



Information for You from Your Health Care Team

Post Operative Diet for Gastric Bypass

Summary of Diet Progression:

Stage 1: First 5-7 Days: Clear calorie free liquids and Protein shakes

Stage 2: Until 4-6 weeks: Soft foods and protein shakes

Stage 3/Long Term: After 4-6 weeks: High protein, low calorie foods

Fluid and Hydration:

Once discharged from the hospital, you should be able to drink about 3 oz of fluid per hour working your way up to 6-8 oz. per hour.

- Your goal for fluid should be at least **64** oz per day to prevent dehydration and constipation.
- Sip fluids continuously throughout the day.
- Do Not Gulp OR Use a Straw. Do Not Chew Gum. Doing so will cause discomfort, bloating, and gas.

Stage 1 Diet: Clear, Calorie Free Liquids & Protein Shakes

Stage 1 Diet should be followed for the first 5-7 days after your operation.

<p><u>Choose from:</u> Water Herbal tea Decaf coffee Broth (Fat Free or Low Fat) Crystal Lite® Diet Gelatin Diet Snapple® Diet Twister® Diluted Fruit Juice (no more than 4 oz per day) Sugar Free Popsicles Fruit₂0® Ocean Spray Lite juice® Skim milk Sugar Free Kool Aid® Power Zero®</p>	<p><u>Avoid:</u> Sugar as a Sweetener Carbonated drinks (ex: soda) Smoothies Kool-Aid Alcohol Excessive Caffeine Milkshakes</p>
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Begin Taking A Protein Shake as Soon as You Get Home from the Hospital.

You have just had a major surgery. In the **first 6-8 weeks**, the goal is for your body to heal. Protein is important for healing. If you do not eat enough protein, your body begins to break down muscle in order to heal from surgery. This can lead to slow metabolism, poor weight loss results, hair loss, and skin breakdown. Therefore, you will need to drink liquid protein shakes. You need to drink a protein

supplement or shake in order to meet your protein needs for the first 6-8 weeks following surgery. The goal is to get at least 50-60 grams of protein per day. That is about 12-24 ounces of protein shake per day. The dietitian will calculate your individual protein needs.

Tips when choosing a Protein Shake:

- Protein should be the first ingredient. Example: Whey protein or Soy protein isolate.
- Less than 150-190 calories per serving.
- Less than 5 gm of sugar per serving.
- No added sugar or oil in the ingredients list.
- **Do not use** meal replacement drinks, such as Boost, Ensure, or Slim Fast.
 - These have added fat and sugar in addition to protein, and have too many calories. They may make you sick, and will prevent weight loss.

Commonly used Protein Shakes:

Carnation Instant Breakfast Carb Conscious or No Sugar Added

(12 gm protein/8 oz when mixed with skim milk)

Tip: Add ¼ cup of Fat Free powdered milk to the mix to increase the protein to 20 grams.

Unjury Protein Shakes: 20 grams of protein, 28 grams of protein when mixed with 8 oz. of skim milk. This product is available only on line at www.unjury.com or by calling 1-800-517-5111.

EAS Advant Edge: Ready-to-drink 11 oz cans (15 gm protein for 11 oz)

Designer Whey: Powder mixed with water or skim milk equals 18 grams protein when mixed with 8 oz water, 26 grams of protein when mixed with 8 oz milk

Isopure powder: Powder mixed with water or skim milk
25 grams protein when mixed with 8 ounces water, 33 gm protein when mixed with 8 ounces of milk

Skim Plus Milk: Can be purchased already made or home made it has 17 grams of protein per 8 ounces
Recipe: Mix 8 oz skim milk with ¼ cup fat-free powdered milk.

