

# Nutrition Guidelines

Sleeve/Bypass

# Pre-Operative Goals:

Congratulations! Your decision to have bariatric surgery is the first of many steps to successful weight loss and improved overall health. Using good nutrition is a key component of the process. Important information on how to change your eating habits to be successful is outlined below. It is a good idea to start making changes **before** surgery to help you prepare for your new lifestyle after surgery. Here are some goals that we are going to work on for the next few months.

1. **Start watching your portion sizes.** Your portion sizes will need to decrease after bariatric surgery. Buy smaller plates and bowls to help you adjust to the change. Measure and weigh your food for the first couple of weeks or so, and again every so often to see how you're doing. Since you won't always have a food scale, the guide below will help you visualize appropriate portion sizes.
  - 1 oz = size of your thumb (1oz=7grams of protein)
  - 3 oz = deck of cards (the amount of protein you should consume at each meal)
  - 1 cup = size of your fist or tennis ball (the amount of food you should never eat more of at one meal)
2. **Read food labels.** Listed under "Nutrition Facts" is the information you'll need to compare foods and make informed choices. Be able to identify the serving size and the amount of protein, sugar, and fat in a particular food.
  - **Serving Size:** Pay close attention to serving size. If you eat too much, you may gain weight even if you're eating healthy food.
  - **Protein:** An adequate protein intake is important following surgery. Protein is important for immune function, wound healing, and preserving muscle mass. Sleeve and Bypass patients need **80-100g of protein each day**. Since your stomach capacity is severely restricted, protein should be consumed first at each meal followed by vegetables and fruits, then whole grains.
    - ✓ Eat protein foods with each meal.
    - ✓ Eat protein foods first at each meal.
    - ✓ Choose lean proteins prepared with little or no fat.
    - ✓ Consider using broths or moist preparation methods and avoid dry meats due to low tolerability.
    - ✓ Most protein foods have 7 grams of protein per ounce.
    - ✓ One ounce of protein looks like the size of a domino or golf ball. Three ounces of protein equals approximately 21 grams of protein which is the size and thickness of a deck of cards.
    - ✓ Bake/Broil/Grill your foods.
  - **Sugar:** Foods that are high in sugar may cause dumping syndrome which is characterized by flushing, headache, nausea, vomiting, diarrhea, dizziness, weakness, and abdominal pain. High sugary foods can also slow down weight loss and possibly cause weight re-gain.
    - ✓ Avoid foods high in sugar such as soda, juice, sweets, and candy.
    - ✓ Aim for no more than **15 grams of sugars** per serving of food at one sitting.

- ✓ Read the ingredient list. If you see any of the following in the first three ingredients, avoid that food.
  - Corn sweeteners, honey, sorbitol molasses, natural sweeteners, and high fructose corn syrup.
  - Foods ending with “ose” such as: sucrose, dextrose, fructose, and lactose.
  
- **Sugar alcohols:** Foods containing sugar alcohols can be labeled sugar-free because they are low in calories and have a tendency to be absorbed slower than table sugar. Common sugar alcohols include sorbitol, xylitol, mannitol, and starch hydrolysates which are typically found in dietetic foods such as sugar-free gum, candies, cookies, and ice cream. Excessive intake of sugar alcohols may lead to cramping, abdominal pain, excess gas and/or diarrhea.
  
- **Artificial sweeteners:** Artificial sweeteners are many times sweeter than table sugar allowing you to use less of them. They also provide minimal to zero calories. The most common sugar substitutes are Splenda (sucralose), Equal and Nutrisweet (aspartame), Sweet’ N Low and Sugar Twin (saccharin), Stevia (sweet leaf), and Sunette (acesulfame potassium). Artificial sweeteners are okay to consume after surgery. Stevia is the best choice.
  
