

# GASTRIC BYPASS

# POST-OP DIET

**Guide to Nutrition  
Following your Surgery**

**O**BESITY  
**S**URGERY  
**C**ENTER  
of Louisiana

## REMEMBER - YOU JUST HAD MAJOR SURGERY ON YOUR STOMACH!

### MAJOR POINTS TO KEEP IN MIND:

**HEALING:** Your new stomach will take six to eight weeks to heal. To allow your stomach to heal properly, without stretching, you will have to undergo five diet stages. It is important that you follow these stages to ensure proper healing.

**CHANGE IN DIETARY NEEDS:** Your meal plan will be high in protein, which is essential for optimal healing and weight loss. Your diet will always be low in fat and concentrated sweets. You will be on a liquid diet for two to three weeks before advancing to pureed, soft solid foods and finally to soft, moist whole foods. At each of your follow-up visits, you will be evaluated for your readiness to advance to the next stage of your diet.

**TAKE TIME TO EAT:** Your meals should last for at least 30 minutes to one hour. It is recommended that you take approximately 10 minutes for each ounce that you eat. Food should be at a liquid consistency in your mouth before you swallow. Liquids should be sipped slowly, between meals only, so you will still have room in your stomach for meals and so that you do not wash your food out of your pouch during meals. This prevents you from overeating.

**FINDING WHAT YOU CAN EAT:** If you are experiencing any cramps, gas or diarrhea in your initial stages, you may have developed an intolerance to lactose, the sugar found in milk. If this occurs, changing your diet to a lactose-free diet will usually reduce these symptoms. Please be aware of your symptoms and write down any foods that irritate your body so that we can find out the cause and makes necessary changes.

**IT'S A BUILDING PROCESS:** As you advance through the diet stages, you will always be able to have the foods that you had in the previous stages. This will be a progressive diet and each stage will add more foods for you to include in your diet. **When advancing, it is important to try ONE new food at a time so that if you do have a difficult time tolerating it, we will know exactly which food caused the trouble.**

**DON'T FORGET TO EAT:** Patients often report that they do not feel hungry or have a loss of appetite after surgery. In turn, this often causes patients to skip meals, depriving themselves of their nutritional needs. Many also believe that skipping meals will speed the weight loss. This is not true, nor is it healthy. You should eat a minimum of three meals a day. It is acceptable to be unable to finish the food that is recommended. Do not force yourself to finish food within a specific period of time. Stop eating as soon as you feel full. If necessary, put away the food that you didn't finish and eat it later. Keep a food record to facilitate your meal timings and help to keep track of what you need to finish by the end of the day. Most often your three meals may turn into 5-6 small meals. Feelings of hunger and fullness take time for your mind and body to recognize. Bring these records with you to your follow-up consultations.

**IT WILL GET EASIER:** Six to eight weeks following your surgery, you will advance to the final stage, Stage 5, which is solid foods. This is the time to introduce different food groups into your diet. Your diet will incorporate all of the food groups in the Food Guide Pyramid, however your recommended portions will be different. The food groups include grains and starches (bread, pasta, pita bread, English muffins, cereal, rice and many other whole grains), fruits, vegetables, protein (red meats, poultry, fish, eggs, beans, lentils and tofu), and dairy. Within these groups, focus on low-fat, low sugar foods (no concentrated sweets) to minimize stomach upset and to promote further weight loss. Most often, if you eat foods high in fat and sugar, you will experience dumping syndrome which causes dizziness, sweating, diarrhea, nausea and cramps.

**YOU ARE CHANGED FOREVER:** Stage 5 is the final transition, which means that you will be following this stage for the rest of your life. Over time, you will be able to tolerate and eat more foods. To help with weight maintenance and a healthy eating style, it is important to keep this in mind - This is a drastic change that may effect ALL areas of your life. You may start to feel anxious about comments that are made to you about your weight loss, "feeling fat" in spite of weight loss, dealing with social situations and experiencing new emotions. Remember that you are never alone in this process. It is important to keep yourself involved in support groups, talk to any member of the team and be open with your family and friends.

