

National Capital Area Surgical Weight Loss Program

Nutrition Guidelines



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Nutritional Guidelines for Weight Loss Surgery

Purpose:

This diet is designed to restrict caloric intake to produce desired weight loss, to help develop appropriate eating habits and to prevent disruption or obstruction of your pouch. In addition, it is strongly recommended to pursue weight loss in preparation for surgery. Even a small amount of weight loss may contribute to a decreased surgical risk.

Main Focus:

1. Drink enough fluids to keep your body hydrated
2. Eat adequate protein
3. Take required vitamin and mineral supplements to meet Recommended Daily Allowances.

Diet Principles:

1. Drink 6-8 cups of fluid each day
 - a) Sip one cup of liquid over an hour
 - b) Stop drinking within 30-60 minutes before meals, during meals, and 30-60 minutes after meals
 - c) Sip allowed beverages slowly
 - d) Do not use a straw
2. High calorie foods, beverages, and snacks are omitted.
3. When your doctor gives you permission, vitamin/mineral and calcium supplements are required daily. Additional vitamin B12, iron, and zinc may be recommended.
4. Eat very slowly. Foods need to be thoroughly chewed to prevent blockage.
5. Stop eating as soon as you are full. Indications of fullness are:
 - a) a feeling of pressure in the center just below your rib cage
 - b) a feeling of nausea
 - c) a pain in your shoulder area or upper chest. Contact your doctor if the above symptoms persist or worsen.
6. Include protein first at each meal to help maximize protein intake. As your pouch expands, you may only need to eat 3 meals and 1-2 high protein snacks each day.
7. The diet will be advanced gradually, depending on tolerance:

Stage I Bariatric clear liquid diet (in hospital only)

Stage II Bariatric Full liquid diet (1-2 weeks)

Stage III Puree diet (1-2 weeks)

Stage IV Soft diet (2 weeks)

Stage V Regular diet (1-2 months)

Potential Problems Following Weight Loss Surgery and Suggested Dietary Modifications

Nausea and Vomiting

- If nausea and vomiting occur after eating a new food, wait several days before trying that food again.
- It may be necessary to return to liquids or pureed foods temporarily.
- Eating/drinking too fast may cause nausea or vomiting.
- Eating/drinking too much may cause nausea or vomiting.
- Insufficient chewing may cause nausea or vomiting.
- Avoid cold beverages and those with caffeine or carbonation.
- If nausea and vomiting persists, call your surgeon.

Dumping syndrome (abdominal fullness, nausea, weakness, warmth, rapid pulse, cold sweat, diarrhea) **this does not occur after gastric banding.

- Avoid all sweetened foods and beverages.
- Avoid high fat, fried, greasy foods.
- Do not drink fluids with meals.
- Wait at least 30 minutes to drink beverages after meals.

Pain in shoulder or upper chest area (occurs when you eat too much or eat something hard to digest)

- Stop eating if pain occurs during eating and try to eat later after pain has resolved.
- If pain persists, call your surgeon.

Dehydration

- Dehydration can occur with inadequate fluid intake, persistent nausea, vomiting, or diarrhea. At least 6-8 cups of fluid a day are recommended.

- Avoid caffeine.

Lactose Intolerance/Diarrhea (this does not occur after gastric banding)

- Use Lactase-treated milk and lactase enzyme tablets.
- Try low fat Lactaid®, Dairy Ease®, or soy milk.

Constipation

- Constipation may occur temporarily during the first post-operative month.
- This generally resolves with adaptation to changes in volume of food.
- Drink low-calorie fluids regularly—this will help prevent constipation.
- You may need to add a stool softener or fiber supplement, speak with your dietitian or surgeon about available products.

Diarrhea

- Limit high fiber, greasy foods, milk and milk products.
- Avoid very hot or cold foods.
- Eat smaller meals.
- Sip fluids between meals.
- If diarrhea persists, call your surgeon.

Heartburn

- Avoid carbonated beverages.
- Avoid citrus fruits and beverages such as lemonade, orange or pineapple juice. (you may resume citrus foods and beverages once on a regular diet, you do not have to avoid citrus after gastric banding)
- Avoid caffeine.
- Do not use a straw.

Bloating

- Limit liquids to 2 oz at one time
- Sip slowly.

Taste/Sensory Changes

- This may occur during the first few months after surgery but will resolve over time.
- Some foods may taste too sweet or have a metallic taste.
- Strong smells from cooking may affect you, try to avoid the kitchen while someone else is cooking.

Blockage of the stoma (opening of the stomach)

- The stoma may be temporarily blocked if foods with large particle size are eaten without thorough chewing.
- If symptoms of pain, nausea, and vomiting persist, contact your surgeon.
- Do not progress to solid foods until your surgeon tells you to.

