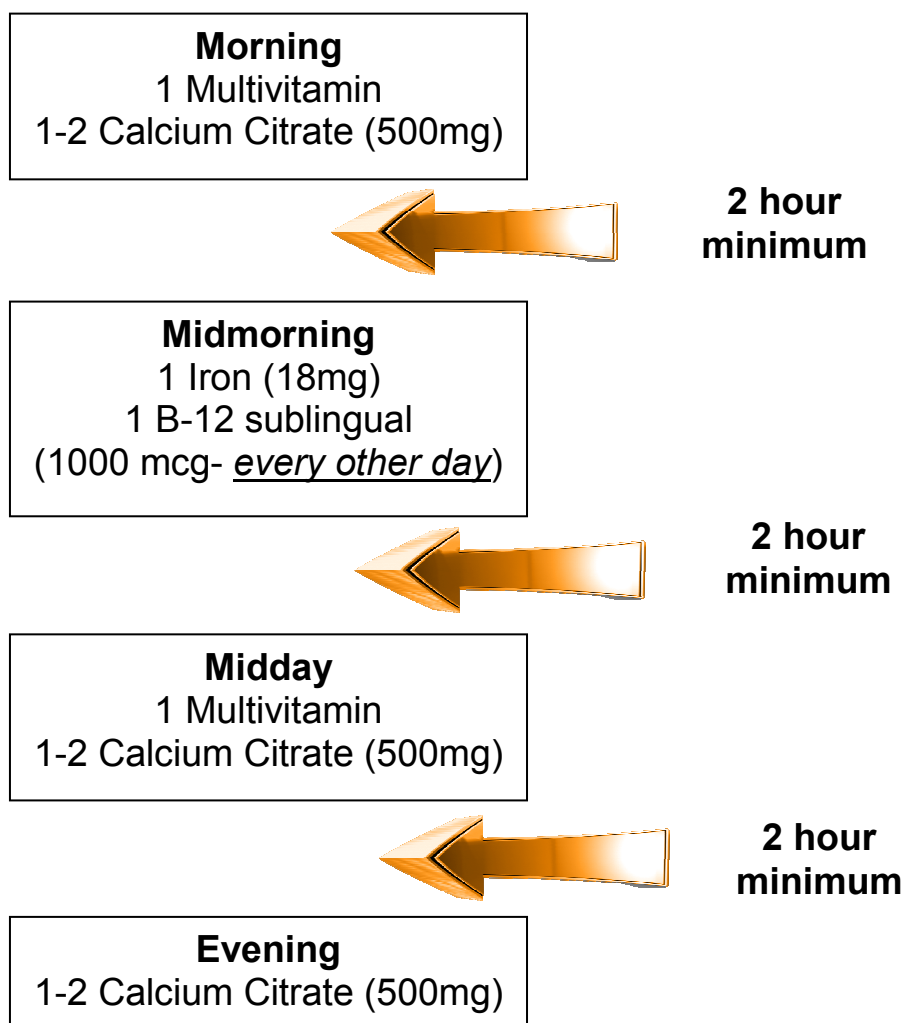
1. Nature's Life (Whole Foods)
2. Nature's Way (Whole Foods)
3. GNC vitamin products (www.gnc.com)

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 simple excreted as 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 Bariatric Advantage:

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:

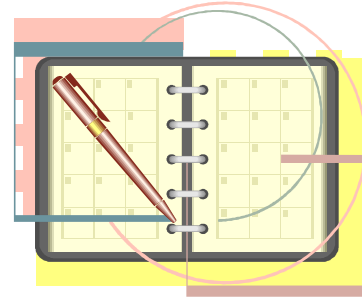
3. Go to www.nutrametrix.com
 - a. To order liquid Calcium- Click on "Bone & Joint"
 - i. Click on "NutraMetrix Isotonix Calcium Complete"
 - b. To order liquid MVI- Click on "General Health"
 - i. Click on "NutraMetrix Isotonix Multivitamin"
 1. Choose single bottle with Iron
4. REMINDERS
 - a. Use 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 beverages

DIET GUIDELINES

THE STAGES OF YOUR DIET

After the surgery, your stomach will not be able to hold much food or liquid. Your stomach will also have to be introduced to 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 (1 day)
- Stage 2: Full Liquid (2 weeks)
- Stage 3: Pureed (2 weeks)
- Stage 4: Solid Foods



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

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

The eating rules that were discussed earlier **will not** change at any stage of your diet. Just to review, here are those rules again.

