



Welcome

We are so glad you are starting your weight loss journey with us! Weight loss surgery is a life-changing procedure that requires much thought, awareness, and adjustment. Changes will occur physically, mentally, and emotionally so it is important you are ready! Weight loss surgery is a tool to help you achieve a healthier weight and lifestyle, but it will not work without your full commitment to a lifestyle change. Establishing healthy habits now is the key to your success.

To have a successful long-term outcome, you will need to make many permanent lifestyle changes with your eating habits, behaviors, mindset, stress management, and physical activity. The nutrition plan is one of the most important parts of your journey.

"A journey of a thousand miles begins with a single step." ~Lao Tzu

So let's START NOW! It is time to begin integrating the necessary healthy habits that will promote successful weight loss and keep it off. Establishing new habits will take time and effort so the sooner you begin the more prepared you will be for surgery, recovery, and the rest of your life.

Much will change once you have surgery, but the fundamentals are the same: healthy habits create a healthy body and life.

**WE WILL BE HERE FOR
YOU EVERY STEP OF THE
WAY! IF YOU HAVE
QUESTIONS CONTACT US!**

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(Registered Dietitian)



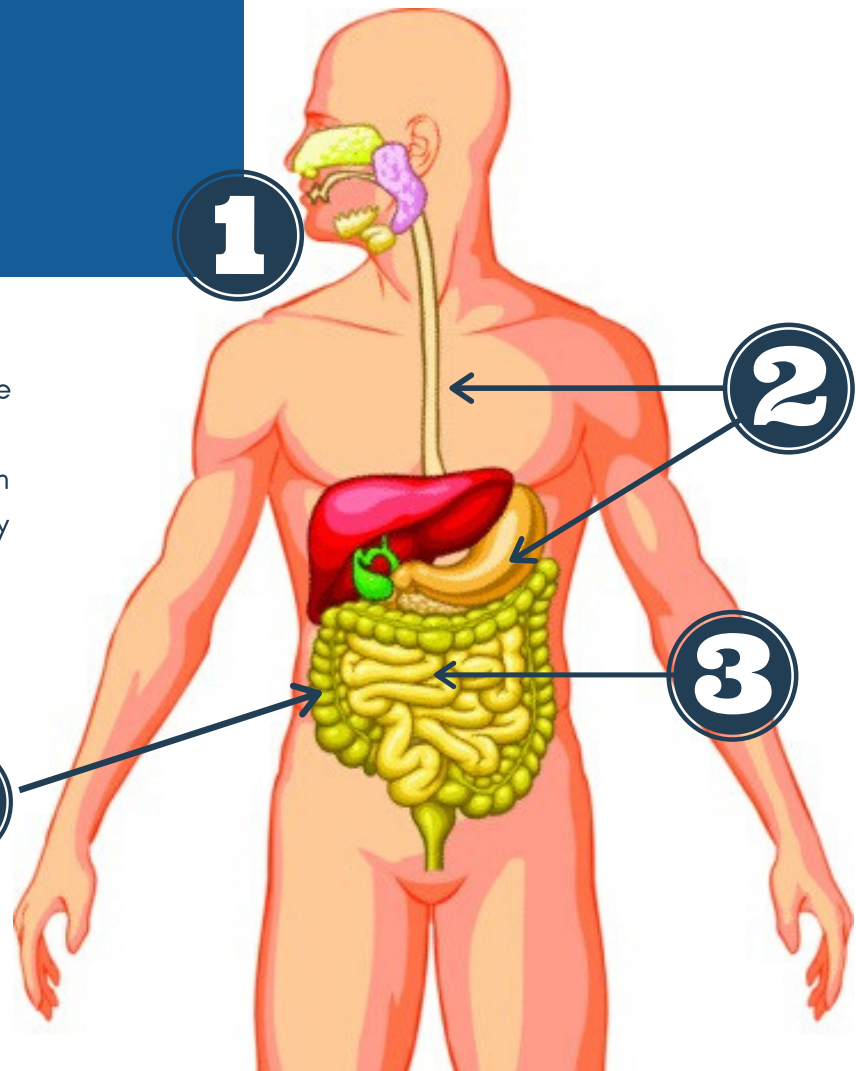
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Bariatric Surgery Introduction

There are many different types of bariatric surgery. To ensure long-term success please note your anticipated surgery as recommendations may vary slightly between them. It is important to understand anatomy changes after surgery and their nutrition implications.



Fill in the blank.

What surgery are you having?

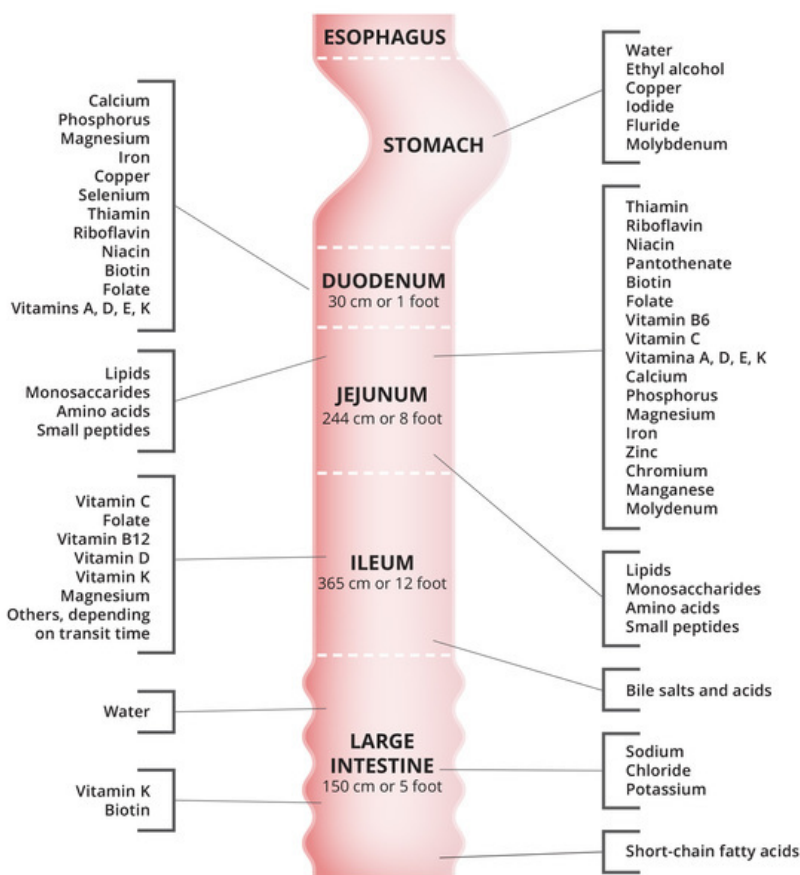
- 1** Food enters your mouth where the physical process of chewing helps to breakdown food. This is crucial step no matter what surgery you have. Chew every bite 30 times!
- 2** Chewed food then passes down your throat (esophagus) and into your stomach. Your stomach works to further breaks down food in an acidic environment. Prior to surgery the stomach holds 4-5 cups. **After surgery this will be reduced to 2-4oz or (1/2 cup to 1/4 cup).**
- 3** Broken down food particles leave the stomach to enter the small intestine. There are three parts known as the duodenum, jejunum, and ileum. The small intestine works to absorb nutrients, vitamin, minerals and water for every cell in the body to use.
- 4** Then the large intestine (colon) continues this process of absorption and helps to form stool.

