

DIET FOLLOWING GASTRIC BYPASS SURGERY- STAGE 1 BARIATRIC CLEAR LIQUIDS

The first stage of the gastric bypass diet is a clear liquid diet, which begins in the hospital after your surgery. You will start with sips of water and then add fat-free broth, diet gelatin, diet Italian ice, and decaffeinated tea as tolerated.

You will continue the clear liquid diet at home for about one week, until your first post-op visit with your surgeon. At home, you can try additional clear liquids like light apple juice and no-sugar-added popsicles. All liquids should be non-carbonated, since carbonated drinks can put pressure on your small stomach pouch. Avoid chewing gum (even sugar-free) because accidentally swallowing it could cause a blockage. (See anti-blockage info in back of packet.)

Please sip liquids slowly. You may want to use a medicine cup or shot glass to measure your 1-ounce portion. By drinking every 15 minutes while you are awake (that is, 4 oz per hour for 12 to 16 hours), you will easily meet your fluid goal. Aim to drink 42-70 oz per day.

Remember to take your chewable or liquid multivitamin daily. Some popular & palatable chewable brands include Bariatric Advantage (.com), Trader Joe's High-Potency Woman's, GNC (pineapple chewable) & Centrum (orange or berry chewable).

Clear Liquids Shopping List

- unsweetened light juices: light apple juice, light white grape juice, or Light Cranberry Juice Cocktail, or dilute regular unsweetened juices with water
- sugar-free Jell-O
- no added sugar popsicles without fruit pieces: Dole, Welch's, or Tropicana No Sugar Added Fruit Juice Bars
- fat-free chicken or beef broth, like Pacific, Trader Joe's, Nature's Promise, etc.
- decaffeinated tea, or herb tea
- non-carbonated no-cal flavored drink like Crystal Light or Fruit-2-O
- non-carbonated bottled water, or tap water
- Isopure Protein Zero Carb*

*Please dilute Isopure with an equal amount of water or no-cal flavored drink or freeze in an ice cube tray and add water to glass of Isopure "cubes."

-Isopure Protein Zero Carb Flavors: apple melon, passion fruit, alpine punch, icy orange, grape frost, and blue raspberry

-Isopure Protein powder is NOT suitable at this stage because it is not a clear liquid.

-Isopure is available at The Vitamin Shoppe (with branches in Norwalk, Danbury, Milford and Stamford), Mrs. Green's (Fairfield & Stamford), Nature's Way (Stratford), on line or at the surgeons office.

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DIET FOLLOWING GASTRIC BYPASS SURGERY- STAGE 2 BARIATRIC FULL LIQUIDS

About one week after your gastric bypass surgery, your surgeon will advance your diet to full liquids. You will then be able to add in cow's milk or soy milk, smooth light yogurt or plain low-fat Greek yogurt and one of the high protein drinks listed below. Please continue to avoid sugar, carbonation, caffeine, and chewing gum.

Your full liquid diet should aim for **40 - 60 grams** of protein daily.
Protein-rich full liquids include:

	<u>protein grams</u>
➤ 0% or 1% milk/LactAid or unsweetened low-fat soy milk	8 g in 8oz milk
➤ Simply Smart or Over the Moon 0% or 1% milk	10g in 8 oz milk
➤ Plain non-fat or smooth light yogurt or a light yogurt drink	6-8 g in 6 oz carton
➤ Plain low-fat Greek yogurt (Chobani, Fage, Trader Joe's)	13-18 g in 6 oz carton
➤ Atkins Advantage Shake	18 g in 11 oz can
➤ Worldwide Pure Protein Shake - 21 g protein	21 g in 11 oz can
➤ Myoplex Carb Control Ready-to-Drink	25 g in 11 oz carton
➤ Worldwide Pure Protein Shake - 35 g protein	35 g in 11 oz can
➤ Isopure Protein Zero Carb	40 g in 20 oz bottle
➤ Zero Carb Isopure Protein powder <i>1 scoop + 11 oz water</i>	25 g in 11 oz drink
➤ Designer Whey Protein powder <i>1 scoop + 8oz skim milk</i>	25 g in 8 oz drink
➤ Body Tech Whey Tech whey protein <i>1 scoop + 8oz skim milk</i>	25 g in 8 oz drink

For variety, alternate protein-rich liquids with water, juice, or no-cal flavored drinks. Continue to sip **1 oz about every ten minutes** while you are awake. Aim for 42 - 70 oz liquids, including water, each day.

