

Nutrition Guidelines for Bariatric Surgery

The Bariatric Surgery Dietitians are always available to answer questions by phone at 434-243-9348 and will see you during clinic visits. We do not recommend any specific brands.

1. Diet Progression

- Stage 1: Sugar-free Clear Liquids
- Stage 2A: Sugar-free Liquids + Protein Shakes (one to three weeks)
- Stage 2B: Blended/Pureed Food (weeks 2 and 3 if desired)
- Stage 3: Soft Food
- Stage 4: Solid Food

2. Protein

- Goal of 60-70 grams of protein per day.
- High protein foods include meat, fish, poultry, beans, dairy, eggs, soy.

3. Sugar and Fat

- All foods must have less than 5 grams Total Fat and less than 10 grams of Sugars per serving.
- High sugar, high fat foods cause dumping syndrome and intolerance.

4. Eating

- Eat 4-6 small meals a day, each with portion size of ¼ to ½ cup total.
- Eat slowly and chew each bite well – take 20-30 minutes to eat.

5. Drinking

- Do not drink during or 30 minutes after a meal.
- All drinks must be sugar-free and zero calories.

6. Supplements

- Start with liquids/chewables and progress to tablets/capsules as tolerated.
- You will have to take vitamins and minerals for the rest of your life!

7. Scheduling

- You must plan when you will eat, drink and exercise!

8. Exercise

- Work up to 30 and then 60 minutes with a goal of at least five days a week.
- Must be planned in your schedule and be realistic or it won't happen.

9. Support

- Join our support group! We meet every other month and send a monthly email.
- Research shows that people who join a supportive community do better.

10. Maintenance

- Most people continue to lose weight for at least 12 months.
- Our maintenance plan will help you stay healthy and keep the weight off!

1. Diet Progression

The weight loss surgery diet is divided into four stages. The diet progression is outlined below.

Stage 1: Sugar-free Clear Liquids (1-2 meals)

- For one to two meals after surgery you will be given sugar-free clear liquids such as water, broth, and Jell-O to see how you tolerate eating.
- Sip slowly and pay attention to your feelings of fullness.

Stage 2A: Sugar-free Liquids + Protein Shakes (1-3 weeks)

- After 1-2 meals, we will add Ensure High Protein shakes to your diet in the hospital.
- Continue only sugar-free liquids and liquid protein shakes for at least one week after surgery at home or for up to three weeks until your first visit in clinic after surgery.
- This liquid diet will help minimize nausea, vomiting and discomfort as well as provide the fluids and protein you need.

Stage 2B: Blended/Pureed Food (up to 2 weeks)

- One week after surgery, you may try blended or pureed foods at your comfort level.
- It is very important to follow this diet until your first follow up visit. Eating solid foods too soon will put pressure on your incisions and staples and may cause breakage or leaking.
- All foods you eat must be the consistency of thin, smooth applesauce or yogurt.
- Use the stage 2 recipes you are given when you scheduled your surgery.
- Put cooked foods in a blender or food processor, then add liquid such as skim milk, broth, fat free gravy or low fat creamy soup and blend until smooth.
- Each small meal should have 10-15 g of protein (keep track!).

Food	Choose	Avoid
Protein	Lean fish, tuna, poultry, beef or pork Low-fat cottage cheese Low-fat or non-fat cheese Tofu Eggs, egg whites or egg substitute Cooked beans Reduced fat peanut butter 100% whey protein powder/supplements No Sugar Added Carnation Breakfast Essentials	Fried or breaded meats Meat with lots of visible fat Regular cheese
Milk Products	Fat-free (skim) or 1% milk Light yogurt or 100-calorie Greek yogurt Nonfat dry milk powder Low-fat cheese	Chocolate milk 2% or whole milk Ice cream Low-fat yogurt with sugar Fruit flavored Greek yogurt
Fruit and Vegetables	Applesauce, banana, mashed potato and other cooked fruit & vegetables without seeds or skins	Raw fruit and vegetables
Starches	Oatmeal, grits, and cream of wheat (Use high protein recipes)	Bread and rolls Cold cereals Pasta and rice
Other	Sugar free gelatin, sugar free fat free pudding (Use high protein recipes) Sugar free popsicles	Chewing gum Sweets and desserts