Note: The liver is located in front of the stomach

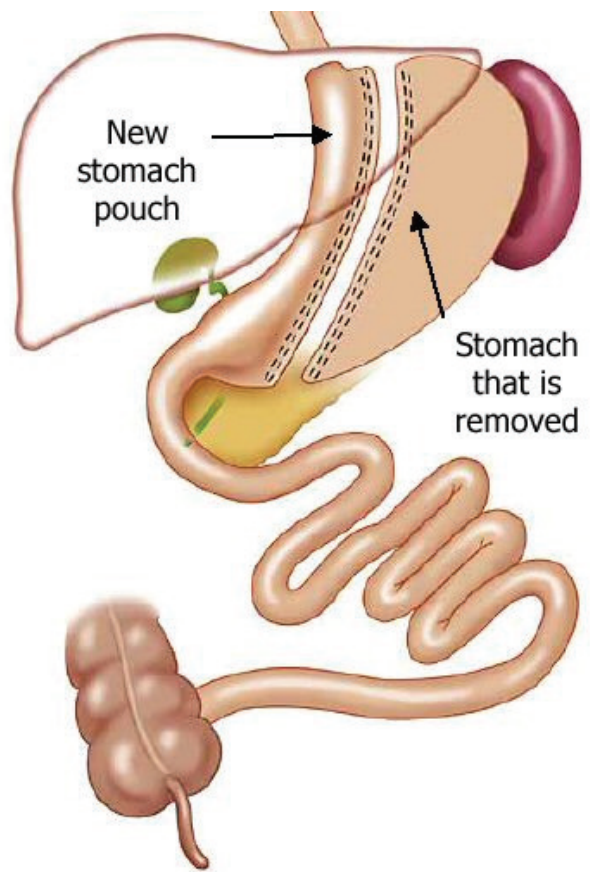
There are 2 valves or "sphincters" that open or remain closed to assist digestion flow. The first is located at the end of the esophagus beginning of stomach. The second is at the bottom of the stomach and first part of the small intestines.

Laparoscopic Sleeve Gastrectomy

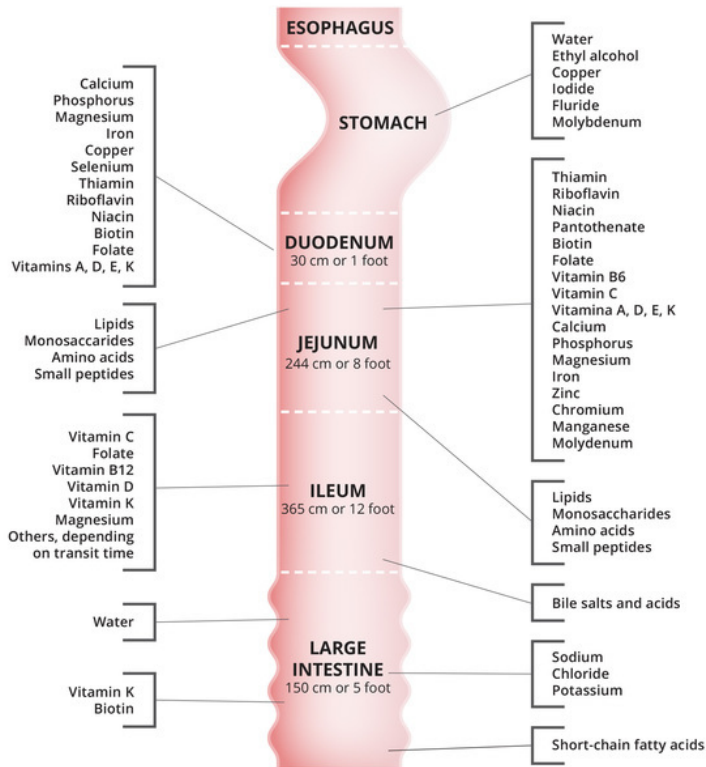
- This procedure reduces the stomach size.
 - The new stomach sleeve can hold 2-4 oz (1/4-1/2 cup).
- Decreases the amount of food the stomach can hold at one time creating a calorie deficit for weight loss.
- Reduces appetite due to reduced appetite stimulating "ghrelin".



Note: The duodenum, jejunum and ileum make up the small intestine.



