

Dietary Guidelines For Bariatric Surgery

Eating behaviors that you should be practicing

- **Eat slowly and chew foods thoroughly.**
- Chew, chew, chew! Practice chewing all foods to applesauce consistency.
(30-40 chews for each bite).
- Tips to help you do this:
 - Use children's utensils or chop sticks
 - Take small bites and put utensils down between bites
 - Use your non-dominant hand while eating
- Meal time should last 30 minutes, make sure your 1 cup portion of food takes you 30 minutes to finish.
- Use a timer to time your meals.

Stop eating when you feel comfortable, not overly full.

- Remember it takes 20 minutes for your brain to let your stomach know there is food in it! That is why it is very important to have your meal last approximately 30 minutes.

Meal planning and making healthy food choices.

- Eat three meals per day, **no skipping meals**. If you are **hungry** between meals, you can have 1-2 pre-planned and portion controlled snacks per day.
- Make healthy food choices – lean meats (**protein**), low-fat and low-sugar food/drink choices, low-fat dairy products (1% or fat free), vegetables and fruits and limit any kind of liquid calories, especially alcohol.

Liquids

- Sipping slowly-approximately five minutes per ounce of fluid.
- No drinking with meals and make sure you are separating solids from liquids:
 - No liquids with meals and make sure no liquids 30 minutes **prior to** and 30 minutes **AFTER** meal.
- Eliminate caffeine – must be caffeine free at least two weeks before surgery!
- No straws, carbonated or sugar sweetened beverages

Diet Guidelines for SADI-S/Sleeve Gastrectomy Surgery/Roux-en-Y Gastric Bypass

Begin: Day of your surgery

Stage 1 (Small portions of sugar-free clear liquids) See List A

Diet Instructions: Three fluid ounces (90cc) of regular bouillon or diet Jello or Gelatin 20 per meal, plus three to five ounces of water or flat diet ginger ale per hour between meals (as long as fluids do not exceed eight ounces/hour)

Fluid Goal: as tolerated

- Sip slowly, and stop as soon as you experience the first feeling of fullness. (no more than eight ounces over one-hour period).
- Diet ginger ale must be flat to avoid stomach discomfort.
- Do not use straws. No carbonated beverages.
- Record all fluids taken in.
- Use one-ounce medicine cups to avoid drinking too fast.

LIST A – Sugar-free, clear liquids

All beverages that are flat, caffeine-free and ten calories or less per serving are allowed

- Water
- Sugar-free, non-carbonated beverage – such as Crystal Light.
- Sugar-free fitness beverage – such as 0 calorie Propel Fitness Water.
- Bouillon or broth.
- Decaffeinated coffee and tea.
- “Flat” decaffeinated diet soft drinks such as flattened diet ginger ale.
- Diet Jell-O or Gelatin 20.
- Tomato or V-8 juice.
- Sugar-free popsicle: (less than 20 calories each; limit two to three per day).

Stage 2 (Protein shakes primarily-include items from List A, B and C)
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Begin: The day after your surgery

Duration: About Two Weeks

Diet Instructions: Approximately three protein shakes per day **plus** two to three snacks per day (see List C)

Fluid Goal: 48-64 ounces per day

Protein Goal: Minimum of 60 grams of protein daily

- The objective of this stage is to provide you with enough protein for adequate nutrition and to aid in healing, while minimizing injury to the stomach.
- Keep a record of the foods and liquids you consume to ensure that you are meeting your protein and fluid goals.
- Liquids should be sipped slowly over the course of an hour. Do not exceed more than eight ounces of fluid in one hour.
- If protein intake continues to be inadequate one week after surgery, please contact the AMI surgery team.

LIST A – Sugar-free, clear liquids

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- Sugar-free, non-carbonated beverage – such as Crystal Light.
- Sugar-free fitness beverage – such as 0 calorie Propel Fitness Water.
- Bouillon or broth.
- Decaffeinated coffee and tea.
- “Flat” decaffeinated diet soft drinks such as flattened diet ginger ale.
- Diet Jell-O or Gelatin 20.
- Tomato or V-8 juice.
- Sugar-free popsicle: (less than 20 calories each; limit two to three per day)

LIST B – Meal Options - Protein Shakes (Some examples or any that meets the guidelines below)

Food Item	Amount	Protein(g)	Sugar(g)	Fat(g)	Calories
Ensure Max	1 can	30	1	1	150
Premier Protein High Protein Shake	1 can	30	1	3	160

Guidelines for High Protein Supplement:

