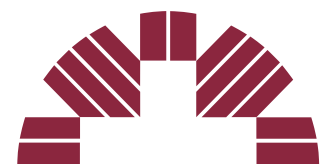


# Bariatric Nutrition Guide



MOUNT CARMEL

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## Welcome

Bariatric surgery is an important tool to help you achieve weight loss and improve your health. You will need to follow proper dietary guidelines before and after your surgery.

To help you prepare, this Bariatric Nutrition Guide covers important education about basic nutrition, healthy meal planning and tips to help you meet your goals. Careful planning and changes to your habits will help you be successful after surgery.

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# Nutrition Basics

## Macronutrients and Micronutrients

Our body needs two types of nutrients:

- **Micronutrients** are vitamins and minerals that our body needs small amounts of each day. Getting the right amount of micronutrients is important for good health.
- **Macronutrients** are nutrients our body needs in larger amounts on a daily basis. Examples of macronutrients are carbohydrate, protein, fat and water. Read on for more information about macronutrients.

## Carbohydrates

Carbohydrates are macronutrients that perform many functions in the body, including providing a key source of energy and assisting with fat metabolism.

Common sources of carbohydrates include bread, pasta, cereal, grains, fruits, milk and vegetables.

The three basic types of carbohydrates are sugars, starches and fibers.

## Sugars

Not all sugars are alike. Natural sugars are found in foods like fruits and dairy. Sugars can also be added to foods to improve the taste or shelf life. Added sugars can quickly increase calories without adding nutrients.

## Starches

Starches are used to store energy in plants such as potatoes, corn, beans and rice. Starch is also known as a “complex carbohydrate.”

## Fiber

Fiber is a type of carbohydrate that your body can't digest. Fiber is found in plants such as fruits, vegetables, nuts and grains. The most plentiful source of fiber is whole grains, especially wheat bran.

Fiber helps our body in many ways:

- Weight control
- Supports gastrointestinal health
- Lowers blood cholesterol
- Helps the body absorb nutrients

## Protein

Our body needs protein to build and maintain bones, muscles, skin and blood. Protein helps with the healing process. After bariatric surgery, most of your calories will come from protein.

- Protein provides energy to enable a person to lose fat and keep muscle during weight loss.
- Complete protein foods have 9 out of 20 essential amino acids that our body cannot make on its own. We must get them from the foods we eat.
- Examples of complete proteins include meat, eggs, dairy, fish and soy.

## Fat

Fat plays an important role in our diet. There are three main purposes for fat in the body: energy storage, insulation and protection of internal organs.

The type of fat you eat is just as important as the amount of fat you eat. Fats can be saturated or unsaturated.

- Saturated fats are usually solid at room temperature, like bacon grease and butter. Saturated fats have been linked to high cholesterol, stroke and heart disease.
- Unsaturated fats are known as "healthy fats." There are two types- monounsaturated and polyunsaturated. Monounsaturated fats are found in plant-based foods, and are liquid at room temperature (like olive and canola oil). Polyunsaturated fats are found in foods such as salmon and walnuts.

Eating the right kinds of fats is important to good health. Fat helps the body absorb certain vitamins and provides energy for daily activities. Too much unhealthy fat in the diet can lead to blocked blood vessels, which can cause heart disease and stroke. A high-fat diet can lead to weight gain or lack of weight loss.

Check food labels for the type of fat per serving. Listed below are different types of fats and examples of food sources.

Type of Fat	Health Effects	Food Sources
<b>Saturated Fats</b> Limit saturated fats to between 10 and 15 grams per day.	Diets high in saturated fats can raise your total cholesterol and increase your risk for heart disease. Check food labels for saturated fat. Avoid deep-fried, processed and "fast" foods.	<ul style="list-style-type: none"><li>• Animal fats: beef, pork, lamb, veal, lard, meat fat, high fat lunch meats, bacon, butter, cheese, sour cream, cream cheese, milk and yogurt (whole and 2%), ice cream, cream, half-and-half</li><li>• Tropical oils: coconut, palm, and palm kernel oil</li><li>• Desserts/sweets made with lard, butter or tropical oils</li></ul>
<b>Trans Fat</b> Avoid these fats as much as possible. Look for "partially hydrogenated oils" on the label.	Trans fats raise "bad" cholesterol and lowers "good" cholesterol, increasing your risk for diabetes, stroke and heart disease.	<ul style="list-style-type: none"><li>• Stick margarine, partially hydrogenated oils, solid shortening, nondairy creamer, cookies, crackers, pastries, doughnuts, microwave popcorn</li><li>• Found in many processed foods, such as donuts, cookies, cakes. Many fried foods at restaurants are high in trans or saturated fats</li></ul>



## Reading Food Labels for Healthy Meal Planning

Reading food labels may seem confusing at times, but is helpful when making food choices and planning meals. It is important to eat a variety of healthy foods to give your body the nutrients it needs.

### Serving Size

**Check the label for the serving size.** This may not be the amount you are eating, but it is the amount containing the nutrient values listed.

### Calories

**While you may not need to count calories each day, you should know:**

- Where your calories are coming from.
- Which foods are high or low in calories.
- About how many calories you need to manage your weight. Calories do count.

### Total, Saturated and Trans Fat

**After surgery, it is important to eat 6 grams or less of fat per meal.**

- Excess fat = Excess calories.
- Choose unsaturated fats and limit saturated fats. Do not eat foods that have trans fats.

### Protein

**Your goal is 65 to 75 grams of protein per day.** Protein is needed to maintain your muscle mass. Eating protein with each meal helps reduce hunger between meals. Lean protein foods with low saturated fat content are best for weight and cholesterol management. Meat, fish and poultry each have about 7 grams of protein per ounce. Low-fat dairy, eggs and legumes are also good sources of protein.

## Nutrition Facts

8 servings per container

**Serving size** 2/3 cup (55 g)

**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%

\* 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.