Rupture of the staple line after gastric bypass

- Rupture of the staple line is unlikely; however, avoid eating an excessive quantity of food at one time.

Stretching of the stomach pouch/stoma dilation

- Avoiding large portions of food at one time can reduce the risk of stretching the stomach pouch.
- The risk can be decreased by gradually increasing the texture of foods in the early post-operative weeks.
- Follow the recommendations for advancing your diet to prevent this stretching.
- Avoid carbonated beverages

Weight gain or no further weight loss

- You might be eating high calorie foods or beverages
- Keep a record of all foods, beverages and snacks eaten to determine the exact reason for this.
- Measure portion sizes
- Avoid prolonged use of nutritional supplements such as Ensure, Boost, etc.
- Use only low calorie beverages in addition to fat free milk.
- If you had gastric banding, you may need your band adjusted.
- Increase physical activity.

Protein - A Necessary Part of Your Diet

Protein is the nutrient responsible for maintenance of all of the tissues in your body. This includes bone, muscle, organs and even hair and skin. In addition, protein helps the body function properly and is essential for healing. The average woman needs 50-60 grams of protein a day and the average man needs 60-70 grams of protein a day to stay healthy. **After weight loss surgery, your minimum protein intake is 60 grams a day.**

Tips to help you maintain adequate protein intake:

- Your best sources of protein are: lean beef, poultry, fish, milk, dairy products and eggs.
- Make sure you use low-fat dairy products, lean cuts of meat, white or dark meat of poultry without the skin, eggs or egg substitutes.
- When preparing your protein foods avoid frying. This adds extra fat and may cause you discomfort. Bake, broil, poach, or grill your food instead. Also, choose low-fat or fat-free products, as much as possible.
- As soon as your doctor allows, begin to drink fat free milk throughout the day (if milk makes you feel bloated or nauseated, you may want to switch to low fat lactose free milk, such as Lactaid® or soy milk).
- It is important to start your meal with the protein portion and finish as much of it as you can.

During the pureed and soft phases:

- Try strained low-fat cream soups like cream of chicken (many condensed soups can be made with fat free milk to reduce the fat).
- Use low-fat cottage cheese, ricotta, and light or non-fat yogurt at meals.
- Begin pureeing low-fat cuts of meat, poultry, or fish or use baby food meats.
- Eat scrambled eggs or egg substitutes.

As your diet advances further, continue to:

- Eat the high protein foods first.
- Drink fat free milk throughout the day.
- If you have trouble tolerating milk or other protein sources, you may want to use a commercial protein powder as recommended by your dietitian.
- These items can be found in pharmacies, nutrition stores, and supermarkets.

Protein Supplements

The following are a few examples of protein supplements available on the market. These products should be used as a meal replacement.

Rule of thumb: Protein supplements should contain less than 200 calories, less than 20 g of carbohydrates and at least 15 g of protein per serving. Also, check with your dietitian or surgeon before using any other products that are not listed on this page. Some products contain large amounts of other substances (i.e. caffeine, hidden sugars, herbs) or they may interact with medications.

Disclosures: The product references on the next page do not necessarily constitute endorsement by the National Naval or Walter Reed Medical Centers or the Department of Defense.

Manufacturer	Product Name	Portion Size	Calories	Protein
Nestle	“No Sugar Added: Carnation Instant Breakfast® with 1 cup fat free or 1% milk or Lactaid	1 packet + 1 cup fat free or 1% milk	150	13
GNC	Pro Performance® 100% Whey protein	1 scoop	130	20
NEXT Proteins	Designer Whey™ Protein Powder	1 scoop	90	18
Slim Fast	“Low Carb Diet” or “High Protein” Slim Fast®	11 oz	180 190	20 15
Natures Best	Isopure Zero Carb	20 oz	160	40
MET- Rx	Protein Plus® Powder	1 scoop	70	15
Resource	Optisource™ High Protein Drink	8 oz	200	24

EAS	Advant Edge®	11 oz	100	15
Syntrax Innovation	Nectar Fuzzy Navel, Lemonade, Apple, etc	1 scoop	90	23
Novartis	Glucose Control Boost	8 oz	190	16
Atkins	Advantage	11 oz	170	20
	Non-fat powdered milk	2 Tbsp	50	6

****Be sure to read the food labels on all products. The protein and calorie amount may vary with different flavors.**

Caffeine – A Little Can Be Too Much

Caffeine is a stimulant and is naturally found in more than 60 plants, including cocoa, tea and coffee. Caffeine is also added to soft drinks and is often a component of many over-the-counter medications and dietary supplements including certain protein powders and drinks. Caffeine temporarily speeds up the body's heart rate, boosts energy and is often used to "fight fatigue".