Sample Stage 2B Menu: Approximately 74 grams protein

Meal	Food	Protein
Breakfast	½ cup high protein cream of wheat/oatmeal/grits (recipe)	12g
Snack	Ensure Active High Protein 14oz drink	25g
Lunch	½ cup high protein jello (recipe)	13g
Snack	½ cup plain nonfat Greek yogurt (with added no calorie sweetener)	15g
Dinner	½ cup high protein soup (recipe)	9g

Stage 3: Soft Food (1 week)

- After your follow up visit, with your doctor’s approval, you may advance to Stage 3.
- The general rule is “Can I mash this food with a fork?”
- 3-4 meals per day. Each meal should be 4 ounces or ½ cup.
- **You will need to eat and drink slowly. Take small bites and chew very well.**
- You are “re-educating” your stomach. If you eat too fast, too much, or don’t chew enough, you will feel uncomfortable and could vomit.

Food	Choose	Avoid
Protein	Lean, moist, skinless meats (fish, tuna, poultry, pork) Lean shredded or ground meats Low-fat cottage cheese Low-fat or non-fat cheese Tofu Eggs, egg whites or egg substitute Reduced fat peanut butter	Crunchy peanut butter Fried meats Dry, tough or chewy meat Fast food meat Meat with skin or visible fat
Milk Products	Fat-free (skim) or 1% milk Light yogurt or 100-calorie Greek yogurt Low-fat cheese	Chocolate milk 2% or whole milk Ice cream Low-fat yogurt with sugar Fruit flavored Greek yogurt
Fruit and Vegetables	Any fruit & vegetables that have been cooked soft Unsweetened canned fruits or vegetables Fresh soft fruit	All others – including raw vegetables (such as salads) and raw crunchy fruits (especially those with tough skins/seeds)
Starches	Oatmeal, grits, and cream of wheat (Use high protein recipes)	Soft bread/rolls/bagels Crunchy and sweet cereals
Other	Sugar free gelatin, sugar free fat free pudding (Use high protein recipes) Sugar free popsicles	Chewing gum Sweets and desserts

Sample Stage 3 Menu: Provides 61 grams protein

Meal	Food	Protein
Breakfast	1 egg with 1 slice of low-fat cheese	11 g
Snack	½ cup chicken salad	15 g
Lunch	1 veggie burger	16 g
Dinner	½ cup chili with ¼ cup low-fat cheese	16 g
Snack	½ cup low-fat cottage cheese with fruit	13 g

Stage 4: Solid Food

- 4-6 weeks after your surgery, you may begin to try solid foods, one item at a time.
- Most people experience some food intolerance, especially with meat and bread.
- Reduce the number of meals that you eat to three meals per day.
- Do not skip meals - you will not get enough protein.
- Eat solid proteins before other foods.
- Stop using protein shakes unless advised by nutritionist to continue.
- Continue with ½ cup portions.
- Use the plate method to control portions and include a variety of foods.

Food	Choose	Avoid
Protein	Lean, moist, skinless meats (fish, poultry, pork) Lean shredded or ground meats Low-fat cottage cheese Low-fat or non-fat cheese Tofu Eggs, egg whites or egg substitute Vegetarian meat substitutes Reduced fat peanut butter	Fast food meat Meat with skin or visible fat Fried meats Dry, tough or chewy meat
Milk Products	Fat-free (skim) or 1% milk Light yogurt or 100-calorie Greek yogurt Low-fat cheese	Chocolate milk 2% or whole milk Ice cream Low-fat yogurt with sugar Fruit flavored Greek yogurt
Fruits	Fresh Canned in its own juice Frozen without added sugar	Fruit with added sugar or syrup Canned in heavy syrup
Vegetables	Fresh Canned without added salt Frozen without added sauce	Fried or breaded Vegetables with sauces
Bread	Dry or toasted Whole wheat Low-fat whole grain crackers Baked tortillas Thins (bread and bagels)	Sweet breads Danish, doughnuts, pastries White bread Soft rolls
Cereals	Oatmeal, grits, and cream of wheat (Use high protein recipes) Whole grain, high protein cold cereals	Sweet cereals Hot and cold cereal with added sugar/chocolate
Potatoes, Rice and Pasta	Boiled, mashed or baked potatoes Whole wheat pasta Brown rice	Instant noodles Instant potatoes Fried potatoes, French fries White pasta and rice
Other	Sugar free gelatin or popsicles Sugar free fat free pudding	Fried, salty snack foods Fast food Cakes, cookies, brownies