Type of Fat	Health Effects	Food Sources
<b>Cholesterol</b>	Eating large amounts of high-cholesterol foods may lead to plaque build up and narrowing of blood vessels, especially if you have conditions such as diabetes or heart disease.	<ul style="list-style-type: none"> <li>• Meat, egg yolks, shellfish, liver, organ meats, squid, whole milk, cheese, full-fat dairy products</li> <li>• Eat a balanced, heart-healthy diet that includes whole grains, vegetables, lean meats, low-fat dairy and fruits</li> </ul>
<b>Monounsaturated</b> Choose these healthy fats most often.	Monounsaturated fats help reduce bad cholesterol and lower the risk of stroke and heart disease.	<ul style="list-style-type: none"> <li>• Olive, canola (rapeseed), and peanut oils; peanuts, natural nut butters, almonds, cashews, pistachios, pecans, macadamia nuts, filberts, avocados, olives</li> </ul>
<b>Polyunsaturated</b> Another healthy fat that should be included in your diet in moderation.	Polyunsaturated fats are beneficial to your heart and supply essential nutrients.	<p>There are 2 types:</p> <p><b>Omega-6 fatty acids:</b> Safflower, corn, soybean, and sunflower oil; pine nuts, seeds; soft or tub margarine; mayonnaise, many store-bought salad dressings</p> <p><b>Omega-3 fatty acids:</b> Salmon, trout, herring, anchovies, sardines, mackerel, albacore tuna, fatty fish; ground flaxseed; walnuts, chia seeds</p>

### Carbohydrates, Sugars, and Dietary Fiber

**Keep sugars to 6 grams or less per meal.** This helps you avoid eating too many calories. Round out your meals with carbohydrates that contain dietary fiber, such as whole grains. Fiber adds nutrients, helps prevent constipation and control cholesterol levels.

## Healthy Grocery Shopping Tips

Learning how to buy the right foods is an important step in losing weight. Having the right foods on hand will help you make good choices. Make a list and follow these tips to choose healthy and delicious foods at your next trip to the grocery store.

- ▶ Plan your menus for the week.
- ▶ Check ads for sale items and clip coupons.
- ▶ Plan to buy a variety of items to provide balanced nutrition.
- ▶ Make sure your meal plan includes whole grains, fruits, vegetables, dairy products, protein and fats.

## Grains

Whole wheat flour and whole grains provide fiber, vitamins and minerals.

- ▶ Check the label to see that 100% whole wheat flour is the first ingredient.
- ▶ Choose bread and crackers that are whole grain and high in fiber (5g fiber or more per serving).
- ▶ Brown rice has the most nutrients and is high in fiber too.
- ▶ Choose pasta and cereals that are whole grain.
- ▶ Read labels for sugar and fat content.
- ▶ Cereal must have more fiber than sugar.

## Fruits and Vegetables

Fruits and vegetables provide vitamins, antioxidants, fiber and are low in fat.

- ▶ Look for in-season produce. It will have the best flavor and save you money.
- ▶ Long-lasting produce: carrots, apples, grapefruit, melons and oranges.

- ▶ Frozen fruits and veggies are a good option as well.
- ▶ Choose fruits packed in water or their own juices (no added sugar).
- ▶ Choose vegetables canned without salt.
- ▶ Pick colorful vegetables to get a variety of nutrients, such as red, orange and green. and vegetables canned without salt.

## Dairy Products

Dairy products provide calcium, riboflavin, vitamins A and D and are also a source of protein.

- ▶ Plan to buy a variety of products.
- ▶ Stock up on skim milk, fat-free yogurt and low-fat (2%) cheeses that are natural, for example: Cheddar, Swiss, Colby, Ricotta, Provolone, Mozzarella. Avoid processed cheese.
- ▶ Read nutrition labels for fat and sugar content.

## Meat and Protein Sources

You can choose a variety of protein sources to meet the required intake of 65 to 75 grams per day.

- ▶ Select lean meats to add protein, iron and zinc. Good choices include eye round, top round, top sirloin and flank steak cuts for beef and loin cut for pork.
- ▶ Try soy-based meat substitutes, such as tofu.
- ▶ Include fish, dry beans, eggs and nuts.
- ▶ Purchase skinless chicken or remove the skin before cooking.
- ▶ Healthy fish options include orange roughy, tilapia, tuna, cod, haddock and salmon. Frozen fish is a good option and just as nutritious as fresh. Canned fish packed in water instead of oil is a lower calorie choice.

## Fats

Both polyunsaturated and monounsaturated fats may help lower your blood cholesterol level when you use them in place of saturated and trans fats. When shopping choose:

- ▶ Vegetable oils and margarines with liquid vegetable oil as the first listed ingredient. Examples are canola, corn, olive, peanut, safflower, sesame, soybean and sunflower oils.
- ▶ Soft spreads or liquid/tub margarines low in saturated fats and trans fats.
- ▶ Reduced-fat and no-fat salad dressings and mayonnaise.
- ▶ Foods including fatty fish (such as salmon, mackerel, herring and trout), avocados, peanut butter, and many nuts and seeds.
- ▶ Avoid trans fats as much as possible. Trans fats are found in fried foods, processed foods, snacks and baked goods.



## Controlling Food Portions

Controlling food portions are an important part of good health and weight management. If the amount you eat is larger than the single serving size, you are consuming more calories than what is shown on the food label. Eating smaller portions of a variety of nutritious foods will help you meet your goals.

## Daily Portion Control Tips

Use small plates (6"), bowls, glasses and serving utensils to give the appearance of more food.

- ▶ Remember to eat protein first, then vegetables, then a carbohydrate choice.
- ▶ Use a scale as well as measuring cups and spoons for proper portion control.
- ▶ Every lunch and dinner should include fresh, frozen or canned vegetables.
- ▶ Eat slowly and enjoy your meals. It can take 20 minutes for your brain to get the message that your stomach is full.
- ▶ Focus on what you are eating. Avoid eating while you are watching TV or doing other activities.
- ▶ Avoid buying foods in bulk. If you buy large food packages, divide a bargain-size bag into single portion servings.
- ▶ If you buy frozen meals, choose meals with portion control built in.
- ▶ Take the serving amount you will eat and put it on a plate. Do not eat right from the package.

## Sizing Up Portions

Many portions are larger than you think. Make sure to check food labels to see how many servings are in a container. Use the following guide to quickly measure single portion sizes.