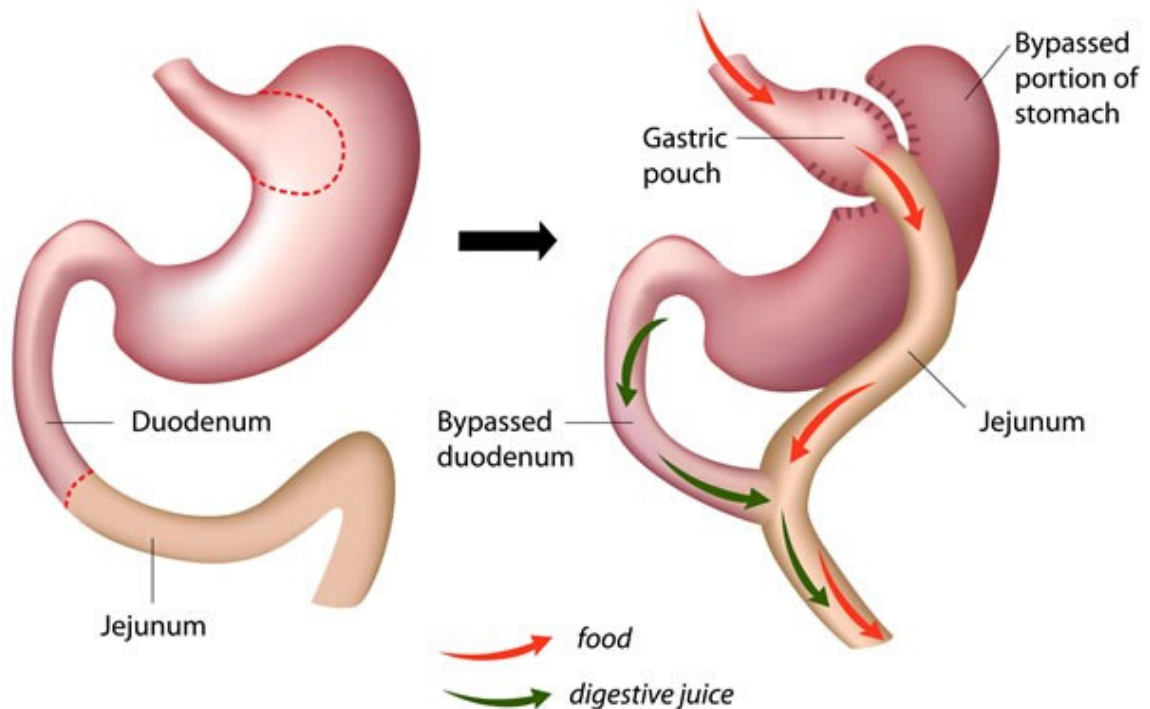
Roux-En-Y Gastric Bypass



Note: The duodenum, jejunum and ileum make up the small intestine.

- This procedure reduces the stomach size. The new stomach pouch can hold 2-4 oz (1/4-1/2 cup)
- In this procedure, stapling creates a smaller stomach pouch. The bypassed portion is not removed. The outlet from the formed pouch empties directly into the upper portion of the jejunum.
- Remainder of stomach and small intestine still aid in digestion and absorption with delayed mixing in of the bile and pancreatic juices.
- Reduction in appetite due to reduced appetite stimulating hormone "ghrelin". Increases satiety and reduces the desire to eat.
- The bypassed portion results in poor absorption of calcium and iron, lifelong supplementation is required.

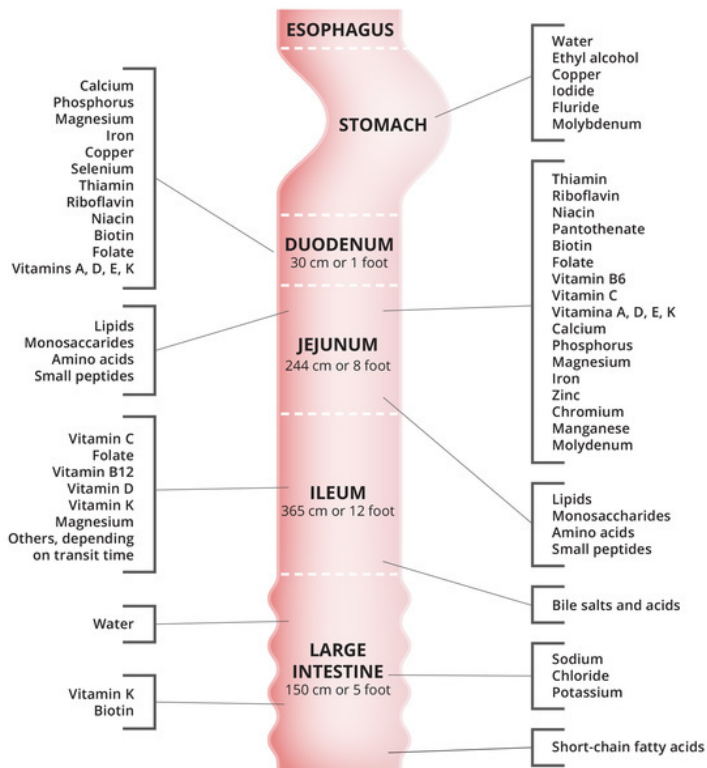
Roux-en-Y Gastric Bypass (RNY)



Single Anastomosis Duodenal Switch (SADI)

- Procedure: Creation of a gastric sleeve followed by re-routing the intestines which limits the amount of calories absorbed and reduces the amount of time food mixed with digestive juices and empties into the intestines.
 - Can be done in one or two stages
- Combines both restrictive and malabsorptive surgical components that allow patients to maximize weight loss quickly and maintain weight loss long term.
- Most aggressive option for weight loss surgery
 - Allows patient to lose around 80 percent of their excess weight and reverses 95 percent of cases of type-2 diabetes.
- The procedures allow nutrients to pass through one common loop which may result in less fat soluble vitamin deficiencies and few possible complications.

(Lifelong vitamin and mineral supplementation is required for this procedure.)



Note: The duodenum, jejunum and ileum make up the small intestine.



Macronutrients

ALL FOOD CAN BE DIVIDED INTO 2 CATEGORIES:

- **MACRONUTRIENTS**
 - CARBOHYDRATES
 - PROTEINS
 - FATS
- **MICRONUTRIENTS**
 - VITAMINS/MINERALS

Carbohydrates

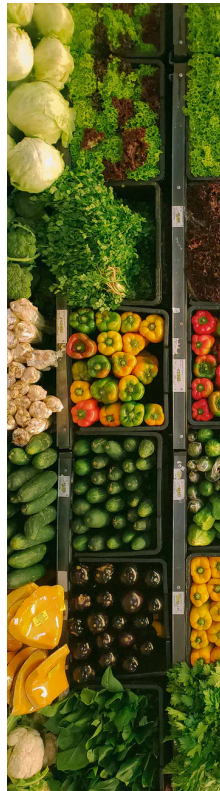
- Carbohydrates are your body's main energy source. All cells including your brain and muscles use it for energy.
- The best source of carbohydrates to consume are high in fiber. These include but are not limited to: whole grains, oatmeal, beans, fruits, and starchy vegetables.
 - Fiber helps to improve satiety, reduce sugar cravings, prevent acid reflux, and prevent constipation.

