

# Bariatric Nutrition Guide

VANDERBILT  HEALTH

**Vanderbilt Weight Loss Center**

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## Resources

### Information About Surgery

- [ASMBS.org](http://ASMBS.org)
- [VanderbiltSurgicalWeightLoss.com](http://VanderbiltSurgicalWeightLoss.com)

### Protein and Supplements

- [BariatricAdvantage.com](http://BariatricAdvantage.com)
- [CelebrateVitamins.com](http://CelebrateVitamins.com)
- [Unjury.com](http://Unjury.com)

### Online Diet Trackers

- [FitDay.com](http://FitDay.com)
- [MyFitnessPal.com](http://MyFitnessPal.com)
- [SparkPeople.com](http://SparkPeople.com)

### My Health At Vanderbilt

- [MyHealthAtVanderbilt.com](http://MyHealthAtVanderbilt.com)

### Smart Phone Apps

- Baritastic
- Lose It
- My Fitness Pal

### Online Support Groups

- Vanderbilt Health Weight Loss Group Facebook page  
([Facebook.com/groups/VanderbiltSurgicalWeightLoss](https://www.facebook.com/groups/VanderbiltSurgicalWeightLoss))

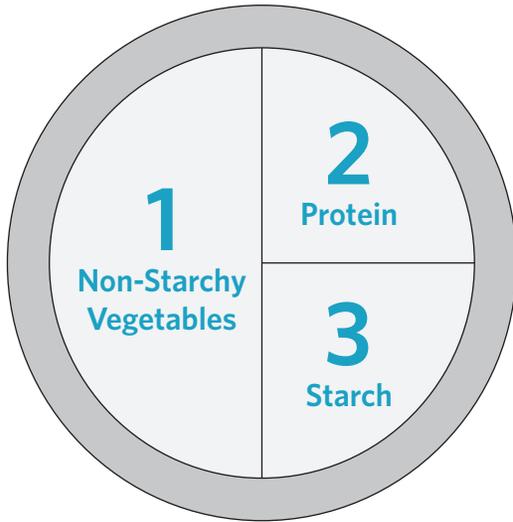
- If you have diet questions, contact your dietitian through [MyHealthAtVanderbilt.com](http://MyHealthAtVanderbilt.com).
- If you need to schedule or re-schedule an appointment with the dietitian, call 615-322-6000 for the One Hundred Oaks clinic or 615-936-9214 for the Lebanon clinic.

## Contents

The Plate Method Pre-Surgery.....	3
Food Label 101 .....	4
Protein is Important.....	5
Protein Supplements .....	7
Fluid .....	9
Vitamin and Mineral Supplements .....	10
Bariatric Multivitamin Post-Surgery .....	11
Calcium Citrate + Vitamin D Supplement .....	12
Preparing for Surgery.....	13
Preoperative Liquid Diet .....	14
Day of Surgery.....	15
Diet at the Hospital: Bariatric Clear Liquids .....	16
Diet for Weeks 1 and 2 After Surgery: Full Liquids.....	17
Full Liquids - Approved Foods/Grocery List.....	17
Weeks 3 and 4 After Surgery: Soft Diet .....	18
Soft Foods - Approved Foods/Grocery List .....	19
Soft Foods - Sample Menus.....	20
4 Weeks After Surgery: Regular Diet.....	21
Regular Diet - Sample Meals.....	22
Cautious Eating After Surgery .....	23
Food Diary .....	25
Long Term Keys to Success.....	26
Homework.....	27
Nutrition Education Class Goals and Homework.....	28

## The Plate Method Pre-Surgery

We recommend using the plate method as a guide to help with weight loss and creating good eating habits prior to surgery. Use a dinner plate no more than 9 to 10 inches in diameter.



### 1. Non-Starchy Vegetables

- Artichokes
- Asparagus
- Bean sprouts
- Beets
- Broccoli
- Brussels sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumbers
- Eggplant
- Green beans
- Greens
- Mushrooms
- Leeks
- Okra
- Onions
- Parsnips
- Peppers
- Radishes
- Salad greens
- Squash
- Sugar snap peas
- Tomato
- Turnips
- Zucchini

### 2. Lean Protein

*(Minimum of 3 ounces -  
About the size of a deck of cards)*

- Chicken
- Cottage cheese
- Eggs
- Fish
- Lean beef
- Lean pork
- Low-fat cheese
- Shellfish
- Tofu
- Turkey

### 3. Starch

*(Limit to 1 serving per meal)*

- Acorn/butternut squash (1 cup)
- Biscuit (1 small)
- Bread (1 slice or 1 roll)
- Cereal - unsweetened (3/4 cup)
- Cooked beans/peas (1/2 cup)
- Corn (1/2 cup)
- Crackers (5)
- Cream of wheat (1/2 cup)
- Dried fruit (2 tbsp)
- English muffin (1/2)
- Fruit (1/2 cup or 1 small fruit)
- Green peas (1/2 cup)
- Grits (1/2 cup)
- Oatmeal (1/2 cup)
- Pasta (1/3 cup)
- Potato (1/2 cup or 1/2 medium)
- Rice (1/3 cup)
- Sweet potato (1/2 cup)
- Tortilla (1 small - 6")
- Waffle (1 small - 4")

## Food Label 101

### Serving size: 1 cup

The rest of the label refers to this amount of food.

If the serving size is 1 cup and you eat 1/2 cup, divide the rest of the information on the label by two.

### Sugar: 7 grams

**Stay below 15 grams of sugar per meal.**

More than 15 grams of sugar means the product has too many empty calories and could cause dumping syndrome.

<b>Nutrition Facts</b>			
2 servings per container			
<b>Serving size</b>		<b>1 cup (255g)</b>	
	<b>Per serving</b>		<b>Per container</b>
<b>Calories</b>	<b>220</b>		<b>440</b>
	<b>% DV*</b>		<b>% DV*</b>
<b>Total Fat</b>	5g	<b>6%</b>	10g <b>13%</b>
Saturated Fat	2g	<b>10%</b>	4g <b>20%</b>
Trans Fat	0g		0g
<b>Cholesterol</b>	15mg	<b>5%</b>	30mg <b>10%</b>
<b>Sodium</b>	240mg	<b>10%</b>	480mg <b>21%</b>
<b>Total Carb.</b>	35g	<b>13%</b>	70g <b>25%</b>
Dietary Fiber	6g	<b>21%</b>	12g <b>43%</b>
Total Sugars	7g		14g
Incl. Added Sugars	4g	<b>8%</b>	8g <b>16%</b>
<b>Protein</b>	9g		18g
Vitamin D	5mcg	25%	10mcg 50%
Calcium	200mg	15%	400mg 30%
Iron	1mg	6%	2mg 10%
Potassium	470mg	10%	940mg 20%

\* 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.