### Proteins

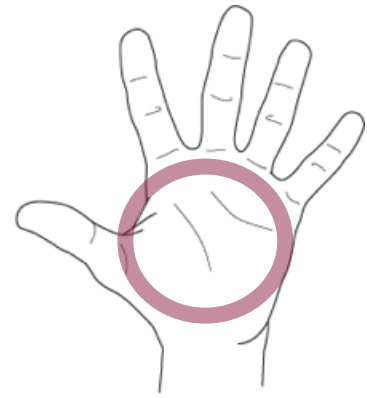
Meat	3 oz.
Cottage Cheese	½ cup
Cheese	1 oz.
Nuts	½ oz. approximately
Beans	½ cup

### Carbohydrates

Fruits	½ tennis ball or ½ cup
Dairy	½ cup milk, yogurt
Grains	½ cup cereal
	½ slice bread
	⅓ cup cooked rice
	⅓ cup cooked pasta

### Fats

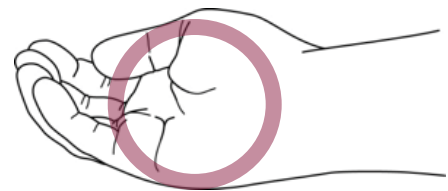
1 tsp. margarine/oil
1 Tbsp. peanut butter



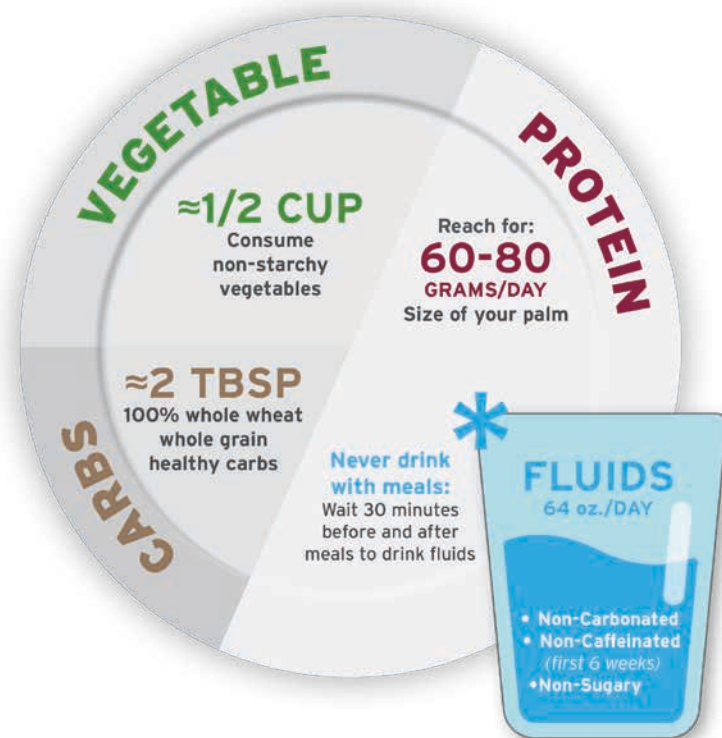
The palm of your hand is good for estimating the size of your meat or fish portion (3 oz.).



Your fist is good for estimating about one cup (also it is the right size for a baked potato).



The cup of your hand or the size of a tennis ball is a good estimate for your serving of fruit (like an apple or orange).



## Choosing Well When Eating Out

Eating out can be a challenge when you are trying to eat in a healthful way. When dining out, you must be aware of the choices you make and follow the same nutritional guidelines as you would at home. Many places offer low-fat, low-calorie options, or will prepare food to your request. Watch your portion sizes, too.

When eating out, it is important to remember **it is not about the food**. Eat slowly and enjoy your meal, but focus on being together and socializing with friends or family. Use these tips to ensure that you are eating healthfully:

- Order foods that are: baked, steamed, broiled, grilled, roasted, or stir-fried to lessen the fat and calories.
- Choose places that you know offer a healthy menu or will cater to your requests.
- Steer clear of buffets — portion control, as well as self control, is hard at such places.
- Manage your portion sizes:
  - Ask for a container before you begin eating. Split the portion in thirds or half to take home. You'll be less likely to overeat when you pack it away first. Be sure to refrigerate the food within 2 hours.
  - Avoid dishes with gravy, cream sauce, cheese or sour cream.
- Be aware of extras. Sandwich toppings such as cheese or bacon, or sauces such as mayonnaise, will add many calories. Ask for extra lettuce, tomato, onions and mustard.
- Salads are a great choice, but be careful about what you put on them. Limit cheese, bacon and croutons. Choose mostly vegetables, and salads made with rich dark greens like spinach or romaine rather than iceberg lettuce.
- Always ask for salad dressings on the side. To cut down on calories and fat, try dipping your fork into the dressing and then spearing the lettuce.
- Instead of french fries or other high-fat side dishes, choose a baked potato, side salad, steamed vegetables or fresh fruit.
- Ask to have foods cooked without butter or margarine.
- Don't be afraid to ask for items that are not on the menu. Many restaurants will make special dishes or substitute one item for another.
- Go easy on the alcohol. Wine or light beer are the best choices. If you are more than six months past surgery, drink only 1 drink then switch to water.

There are many helpful resources for nutrition facts, food tracking and fitness. Try different websites and apps and see what works best for you.

- Calorieking.com
- Myfitnesspal.com
- MyPlate Calorie Counter
- Start Simple with MyPlate

# Nutrition Guidelines Before and After Surgery

One of the keys to successful gastric bypass surgery is preparation. These instructions will help you prepare for surgery and the dietary stages you will go through after surgery. Practicing healthy lifestyle and nutrition habits before surgery will help you be successful.

The bariatric dietitian will register you for a class about post-surgery nutrition. This class will take place 1 or 2 weeks after surgery. You will be notified of the date for this class at the time of your surgery.

## Nutrition Before Surgery

It is very important that you fully commit to eating a well-balanced meal plan for the 2 weeks before your surgery.

Sometimes referred to as the "lean and green" plan, this will help your body tolerate surgery better and decrease the size of your liver.

### Daily Goals of "Lean and Green":

- ▶ Eat only lean meats, vegetables, fruits, and whole grains. Do not eat processed or greasy foods. Eliminate simple sugars.
- ▶ Eat between 65 to 75 grams of protein each day.
- ▶ Drink 64 ounces of water.