Caffeine acts as a diuretic, which means loss of fluids. As a result, caffeine can leave you feeling thirsty if used as your main source of fluid intake. The recommended intake of caffeine is defined as 300 milligrams, or no more than three 5 ounce cups of coffee per day.

However, it is best to **AVOID** caffeine after surgery. For every 8oz of caffeine you drink, you would have to add an additional 8 oz of a non-caffeinated beverage. If you continue to drink caffeine after surgery, it will be very difficult for you to meet your fluid goals.

If your diet contains a large amount of caffeine, you should decrease your intake gradually to prepare for surgery. This will help to avoid headaches caused by caffeine withdrawal.

Required Vitamin and Mineral Supplements after Weight Loss Surgery

You will not be able to meet certain vitamin and mineral needs without supplementation. Vitamin and mineral deficiencies have been observed in patients after weight loss surgery. Iron, folate, vitamin B12, calcium, and zinc are most affected after gastric bypass surgery. If you are having gastric banding surgery you will not need to take all the supplements listed below. Gastric banding does not cause malabsorption of nutrients from your foods. A daily multi-vitamin and calcium supplement is usually sufficient.

All of the required vitamin supplements are listed below. They are available over the counter at your local pharmacy. If you have difficulty locating or tolerating any of the supplements, call your dietician or surgeon for suggestions.

Mandatory	Dosage/Day	Suggested Schedule
Multi-vitamin	1-2*	AM
Vitamin B12	500mcg	AM
Iron	27-28 mg	PM with Vitamin C
Vitamin C	500mg	PM with Iron
Calcium Citrate with Vitamin D	1200-1500 mg	Take with meals in divided doses, Take separate from iron
Optional		
Zinc	10-20 mg	AM
Stool Softener	As directed	Take with iron dose

Mandatory

1. Multi-vitamin and Mineral

Dosage: 1-2 daily with meals

***Type:** 2 children's chewable multi-vitamin OR 1 chewable or liquid adult multi-vitamin.

Once on a regular diet can begin an over the counter prenatal vitamin OR 1 adult multivitamin (does not have to be chewable or liquid)

Function: Multi-vitamins will help ensure that you are getting enough of all the micronutrients that you need.

Interactions: None

2. Vitamin B12

Dosage: 500 micrograms tablet or sublingual daily or 1000 micrograms monthly of injectable B12

Type: any sublingual (dissolves under tongue), tablet, or monthly injection (prescribed by your surgeon)

Function: Helps with blood cell and nerve function, digestion and absorption of food, and protein synthesis. Deficiency may cause certain types of anemia.

Interactions: None

3. Iron

Dosage: 27-28 mg of elemental iron daily. Take with vitamin C.

Type: Any tablet of ferrous sulfate, gluconate, or fumarate that is equivalent to 27-28 mg of elemental iron. Prenatal vitamins may already have enough iron in each tablet.

Read the label first to see if additional supplementation is required.

Function: Vital to the formation of red blood cells that provide oxygen to the entire body.

Interactions: Take 1-2 hours before or after taking calcium. Do not take with milk, cheese, eggs, whole-grain breads and cereals. May cause diarrhea or constipation.

4. Vitamin C

Dosage: 500 mg daily. Take with iron.

Type: Any capsule, chewable tablet or liquid form.

Function: Plays a role in body's calcium levels and bone formation. Promotes wound healing and reduces chances of infection. Enhances iron absorption.

Interactions: Antacids may decrease absorption. Take Vitamin C at a different time if using Antacids.

5. Calcium citrate with Vitamin D

Dosage: 1200-1500 mg daily. Calcium is best absorbed in doses of 500-600 mg at a time. Take with meals.

Type: Tums® initially, once tolerating regular diet switch to Citracal® +D or any equivalent brand with calcium citrate. The citrate form of calcium is better absorbed since it doesn't require the acid from your stomach to be absorbed.

Function: Maintains bone strength; also helps heart pump correctly and repairs soft tissue.

Interactions: Caffeinated products, spinach, and whole grain products may decrease absorption. Take at least 1-2 hours before or after taking iron, since calcium will decrease iron absorption.