# stage one

**STAGE 1: WATER or Sugar-free Grape Kool-Aid  
DURATION: 1 DAY**

- START:** In the hospital on the day of your surgery.
- DURATION:** One day.
- DIET:** 1 ounce of liquid per hour.
- INSTRUCTIONS:** Sip water or Sugar-free Grape Kool-Aid as instructed by your surgeon. You will use a one ounce medicine cup provided in the hospital. Stop if you get nauseated. You will probably experience dry mouth. Do not be alarmed as this is very common and is a side effect of the anesthesia. Have Chap-Stick with you when you go to the hospital.
- \*\*** The reason for you drinking Sugar-free Grape Kool-Aid is that you will have a small drain coming from your abdomen to the outside of your belly. If you have a leak in your new stomach, the Grape Kool-Aid will be seen coming out of the small drain tube and will indicate a Need for intervention. Please be conscious of your drain and report any purple drainage to your nurse, who will contact your surgeon.
- \*\*** It is likely that you will see reddish colored drainage, which is normal. Purple is not! A leak is highly unlikely as your new pouch is tested for leaks prior to the completion of your procedure. This is only a precaution and a simple way of being sure of no leakage.

# stage two

## STAGE 2: CALORIE-FREE CLEAR LIQUIDS DURATION: 1 DAY

**START:** In the hospital on the day after surgery.

**DURATION:** One day.

**DIET:** 3 fluid ounces of diet sugar-free gelatin, Tropical Flavored Boost Breeze and/or broth three times a day. Try to think of these as your three meals. Between meals you can sip on water or Grape Kool-Aid all day long.

**INSTRUCTIONS:** Stop sipping as soon as you feel full or nauseated. Drink slowly.  
Walk as much as you can with your nurse, friend or family member.

\*\* You should still look for any strangely colored drainage coming from your JP drain. If you see purple Kool-Aid or any other color resembling the liquid you have had, please inform a nurse.

\*\* Try to walk as much as possible on this day. You should be feeling much better, but still sore. The more you walk, the more quickly you will start to feel better.

# 64 ounces of fluid a day??

## **FLUID LIST FOR STAGES 3, 4, AND 5**

These fluids can be consumed between meals  
(**No drinking 30 minutes before or after meals!**) and should  
not replace meals.

- Water
- Calorie-free and caffeine-free fruit flavored drinks.
- Crystal Light or other very low calorie sugar-free and caffeine-free drinks.
- Coffee or tea (decaffeinated) - Not everyone can tolerate these.
- Fat-free, lower sodium broth.
- Diet Jello
- Limit of 1 cup a day **diluted** with water: Gatorade **or** tomato juice **or** fruit juice.
- Limit of 2-3 a day: sugar-free Popsicle, about 20-30 calories each.
- Sugar-Free Tang Orange drink.

Any Liquid that is low in calories,  
sugar-free and caffeine-free.

This is the fluid list that you should follow for the rest of your life. You can have anything on this list, however be aware of the caloric content of each. The ultimate choice of liquids is water. However, we realize that without variation, you will get sick of drinking only water and thus stop drinking, causing dehydration. So, vary your routine. But, be aware that the higher caloric content will slow your weight loss down somewhat. Just as before your surgery, higher caloric intake equals weight retention. Save your caloric intake ability for your food.

# stage three

**STAGE 3: SUGAR FREE, LIQUIDS OR SEMI-SOLIDS**  
**DURATION: 2-3 WKS**

**START:** Usually 24 hours after stage 2. Start on your third day in the hospital and then follow stage three until your two week post-op visit.

**DURATION:** Two weeks.

**DIET:** During this stage, you can have LIQUIDS or SEMI-SOLIDS. You should not eat both of these types at one meal. You can have EITHER 8 ounces of a LIQUID (shakes/drinks) OR 3-4 ounces of the SEMI-SOLIDS.

\*\* 3-4 small meals per day each consisting either a liquid or a combination of the semi-solids listed below.

**Liquids** -- Drink 8 ounces, slowly, over a 45 minute to one hour period. Stop drinking if you feel full, but try to drink the entire 8 ounces to fulfill your protein needs.

