

NUTRITION

Before & After BARIATRIC SURGERY



Ochsner Medical Center
Surgical Weight Loss Program



Center of
Excellence
BARIATRIC SURGERY

Pre-op Liquid Protein Diet

Two weeks prior to your bariatric surgery, your surgeon and dietitian will have you start a liquid diet. You will lose weight by making these changes before surgery, which will shrink your liver and decrease the size of your abdomen. This will help to decrease your risk of complications during surgery. Your dietitian will help you to decide which protein drinks are right for you.

Protein Drinks –

Your goal is to get **80-120g protein** and **600-800 calories** per day.

There are many different protein drinks available at local drug and grocery stores, as well as health food stores. Protein drinks must have 0-3 grams of sugar per serving. Please read the food label before you purchase.

Protein Supplement Suggestions

*Shop at www.bariatriceating.com** or other Bariatric specific websites for more protein supplement suggestions. *

<u>READY-TO-DRINK SHAKES (RTD)</u>	<u>Calories</u>	<u>Grams Protein</u>
<u>Slim Fast: Low Carb Diet:</u> Creamy Chocolate/Vanilla Cream	190/180	20
<u>Atkins Advantage Shake:</u> Café Mocha/Caramel Supreme, Strawberry Supreme, Chocolate Royale/Delight, Creamy Vanilla	160	15
<u>Muscle Milk Light</u> (GNC): Chocolate, Chocolate Mint, Vanilla	160	20
<u>EAS AdvantEdge Carb Control</u>	110	17
<u>EAS Myoplex Light</u>	170	20
<u>Believe**:</u> Cappuccino, Hazelnut, Mocha Java, Vanilla Nut, Crème Brulee	120	20
<u>Smoothie King “The Gladiator”20oz (without fruit)</u> (Gladiator protein powder available for purchase)	187	45
<u>Smoothie King “Low-Carb” 20oz:</u> chocolate, vanilla, strawberry, banana	225	35
<u>Zero Carb Isopure</u> (at GNC) Ready to drink bottle: grape frost, apple melon, alpine punch, blue raspberry, pineapple orange mango, mango peach, passion fruit, icy orange	160	40
<u>Cytomax</u> RTC bottle: tropical, tangerine, watermelon (available www.vitaminworld.com)	160	40

PROTEIN POWDERS (per scoop)

Mix with 8oz water or skim milk

(Mixing with 8oz skim milk adds 90 cal and 8g protein)

<u>Body Fortress</u> – Premium Whey Protein (Available at Wal-Mart and Target.) Chocolate/Vanilla	130	26
<u>Whey Gourmet**</u> – Strawberry Banana, Pina Colada, Mint Chocolate Chip, Peanut Butter Chocolate, Radical Raspberry, Cappuccino, Cookies & Cream	120	23
<u>Unjury</u> – unflavored/choc/van/straw/chicken broth. (Available at www.unjury.com)	90	20
<u>Nectar**</u> Wide variety of fruity and creamy flavors	90	23
<u>GNC Protein95 Soy Protein</u> (at GNC) unflavored, choc, van, straw, banana	130	25
<u>Zero Carb Isopure</u> (at GNC) Lactose Free! Chocolate, vanilla, banana, cookies and cream, strawberries and cream, alpine punch, mango peach, unflavored	100	25
<u>Cytomax</u> (available www.vitaminworld.com) Tropical punch and Cool citrus		

Sugar Free Clear Liquids Allowed in Unlimited Amounts

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|--|---|
| <ul style="list-style-type: none"> ➤ Bottled Water or Tap Water ➤ Water with fresh lemon or lime slices ➤ Sugar Free Tang ➤ Fruit 2 0 Sam's ➤ Diet Snapple (any flavor) ➤ Crystal Light (any flavor) ➤ Flavor H2O Walgreen's Brand ➤ Propel Water (any flavor) ➤ SOBE Lean Sugar Free ➤ Wyler's Lite ➤ Wal-Mart Sugar Free Lemonade | <ul style="list-style-type: none"> ➤ Sugar Free Kool-Aid ➤ Minute Made Light Lemonade ➤ Sugar & caffeine free tea, Cold or Hot ➤ Diet V8 Splash ➤ Decaf Coffee ➤ Sugar Free Popsicles
No creamy popsicles ➤ Sugar Free Jello ➤ Low Sodium Broth |
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Exclude the following –

- Caffeine (for first 2 months - hydration) -Alcohol (empty calories)
- Carbonated beverages and drinking through a Straw can cause gas, bloating, and possibly extend the stomach pouch

Questions –

If you have any further questions before or after your surgery, please call the department of surgery at 504-842-4070. The operator can transfer you to either the dietitian or the nurse to assist you.

Ideas for Home-Made Protein Shakes

Strawberry Lemonade:

Mix 1 scoop Strawberry protein powder in 8oz of sugar-free lemonade

Dreamsicle:

Mix 1 scoop Vanilla protein powder in 8oz of Sugar-Free Tang or Orange Crystal Light

Proteina Colada:

Mix 1 scoop Vanilla protein powder, 8oz skim milk, 2 drops McCormick Imitation Pineapple Extract, 2 drops McCormick Imitation Coconut Extract – adjust to taste

Root Beer Float:

Mix 1 scoop Vanilla protein powder, 8oz skim milk, McCormick Root Beer Concentrate or DaVinci Root Beer syrup to taste.