## Caffeine

- ▶ Do not have any caffeine for the 3 days before your surgery.
- ▶ Do not have any caffeine for 6 weeks after surgery.
- ▶ You will continue to limit decaffeinated and regular caffeinated products to 2 (8 oz.) cups a day.

## Carbonated Beverages

- ▶ Do not drink carbonated beverages for 6 months after surgery. This can cause excess gas, bloating or irritation.

## Alcoholic Beverages

- ▶ Do not drink alcoholic beverages for 6 months after surgery. Alcohol provides "empty calories" and should be consumed with caution.

## Helpful Tips Before Surgery

- ▶ Practice not drinking with your meals. Instead take sips of fluids throughout the day.
- ▶ Practice eating slowly, taking very small bites. Meals should take 20 to 30 minutes to consume.
- ▶ Chewing food completely before swallowing.
- ▶ Put down your eating utensil between bites.
- ▶ Consider using a baby-sized utensil.
- ▶ Discuss diet changes with the people that live with you. It is helpful if they try not to bring unhealthy foods into the home and focus on improving their own eating habits.
- ▶ Start keeping a food diary. Write down your foods and drinks, along with portion sizes. You can also track your intake using an app or website.

You will be given additional pre-operative instructions to prepare your surgery. Call the Mount Carmel Bariatric Program if you have questions.

## Nutrition After Surgery

As you recover from surgery, your diet will gradually progress through the following stages:

### STAGE 1 >>>

**Day of surgery:** Ice chips and clear liquid diet

### STAGE 2 >>>

**Day after surgery through the end of week 2 (14 days):** Fuls (also called full liquid diet)

### STAGE 3 >>>

**Weeks 3 and 4:** Pureed diet

### STAGE 4 >>>

**Week 5:** Soft diet

### STAGE 5 >>>

**Week 6 and beyond:** Bariatric regular diet

## Nutrition in the Hospital

You will be given ice chips and clear liquids after recovering from anesthesia. You may drink as much as you want of these liquids.

- ▶ You will receive intravenous (IV) fluids after surgery to make sure you stay well hydrated.
- ▶ **Eat a maximum of ¼ cup for each meal while you are in the hospital.** Do not try to consume more. This is the time for you to begin to pay attention to your body's feeling of fullness.

## Stages 1 and 2: Guidelines for Clear Liquids and Fulls

During the first 2 weeks after surgery, your diet will be limited to allow your pouch to heal. Review this list and make sure to have allowed items available to eat at home. Do not eat anything that is not on the list.

### Protein Intake

**Your protein intake goal is 65 to 75 grams per day (11 - 13 grams per meal).**

- It is very important that you reach and maintain this level of protein.

### Protein Supplements

- Plan to put protein powder in most foods and beverages to help you reach your goal.
- The supplement that you buy should be a whey or soy protein ISOLATE.
- An acceptable protein powder should contain between 15-20 grams of protein per scoop and little or no fat or sugar.
- We recommend unflavored and flavored protein powders.
- There are also protein waters and ready-to-drink protein shakes that can help you reach your protein goals.
- You may buy protein supplements online but they can also be purchased at most grocery stores and major retailers.
- Do not heat protein powder in microwave or on stove. Heat your food first, let the product cool to 140 degrees or less, and then add protein powder. This will avoid any clumpiness due to overheating of the powder.

### Fluid Intake

**Your goal for fluid intake is 64 ounces (8 cups) per day.**

- Do not use a straw when you drink fluids.
- Do not take clear liquids with meals. Take 20 to 30 minutes to eat your meal. Wait 20 to 30 minutes after finishing your meal before drinking again.

### Clears – Use Between Meals

- Water
- Canned broth or bouillon
- Gatorade Zero®
- Decaffeinated coffee or tea (NO cream or milk added)
- Crystal Light®
- Sugar-free Kool-Aid®
- Sugar-free Lemonade without pulp
- Sugar-free Jell-O®
- Sugar-free Popsicles
- Isopure® protein water (buy at health food store)

### Fulls – use at meal times

*(Eat ¼ to ½ cup meals 6 times per day for 14 days.)*

- Cottage cheese – small curd, low-fat
- Skim or 1% milk
- Sugar-free pudding
- No-sugar added fudgsicles
- No-sugar added, fat-free yogurt
- Low-fat cream soups — strained (cream of mushroom, chicken, celery, tomato, potato)
- No-sugar added cooked cereals — oatmeal, cream of wheat, cream of rice or grits

- Peanut butter (for recipes ONLY)
- Hot cocoa mix (sugar-free) or Carnation Instant Breakfast Light Start® powder (no sugar added)
- Nonfat dry milk powder
- Evaporated skim milk
- Liquid egg whites, pasteurized (do not cook)

### Vitamins and Minerals

#### One Week After Surgery:

- Take one chewable multivitamin with iron per day with food. Check that the product contains carbonyl iron or ferrous gluconate.
- There are also multiple bariatric specific multivitamins that can provide all of the vitamins and minerals you need after surgery.

### Sample Menu for Fulls Diet Stage

The following is a sample menu to follow for the first 2 weeks after surgery. You may consume ANY of the foods/supplements/liquids on the full liquid list. Do not limit yourself to these foods only. Times are examples also.

<b>8:00 a.m.</b>	¼ – ½ cup fulls recipe
<b>11:00 a.m.</b>	¼ – ½ cup strained cream soup with protein powder
<b>1:00 p.m.</b>	¼ – ½ cup sugar-free pudding with protein powder
<b>4:00 p.m.</b>	¼ – ½ cup no sugar added yogurt with protein powder
<b>7:00 p.m.</b>	¼ – ½ cup cooked cereal with protein powder
<b>10:00 p.m.</b>	¼ – ½ cup fulls recipe

## Common Concerns After Surgery

### Lactose

Lactose intolerance causes gas, bloating and diarrhea. If you are lactose intolerant, try using lactose free milk or chewable lactase enzyme tablets before consuming milk or dairy products. You may also try low-sugar/low-fat non-dairy substitutes.

### Dumping Syndrome

Dumping syndrome is caused by eating or drinking concentrated sources of sugar. Sugar cannot be broken down in your new small stomach and can cause large amounts of fluid to enter your intestine. This can result in facial flushing, increased heart rate, nausea, vomiting, and/or diarrhea. We strongly recommend you avoid high sugar, empty calorie foods to promote weight loss. Do not eat more than 6 grams of sugar per meal to help avoid dumping syndrome.