STAGE I

CLEAR LIQUID DIET (in hospital only)

1. After surgery, you will not eat any food or drink any liquids until approved by the surgeon.
2. Once approved, you will receive water, sugar-free gelatin (no red while in hospital)*, broth, and decaffeinated** tea. Packets of Crystal Light® will be available. You will only be able to drink 30mL (1 oz) every hour. If you tolerate 1 oz of liquid each hour, you may advance to 60mL (2 oz) of liquid every hour. If you experience nausea, decrease amount to 30mL (1 oz) every hour.
3. Once at home, you may drink as tolerated. You SHOULD NOT continue to drink just 2 ounces an hour. Listen to your body, stop when you feel full.
4. Remember to drink liquids SLOWLY. DO NOT use a straw***.
5. There may be large quantities of liquids brought to you on your tray. You do NOT have to finish everything. When you feel full STOP!
6. It is not unusual to experience nausea and/or vomiting during the first few days following surgery. Make sure that you drink slowly. If nausea or vomiting persists contact your nurse.

**If “red foods” are consumed after surgery and you vomit, it may be mistaken for blood. “Red foods” include foods on the clear liquid diet such as sugar-free gelatin, sugar-free popsicles, or any “red” sugar-free beverages.*

***Caffeine should be avoided after surgery because it is a diuretic. This will cause you to lose fluids and make it more difficult for you to keep yourself hydrated.*

****If you drink from a straw after surgery you will cause air to enter into your new pouch. This will create a full feeling and you will have less room for liquids needed to keep hydrated as well as nutritious foods when you advance to those stages.*

STAGE II

FULL LIQUID DIET (1-2 WEEKS)

1. Upon discharge from the hospital you will start the full liquid diet.
2. You will stay on the full liquid diet for 1-2 weeks, unless directed otherwise by the Surgeon and Registered Dietitian.
3. To prevent nausea and vomiting, DRINK LIQUIDS SLOWLY. At each meal, sip ¼ cup (2oz) or more if tolerated of a liquid protein source over 30 minutes. You do NOT have to finish everything. When you feel full STOP!
4. Drink at least 6-8 cups of water or low calorie drinks between high protein beverages. Remember to avoid carbonation, caffeine, and citrus.
5. Take your prescribed multi-vitamin/mineral supplements and calcium as instructed. (refer to page titled “Vitamin and Mineral Supplements” for a list of all mandatory supplements)
6. Make sure you keep track of the kind and amount of high protein beverages you drink.

Remember, you need a minimum of 60 grams of protein each day.

The following are examples of protein sources that should be included on the Full Liquid Diet:

1 cup Fat free or 1% milk = **8 grams protein**

1 cup Soy milk or low fat lactose-free milk (Lactaid® or Dairy Ease®) = **8 grams protein**

No-sugar added breakfast drink made with fat free or 1% milk (Carnation Instant Breakfast®) = **12 grams protein**

1 cup of strained low fat cream soup made with milk (no tomato, no mushroom or corn pieces) = **8 grams protein**

Commercial supplements as suggested by the surgeon or RD (refer to list on page titled “Protein Supplements”)

***To help boost protein intake add non-fat powdered milk to the above list of liquids.**

(1 Tbsp = 3 grams of protein, 25 calories)

**STAGE II
FULL LIQUID DIET
SAMPLE MEAL PLAN**

Below is a sample meal plan that you may use while on the Full Liquid Diet. This meal plan provides 60 grams of protein and 6-8 cups of fluid. Portions may vary with EACH INDIVIDUAL. Make meals last 30 minutes.

Time	Amount	Food	Protein
0800	¼ cup	Breakfast drink with fat free milk	3
	3 Tbsp	Non fat powdered milk	9
Liquid between meal	1 cup	Water or low calorie beverage	
1000	¼ cup	Creamy peanut butter shake	5
Liquid between meal	1 cup	Fat free milk	8
1200	¼ cup	Breakfast drink with fat free milk	3
	3 Tbsp	Non fat powdered milk	9
Liquid between meal	1 cup	Water or low calorie beverage	
1400	¼ cup	Creamy peanut butter shake	5
Liquid between meal	1 cup	Fat free milk	8
1600	¼ cup	Yogurt smoothie	6
Liquid between meal	1 cup	Water or low calorie beverage	
1800	¼ cup	Yogurt smoothie	6
Liquid between meal	1-2 cups	Water or low calorie beverage	
Total protein			62

*The “liquid between meal” should be sipped slowly between meal times. If you feel full STOP, you do not have to finish everything!

** If you do not tolerate milk, try lactose-free milk (Lactaid_) or soy milk instead.

*** Recipes for the “Yogurt Smoothie” and “Creamy Peanut Butter Shake” are on the following page. You may choose from the other recipes and make substitutions. If you find additional recipes, check with your dietitian first to make sure they meet the diet guidelines.