SOURCE: FDA

abc NEWS

### Servings per container: 2

This tells you how many individual servings are in the entire package.

### Total fat: 5 grams

Keep total fat to a minimum.

### Protein: 9 grams

Protein is very important. Aim for 15-30 grams of protein at a meal.

**Tip: A good source of protein should have at least 8 grams of protein for every 100 calories.**

## Protein is Important

### Protein goals: 60-80 grams per day

Adequate protein intake is required for the rest of your life. Protein is important for healing after surgery, maintaining muscle, preventing hair loss and preventing hunger between meals.

Below and on the following page are sources of protein and their protein content. Three ounces is about the size of a deck of cards.

### Lean Meat

*3 ounces = 25 grams of protein*

#### Beef

- Flank
- Ground lean
- Ground sirloin
- Pot roast
- Round
- Rump roast
- Sirloin steak
- Sirloin tip
- Tenderloin

#### Lamb

- Leg roast
- Loin chop

#### Pork

- Canadian bacon
- Chop
- Loin roast
- Tenderloin

#### Veal

- Cutlet
- Leg, loin
- Rib shank
- Shoulder

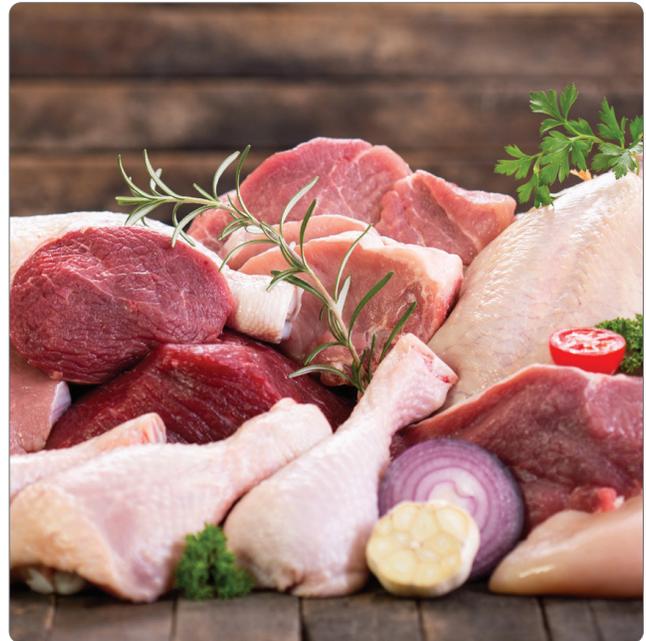
#### Wild Game

- Buffalo
- Elk
- Venison

### Deli Meats

*3 ounces = 15-21 grams of protein*

- Chicken
- Ham
- Pastrami
- Prosciutto
- Roast beef
- Turkey



### Fish

*3 ounces = 21 grams of protein*

- Catfish
- Cod
- Flounder
- Halibut
- Haddock
- Mackerel
- Salmon
- Sea bass
- Snapper
- Tilapia
- Trout
- Tuna

### Poultry

*3 ounces = 25 grams of protein*

- Chicken
- Cornish hen
- Ground turkey
- Turkey

### Shellfish

*3 ounces = 18 grams of protein*

- Clams
- Crab
- Lobster
- Mussels
- Scallops
- Shrimp

## Dairy

- Dried milk (1/3 cup - 8 grams)
- Low-fat cottage cheese (1/4 cup - 7 grams)
- Low-fat or greek yogurt (6 oz - protein varies)
- Low-fat hard cheese (1 ounces - 7 grams)
- Low-fat soft cheese (1 ounces - 6 grams)
- Skim milk or 1% milk (1 cup - 8 grams)
  - Fairlife Milk (1 cup - 13 grams)
  - Carbmater Milk "Kroger brand" (1 cup - 11 grams)



## Beans, Peas and Lentils

- (1/4 cup = 4-5 grams)

## Eggs

- Egg (1 - 6 grams)
- Egg substitute (1/4 cup - 6 grams)

## Soy

- Soy crumbles (1/2 cup - 9 grams)
- Tempeh (1/2 cup) 15 grams
- Textured vegetable protein (1/2 cup - 12 grams)
- Tofu (1/2 cup - 10 grams)
- Unsweetened soymilk (1 cup - 5-7 grams)

## Each meal should include protein

- Meals should include 15-30 grams of protein.
- Eat high protein foods first.
- Protein drinks or bars may be needed to achieve your protein goals, but they are not necessary once you are able to meet your protein goals through other foods.

## Other

- High protein cereal (1 cup - 9-13 grams)
- Protein bars
- Protein shakes
- Protein water
- Quinoa (1/4 cup - 2-3 grams)
- Veggie burger (1 patty - varies depending on product)

## Limit these foods because they are higher in fat than protein:

- Bacon
- Bologna
- Full-fat dairy
- Hot dogs
- Nuts
- Peanut butter
- Pepperoni
- Salami
- Sausage
- Seeds

## Protein Supplements

These include protein shakes and protein water.

### Calories: 190

Try to keep calories around 200 or below per serving.

### Sugar: 13 grams

Stay below 5 grams for protein bars and shakes.

Stay below 5 grams for protein powders.

Nutrition Facts	
Serving Size: 1 bottle (11oz)	
Servings Per Container 1	
Amount Per Serving	%DV
<b>Calories 190</b>	Calories from Fat 45
% Daily Value	
<b>Total Fat</b> 5g	7%
Saturated Fat 2g	10%
<b>Cholesterol</b> 10mg	3%
<b>Sodium</b> 220mg	8%
Total Carbohydrate 23g	7%
Dietary Fiber 5g	20%
Sugar 13g	
<b>Protein</b> 15g	
Vitamin A 35%	• Vitamin C 100%
Calcium 40%	• Iron 10%

**Ingredients:** Whey Protein Isolate, Fructose, Natural and Artificial Flavors, Soy Lecithin, Xanthan Gum, Acesulfame Potassium, Sucralose

**Tip:** Look for whey protein isolate or whey protein in ingredients list.

### Protein: 15 grams

Make sure there is 15-30 grams of protein per serving.