Hot Chocolate:

Mix 1 scoop Chocolate protein powder in 8oz warm skim milk

Café Mocha (warm, iced, frozen):

Mix 1 scoop Chocolate protein powder, 4oz skim milk, 4oz decaf coffee. (Blend with ice for a frappuccino)

Flavorings:

McCormick Extracts

Baker's Imitation Vanilla	Clear Imitation Vanilla Extract
Imitation Almond Extract	Imitation Butter Flavor
Imitation Coconut Extract	Imitation Rum Extract
Imitation Vanilla Butter & Nut Flavor	Mint Extract
Pure Almond Extract	Pure Lemon Extract
Pure Peppermint Extract	Raspberry Extract
Cinnamon Extract	French Vanilla Blend
Imitation Banana Extract	Imitation Cherry Extract
Imitation Maple Flavor	Imitation Strawberry Extract
Mapleine	Premium Imitation Vanilla
Extract	
Pure Anise Extract	Pure Orange Extract
Pure Vanilla Extract	Root Beer Concentrate

DaVinci Gourmet Syrups (Splenda sweetened)**

Amaretto	Dulce de Leche	Peanut Butter
Almond	Egg Nog	Peppermint Patti
Banana	English Toffee	Pineapple
Blueberry	German Chocolate Cake	Praline
Butter Rum	Gingerbread	Raspberry
Butterscotch	Hazelnut	Root Beer
Caramel	Irish Cream	Simple Syrup
Cherry	Kahlua Café	Strawberry
Chocolate	Macadamia Nut	Toasted Marshmallow
Cinnamon	Malibu Rum	Vanilla
Coconut	Orange	Watermelon
Cookie Dough	Peach	White Chocolate

Diet Progression after Surgery

Weeks 1 & 2 – High Protein Liquids (80-120g protein and 48oz fluids)

Protein Liquids –

- When you are discharged from the hospital, continue your pre-surgery high protein liquid diet. Start by adding protein powder to clear liquids and progress to using skim milk when you are ready. Warning: Ready-to-drink shakes may be too thick.
- Sip on protein shakes or sugar-free beverages throughout the day. Start with 1/4 cup every 15 minutes, and increase as tolerated. Sip fluids often to reach goal of 48 oz (6 cups) of liquid per day. This amount includes your protein shakes.
- Avoid sweetened, caffeinated, carbonated, and alcoholic drinks.

Vitamins –

- Start taking your vitamins when you get home from the hospital.
- Multivitamin with Iron
- B-complex with at least 15mg Thiamin (Vit B1)
- 1200-1500 mg Calcium Citrate with Vitamin D. Take at least 2 hrs apart from your multivitamin to aid absorption.
- Vitamin B12 – straight to the blood stream
 - Sublingual (under the tongue) 500 micrograms daily or 2500 micrograms weekly
 - OR a monthly injection from your primary care doctor

Milk –

Begin slowly. Try ¼ cup at a time, and increase as tolerated. If you develop an intolerance to milk (stomach cramps, gas, and diarrhea) after surgery:

- ❖ Try lactose free or lactose-reduced milk, such as Lactaid.
- ❖ Try Soymilk
- ❖ It may not be intolerance to milk; it may be the high fat content in your milk. Try 1% or skim milk, because it contains less calories and fat, but the same amount of protein.



Weeks 3&4 – High Protein Pureed Food

2 weeks after gastric bypass and sleeve you may be ready to add pureed food to your diet. All food should be the consistency of applesauce, or thinner.

Protein – It is very important to pay attention to protein intake during this time.

Inadequate protein intake can cause:

- Delayed Wound Healing
- Hair Loss
- Muscle Breakdown

Meal Plan – Eat 3-4 “meals” per day (2-4 tbsp each), with protein supplements in between to meet protein needs. Meeting protein needs daily will help increase healing, decrease muscle loss, and increase weight loss. Your goal is 80-120 grams of protein a day.

Protein First – Always eat the foods with the highest protein first. Foods high in protein include milk, yogurt, cheese, egg whites, and blenderized meat, seafood, and beans.

Fluids – Keep track in your journal of how much you are drinking; you should try to drink at least 64oz of fluids every day.

Foods allowed:	Portion size	Protein (g)
✓ Sugar-free clear liquids	As desired	0
✓ Skim or 1% milk	½ cup	4
✓ Sugar free pudding, light yogurt, custard (use skim or 1% milk in preparation)	3 oz	2.5
✓ Strained baby food meats, or home-made pureed lean meats and shrimp	1 oz	7
✓ Beans (red, white, black, lima, pinto, fat free refried) and lentils	¼ cup	4
✓ Low-fat/fat-free cottage, mozzarella, or ricotta cheese	¼ cup	7-8
✓ Scrambled eggs or Egg Beaters	1 or ¼ cup	6
✓ Tofu, mashed	¼ cup	5
✓ Non-fat dry milk powder (add to ½ cup low-fat soup or SF pudding)	3 Tbsp	9

Bariatric Liquid/Pureed Sample Menu

3-4 small meals plus 2-3 protein drinks per day.