### Hair Loss

Hair loss or thinning is a common side effect of rapid weight loss. Protein is important in helping to prevent hair loss, but you can eat adequate amounts of protein and still have some hair loss. This hair loss often occurs 2 to 4 months after surgery. Help prevent hair loss by eating adequate protein and taking the vitamin/mineral supplements as recommended.

### Fat

High-fat foods can cause diarrhea because your body does not absorb fat as well after surgery. High-fat foods also contain a lot of calories which is not beneficial for weight loss.



## Recipes for Fulls

These recipes are for full liquid drinks that are high in protein. They will be especially helpful for the first several weeks after surgery, but you may choose to include one high protein item each day on an ongoing basis.

Use a sugar-free protein powder supplement for the following recipes. You may try

### BANANA SPLIT

½ cup skim milk  
1 scoop chocolate protein powder  
4" banana, ripe  
⅛ cup pineapple, canned, packed in juice  
3 strawberries, frozen, no added sugar

Put all ingredients into blender. Blend on high for 45 seconds. Makes one cup.

<i>Nutrition information per ½ cup:</i>			
Calories	116	Protein	12 g
Fat	1 g	Sodium	52 mg

### APPLE SHAKE

½ cup skim milk  
¼ cup light yogurt, no added sugar, vanilla  
¼ cup applesauce, no added sugar  
1 scoop vanilla protein powder  
4" banana, ripe  
pinch cinnamon  
pinch nutmeg  
2 drops vanilla extract

Put all ingredients into blender. Blend on high for 45 seconds. Makes one cup.

<i>Nutrition information per ½ cup:</i>			
Calories	100	Protein	12 g
Fat	1 g	Sodium	64 mg

freezing these recipes for a frozen treat. Try substituting Isopure® water for some of the clear beverages for added protein.

Recipes that have berries with very small seeds should not be a problem for you.

Make sure that these are well blended and that no large pieces remain.

### CARNATION INSTANT BREAKFAST® SMOOTHIE

¼ cup orange juice, 100%  
½ cup skim milk  
1 package Carnation Instant Breakfast®, no added sugar, vanilla  
1 scoop vanilla protein powder  
4 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Makes one cup.

<i>Nutrition information per ½ cup:</i>			
Calories	120	Protein	14 g
Fat	0 g	Sodium	100 mg

### PROTEIN POWER CRYSTAL LIGHT®

½ cup prepared Crystal Light  
1 scoop unflavored protein powder  
2 tablespoons Cool Whip Light®  
4 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Makes one cup.

<i>Nutrition information per ½ cup:</i>			
Calories	62	Protein	10 g
Fat	0 g	Sodium	20 mg

### PROTEIN POWER PINEAPPLE SMOOTHIE

⅔ cup pineapple juice 100%  
½ cup cottage cheese, low-fat  
1 scoop vanilla protein powder

Put all ingredients into blender. Blend on high for 45 seconds. Makes one cup.

<i>Nutrition information per ½ cup:</i>			
Calories	134	Protein	18 g
Fat	1 g	Sodium	250 mg

### PROTEIN POWER ICED COFFEE

1 cup skim milk  
1 scoop unflavored protein powder  
Maxwell House French Vanilla Cafe', Sugar-Free Decaf Instant Coffee.  
6 - 7 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Makes one cup.

<i>Nutrition information per ½ cup:</i>			
Calories	110	Protein	14 g
Fat	1 g	Sodium	116 mg

### CHOCOLATE PEANUT BUTTER CUP

½ cup skim milk  
1 scoop chocolate protein powder  
1 tsp peanut butter, creamy  
4 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Makes one cup.

<i>Nutrition information per ½ cup:</i>			
Calories	88	Protein	12 g
Fat	2 g	Sodium	64 mg

### BREAKFAST BOOST PLUS

½ cup orange juice, 100%  
¼ cup yogurt, vanilla, light, no added sugar  
4 strawberries, frozen, no added sugar  
3 peaches, frozen, no added sugar  
2 scoops unflavored protein powder

Put all ingredients into blender. Blend on high for 45 seconds. Makes one cup.

<i>Nutrition information per ½ cup:</i>			
Calories	160	Protein	20 g
Fat	0 g	Sodium	62 mg

### EGGNOG

½ cup skim milk  
2 scoops vanilla protein powder  
½ tsp allspice  
¼ cup yogurt, vanilla, light, no added sugar  
½ graham cracker (2 small squares)  
4 ice cubes

Put all ingredients into blender. Blend on high for 45 seconds. Makes one cup.

<i>Nutrition information per ½ cup:</i>			
Calories	166	Protein	22 g
Fat	0 g	Sodium	130 mg

### FRUIT FREEZE

½ cup skim milk  
5 strawberries  
¼ banana, ripe  
2 peaches, frozen, no added sugar  
¼ cup pineapple, canned, packed in juice  
1 scoop unflavored protein powder

Put all ingredients into blender. Blend on high for 45 seconds. Makes one cup.

<i>Nutrition information per ½ cup:</i>			
Calories	108	Protein	12 g
Fat	0 g	Sodium	54 mg

### KEY LIME PIE

6 ounces sugar-free/fat-free key lime pie yogurt  
 ½ cup skim milk  
 1 tsp gelatin, lime, sugar-free  
 1 scoop unflavored protein powder  
 ½ graham cracker (2 small squares)

Put all ingredients into blender. Blend on high for 45 seconds. Makes one cup.

Nutrition information per ½ cup:			
Calories	116	Protein	14 g
Fat	0 g	Sodium	90 mg



### Stage 3: Pureed Diet

**Beginning at post-op week 3, you will start eating pureed foods.** Pureed foods are blended with liquids (such as fat-free milk, clear broths, fat-free gravies or juice) until it is a smooth texture with a consistency of mashed potatoes. You can continue to include foods from the full liquid diet throughout this stage.