## Protein Suggestions (But Not All Inclusive)

### Protein Powders

- Bariatric Advantage High Protein Meal Replacement\*
- Body Fortress Whey Protein
- Health Wise Fruit Drinks\*
- Isopure Protein
- Nectar Whey Protein Isolate\*
- Pure Protein 100% Whey
- Unjury Whey Protein Isolate\*

### Protein Waters

- Premier Clear Protein Drink
- Protein2O

### Protein Shakes

- Atkins Plus Shake
- Boost Glucose Control
- Boost Glucose High Protein
- Ensure High Protein
- Ensure Max Protein
- Equate High Performance Protein Shake
- Fairlife Core Power
- Fairlife Nutrition Plan
- Muscle Milk Light
- Premier Protein Shake
- Pure Protein Shake
- Slim-Fast Advanced Nutrition

***If vegan, your dietitian will consult with you to discuss options.***

*\*Indicates products available for purchase in the clinic*



## Fluid

### Fluid goal: 64 ounces or 8 cups per day

#### Important Tips

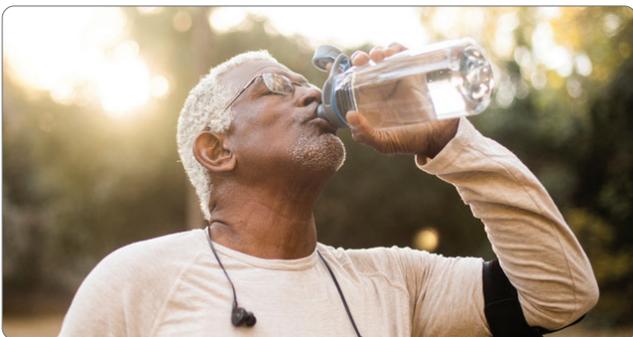
- Always keep something to drink with you.
- Sip beverages slowly.
- No carbonated beverages.
- No sugar-sweetened beverages, such as tea and lemonade.
- Limit caffeine drinks to 2 cups per day - **No caffeine for first 4 weeks post-surgery**
- No 100% fruit juice.
- Be calorie conscious. At first you will need to drink high protein drinks. But once you start getting protein from foods, you may begin to wean yourself off of high protein drinks.

#### Should I Drink Fluids with Meals?

No. Drink fluids throughout the day, but stop 30 minutes before meals and wait until 30 minutes after meals to drink fluids.

Drinking fluids with meals limits the amount of protein you eat at a meal and can make the food come back up or go through the pouch too quickly. If food doesn't stay down or goes through the pouch too quickly, it leads to increased hunger and discomfort.

A few small sips with meals to avoid choking or after spicy food is allowed.



#### Can I Drink Alcohol?

- No alcohol is advised after bariatric surgery.

#### Dehydration

Dehydration is the loss of body water and is a risk for you, especially during the first few months following surgery and in the warmer months. Your body cannot function properly without adequate fluid.

Try to drink at least 1/2 to 1 cup (4-8 ounces) of fluid every hour. Drink at least 64 ounces of fluid a day.

Symptoms of dehydration include:

- constipation
- light-headedness
- nausea
- sluggishness

#### Beverage Ideas

- Bai
- Bottled diet teas
- Crystal Light
- Decaf coffee
- Diet fruit juice
- Flavored water
- Gatorade Zero
- Hint
- Minute Made Diet Lemonade
- MiO Liquid Water Enhancer
- Nestle Splash
- Powerade Zero
- Propel Zero
- Sugar Free Kool Aid
- Sugar-free drink mixes
- Unsweet tea
- Water

## Vitamin and Mineral Supplements

### Supplements are Necessary

You will need to take supplements every day for the rest of your life to prevent deficiencies. For the first 4 weeks after surgery, supplements need to be chewable, liquid, powder, crushed or crumbled.

Vitamins and minerals help the body burn energy and convert food to energy. They also help regulate hunger and maintain a healthy metabolism.

Additional vitamin or mineral supplements may be added to your regimen based on the results of your individual blood work. You will be notified by clinic staff if additional supplements are needed.

### Sample Supplement Schedule

- **Morning:** Multivitamins
- **Lunch:** Calcium citrate
- **Dinner:** Calcium citrate
- **Before Bed:** Calcium citrate

Ensure there are at least 2 hours between each dose.

### Monitoring for Deficiencies

You will have your lab work taken at regular intervals after surgery at your 1, 3, 6, and 12 month post-op visits and annually for the rest of your life. It is important that you follow up with our clinic routinely to check your labs. Failure to follow up can result in severe vitamin and mineral deficiencies.

***We ask that your nutritional labs be monitored and treated by our bariatric trained providers and not by a primary care provider.***

### Hair Loss and Supplements

Hair loss may occur a few months after surgery. It usually improves after a few months.

To help reduce hair loss and help with regrowth:

- Eat enough protein.
- Take your supplements.
- Drink plenty of fluids to stay hydrated.

### Kidney Patients

If you have a renal dietitian, please consult them for recommendations or provide us with their contact information.