Sample Stage 4 Menu: Provides 60 grams protein

Meal	Food	Protein
Breakfast	1 scrambled egg 1 veggie sausage patty	18 g
Lunch	Roll-up: 4 thin slices lean deli meat and one slice low-fat cheese ¼ cup fruit	13 g
Dinner	3 ounce chicken breast ¼ cup cooked vegetables sautéed in 1 Tbsp olive oil	24 g
Snack	6 oz. light yogurt	5 g

2. Protein

- The daily protein goal is 60-70 grams.
- Protein will be an essential part of your diet after surgery.
- Protein helps with wound healing, muscle and skin re-growth, cell repair, and preventing hair loss.
- Every meal and snack should have a good source of protein.
- Always eat protein first to avoid filling up on other foods.
- For Stage 2 it is helpful to use a protein supplement.

FOODS	SERVING SIZE	GRAMS OF PROTEIN
Meat and Seafood		
Egg	1 large	6
Egg whites	1 large	3.5
Lean Beef	1 oz. cooked	8
Lean Pork	1 oz. cooked	8
Lean Chicken	1 oz. cooked	8
Fish/Shellfish	1 oz. cooked	6
Tuna (canned)	1 oz.	7
Lunch meat	1 oz. (2 thin slices)	4
Dairy		
Skim or 1% milk	1 cup	8
Plain, 0%-2% fat, Greek yogurt	4-6 oz.	15-18
100-calorie Greek yogurt	5.3oz.	10-12
Light yogurt	6 oz.	5
Reduced-fat, 2% cheese	1 ounce	7
Low-fat, 1% fat cottage cheese	½ cup	13
Sugar-free, fat-free instant pudding	½ cup (made with skim milk)	4
	High protein recipe	7
No Sugar Added Carnation Breakfast Essentials	One packet (made with 1 cup skim milk)	12
	High protein recipe	21
Non-fat dry milk powder	1 Tbsp.	2
	¼ cup (add to low protein foods)	8
<u>Beans and Nuts</u>		
Fat-free refried beans	½ cup	6
Black, brown, white and red beans, black-eyed peas, chick peas, lentils, and limas	½ cup	7.5 (average)
Almonds, cashews, peanuts, pistachios, pumpkin seeds, sunflower seeds, walnuts	1 oz. (¼ cup)	6.5 (average)
Hummus	¼ cup	4
Meat Substitutes		
Egg beaters	½ cup	12
Tofu	3 oz. (size of a deck of cards)	11
Veggie burger (soy, bean, veggie)*	1 burger	11-16
Veggie sausage patty*	1 patty	12 (average)

*Name brands: Morningstar Farms®, BOCA Burger®, Gardenburger®, Amy's®

NOTES: It is helpful to use a food scale to weigh meats and other foods. A deck of cards is the size of 3 oz. of meat. Read ALL food labels for accurate protein content.

Protein Supplements

Choose from one of the following:

- No- Sugar Added Carnation Instant Breakfast Essentials with 3 TBSP of nonfat dry milk powder
- Premier Protein ready to drink shakes
- Ensure Active High Protein ready to drink shakes
- Body Fortress protein powder
- Bariatric optimized protein shakes*

If you are unable to locate one of the above protein drinks, look for a protein shake with 0 grams Total Fat and 0 grams Sugars as the best choice.

*See resource handout for ordering information.