Rules for eating

1. Eat 3 meals a day, but no snacks!
2. Always stop eating or drinking as soon as you feel full.
3. Eat slowly! You should take at least 20-30 minutes to finish each meal.
4. Do not drink with your meals.
5. Do not drink liquids that have calories, except for milk/protein liquids.
6. Always eat your protein first
7. Take your multi-vitamin supplements each day.
8. Exercise 30 minutes daily



DIET GUIDELINES

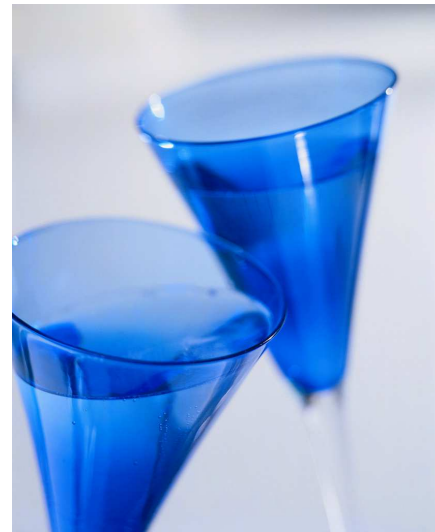
STAGE 1: CLEAR LIQUIDS

This diet will usually last 1 day. A clear liquid diet focuses on keeping you hydrated. It includes any liquid that you can see through.

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 15-30 minutes. You should take tiny sips all during the day so that you get enough liquid.



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

1 oz = 2 Tablespoons = 1/8 cup

8 oz = 1 cup



CLEAR LIQUIDS: SAMPLE MENU

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

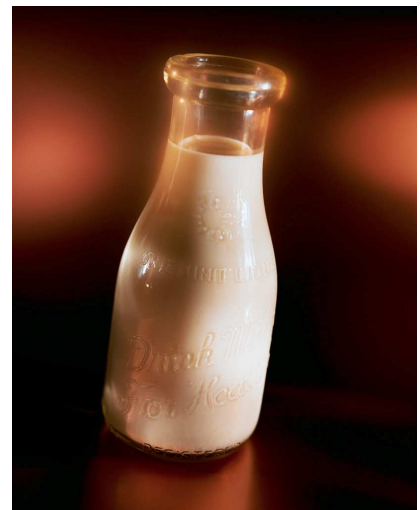
DIET GUIDELINES STAGE 2: FULL LIQUID

This diet may start in the hospital and last 2 weeks after you go home. This diet will keep you hydrated and also allow you to get protein each day.

Foods Allowed: All foods on Clear Liquid Diet, fat-free milk, protein drinks, plain lite yogurt, fat-free/sugar-free pudding, low-fat creamed soups.

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

Amounts: About 1-2 oz. every 15-30 minutes. You should take tiny sips during the day to make sure that you are getting enough liquid.



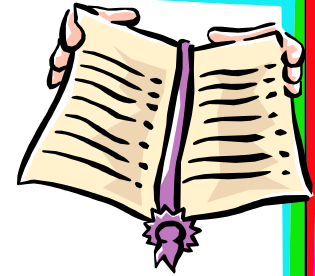
Reminders: You need at least 6 cups of liquid to stay hydrated.

-You will need 60-80 grams of protein each day, so make sure that you are drinking products that contain protein.

You will see a sample menu of a full liquid diet on the next page. Remember that you should sip your liquids slowly – you will not be able to drink the amount listed on the menu all at once.