Proteins

- Protein aids in proper wound healing after bariatric surgery
- Protein helps keep your hair, skin, bones, and nails healthy
- Protein helps form hormones, enzymes and immune system antibodies to help your body function properly and then helps to transfer these into the cells.
- Protein helps your body burn fat instead of muscle for a healthier weight loss
- The best sources of protein for your body are found in lean animal meats, beans, nuts and nut butters, and low-fat dairy products.

Fats

- Fats help maintain healthy skin and hair.
- Fats are used to insulate body organs against shock.
- Fats are essential to maintaining body temperature and regulating hormones.
- Fats are used in promoting healthy cell function.
- Fats can be heart healthy which is referred to as "unsaturated" vs not heart healthy which is "saturated" fat.
- You NEED foods that contain healthy fats such as all nuts, seeds, olive oil, avocado, fish. You LIMIT foods high in saturated fat such as dairy products and animal proteins.
 - Purchase "low-fat" milk, yogurt, cheese.
 - Purchase "lean" cuts of animal protein - turkey, chicken, ham, eggs, all fish/seafood, veal, pork chop, sirloin, tenderloin



Nutrition Label Reading

Total Fat

Saturated and Trans fats are not considered heart healthy and can be found mainly in animal products or shelf stable products.

Saturated fat can be decreased by purchasing lean meats, and low-fat dairy products. Saturated Fats should be <18 grams daily.

Cholesterol

Cholesterol is only found in animal products (dairy and animal proteins). It also is made by your liver and dependent on the type of fat found in your diet.

Salt

Look for <140mg per item OR <500mg per meal to NOT exceed >1500-2000 mg daily.

Tip: Eliminate foods with these ingredients. Look for a list where you can recognize all the ingredient names!



Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Ingredients: dextrose, fructose, honey, invert sugar, raw sugar, aspartame, hydrogenated oil, malt syrup, rice syrup, sucrose, xylose, molasses, sugar, aspartame, Splenda, equal, saccharin, maltitol, sorbitol, isomalt, xylitol, high-fructose corn syrup, cane sugar, brown sugar, corn syrup, glucose, lactose, maltose, sucrose, evaporated can juice, agave nectar, cane crystals

Serving Size

This will allow you to determine nutrition content of what you consumed.

Calories

Remember it matters what types of food you consume. Think... is this 230 calories of a snickers bar vs 230 calories of broccoli?

Carbohydrates

There are 2 types of carbohydrates. Simple carbohydrates are white products, added sugar. Complex carbohydrates provide fiber, vitamins, and minerals. These include whole grains, beans, and fruit.

Added Sugar

Zero gms of added sugar daily is the goal. Make sure to check the ingredient list that sugar substitutes have not been added.

Nutrition Label Reading



Nutrition Facts

About 34 servings per container
Serving size 2 Tbsp (33g)
Calories per serving 190

Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Total Fat 16g	21%	Total Carbohydrate 8g	3%
Saturated Fat 3.5g	17%	Dietary Fiber 2g	9%
Trans Fat 0g		Total Sugars 3g	
Cholesterol 0mg	0%	Incl 2g Added Sugars	4%
Sodium 140mg	6%	Protein 7g	7%
Vitamin D 0mcg 0% • Calcium 17mg 2% • Iron 1mg 4% Potassium 185mg 4% • Vitamin E 2mg 10% • Niacin 5mg 30%			

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories

INGREDIENTS: MADE FROM ROASTED PEANUTS AND SUGAR, CONTAINS 2% OR LESS OF: MOLASSES, FULLY HYDROGENATED VEGETABLE OILS (RAPESEED AND SOYBEAN), MONO AND DIGLYCERIDES, SALT.



Nutrition Facts

About 14 servings
Serv. size 2 Tbsp (32g)
Calories per serving 190

Amount/serving	% DV*	Amount/serving	% DV*
Total Fat 16g	20%	Total Carb. 7g	2%
Sat. Fat 3g	14%	Fiber 3g	10%
Trans Fat 0g		Total Sugars 2g	
Cholest. 0mg	0%	Incl. 0g Added Sugars	0%
Sodium 110mg	5%	Protein 8g	8%
Vit. D 0mcg 0% • Calcium 18mg 2% • Iron 1mg 2% • Potas. 201mg 4%			

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: PEANUTS, CONTAINS 1% OR LESS OF SALT.



Nutrition Facts

about 5 servings per container
Serving size 3/4 cup (170g)

Amount per serving
Calories 80

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 110mg	5%
Total Carbohydrate 13g	5%
Dietary Fiber 0g	0%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 300mg	25%
Iron 0mg	0%
Potassium 370mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:



INGREDIENTS: CULTURED GRADE A NON FAT MILK, PECTIN. CONTAINS ACTIVE YOGURT CULTURES INCLUDING L. ACIDOPHILUS. CONTAINS MILK.

Nutrition Facts	Amount/Serving	%DV*	Amount/Serving	%DV*
Serving Size	Total Fat 0g	0%	Potassium 150mg	4%
1 Container (150g)	Saturated Fat 0g	0%	Total Carbohydrate 8g	3%
Calories 80	Trans Fat 0g		Dietary Fiber 0g	0%
Calories from Fat 0	Cholesterol 10mg	3%	Sugars 7g	
	Sodium 50mg	2%	Protein 12g	24%
	Vitamin A 0% - Vitamin C 0% - Calcium 15% - Iron 0%			

*Percent Daily Values (DV) are based on a 2,000 calorie diet.
INGREDIENTS: CULTURED GRADE A NON FAT MILK, WATER, BLACKBERRY PUREE, FRUCTOSE, CONTAINS LESS THAN 1% OF MODIFIED CORN STARCH, GRAPE JUICE CONCENTRATE (FOR COLOR), NATURAL AND ARTIFICIAL FLAVORS, MALIC ACID, SUCRALOSE, POTASSIUM SORBATE (TO MAINTAIN FRESHNESS), XANTHAN GUM, ACESULFAME POTASSIUM, SODIUM CITRATE.