**Semi-Solids** -- You can have any combination of these foods, as long as you are only taking in between 3-4 ounces per meal. Eat slowly. It should take you between 45 minutes to an hour to eat 3-4 ounces.

\*\* You should not combine liquids with semi-solids, because the liquids will wash the semi-solids out of your new stomach and you will eat too much.

## LIQUIDS

- 1 packet of no sugar added Carnation Instant Breakfast (CIB) mixed with 8 ounces of skim milk or 8 ounces of Soy Protein Milk.  
\*\*\*Note: Box label on CIB must say "No Sugar Added".
- Choice DM shake – 8 ounces
- Boost Breeze – 8 ounces – Be careful because some people have trouble with the sugar content in this one. You may need to dilute it with water.

# SEMI-SOLIDS

Low-Fat Cream Soup (no chunks)  
Broth (can have 8 ounces)  
Sugar-Free Pudding  
Sugar-Free Yogurt  
Sugar-Free Jello (can have 6-8 ounces)  
Sugar-Free Applesauce  
Sugar-Free Baby Food  
Cottage Cheese  
Liquid Egg substitute, scrambled

Any soft, pureed semi-solid that is  
SUGAR-FREE or LOW IN SUGAR!

## STAGE 3 CONTINUED

### GOALS:

1. At least 48-64 ounces of fluid daily. See FLUID LIST.
2. 50-60 grams of protein daily.

### INSTRUCTIONS:

1. Remember to eat slowly and sip all liquids slowly.
2. Try to drink as many of the CIB's or Choice DM shakes as you can. Do not worry if you cannot consume all 3-4 drinks. Do the best you can.
3. Record protein and fluid intake and bring your log to your clinic visits. If you are not reaching your protein goals, include protein snacks such as light yogurt, fat-free cottage cheese or skim milk.
4. If you are experiencing any dry mouth, you may still be dehydrated. Do not worry if you have already had 64 fluid ounces. You may just need more. Refer to the FLUID LIST for fluid choices.

5. When at home, CIB's or Choice DM's can be substituted with other high protein choices listed under STAGE 3 FOODS in this booklet. For example, instead of *one* CIB or Choice DM, you can have ½ cup of cottage cheese, **or** 1 cup nonfat sugar free yogurt or pudding, **or** 1 cup low fat creamed soup made with skim milk. After about a week, you can also try scrambled egg or liquid egg substitute.
6. Diarrhea and stomach cramps may be due to temporary lactose intolerance. Try Lactaid skim milk or add 10 drops of Lactaid enzyme to a quart of milk. Try other lactose free products such as chocolate Ultra SlimFast with Soy Protein, cottage cheese and yogurt.

**MAKE YOUR CIB'S MORE INTERESTING BY:**

1. Adding flavored extracts to vanilla CIB to create new flavors.
2. Freezing it like a Popsicle. \*\*
3. Adding 1 tsp. flavored coffee to the chocolate CIB for mocha flavor.
4. Mixing CIB with sugar-free, fat-free hot chocolate mix and serving warm. \*\*
5. Adding ice cubes and mixing in blender. \*\*

**\*\*Very hot or cold foods are sometimes not tolerated well.**

FOOD	AMOUNT	Protein (gm)	Calories
Skim milk	8 oz.	8	90
Protein fortified skim milk	8 oz.	10	100
Carnation Instant Breakfast, no sugar added, made with 8 ounces skim milk	8oz.	13	160
Lowfat cream soup made with 8 oz skim milk	8 oz.	10.5	190
Scrambled liquid egg substitute	½ cup	10-12	46-60
Fat-free or 1% cottage cheese	½ cup	15	80
Sugar-free, fat-free pudding	½ c up	4-5	70
Light yogurt	6-8 oz.	5-8	100-120