8am	1 egg or ¼ cup Egg Beaters
9am	1 cup water, or decaf coffee or tea
10am	Protein drink, 30g protein
11am	2 tbsp low-fat cottage cheese, and 1 tbsp pureed peaches
12pm	1 cup water, or sugar-free lemonade
1pm	2 tbsp pureed chicken, and 1 tbsp pureed carrots
2pm	1 cup water, or sugar-free lemonade
3pm	Protein drink, 30g protein
5pm	1 cup water
6pm	1 cup hi-protein creamy chicken soup 14g protein (see Recipe below)
7pm	1 cup water, or sugar-free fruit punch
8pm	1 cup water

This sample menu provides approx. **80g protein and 64oz fluids**. Liquid protein supplements should contain 20-30g protein and less than 4 grams of sugar each.

- Sip fluids continuously in between meals. Drink at least ¼ cup every 15 minutes.
- For fluids: ¼ cup = 2 oz = 4 tbsp

RECIPE IDEAS for Bariatric Pureed Diet:

Hi-Protein Creamy Chicken Soup: (14g protein per 1 cup serving)

Mix 1/3 cup nonfat dry milk powder, 1 tsp chicken bouillon, and ½ scoop unflavored protein powder. Add enough warm water to equal 2 cup.

Note: Soup may clump if water is too hot.

Hi-Protein Pudding: (14g protein per ½ cup serving)

Add 2 scoops protein powder to 2 cups cold skim milk and mix well. Stir in dry Jell-O Sugar-Free Instant Pudding mix. Chill and Enjoy!

Tuna Mousse (12g protein per ¼ cup serving) Page 19 - *Eating Well After Weight Loss Surgery*.

In a food processor or blender, combine all ingredients and pulse until smooth.

2 6-ounce cans tuna packed in water, drained

2 tbsp low-fat mayonnaise

2 tbsp fat-free sour cream

2 tbsp fat-free cream cheese, softened

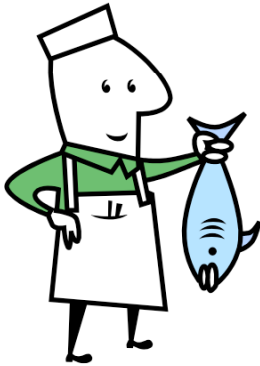
½ cup shallots, finely chopped

1 tbsp lemon juice

¼ tsp ground pepper

½ tsp celery seed

Bariatric Soft Diet



- Start Soft Diet 2 weeks after gastric banding
- Start Soft Diet 4 weeks after gastric bypass and sleeve

As your stomach heals, your doctor will progress your diet to soft foods. This diet usually lasts for 2-3 months, but can last longer depending on each individual. Soft foods are those which can be easily mashed with a fork.

Remember these principles:

- No liquids with meals. Do not drink 30 minutes before meals and wait 30 minutes to 1 hour after meals to start drinking.
- Sip on water, sugar-free beverages or non-fat milk throughout the day. You will need to continue drinking at least 1 protein drink daily to meet protein needs.
- 100% fruit juice (no sugar added) is allowed, but limit to 4oz a day because it is high in calories and does not contain any protein.
- Chew foods slowly; one meal should take 20-30 minutes.
- Eat 3-5 meals per day, without any additional snacking.
- Stop eating as soon as you feel full.
- Avoid using table sugar and foods made with refined sugar, which can trigger dumping syndrome.
- Marinating meats with a low sugar marinade, adding low-fat salad dressing, or adding low calorie gravy (made from powder and water) can help meats to digest easier.

Adding Vegetables and Fruits:

As long as you are consuming >80g total protein daily from combination of foods and protein drinks, you may start adding small bites of fruits and vegetables to your meals. Cooked, tender vegetables and ripe fruits without the peel are tolerated best.

Avoid fruit canned in syrup, sugary fruit juices, and vegetables cooked with oil, butter or bacon.