## Bariatric Multivitamin Post-Surgery

### Prior to Surgery, Start with a Regular Multivitamin Daily

#### Chewable - For 1st month post-op

- Bariatric Advantage Advanced Multi EA Chewable
- Bariatric Advantage Multi Chewy Bite along with Bariatric Advantage Chewy Bite Iron 30 mg
- Opurity Bariatric Multi Chewable with 45 mg Iron
- Bariatric Pal Multivitamin ONE Chewable
- Procare Health Bariatric Multivitamin with 45 mg Iron Chewable Tablets

#### Capsules

- Bariatric Advantage Ultra Solo with Iron
- Bariatric Choice Once Daily Bariatric Multivitamin with 45 mg Iron
- Bariatric Pal Multivitamin ONE Capsules
- Barilife Just One Multivitamin with Iron
- Celebrate One 45
- Naturelo Bariatric Multivitamin
- Opurity Bariatric Multi Capsules with Iron
- Procare Health Bariatric Multivitamin with 45 mg Iron Capsules

**Only the above recommended multivitamins are approved to take after surgery.**

**If you find another option, discuss it with your dietitian before purchasing.**



## Calcium Citrate + Vitamin D Supplement

### Take 2-3 times a day (1200-1500 mg total)

- If your serving of Calcium Citrate is 600 mg, take it 2 times a day.
- If your serving of Calcium Citrate is 500 mg, take it 3 times a day

### 250-600 IU of Vitamin D per 500-600 mg calcium

Supplement Facts		
Serving Size:	2 tablets	
Servings Per Container	60	
Amount Per Serving	%DV	
<b>Calories</b>	15	
<b>Sodium</b>	10 mg	<1%
<b>Total Carbohydrate</b>	4 g	0%
Sugars	0 g	
<b>Vitamin D</b>	<b>400 IU</b>	100%
<b>Calcium (elemental)</b>	<b>500 mg</b>	50%
<b>Sodium</b>	5 mg	<1%
<b>INGREDIENTS: Calcium Citrate,</b> Polyethylene Glycol, Croscarmellose Sodium, Hydroxypropyl Methylcellulose, Magnesium Silicate, Titanium Dioxide (Color), Vitamin D3 (Cholecalciferol).		

Check the serving size.  
For 500 mg of calcium  
citrate, you would need  
to take 2 tablets.

Take calcium citrate not  
carbonate or phosphate

## Approved Products

### Pills

- **Citracal Regular**  
2 pills, 2 x day  
Available at all pharmacies
- **Citracal Petite**  
3 pills, 2 x day  
Available at all pharmacies

Stores often have their own generic brand of calcium citrate next to the Citracal.

### Powders

- **UpCal D**  
1 packet, 3 x day  
100 Oaks Pharmacy

You can crush calcium citrate pills to make your own powder.

### Liquids

- **Nature's Way**  
1 tablespoon, 3 x day  
Walmart
- **Solgar**  
1 tablespoon, 2 x day  
Vitamin Shoppe

### Chewables

- **Bariatric Advantage Chewable**  
500mg tablet, 3 x day
- **Bariatric Advantage Chewy Bite**  
500mg chew, 3 x day
- **Celebrate Soft Chews**  
500mg chew, 3 x day
- **Opurity Calcium Citrate Plus Chewable**  
2 chews, 2 x day

## Preparing for Surgery

**Do not progress your diet earlier than recommended.**

Schedule	Type of Diet
5 day minimum, length to be determined by your surgeon	<b>Preoperative Liquid Diet (page 14):</b> 4-5 protein shakes per day along with 64 ounces of a sugar-free, non-carbonated drink.
Day of surgery	<b>Page 15.</b>
Hospital stay	<b>Bariatric Clear Liquids (page 16):</b> Water, sugar-free and non-carbonated drinks, broth, sugar-free gelatin, sugar-free popsicles.
Weeks 1 and 2 after surgery	<b>Full Liquids (page 17):</b> Pourable liquids, such as water, sugar-free and non-carbonated drinks, protein drinks, skim milk, thinned out yogurt, soups without chunks.
Weeks 3 and 4 after surgery	<b>Soft Diet (page 18):</b> Choose moist, soft, high-protein foods that can be easily mashed with a fork. Take tiny bites and chew until your food is the consistency of applesauce (1/2 cup serving per meal).
1 month after surgery	<b>Regular Diet (page 21):</b> Reintroduce meats, eggs, shellfish and raw vegetables as tolerated. Take tiny bites and chew until your food is the consistency of applesauce (1 cup serving per meal).

**Your dietitian will give you specific dates to advance your diet.**

**Calories and carbs will be discussed on an individual basis as you progress through the program.**

**The first month after surgery, remember:**

- No M.E.A.L.S: Meat, eggs and leftovers
- No potatoes, including potato soup, mashed potatoes and sweet potatoes
- No hot or cold cereals

## Preoperative Liquid Diet

This diet will result in rapid weight loss, which will shrink your liver and improve your postoperative recovery. It is very important that you stick to the preoperative diet your surgeon is recommending for you.

***Please note that this preoperative liquid diet plan is different than your postoperative liquid diet plan.***

- Drink 4-5 protein shakes per day (spread these throughout the day to help keep blood sugars managed and to decrease hunger).
- Drink a shake every 3-4 hours or a time that works for you to spread them throughout the day.
- Drink an additional 64 ounces of water or other low calorie, sugar-free beverage between shakes.
- Calorie intake will be 800-900 calories per day.

### Tips for Choosing Protein Supplements

Please ensure your product meets the following requirements:

- The ingredient includes the best quality protein source - whey protein isolate
  - Avoid hydrolyzed collagen as the main ingredient
  - If you have any allergies, please discuss options with your dietitian
- Less than 230 calories per serving
- At least 15 grams of protein per serving
- 0-4 grams of sugar per serving
- Add 2 teaspoons of Benefiber to each shake
- If you have a powder option, you may mix with water, Carbmaster milk, Fairlife skim milk, or unsweetened plant-based milk

### Approved Liquids for Preoperative Liquid Diet

In addition to the 4-5 shakes you will be drinking per day, drink an additional 64 ounces of liquids between shakes. Choose from the following options:

- Sugar-free or low-calorie drinks (less than 10 calories per serving) that are non-carbonated
  - Crystal Light, Hint, Propel Zero, Bai, Powerade or Gatorade Zero, Mio, sugar-free Kool Aid, unsweetened or artificially sweetened decaf tea or coffee, Vitamin Water Zero

*\*Please refer to page 9 for a complete list.*
- Sugar-free jello
- Broths - chicken, beef and vegetable

**You may not have: Creamy soups, tomato soups, yogurts or any foods or drinks that are more than 10 calories per serving.**

## Day of Surgery

The morning of your surgery you can have clear liquid only (no protein waters or protein shakes allowed).