RECIPES FOR FULL LIQUID DIET

Creamy Peanut Butter Shake

2 Tbsp CREAMY peanut butter

¼ cup powdered milk/powdered soy protein

1 package of sugar substitute

2 ice cubes

½ soft banana

½ cup water

Place all ingredients in a blender and blend until smooth. Makes about 1 cup.

Yields: 20 grams of protein per recipe

5 grams per ¼ of recipe

Yogurt Smoothie

1 container (6oz) of light or non-fat yogurt (any flavor)

½ cup fat free milk, soy milk, or lactose-free milk

¼ cup powdered milk

½ banana or ½ cup canned “lite” peaches

Place all ingredients in a blender and blend until Smooth. Makes about 1 cup.

YIELDS: 24 grams of protein per recipe

6 grams per ¼ of recipe

Mexican Chocolate Shake

1 can Chocolate “Low Carb” Slim Fast®

1 scoop Designer Whey® vanilla or chocolate protein powder

Dash of cinnamon

½ tsp vanilla

3 ice cubes

Place all ingredients in a blender and blend until smooth.

Yields: 38.5 grams of protein

Tropical Shake

1 packet of Vanilla “No Sugar Added” Carnation Instant Breakfast®

1 cup of fat free milk, soy milk, or lactose-free milk

1 scoop vanilla Designer Whey® protein powder

½ banana

¼ tsp coconut extract

3 ice cubes

Place all ingredients in a blender and blend until smooth.

YIELDS: 30.5 grams of protein

Higher Protein Strawberry Shake

1 packet of Strawberry “No Sugar Added” Carnation Instant Breakfast®

1 cup of fat free milk, soy milk, or lactose-free milk

1 scoop vanilla Designer Whey® protein powder

3 ice cubes

Place all ingredients in a blender and blend until smooth.

YIELDS: 30.5 grams of protein

Cream of Chicken or Mushroom soup

1 can of cream of chicken or mushroom soup

1 cup of fat free milk, soy milk, or lactose-free milk

Heat soup, stirring frequently until it just comes to a boil. Strain soup and discard chicken pieces and mushrooms. Add 2 tbsp of non fat powdered milk to EACH ½ cup serving and mix until blended. Enjoy with a twist of fresh ground pepper.

YIELDS: 10 grams protein per ½ cup serving

STAGE III

PUREE DIET (1-2 WEEKS AFTER STAGE II)

1. After 1-2 weeks on the Full Liquid diet, you will be able to SLOWLY add foods of a thicker consistency. All foods for the next 1-2 weeks will be BLENDED to a BABY FOOD consistency.
2. You can continue to include foods on the full liquid diet throughout this stage.
3. It is very important to CHEW foods thoroughly to avoid blockage or nausea. Try 1-2 Tbsp of food at a time to see if tolerated. Each meal should consist of only 2-4 Tbsp (1/8 – ¼ cup of food).
4. Remember to always include PROTEIN FIRST at each meal. **You need a minimum of 60 grams of protein each day.**
5. Keep yourself hydrated! Drink 6-8 cups of water and low calorie beverages between meals. Fat free or 1% milk can be included as part of your total fluid intake.
6. Continue to keep track of the kind and amount of protein you eat every day.

The following are examples of foods from each food group that should be included on the Puree (Blended) Diet.

The meat and the milk group include food choices that are “complete” proteins. “Complete” proteins contain all the essential amino acids your body needs. Food choices from the starch, fruit, and vegetable groups are not “complete” proteins and should only be used with foods from the milk and meat group.

Meat Group (7 grams protein per serving)

2 Tbsp (1 ounce) cooked pureed lean meats (chicken, fish, turkey are best tolerated)

¼ cup (2 ounces) baby food meats

¼ cup fat free or 1% cottage cheese (mash it with a fork to a smooth consistency)

¼ cup low fat ricotta cheese

¼ cup egg substitutes

Milk Group (8 grams protein per serving)

1 cup fat free or 1% milk

¾ cup light or non-fat yogurt (no fruit pieces)

1 cup sugar free pudding made with fat free or 1% milk

1 cup strained low fat cream soup made with milk (no tomato, no mushroom or corn pieces)

Starch Group (3 grams protein per serving)

½ cup cream of wheat/rice/baby oatmeal

½ cup mashed potatoes, sweet potatoes, winter squash

1 cup broth based soup

Fruit Group (0 grams protein per serving)

½ cup pureed peaches, apricots, pears, melon, banana (no skins or seeds)

½ cup unsweetened applesauce

½ cup baby food fruits

½ cup diluted unsweetened fruit juice (limit to 1 serving a day)

Vegetable Group (2 grams protein per serving)

½ cup pureed carrots, green beans (no skins or seeds)

½ cup baby food vegetables

Important Tips:

1. You may need to add fat free milk, clear broths, or fat free gravies to the above foods and use a blender to make the foods a BABY FOOD consistency.
2. Add non-fat powdered milk or acceptable protein powders to your foods to boost protein amount.
3. Try one new food at a time. If you feel nauseated or experience gas or bloating after eating, then you are not ready for this food. Wait a few days before trying this food again.
4. Portions may need to be adjusted depending on your individual tolerance. Listen to your body. Stop when you feel full.