Calories: 150-250 calories/serving

Protein: minimum 12 grams/serving

Sugar: maximum of 10-15 grams/serving

****Non-fat milk powder can be added to shakes for additional protein of 6 grams per ¼ cup******LIST C – Snack options**

Food Item	Serving	Protein (g)	Fat (g)	Calories
Yogurt: non-fat, light (< 15 grams sugar) (such as Dannon light)	8 oz	8-10	0	90-120
Non-fat or 1% milk (or fortified milk substitute)	8 oz	8	0-3	80-110
Tomato or low-fat soup (made with skim milk)	8 oz	6	0-2	85
Sugar-free pudding (made with skim or 1% milk)	4 oz	6	0	76
No sugar added cocoa (made with skim or 1% milk)	1 packet in 6 oz milk	7	0	100
Greek yogurt: fat-free (such as Chobani, Yoplait) (Dannon Light & Fit, Oikos)	6 oz	15-18	0	100-120

Stage 2B (Protein shakes primarily-include items from **List A, B and C** and a few more soft protein options from **List D**)

Begin: About two weeks after your surgery at your first post op visit. At that time your diet will be advanced to **Stage 2B (see List D)**. Protein and goals remain the same. You need to stay on this diet until you are seen in clinic again (about two weeks later).

Duration: About Two Weeks

Diet Instructions: Approximately three protein shakes per day **plus** two to three snacks per day (see **List C**)

Fluid Goal: 48-64 ounces per day

Protein Goal: Minimum of 60 grams of protein daily

- The objective of this stage is to provide you with enough protein for adequate nutrition and to aid in healing, while adding a few more food options

- Continue to keep a record of the foods and liquids you consume to ensure that you are meeting your protein and fluid goals.
- Liquids should be sipped slowly over the course of an hour. Do not exceed more than eight ounces of fluid in one hour.
- If you think your protein intake is inadequate, please contact the AMI surgery team

LIST D – Additional protein options to supplement Stage 2

Food Item	Serving	Protein (g)	Fat (g)	Calories
Cottage Cheese	4 oz (½ cup)	13	0-2	80-100
Egg substitute/whites	½ Cup	10	0	100
Whole Egg	1 (large)	6	5	70
Ricotta Cheese (Low Fat)	4 oz (½ cup)	14	0	100
Fish	2-3 oz	14-22	1-2	80-120

Stage 3 (Soft, moist protein options) *No fruits, vegetables or starchy foods (no mashed potatoes, hot cereal, breads etc.)

Begin: approximately 3-4 weeks after surgery (do not start until you are seen for second visit).

Duration: approximately two- four weeks.

Diet Amount: 3 oz of soft, moist protein foods 3 times per day **plus** 1-2 snacks per day (List C).

Fluid Goal: 48-64 ounces per day.

Protein Goal: Minimum of 60 grams per day.

Start: Any Bariatric Chewable Vitamin Daily

- Continue food records to track protein and fluid intake.
- Eat slowly (Ten minutes per ounce).
- If you feel full – stop eating, otherwise vomiting can occur. Continuous overeating can stretch your new pouch.
- Do not take foods and beverages at the same time. Do not drink any fluids 30 minutes before or after eating a meal.
- Avoid cold or hot liquids and foods because they are sometimes not tolerated.
- Avoid foods that are high in sugar or fat as they may cause dumping syndrome.

Type of food	Amount	Protein	Fat	Calories
Fish, not fried or breaded	3oz	22g	1g	95-120
Salmon (canned or fresh)	3oz	23g	6	150
Tuna (canned or fresh-packed in water)	3oz	22g	1g	95
Chicken (canned or fresh)- Moist	3oz	15g	1g	120
Turkey, low fat - Moist	3oz	17g	6g	120
Chicken or Turkey Moistened with broth, fat-free gravy, low-fat Or light mayo • Can use ground turkey or chicken • Can use deli chicken or turkey slices	3oz	21g	3g	150
Imitation seafood	3oz	10g	1g	90
Seafood (Steamed) Shrimp, lobster, crab, scallops	3oz	15-20g	0g	80-120
Fat-free or low-fat cheese (<5 gram of fat/oz)	3oz	12-15g	0-9g	120-150
Cottage cheese (fat-free or 1% fat)	4oz (1/2cup)	13g	0-2g	80-100
Fat-free ricotta cheese	4oz (1/2 cup)	14g	0g	100
Egg, whole	2 large	12g	11g	150
Egg substitute	½ cup	10g	0g	50
Baby food meat, all types	1 jar	10g	2-4g	80-100
Liver (braised in water)	3oz	24g	5g	160
Tofu/soy	3oz	12g	2g	90
Boca or veggie burger	3oz	13g	0.5g	70
Soy sausage	3oz	17g	2g	120

Stage 4 (Low-fat, low-sugar diet now including fruits, vegetables and starches; but majority of the meal is protein)

Begin: approximately six to eight weeks after surgery

Duration: Lifelong!

Diet Instructions: Try to consume six ounces of meat or high protein foods per day, two cups of dairy products per day, two to three servings of grains or starch per day (a serving is approximately $\frac{1}{4}$ cup or $\frac{1}{2}$ slice of bread), two servings of vegetables per day (a serving is approximately $\frac{1}{4}$ cup), two to three servings of fruit (a serving is $\frac{1}{4}$ cup or $\frac{1}{4}$ of a small piece of fruit).