Fluid Guidelines

- ✓ 1. Drink at least 64 ounces of fluid each day
- ✓ 2. Drink between your meals and snacks.
- ✗ 3. Avoid carbonation and caffeine
- ✗ 4. Limit decaffeinated beverages to less than 16 oz per day
- ✗ 5. Eliminate alcoholic beverages
- ✗ 6. Eliminate straws
- ✗ 7. Avoid Drinking 30 mins before, during and 30 mins after meals.
- ✓ 8. Activity, weather, some health condition and pregnancy/breast feeding can increase your fluid requirements.

Hydration

Water is the most abundant substance in the human body. Water in the body helps to maintain a normal blood pressure, metabolism, cell function, flush out toxins, carry nutrients and moisturizes your tissues.

What Counts as Fluids?

- Water
- Naturally flavored water (e.g. water with lemon, lime, cucumber, mint, decaf unsweet tea)
- Zero calorie flavored water such as Crystal Light
- Anything less <15 calories per 8 oz that is also caffeine and carbonation free.

PRACTICAL TECHNIQUES

1. Practice consuming fluids in 2-4 oz increments every 30 mins.
2. Bring a refillable water bottle everywhere you go.
3. Fill up your water before you run errands or throughout work
4. Set a timer on your phone to alert you every 30 mins when it's time to drink.
5. Know how much your water bottle holds!
 - a. You can mark your water bottle or purchase a sticker to monitor your intake.



What will be the first thing you change to achieve more water intake in the appropriate quantities? (2-4 oz every 30 mins)

Protein Requirements

How Much?

- ✓ Protein requirements are 60–80 grams per day.
- ✓ Eat protein with every meal.
- ✓ Eat your protein first, vegetable and fruit second, high fiber carbohydrate last.

Which Foods?

Protein can be found in animals or plants. The best choice when consuming animal protein is low-fat or lean.

Animal Examples: Chicken, fish (tilapia, mahi mahi, tuna, salmon, herring, red snapper...etc), turkey, ham, shrimp, crab, lobster, scallops, oysters, pork chops, pork tenderloin, eggs, lean ground beef, sirloin, tenderloin, lamb, veal, deli turkey/ham, canadian bacon, turkey bacon, beef jerky.

Dairy Examples: skim/1% milk, plain - non-fat greek or regular yogurt, low-fat cheese, light mini baby bell cheese/cheese stick, low-fat cottage cheese

Plant Examples: black beans, pinto beans, garbanzo beans (chickpeas), kidney beans, pumpkin seeds, sunflower seeds (unsalted), pecans, peanuts, walnuts, cashews, almonds, peanut butter, almond butter, or any other nuts butters.

PRACTICAL TECHNIQUES

1. Purchase a food scale to determine grams of protein.
2. For every ounce of protein there is 7 grams.
 - a. Example: If you consume 1 oz of turkey, it contains 7 grams of protein.
3. A deck of cards is 3oz. Therefore if you consumed a piece of protein that size you would have consumed 21 grams of protein.
4. Keep a food log or enter your food into an App to help you practice achieving your protein goal.
5. Read the food label to easily determine the amount of protein per serving size. (Refer to page 5)

Vitamins and Minerals

- **Must be chewable or liquid** to enhance absorption and prevent ulcers until 6 months after surgery, then pill form may be resumed.
- Avoid gummies.
- Vitamin/mineral labs checks from your doctor is recommended post-op 6 months, 9 months, and then annually; or upon symptoms.

1

Multivitamin: Take 2 "complete" daily

- "complete" means added iron and zinc. Check to make sure it has 18 mg of iron per serving.

2

Calcium Citrate plus Vitamin D: Take 3-4 (500mg) daily

- 1500-2000mg total recommended daily
- Take separately from the multivitamin, iron decreases absorption of calcium
- Take separately from decaf tea or coffee; tannins in these decrease absorption of calcium
- Allow 2-3 hrs between doses. Can be taken with or without food.

3

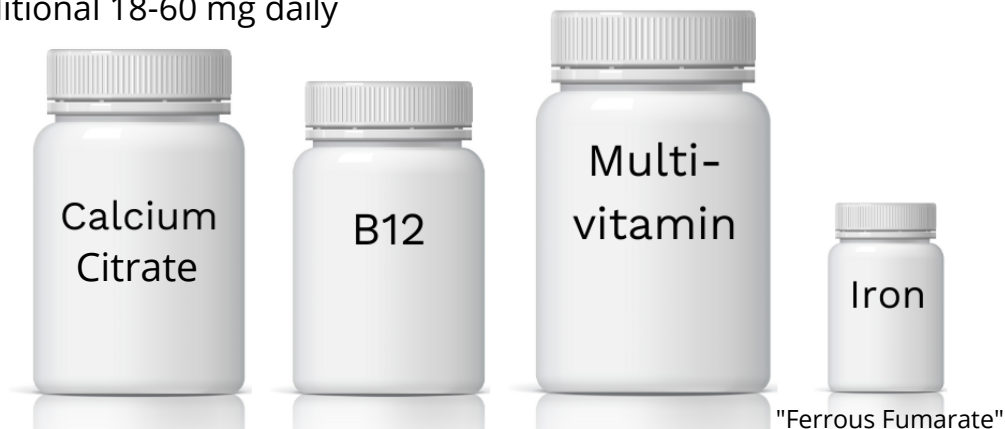
Vitamin B12

- Take 2500 mcg sublingual B12 per week
- B12 injection once monthly
- B12 Nasal Spray once weekly

4

Iron "ferrous fumarate"

- Ferrous Fumarate is best tolerated
- Men and postmenopausal women: 18-27 mg daily
- Premenopausal women/history of anemia: 50-100 mg daily
 - Ex: If taking two complete multivitamins 36 mg of iron is provided, take an additional 18-60 mg daily



Purchasing Vitamins and Minerals

- Supplements are not regulated by FDA therefore having a reliable brand is important along with lifelong vitamin and minerals checks from your doctor annually.
- Always note serving sizes to ensure adequate consumption
- When in doubt bring desired vitamin or mineral to appointments to be discussed with your registered dietitian.