****Note: There are many acceptable supplements available. You may need to try a few before finding one that you like. Explore your local grocery store, pharmacy, or GNC. Or go to www.bariatriceating.com and click on Protein to find a variety of well-reviewed supplements. You can even buy sample packs to taste different types and flavors of protein shakes.**

****Another note: If you can not tolerate dairy, you could try milk alternatives such as Lactaid, or soy milk. There is also a vegan protein supplement available that contains no dairy products when mixed with water. Please ask the dietitian for details while in the clinic.**

STAGE 2 DIET: Soft Foods & Protein Shakes

Stage 2 diet begins after the first 5-7 post operative days and lasts until about the 4th to 6th week. If you are experiencing any complications related to eating or drinking such as nausea, vomiting, pain or discomfort, call the Dietitian at 464-9823 prior to advancing your diet to Stage 2.

- In Stage 2 Diet you may begin eating semi-solid foods. Remember to take it very slowly in the beginning, introducing only 1 new food at a meal. This is so that if you do get sick, you know what caused it.

- Begin taking your Vitamins such as Flintstone’s Complete or generic and Calcium – Citrical soft gels or generic Calcium citrate supplements 2 weeks after surgery.
- Take one multivitamin and one calcium in the morning and again in the evening.
- A bariatric chewable multivitamin and calcium combination called Bariatric Fusion is available at www.bariatricfusion.com or by calling 1-866-259-0602. If you select this option, follow the instructions on the label.

Stage 2 Basics:

- **East 3 small meals**
- **Protein First.** Always eat the protein portion of the meal first. This way, if you get full, you got the most important part of the meal in.
- Your First Stage 2 or Semi-Solid Meal:
 - Eat 3-4 *level teaspoons* of a high protein food, waiting 5 minutes between bites. This should take 20 minutes.
 - **STOP EATING WHEN YOU HAVE ANY SIGNS OF FULLNESS**
 - If have room: Eat a few more teaspoons of another Stage 2 food choice.
 - If satisfied: Stop eating (even if you have food left over).
 - **For example:** 1st 20 minutes: 3-4 *level teaspoons* of high protein food such as yogurt then in the next 10 minutes: 1-2 level teaspoons of non-protein food such as applesauce
 - **Do Not Have More Than 6-8 LEVEL TEASPOONS PER MEAL IN THE BEGINNING**

Mealtime should last no less than 20 minutes, no more than 30 minutes.

- Food passes slowly through the pouch. By adding bites of food or grazing over the course of several hours can lead to excessive calorie intake. After 30 minutes, you should stop eating until the next mealtime.

Do not drink with meals. Drink 30 minutes before and/or 45-60 minutes after each meal.

Drink at least 64 oz. of water per day to prevent dehydration and constipation.

STAGE 2 Food Types	ALLOWED	NOT ALLOWED (Too high fat or may cause vomiting)
Meats, Meat Substitutes, and Non-Meat Proteins	Chicken Cooked in Fat Free Broth Strain before eating Chicken Salad w/Lite mayonnaise Cottage cheese Egg Beaters Egg Salad w/Lite mayonnaise Flaked fish Mashed Beans: Pinto, Navy, Kidney, Garbanzo Low fat ricotta cheese Scrambled eggs Tuna Fish w/Lite mayonnaise Lite Yogurt	Bacon Bologna Breaded or Fried Fish Chicken Wings Cold Cuts Corned Beef Dry Meats or Fish Hot Dogs Sausage Steak Venison

