

Bariatric Surgery Diet Handbook

The Center for Bariatrics & Healthy Weight



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Preparing for Weight Loss Surgery

Pre-Operative Preparation

In anticipation of bariatric surgery, preparation includes several steps to optimize overall health and to begin the process of making new life style behavior modifications.

- Stop drinking all carbonated beverages
- Stop drinking all beverages that contain caffeine
- Begin a regular exercise routine (consult with physician first)
- Begin cutting food into small pieces and practice chewing very well (15-20 times per bite)
- Join our support group, "*The Wellness Weigh*"

Begin the practice of not drinking with your meals. Stop drinking 30 minutes before you eat and wait at least 30 minutes after the meal is finished. This will be necessary after your surgery and needs to become a life-long habit.

Have your prescribing physician convert all your time-released or extended-release medication to non-time released formulations. If you are unsure about a medication, please contact your pharmacist or prescribing physician.

What to Expect After Surgery

It is very important to follow the eating and drinking instructions starting right after the operation to allow the new stomach to heal completely and in the right position.

You will notice a difference in the amount and type of food you can eat. You will receive nutritional counseling to help show you the do's and don'ts. Since the amount of food you can eat will be much less, it becomes very important to eat the right types of food to be sure your body is meeting the appropriate nutritional requirements.

It is reasonable to expect to lose 60-100lbs in the first year depending on your procedure and how much excess weight you had before surgery. Most people will stabilize at their new weight 2 years after surgery.

2-Day Liquid Diet Prior to Surgery

In the two days prior to surgery you will be on a clear liquid diet ONLY. This will include:

<i>Apple or other clear juice (pulp free)</i>	<i>Water or flavored water products</i>
<i>Clear broth (chicken, vegetable, or beef)</i>	<i>Protein drinks</i>
<i>Jell-O (any color)</i>	<i>Low fat / skim milk</i>
<i>Popsicles (sugar free)</i>	<i>NO SOLID FOOD</i>

Strict adherence to this diet is important to reduce potential complications associated with bariatric surgery. This 2-day liquid diet helps to ensure there is no solid food in your stomach at the time of surgery, and will also will help reduce the size of your liver, making it easier for the surgeon to complete your surgery efficiently and effectively.

Advancing Your Diet after Bariatric Surgery

Stage 1- Week 1: Clear Liquid Diet

Clear Liquid Diet will begin post-op Day 1 if no nausea or vomiting occurs.

You must sip fluids all day. The goal should be 4-8 ounces per hour for a total of at least 64 ounces of clear liquids per day.

Recommended Sugar-Free Clear Liquids:

- Clear broth or bouillon – Chicken, Beef, or Vegetable. You may add protein powder if you wish.
- *Crystal Light* or sugar-free *Kool-Aid*
- Decaf tea and coffee (*NutraSweet, Splenda, Stevia*, non-dairy creamer are allowed)
- Fruit juice. Avoid citrus (orange, grapefruit, and pineapple) and tomato. Grape, apple, and cranberry are acceptable choices. These beverages should contain less than 5 grams of sugar per serving.
- Herbal tea, or un-sweet tea – caffeine free
- Jello
- NO carbonated beverages
- Propel Water, low calorie Gatorade (G2), or Powerade Zero

- Sugar-free Carnation Instant Breakfast
- Sugar – free popsicles, Sugar-free Italian Ice
- Water

Start your vitamins once you get home.



Stage 2 – Week 2: Full Liquid Diet

Start high protein full liquids (Pro-complex, Body Fortress, etc.) in addition to sugar-free clear liquids.

Recommended Foods:

- All food from previous stages
- If protein powder with clear liquid is tolerated, then mix protein powder of choice with non-fat milk or Almond Milk. If lactose intolerant, use non-fat Lactase-Enzyme treated milk
- Low Fat creamed soups – thinned (no chunks). Check useful websites for recipes
- Natural applesauce
- Non-fat yogurt (sugar-free) with less than 60 calories and 8 grams of sugar per serving
- Sugar-free pudding – make with skim milk and add protein power
- Unsweetened 100% fruit juice diluted with water without pulp (no orange juice, grapefruit or tomato juice). Limit to 4 ounces per day
- Protein shakes – drink up to half of the shake at a time