3. Sugar and Fat

Guidelines

- **Less than 10 grams of “Sugars” per serving.**
- **Less than 5 grams of “Total Fat” per serving.**
- High fat and high sugar foods are hard to tolerate after surgery and will cause dumping syndrome and discomfort. ☹️
- Low fat and low sugar foods are easy to tolerate, provide healthy nutrients and maximize weight loss! 😊

Dumping Syndrome & Intolerance

- After surgery, some patients experience “dumping syndrome” when eating sweets, high fat foods and/or drinking fluids with meals.
- Dumping syndrome occurs when food exits the stomach pouch rapidly and “dumps” into the intestine. This causes the intestine to immediately pull water from the rest of the body to dilute the food. The food then moves rapidly through the intestines and out of body.
- Symptoms of this intolerance are urgent diarrhea, nausea, lightheadedness, flushing, sweating, bloating, gas and stomach cramps.

Food Labels

- It is important to read the “Nutrition Facts” panel on all foods to check the fat and sugar content.
- Look for the words “sugars” and “total fat” and compare the numbers to the guidelines.
- Packages labeled “Low Fat” or “Low Sugar” may not meet the guidelines.
- Read ingredient lists
 - Avoid products that list these as one of the **first three** ingredients: sugar, sucrose, malt syrup, maple syrup, honey, molasses, corn syrup, corn sweetener, glucose, maltose, dextrose, sorghum, cane sugar, brown sugar, fruit juice concentrate, agave
- Artificial sweeteners are acceptable substitutes. They will not cause dumping and will aid weight loss.
 - NutraSweet, Splenda, Sweet N Low, Equal, Stevia
 - Sucralose, aspartame, acesulfame-K, neotame, saccharin

Cooking Methods

- Use low-fat cooking methods: bake, broil, boil, sauté and grill foods.
- Avoid fried foods!!
- You need a small amount of healthy fat each day. Use olive oil, canola oil or cooking spray.

Choose	Limit	Avoid
Earth Balance, Olivio and Smart Balance spreads Artificial sweeteners Light sour cream Light cream cheese Fat free salad dressing Fat free gravy or broth Light mayonnaise	Nuts Seeds Peanut butter Olives Cheese	Butter Sugar and sweeteners listed above Sour cream Cream cheese Salad dressing Gravy Mayonnaise Fast foods Cheese sauce

4. Eating

- These nutrition guidelines are designed to be gentle on your “new” stomach, ensure proper healing, and help you to avoid overeating.
- A normal stomach can hold approximately 4-6 cups at a time.
- After surgery your stomach pouch will only be able to handle about **½ cup!**
- You will need to **EAT SLOWLY!** It should take 20-30 minutes to eat a meal.
- Chew your food well and pay attention to how you are feeling.
- You must plan when and what you will eat to meet the nutrition guidelines.
- Stop eating as soon as you feel satisfied.
- Use the “Hunger Scale” to learn how your body feels when you are satisfied.

1 2 3 4 5
 Too hungry Satisfied Thanksgiving Full

5. Drinking

- Drink 6-8 cups (48-64 oz) of fluids per day to prevent dehydration.
- Do not drink during, or 30 minutes after meals. Drinking with a meal may overfill the stomach pouch and cause vomiting. It can also cause food to exit the stomach too quickly and leave you feeling hungry between meals. Drinking after and during meals may cause dumping syndrome.
- Sip slowly and consistently between meals.
- Do not try carbonated beverages until Stage 4.
- All drinks must be sugar free and calorie free. If a beverage is “sugar-free” or “diet”, it is a good choice!
- Sweeteners can be used: Equal, Sweet N Low, Splenda, Stevia, NutraSweet, etc.
- You must plan when you will drink to stay hydrated.