**STAGE 3 FOODS  
NUTRITIONAL  
INFORMATION**



## STAGE 3 SAMPLE MENU

MEAL / TIME	FOOD	PROTEIN (gm)	CALORIES
Breakfast 8-9 a.m.	1 packet CIB mixed with 8 ounces of skim milk	13	160
	OR ½ cup scrambled liquid egg substitute	10-12	46-60
Snack 9:30-12:30	Fluids from FLUID LIST	0	0
Lunch 1-2 p.m.	1 packet CIB mixed with 8 ounces of skim milk	13	160
	OR 8 ounces nonfat yogurt	8-10	90-100
Snack 2:30-5:30	1 cup lowfat cream soup made with skim milk	6	120
	OR CIB OR yogurt OR fat-free cottage cheese	8-15	70-160
Dinner 6-7 p.m.	1 packet CIB mixed with 8 ounces of skim milk	13	160
	OR ½ cup fat-free cottage cheese	15	80
Snack 7:30 p.m. until one hour before bedtime	Fluids from FLUID LIST	0	0
<b>TOTALS</b>			
CIB's	3	39	480
Choice food	1	8-15	70-160
<b>Total</b>	<b>3 meals and 1 snack</b>	<b>47-54</b>	<b>560-640</b>

# stage four

**BEFORE ADVANCING TO STAGE FOUR, YOU WILL NEED TO HAVE YOUR FIRST POST-OPERATIVE FOLLOW-UP VISIT. YOU WILL ALSO START YOUR VITAMINS AND SUPPLEMENTS AT THIS TIME.**

## **STAGE 4: SOFT, MOIST, GROUND/PUREED FOODS DURATION 3-4 WEEKS**

**START:** Typically begins at 2 to 4 weeks post-op.

**DIET:** 3 meals a day of 3 oz. (6 tbsp) of high protein pureed/ground food, **plus** 1 snack 8 oz. of skim milk or sugar-free CIB or 1 serving of a nonfat or low-fat, sugar-free protein food such as yogurt, cottage cheese or eggs (similar to stage 3). You will also now start taking your multivitamin with minerals and your calcium supplement.

**GOALS:**

1. At least 48-64 ounces of fluid daily. See FLUID LIST.
2. 50-60 grams of protein daily.

### **INSTRUCTIONS for STAGE FOUR:**

1. Make sure food is liquid consistency in your mouth before you swallow. Food can get stuck in your stomach pouch if you do not chew very, very well and this could lead to an emergency room visit.
2. Consume meals very slowly, about 45 minutes per meal.
3. If you feel full, stop immediately, put your food aside and go back to it after an hour or two. If you try to force it in, you may stretch the pouch or vomit.

4. Take calcium supplements with added Vitamin D daily. Total calcium should be about 1000-1500mg per day. You may take calcium –Vitamin D chewables or break up or crush the regular supplements before swallowing. Take one adult chewable multivitamin/mineral supplement or 1 ½ children’s sugar-free complete multivitamin /mineral chewable daily. You will need to take the multivitamin/mineral and calcium supplements every day for the rest of your life. Remember to take your other medications as prescribed by your doctor. You may need to crush or break up medications depending on size, but discuss this with the bariatric team first. You can mix them with unsweetened applesauce.
5. You should try to puree all foods. However, some foods, such as tuna fish are soft enough to eat without pureeing. Make sure you cut or chop these foods until they are a ground consistency before eating.
6. Many patients have difficulty with meat despite chewing well. Mixing fat-free broth, gravy, mayonnaise or salad dressing with meats may help make them moist.
7. **Do not drink fluids with meals.** Fluids will fill you up and you will not have enough room for food. Wait approximately 30 minutes BEFORE and AFTER meals to drink. Avoid carbonated liquids unless they are flat. Refer to the FLUID LIST for fluid suggestions. Avoid drinking with a straw!
8. Milk intolerance may be due to temporary lactose intolerance. Try Lactaid milk or add 10 drops of Lactaid liquid enzyme to a quart of milk. Try lactose-free products such as sugar-free, fat-free cottage cheese and yogurt.
9. Protein is needed to heal your wound and also may help to prevent hair loss. Weigh the food on a scale after it has been cooked to make sure that you are getting the right amount of protein. If you do not have a scale at home, a deck of cards is approximately the size of a 3 ounce piece of cooked meat, poultry or fish.
10. Never chew gum! Once swallowed, it can cause an obstruction.
11. Try using ice cube trays for storing pureed food portions. Each ice cube section holds about one ounce.
12. Sugar-free Metamucil, milk of magnesia or diluted prune juice may help with constipation.
13. Food may be ground or pureed in a blender or food processor or you may buy pureed baby food meats. If you cannot tolerate the pureed food, cut your meal up to a ground consistency.
14. You will not be allowed any RAW fruits and vegetables or starchy foods until STAGE 5. If by the second week of this stage you need a little variety, the only vegetables you may try is homemade winter squash or mashed potatoes made with skim milk. You may also incorporate some unsweetened canned fruits, such as applesauce or mashed banana.