Stage 3 – Week 3: Pureed Diet to Soft Diet

Pureed Diet to Soft Diet

- Continue full liquids, and transition to pureed foods by adding one new food at a time, as tolerated
- Aim for 48-64 ounces of fluid per day to prevent dehydration. Avoid drinking 30 minutes before and after meals
- Chew completely and slowly
- Eat 3 meals a day and 2 snacks
- Limit fats and avoid sugars
- Protein is the priority (70-80 gm per day)

Recommended Foods:

- All foods from previous stages
- Blended protein shakes with non-fat, sugar-free frozen yogurt, pureed fruit
- Canned peaches, apricots, mandarin oranges or pears
- Dried beans and peas, navy beans, kidney beans, low fat refried pinto beans, lima beans, lentils, split peas cooked without added fat until very tender (remember that these foods may cause abdominal discomfort and/or gas)
- Eggs, scrambled or egg whites
- Hummus
- Lean meats (fish, tuna fish, chicken, turkey) make sure the meats are moist and chewed well before swallowing
- Low fat cheese containing less than 6 gm of fat per ounce (most 2% cheese), low fat or non-fat cottage cheese (1/4 cup), ricotta cheese
- Tuna fish made with low fat mayo
- Canned salmon without skin, ground turkey, ground chicken
- Soft cooked vegetables such as green beans, zucchini, squash (should be mushy before swallowing)

Stage 4 – Week 4: Add new foods one at a time

SOFT TO REGULAR DIET

- Aim for 64 ounces of fluids to prevent dehydration. Avoid drinking 30 minutes before and after meals
- Continue drinking fluids especially water between meals and throughout the day
- 3 meals a day, plus 2 snacks if needed. No more than 2 oz of meat and 1 oz of other food for the meal. 1-2 oz for snacks

RECOMMENDED FOODS:

- All foods from the previous stages
- Avoid fibrous vegetables (raw cabbage, celery)
- Avoid fruit with membranes (oranges, grapefruit, pineapple, grapes)
- Avoid tough meats (steak, roast, pork chops)
- Cheese containing less than 5 gm of fat per ounce (most 2% cheese), Laughing Cow cheese, cheese sticks
- Dried beans and peas – navy beans, kidney beans, low fat refried pinto beans, lima beans, lentils, split peas cooked without added fat until very tender (remember that these foods may cause abdominal discomfort and/or gas)
- Lean meats (fish, tuna, chicken, turkey) make sure the meats are moist and chewed well before swallowing
- Low fat or non-fat cottage cheese (1/4 cup)
- Soft cooked vegetables

Remember

- Add one new food at a time
- Avoid starchy foods like rice, pasta, breads, potatoes
- Chew completely and slowly
- Continue supplemental protein (70-80 gm of protein is the daily goal)

You are recommended to avoid the following foods for the long term:

- *Foods high in carbohydrates:* (Pasta, rice, breads, crackers, white potatoes, macaroni & cheese, oatmeal, grits, sweets)
- Foods high in saturated fats and avoid trans fats

Tips for Recovering after Surgery

What do I do if it feels like food is “stuck?”

When food is not passing through your pouch or sleeve, you may experience any or all of the following:

- Excessive Salivation (frothing)
- Heartburn
- Nausea
- Cramping
- Vomiting / dry heaves
- Pain
- Thirst

If this happens, take the following steps to alleviate the discomfort as quickly as possible:

- *RELAX! Stress will only increase the discomfort. Lay down if possible.*
- *Don't eat anything. Drink sips of water. Warm liquids can sometimes help to relax the stomach better than cold fluids.*
- *Stay on liquids for several hours.*

**** IF YOU CANNOT TAKE IN LIQUIDS FOR 24 HOURS, PLEASE CONTACT THE OFFICE FOR FURTHER ADVICE****

“Did I chew my food well? Did I take too big of a bite? Did I eat too fast?”

If you do not chew your food well enough, the bites you swallow will be too large to pass easily through your gastric pouch or sleeved stomach. The un-chewed bites will not be able to continue to go down and are more likely to cause discomfort. Your food should be cut to the size of your ‘pinky’ nail to be small enough.

Be careful with fibrous food.