#### Important Tips for a Pureed Diet:

- Remember to eat protein first at each meal. **You need a minimum of 65 to 75 grams of protein each day.**
- Continue to include 8 cups of fluid each day. Do not take clear liquids with meals. Take 20 to 30 minutes to eat your meal. Wait 20 to 30 minutes after finishing your meal before drinking again..
- Eat slowly. You should be taking 20 to 30 minutes to eat a ¼ to ½ cup meal.
- Eat 6 small meals per day. Each meal should be no more than ½ cup.
- A food processor works best to puree foods. If you don't have one, use a good blender instead.
- Add new foods one at a time so if you have any intolerance, you will know what caused it.
- You may use stage 1 or stage 2 baby foods. Avoid stage 3 baby food or any foods with chunks or pieces.
- You may season foods to taste but avoid large amounts of salt.

#### Examples of Pureed Foods

Food Group	Suggested Foods	Tips
<b>Meat and Protein</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Finely chopped, moist, cooked lean meat (fish, chicken, turkey)</li> <li><input type="checkbox"/> Finely chopped tofu</li> <li><input type="checkbox"/> Finely chopped meat salads made with low-fat mayo (chicken, ham, tuna)</li> <li><input type="checkbox"/> Pureed soups or stews</li> </ul>	<ul style="list-style-type: none"> <li>• Use broth or fat-free gravy to keep meats moist.</li> <li>• You may eat meats which have been very finely chopped or fish that has been flaked apart before eating without passing through the blender.</li> <li>• Avoid high-fat meats such as 80/20 ground beef or steak.</li> </ul>
<b>Dairy, Eggs, Soy</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> ½ cup fat-free or 1% milk</li> <li><input type="checkbox"/> ½ cup light or non-fat yogurt (no chunks)</li> <li><input type="checkbox"/> ¼ cup finely chopped egg salad made with low-fat mayo</li> <li><input type="checkbox"/> Scrambled eggs (substitute or whites only)</li> <li><input type="checkbox"/> Fat-free cottage cheese</li> <li><input type="checkbox"/> Shredded cheese</li> </ul>	<ul style="list-style-type: none"> <li>• Use fat-free milk to puree.</li> <li>• Avoid the yolk of the egg at this phase as it can be difficult to tolerate</li> </ul>

### Hot Drinks

#### PROTEIN POWER COFFEE

1 cup skim milk  
 1 scoop unflavored protein powder  
 1½ Tbsp. Maxwell House French Vanilla Cafe', Sugar-Free Decaf Instant Coffee.

Heat milk to desired temperature. Put all ingredients into blender. Blend on low for 20 seconds. Makes one serving.

Nutrition information per ¼ cup:			
Calories	106	Protein	14 g
Fat	0 g	Sodium	118 mg

#### PROTEIN POWER PLUS HOT COCOA

1 cup skim milk  
 1 packet hot cocoa, no sugar added  
 2 scoops chocolate or unflavored protein powder

Heat milk to desired temperature. Put all ingredients into blender. Blend on low for 45 seconds. Makes one cup.

Nutrition information per ½ cup:			
Calories	166	Protein	26 g
Fat	2 g	Sodium	252 mg



Food Group	Suggested Foods	Tips
<b>Fruits</b>	<input type="checkbox"/> Pureed fruit (no skins) <input type="checkbox"/> ¼ cup unsweetened applesauce (no chunks) <input type="checkbox"/> ¼ cup baby food fruits (less than 6 grams of sugar per serving)	<ul style="list-style-type: none"> <li>• Avoid all raw fruit with skin.</li> <li>• Canned, no added sugar fruits are recommended.</li> <li>• Do not eat fruits in light or heavy syrup.</li> <li>• Use juice or water to puree fruits.</li> <li>• Make sure fruits have no seeds or chunks.</li> </ul>
<b>Vegetables</b>	<input type="checkbox"/> Smooth mashed potatoes <input type="checkbox"/> Pureed cooked vegetables, such as carrots or green beans <input type="checkbox"/> Pureed soups such as chili, blended until smooth <input type="checkbox"/> Refried beans	<ul style="list-style-type: none"> <li>• Avoid all raw vegetables with skin. Canned vegetables are recommended.</li> <li>• Use poultry, beef or vegetable broth puree vegetables.</li> <li>• Avoid foods that are stringy (like celery).</li> </ul>
<b>Starch</b>	<input type="checkbox"/> ½ cup mashed potatoes, sweet potatoes, winter squash <input type="checkbox"/> ½ cup cream of wheat/rice/oatmeal	

### Sample Menu for Pureed Diet Stage

<b>8:00 a.m.</b>	2 scrambled egg whites	7 grams protein
<b>11:00 a.m.</b>	½ cup tuna with 1 Tbsp. light mayo	13 grams protein
<b>1:00 p.m.</b>	½ cup refried beans with 1 oz. shredded 2% cheese	11 grams protein
<b>4:00 p.m.</b>	1 oz. chopped chicken with fat free gravy, 2-3 Tbsp. pureed vegetable	8 grams protein
<b>7:00 p.m.</b>	½ cup skim milk with 1 scoop UNJURY®	25 grams protein
<b>10:00 p.m.</b>	½ cup Greek yogurt	15 grams protein
	<b>TOTAL</b>	<b>75 grams protein</b>



### Pureed Recipes

#### NO BAKE LASAGNA

- ¼ cup skim ricotta cheese
- 2 Tbsp. low-sugar spaghetti sauce
- 1 Tbsp. shredded mozzarella cheese

Place ingredients in a small bowl in the order listed and warm in the microwave.

#### SALSA SCRAMBLE

- ¼ cup scrambled egg substitute
- 1 Tbsp. mild salsa
- 1 Tbsp. 2% shredded cheddar cheese

Scramble egg substitute until light and fluffy, sprinkle with cheddar cheese. Remove from heat. Top with salsa.

#### BAKED FISH

- 2 oz. white fish of choice (*cod is recommended*)
- 1 tsp. margarine
- Fresh lemon
- Seasonings

Place fish in foil. Squeeze fresh lemon over top followed by margarine and desired seasonings. Close foil tightly. Bake at 375° for 10 to 12 minutes or until fish is flaky.

#### REFRIED BEANS

- ½ cup fat-free refried beans
- 1 Tbsp. mild salsa
- 1 Tbsp. 2% shredded cheddar cheese
- 2 tsp. plain Greek yogurt

Place beans and salsa in blender or food processor and blend until smooth. Place in microwave and heat to desired temperature. Top with cheese and yogurt.