**NOTE\*\*\*If you feel any “tightness”, nausea and/or vomiting, you probably ate your food too quickly or swallowed too large of a bite. Monitor the time it takes you to eat by recording your starting and finishing time.**

## **STAGE 4 FOODS**

DO NOT EAT ANY FRESH FRUITS, VEGETABLES OR STARCHY FOODS UNTIL STAGE 5 UNLESS YOU ARE INSTRUCTED OTHERWISE BY YOUR DOCTOR.

Reminder: Your goal is to eat at least 50-60 grams of protein a day. Please keep track of how much protein you eat by using the numbers in the PROTEIN FOODS chart or by reading labels on the products you use. These records can help us to identify problems as they arise.

## **STAGE 4 TIPS WHEN YOU ARE PREPARING YOUR MEALS**

1. Keep foods moist.
2. Bake, broil, poach or steam your meat, poultry and fish.
3. Add nonfat gravy, fat-free mayonnaise, fat-free Miracle Whip, fat-free salad dressings, lemon juice, fat-free marinades and mild seasonings. To make sure you can tolerate them, start by adding small quantities of spices, marinades and sauces to a meal.
4. If you do not tolerate a food item, eliminate it from your menu for a couple of weeks before you try them again.
5. Do not worry if there are foods you simply cannot tolerate, as this is expected.

To add variety to your Stage 4 meal plan, try some of these alternatives.

- “Protein” salad made by mixing 1 tablespoon fat-free mayonnaise or Miracle Whip with finely minced or ground protein foods, such as:
  - Scrambled liquid egg substitute
  - 1 whole hard boiled egg plus 1 hard boiled egg white, minced.
  - Cooked extra lean chicken breast, turkey breast or ham, minced.
  - Cooked shrimp or crabmeat, minced.
- Mild chili made with extra lean ground chicken or turkey breast and beans, finely ground.
- Lentil or split pea soup or minestrone soup with added beans.
- Fat-free or lowfat cream soups made with skim milk.

## STAGES 4 AND 5 PROTEIN FOODS

### Nutrition Information

Nutrient values may vary depending on product brands and preparation methods. Prepare your food by baking, broiling, roasting, poaching or steaming. Use fat-free, low fat and sugar-free or low sugar condiments to keep food moist.

TYPE OF FOOD	AMOUNT	PROTEIN	FAT	CALORIES
<u>ANIMAL PROTEIN FOODS</u>				
Fish (sole, catfish, halibut, etc)	3 oz	21-23g	1-2g	95-120
Fatty fish (salmon, bluefish, etc)	3 oz	21-23g	6g	160
Cooked shrimp, scallops	3 oz	14-18g	1-3g	85-90
Tuna (white, packed in water)	3 oz	20-22g	1-2g	109
Imitation seafood (i.e. crabmeat)	3 oz	10g	1g	87
Chicken (white, packed in water)	3 oz	16g	1.5g	80
Chicken or turkey (white meat, no skin)	3 oz	25-26g	2.7-3.4g	135-148
Baby food, such as Beech Nut Stage 1,2, Chicken, Turkey, or beef, (all with beef broth)	2.8 oz	9.5-10g	2.2-5g	60-85
<u>VEGETABLE PROTEIN FOODS</u>				
Fat-free cheese	3 oz	20g	0g	124
Fat-free cottage cheese	½ cup	15g	0g	80
Scrambled egg	1 large	6.3g	5.3g	78
Liquid egg substitute	½ cup	10-12g	0-1g	46-60
Tofu	½ cup	20g	5.4g	183
Tempeh	½ cup	16g	6.5g	165
Veggie burger (Garden Burgers)	1 patty	7g	3g	120
Breakfast patty (Boca)	1 patty	9g	3g	70
Ground Boca burger	½ cup	11g	0g	70
Kidney, black or fat-free refried beans	½ cup	7.5g	0.4g	103
Lentils	½ cup	9g	0.4g	115