Although you will learn fiber is good for you, food that contains many fibers, such as asparagus or celery, can cause the food to become stuck. This can happen when food is

not chewed well enough to break it up into small pieces and your saliva cannot break it down. If you would like to eat fibrous foods occasionally, be sure to cook them well, cut into very small pieces, and chew thoroughly.

Nausea and vomiting

It is very common for post-operative patients to feel nauseated during the first few months. If this nausea causes frequent vomiting, it is important to call or visit the office to see if any treatment or testing needs to be done.

When you feel full, stop eating and put the food away. Don't pick at it if you are still at the table. A meal should not take longer than 20 minutes to finish. If it is taking longer, you are probably waiting too long between bites, or getting full and waiting for it to pass through to give you more room to continue eating. The goal is not to finish your meal; it is to learn what full means and feels like.

One of the causes of nausea and vomiting is noncompliance with nutritional guidelines. Hence, it is vital to follow the provided guidelines.

Any problems with nausea or vomiting should prompt the following questions and necessary changes to avoid further pain and discomfort:

- *How long am I taking to eat and/or drink?*
- *Did I drink fluids with my meal or too soon before/after the meal?*
- *Am I eating more than I should?*
- *Am I chewing solid foods until they resemble a pureed consistency?*
- *Did I lie down too soon after my meal?*
- *Did I eat hard-to-digest foods such as tough meat or fresh bread?*
- *Did I eat foods from the next stage of the menu plan before being cleared by the physician to do so?*

**** IF VOMITING PERSISTS THROUGHOUT THE DAY, DO NOT EAT SOLID FOODS. SIP ON CLEAR LIQUIDS (STAGE 1). IF VOMITING OCCURS FOR MORE THAN 24 HOURS, CONTACT THE OFFICE IMMEDIATELY.****

Frothing

As the new gastric pouch or sleeved stomach heals, mucous is excreted to help break down food. At times, it is common for the mucous to back up in the esophagus and cause frothy clear vomiting. This is typically short lived and usually resolves by the 3rd month. Frothing is not a complication, so try to drink warm water 30 minutes prior to your meal to help break down the mucous. This should help to better tolerate your meals.

Gas Pains

Gas pains are common in the first few weeks after surgery. Sometimes these pains can be severe and more uncomfortable than the 'surgical' pain. To help relieve these pains, try to increase activity level to include consistent walking. You can also try anti-gas over the counter medications that contain simethicone. Examples include *Mylanta*, *Maalox*, *Gaviscon*, *Gas X*.

Gas pains or spasms may occur months or even years after your bariatric surgery. The cause for random episodes is often unknown, and this discomfort will usually relieve itself after a short time. If the discomfort from gas or spasms persists, contact your surgeon for evaluation and possible treatment with medication to relax the intestine.

Hair Loss

If you notice hair loss/thinning, especially around the third month after surgery, you should consult with the dietitian to help increase your protein intake. Hair loss is often attributable to protein deficiencies. Increasing your protein intake may help to reduce hair loss. There are no 'guarantees', however. Hair regrowth frequently occurs after several months. We recommend increasing protein to 80gm daily. Adding Biotin may also help, as it is a vitamin specifically designed to increase hair/nail strength and growth.

Bowel Habits

It is common to have some temporary bowel changes. These changes range from constipation to diarrhea. If you do not move your bowels by the fourth day at home, you may try a mild laxative such as *Milk of Magnesia*. Follow the bottle instructions.

Maroon or blood tinged stools should be reported to your surgeon, as this may indicate need for testing and or medications to reduce ulcer formation. Please note it is common

for the first one or two bowel movements after surgery to have a small amount of blood due to the recent surgery. Please contact the office if it persists.

Constipation

After surgery, constipation is common. Remember food intake is very small compared to before surgery. As a result, bowel movements will be decreased. Many people report having a bowel movement every 2-3 days. If stools are hard, be sure to drink an adequate amount of fluid daily (48-64 ounces). Also, when appropriate, include more fiber-containing foods in the meal plans such as oatmeal, bananas, fruits, and fiber products. You may also try *Smooth Move Tea*, *Apricot or Prune juice (unsweetened)*, *Milk of Magnesia*, or *Miralax*.