- **Carbohydrates:** Carbohydrates are a key source of fuel for the body and are the preferred source of energy for the brain, red blood cells, and nervous system. Immediately following your surgery carbohydrates are not recommended because they are not well tolerated right away. Once you are able to incorporate carbohydrates back into your diet it is very important to consume healthy carbohydrates and watch your portion sizes.
  - ✓ Healthy carbohydrates include fruits, vegetables, brown rice, whole wheat pasta, and 100% whole wheat bread, quinoa.
  - ✓ Avoid white starchy refined products and processed foods.
  - ✓ Balance each meal with lean protein and produce or fruit. Remember to eat protein foods first at each meal.
  
- **Fat:** Fat is a more concentrated fuel than carbohydrates or protein. After surgery, limit your intake of healthy fats to no more than 25-30% of your total calories.
  - ✓ Choose foods with 5 grams or less of total fat per serving, per ounce, or per 100 calories (including cheeses).
  - ✓ Healthy fats include olive and nut oils, seafood, fatty fish (albacore tuna, mackerel, and salmon) and avocado.
  - ✓ Avoid unhealthy fats which include saturated fats (high fatty meats, butter, stick margarine, and whole milk), and trans fats (packaged foods such as crackers and cookies, and food with the term ‘partially hydrogenated’ in the food label).
  - ✓ Avoid high fat foods such as fried foods, fast food, bacon, donuts, cookies and pastries, cakes, Alfredo sauce, hot dogs, sausage, and snack chips.

### 3. Explore and purchase protein supplements.

Since you will be on a liquid diet for 2 weeks and soft foods for 4 weeks after your surgery ensuring adequate protein intake through protein supplements is essential.

- ✓ Look for protein supplements that contain **whey protein isolate**. Soy protein isolate is a lactose-free alternative.
  - ✓ Read the label: Choose supplements with at least **20-30 grams of protein** per serving. Remember that your body can only absorb ~ 25 grams of protein within a 1 hour window.
  - ✓ Mix your protein supplement with water (preferable) or skim milk.
  - ✓ Avoid protein supplements that are collagen based. Collagen is not a complete protein (e.g. New Whey “bullet” drink, “test tubes”, and “shots”).
  - ✓ **Get creative!**
4. **Practice eating slowly and chewing thoroughly.** Foods should be chewed to a liquid consistency before swallowing. This will decrease your risk of nausea, vomiting, and pain.
- ✓ Allow yourself 30-45 minutes to consume each meal.
  - ✓ Put utensils down between each bite.
  - ✓ Take small bites, dime to nickel sized.
  - ✓ Chew food at least 20-30 times.
5. **Eat your first meal within 1 hour of waking, and then consecutive meals every 3-4 hours after.** If you know you will have to wait more than 4 hours to eat, pack a protein snack to consume until you’re able to have your next meal. Consume 3 meals per day, with 1-2 protein based snacks as needed.
6. **Practice mindful eating.** Mindful eating is always a priority. Avoid eating in front of the TV, computer, or in your car to help curb mindless eating. Stop eating as soon as you feel full so that you better tolerate your food and minimize risks for chest pain and discomfort.
7. **Plan meals in advance.** Make a meal plan and go grocery shopping based on your meal plan. Pack healthy snacks. Always having something healthy available to eat will ‘enable’ you to make healthy food choices.
8. **Wean away from carbonated and sugar sweetened beverages.** Carbonated beverages tend to irritate the stomach and beverages high in sugar may cause dumping syndrome and slow down weight loss.
- ✓ Aim for 48-64 ounces of fluids daily (about 8 ounces every hour).
  - ✓ **Practice sipping beverages slowly.** Drinking too quickly may cause pain and discomfort.
  - ✓ **Do not drink with your meals.** Wait 45 minutes after eating to drink.
  - ✓ Choose water, non-carbonated, calorie free, and sugar free drinks
  - ✓ Avoid drinking: sodas, juice, Gatorade, or high calorie coffee drinks.
  - ✓ Avoid caffeine for the first six weeks after surgery. Use moderation after 6 weeks.
9. **Exercise.** If you do not have an exercise regimen, start slow and work your way up. Exercise is recommended as a life-long habit and is known to improve over-all health, mood, and sense of well-being as well as maximize weight loss. Strive for 30-60 minutes per day, most days of the week.