# stage five!

## STAGE 5: LOWFAT SOLID FOODS

**START:** Usually about 5-6 weeks after surgery.

**DIET:** Lowfat solid foods. Congratulations!!  
**This is your final stage, which you will follow for the rest of your life.**

**GOALS:**

1. 48-64 ounces of fluid daily.
2. 60-80 grams of protein daily.
3. Follow a healthy, balanced diet. Choose lean, low-fat and low sugar foods.

### INSTRUCTIONS:

1. Certain solid foods may not be well tolerated. Food intolerances are individual and often temporary. It is a good idea to keep track of any food that causes discomfort and wait 2 weeks before trying that food again. You may not be able to tolerate the same foods you ate prior to surgery, however you may find that you enjoy some foods that you never did before surgery.
2. The foods that patients often report as not well tolerated in the beginning of Stage 5 are red meats, bread, pasta, rice, tomato sauce, tough or dry chicken and turkey, raw fruits and vegetables (especially apple peels and the membranes of citrus fruits). Take your time incorporating these foods into your diet plan. Foods to avoid include potato skins, high fat foods, high calorie foods and alcohol.
3. Foods that are easier to tolerate in the beginning are toast, cereal, crackers, pita bread and cooked vegetables and fruit. Remember to make sure your diet is well balanced and to include a variety of food and food groups.

4. It is very important to chew your food very well and eat slowly. As you get familiar and comfortable with solid food, it can be very easy to chew too quickly or eat too fast during this stage. Overeating or taking too large of a bite can cause pain, nausea, vomiting and discomfort. Take small bites and chew thoroughly. It should take you at least 10 minutes to eat an ounce of food. Chew your food to a liquid consistency in your mouth before swallowing. Remember not to eat and drink at the same time. Fluids fill your stomach up rapidly and will prevent you from getting in your nutritious meal. Wait a half hour before and after each meal before drinking fluids.
5. You may include vegetable sources of protein such as veggie burgers, tofu, beans and lentils. Speak with your dietician for information about ways to include vegetable sources of protein in your diet.
6. Keep food records daily.
7. Smaller plates make it look like you have more food. Smaller eating utensils will help remind you to put only small amounts in your mouth. After you take a bite of food, put your utensils down and put your hands on your lap. Avoid distractions. For example, do not eat while you are watching television. Try to eat in a quiet soothing environment and enjoy every morsel of your meal.
8. Continue to take your multivitamin and calcium supplements for the rest of your life. Also, remember that you need to have your vitamin and mineral levels checked every 6-12 months for the rest of your life.

**REMEMBER THAT YOU WILL VARY FROM THIS DIET. IT IS SIMPLY A GUIDELINE TO HELP GET YOU ON THE RIGHT TRACK. SOON, IT WILL BECOME VERY NATURAL FOR YOU AND YOU CAN MAKE CHANGES AND SUBSTITUTION ON YOUR OWN.**

# THE BASIC FOOD GROUPS

## GRAINS AND STARCHES: BREAD, CEREAL, RICE, PASTA AND STARCHY VEGETABLES.

This food group provides: complex carbohydrates, fiber, energy,  
B vitamins and minerals

- **SERVING SIZE:** One serving =
  - 1 slice of bread
  - ½ English muffin or Lenders Bagel
  - 5 small crackers
  - 1 ounce ready-to-eat cereal
  - ½ cup pasta, rice or starchy vegetables
  
- Serving sizes will change as your activity and lifestyle changes. Long-term post-op diet goal is for 4 grain/starch servings per day.
  