Beverages to Choose

WATER is best!	
Water Enhancers	Crystal Light Mio Stur SweetLeaf Sweet Drops Skinnygirl
Liquid & Flavored Sweeteners	Pure Via liquids Splenda Flavors for Coffee
Juices	Minute Maid Light Diet Juices Diet V8 Splash
Sports Drinks	Gatorade G2 Propel Vitamin Water Zero Powerade Zero
Soft Drinks	Diet and "Zero" soft drinks Glaceau Fruit Water Sparkling ICE Waters and Lemonades Fuze SoBe Lifewater 0 calorie Diet Snapple Zevia Ocean Spray PACt Cranberry Extract Water
Coffee & Tea	Diet or Unsweetened Iced Tea Diet Green Tea Hot Tea Coffee
Milk	Skim or 1% milk Light Soymilk Unsweetened Almond milk
Other	Sugar-free hot chocolate

6. Supplements: Vitamins and Minerals

- It is critical that you take vitamins every day for the rest of your life after surgery.
- You will not be able to meet your daily requirements for vitamins and minerals with food.
- Your supplement schedule will be determined by the type of surgery you have.
- You will need to order or purchase supplements before your surgery.
- Start with liquids or chewables and progress to swallowed capsules or tablets as tolerated.

Supplement	Brand examples	Timing
Multivitamin	Centrum Chewables, Flintstones Complete Chewables	Two times a day
Calcium Citrate with Vitamin D	Bariatric Advantage* or Celebrate* Chewables, Citracal tablets, TwinLab wafers, Wellesse liquid	500 mg three times a day (or 600 mg twice a day)
Iron (Ferrous Gluconate)**	Bariatric Advantage* or Celebrate* Chewables, Wellesse liquid, Fergon tablets	325 mg daily (36g elemental iron)
Vitamin B12	Sublingual tablets/lozenges, Wellesse liquid	500 mcg daily

*www.bariatricadvantage.com (1-800-898-6888), www.celebratevitamins.com (1-877-424-1953)

**only if menstruating or advised by bariatric team

Notes:

- Avoid Men's formula vitamins and "Silver" vitamins.
- Avoid taking iron and calcium together because they compete for absorption.
- Avoid taking calcium and multivitamin together because the multivitamin contains iron.

7. Scheduling

- A. Develop a plan for eating, drinking and taking supplements prior to surgery.
- B. Your dietitian can help you plan around work schedules, family commitments and special circumstance.
- C. You will not meet the nutrition goals without a plan for your day!
- D. You need to eat even if you don't feel hungry.

Sample Pattern for eating and drinking:

Meal #1		6:30-7:00 am
Drink	12 oz	7:30-9:30 am
Meal #2		9:30-10:00 am
Drink	12 oz	10:30-12:30 pm
Meal #3		12:30-1:00 pm
Drink	12 oz	1:30-3:30 pm
Meal #4		3:30-4:00 pm
Drink	12 oz	4:30-6:30 pm
Meal #5		6:30-7:00 pm
Drink	12 oz	7:30-9:00 pm

Sample Supplement Schedule

Morning (8am):	1 multivitamin + 500 mcg B12
Noon (12pm):	500 mg calcium
Afternoon (3pm):	500 mg calcium
Evening (6pm):	500 mg calcium
Bedtime (9pm):	1 multivitamin + 325 mg iron**

8. Exercise

- Essential for weight loss and maintenance!
- Start with seated exercise, stationary walking or water if not currently exercising.
- Work up to 30 and then 60 minutes with a goal of at least five days a week.
- You should sweat...chasing children is not enough.
- You need a weather proof plan.
- Must be planned in your schedule and be realistic or it won't happen.

9. Support

- Join our support group! We meet every month and send a monthly email newsletter.
- Research shows that people who join a supportive community do better!
- Ask your dietitian or other patients about online resources.

10. Maintenance

- Most people continue to lose weight for at least 12-18 months.
- After your one year visit we will send you to see an outpatient dietitian to develop a meal and exercise plan for maintenance.
- You will come for your two year follow up visit to make sure weight is stable and check labs for deficiencies.
- You will come at three, four, five years to follow up and every year after.
- Your dietitians and health care team are always available by phone for help! Please reach out for help when you need it.

**We do not recommend any specific brands or sources. Protein supplements are available at many stores and websites. Please let us know if you need help finding supplements. **

My SMART Goals

1. Food:

2. Behavior:

3. Exercise:

My To Do List

- 1.
- 2.
- 3.
- 4.
- 5.