STAGE 2 Food Types	ALLOWED	NOT ALLOWED (Too high fat or may cause vomiting)
Milk, Protein Supplement (Drink between meals)	Skim Milk 1 % Milk Lactaid Light/Low Calorie Soy Milk Protein Supplement: 12-24 oz per day as tolerated	Half and half 2% milk Whole milk Non-dairy creamer Regular soy milk Boost Ensure Slim Fast
Vegetables	Pureed carrots Pureed peas Pureed green beans Stewed tomatoes Tomato or V8 Juice. No more than ½ cup per day	Fibrous vegetables such as corn, brussels sprouts Stalky vegetables such as broccoli, asparagus) Tomato skins Raw vegetables including salad greens
Fruit and Fruit Juice	Bananas Canned fruit in juice rinsed and drained Cantaloupe Diluted unsweetened fruit juice. Limit to ¾ cup per day total juice Mandarin oranges in juice, rinsed and drained Unsweetened applesauce Watermelon	Fruits with membranes such as oranges, grapefruit with seeds Fruits with seeds Fruits with skins Dried fruits Coconut
Beverages (Read labels for Calorie Content)	All drinks from Stage 1 list Decaffeinated coffee Decaffeinated tea Water	Alcohol Caffeinated beverages Calorie-containing drinks Gatorade Soda including diet Sugar-sweetened drinks Vitamin water Life water
Breads, Pasta & Starches	Cream of rice cereal Cream of wheat cereal Farina Oatmeal Potatoes Sweet potatoes Winter squash	Bread, Biscuits Bagels Crackers Croissants Doughnuts French Fries Potatoes w/skins Granola

STAGE 2 Food Types	ALLOWED	NOT ALLOWED (Too high fat or may cause vomiting)
Desserts & Sweets	Sugar free popsicles Sugar free jello	Pastries , candy, cake, Doughnuts Ice cream, fudgsicles, creamsicles Sugar free ice cream, Fat free ice cream
Fats & Oils *Note: All fats oils contain 120 calories per Tablespoon, so use very sparingly	Butter buds Fat free butter spray Fat free gravy Low fat or lite mayonnaise Olive oil Safflower oil Canola Oil	All fried foods Butter Lard Regular gravy Regular margarine Regular mayonnaise Shortening
Condiments & Miscellaneous	Herbs Spices-mild Note: Most herbs, spices and low calorie condiments are okay to have in small amounts.	Hot sauce or other strong spices may be difficult to digest or irritate the new stomach

Example of a Stage 2 day:

- **No drinking 30 minutes before eating.**
- **At breakfast time:**
 - 3 to 4 teaspoons of Lite yogurt*. Remember to wait 5 minutes between each teaspoon.
 - Wait 1 hour, then sip on protein shake and any diet beverages continuously. Stop 30 minutes before lunch.
- **At lunch time:**
 - 3 to 4 teaspoons of cottage cheese*. Remember to wait 5 minutes between each teaspoon.
 - Wait 1 hour, then sip on protein shake and any diet beverages continuously. Stop 30 minutes before dinner.
- **At dinner time:**
 - 3 to 4 teaspoons of tuna fish with light mayonnaise*. Remember to wait 5 minutes between each teaspoon.
 - Wait 1 hour, then sip on protein shake and any diet beverages continuously until you go to sleep.
 - You may have sugar free popsicles or sugar free jello between meals or after dinner.

***Note:** you may use any Stage 2 food from the list as per your preference for any meal.

****Another note:** Please do not eat soup as a meal. Soup contains a mix of solids and liquids. You may eat the solid part of the soup as your meal if it contains appropriate meats and vegetables listed above. You may drink the broth as a liquid between meals.

Stage 3 Diet: High Protein, Low Calorie Food, Portion Controlled Foods

Stage 3 Basics:

- **East 3 small meals.**
- You will be eating regular food. Remember to take it very slowly in the beginning.
- **Continue to choose a lean protein first** then healthy non-protein foods if you still have room.
 - Also continue to drink the protein supplements or shakes unless directed by the dietitian to discontinue.
 - Your individual protein needs will be assessed at your next clinic visit and any needed adjustments will be made at that time.
- Continue taking your Vitamin and Calcium supplements. 1 of each in the morning and 1 of each again in the evening.
- Drink at least 64 oz. of water daily to avoid dehydration and constipation.
- Avoid nausea and vomiting. Nausea and vomiting are usually caused by:
 - Eating too much
 - Eating too quickly
 - Drinking too close to your mealtime (before or after)
 - Eating foods your body cannot digest yet
- Watch for any foods getting stuck. If you do get a feeling like food is stuck:
 - Drink clear liquids for your next 1-2 meals until the food works its way through the pouch.
 - Wait 1-2 weeks until trying that food again
 - Call the bariatric center if you are vomiting regularly, especially with liquids.
 - Typical problem foods include:
 - Beef
 - Spicy food
 - Rice
 - Pasta
 - Microwaved foods
 - Fried or fatty foods
 - Chicken
 - Bread