Bariatric SOFT Diet

EAT THESE FOODS	AVOID THESE FOODS
<p>High in Protein:</p> <ul style="list-style-type: none"> ✓ Canned tuna or chicken (packed in water) ✓ Lean ground turkey breast or ground round ✓ Turkey or chicken (no skin); cooked tender and cut in small pieces ✓ Lean pork or beef (cook in crock pot until very tender; cut in small pieces) ✓ Scrambled, poached, or boiled eggs ✓ Baked or broiled fish and seafood (not fried!) ✓ Silken tofu ✓ Beans and lentils ✓ Low fat deli meats ✓ 1% or Skim Milk, Lactaid, or Soymilk ✓ Low-fat or fat-free cottage cheese, soft cheese, mozzarella string cheese, or ricotta ✓ Light yogurt, FF/SF frozen yogurt, custard, SF pudding 	<p>High in Fat/Sugar:</p> <p>High fat milk (whole, 2%) Butter, margarine, oil, mayonnaise Sour cream, cream cheese, salad dressing Ice Cream Cakes, cookies, pies, desserts Candy Luncheon meats Sausage, Bacon Gravy Fried Foods</p> <hr/> <p><u>Tough/Crunchy</u>-----</p> <p>Tough or dry meats Corn Granola/cereal with nuts Shredded Coconut</p> <p><u>May add after 3 months post-op:</u> Raw veggies Lettuce Plain, Unsalted Nuts Light or Air-popped Popcorn</p>
<p>As long as you are getting >80g PRO:</p> <p>Cooked tender vegetables without peel Ripe fruits without peel Fruit canned in its own juice or in water Low-fat soups (add protein powder or strained meat)</p>	<p>Starchy Foods:</p> <p>Bread, Rice, Pasta Cooked Cereal (grits, oatmeal) and Dry Cereals Crackers, Pretzels, Chips Corn, Peas Potatoes</p>
<p>Fluids:</p> <p>Skim/1% milk, Lactaid, Soymilk Sugar-free beverages (decaf and non-carbonated) Decaf coffee & decaf tea Water</p>	<p>Always Avoid:</p> <p>Sugary drinks Carbonated drinks Alcohol Straws</p>

**Protein Content of Foods Recommended after
Weight Loss Surgery**

<u>Food Name</u>	<u>Portion</u>	<u>Calories</u>	<u>Protein (gms)</u>
Beans, baked, canned	¼ cup	62	3.5
Beans, kidney, canned	¼ cup	56	4
Beef Eye of Round	1 oz	48	7
Beef Top Loin	1 oz	59	7
Cheese, American FF	1 oz	40	6
Cheese, Cottage 1% fat	¼ cup	41	7
Cheese, Cottage creamed	¼ cup	55	6.5
Cheese, Parmesan, grated	¼ cup	128	12
Cheese, Mozzarella, part skim	1 oz	78	8
Cheese, part skim Ricotta	¼ cup	90	8
Chicken, white breast w/o skin	1 oz	46	9
Chicken, leg w/o skin	1 oz	54	7
Cod, white, baked	1 oz	30	7
Crab, steamed	1 oz	27	6
Egg	1	78	6
Flounder	1 oz	21	7
Halibut	1 oz	40	7
Ham, lean 5%	1 oz	44	7
Hamburger, lean	1 oz	56	7
Lobster, steamed	1 oz	26	5
Milk, skim or 1%, soy	½ cup	43	4
Chickpeas, canned	¼ cup	67	3.5
Pork Tenderloin	1 oz	46	7
Pork Loin Chop	1 oz	57	7
Pudding, SF	½ cup		5
Refried beans, fat free	¼ cup	65	4
Salmon, baked	1 oz	52	7
Shrimp, steamed	1 oz	28	6
Soymilk, plain	½ cup	40	3
Steak, sirloin, trimmed	1 oz	55	9
Tofu	¼ cup	47	5
Tuna, canned in water	1 oz	37	8
Turkey, white meat	1 oz	35	7
Veal Loin	1 oz	50	7
Veal Leg (top round)	1 oz	43	7
Yogurt, SF, frozen vanilla	¼ cup	40	3.5
Yogurt, Fruit, FF, light	½ cup	60	5.5

*Abbreviations: SF=sugar free, LF=low fat, FF= fat free, gms=grams

*3oz of cooked meat/protein = size of deck of cards or ladies palm

*1oz cheese = 1 inch cube or 1 slice American cheese

Sample Menu for Bariatric Soft Diet For Gastric Bypass and Sleeve

3 meals + 2 protein drinks
Remember: No drinking with meals.

Time of Day	Day 1	Day 2
7am:	1 egg (or ¼ cup Egg Beaters)	¼ cup low-fat cottage cheese, 1 tbsp berries
8am: 1 cup water/SF beverage		
9am: 1 cup water/SF beverage		
10am:	Protein drink	Protein drink
11am: 1 cup water/SF beverage		
12pm:	1-2 oz grilled shrimp, ¼ cup green beans	1-2oz canned chicken, shredded cheese, 1 tbsp salsa
1pm: 1 cup water/SF beverage		
3pm:	Protein drink	Protein drink
4pm: 1 cup water/SF beverage		
6pm:	½ cup low fat chili, 1oz low-fat cheese, ¼ cup broccoli	2 oz grilled fish, ¼ cup lima beans
7pm: 1 cup water/SF beverage		

This sample menu provides approx. 80g protein total, including about 40g protein from foods and at least 40g protein from protein drinks. Drinking protein drinks daily helps decrease muscle loss, increase weight loss, and prevent hair loss.

- Sip fluids continuously in between meals.
- For fluids: 1 cup = 8 oz
- ¼ cup = 4 tablespoons = 1oz
- No drinking from 30 minutes before meals to 30 minutes after meals.
- 3oz meat is approx. the size of a deck of cards.
- A food scale will help you determine portion size (Can be purchased at Wal-Mart)

Sample Menu for Bariatric Soft Diet For Lap Band

3-4 meals per day. No drinking with meals. No snacking in between meals.