Drink 24 ounces of an electrolyte drink up to 2 hours before your scheduled procedure:

- G2 (If you are a diabetic please use a sugar-free option listed below):
  - Powerade Zero
  - Gatorade Zero
  - Propel (flavored)
  - Propel (unflavored) *This is a good option if you want avoid artificial sweeteners*

Other Allowed Clear Liquids - Drink as desired after the above electrolyte goal of 24 ounces has been met:

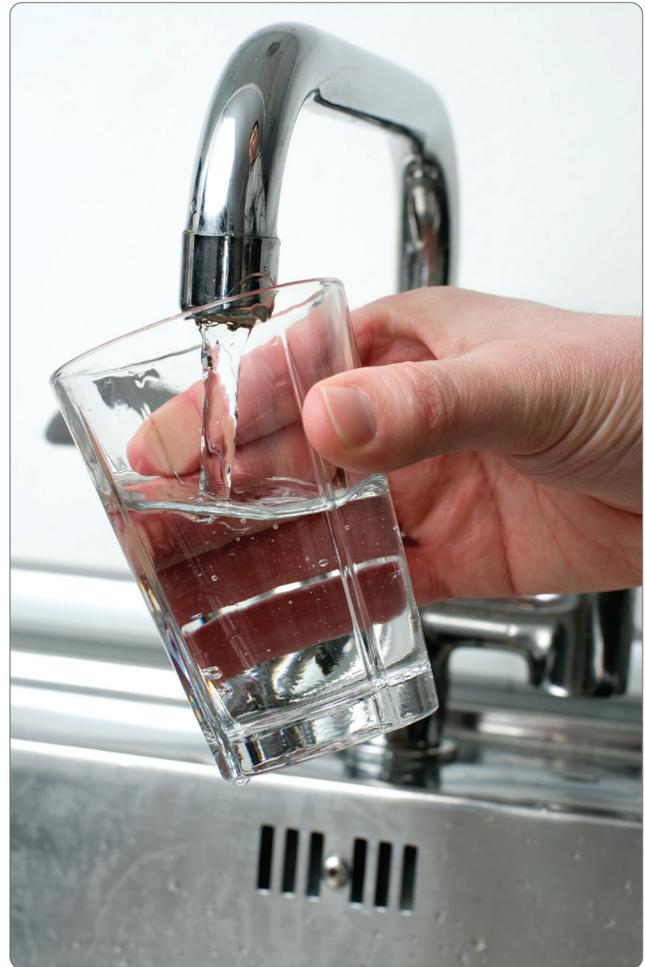
- Water
- Diet Juice (less than 10 calories per serving)
- Sugar-free drinks, such as Crystal light

*Refer to the bottom of page 9 for other sugar-free drink options.*

**Do not drink any protein shakes or protein water the day of surgery.**

**Do not drink any G2 after surgery.**

**STOP ALL DRINKING 2 HOURS PRIOR TO SURGERY.**



## Diet at the Hospital: Bariatric Clear Liquids

This diet phase only lasts while you are in the hospital.

The first thing you will drink after surgery (once the anesthesia has worn off) will be water in 1-ounce servings. Once you are able to drink water with no problem, you will progress to a sugar-free, clear liquid diet.

You are encouraged to:

- **Check your tray to ensure there are no fruit juices, carbonated drinks or anything sweetened with sugar**
- Rest between sips
- Sip liquids slowly
- Stop when you feel fullness or pressure
- Try to drink 4-8 ounces of fluid over the course of an hour while awake

Sip drinks slowly with small frequent sips. Stop if you feel full or discomfort.

You may have an intolerance to cold or hot fluids.

### Allowed Clear Liquids

- Broth
- Decaffeinated coffee
- Decaffeinated tea
- Diet juice (less than 10 calories per serving)
- Sugar-free gelatin
- Sugar-free, non-carbonated drinks
- Sugar-free popsicles
- Water



## Diet for Weeks 1 and 2 After Surgery: Full Liquids

Don't worry about meals. Focus on fluids first and then protein intake. You do not have to separate "meals" from other fluids during this phase.

### Your number 1 priority is staying hydrated.

Try to drink at least 1/2 to 1 cup (4 to 8 ounces) of liquids per hour while awake. If you are awake, you should be sipping.

Your daily fluid goal is at least 64 ounces.

Once you are comfortable getting your fluids in, you should aim for 60-80 grams of protein daily.

## Full Liquids - Approved Foods/Grocery List

**Do not eat or drink any foods or drinks not on this list.**

### Liquid Protein Sources - Protein Drinks, Dairy and Protein Soups

- Broth, bouillon, consommé, strained broth-based soup, strained low-fat cream soups made with water or skim milk
- High protein soup mixtures - Proti DIET, Bariatric Choice, BariWise, Pantry Selections
- Low-fat, low sugar yogurt or Greek yogurt - no chunks and thinned with low-fat milk and must be pourable
- Milk, skim or 1% - higher protein milk options are Fairlife or Carbmaster
- No potato, bean or broccoli cheese soups
- Protein powders - less than 5 grams of sugar  
*Refer to page 8 for recommendations*
- Ready-to-drink protein shakes and protein water - less than 15 g sugar  
*Refer to page 8 for recommendations*
- Unsweetened soy milk

### Other

- Sugar-free gelatin
- Sugar-free popsicles
- Sugar-free pudding (thinned with skim milk)

### Sugar-Free Drink Suggestions

*Sugar-free or low calorie drink choices should have less than 10 calories per serving and should not be carbonated*

- Bai
- Crystal Light
- Crystal Light Pure
- Dasani Drops
- Diet or light lemonade
- Diet Snapple
- Fruit 20
- Hint
- Mio
- Nestle Splash
- Powerade Zero
- Propel
- Sugar Free Kool-Aid
- Unsweetened or artificially sweetened decaf tea or coffee
- Vegetable juice, diet juice (avoid regular fruit juice)
- Vitamin Water Zero

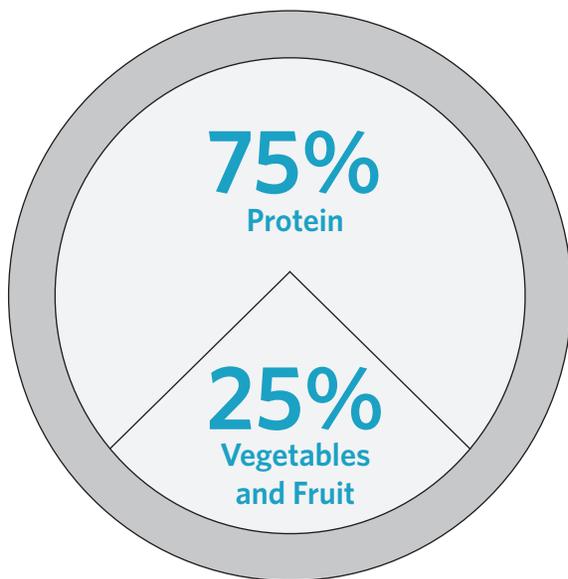
## Weeks 3 and 4 After Surgery: Soft Diet

### Allowed Foods

**Total Meal Size: 1/2 cup per meal**

You may have any options from the full liquid diet and may begin to add in moist, soft foods that can be easily mashed with a fork. Protein options include fish, tofu, beans, yogurt, cottage cheese and protein powders/drinks.