The following foods can now be added to the diet:

Note: This includes all foods from previous phases

STAGE 3 Food Types	ALLOWED	NOT ALLOWED (Too high fat or may cause vomiting)
Meats, Meat Substitutes, and Non-Meat Proteins	Beans, Hummus Lean ground beef Lean ground turkey Lean pork Lentils Low fat deli sliced meats Low fat cheeses Nuts and seeds Part-skim mozzarella Peanut Butter Turkey **Note: Tough meats, such as Steak, Venison or Pork Chops, may be difficult to digest, but you may try in small amounts as tolerated.	Corned beef Dry meats or fish Fried chicken Fried mozzarella sticks

STAGE 3 Food Types	ALLOWED	NOT ALLOWED (Too high fat or may cause vomiting)
Milk, Protein Supplement (Drink between meals)	See above	
Vegetables	All non-Starchy vegetables, cooked with minimal fat or oil Raw vegetables **The following foods may be difficult to digest, but you may begin trying in small amounts: Fibrous vegetables like corn, brussels sprouts, cabbage. Stalky vegetables such as broccoli, asparagus Tomato with skins	
Fruit and Fruit Juice	All soft fresh fruits Canned fruit in juice, rinsed Fruit juice, diluted, 6 oz or less per day Melon Peeled hard fruits such as apples, peaches, pears, plums, nectarines **The following may be difficult to digest, but you may try in small amounts as tolerated: Fruits with seeds like berries Stringy or membranous fruits such as citrus, mangoes	Fruits with skins Dried fruits Coconut Canned fruit in syrup
Beverages (Read labels for Calorie Content)	All drinks from Stage 1 and 2 list	See Above
Breads, Pasta & Starches	Kashi [®] Brand Cereals Toasted Whole Wheat Bread	Croutons Cereal with excess milk **Note: Bread, rice, crackers, popcorn, and pasta are difficult to digest and often contain empty calories. Avoid these foods whenever possible.
Desserts & Sweets	See Above	See Above
Fats & Oils	See Above	See Above
Condiments & Miscellaneous	Herbs Ketchup Mustard Spices-Mild Low Calorie Salad Dressings	Soup: soups should be strained and only the solid part eaten at mealtimes. Maintain 1-2 oz portions.



Tips for Long-Term Success

To lose weight and keep it off, you must always practice your

BEHAVIOR MODIFICATIONS:

- **Chew food 20 times**
- **Wait 5 minutes between bites**
- **Take 20 minutes to eat a small, balanced meal**
- **Do not exceed 30 minute meal time**
- **Eat only 3 times per day**
- **No snacking between meals or in evenings**
- **Exercise Regularly**

And finally....

NO drinking for 45-60 minutes after your meals WHY?

DRINKING WITH OR RIGHT AFTER MEALS CAN LEAD TO DECREASED WEIGHT LOSS SUCCESS, AND EVENTUALLY, WEIGHT REGAIN.

Drinking with, or right after a meal causes food to wash through the pouch and leaves the stomach empty. If the stomach is left empty you will feel physical hunger. You may eat more than 3x per day causing you to gain weight.

Most people who do not learn to avoid drinking with their meals will still lose weight for the first several months after surgery. However, after 2-3 years they will likely be in weight regain.

Coming to your regular follow-up appointments at the bariatric center, staying involved with support groups, and continually practicing mindful eating will all increase your weight loss success.

Speak Up If You Have Any Questions of Concerns

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