See below for your Full Liquids Shopping List and suggestions about purchasing high protein drinks.

Full Liquids Shopping List

- ✓ skim or 1% milk, or 1% Lactaid milk, or Simply Smart 0% or 1% milk;
- ✓ unsweetened low-fat soy milk
- ✓ light (nonfat, no sugar added) smooth yogurt*, like Dannon Light 'n Fit Creamy, or plain natural nonfat yogurt, low-fat plain Greek Yogurt (Chobani, Fage, Trader Joe's, etc.) or low carb low fat smooth yogurt like Dannon Light 'n Fit Carb Control

*Please avoid fruit pieces and seeds in yogurt or yogurt drinks

Low-fat cream of chicken soup (Healthy Request, etc.)

Make with skim milk and strain before serving.

- ✓ choice of high protein very low carb shake
 - Atkins Advantage Shake - 7 flavors, widely available at pharmacies, groceries, etc.
 - Worldwide Pure Protein Shake -21 g 5 flavors, available at Trader Joe's, Vitamin Shoppe
 - Worldwide Pure Protein Shake -35 g 5 flavors, available at Trader Joe's, Vitamin Shoppe
 - Myoplex Carb Control Ready-to-Drink 4 flavors, available at Vitamin Shoppe, GNC
- ✓ choice of high protein very low carb drink powder
 - Zero Carb Isopure Protein powder- 5 flavors, available at Vitamin Shoppe
For your Stage 2 diet, mix just 1 scoop powder (25 g of protein) with 11 oz water;
 - Designer Whey Protein powder- 7 flavors, available at Vitamin Shoppe
For your Stage 2 diet, mix just 1 scoop powder with 8 oz skim milk;
 - Myoplex Carb Control 2 flavors, available at Vitamin Shoppe
Mix contents of 1 envelope with 11 oz water.
- ✓ no-added-sugar popsicles without fruit pieces
- ✓ no-cal flavored drink like Crystal Light, Fruit-2-O
- ✓ decaffeinated tea, or herb tea
- ✓ non-carbonated water, or tap water

DIET FOLLOWING GASTRIC BYPASS SURGERY- STAGE 3 PUREED DIET

Now that your diet has progressed to pureed food, you can start eating **three meals a day!** Eating chunks of food could block the exit from your stomach.

Start with small portions of pureed foods, and stop before you feel full. (See sample menu and portion size suggestions on the pages which follow). Remember to eat slowly - each meal should take **15- 30 minutes**.

Because protein is so important to help you maintain muscle while you are losing weight, **eat your protein-rich foods first** at meals. Then move on to fruits and vegetables. Continue to avoid chewing gum. By now, taking your chewable or liquid multivitamin every day should be a habit.

It is still important to drink enough fluids- aim for at least 42 oz per day. Drink slowly, 1-2 oz at a time. **Drink fluids between meals**, so you don't overfill your stomach: wait 30 - 45 minutes after meals before drinking, and stop drinking 30 minutes before a meal.

CHOOSE THESE FOODS

Protein-rich foods:

- ✓ Pureed* skinless chicken and turkey
- ✓ Stage 1 baby food strained chicken or turkey
- ✓ pureed fish, like water-packed tuna
- ✓ very soft scrambled eggs, egg whites or Eggbeaters
- ✓ pureed/whipped lowfat cottage cheese (Friendship)
- ✓ *low fat or fat free* ricotta cheese
- ✓ pureed tofu, silken tofu

NOT THESE

pureed beef, pork, lamb
pate, liverwurst, hot dogs
fried fish, canned fish in oil
fried egg, boiled egg
sliced cheese
cream cheese

- ✓ light/low-fat smooth yogurt
- ✓ plain natural nonfat Greek yogurt (Chobani, Fage)

yogurt with added sugar
yogurt with fruit pieces or muesli
pudding, custard, ice cream