Diarrhea

Immediately following surgery, there may be bouts of diarrhea. This should be temporary. If the diarrhea occurs more than 3 times in a day, you may take *Imodium* or other over the counter equivalent. If it is not possible to maintain adequate hydration due to persistent diarrhea, contact the office.

If constipation, bloating or diarrhea occurs for a prolonged period, it may be helpful to try taking a daily probiotic. Probiotics are naturally occurring 'good' bacteria that live in our gastrointestinal tracts. After surgery or with the use of antibiotics, this sensitive balance of good bacteria can be altered allowing the 'bad' bacteria to take over. Probiotics from foods and supplements can play a role in helping restore this balance and alleviating symptoms of gas, bloating, diarrhea, and constipation. They are available over the counter at most grocery and drug stores, and online.

Dumping Syndrome

Dumping syndrome occurs when the undigested food from your stomach moves rapidly into your intestines. This is most common after procedures that involve bypassing some of the intestine, such as gastric bypass or duodenal switch. Usual symptoms include abdominal cramping, nausea, diarrhea, hot flashes, or dizziness. Symptoms can start immediately after eating or 1-3 hours later. Dumping syndrome commonly occurs after eating foods that are high in carbohydrates and sugar. Dumping syndrome is typically managed by adjusting your diet.

Alcohol Consumption

After bariatric surgery, you will feel the effects of alcohol much faster. Blood alcohol levels peak higher and take longer to return to normal due to altered metabolism after bariatric surgery.

- Avoid alcohol for the first 6 months after surgery.
- When drinking, remember that small amounts of alcohol can cause intoxication or can result in low blood glucose with serious consequences.
- When you get permission to start drinking alcohol again, avoid carbonated beverages and sugary drink mixers.
- Never drink and drive, even after consuming only minimal amounts of alcohol.
- Be aware of the calorie content of alcohol.
- If you find yourself drinking regularly to cope with emotions or stress, seek help by consulting with your primary care doctor.

Why is Protein so Important?

- Protein aids in proper wound healing after bariatric surgery.
- Protein helps keep hair, skin, nails, and bones healthy.
- Protein helps your body burn fat instead of muscle for a healthier weight loss.
- Protein helps build muscle which leads to quicker weight loss. Remember, the more muscle you have, the faster your metabolism becomes, and the more calories from fat you will burn.
- Protein triggers the fat burning hormones in your body. Protein stimulates the release of glucagon which is a hormone that allows you to utilize your stored fat.
- Protein curbs your hunger between meals to help you avoid 'snacking temptation'.
- Protein allows you to feel full for a longer period of time.

Protein and your meals:

- Eat all your protein foods first, and then move on to your vegetables and fruits.
- Half of your meal size should consist of protein.

- Try to have protein as part of every meal.

Protein rich foods:

- Eggs, fish, chicken, turkey, tofu, shrimp. Try to choose white meat poultry. Nuts, beans, non-fat/low-fat cottage cheese, cheese, plain or sweetened low carb, non-fat/low-fat yogurt, lactaid milk.

How Do I Get the Recommended Amount of Protein I Need?

It is recommended that you get an average of 60-80 gm of protein daily. This should be broken up into 3 meals and 2 snacks.

You can determine the protein amount with packaged/labeled foods, but food without labels can be tricky.

See below for a helpful explanation for protein content:

- Ounce of protein = 7 grams of protein
- 1 egg = 6-7 grams of protein
- 3 oz serving of protein = 21 grams of protein
 - Size of the palm of your hand or a deck of cards
- Greek yogurt
 - Dannon Light and Fit 6 oz = 12 grams of protein
 - Yoplait: 1 container = 11 grams of protein
 - Chobani: 6 oz = 14 grams of protein



Meal Replacement Protein Shakes

Must Contain:

- Whey Protein – main protein source – within first 2 ingredients
- High Protein level – 20 grams per serving

- Low Calorie – 80-120 calories per serving
- Low Sugar – less than 8 grams per serving
- When mixing powders: Mix with either water, milk (skim, 1%, almond, soy), 100% juice, diet (sugar-free juice). You may also add yogurt and fresh/frozen fruit to them to make smoothies. **Be sure to add the calories and carbs of any added ingredients to the overall total count of the shake**

Examples of Protein Supplement Brands:

Unjury	Body By Vi	GNC – Lean Protein
Pure Unflavored Protein Isolate	GNC Pro Performance 100% Whey Protein	EAS Whey Protein Powder (Lean 15)
Pure Protein	Whey Bolic Extreme 60	Glucerna
Isopure Protein Zero	CytoSport Whey Protein	Muscle Milk
EAS AdvantEdge Carb Control	Bluebonnett Whey Protein	Premiere Protein
Atkins	Syntrax Innovations Nectar	Body Fortress
Click Protein	Core Protein	

Why should Carbohydrates be Reduced?