### Your Plate



### Foods to Avoid on the Soft Diet

- All meat/poultry, including chicken, beef, pork and turkey
- Cereal (hot or cold)
- Eggs
- Fruit or vegetables with tough skins
- Nuts or seeds, including peanut butter
- Potatoes
- Raw vegetables



Eat protein first. Limit all other foods until you are comfortably eating at least 50 grams of protein per day.

There should be 3-4 "eating times" a day.

- Start with 3 eating times per day. Increase as needed to address true hunger or to meet protein goals.
- Each meal should be no larger than 1/2 cup.
- Start separating fluid from meals and remember to sip on fluids between meals.
- Protein shakes will likely still be necessary to help you reach protein goals.

## Soft Foods - Approved Foods/Grocery List

**Do not eat or drink any foods not included in the full liquid diet list or the soft foods list.**

### Dairy

- Fat-free or low-fat, low sugar yogurt (1/2 cup, protein varies, see nutrition label)
- Fat-free or low-fat, low sugar Greek yogurt (1/2 cup, protein varies, see nutrition label)  
*Tip: Greek yogurt has at least twice the amount of protein as regular yogurt.*
- Fat-free or low-fat cottage cheese (1/4 cup, 7 grams of protein)
- Fat-free or low-fat ricotta cheese (1/4 cup, 7 grams of protein)
- Fat-free or low-fat shredded cheese (1/4 cup, 7 grams of protein)

### Fish

- Fish - baked, broiled, grilled, or boiled (1 ounce, 7 grams of protein)
- Light tuna, left in water or with light mayonnaise (1 ounce, 5-6 grams of protein)  
*All fish should be moist (not dry or overcooked) and no shellfish (e.g. shrimp)*

### Soy Protein Products

- Tofu (1/4 cup, 5 grams of protein)
- Soy protein crumbles, such as Morningstar or Boca - in freezer (1/4 cup, 5 grams of protein)

### Soup

- Low-fat bean soup, vegetarian chili (1/2 to 1 cup, protein varies based on ingredients)

### Beans and Non-Starchy Vegetables

- Cooked and easily mashed beans or lentils, (1/4 cup, 4-5 grams protein)
- Green beans, carrots, mashed cauliflower
- Cooked and peeled tomatoes (as in low-sugar marinara, vegetarian chili, jarred salsa)

**AVOID VEGETABLES NOT ON THIS LIST.**

***It is not recommended to eat from any restaurant during this phase.***

### Fruit

**(Less than 1 gram of protein)**

- Fresh fruit like banana, melon, mango  
*Avoid dried fruit, hard fruit, skins of fruit*
- Fruit that is canned or in a cup in its own juice (drained) like pears, peaches, and fruit cocktail  
*Avoid pineapple*



## Soft Foods - Sample Menus

Meals are about 1/2 cup in size. Protein foods are at least 75% of the meal.

Sample Menu 1		Protein
Breakfast	1 container of low-fat/low-sugar Greek yogurt	12-15 grams
Lunch	2.6 ounces pouch of tuna with low-fat mayo and few drops of relish juice	14 grams
Dinner	1/2 cup cooked beans with 1-2 tablespoons low-fat shredded cheese	10 grams

Sample Menu 2		Protein
Breakfast	1/2 cup of low-fat cottage cheese	14 grams
	1-2 tablespoons of chopped canned peaches (canned in their own juice, not syrup)	0 grams
Lunch	1/2 cup of low-fat ricotta cheese	13 grams
	1-2 tablespoons of marinara sauce and grated Parmesan cheese	0 grams
Dinner	2-3 ounces of poached /steamed/baked tilapia	14-21 grams
	1/4 cup of soft cooked vegetables (e.g. green beans, carrots)	Less than 1 gram

Sample Menu 3		Protein
Breakfast	Blend together: 1/4 banana, 2 tablespoons of PB2 (peanut butter powder) and 1 cup of Fairlife milk	18 grams
Lunch	1/2 cup of low-fat cottage cheese, 1-2 tablespoons of low-fat shredded cheese	18 grams
Dinner	1/2 cup of soy protein crumbles mixed with taco seasoning	9 grams
	1-2 tablespoons of salsa or low-fat sour cream	0 grams

***Protein shakes may be necessary to help you reach your protein goals.***

## 4 Weeks After Surgery: Regular Diet

### Advance to Regular Diet (as you are able)

At 4 weeks, you can add back in solid foods, but it is still best to stick with moist and tender foods. You may now begin eating:

- Meats, eggs and shellfish
- Raw vegetables and salads

### Follow These Guidelines

The operation is not a cure. To be successful, you must change your eating and exercise habits for life. To maximize your weight loss and limit the risk of regaining weight, follow these tips:

- **Eat only 3-4 meals/snacks per day:** It is okay to have additional protein snacks if needed to meet your goal, but avoid grazing or eating out of boredom, stress or “because it’s there.”