**Stage III Puree Diet
SAMPLE MEAL PLAN**

Below is a sample meal plan that you may use while on the Puree (Blended) Diet. This meal plan provides 60 grams of protein and 6-8 cups of fluid. Portions may vary with EACH INDIVIDUAL. Make meals last 30 minutes.

Time	Amount	Food	Protein
0800	¼ cup	Pureed 1% milkfat cottage cheese	7
	2 Tbsp	Non fat powdered milk	6
Liquid between meal	1 cup	Water or low calorie beverage	
1000	¼ cup	Light or non fat yogurt	2
	2 Tbsp	Non fat powdered milk	6
Liquid between meal	1 cup	Fat free milk	8
1200	¼ cup	<u>Strained</u> cream of mushroom soup made with fat free milk	2
	2 Tbsp	Non fat powdered milk	6
Liquid between meal	1 cup	Water or low calorie beverage	
1400	¼ cup	Sugar free vanilla pudding with fat free milk	2
Liquid between meal	1 cup	Fat free milk	8
1600	¼ cup	Baby food chicken and gravy	7
Liquid between meal	1 cup	Water or low calorie beverage	
1800	¼ cup	Light or non fat yogurt	2
	2 Tbsp	Non fat powdered milk	6
Liquid between meal	1-2 cups	Water or low calorie beverage	
Total protein			62

STAGE IV
SOFT DIET (2 WEEKS AFTER STAGE III)

1. After 2 weeks on the Puree Diet, you will no longer have to blend your foods. You can slowly add foods that are soft in consistency. Soft foods can be cut easily with a fork.
2. You will remain on the Soft Diet for 2 weeks. Remember to try one new food at a time.
3. For better portion control, use smaller plates and baby spoons and forks. Stop eating when you feel full.
4. Keep yourself hydrated! Drink 6-8 cups of water and low calorie beverages between your meals. Don't drink with your meals. Don't drink 30 minutes before and 30 minutes after meals.
5. Continue to take your supplements as prescribed.
6. Continue to keep track of the kind and amount of protein you eat every day. Remember, your goal is a minimum of 60 grams of protein each day.

The following are examples of foods from each food group that can be included on the Soft Diet.

Meat Group (7 grams protein per serving)

- 2 Tbsp (1 ounce) cooked lean meats: fish, ground turkey, lean ground beef (moist meats are usually tolerated best, beef is usually least tolerated)
- 2 Tbsp (1 ounce) water packed tuna or chicken
- ¼ cup egg substitute or 1 egg scrambled
- ¼ cup fat free or 1% cottage cheese
- 1 oz (1 slice) low fat mild cheese
- 2 Tbsp CREAMY peanut butter – reduced fat
- ¼ cup tofu (3.5 grams of protein)
- 1 oz lean meatballs
- ½ cup chili

Milk Group (8 grams protein per serving)

- 1 cup fat free or 1% milk
- ¾ cup light or non-fat yogurt (no fruit pieces)
- 1 cup sugar free pudding made with fat free or 1% milk
- 1 cup low fat cream soup made with milk (no tomato, no mushroom or corn pieces)

Starch Group (3 grams protein per serving)

1 slice of bread (toasted)

4-6 crackers

½ cup cooked cream of wheat/rice/oatmeal

½ cup mashed potatoes, sweet potatoes, winter squash

1 cup broth based soup

Fruit Group (0 grams protein per serving)

½ cup canned peaches or pears (in own juices or water packed)

½ soft banana

½ cup unsweetened, diluted fruit juice (limit to 1 serving a day)

Vegetable Group (2 grams protein per serving)

½ cup soft cooked carrots or green beans (no skins or seeds)

Important Tips:

1. All foods should be cooked without added fats. Bake, grill, broil, or poach meats. You may season meats with herbs and spices instead of fats.
2. Moist meats are tolerated better at this phase. Add chicken or beef broths, fat free gravies and low fat cream soups to moisten meats. Finely dice meats and chew well.
3. Add 1-2 Tbsp of a new food at a time, if you feel nauseated or bloating after eating then you are not ready for this food. Wait a few days before trying this food again. Everyone progresses differently. Listen to your body.