Carbohydrates activate the fat storing hormones in your body

- Once you consume foods that are high in carbohydrates and sugar, your blood sugar becomes elevated. Your body naturally makes insulin to regulate your blood sugar. However, insulin is a fat storing hormone and has a negative effect on weight loss. Once insulin levels are elevated, your body will store more calories that you eat as fat for the next 24 hours.

Eating too many carbohydrates will make your portions larger

- Carbohydrates pass through your gastric pouch, or sleeved stomach and into your intestines much quicker than protein. This makes room for more food, ultimately making your portions larger. Because carbs don't stay in your stomach for a long time, you will start to feel hungry sooner than you should.

BUT, Carbohydrates provide important Fiber

- Not all carbohydrates are bad. Complex carbs such as beans, fruits and vegetables are encouraged. These foods contain more fiber than sugar. Fiber counteracts the body's insulin response to sugar and can activate fat burning hormones. Fiber is also vital in controlling hunger and decreasing cravings.

Carbohydrates to Avoid

Bread, rice, pasta, oatmeal, grits, cream of wheat, crackers, chips, macaroni & cheese, juices, sweet tea, soda, potatoes, bagels, pancakes, cereal, tortilla, cookies, cakes, candy.....

- ❖ Please keep in mind this is a list of some of the carbohydrates to be mindful of limiting in your diet. You will not be required to be on a zero-carb diet for the rest of your life; however, there are carbs in foods that do not look like classic carbohydrates. By consciously staying away from the obvious carbs, you can leave room for the hidden carbohydrates that will be in your fruits, vegetables, drinks and condiments.

Food Labels

Read all your food labels to determine the nutrient content and be on the lookout for hidden sugars. **Serving size is important!**

Be careful when reading labels at the market. Quoted protein amounts are based on certain serving sizes and you may not be able to have a whole serving. * A product that appears high in protein, may not be all that high. *

Check the amounts of other nutrients as well. A food high in protein, but also high in carbohydrates or fats would not be as good of a choice as the proportion of protein is not as good as it may seem.

Choose foods that contain:

- Less than 10 grams of total carbohydrates per serving
- Less than 5 grams of sugar per serving
- Aim for more fiber than sugar

Your carbohydrate intake should contain less than 40-50 grams per day.

Your sugar intake should be less than 20 grams per day.

Nutrition Facts			
Serving Size 1 cup (228g)			
Servings per Container 2			
Amount Per Serving			
Calories 280		Calories from Fat 120	
% Daily Value*			
Total Fat 13g			20%
Saturated Fat 5g			25%
Trans Fat 2g			
Cholesterol 2mg			10%
Sodium 660mg			28%
Total Carbohydrate 31g			10%
Dietary Fiber 3g			0%
Sugars 5g			
Protein 5g			
Vitamin A 4%	•	Vitamin C 2%	
Calcium 15%	•	Iron 4%	
*Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g
Calories per gram:			
Fat 9	•	Carbohydrate 4	• Protein 4

Guidelines for Food Selection After Bariatric Surgery

The following list is to be used as a guide for making food selections.

Always work toward eating a low-carb, high protein diet.