**Guidelines for physical activity following bariatric surgery are as follows:**

- ✓ Walking/ cardiovascular exercises = begin immediately post-surgery
- ✓ Lifting/ muscular strength & endurance = begin 6 weeks post-surgery
- ✓ Strenuous core/ abdominal exercises = begin 4-6 weeks post-surgery

10. **Always keep a food log-** Keeping a log food log will help you keep track of the amount of protein and fluids that you consume each day. Free online food logs are available at: [www.myfitnesspal.com](http://www.myfitnesspal.com) or [choosemyplate.gov](http://choosemyplate.gov) (**myfitnesspal** also has a free app). It may also be helpful to review your food diary with a dietitian if you seem to be struggling with weight loss or hit a plateau.
11. **Purchase your vitamin and mineral supplements.** After surgery you'll need to commit to a regimen of vitamin and mineral supplementation **for the rest of your life.** Not only will you be eating less food and your body will be getting fewer nutrients, you may not be absorbing as many nutrients depending on the procedure that you have. Without supplementation you could develop nutritional deficiencies. Vitamin and mineral needs are listed on page 8.
12. **Follow a liquid diet one week prior to your surgery.** Both clear and full liquids are appropriate during this time (see page 6 for examples of clear and full liquids) as well as your protein supplement. The liquid diet prior to surgery is intended to decrease the size of your liver and make it easier for your surgeon to get under your liver and to your stomach to perform your surgery. You may have up to 5 protein drinks/shakes a day and only sugar free items.

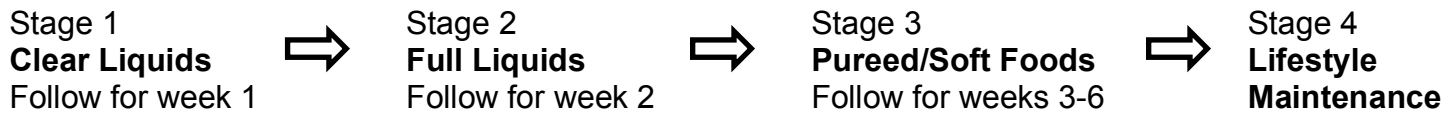
Good Choices:

- Protein drinks (4-5 per day)
- Drinkable yogurt
- No sugar added Carnation instant breakfast
- Low-fat cream soups (no large chunks)
- Tomato basil soup
- Skim or 1% Milk
- Broth
- Water
- Diet juices
- Crystal Light
- Sugar-free popsicles
- No sugar Added fudgesicles

Bad Choices:

- Milkshakes/Malts
- Ice Cream
- Soda/carbonated beverages
- Sugar-sweetened beverages

# Diet Progression:



## Stage 1: Bariatric Clear Liquids

Duration: **Days 1-7 after surgery**

Good Choices:

- Water
- Sugar free Crystal Light, Sugar-free Kool Aid, and sugar free water enhancers
- Warm herbal teas, Celestial Seasonings flavors are soothing
- Sugar free Popsicles (Not the same as 'no sugar added')
- Broth or Bouillon, chicken, beef, or vegetable
- Diet juice (e.g. Fuze Slenderize).
- Sugar free decaf iced tea
- Protein Supplements (Ex: **Isopure** Zero Carb, **Nectar** mixed with water)
- Other protein supplements may be used but need to be diluted to a water consistency. You can also try adding unflavored protein powder to the above drinks, as long as it is water consistency.
- **NO JELLO**

**Primary focus: HYDRATION (48-64oz of fluids) & 40-60g of protein**

**\*Start Multivitamin and B12 once you are home from the hospital\***

## Stage 2: Bariatric Full Liquids

Duration: **Days 8-14 after surgery**

**80-100 grams of protein/day**

Good Choices:

Everything on clear liquid diet plus:

- Low fat cream soups (cream of chicken, cream of mushroom- NO chunks or clumps!)
- Skim or 1% milk only
- No sugar added fudgesicles
- Protein shakes