Time of Day	Day 1	Day 2
7am: Meal #1	2 eggs (or ½ cup Egg Beaters), 1oz lean deli ham, diced green peppers and onions	½ cup cottage cheese, ¼ cup berries
8am: 1 cup water/SF beverage		
10am: 1 cup water/SF beverage		
11am: 1 cup water/SF beverage		
12pm: Meal #2	3 oz grilled shrimp, ½ cup grilled zucchini and yellow squash, 1 pear half	3oz canned chicken, ¼ cup black beans, 1 oz low cheese, 2 tbsp salsa
1pm: 1 cup water/SF beverage		
2pm: 1 cup water/SF beverage		
3pm: Meal #3	½ cup low fat cottage cheese, 2 tbsp unsweetened applesauce, sprinkle of cinnamon	1 cup chocolate Soymilk
4pm: 1 cup water/SF beverage		
5pm: 1 cup water/SF beverage		
6pm: Meal #4	1 cup low fat chili, 1oz low fat cheese, ¼ cup carrots, ¼ cup green beans, sugar-free jello cup	3 oz grilled fish, 1 cup baby spinach with 1 tbsp fat-free dressing, sugar-free pudding cup
7pm: 1 cup water/SF beverage		

This sample menu provides approx. 80g protein from food. If you are unable to eat this amount of food per day, you will need to sip on a protein drink in between meals to help meet your protein needs.

- Sip fluids continuously in between meals.
- For fluids: 1 cup = 8 oz
- No drinking from 30 minutes before meals to 30 minutes after meals.
- 3oz meat is approx. the size of a deck of cards

A food scale will help you determine portion size (Can be purchased at Wal-Mart)

Nutrition Guidelines after Weight Loss Surgery

Weight Loss Surgery is designed to help people lose weight after previous attempts at weight loss have failed. However, safe and successful weight loss with this procedure requires you to make a commitment. A commitment to change current eating habits and behavior is essential to develop substantial weight loss.

As your stomach is greatly reduced following surgery (to that of a small egg), your nutritional intake is one of the most important aspects of your treatment. Adequate nutrition helps in the healing of your incisions, preventing gastric discomfort, and in maintaining your nutritional health.

Why should you follow this diet?

- You could develop nutrient deficiencies, which may consequently affect your health.
- You may not achieve the maximal amount of weight loss, or the rate of weight loss may slow down.

The following guidelines have been developed to assist you in making these changes.

1. **Eat Slowly.** Immediately after surgery the stomach is swollen and needs time to heal. Eating too quickly may cause you to over fill your pouch and bring forth discomfort (i.e. nausea and vomiting).
2. **Eat and Drink Small Amounts at a Time.** Learn to sip. Try not to fill your entire mouth with food or fluid. Use a baby spoon and a 2oz medicine cup to help determine a safe amount.
3. **Stop Eating or Drinking When You Feel Full.** Do not overeat. Learn to listen to your body. If you are unable to recognize fullness, consume only the quantity of food recommended. Eating or drinking too much may eventually stretch your pouch and prevent you from achieving maximal weight loss. Also, overeating may cause you to have nausea and vomiting.
4. **Chew Food Thoroughly Before Swallowing.** Try to chew each bite 30 times before swallowing. A big chunk of food could get caught and make you very uncomfortable.
5. **Drink Adequate Fluids in between meals to Prevent Dehydration.** Consume at least 8 cups of liquids per day (>64 oz). No drinking with meals!
6. **Eat Protein Rich Foods First.** This is necessary to meet your protein needs. Protein is necessary to promote adequate healing and to help you maintain lean body mass as you lose weight. Aim for >60 grams of protein per day.
7. **Keep Your Food Choices Sugar Free and Low in Fat.** Foods high in sugar and fat may cause diarrhea and abdominal discomfort, or the Dumping Syndrome.

Common Nutritional Problems and Prevention Tips

- **Nausea and vomiting**
 - Cause: overeating or eating too quickly
 - Prevention tip: eat slowly, chew your food very well, and stop eating as soon as you feel full
- **Chronic malnutrition problems**
 - Cause: nutrients are absorbed differently following surgery
 - Symptoms: fatigue and aching muscles; tingling feet, calves or hands
 - Prevention tip: eat a healthy diet and always take your vitamin and mineral supplements
- **Lactose intolerance**
 - Symptoms: gas, bloating, cramping and diarrhea after drinking milk
 - Prevention tips: drink smaller amounts of milk at a time, use lactose-free or lactose-reduced milk, or try soy milk.
- **Temporary hair loss**
 - Cause: rapid weight loss and/or lack of protein in the diet
 - Prevention tip: eat the amount of protein recommended by your Registered Dietitian
- **Dehydration**
 - Cause: Not drinking enough fluids; or persistent vomiting
 - Symptoms: dark and strong smelling urine, dry mouth, headache and fatigue
 - Prevention tip: take frequent sips of liquid throughout the day
- **Dumping syndrome**
 - Cause: food emptying too quickly from the stomach
 - Symptoms: diarrhea, nausea, cold sweats and light-headedness
 - Prevention tips: avoid consuming sugary foods or beverages, drinking fluids too soon after a meal, or eating high fat foods
- **Constipation**
 - Cause: food and fiber intake are reduced following surgery
 - Prevention tips:
 - Drink plenty of water
 - Exercise daily
 - Eat sugar-free applesauce, oatmeal or prunes daily
 - Take a fiber supplement

Life Long Diet after Surgery

Bariatric Surgery is not a magic cure. You will have to make wise decisions, exercise and take vitamins for the rest of your life to ensure continued weight loss and good health.