Stage IV Soft Diet SAMPLE MEAL PLAN

Below is a sample meal plan that you may use while on the Soft Diet. This meal plan provides 60 grams of protein and 6-8 cups of fluid. Portions may vary with EACH INDIVIDUAL. Make meals last 30 minutes.

Time	Amount	Food	Protein
0800	¼ cup	Scrambled egg substitute	7
	¼ cup	Canned 'lite' peaches	
Liquid between meal	1 cup	Water or low calorie beverage	
1000	¼ cup	Light or non fat yogurt	2
	2 Tbsp	Non fat powdered milk	6
Liquid between meal	1 cup	Fat free milk	8
1200	¼ cup	Can of water packed tuna (2 oz)	14
	¼ cup	Soft cooked green beans	
Liquid between meal	1 cup	Water or low calorie beverage	
1400	¼ cup	Sugar free vanilla pudding with fat free milk	2
Liquid between meal	1 cup	Fat free milk	8
1600	¼ cup	Baked salmon	14
	¼ cup	Mashed potatoes	
Liquid between meal	1 cup	Water or low calorie beverage	
1800	¼ cup	Light or non fat yogurt	2
	¼ cup	Canned 'lite' peaches	
Liquid between meal	1-2 cups	Water or low calorie beverage	
Total protein			63

Stage V

REGULAR DIET (1-2 MONTHS AFTER SURGERY)

1. After 2 weeks on the Soft Diet, you may begin the Regular Diet if ready. You may be ready for this phase at 1 month after surgery or possibly not until 2 months after surgery. Everybody progresses differently.
2. This is the last stage of the diet progression. Continue to add new foods in slowly. Raw fruits and vegetables can be added in as tolerated. You may want to avoid the skin and membranes on fruit. Citrus fruits can be added back into diet as tolerated.
3. Follow a low fat diet and avoid simple sugars for life. Your protein goal remains at a minimum of 60 grams each day. For successful weight loss, caloric intake may range between 800-1200 calories each day. Ask your registered dietitian how many calories are appropriate for you.
4. Continue to eat 5-6 small meals each day. As your pouch expands, 3 small meals and 1-2 high protein snacks may be more appropriate.
5. Continue to take your prescribed supplements for life.
6. Keep yourself hydrated! Always include 6-8 cups of water and low calorie beverages daily.
7. Continue to track your daily intake and activities. Include calories, protein, fluids, supplements, and exercise.

The following are examples of foods from each food group that are included on a Regular Diet.

Meat Group (7 grams protein per serving)

- ¼ cup egg substitutes, 2 egg whites
- ¼ cup fat free or 1% cottage cheese
- 1 ounce cooked lean meats (chicken, turkey, pork, fish, beef)
- 2 Tbsp peanut butter – reduced fat
- 1 ounce lean luncheon meats
- 1 ounce low-fat cheese
- ½ cup cooked beans, peas, lentils

Milk Group (8 grams protein per serving)

- 1 cup fat free or 1% milk
- ¾ cup no sugar added/low fat “lite” yogurt
- 1 cup sugar free pudding made with fat free or 1 % milk
- 1 cup low fat cream soup made with milk

Starch Group (3 grams protein per serving)

1 slice of bread (may be tolerated better toasted)

4-6 crackers

½ cup cooked cream of wheat/rice/oatmeal

¾ cup unsweetened dry cereal

½ cup potatoes, winter squash, corn, or peas

½ cup rice, pasta – whole wheat

1 cup broth based soup

Fruit Group (0 grams protein per serving)

½ cup canned “lite” fruit

½ banana or small fresh fruit (avoid skins and membranes)

½ cup unsweetened, diluted fruit juice (limit to 1 serving a day)

Vegetable Group (2 grams protein per serving)

½ cup cooked non-starch vegetables

1 cup raw non-starchy vegetables

Fat Group

1 tsp margarine or oil

2 tsp diet margarine

1 tsp mayonnaise

1 tbsp low fat mayonnaise or salad dressing

Stage V Regular Diet SAMPLE MEAL PLAN

Below is a sample meal plan that you may use while on the Regular Diet. This meal plan provides 60 grams of protein and 6-8 cups of fluid. Portions may vary with EACH INDIVIDUAL. Make meals last at least 20 minutes but not more than 30 minutes.