FULL LIQUIDS: SAMPLE MENU #1



Breakfast:

7:00 am: 4 Tbsp (2oz) fat-free, sugar-free

plain yogurt

8:00-8:30 am: 8 oz skim milk with no sugar added instant
breakfast

10:00am: 8 oz water or Crystal Light®

Lunch:

12:00 noon: 2-4 Tbsp. (1-2oz.) strained fat-free cream soup
2-4 Tbsp. (1-2 oz) fat-free, sugar free pudding

1:00 pm: 8 oz skim milk with no sugar added instant
breakfast

3:00 pm: 4 oz water

4:00pm: 4 oz apple juice

Supper:

5:00 pm: 2-4 Tbsp (1-2oz.) strained fat-free cream soup
2-4 Tbsp (1-2 oz.) fat-free sugar-free plain yogurt

6:00 pm: 8 oz. skim milk with no added sugar instant
breakfast

8:00 pm: 8 oz Crystal Light®

FULL LIQUIDS: SAMPLE MENU #2

7:00- 2oz (4 Tbsp) Light Plain Yogurt

7:30- 2oz (4 Tbsp) Light Plain Yogurt

8:30- 2oz Protein Shake

9:00- 2oz Protein Shake

9:30- 2oz Protein Shake

10:00- 2oz Protein Shake

10:30- 2oz Water

11:00- 2oz Water

11:30- 2oz Water

12:00- 2oz Water

12:30- 2oz (4 Tbsp) Low-fat Creamed Soup (w/ Protein Powder- optional)

1:00- 2oz (4 Tbsp) Low-fat Creamed Soup (w/ Protein Powder- optional)

2:00- 2oz Protein Shake

2:30- 2oz Protein Shake

3:00- 2oz Protein Shake

3:30- 2oz Protein Shake

4:00- 2oz Crystal Light

4:30- 2oz Crystal Light

5:00- 2oz Crystal Light

5:30- 2oz Crystal Light

6:00- 2oz (4 Tbsp) Light Plain Yogurt

6:30- 2oz (4 Tbsp) Light Plain Yogurt

7:30- 2oz Protein Shake

8:00- 2oz Protein Shake

DIET GUIDELINES STAGE 3: PUREED DIET

This diet will last 2 weeks. This diet will get your stomach ready for solid foods. Your surgeon will tell you when it is okay to start this diet.

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: About 2-4 oz. or ¼-½ cup in 30 minutes.

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.

You will see a sample menu of a pureed diet on the next page. Remember that you should sip your liquids slowly – you will not be able to drink the amount listed on the menu all at once.





PUREED FOOD: SAMPLE MENU #1

Breakfast:

- 7:00 am: ¼ cup scrambled egg substitute
4 Tbsp. (2 oz.) cream of wheat with skim milk to thin or moisten
- 8:00 am: 8 oz. skim milk with no sugar added instant breakfast
- 10:00 am: 8 oz. water or Crystal Light®

Lunch:

- 12:00 noon 4 Tbsp. (2 oz.) pureed turkey
2 Tbsp. (1 oz.) mashed potatoes
2 Tbsp. (1 oz.) pureed green beans
- 1:00 pm 4 oz grape juice
- 2:00pm 3 oz. light yogurt
- 4:00 pm 8 oz water/decaf tea with sugar substitute

Supper:

- 5:00 pm: 4 Tbsp. (2 oz.) pureed beef
2 Tbsp. (1oz.) mashed potatoes
2 Tbsp. (1 oz.) pureed carrots
- 6:00pm: 8 oz skim milk with no added sugar instant breakfast
- 7:00 pm: 8 oz Crystal Light®

PUREED FOOD: SAMPLE MENU #2

7:00- ½ cup fat-free Cottage Cheese

8:00- 2oz water

8:30- 2oz water

9:00- 2oz water

9:30- 2oz water

10:00- 4oz Protein Shake

10:30- 4oz Protein Shake

11:30- 4oz Crystal Light

12:00- 4oz Crystal Light

1:00- 2 oz (4 Tbsp) Puree Turkey

2 oz (4 Tbsp) Mashed Potatoes (with protein powder-optional)