**NO MILKSHAKES/ MALTS**

## Stage 3: Bariatric Pureed & Soft Foods

Duration: **Days 15-42 after surgery**

**80-100 g protein/day**

**\*Start Calcium, Vitamin D3 and Iron during this diet stage\***

Good Choices:

- Everything on Clear liquid and Full liquid diet ( Consume 2-3 protein shakes/day)
- Unsweetened applesauce
- Sugar free pudding
- Low fat, low sugar yogurt such as Dannon Light n Fit, Dannon Light and Fit Greek, Yoplait Greek 100, Kroger Greek Lite
- Non or low-fat cottage cheese
- Mashed potatoes
- Mashed beans
- Pureed fruits and vegetables
- Pureed meat, fish, poultry with thin liquid until smooth
- Hot cooked cereals such as oatmeal, grits, malt-o-meal
- Canned chicken/tuna ( pureed with low-fat mayonnaise)

Instructions for Pureeing Foods:

Buy or borrow a blender or food processor if you do not own one.

1. Cut food into small, marble size pieces.
2. Place food in the blender.
3. Add enough liquid (fat free chicken broth, fat free gravy, fat free yogurt, etc.) to cover the blades.
4. Blend until smooth like applesauce.
5. Strain out the lumps, seeds, or pieces of food.
6. Use herbs and spices (avoid spicy ones) to flavor food.
7. Blend and enjoy!

## Stage 4: Lifestyle Maintenance

After week 6 you'll gradually start re-introducing whole foods back into your diet.

Tips and Guidelines:

- Consume 3 meals per day with 1-2 protein supplements
- Consume a minimum of 80 g of protein per day
- Every meal should contain a lean protein food and either a vegetable or a fruit
- Do not drink liquids with meals. Wait 45 minutes after eating to drink liquids.
- Take small bites, put utensils down between bites, take 30 minutes to eat, and chew food 20-30 times.
- Eat only when you are hungry and stop when you feel full.
- Use caution when incorporating new foods into meals- introduce new foods one food at a time.
- Keep a food journal!

## Vitamin & Mineral Needs for Sleeve & Gastric Bypass Patients:

- **Protein: 80-100 grams daily**
- Multivitamin: 2 per day
  - ✓ **Must be chewable or liquid- NO GUMMIES**
- Calcium Citrate: 500-600 mg 3 times a day
  - ✓ Chewable or liquid for the first 6 weeks.
- Iron: 29 milligrams
  - ✓ **Wait 2 hours in between taking calcium and iron!**
  - ✓ Chewable or liquid for the first 6 weeks.
- Vitamin B12
  - Nascobal Nasal Spray once a week
    - ✓ Prescription nasal spray available through our officeOR
  - Sublingual tablet (dissolves under your tongue)
    - ✓ 5000-7500 micrograms of vitamin B12 each week
    - ✓ Frequency depends on supplement. For example, if you purchase a sublingual vitamin B12 that has 1000 micrograms, you would have to take it every day to achieve the 5000-7500 micrograms/week requirement.OR
  - Vitamin B12 IM shot once every 3-4 weeks.
    - ✓ Can be done at our office or with your primary care physician.
    - ✓ Injections given to you by yourself or by family members are typically not recommended.
- Vitamin D3: 3000-5000 IUs daily