## Stage 4: Soft Diet

### You can eat soft foods starting week 5.

Start eating foods with a soft consistency (something you can easily cut with a fork) by introducing one new food at a time. You can continue to include foods from the pureed diet throughout this stage.

### Important Tips for the Soft Diet:

- Continue eating low-sugar, low-fat foods only. Use low-fat cooking methods such as grilling, baking, steaming or microwaving.

- Try 1 or 2 tablespoons of a new food at a time. If you feel nauseated or bloating after eating, wait a few days before trying this food again.
- Continue to track your foods with tracking app.
- Meet your daily protein and water goals.
- Avoid any food that is difficult to chew well, such as steak, asparagus, nuts or seeds.

## Examples of Soft Foods

Food Group	Suggested Foods	Tips
<b>Meat and Protein</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Tender cooked lean meats such as fish, chicken, turkey, lean beef, lean pork</li> <li><input type="checkbox"/> Lean ground meats (93/7)</li> <li><input type="checkbox"/> Water-packed tuna</li> </ul>	<ul style="list-style-type: none"> <li>Use broth or fat-free gravy to keep meats moist.</li> <li>Cut foods into small pieces and chew well.</li> <li>Bake, grill, broil or poach meats; consider crock pot or Instant Pot cooking.</li> <li>Use herbs and spices to season.</li> </ul>
<b>Dairy, Eggs, Soy</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 1 scrambled egg or egg substitute, egg salad with low-fat mayo</li> <li><input type="checkbox"/> Shredded cheese</li> <li><input type="checkbox"/> Low-fat yogurt (no fruit pieces, seeds or nuts)</li> <li><input type="checkbox"/> Low-fat cottage cheese</li> <li><input type="checkbox"/> Chopped tofu or soy alternatives</li> </ul>	<ul style="list-style-type: none"> <li>Egg yolk may be difficult to tolerate, add these in slowly or use egg substitute instead</li> </ul>
<b>Fruits</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Canned fruit packed in water or juice</li> <li><input type="checkbox"/> Applesauce (no chunks)</li> <li><input type="checkbox"/> ½ soft banana</li> </ul>	<ul style="list-style-type: none"> <li>Canned, no added sugar fruits are recommended.</li> <li>Do not eat fruits in light or heavy syrup.</li> <li>Avoid raw fruits with skin.</li> </ul>

Food Group	Suggested Foods	Tips
<b>Vegetables</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Soft cooked vegetables (no skins or seeds)</li> </ul>	<ul style="list-style-type: none"> <li>Canned vegetables are recommended.</li> <li>Avoid raw vegetables with skin.</li> </ul>
<b>Starch</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> ¼ to ½ slice whole grain toast</li> <li><input type="checkbox"/> Whole grain crackers</li> <li><input type="checkbox"/> Mashed potatoes/sweet potatoes</li> <li><input type="checkbox"/> Brown rice</li> <li><input type="checkbox"/> Whole grain pasta</li> </ul>	<ul style="list-style-type: none"> <li>Whole grain breads and crackers may be introduced. Toast bread for the first few times, eat only ¼ of a slice until you are sure you can tolerate it. After that, the portion is ½ slice of bread or 2 to 3 crackers.</li> <li>Make sure you chew well.</li> <li>Start with a spoonful of rice or pasta to make sure it's tolerated. ⅓ cup is a serving long term.</li> </ul>

## Sample Menu for Soft Diet Stage

<b>8:00 a.m.</b>	¼ cup scrambled egg substitute, ½ slice whole wheat toast	9 grams protein
<b>11:00 a.m.</b>	½ cup Greek yogurt w/ peaches	15 grams protein
<b>1:00 p.m.</b>	¼ cup soft chicken, ¼ cup soft cooked carrots	10 grams protein
<b>4:00 p.m.</b>	3 Triscuits®, 1 Tbsp. peanut butter	4 grams protein
<b>7:00 p.m.</b>	¼ cup ground turkey, ¼ cup cooked green beans	10 grams protein
<b>10:00 p.m.</b>	½ cup skim milk with 1 scoop UNJURY®	25 grams protein
<b>TOTAL</b>		<b>73 grams protein</b>



## Stage 5: Regular Bariatric Diet

Starting week 6, you can begin eating regular foods. This stage is your long-term, life-long diet. It is important to add new foods slowly. Only eat to the point of feeling satisfied.

### Important Tips for the Regular Diet:

- Continue eating low-sugar, low-fat foods only.
- Use low-fat cooking methods such as grilling, baking, steaming or microwaving.
- Continue to track what you eat and drink every day with a tracking app.
- Meet your daily protein and water goals.
- Remember to eat high protein foods first, then add vegetables, fruits, whole grain carbohydrates and low fat dairy.
- Avoid foods that are difficult to chew well, such as steak, asparagus, nuts or seeds, unless you are able to tolerate them.
- You may introduce fresh fruit and vegetables at this stage.
- Continue to eat 6 small meals per day. Slowly work up to 1 to 1½ cups 4 times a day by the end of the first year.
- Take vitamins and minerals as recommended by the dietitian and your surgeon.
- Eat balanced meals as much as possible.

## Examples of Regular Foods:

**Remember:** You can continue eating anything you ate on a soft diet.

Food Group	Suggested Foods	Tips
<b>Meat and Protein</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Lean lunch meats</li> <li><input type="checkbox"/> Tender cooked lean meat (chicken, turkey, fish, pork, beef) (7 grams protein)</li> <li><input type="checkbox"/> 1 vegetable burger (10 to 13 grams protein)</li> <li><input type="checkbox"/> 1 Tbsp. peanut butter</li> </ul>	<ul style="list-style-type: none"> <li>• You may not tolerate all meats well after surgery. Remember to keep them moist with fat-free gravy or broth. Substitute other high protein foods if you have difficulty.</li> </ul>
<b>Dairy, Eggs, Soy</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> ½ cup low-fat or fat-free cottage cheese (15 grams protein)</li> <li><input type="checkbox"/> 1 slice or 1 oz. low-fat cheese (7 grams protein)</li> <li><input type="checkbox"/> 1 egg or egg substitute (7 grams protein)</li> <li><input type="checkbox"/> ½ cup skim or 1% milk (4 grams protein)</li> <li><input type="checkbox"/> ½ cup yogurt (4 grams protein)</li> <li><input type="checkbox"/> ¼ cup tofu (5 grams protein)</li> <li><input type="checkbox"/> 1 cup soy milk (7 grams protein)</li> </ul>	<ul style="list-style-type: none"> <li>• Egg yolk may be difficult to tolerate, add these in slowly or use egg substitute instead</li> </ul>