**Avoid high calorie foods, drinks and desserts.**

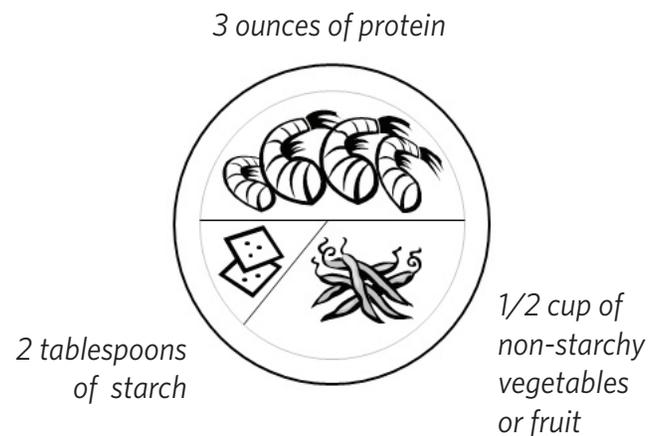
- **Stay hydrated:** Continue to sip your fluids between meals and work on meeting your fluid goal daily.
- **Eat your protein first:** Meals should contain 2-3 ounces of meat/fish or 15-30 grams of protein. Begin adding vegetables and fruit to meals once you are able to consume 2-3 ounces protein.
- **Keep portions small: Your total meal should not exceed 1 cup.**
- **Have a plan:** Think through your day and what your meals you will eat ahead of time whenever possible. Always have healthy food and drinks available to you.

- **Eat slowly, chew well and avoid overeating:** Meals should take 20-40 minutes to eat. Try putting your utensil down between bites and stop eating before you feel uncomfortably full.
- **Fully separate eating and drinking:** Use the 30-minute rule before and after meals.
- **Be open to trying new healthy foods:** Your tastes often change after weight loss surgery. Take this opportunity to discover new, healthy foods you can incorporate into your diet.

### Tips for Portion Control

- Use measuring cups and spoons for serving sizes.
- Use a salad plate or saucer.
- Always eat protein first.

### Your Plate



## Regular Diet - Sample Meals

**Meals are no more than 1 cup in size and should always contain protein.**

### ***Breakfast***

- 1-2 eggs with 1/2 cup fruit- you may add 1 tablespoon of shredded cheese to eggs if desired
- 1 container of Greek yogurt (keep sugar less than 15 grams per serving)
- Muffin tin omelets (check online for recipes)
- Turkey, chicken sausage or turkey bacon with 1/2 cup of fruit
- 1/2-1 cup cottage cheese with fresh fruit or tomatoes

### ***Lunch***

- 2-3 ounces of sliced turkey, ham or roast beef with lettuce and tomato
- Greek salad: handful of salad greens with 2-3 oz chicken, 1 tablespoon of Feta cheese, 5 olives and 1 tablespoon of Greek dressing
- Tuna, egg or chicken salad mixed with low-fat mayo over a bed of lettuce
- 1 cup of chili with lean ground meat, beans and tomatoes
- Leftovers from your dinner

### ***Dinner***

- 1/2 cup of turkey or lean beef meatballs with tomato sauce and 1/2 cup of vegetable of your choice (try zucchini "noodles")
- 3 ounces of rotisserie chicken breast with 1/2 cup green beans or vegetables steamed in a bag
- 1 cup of beef stew with carrots and vegetables
- 1/2 cheeseburger patty with 1/2 cup side salad and low-fat dressing
- Chicken stir fry with broccoli, carrots and red peppers served over riced cauliflower (available in the freezer section of the grocery store)

### ***Snacks***

- Low-fat mozzarella cheese stick or Light Babybel cheese
- 1/4 cup of hummus with veggies (baby carrots, cucumbers)
- 1/4 cup dry roasted edamame
- 1/2 apple with 1 tablespoon of nut butter (peanut butter, almond butter, cashew butter)
- 1 hardboiled egg or deviled egg using low-fat mayo

## Cautious Eating After Surgery

To reduce your risk of complications, discomfort, and weight regain, follow these guidelines:

### Foods That May Not Be Tolerated Well After Surgery

Some foods may cause discomfort or not digest well in your new stomach after surgery. It is important to take things slowly when trying new foods and try one new food at a time so you can identify what foods may be causing problems for you. If you do experience discomfort after eating a particular food, you will want to wait at least a few weeks before trying that food again.

Foods to be careful with:

- Any dry or over cooked meat, fish or shellfish. Cooking these foods in a slow cooker/crock pot or pressure cooker will help maintain moisture.
- Pasta, rice and breads. These foods tend to swell, stick together and may feel heavy.
- Fruits or vegetables that are stringy or have tough skins or seeds.
- Foods that are fried or high in fat.
- Sweets and foods high in sugar.
- Milk products. Some people develop lactose intolerance. There are many lactose-free alternatives you can discuss with your dietitian.

### Avoid Overeating

Eating too much food at a meal can cause discomfort and vomiting. In very rare cases, extreme overeating may cause your pouch to rupture. To prevent overeating, try:

- Limiting meal size to 1/2 cup initially and work up to 3/4 to 1 cup as tolerated.
- Portioning out meals using measuring cups, spoons or diagrams.

- Stop eating when you are full or when you have finished the small portion of food you have placed on your plate, whichever comes first. Do not eat until you feel as if you are too full to eat another bite.
- Use small/toddler sized utensils or chopsticks.

### Prevent Vomiting

Vomiting is most often caused by overeating, eating too quickly, eating inappropriate foods, taking large bites or not chewing food well. If vomiting occurs, stop eating solid food and sip clear liquids until you are able to resume your intake of normal foods. Episodes of occasional vomiting are common initially and usually improve with time.

If vomiting continues for more than 24 hours, call your doctor because this may indicate your stomach outlet is blocked. *Also call your doctor if you feel you are unable to get adequate nutrition for a long period of time or feel you are becoming malnourished.*

### Other Tips

**Eat in a relaxed atmosphere:** Sit down for meals and avoid eating on-the-go. Avoid eating in front of the TV or while reading, which will divert your attention and increase the risk of overeating or eating too fast.

**Limit eating out after weight loss surgery:** Many restaurant meals are high in fat and calories, and they are served in large portions. Here are a few tips for dining out after weight loss surgery:

- Browse the restaurant's menu online before going out to eat to decide what menu items will be best for you.
- Share a meal.
- Order à la carte menu items.
- Ask for a to-go box when you order your meal and pack up a portion of the meal so you are not tempted to clean your plate.

### **Limit chewing gum**

Chewing gum is not recommended. If you choose to chew gum, it must be sugar-free. Be very careful not to swallow it as it can block your stomach outlet and require a visit to the ER for removal.

#### **If food feels like it's stuck:**

- Sit up straight.
- Walk to help it move through.

### **How to Avoid Dumping Syndrome**

You want to do everything you can to avoid dumping syndrome. Eating foods containing sugar or excessive amounts of salt can cause the symptoms of dumping syndrome.