Dumping Syndrome - Dumping Syndrome occurs when foods or drinks high in sugar or fat cause stomach contents to dump into the intestines too quickly. Symptoms can include abdominal pain, fullness, nausea, vomiting, sweating, weakness, dizziness, increased heart rate, cramps, and diarrhea after a meal or snack. To limit dumping syndrome:

- Avoid high sugar foods: including regular sodas, sweets, chocolate, alcohol, honey, ice cream, sherbet, and cakes.
- Avoid high fat foods: including fried foods and cream sauces or gravies.
- Eat small, frequent meals (5-6 per day).
- Increase fiber in the diet (raw fruits and vegetables, fiber supplement).
- Do not drink anything with meals.

Eat protein first - At every meal, it is important to eat your protein first. Protein rich foods include dairy products, meat, beans, eggs, soy products, and seafood. Lack of protein can cause delayed healing, muscle loss, hair loss, and swelling (edema). Your dietitian will help determine how much protein you need to eat and drink everyday. Make sure you get at least 80g protein every day.

Avoid starchy carbohydrates – To promote weight loss and prevent weight regain, remember to avoid starchy carbohydrates, including bread, rice, pasta, crackers, cereal, corn, potatoes, and peas for the first year. After the first year limit all carbohydrates to 3 servings per day for weight maintenance.

Fluids - To prevent dehydration, it is important to drink at least six 8oz glasses of fluid everyday. As your stomach allows, increase fluids to eight 8oz glasses everyday. Do not forget, fluids are not allowed with meals, or for 30 minutes – 1 hour after eating. Symptoms of mild dehydration include dryness of mouth and thirst. Moderate dehydration symptoms may include flushed face, extreme thirst, dry and warm skin, and dark yellow urine in reduced amounts.

Vitamin Regimen -

- ✓ 2 Complete Multivitamins
- ✓ Super B-Complex
- ✓ 1000 – 1200 mg Calcium Citrate (with Vitamin D)
- ✓ Vit B12 – Sublingual or monthly shot

Exercise – At least 30 minutes every day. Increase workout time and intensity as you lose weight and build up endurance.



Physical Activity

Physical activity and exercise are essential to achieve and maintain your weight loss goals. Activity and exercise beginning right after your surgery will help you feel better, recover faster and minimize the likelihood of post-surgical complications. Staying active promotes mental well-being, relieves stress and reduces feelings of depression and anxiety. You feel good about your body when you exercise regularly, and therefore have a healthier body image.

After surgery it is important to design an exercise program that is appropriate for your fitness level. A physical therapist, or personal trainer, can help you establish individual goals and adjust these goals regularly as you become more fit. You may choose to exercise at a local fitness club or at home. Our goal is to guide you along your journey to lifelong fitness and healthy living. The key ingredient to beginning any program is to get moving – the more the better. You will need to make a conscious decision to start exercising.

Here are some suggestions to consider as you prepare to increase your activity or exercise. REMEMBER, you are expected to be an integral part of designing your program so that it will work for you, and you will be motivated to follow it.

- Choose a form of activity or exercise that you enjoy and know that you can participate in and exercise at your own pace.
- Ask a friend or family member to participate in an activity or exercise with you. Think of it as a buddy system.
- Join an exercise club or class (some enjoy Curves for Women).
- Listen to your favorite motivational music as you exercise.
- Try mall walking, aerobics, swimming or dancing.
- Park 15 minutes from your destination and walk.
- Use stairs instead of the elevator.
- Prioritize activity and exercise time into your schedule. Make the necessary adjustments to fit it in daily (30-40 minutes) or allow for several short segments (10-20 minutes) of time, which will lengthen as your endurance increases.
- Keep a record or journal of your activity. Log what sorts of activities and exercises you participate in and how long your activity lasts. Then you will have a record of your improvements and accomplishments.

Elmwood Fitness Center

Bariatric Exercise Program

Exercise is a vital component for accelerating and maintaining weight loss both before and after gastric bypass surgery. In addition, exercise can improve your quality of life, giving you more energy and strength with everyday activities. We strongly recommend that you make exercise a permanent part of your lifestyle, even after being discharged from physical therapy.