Food Group	Suggested Foods	Tips
<b>Fruits</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> ½ cup of fruit (fresh, frozen or canned) or ½ tennis ball-sized whole fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Some people have difficulty tolerating skin of fruits. If you do not tolerate skin, you could peel whole fruits.</li> </ul>
<b>Vegetables</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> ½ cup cooked non-starchy vegetables or raw uncooked vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Some people have difficulty tolerating "leafy" vegetables such as salad. Make sure these are chewed very well.</li> </ul>
<b>Starch</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> 4 to 6 crackers</li> <li><input type="checkbox"/> ½ cup brown rice</li> <li><input type="checkbox"/> ½ cup whole wheat pasta</li> <li><input type="checkbox"/> ½ cup potatoes, winter squash, corn or peas</li> <li><input type="checkbox"/> ½ slice whole grain bread</li> </ul>	<ul style="list-style-type: none"> <li>• Always choose whole wheat/whole grain carbohydrate options when possible.</li> </ul>
<b>Legumes</b>	<ul style="list-style-type: none"> <li><input type="checkbox"/> ½ cup beans (any type; try black beans, peas, northern) (5 to 7 grams protein)</li> <li><input type="checkbox"/> ½ cup lentils</li> <li><input type="checkbox"/> ½ cup low-fat chili (10 grams protein)</li> <li><input type="checkbox"/> ½ cup bean soup (3 to 5 grams protein)</li> <li><input type="checkbox"/> 1 Tbsp. peanut butter (4 grams protein)</li> <li><input type="checkbox"/> 2 Tbsp. nuts (2.5 grams protein)</li> </ul>	<ul style="list-style-type: none"> <li>• Legumes are a great way to increase fiber intake as well as protein intake.</li> </ul>

## Sample Menu for Regular Bariatric Diet Stage

<b>8:00 a.m.</b>	1 egg+1 egg white OR ½ cup egg substitute, ½ slice toast	13 grams protein
<b>11:00 a.m.</b>	½ apple, low-fat string cheese	6 grams protein
<b>1:00 p.m.</b>	½ cup chicken, ¼ cup broccoli, ¼ cup brown rice	23 grams protein
<b>4:00 p.m.</b>	½ cup carrot sticks, 2 Tbsp. hummus	2 grams protein
<b>7:00 p.m.</b>	3 oz. lean pork chop, ½ cup grilled asparagus	21 grams protein
<b>10:00 p.m.</b>	½ cup cottage cheese with ¼ cup peaches	12 grams protein
<b>TOTAL</b>		<b>77 grams protein</b>

## Vitamin Supplements

Ask your dietitian or your surgeon if your vitamin meets the criteria. Aiming for a chewable vitamin for the first 6 weeks following surgery is best. After 6 weeks following surgery, capsules or soft chews can be incorporated. If you are taking a bariatric-specific multivitamin, you may not need to take additional vitamins. If you choose to forego a bariatric-specific multivitamin and opt for an over the counter multivitamin with iron instead, you will need to take additional vitamin supplements to make sure you are getting the right nutrients. Your vitamins needs include:

<b>Vitamin A</b>	5,000 - 10,000 IU or 1500 - 3000mcg
<b>Vitamin D</b>	3000 IU or 75mcg
<b>Folate (Vit B9)</b>	400 - 800mcg
<b>Vitamin C</b>	120 mg
<b>Vitamin B12</b>	350 - 500mcg
<b>Thiamine</b>	12mg
<b>Calcium</b>	1200 - 1500mg
<b>Iron</b>	45mg - 60mg
<b>Zinc</b>	11 - 22mg
<b>Copper</b>	2mg
<b>Vitamin E</b>	15mg
<b>Vitamin K</b>	90 - 120mcg

## Fats

You will need to limit your fat and calorie intake to help promote weight loss. The goal is to eat no more than 35 grams of fat per day. Read food labels to monitor your fat and calorie intake. You will need to *minimize portions* and consume *low-fat* or *fat-free* versions of many foods.

Avoid or only eat small amounts of low-fat or baked chips and fat-free or sugar-free desserts. Although they might seem to be better choices than full-fat or full-sugar foods, these products are not calorie-free and usually have little nutritional value. Try to focus on foods that will provide more nutrients such as fruits, vegetables, or whole grain options.

## Stocking Your Kitchen

Consider keeping the following foods on hand:

### PANTRY ITEMS

- Water packed tuna
- Onions
- Canned beans
- Olive or canola oil
- Potatoes
- Whole grain low-fat crackers
- Fat-free refried beans
- Low-sugar, high protein dry cereal
- Fat-free, low sugar pasta sauce
- Fat free chicken/beef broth
- Low-carb protein bars
- Low-sodium low-fat canned soup
- V-8 Juice
- Whole grain bread
- Whole grain pasta
- Brown rice

### DAIRY CASE/REFRIGERATED FOODS

- Milk: fat-free (skim) or low-fat (1 % )
- Cottage cheese: low-fat or fat-free
- Cheese: low-fat or reduced-fat
- Yogurt: fat-free or low-fat (regular or Greek)
- Eggs/egg substitute

### FROZEN FOODS

- Low-fat frozen entrees
- Lean ground turkey or beef
- Whole grain bread
- Frozen vegetables (plain/no sauce)
- Frozen fruits (no added sugar)
- Chicken breasts
- Whole grain English muffins

## Tips for Weight Loss

- ▶ Pay attention to your body. Do not eat past the point of fullness.
- ▶ Do not eat while watching TV or with other distractions. Eat your meals at a table.
- ▶ Avoid snacking between your set mealtimes.
- ▶ Develop a physical activity plan with your doctor's approval. Start with small, short-term goals and slowly work up to 35 to 45 minutes each day.
- ▶ The best exercise plan is one that you can stick with. It may take time to find an activity you enjoy but keep trying new things.











MOUNT CARMEL

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