#### ***Why Does It Happen?***

When you eat foods high in sugar and salt, the intestines must dilute the mixture by drawing fluid from the blood into the intestines. This leads to a sense of fullness and cramping, which can cause diarrhea.

The loss of water from the blood may produce a temporary drop in blood pressure, causing weakness, sweating, rapid heart rate, and nausea. These symptoms may occur 15 to 60 minutes after eating and last as long as 1 to 2 hours.

#### ***Symptoms of Dumping***

- Cramping
- Diarrhea
- Nausea
- Rapid heart rate
- Shaking
- Sweating
- Weakness/dizziness

Limit sugar and excessive salt in food and drinks. Read the food labels and choose foods with less than 15 grams of sugar per meal.

### **Hypoglycemia (Low Blood Sugar)**

After gastric bypass surgery, you may also get hypoglycemia (low blood sugar), which can cause fatigue, dizziness, shaking, sweating, confusion or agitation; however, a few simple guidelines can help prevent a drop in your blood sugar.

- Eat 3 meals per day. Do not skip meals.
- Include protein and complex carbohydrates at each and every meal.
- Avoid sugary beverages and simple sugars (*refer to the Foods to Limit section below*).

If you are having symptoms of low blood sugar, please contact the clinic.

#### **Foods to Limit**

- Applesauce with added sugar
- Cake
- Candy
- Chips
- Chocolate milk
- Cold cereal
- Cookies
- Crackers
- Fruit juice
- Ice cream
- Large quantities of fruit (even in smoothies)
- Protein shakes/bars with more than 15 grams of sugar
- Soda
- Sweet tea
- Yogurt with more than 15 grams of sugar

# Food Diary

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Time	Description*	Hunger (1-10)	Thoughts	Protein (grams)
Breakfast				
Lunch				
Dinner				
Snacks				

**\*Be specific:** Write down specific amounts, measuring and weighing food if necessary (e.g., 1/2 cup rice, 6 ounces of chicken breast). Include information on how the food was prepared (e.g., broiled, fried), as well as any toppings, sauces or dressings.

<b>Exercise:</b> Type: Minutes: Steps:	<b>**Ounces of Fluid:</b>	<b>Grams of Protein:</b>	<b>Supplements:</b>
<b>One thing I did well for my weight management goals:</b>			

\*\*Water intake - Add a tally mark for each cup (8 ounces) of water you drink. Remember: your goal is 8 cups (64 ounces) per day.

**Benefits of self-monitoring:**

- Helps you recognize and solve problems.
- Improves your commitment to change.
- Improves your understanding of eating patterns.
- Increases your feelings of control over eating.

**Tips for self-monitoring:**

- Be accurate - Use food labels, measuring cups/spoons, scales, etc.
- Be complete - Record everything. If you bite it, you write it!
- Be honest - Record what you are actually doing.
- Do not wait until the end of the day to fill out your food diary. The longer you wait, the more likely you are to forget something!
- Smart phone apps are a great way to self-monitor (e.g. MyFitnessPal, Lose It, Baritastic).
- Start a new food diary each day.

## Long Term Keys to Success

1. Eat in a regular meal pattern – 3 meals per day. Snacks may be added if needed for true hunger or to meet protein goals.
2. Do not graze or eat little bits of food throughout the day. This is one of the main causes of weight regain after bariatric surgery.
3. Plan your meals ahead of time whenever possible and aim to have a source of protein along with a vegetable at most meals. Limit eating out at restaurants.
4. Read food labels. Learning this skill will allow you to determine what specific products are good options and which ones to limit or avoid.
5. Eat slowly, take small bites, chew your food thoroughly and stop eating as soon as you begin to feel full.
6. Avoid high calorie foods (fried foods, desserts) and simple carbohydrates (chips, crackers). These foods can add a lot of calories to your diet and are not filling.
7. Drink at least 64 ounces of non-sugary, non-carbonated fluids throughout the day, but do not drink with meals.
8. Be physically active most days. Start wherever you are and work up to 30-60 minutes 5-7 days per week.
9. Take your recommended supplements daily. These should be taken for the rest of your life.
10. Keep a food journal and review it with your dietitian at your appointments.

**Ask for help and get support. We are here to help, but we can't help if we do not know you are struggling!**

## Homework

### Week 1

- Monitor your weight. Aim for maintenance or loss. Know your weight for appointments.
- Start using The Plate Method.
- Drink more than 64 ounces of fluid per day.
- Practice eating slowly and chewing well.

### Week 2

- Limit high sugar food intake to less than 3x or less per week.
- Limit eating out to 3x or less per week and make healthy choices.
- Eliminate carbonated and/or sugary beverages.
- Eat 3-4 meals/snacks per day – no skipping meals or grazing.

### Week 3

- Start intentional physical activity at least 3x per week (i.e. walking).
- Avoid grazing and emotional eating.
- Separate fluids from meals by 30 minutes before and after.

### Week 4

- Sample compliant protein shakes (less than 4 grams of sugar, greater than 15 grams of protein) as one of your structured meals/snacks.
- Start vitamins – one dose of a regular multivitamin and one dose of Calcium Citrate and Vitamin D. Make sure supplements are separated by 2 hours or more.
- Look into bariatric supplement options for after surgery (pages 10-12 in the Bariatric Nutrition Guide).

## Nutrition Education Class Goals and Homework

### Objectives

- Become familiar with this Bariatric Nutrition Guide.
- Identify the items (i.e., supplements, protein shakes, etc.) you will need for different diet stages and long-term success.
- Recognize behaviors that will need to be updated and practiced prior to surgery (i.e., separating fluids from meals). Establish nutrition goals to work on now.

### Next Steps

- Start implementing changes and updating nutrition practices. In a month, you will meet with a registered dietitian one-on-one for a 60 minute Nutrition Assessment via telehealth or in person to evaluate your progress on goals from this class. Call 615-322-6000 to schedule this evaluation for the One Hundred Oaks location, or call 615-936-9214 to schedule this evaluation for the Lebanon location.
- Complete weekly homework assignments.
- Message your nurse via MyHealthatVanderbilt (MHAV). Your nurse will be looking for a MHAV message from you telling them you have completed your Nutrition Education Class and to let them know to schedule your psychological evaluation.