	FOODS RECOMMENDED	MAY CAUSE DISTRESS
Protein	Eggs, fish, chicken, turkey, tofu, shrimp. Try to choose white meat poultry. If tolerated, non-fat/low-fat cottage cheese, cheese, plain or sweetened low carb non-fat/low-fat yogurt, Lactaid milk	Fried or high fat meats, fried eggs, highly seasoned or spicy meats, skin of meats and tough meats. Avoid beef, lamb, pork during the first 3 months. After 3 months, add to diet as tolerated.
Breads, Potatoes and Starch Substitutes	Green peas Beans and lentils, however they may cause discomfort and gas.	Breads made with dried fruits, nuts and seeds, pastries, donuts, muffins, past and rice if not fully cooked, sugar coated cereals, coarse bran cereals.
Vegetables	Soft cooked fresh, frozen or canned vegetables (i.e., carrots, beets, mushrooms, spinach, squash, green beans), vegetable juice, and raw vegetables as tolerated after several months.	Any vegetable with tough skin or seeds (i.e., tomato, corn, celery). Cabbage, cauliflower, broccoli, and brussel sprouts may cause gas.
Fruits	Strawberries, raspberries, blueberries, blackberries, apple slices, pear slices	High carb fruit juices/drinks, fruit skins, fruits canned in heavy syrup. Dried fruits, pineapple, and melons. For some raw apples may cause gas.

Soups	Protein soups made with allowed foods, spicy soups as tolerated. While restricted on liquids with meals, strain and drink liquid from soup only.	Soups prepared with heavy cream or made with high fat ingredients.
Fats	Small amounts of butter or oil may be used, low-fat salad dressings, non-fat/low-fat mayonnaise, sour cream and cream cheese as tolerated. Peanut butter in small amounts.	Regular mayonnaise, salad dressing, margarine butter and sour cream in large amounts.
Sweets	Not recommended. See 'dumping syndrome' explanation	All sweets, candies and desserts especially if made with chocolate or dried fruits or if eaten on an empty stomach.
Beverages	Decaffeinated coffee, unsweet tea, water, non-fat/low-fat Lactaid milk, Crystal Light.	Alcohol, sweetened fruit drinks or carbonated regular soda.
Miscellaneous	Iodized salt, pepper, herbs and flavored seasonings as tolerated. Light mocha mix or other nondairy low-fat substitutes.	Jalapenos, nuts, seeds, tough skins for at least 3 months post-op.

The Importance of Vitamins

After your surgery, it is very important that you continue to take vitamins daily as directed by your health care provider. Every vitamin that you are directed to take is essential for your overall health and wellbeing.

Vitamin	Functional use	Without it...
<i>Calcium</i>	Maintains bone strength and helps prevent bone fractures	Increased risk of bone fracture and osteoporosis
<i>Vitamin D</i>	Aids with calcium absorption	Increased fatigue, may have tingling and joint pain
<i>Vitamin B12</i>	Supports the nervous system	May have memory loss, numbness, tingling, paralysis
<i>Iron</i>	Helps oxygen throughout the body	Tiredness and lack of energy. Increased risk of anemia and heart attack
<i>B complex (B1 and B6)</i>	Supports metabolism	May have memory loss, numbness, tingling, paralysis

You will not be able to obtain all recommended vitamins in a single multivitamin

- To minimize the number of pills taken, start with a multivitamin that contains the appropriate amount of iron and B vitamins. You will need to take additional calcium and vitamin D. The calcium and Vitamin D in the multivitamin will likely not be enough.
- A prescription is not needed for vitamins. They can be purchased over the counter or online.
- You will not be able to swallow whole pills for 6 weeks. The recommended forms during this period are liquid, chewable, dissolvable, nasal spray, and injectable.

Patches are not recommended as first line because their absorption is not consistent.

- After 6 weeks you will be able to swallow pills no larger than the size of a plain M&M. That may require larger pills to be crushed or broken in half.
- Your levels will be checked with blood work done at 6 weeks, and then every 6 months to a year after surgery.
- Individual recommendations may be made based on your lab results.

Recommended Vitamin Regimen

Vitamin	Dosage Options
<p>Multivitamin</p> <p>*Mandatory after Gastric Bypass and Gastric Sleeve</p>	<p>200% RDA (Recommended Daily Allowance)</p> <p>-Take 1-2 multivitamins daily</p>
<p>Vitamin B12 (Cobalamin)</p> <p>*Mandatory after Gastric Bypass</p>	<p>-500 mcg or more every day by mouth</p> <p>-1000 mcg every 2-4 weeks by injection</p>
<p>Calcium + Vitamin D</p> <p>*Caffeinated products, spinach, and whole grain products may decrease the absorption of these two nutrients. To get the best rate of absorption, take at least 1-2 hours before or after iron, since calcium will decrease iron absorption.</p> <p>*Mandatory after Gastric Bypass and Gastric Sleeve</p>	<p>1,500 – 2,000 mg Calcium/day + 5,000 IU Vitamin D</p> <p>-Divide into 2-3 doses each day and pair with meals</p> <p>-Choose a brand that includes Calcium Citrate and Vitamin D3. The citrate form of Calcium is better absorbed because it doesn't require the acid from your stomach to be absorbed.</p>