Vegetables

- ✓ Stage 1 baby food strained vegetables
- ✓ pureed cooked vegetables like carrots, spinach, tomatoes, squash, beets, peas
Avoid gas-forming vegetables listed opposite
- ✓ mashed potatoes or sweet potatoes

raw vegetables
broccoli, cauliflower, cabbage
onions, and dried beans are
“gassy” and may cause discomfort
fries, chips, gravy

Fruit

- ✓ Stage 1 baby food strained fruits
- ✓ Smooth unsweetened applesauce
- ✓ pureed no-sugar-added canned peaches, pears, apricots

canned fruit in syrup
fresh fruit

CHOOSE THESE FOODS

NOT THESE

Cooked cereals [optional]

- ✓ Cream of Wheat, farina, unflavored grits
Flavor with no cal sweetener & cinnamon if you like all dry cereals
Add protein by making cereal with milk, not water

oatmeal

Protein- rich beverages

- ✓ skim and 1% milk, Simply Smart milk
- ✓ plain soy milk
- ✓ protein drinks like Pure Protein Shake

2% milk, whole milk,
chocolate milk
flavored soy milk, cream

Calorie-free beverages

- ✓ water
- ✓ non-carbonated no-cal drinks like
like Crystal Light, Diet Snapple, Fruit-2-O
- ✓ decaf coffee and tea without sugar
no cal sweeteners are okay

carbonated water like seltzer
soda, diet soda
fruit drinks, fruit juice
alcohol, wine, beer

*To puree foods, use a blender or food processor to a smooth consistency. If necessary, add water, broth, tomato juice, milk or low fat mayo to make a smooth puree. To save time, you can use stage 1 strained baby food like strained chicken and no-added sugar strained fruit. Toddler foods are not suitable because they are lumpy.

HOW MUCH IS THAT? MEASURING EQUIVALENTS			
0.5 oz =	1 tablespoon =	3 teaspoons =	15 ml
1 oz =	2 tablespoons =	1/8 cup =	6 teaspoons = 30 ml
1.5 oz =	3 tablespoons =	9 teaspoons =	45 ml
2 oz =	4 tablespoons =	1/4 cup =	12 teaspoons 60 ml

Your new stomach holds only **1.5- 2 oz (3-4 measuring tablespoonfuls)**, so when planning your pureed meal, prepare a maximum of:

2 to 3 tablespoonfuls of protein-rich food, plus

1/2- 1 tablespoonful of fruit, vegetable, or cooked cereal

Initially you may manage only a few teaspoonfuls per meal. Stop eating when you begin to feel full, even if there is food left on your plate. You may want to use a baby spoon or teaspoon to help you take small bites and eat slowly.

SAMPLE PUREED MENU

Breakfast

Soft scrambled Eggbeaters*

Cream of Wheat made with skim milk

Lunch

ricotta cheese (low fat or fat free)*

unsweetened applesauce

Dinner

pureed turkey*

pureed squash

***Protein foods** are in highlighted as a reminder to eat them first.

Between meal liquids

11 - 22 oz protein-rich beverages

(Ask your dietitian about suitable protein drinks and powdered protein supplements)

+

20 - 30 oz water and calorie-free beverages

DIET FOLLOWING GASTRIC BYPASS SURGERY- STAGE 4 BARIATRIC SOFT DIET

Tender or Soft (easy to chew) foods are the next step in your diet after gastric bypass surgery. Your meals can now include tender cooked foods like fish, ground turkey, vegetables, and no-sugar-added canned fruit. To avoid dumping and to maximize your weight loss, **continue to choose low fat foods without added sugar.**

Now that your foods are more solid, make it a habit to **chew foods well**- aim for 20 to 30 chews before swallowing. Do not, however, chew gum. To remind you of your new, smaller meal size, choose smaller plates for your meals.

Protein-rich foods remain the most important part of your diet. Aim to eat these foods first. Drink liquids between meals- you should manage **4-8 oz per hour**. Wait 30 to 45 minutes after meals before drinking, and stop drinking half an hour before a meal. Your fluid goal is now 42 - 60 oz/day.

Soon your surgeon will discuss the use of a **vitamin B-12 supplement** as tablets or injections. If you opt for tablets, buy those labeled 1000 mcg (micrograms) sublingual (under-the-tongue) vitamin B-12, available at health food stores and Trader Joe's. The dose recommended by your surgeon is **1 tablet (1000 mcg) once a week**. Continue to take your daily chewable or liquid multivitamin.