Bariatric Advantage

- Available at Baylor Waxahachie Outpatient Pharmacy (2460 N. I-35E Suite 155)
- Also online www.bariatricadvantage.com

FitForMe

- Available at www.fitforme.com
- Note: You will need to purchase the multivitamin and calcium citrate

Vita4Life

- Available at <https://vita4life.net/>
- Note: Serving size is 4 capsules daily for the multivitamin and additional Calcium Citrate is required.

Nascobal Kit

- Application attached can be submitted through your doctor
- Additional information can be found at www.nascobal.com/nutritiondirect

Celebrate Vitamins

- Available at www.celebratevitamins.com

ProCare Health

- Available at www.procarenow.com

Opurity By Unjury

- Available at www.unjury.com



Vitamins and Mineral Lab Checks



Nutrient	Pre-op	3 mo.	6 mo.	Annually
Vitamin B1 Whole Blood Thiamin	X	X	X	X
Vitamin B12 MMA or Serum B12	X	RYGB VSG BPD/DS	RYGB VSG BPD/DS	X
Folate RBC Folate	X	X	X	X
Vitamin A Plasma retinol	X		RYGB BPD/DS	X
Vitamin D 25(OH)D iPTH	X	X	X	X
Vitamin K / E	X			X
Iron (FULL Panel)	X	X	X	X
Zinc Serum or plasma zinc	X			RYGB VSG BPD/DS
Copper Serum Copper and Ceruloplasmin	X			RYGB VSG BPD/DS
Calcium	X	X	X	X
DEXA	X	<small>Adapted from: 1. Stein et al 2. Parrot et al</small>		q 2-5 yrs

Pre-Operative Diet

Begin 2 weeks prior to surgery

Replace 2 meals for 2 Meals Replacement Shakes Daily:

- See Recipes on next page
- Unjury Meal Replacement - any flavor.
 - Available at www.unjury.com
 - Mix with Water, or Almond Milk
- Bariatric Advantage (HPMR) - any flavor
 - Available at www.bariatricadvantage.com
 - Mix with Water, or Almond Milk
- Slim Fast High Protein - Any Flavor
- Vega One Shake - Any Flavor
- EAS Myoplex
- Garden of Life Organic Meal Replacement Shake
- Resource Optisource (Very High Protein Drink)
- Mix Protein Shake/Powders with fruit or vegetables

Note: Other Meal Replacement Shakes you prefer bring the full nutrition label to the Dietitian for approval.



Consume 1 Meal daily:

1) 3-4 oz lean meat

- Baked chicken
- Fish (Tuna, Salmon, Shrimp)
- Turkey
- Egg
- Low sodium deli meat
- Vegetarian or protein alternative
- Low sodium Seafood



2) ½ Cup Whole Grain

- Brown Rice
- Quinoa
- Whole Wheat Pasta
- Sweet Potato
- Sprouted Grain Bread (Ezekiel Brand tortillas or breads)

3) 1 Cup Non-starchy Vegetables

- | | | |
|-------------------|-------------------|---------------|
| • Green Beans | • Spinach | • Bell Pepper |
| • Brussel Sprouts | • Romaine Lettuce | • Broccoli |
| • Sugar Snap Peas | • Eggplant | • Cauliflower |
| • Zucchini | • Tomato | • Mushroom |
| • Squash | • Cucumber | • Radish |

24 Hours before surgery:
1. Drink 3 meal replacement shakes throughout the day.



Protein Meal Replacement Recipes

Go Green

1 c fresh kale
1 c almond milk, unsweetened
1 c berries
½ banana
2 tbsp almond butter
¼ c rolled oats
1 scoop protein powder

Mixed Berry

2 cups frozen mixed berry
1 scoop protein powder
1 T ground flaxseed
1 c Spinach
½ c low-fat, plain yogurt
½ t vanilla

Apple Cinnamon

8 oz coconut water
4 raw almonds
1t cinnamon
1 C chopped apple
1 scoop protein powder
1 T flaxseed meal (ground flaxseed)

Avocado Smoothie

1 banana
½ avocado
1 scoop vanilla protein powder
1 c kale
¾ c Almond milk, unsweetened

Spinach Banana

1 banana
½ c spinach
2 T peanut butter
1 ¼ c unsweetened soy milk
1 scoop vanilla protein powder

Chocolate Peanut Butter

2 T Peanut butter
1 t honey
½ T cocoa powder
1 banana
1 c ice cubes
1 scoop protein powder
¾ C milk

Spiced Walnut

½ c low-fat yogurt
2 T walnuts
10-15 ice cubes
1/3 c cold water
1 scoop vanilla protein powder
1 t vanilla
1 pinch ground cardamom
1 t honey

Pumpkin Spice

½ c pumpkin puree
½ banana
1 c Almond milk, unsweetened
1 t honey
1/8 t cinnamon
10 ice cubes

References: <https://www.blendtec.com/blogs/news/meal-replacement-smoothies>
<https://minimalistbaker.com>



Post-Operative Diet

Clear Liquid Diet Phase

(Day 1-7)



Drink 2-4 oz every 30 minutes.

Remember meals and snacks will take 2-3 hrs to consume.