<p>Iron</p> <p>*Take 1-2 hours before or after Calcium. Do not take with milk, cheese, eggs, whole grain breads and cereals.</p> <p>*Mandatory after Gastric Bypass</p>	<p>100% RDA (Recommended Daily Allowance)</p> <ul style="list-style-type: none"> -Ferrous Sulfate: 325 mg/day -Ferrous Gluconate: 325 mg/day -Elemental Iron: 18-27 mg/day
<p>B Complex (B1 and B6)</p> <p>*Optional</p> <p>Zinc</p> <p>*Optional</p>	<p>10 – 20 mg/day</p> <p>8 – 22 mg/day</p>

Helpful Rules to Effective Weight Loss

It is important to understand that weight loss should be gradual, sustained, and accompanied by careful attention to proper nutrition. Understand that you are not alone, and we are here to help you overcome this disease and put you on the track of a healthy life.

Rule 1: Eat 3 small meals and 2 snacks per day

The fewer meals you eat, the less your body will want to burn fat in an attempt to store energy for future use. Avoid skipping meals, especially breakfast. Breakfast is the most important meal of the day and should be consumed within the first 2 hours after waking. Breakfast helps regulate stress hormones that control hunger. Skipping breakfast will lead to increased cravings, hunger and dips in energy throughout the day.

Rule 2: Stop eating as soon as you get a feeling of being satisfied

This is a tough one. Once your stomach is getting full, your body receives a signal that you have eaten enough. It takes time, though for you to become aware of this signal. If you rush through your meal, you may eat more than you need. This can lead to nausea and vomiting and stretching of the gastric pouch or sleeve. Take time to enjoy every bite of your meal. Learn to recognize the feeling of satisfaction, then stop eating at once. If you try to eat until you are full, you may be eating too much and stretch your new stomach. In the long run, this could lead to eating more than you should on a regular basis.

Rule 3: Do not drink while you are eating

Bariatric surgery works best if you do not drink your calories and eat solid food during your three meals. You should not drink anything for 30 minutes after a meal. This allows you to keep the feeling of fullness as long as possible. Eating and drinking at the same time may stretch your new stomach.

Rule 4: Eat only good quality, nutritious food

With bariatric surgery, you should be able to eat only small amounts so the food you eat should be as nutritious as possible. Follow the nutrition guidelines and instructions from our medical providers and dietitian. We prefer you eat predominantly protein and vegetables. A snack, if necessary, should be fruit, nuts, or low-fat cheese sticks. We want you to limit the carbohydrates as much as possible (oatmeal, grits, rice, mashed

potatoes, fries, macaroni & cheese, breads, ect.), and of course the sweets found in deserts and candy. **JUST SAY NO!!**

Rule 5: Drink enough fluids during the day

Drinking enough fluids is essential for staying hydrated and for flushing waste products out of your body. Individual needs will vary, but you should drink at least 6-8 glasses of liquid a day. Remember: Drink only non-carbonated/zero calorie liquids. Water is preferred. Remember to keep your food and drinks separate during the day. To avoid dehydration:

SIP, SIP, SIP all day long!!!

- TIP: room temperature liquids are usually tolerated better
- Avoid drinking straws
- Avoid carbonation

Rule 6: Avoid foods that increase hunger and cravings

Coffee, artificial sweeteners, and sweet snack foods affect stress hormones and insulin levels which can increase hunger. Choose water, green tea and snacks that contain protein and fiber (fruits and vegetables) instead.

Follow-Up:

We are here to help you every step of the way on your weight loss journey. If you have any questions, please contact the office.

Southern Regional Medical Center
The Center for Bariatrics & Healthy Weight
11 Upper Riverdale Rd., SW
Surgery Suites – Ground floor of Women’s Center
Riverdale, GA 30274
Office: 770-897-SLIM (7546)