CHOOSE THESE FOODS

Protein-rich foods:

- ✓ lean (90+% fat free) ground chicken or ground turkey - try it in meatloaf
- ✓ tender skinless poached or boiled chicken
- ✓ baked, grilled, or poached fish
- ✓ canned fish in water
you may want to moisten with low fat mayo/dressing
- ✓ eggs, egg whites, Eggbeaters
Try scrambled, poached, boiled egg, or omelet.;
- ✓ cottage cheese - low fat
- ✓ cheese *reduced fat*; ricotta , low fat or fat free
- ✓ tofu

Vegetables*

- ✓ peeled, well-cooked non-gassy vegetables:
tender green beans, carrots, asparagus tips, mushrooms, tomatoes, squash, tiny peas, spinach
zucchini

- ✓ peeled cooked potatoes, sweet potatoes

CHOOSE THESE FOODS

Fruit

- ✓ canned, stewed, or baked peeled fruit without added sugar; apples, apricots, peaches, pears, plums, crushed pineapple;
- ✓ fresh ripe banana

Cereal [optional]

- ✓ oatmeal, farina, grits, cream of wheat
- ✓ Protein Plus Special K

NOT THESE

ground beef, pork, lamb
hamburger, sausage, hot dogs

fried fish, fish in batter
canned fish in oil

fried eggs

2%, 4% cottage cheese
full fat cheese and ricotta
tempeh, hummus

all raw vegetables
corn, celery, gassy vegetables like
chilies, peppers, onions, broccoli
cooked dried beans/peas/lentils
stringy green beans

chips, fries, crackers and other
snack-type foods

NOT THESE

fruit juice
canned fruit in syrup
citrus fruit, berries, melon
coconut, dried fruit

Raisin Bran, granola, muesli, Kashi
presweetened cereal
cereal with dried fruit or nuts

Spreads

- ✓ Olivio Spray, I Can't Believe It's Not Butter Spray
- ✓ fat free or low fat mayonnaise or dressing

oils, butter, cream cheese
regular mayonnaise
peanut butter, honey, jelly & jam

Protein- rich beverages

- ✓ skim and 1% milk, Simply Smart milk
- ✓ plain soy milk
- ✓ protein drinks like Pure Protein Shake

2% milk, whole milk,
chocolate milk
flavored soy milk, cream

Calorie-free beverages

- ✓ water
- ✓ non-carbonated no-cal drinks like
like Crystal Light, Diet Snapple, Fruit-2-O
- ✓ decaf coffee and tea without sugar
no cal sweeteners are okay

carbonated water like seltzer
soda, diet soda
fruit drinks, fruit juice
alcohol, wine, beer

SAMPLE SOFT MENU

Breakfast

low fat **cottage cheese***
canned pear slices in natural juice

Lunch

canned **tuna** mixed with low fat mayo*
banana slices

Dinner

lean **ground turkey** in tomato sauce*
steamed zucchini

***Protein foods** are highlighted as a reminder to eat them first.

Between-meal liquids

11- 22 oz protein-rich liquids 30- 40 oz water and calorie-free beverages
Ask your dietitian about suitable protein drinks and powdered protein supplements.

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DIET FOLLOWING GASTRIC BYPASS SURGERY- STAGE 5 BARIATRIC ADVANCED DIET

You are now ready to expand your diet. With your dietitian's help, you can introduce foods like lean red meat, fresh fruits, and raw vegetables over the next few weeks. To avoid dumping and to maximize your weight loss, continue to choose low fat foods without added sugar.

Make time to chew foods well- your meal should take 20 to 30 minutes. Continue to choose small portions. Large bites of food could cause an intestinal blockage, as could swallowed chewing gum.

Protein-rich foods remain the most important part of your diet. Your protein goal is now **70–90 g per day**. Drink liquids between meals: wait 30 to 45 minutes after meals before drinking, and stop drinking half an hour before a meal. Aim for the day is **42 - 60 oz daily**.

You are now ready to use a daily chewable or liquid calcium supplement. Your dietitian can help you determine the right dose of **calcium citrate**. Continue to take your daily multivitamin and sublingual vitamin B-12 tablet (or schedule monthly B-12 injections).