- ✓ Consume 64 oz sugar-free, decaffeinated liquid throughout the day
- ✓ Clear Liquid Protein Supplements (powders mixed with water, or drinks listed)
- ✓ Broths: chicken, vegetable, beef
- ✓ Very low calorie sports drinks and water: Vitamin Water Zero, Gatorade Zero, Propel, or Powerade Zero, Sobe Lifewater Zero.
- ✓ Sugar free, 0 calorie powder mixes (Crystal Light or Drops)
- ✓ Sugar free Jello and popsicles
- ✗ No juice, milk, dairy, or dairy substitutes such as almond milk, soy milk, etc.
- ✗ No carbonation, alcohol, or caffeine
- ✗ No fruit, vegetables, grains/starches

Sample Menu Option 1

Fluids: Decaffeinated coffee with Splenda
Breakfast: High Protein Sugar free Jello (20gms)
Fluids: Water
Lunch: Chicken Broth + Unjury protein powder (20 gms)
Fluids: Water + Crystal Light
Dinner: Gatorade Zero + Isopure protein powder (20 gms)
Fluids: Decaf Iced Tea

Sample Menu Option 2

Fluids: Water + Mio drops
Breakfast: 1/2 cup Vegetable broth + Unflavored protein powder (20gms)
Fluids: Water
Lunch: Isopure ready to drink (20 gms)
Fluids: Water + Crystal Light
Dinner: Sugar-free popsicle, Propel Zero + Isopure unflavored protein powder (20 gms)
Fluids: Decaf Iced Tea

Clear Liquid Protein

24 Hours Pre-Op; 1-7 days Post-Op

Clear Liquid Protein - Ready to Drink



Prosource

- Available at www.amazon.com
- May be purchased in a 30oz bottle or individual packets.
- Serving size 1 oz (30mL) = 15 grams protein



Primer Protein Clear

- Available at www.amazon.com, HEB, Walmart
- Serving size 16.9 oz (1 bottle) = 20 grams protein
- Note: Similar products include bariatric advantage clearly protein and Protein20



ProStat Sugar Free

- Available at www.amazon.com
- May be purchased in a 30oz bottle or individual packets.
- Serving size 1 oz (30 mL) = 15 grams protein



ProT Gold

- Available at www.amazon.com, HEB
- May be purchased in a 30oz bottle or individual packets.
- Serving size 1 oz (30 mL) = 17 grams protein

Clear Liquid Protein Powders

Mix with water, broth, jello, or any very low calorie sports drinks/water such as Gatorade zero, Vitamin Water Zero, Propel



Isopure Protein Powder

- Available at www.amazon.com, GNC
- Serving size 1 scoop = 20 grams protein



Unjury Protein Powder

- Available at www.unjury.com, GNC
- Serving size 1 scoop = 20-27 grams protein



Nectar Protein Powder

- Available at www.amazon.com
- Serving size 1 scoop = 23 grams protein



Body Fortress

- Available at www.amazon.com, Walmart, CVS
- Serving size 1 scoop = 30 grams protein

2

Post-Operative Diet

Full Liquid Diet Phase

(Day 8-14)



Sample Menu Option 1

Drink 2-4 oz every 30 minutes.

Remember meals and snacks will take 2-3 hrs to consume.

- ✓ Consume 64 oz sugar-free, decaffeinated liquid throughout the day
 - Clear Liquid Protein Supplements (powders mixed with water, or drinks listed)
 - Broths: chicken, vegetable, beef
 - Vitamin Water Zero, Gatorade Zero, Propel,
 - Sugar free, 0 calorie powder mixes (Crystal Light or Drops)
 - Sugar free Jello and popsicles
- ✓ Non-fat plain yogurt
- ✓ Sugar-free, high-protein pudding
- ✓ Protein Shakes
- ✓ Diet V8 fusion
- ✓ Light V8 Splash
- ✓ Low fat, strained or pureed soups
- ✗ No alcohol, caffeine, carbonation, heavy creams or high fat dairy products.



Fluids: Water

Breakfast: 4 oz of Premier Protein Shake

Morning Snack: plain, non-fat yogurt

Fluids: Water

Lunch: Tomato Soup + Unjury protein powder (20 gms)

Fluids: Water + Crystal Light

Afternoon Snack: Diet V8 fusion

Dinner: 4 oz of Premier Protein Shake

Bedtime Snack: High-protein, sugar free-pudding

Fluids: Decaf Iced Tea

Sample Menu Option 2

Fluids: Water

Breakfast: 4 oz of Premier Protein Shake

Morning Snack: 4 oz of Premier Protein Shake

Fluids: Water

Lunch: Butternut squash pureed soup + Unjury protein powder (20 gms)

Fluids: Water + Crystal Light

Afternoon Snack: Light V8 Splash

Dinner: 4 oz of Premier Protein Shake

Bedtime Snack: High-protein, sugar free-pudding

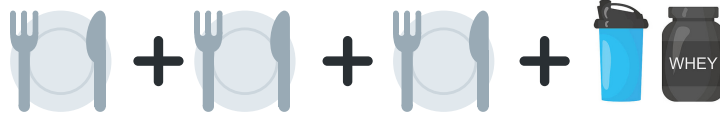
Fluids: Decaf Iced Tea

3

Post-Operative Diet

Pureed/Soft Diet Phase

(Day 15-21)



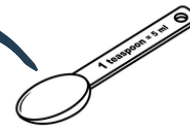
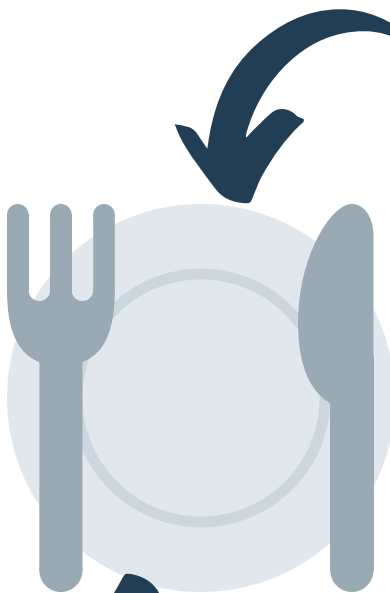
Drink 2-4 oz every 30 minutes.

Remember not to eat and drink simultaneously. Wait 30 mins before, after, and during meals.

- ✓ Consume 60-64 oz water daily to remain hydrated.
- ✓ ALL food is ground or mashed. Any food that is not already will need go through the food processor or blender.
- ✓ Chew 20-30 times and eat slowly.
- ✓ Stop eating when you feel full. Even if you haven't gotten the full serving size. You can also add in additional snacks to meet your nutrition needs.
- ✗ Avoid peelings and seeds.
- ✗ No carbohydrates to avoid swelling of the pouch, discomfort or nausea. (Bread, pasta, rice, potatoes, peas, corn, chips, crackers, tortillas, cereal, oatmeal).
- ✗ No added sugar, alcohol, caffeine, carbonation, heavy creams or high fat dairy products.