- **GOOD CHOICES:** bread or toast, English muffins, tortilla, seedless rye, and breads such as white, wheat, pumpernickel or pita. Crackers such as lowfat saltines or Snackwells. Cereal with low or no sugar such as oatmeal, Bran Flakes, Special K, Total or Shredded Wheat. Any type of pasta. Any type of rice, but brown rice provides higher fiber. Starchy vegetables such as corn, peas, potatoes, sweet potatoes, yams, winter squash, plantain. Other choices include Pretzels, rice cakes, plain breadsticks.
  
- **BAD CHOICES:** High fat and/or sugary baked goods such as pastries, croissants, muffins, donuts, cookies, cakes, biscuits, fried dough. Crackers such as butter crackers, Ritz, Triscuits, Goldfish or Wheat Thins. Any sweetened cereal, granola or fruity cereals. Pasta in cream sauce or macaroni and cheese. High fat foods such as French fries, tator tots, hash browns, cheese curls, microwave popcorn, chips made of potato, corn or tortilla.

## VEGETABLES:

- This food group provides: carbohydrates  
fiber  
energy  
vitamin A  
vitamin C
- Remember to introduce new vegetables slowly and start with soft consistencies.
- SERVING SIZE: One serving =
  - 1 cup raw leafy vegetables
  - ½ cup raw vegetable
  - ½ cup cooked vegetable
  - ¾ cup vegetable juice
- Early Stage 5 goal is to reach 2 servings a day. It may help to separate into 4 smaller servings throughout the day. Long term post-op goal is 4 vegetable servings a day.
  - **GOOD CHOICES:** Raw or cooked vegetables such as carrots, broccoli, green beans, summer squash, Brussels sprouts, asparagus, spinach, green or yellow or red peppers, cucumbers, tomatoes, radishes, mushrooms, cauliflower, cabbage, lettuce and many more. Use olives and avocados sparingly. V-8 juice is great.
  - **BAD CHOICES:** Avoid added fats such as butter and margarine, cream, mayonnaise or Miracle Whip, sour cream, butter sauce, au gratin, Hollandaise sauce, Béarnaise sauce or cheese sauce. Avoid all deep fried vegetables.

## FRUIT:

- This food group provides: carbohydrates  
fiber  
energy  
vitamin C
- Remember to introduce new fruits slowly and start with soft consistencies.
- **SERVING SIZE:** One serving =
  - ½ cup unsweetened fruit
  - 1 melon wedge
  - 1 medium apple, orange or peach
  - 1 small banana
  - 4-6 oz 100% juice
- Early Stage 5 goal is to reach 1 serving a day. Long term post-op goal is 2-3 fruit servings a day.
- **GOOD CHOICES:** Fresh fruit such as banana, berries, kiwi, apple, orange, peach, plums, melons, mango and many more. Canned fruit like unsweetened applesauce or any fruit packed in fruit juice or water. Juice that is 100% fruit juice and calcium enriched if available, but limited to 6oz or ¾ cup per day.
- **BAD CHOICES:** All fruits canned in light syrup or heavy syrup. Candied apples or coconut.

## SWEETS:

- This food group provides: carbohydrates  
calories
- **SERVING SIZE:** One serving =
  - ¼ cup sherbet
  - ½ cup fat-free sugar-free pudding
- Limit 1-3 times per week.
  - **GOOD CHOICES:** Fat-free and sugar-free: Sherbet, Popsicles, fudgsicles, pudding or custard made with skim milk.
  - **BAD CHOICES:** Candy, ice cream, ice milk, pies, pastry, cake or cookies.

## MEATS, POULTRY, FISH AND HIGH PROTEIN FOODS:

- This food group provides: protein, iron, energy and B vitamins.  
Some protein foods also provide Zinc, fiber and healthy fats.
  
- SERVING SIZE: One serving =
  - 3 ounces of cooked lean meat, poultry, fish
  - 1 egg
  - ½ cup cooked beans
  - 2 tablespoons peanut butter
  
- Stage 5 goals are 3 servings of protein foods per day.
  