CHOOSE THESE FOODS

Protein-rich foods:

- ✓ lean skinless chicken breast or leg meat
lean skinless turkey
Your dietitian can suggest other lean meat, Poultry and fish to try.
- ✓ fish, scallops, shrimp and crabmeat
- ✓ canned fish in water
- ✓ beans like chickpeas, lentils, black beans
- ✓ eggs, egg whites, Eggbeaters
prepared without added fat
- ✓ cottage cheese 0 or 1% fat
- ✓ cheese *reduced fat; ricotta low fat or fat free*
- ✓ tofu, veggie burgers

Vegetables

- ✓ cooked vegetables: tender green beans, carrots, spinach, beets, zucchini, squash, asparagus, mushrooms, tomatoes, tiny peas
your dietitian can suggest salad veg to try
- ✓ peeled cooked potatoes, sweet potatoes

CHOOSE THESE FOODS

Fruit

- ✓ canned, stewed, or baked peeled fruit without added sugar; apples, apricots, peaches, pears, plums, pineapple
- ✓ peeled fresh apple, peeled ripe pear
- ✓ melon without seeds; banana
Ask your dietitian about other fresh fruits.

Cereal [optional]

- ✓ low sugar cold or hot cereal
- ✓ Prot Plus Special K and Kashi GoLean

Bread [sparingly]

- ✓ ½ slice bread; or 1 slice light bread - toasted

Spreads

- ✓ Olivio Spray, I Can't Believe It's Not Butter Spray
- ✓ fat free or low fat mayonnaise
- ✓ fat free or low fat salad dressing

NOT THESE

fried chicken, poultry skin
ground meat less than 90% lean
sausage, hot dogs, bacon
corned beef, spare ribs

fried fish, fish in batter
canned fish in oil

baked beans

fried eggs

2%, 4% cottage cheese
full fat cheese and ricotta

hummus, fried tofu

corn, popcorn
tough broccoli stems
stringy green beans

chips, fries, crackers and other
snack-type foods

NOT THESE

canned fruit in syrup
coconut, dried fruit

orange & grapefruit membrane
cherry pits, apricot pits

granola, presweetened cereal
presweetened cereal
Kashi Golean Crunch, any cereal
with dried fruit or nuts
Cereal bars made with sugar

pizza, rolls, bagels, croissants

oils, butter, margarine
regular mayonnaise, cream cheese
regular salad dressing

peanut butter, honey, jelly & jam

Protein- rich beverages

- ✓ skim and 1% milk, buttermilk , plain soy milk
- ✓ plain nonfat yogurt
- ✓ light fat free yogurt

2%, regular & chocolate milk
full fat yogurt
yogurt with added sugar

Calorie-free beverages

- ✓ water
- ✓ non-carbonated no cal drinks
- ✓ coffee and tea without sugar

carbonated water & drinks
soda, diet soda
alcohol, wine, beer

SAMPLE BARIATRIC ADVANCED MENU WITH PROTEIN COUNT

The protein portion sizes listed here suit most people 5- 12 weeks post-op.

breakfast		protein grams
protein-rich food	1.5 oz cottage cheese, or 3 tbsp scrambled egg	5
fruit/vegetable	peach slices	0
between meals		
no-cal drinks	coffee with	0
protein-rich liquids	4 oz skim milk	4
	5 oz Pure Protein shake (35 g protein/ can)	17-18
lunch		
protein-rich food	1 - 1.5 oz tuna, or part-skim mozzarella	7-10
vegetable	cherry tomato	0
fruit	melon balls	0
between meals		
no-cal drinks	Water or Diet Snapple	0
protein drink	6 oz Pure Protein shake (35 g protein/ can) or 11 oz Myoplex Carb Control Ready-to-Drink	18-22
dinner		
protein-rich food	1 - 1.5 oz stewed chicken, or baked salmon	7-10
vegetable	green beans, squash	0
evening beverages		
no-cal drink	Celestial Seasonings Apple Cinnamon Spice tea	0
optional protein drink	5 oz Isopure Prot Zero Carb	10
PROTEIN TOTAL		58 – 79 g

QUESTIONS ABOUT YOUR PROTEIN INTAKE?

Your dietitian can help you calculate your daily protein grams, and supply the checklist “Where’s the Protein?” for you to use at home.