Pick 2-3 oz = 1/4-1/3 cup of LEAN PROTEIN

- Ground turkey
- Ground chicken
- Extra lean ground beef
- Ground or shredded fish
 - Salmon, Tuna, Mahi Mahi, Tilapia
- Ground turkey sausage
- Non-fat, plain yogurt
- Ground tofu
- Eggs
- Low-fat cottage cheese
- Creamy peanut butter (2 tablespoons)
- Cooked and mashed beans
 - Black, Kidney, Pinto, Garbanzo, Soy



Pick 1 oz = 1-2 Tablespoons of FRUIT OR VEGETABLE

- Vegetables (cooked, frozen, or canned)
 - pureed broccoli, carrots, cauliflower, eggplant, greens, mushrooms, onions, green/yellow squash, zucchini, tomatoes, green beans
- Fruit (cooked, raw blended, frozen, or canned)
 - Unsweetened apple sauce, pureed banana, peaches, mango, pear, plum, watermelon, avocado, apricot

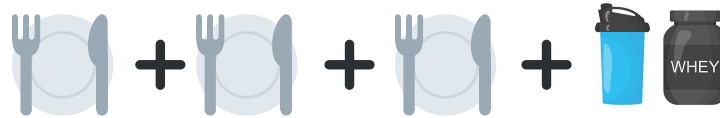


Post-Operative Diet

Pureed/Soft Diet Phase

Sample Menu

(Day 15-21)



Day 1

Day 2

Day 3

Fluids (6:30-7:30) Meal #1 (8:00-9:00)	8 oz water 1/3 cup plain, non-fat yogurt 1-2 T berries blended	8 oz water 2 scrambled eggs 1-2 T mashed tomato	8 oz water 1/3 cup ground turkey 1-2 T blended pear
Fluids (9:30-11:30) Meal #2 (12:00-1:00)	12 oz water with lemon 1/3 cup ground turkey 1-2 T applesauce	12 oz diet ocean spray 1/3 cup ground chicken 1-2 T mashed avocado	12 oz Gatorade Zero 1/3 cup tuna salad 1-2 T mashed butternut squash
Fluids (1:30-2:30) Snack (3:00-3:30)	8 oz Protein2O 2 T creamy peanut butter	8 oz Protein2O 1 mini light baby bell soft cheese	8 oz Protein2O 4 oz plain, non-fat greek yogurt
Fluids (4:00-5:30) Meal #3 (6:00-6:30)	12 oz decaf unsweet iced tea 1/3 cup shredded tilapia 1-2 T mashed cauliflower	12 oz fruit infused water 1/3 cup mashed black beans 1-2 T mashed carrots	12 oz water 1/3 cup extra lean ground beef 1-2 T mashed zucchini
Fluids (4:30-6:00) Snack (6:30-7:00)	12 oz decaf unsweet iced tea 8 oz of remaining Protein2O	12 oz water with lemon Premier Protein	12 oz crystal light in water Premier Protein
Fluids (7:30-9:00)	12 oz crystal light in water	12 oz water	12 oz Vitamin Water Zero
Total Fluids Total Protein	65-70 oz 64 grams	64 oz 72 grams	64 oz 60 grams

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Post-Operative Diet

Regular Texture Diet Phase

(Day 22 - Life)



Drink 2-4 oz every 30 minutes.

Remember not to eat and drink simultaneously. Wait 30 mins before, after, and during meals.

- ✓ Consume 60-64 oz water daily to remain hydrated.
- ✓ Add in 1 new regular texture food each day. It is okay to incorporate dense proteins, fruit and vegetables with seeds/peelings. Consider keeping a food log to keep track.
- ✓ Chew 20-30 times and eat slowly.
- ✓ Stop eating when you feel full. Even if you haven't gotten the full serving size. You can also add in additional snacks to meet your nutrition needs.
- ✓ After consuming protein and fruit/vegetable you may add in a high fiber carbohydrate.
- ✓ Discontinue protein shakes if you are meeting your protein needs through food.
- ✗ No added sugar, alcohol, caffeine, carbonation, heavy creams or high fat dairy products.

**Pick 2-3 oz = deck of cards
LEAN PROTEIN**

- Turkey
- Chicken
- Ham
- Extra lean ground beef
- Fish
 - Salmon, Tuna, Mahi Mahi, Tilapia
- Turkey Sausage or bacon
- Seafood: clam, oysters, crab, crawfish, shrimp
- Beefy Jerky
- Non-fat, plain yogurt
- Tofu
- Eggs
- Low-fat cottage cheese
- Nuts and Nut butters: Peanut butter, peanuts, cashews, almonds, macadamia
- Beans
 - Black, Kidney, Pinto, Garbanzo, Soy

**Pick 1 oz = 1/4 cup or 1/4 slice
HIGH FIBER CARBOHYDRATE**

- Quinoa
- Brown/Wild Rice
- Sprouted grain bread
- Ferro
- Tabbouleh
- Whole grain pasta (or bean made pastas)
- Oatmeal
- Whole wheat sandwich thins
- Whole wheat English muffins
- Corn/Whole Wheat Tortillas
- Sweet/White Potato with skin
- Oatmeal
- Triscuit whole wheat crackers

**Pick 1 oz = 1/4 cup
FRUIT OR VEGETABLE**

- Vegetables (raw, cooked, frozen, or canned)
 - broccoli, carrots, cauliflower, eggplant, greens, mushrooms, onions, green/yellow squash, zucchini, tomatoes, green beans, brussel sprouts, spaghetti squash, butternut squash, sugar snap peas, asparagus, bell pepper, cucumber, celery, water chestnuts, artichoke
- Fruit (cooked, raw, frozen, or canned)
 - Apples, oranges, banana, grapes, strawberries, blackberries, raspberries, peaches, mango, pear, plum, watermelon, avocado, apricot, lemon, lime