## Vitamin & Mineral Needs for Lap- Band Patients:

- Multivitamin: 2 per day



# Trouble Shooting Guide

## Possible nutrition problems that may occur after surgery include:

- **Dumping syndrome:** “Dumping” occurs when a large amount of simple carbohydrates (sugars), high fatty foods, or high carbohydrate foods enter the small intestine too quickly and are not properly digested by the stomach. Dumping is not dangerous, but it feels awful and once you react to a certain food in this way you do not want to eat that food again. The dumping syndrome reaction is beneficial as a negative reinforcement for certain foods. Symptoms include abdominal fullness, nausea, cramping, abdominal pain with diarrhea, increased heart rate, cold sweats, feeling warm, dizzy, weak, light-headed, or faint. **Solution: Avoid simple carbohydrates, sugar, and high fat foods.**
- **Difficulty tolerating milk or dairy products:** After surgery some people (mostly gastric bypass patients) have a difficult time tolerating lactose which is the sugar found in milk and dairy products. These products may cause abdominal discomfort, cramping, excessive gas and diarrhea. If this occurs try lactose free milk such as Lactaid, or soy milk. You can also try Lactase (the enzyme that breaks down lactose) and L. Acidophilus (a probiotic) both of which help your body digest milk sugar, alleviating symptoms. These can be bought over the counter from your pharmacy and at some grocery stores.
- **Other food intolerances:** Many patients experience food intolerances, especially to red meat, high fiber foods and carbohydrates. It is a good idea to keep a food diary with a list of foods that are not well tolerated. Food intolerances are often temporary. If you try something and experience discomfort, wait a couple of weeks to try that food again.
- **Dehydration:** Symptoms of dehydration include thirst, dry or sticky mouth, dark urine, headache and dizziness. Make it a priority to get 48-64 ounces of fluids each day and avoid caffeinated beverages.
- **Nausea and/or vomiting:** Eating too fast, eating too much, not chewing well or drinking with your meals is the most common cause of nausea and vomiting. Practice eating slower, taking smaller bites of food, chewing thoroughly and avoid dry foods. If this doesn't work, call the office.

## **Post- op Restrictions/Recommendations**

- No swimming, baths, hot tubs until incisions are closed.
- Only soap and water to clean incisions, no creams or ointments.
- Do NOT take NSAIDS (Aleve, Motrin, ibuprofen, Celebrex, Advil, Naprosyn) unless you have been cleared by your surgeon to do so.
- ONLY Tylenol; may be taken.
- Sexual activity may be resumed as you feel able.
- Women: no pregnancies for 18 month after surgery.
- Smoking and tobacco use should be stopped AT LEAST 8 weeks before surgery.
- If sitting in a car, airplane, or at a desk for more than 1 hour, get up every hour and move around.
- Avoid alcohol for the first 6-12 months after surgery. You will feel the effect much quicker.
- Purchase Gas-X strips to for gas relief after surgery.

## **Helpful Resources:**

- [www.drwbarker.com](http://www.drwbarker.com) -Online store
- [www.mybariatricpantry.com](http://www.mybariatricpantry.com)
- [www.obesityhelp.com](http://www.obesityhelp.com) -Helpful advice, forums from past surgery patients
- [www.bariatriceating.com](http://www.bariatriceating.com) -Helpful advice, tools, and online store
- [www.bariatricfoodie.blogspot.com](http://www.bariatricfoodie.blogspot.com) - Great recipes from bypass patients
- [www.theworldaccordingtoeggface.blogspot.com/](http://www.theworldaccordingtoeggface.blogspot.com/) - More recipes from a post-op patient
- [www.mybariatricpantry.com](http://www.mybariatricpantry.com)
- [www.celebratevitamins.com](http://www.celebratevitamins.com)
- [www.bariatricchoice.com](http://www.bariatricchoice.com)
- [www.verticalsleeve.com](http://www.verticalsleeve.com)
- [www.fitday.com](http://www.fitday.com)
- [www.forestparkmedical.com](http://www.forestparkmedical.com)
- [www.choosemyplate.org](http://www.choosemyplate.org)

# Protein Supplements:

Criteria when choosing a protein drink or shake:

1. Whey/Soy protein
2. 20-30 g protein/serving
3. <15 g sugar/serving
4. <200 calories/servings

	Source	Protein (g)	Sugar (g)	Fat (g)	Flavors	Where to Purchase
<b>Powders</b>						
Bariatric Advantage	Whey	27	0.5	2	Banana, orange, vanilla, chocolate, strawberry, iced latte, unflavored	www. Barkerbariatriccenter.com Listed under Patient Resources → E-store
MaxPro	Whey	30	<1	1	Banana, orange blast, vanilla, chocolate, strawberry, cinnamon roll, mango tango, piña colada, raspberry truffle, tiramisu roll	Max Muscle Locations: 4757 W. Park Blvd, Ste. 103, Plano, TX 559 Interstate 30, Rockwall, TX
Synthrax Nectar	Whey	23	0	0	Orange, vanilla, chocolate, strawberry, apple, peach, fruit punch, cherry, lemon, pink grapefruit, Caribbean cooler, lemonade, cappuccino, double stuffed cookie, unflavored	www. Barkerbariatriccenter.com Max Muscle- Plano, Rockwall Dougherty's Pharmacy www.Amazon.com Vitamin Shoppe
Unjury	Whey	20	3	0	Vanilla, chocolate, strawberry, chicken soup, unflavored	www.unjury.com www.amazon.com
Chike	Whey, Soy	28	4	3.5	Banana, orange, vanilla, chocolate, strawberry	www.chikenutrition.com
Isopure – Zero Carb	Whey	25	0	0.5	Banana, orange, vanilla, chocolate, strawberry, peach, pineapple, apple, alpine punch, mint chocolate chip, cookies & cream	GNC Vitamin Shoppe www.amazon.com Max Muscle
JayRobb	Whey	25	0	0	Vanilla, piña colada, chocolate, strawberry, tropical dreamsicle, UNFLAVORED	www.jayrobb.com www.amazon.com Vitamin Shoppe
Body Fortress	whey	30	2	2.5	Vanilla, chocolate, strawberry,	Walmart
<b>Ready to drink</b>						
Bariatric Advantage High Protein RTS	Whey	27	0.5	1.5 -2	Banana, orange, vanilla, chocolate, strawberry, iced latte, unflavored	www. Barkerbariatriccenter.com
Isopure Plus Zero Carb Protein Drink	Whey	15	0	0	Alpine punch, grape frost	www.GNC.com www.amazon.com www.cvs.com
EAS AdvantEdge Carb Control	Whey, Soy	17	0	3	Chocolate, vanilla, caramel, dark chocolate, strawberry	GNC Walmart

EAS Myoplex Carb Control	Whey	25	1	3.5	Chocolate, strawberry, vanilla	GNC Sam's Club and Costco www.abbottstore.com
Optisource High Protein Drink	Whey	24	2	6	Strawberry, caramel	www.cvs.com www.amazon.com
Premier Protein	Whey	30	1	3	Chocolate, vanilla	Sam's Club Costco Kroger
Whey Licious	Whey	20	1	.5	Unflavored	Dochalenuitrition.com Call (844) DOC-HALE
<b>Liquid</b>						
Liquid Egg Whites Per ½ cup→ Per pump→	Egg	13 3.25	1 1.5	0 0	Unflavored	Max Muscle- Plano, Rockwall www.eggwhitesint.com
Muscle Egg (per 1 cup)	Egg	25	0	0	Chocolate, Vanilla	Max Muscle- Plano, Rockwall www.muscleegg.com

Avoid protein supplements that are collagen based (e.g. New Whey “bullet” drink). “Test tubes”, “bullets”, and “shots” are poor in protein quality and are not highly absorbed.

### Food Sources of Protein

Chicken	Boneless, skinless chicken breast (grilled, baked, or broiled)	3 oz	20g
	Canned chicken	3 oz	20g
	Shaved deli chicken	3 oz	14g
Turkey	Shaved deli turkey	3 oz	22g
	Ground turkey breast	3 oz	27g
	Turkey burger	1 patty	20g
Fish	Bake, broil, grill, or poached (not fried)	3 oz	20g
	Canned salmon, tuna, crab	3 oz	16g
Beef	Lean ground beef	3 oz	14g
Egg	Egg or egg substitute	1 egg	6g
Nuts	Unsalted almonds, walnuts, cashews, and peanuts	1 oz	6g
Beans	Black, garbanzo, kidney, edamame, lentils	½ cup	10g
	Hummus	2 tbsp (2g)	2g
	Black bean burger	1 patty	17g
	Vegetarian fat free beans	½ cup	7g
Dairy	Yogurt (light)	½ cup	6g
	Greek yogurt	½ cup	10g
	Skim milk	½ cup	8g
	Low fat or part skim string cheese	1 stick	8g
Vegetarian	Tofu	3 oz	20g
	Meatless ground	½ cup	13g
	Naked chicken tenders or cutlets	4 nuggets	12g