Fluid Goal: At least 60 ounces per day

Protein Goal: Minimum of 60 grams per day

Start: Calcium Citrate 1200mg daily and B12 injections (every three months)

- Gradually introduce new foods to your diet one at a time. Go slowly with fresh fruits and vegetables (be sure raw vegetable and fresh fruits with skins and membranes are chewed well).
- If foods are not tolerated, wait two to four weeks before reintroducing them again.
- Continue to keep food records to insure adequate protein and fluid intake.
- Consume protein at every meal and consume the protein **first**, then vegetables and starches.
- Typical meal (one cup) should take at least 30-60 minutes to consume.
- A meal will consist of approximately one cup of food. Half of that cup should be protein and should be eaten first. The other $\frac{1}{2}$ cup can consist of fruits, vegetables or starchy foods.

Snacking... A few rules to follow

- Be sure that you are not snacking because you are bored, stressed, angry...If you are, find an alternative activity and have a strategy to combat “head hunger”!
- Recognize your “trigger foods” and keep them out of the house.
- If you truly need a snack, make a snacking routine. This routine should include specific times, places and volumes of food. In other words, you designate a certain time of the day that you allow yourself to have a snack, eat a specific amount of the food (use a special bowl or cup to measure the portion; do **not** sit down with an entire bag of pretzels!)

- Best snack choices: vegetables, low-fat dairy items, low-calorie protein bars, snacks that are approximately **100 calories or less** per serving and that provide you with protein
- If snacking is random, inconsistent and unplanned it will lead to weight regain

Food groups	Amount per day	Recommended types	Limit
Meat and high protein foods	6-8 ounces (1 ounce provide approximately 7 grams of protein)	Fish Shellfish Chicken without skin Turkey without skin Lean, fat-trimmed beef, pork, lamb or veal 95% fat-free cold cuts Organ meats (limit to twice per month) Eggs Egg substitutes Low-fat, non-fat cottage cheese Reduced-fat cheeses (with 5 grams fat or less per ounce)	Fried fish Fish canned in oil Commercial breaded fish products Fried poultry Poultry skin Bacon, sausage, hot dogs, regular cold cuts, tongue USDA Prime grades of meat Goose, duck Fried eggs, omelets with added fat Peanut butter, nuts Regular hard or soft cheeses
Milk and dairy products	2-3 cups (1 cup provides 8 grams of protein)	Non-fat or 1% milk Non-fat or 1% yogurt Diet hot cocoa (made with non-fat or 1% milk) No Sugar Added Carnation Instant Breakfast (blue box)	Whole or 2% milk fat Regular hot chocolate milk shakes, Frappes Chocolate drink or milk or eggnog
Vegetables (non-starchy)	2-3 servings (1/4 cup)	Any soft-cooked plain vegetables Slowly add raw vegetables	Any with added fat, cream or cheese sauce Olives Avocados

Food groups	Amount per day	Recommended types	Limit
Fruits	2-3 servings (1/4 cup or ¼ whole)	Banana Applesauce (unsweetened) Any fruit canned in juice, water/light syrup Slowly add fresh	Fruits canned in heavy syrup Coconut
Starches *Try to consume starches at meals only (3 times daily)! If protein is consumed first, starch portions will be controlled *Avoid grazing or snacking on starches.	2-3 servings (1/4 cup or ½ slice each)	Bread, toast Hot or cold cereal Potatoes Squash Turnips Rice Pasta Corn Peas Legumes Lima beans Parsnips	Pastries Croissants Muffins Donuts Cookies Cake Biscuits Crackers (with more than 3 grams fat per serving) Popcorn with butter or oil Granola French fries Potato or fried tortilla chips Cheese curls Macaroni and cheese Fettuccine Alfredo
Soups		Broth Bouillon Vegetable or broth-based soup Egg drop soup Low-fat cream soups	Cream soups Chowders

Food groups	Amount per day	Recommended types	Limit
Beverages	48-64 ounces	Water Sugar-free drinks Flat caffeine-free diet beverages Decaf drinks	Caffeinated beverages Regular soda Kool-aid Fruit drinks, punches, lemonade Fruit juices
Fats	*Use condiments sparingly. *Less than 1 Tablespoon/serving	Light or spray salad dressing Light or fat-free mayonnaise Butter Buds Molly McButter Cooking spray/butter spray Light butter or margarine Low-fat sour cream and cream cheese	Regular salad dressings Mayonnaise Butter Regular margarine Cream cheese Sour cream Olives
Sweets	Limit to one serving daily. 1 serving is ½ cup	Sugar-free Jell-O Non-fat, sugar-free popsicle Light yogurt Sugar-free pudding or custard Sugar-free, non-fat frozen yogurt Sugar-free, fat-free ice cream	Regular Jell-O Regular popsicle Candy Ice cream, ice milk, sherbet Pies, pastries, cake, cookies