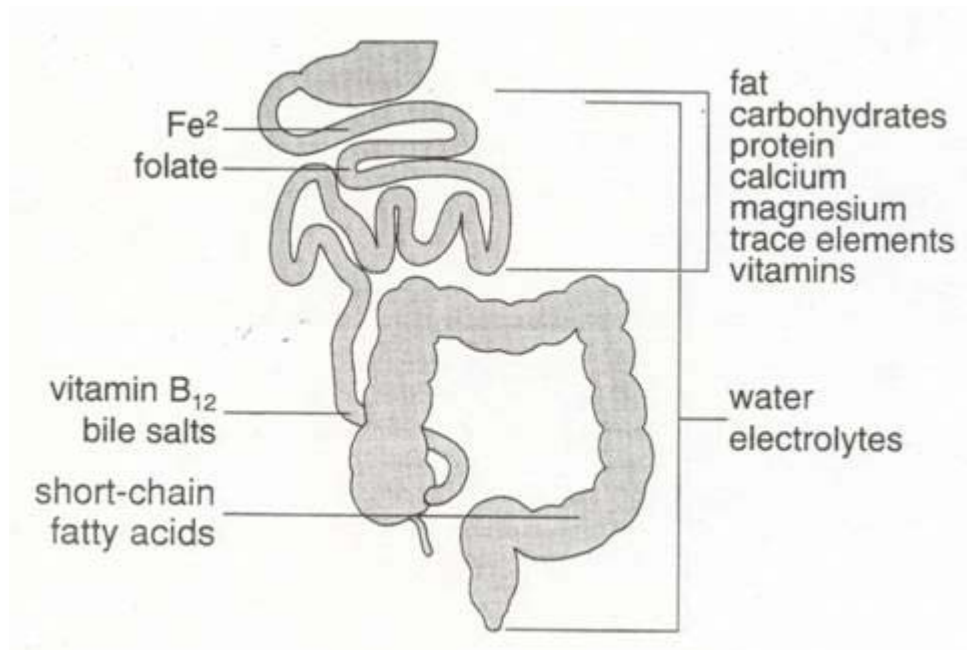
Here are several options to get you started:

- After attending your physical therapy evaluation, you will be offered the opportunity to participate in Elmwood Fitness Center's Medical Fitness program for Bariatric patients. Elmwood's Medical Fitness program will offer you the opportunity to take advantage of their 60 for 60 special where you will receive a 60 day membership for \$60 (Valued at \$185). In addition, after your introductory 60 day membership, you will be entitled to a 6 month membership at our lowest corporate rate.
- Medical Fitness Members receive all the benefits of our regular Elmwood members (complimentary group fitness, Yoga, Pilates, spinning, and water aerobics classes). To get you started on a regular exercise program, you will also receive 2 fitness consultations with a fitness consultant during your 60 day initial membership. In addition, specialized services such as Personal Training are available to meet your specific exercise goals.
- All participants must receive approval from their surgeon prior to their participation in the program. Your surgeon will provide Elmwood Fitness Center with a referral form which will entitle you entrance into the program.

For more information, contact Tavis Piattoly, MS, RD, Director of Health and Fitness, at 504-842-6152 or tpiattoly@ochsner.org

Vitamin and Mineral Supplements

Vitamin/mineral supplements are mandatory. Gastric bypass may lead to a reduced absorption of your vitamins, calcium, and vitamin B₁₂ and replacement of these is very important for the maintenance of your health. With gastric bypass or banding, vitamin and mineral supplementation is necessary because of your limited food intake. Your absorption and intake of Calcium is decreased; therefore, we recommend a Calcium supplement. Calcium Citrate is the easiest form of Calcium for your body to absorb after bariatric surgery. Vitamin B₁₂ needs to be absorbed straight into the bloodstream, because only a minimal amount can be absorbed from the stomach after surgery.



YOU WILL NEED THESE SUPPLEMENTS FOR THE REST OF YOUR LIFE!

Sleeve Gastrectomy: No swallowing pills for 3 months after surgery

Gastric Bypass: No swallowing pills for 6 months after surgery

LapBand: No swallowing pills

Vitamin/Mineral Guidelines for Best Absorption:

- Spread vitamins out through the day.
- Take Multivitamin and Calcium supplements at least 2 hours apart.

Vitamin/Mineral Supplements

1. Multi-vitamin with Iron + extra B-complex:

Option 1:

- GNC Solotron chewables, 1 twice per day

OR:

Option 2:

- 2 Complete Multi-vitamins (such as Flintstones Complete or Centrum Adult chewable)
- B-Complex tablet with at least 15mg Thiamin (Vit B1). Must be crushed.

2. Calcium CITRATE with Vitamin D:

➤ 1,200-1,500mg per day

1. Citracal Ultradense – tablet - 500mg each, **3 per day** – Must be crushed
Available at: Wal-Mart
2. Twinlab Calcium Citrate Chewable Wafers - 250mg each, **2 tablets three times per day**. Available at www.vitaminshoppe.com.
3. UpCal D – **unflavored powder - 500mg per serv., 3 packets per day**.
Call Total Care Medical Services at 1-877-236-6687 to order.
4. Bluebonnet Liquid Calcium-Mg with vitamin D (orange, blueberry, lemon, strawberry), **3 Tbsp per day**. Available at Whole Foods.

3. Vitamin B₁₂

➤ Sublingual (melts under the tongue): 500mcg per day or 2500mcg per week.
Available on the shelf at most drug stores.