3:00- 4oz SF Kool-aid

3:30- 4oz SF Kool-aid

5:00- 2 oz Puree Fish

2oz (4 Tbsp) Puree green beans

6:00- 4oz Skim Milk

6:30- 4oz Skim Milk

7:00- 4oz Crystal Light

7:30- 4oz Crystal Light

DIET GUIDELINES STAGE 4: SOLID FOODS

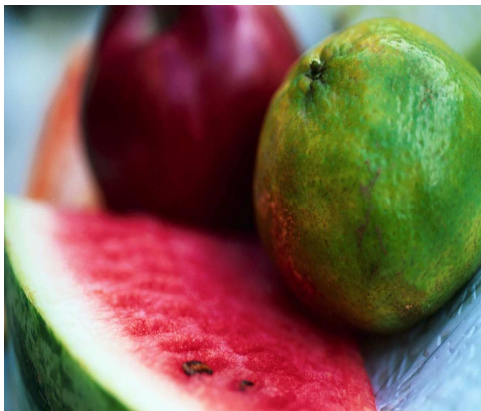
This diet will last you the rest of your life! Your doctor will tell you when to start adding in solid foods. Add new foods in one at a time. The most important thing to remember when you start eating solid foods is to eat slowly! You should also make sure that you chew your foods very well before you swallow it. Start with really soft foods and gradually incorporate 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: You should be eating about ½-1 cup of food at eat meal. Your meals should last about 20-30 minutes.



Reminders:

- You must learn to listen to your stomach and stop eating or drinking when you **start** to feel full
- You need at least 6 cups of liquid to stay hydrated.
- You will need 60-80 grams of protein each day, so eat your protein first!
- Do not eat and drink together.
- Do not eat between meals.

Please note: Food intolerances vary with each person and at different times. What you were unable to eat 3 months after your surgery, you may be able to eat 6 to 9 months after surgery. As a general rule, it is best to try only one new food per day. Make a note of foods that you do not tolerate well and try to avoid them for 1-3 months before trying them again.

SOLID FOODS: SAMPLE MENUS

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



Time	Food group	Amount	(Menu idea)
7:00 a.m.	Protein	2 oz.	Turkey bacon
	Fruit	2 Tbsp.	Applesauce
	Starch	1 ½-2 Tbsp.	Grits
	Fat	1 tsp.	Margarine
12:00 p.m.	Protein	2 oz.	Baked chicken
	Vegetable	1-2 Tbsp.	Turnip greens
	Starch	1-2 Tbsp.	Black-eyed peas
6:00 p.m.	Protein	2 oz.	1 large meatball
	Starch	¼ cup	Spaghetti noodles
	Vegetable	1-2 Tbsp.	Green beans

Note about liquids: This menu does not include liquids. You would need at least 6 cups of liquids to stay hydrated. Don't forget to include at least 2 servings of dairy per day!

Note about fat: This menu only has 1 serving of fat. You may have up to 3 servings of fat each day. See Tips for Limiting Fats.



Soft Foods Sample Menu

7:00- 6 oz Light Yogurt
¼ cup unsweetened peaches

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

10:00- 4oz Water
10:30- 4oz Water

12:00pm- 3 oz Baked Tilapia
2oz Cooked Carrots

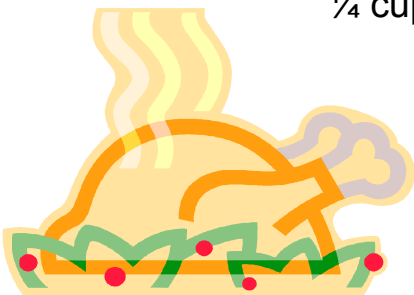
1:00- 4oz SF Kool-Aid
1:30- 4oz SF Kool-Aid

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

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

6:00- ½ cup ground turkey w/ 1 Tsp FF gravy
¼ cup cooked green beans

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



Solid Foods Sample Menu

7:00- ¼ cup Egg Substitute
(with chopped green pepper and onion)
¼ cup Light Yogurt
¼ cup Banana Slices

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

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

12:00- 3 oz Chicken Breast
2oz cooked broccoli



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

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
¼ cup unsweetened applesauce



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

EXERCISE

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 allergies, diabetes, or high blood pressure. Wear comfortable shoes that do not rub you 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?

Remember that the surgery only provides a tool to make lifestyle changes easier. It is a good idea to practice some healthy habits before you have your surgery. You should be able to check off everything on this list. Otherwise, you are not ready for your Sleeve Gastrectomy!



- I eat 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 (does not have to be chewable until after you have the surgery).
- I have practiced (at least twice) chewing my foods 30 times before swallowing.
- I have practiced (at least twice) not drinking during or 60 minutes after a meal.
- 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 tasted and purchased a supply of the supplements I will use to get most of my protein after the surgery.