Time	Amount	Food	Protein
0800	1/2 cup	Low fat cottage cheese	14
	1/2 cup	Canned 'lite' pineapple	
Liquid between meal	1 cup	Water or low calorie beverage	
Liquid between meal	1 cup	Fat free milk	8
1200	¼ cup	Can of water packed tuna (2 oz)	14
	1 slice	with 1 tsp lite mayo	
	¼ cup	Wheat bread (toasted)	
		Soft cooked green beans	
Liquid between meal	1 cup	Water or low calorie beverage	
1500	1/2 cup	Sugar free vanilla pudding with fat free milk	4
Liquid between meal	1 cup	Fat free milk	8
1800	¼ cup	Baked chicken	14
	¼ cup	Mashed potatoes	
	¼ cup	Soft cooked carrots	
Liquid between meal	1 cup	Water or low calorie beverage	
Liquid between meal	3 cups	Water or low calorie beverage	
Total protein			62

Foods That May be Difficult to Tolerate After Weight Loss Surgery

Meat & Meat Substitutes

- Steak
- Hamburger
- Pork chops
- Fried or fatty meat, poultry or fish

Starches

- Bran, bran cereals
- Granola
- Popcorn
- Whole-grain or white bread (non-toasted)
- Whole-grain cereals
- Soups with vegetable or noodles
- Bread
- Rice
- Pasta

Vegetables

- Fibrous vegetables (dried beans, peas, celery, corn, cabbage)
- Raw vegetables
- Mushrooms

Fruits

- Dried fruits
- Coconut
- Orange and grapefruit membranes
- Skins (peel all fruit)

Miscellaneous

- Carbonated beverages
- Highly seasoned and spice food
- Nuts
- Pickles
- Seeds

***Sweets (mostly after bypass surgery)**

- Candy
- Desserts
- Jam/jelly
- Sweetened fruit juice
- Sweetened beverages
- Other sweets

Sweets should NOT be part of your diet if you want to reach your weight loss goal followed by weight maintenance

Instructions for Liquid Diet before Surgery

Once you are given your surgery date you will be asked to follow an 800 calorie full liquid diet for 2 weeks before your surgery. The reason for following this liquid diet is to initiate rapid weight loss which will result in a decrease in the size of your liver. This will make the surgery easier for your surgeon to perform and safer for you. You will also become more familiar with the full liquid diet you will be following once discharged from the hospital.

Below are some options that are recommended for the 800 calorie full liquid diet. If you would like to use other products discuss this with your dietitian, to ensure you are also meeting the recommended protein amount of 60 grams per day. You will also be able to include water, Crystal Light, decaf tea, sugar free gelatin or sugar free popsicles in addition to the 800 calories in full liquids.

1). 4 ½ cans of “High Protein” Slim Fast daily

OR

2). 5 ½ packets of “No Sugar Added” Carnation Instant Breakfast Drink mixed with fat free or 1% milk daily

OR

3). 5 individual cartons of Atkins Advantage daily

OR

4). 4 ½ bottles of “Glucose Controlled” Boost daily

**If you have diabetes and are taking oral medications and/or insulin you will want to discuss this with your doctor that manages your diabetes. You may also choose to use products that are NOT “low carbohydrate” versions. Make sure to monitor your blood sugars more closely as this is a very drastic change in your diet. Call your doctor if you are experiencing high or low blood sugars.

Disclosures: The above references to brands of products does not necessarily constitute endorsement by the National Naval or Walter Reed Medical Centers or the Department of Defense.

Follow-up appointments after surgery:

All surgeries follow up with RD two weeks after surgery. Gastric Band requires monthly RD follow up for the first 3 months, then every 3 months. Gastric sleeve and gastric bypass requires every 3 months for the first year, then every 6 months for 2 years. If you do not already have your post-op nutrition follow-up appointment scheduled with the dietitian you saw for nutrition education you must call to schedule. Bring food journal to all appointments.

Continuing Education and Resources

We strongly recommend our website for reference

http://www.bethesda.med.navy.mil/patient/health_care/surgery_services/bariatric_surgery/index.aspx

Some additional internet based information that patients have found useful:

<http://www.obesityhelp.com>
ObesityHelp, Inc. Making the Journey Together

<http://www.smallscar.com>
The Johns Hopkins Obesity Surgery Center, Michael Schweitzer, M.D., F.A.C.S

<http://www.asbs.org/html/about/patients.html>
American Society for Bariatric Surgery: for patients

<http://www.obesityaction.org/home/index.php>
Obesity Action Coalition

<http://www.obesity.org/>
The American Obesity Association

<http://www.nlm.nih.gov/medlineplus/weightlosssurgery.html>
Medline Plus: Weight Loss Surgery

<http://www.bariatricsurgeryfyi.com/>
Bariatric Surgery FYI

http://www.nhlbi.nih.gov/guidelines/obesity/ob_home.htm
National Institutes of Health (NIH) Obesity Guidelines

<http://www.eatright.org/>
The American Dietetic Association: Your link to nutrition & health