OR

➤ Monthly injection, set up through PCP

**** Looking for an easy way to get everything you need in one package mailed to your house every 3 months?**

Bariatric Advantage: Online store. The package includes everything you need: chewable multi-vitamin, chewable Iron, Calcium chewy bites (chocolate, lemon, raspberry), and B12 sublingual

Available at www.bariatricadvantage.com

Resources Which Might be Helpful for Patients Who Wish to Have Weight Loss Surgery

1. Before & After: Living & Eating Well After Weight Loss Surgery by Susan Maria Leach. Harper Collins Press, 2004.
www.bariatriceating.com
2. Eating Well After Weight Loss Surgery by Patt Levine & Michele Bontempo-Saray. Marlowe & Co. Press, 2004.
3. Weight Loss Surgery for Dummies by Marina S. Kurian, MD, FACS. Wiley Publishers, 2005.
4. Exodus from Obesity: The Guide to Long-Term Success After Weight Loss Surgery by Paula Peck. BP Press, 2003.
5. Weight Loss Surgery: Finding the Thin Person Hiding Inside You by Barbara Thompson. Word Association, 2003.
6. WLS: Weight Loss Surgery Lifestyles Magazine.
7. Obesity Help Magazine or www.obesityhelp.com
8. <http://win.niddk.nih.gov/publications/gastric.htm>
or
<http://win.niddk.nih.gov/publications/gastric.htm#whataresurg>
9. The Don't Diet Live It Workbook by Andrea LaBue & Marsea Marcus available from www.Amazon.com
10. The Overeater's Journal by Debbie Danowski. Hazelden Press also available at www.Amazon.com
11. Moving Away from Diets available from www.nourishingconnections.com
12. Overeater's Anonymous—online, in-person, and telephone meetings available; www.oa.org.
13. Online Food Database at www.calorieking.com to find out the calories, protein, sugar, fat, fiber, etc of any certain food.

TEN TIPS FOR HEALTHY AND CONSCIOUS EATING

1. Keep track of everything you eat and drink. Write it down as soon as you swallow so you don't forget! Include the type of food or beverage, amount, time, physical feeling of hunger vs. fullness, etc.
2. Base meals around VEGETABLES and WHOLE GRAIN foods, incorporating them into main dishes. Eat at least one meatless lunch and dinner each week to reduce saturated fat, increase fiber, and introduce your taste buds to new flavors. Whenever you normally eat white or "enriched" bread, cereal, rice or pasta; substitute it with a whole grain version.
3. Buy plenty of FRESH FRUITS and VEGETABLES to keep on hand, wash and chop them (if applicable) ASAP, and snack on them ANYTIME! Eat at least 2 servings of fresh fruits and 3 servings of vegetables each day.
4. Eat throughout the day rather than "saving" your appetite for a huge meal. Your body can only use so much fuel at a time, so extra will more likely be stored as fat! Smaller, more frequent meals (every 3-5 hours) will help keep your energy level more consistent. Start listening to your body's signals regarding hunger and fullness!
5. Keep "junk food" and "trigger" foods out of the house. Make a special trip to the store when you MUST have it, and savor it.
6. Include good sources of protein with your meals: chicken, fish, shellfish, legumes, eggs, dairy products, soy products, and lean meats.
7. Use low fat, fat free and lean dairy and animal products. High fat animal products tend to have a lot of saturated fat, which promotes high blood cholesterol levels.
8. Choose calories you can chew - that means drinking more water instead of juice, sports drinks, regular soda, alcohol, and specialty coffees.
9. Shut off the TV, put down the book or newspaper, and turn off the computer whenever you eat - this includes meals and snacks. People tend to eat larger portions when snacking in front of the tube, and the foods chosen are often high in fat, sugar and calories. What's more, when you associate eating with particular activities, you may automatically look for something to eat when engaging in those activities, regardless of hunger.
10. Plan ahead for meals and snacks, have foods on hand to prepare them, and pack them "to go" if necessary. If you wait until you're really hungry, there may not be many healthy choices around to choose from.

Ochsner Medical Center
Surgical Weight Loss Program

Bariatric Nutrition Core Points and Contract Agreement

- Eat protein-source for breakfast (i.e. egg white, low-fat dairy, protein supplement)
- Measure** portion sizes
- Limit** eating out to once per week; make better choices when eating out (low fat/low sugar)
- Include** *fruits* and *vegetables* in the diet DAILY.
- Avoid/Limit** Desserts/candy
- Low-fat** diet (Baked, broiled, grilled, and boiled instead of fried, sautéed, creamed)
- Increase** activity (walking, swimming, exercise videos)
- Eliminate** *sugary*, *caffeinated* and/or *carbonated* beverages
- Drink at least 64 oz. H₂O per day
- No alcohol
- Quit smoking
- CHEW** foods thoroughly—to liquid consistency—before swallowing.
- SIP** beverages—no “chugging” or gulping.
- NO LIQUIDS 30 MIN. BEFORE, DURING, AND 30 MIN. AFTER MEALS.**
- Lose/Maintain _____ lbs
- Keep daily food and activity logs, and bring each visit for review**

I have been educated on the above lifestyle and nutrition changes regarding weight loss surgery. I understand and agree that following these guidelines will help me to lose weight and maintain my health long-term.

Patient Signature _____ Date _____

Dietitian Signature _____

CONTACT INFORMATION

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