## Protein Foods: half of your plate

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Beef: >90% lean ground beef, loin or round cuts

Chicken: skinless, lean or extra lean ground chicken

Turkey: low sodium deli meat, turkey bacon, turkey pepperoni, >90% lean ground turkey

Pork: chop, loin, ham, >90% lean ground pork, Canadian bacon

Seafood: tuna, tilapia, salmon, cod, shrimp, crab

Game meats: venison, bison, ostrich, duck (without skin), pheasant, rabbit

Deli Meats: choose low sodium

Jerky: beef, turkey, deer, ostrim

Canned tuna or chicken (packed in water)

Reduced fat (or 2%) cheeses: string cheese, cottage cheese, shredded or sliced cheeses

Eggs: boiled, scrambled, deviled (use olive oil mayo), egg whites, omelets

Yogurts: Greek (Dannon Light &Fit Greek, Kroger Greek Lite); <15g sugar

Vegetable sources: beans, edamame

\*Cut the skin and fat off before cooking and eating to decrease fat intake.

\*Prepare by baking, broiling, grilling, steaming or poaching. No frying!

*Protein Supplements – Whey or Soy*

Protein powders: 20-30g protein/serving (very little to no carbohydrates or fat), mix with water or skim milk

Protein shakes: 20-30g protein/serving, <15g sugar/serving, <200 calories

Protein bars: 15-30g protein/serving, <15g sugar/serving, <300 calories/serving

## Vegetables: ½ cup

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A few common non-starchy vegetables:

Broccoli	Carrots	Spinach
Brussels sprouts	Yellow Squash	Kale
Bell pepper	Zucchini	Collard greens
Tomatoes	Cucumber	Green leaf lettuce
Cabbage	Rutabaga	Beets
Cauliflower	Jicama	Sugar snap peas

## Healthy Carbohydrates: if you're still hungry, then 2 tablespoons

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Starchy vegetables: corn, peas, winter squash (acorn & butternut), and potatoes

Whole grains: whole grain breads, whole grain pastas, brown rice, quinoa

A few common fruits:

Apples	Cantaloupe	Blueberries
Pears	Honeydew melon	Raspberries
Oranges	Banana	Blackberries
Strawberries	Cherries	Pineapple
Watermelon	Peach	Mango

## Fluids: No carbonation, no sugar (very low calories), no caffeine

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Water, Crystal Light, Mio, Powerade Zero, Propel Zero, Vitamin Water Zero, Decaf unsweet tea/coffee, herbal teas,

Smart Water, flavor with lemon or lime juice & fresh mint or basil

\*Caffeine in moderation after 6 weeks post-op. Caffeine containing drinks DO NOT count towards your 64oz of hydrating fluids/day.



Make sure to stop when you feel full!

### 3. CARBOHYDRATES

¼ cup = 2 Tbsp

- 100% whole wheat, whole grain
- Healthy carbs

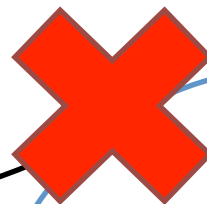
### 2. VEGETABLES

½ cup

- Consume non-starchy vegetables

### 1. PROTEIN

- Bypass/Sleeve:  
80-100g/day
- DS/Mal.Bypass:  
120g/day



### FLUIDS

48-64 oz/day

- Non-carbonated
- Non-sugary
- Non-caffeinated  
(first 6 weeks)

### TIPS

- Be mindful when eating.
- Eat 3 full meals a day.
- Don't drink until 45 min. after eating.
  - Chew food thoroughly.
    - Eat slowly.
    - Take small bites.
  - Keep a food diary.