- **GOOD CHOICES:**
  - Fish – low fat: cod, flounder, haddock, catfish, red fish, halibut, perch, red snapper, sea trout, tuna canned in water.
  - Fish – moderate fat: Blue fish, herring, mackerel, salmon, trout, swordfish.
  - Shellfish – any shellfish.
  - Poultry – Skinless chicken and turkey breasts, ground chicken or turkey.
  - Beef – Lean select or choice cuts trimmed of visible fat such as loin, T-bone, Porterhouse, filet mignon, sirloin, round steak, tenderloin, rump roast, 90% or more lean ground beef.
  - Lamb, Pork, Veal – Lean select or choice cuts.
  - Cold cuts – 95% fat free, 3 gm of fat per ounce.
  - Eggs – whole eggs limited to 3 per week. Egg whites unlimited. Egg substitute unlimited.
  
- **BAD CHOICES:** Avoid fried fish, fish canned in oil or commercial breaded fish products. Fried shellfish, stuffed shrimp or lobster. Avoid fried chicken, turkey or other meats and wings, legs and thighs of any poultry. No regular hot dogs, only 70-89% lean hot dogs. Bacon, sausage, kielbasa, knockwurst, pepperoni, Slim Jims. No salami, bologna, corned beef, pastrami or liverwurst. Fried eggs or eggs scrambled with butter.

## DAIRY / MILK GROUP:

- This food group provides:     vitamin D  
  Calcium
- SERVING SIZE: One serving =
  - 1 cup milk or yogurt
  - 1 ounce fat-free or low fat cheese
  - ½ cup cottage cheese
  - Long term post-op diet goal is 2 servings per day.
- **GOOD CHOICES:** Skim, fat-free or 1% milk. Carnation Instant Breakfast, no sugar added, made with skim milk. Yogurt that is nonfat, fat-free, or 1% lowfat plain or flavored with Nutrasweet. Nonfat, fat-free, low fat cheese such as Alpine Lace, Healthy Choice or part skim mozzarella. Nonfat cottage cheese or cream cheese.
- **BAD CHOICES:** Avoid whole or 2% low fat milk, cream, half and half, regular hot chocolate, milkshakes, frappes, chocolate drinks, eggnog, chowders made with cream, regular and 2% yogurt. Avoid all non-fat or low-fat cheeses including cheese sauces. Regular cottage cheese and sour cream.

## FATS:

This food group provides:             calories  
  fat  
  some Vitamin E

- SERVING SIZE: One serving =
  - 1 tablespoon fat-free or lowfat products
  - 1 teaspoon oil
  - 1 tablespoon peanut butter
- **GOOD CHOICES:** Fat-free or lowfat salad dressing, fat-free lowfat mayonnaise, Butter Buds, Molly McButter, nonstick cooking spray, fat-free cream cheese or sour cream. Limited amounts of Canola, olive and peanut oils as well as peanut butter.
- **BAD CHOICES:** Regular salad dressing, mayonnaise, reduced fat mayonnaise, butter or margarine, cream cheese or sour cream. Anything that does not say fat-free!

# Frequently Asked Dietary Questions:

**Why have I been requested to lose weight prior to surgery?** We require weight loss so that the size of your liver can decrease, increasing the chances of your surgery being done laparoscopically. Losing weight prior to surgery may decrease the risks of complications around the time of surgery, may allow a smaller incision and may speed recovery after surgery. Secondly, a commitment to try to lose the weight in order to help with the surgery shows a commitment on your part and ensures that you will be compliant with our dietary plan both before and after surgery, which is key to success.

**How big will my stomach be after the surgery?** About 1-2 ounces, which is approximately the size of an egg.

**Will I ever be able to eat normal foods again?** You will be able to eat regular food following the 5-6 week transitional period after surgery. The biggest difference will simply be the drastic change in meal size. After eating a few ounces, you will feel very full. Although you will have to avoid sugars and limit fats in your diet, you can otherwise eat a wide range of your favorite foods and even dine out.

**Why is protein so important in my diet after surgery?** After gastric bypass surgery, we focus on protein. Protein is essential in healing, maintaining muscle tissue and organ function.

**Why is it important for me to drink fluids after surgery.** It is important to maintain about 48-64 ounces to maintain appropriate body levels of fluid and to replace loss due to weight loss. Dehydration can make you feel very sick.

**Are there any nutritional supplements that I will have to take after this surgery?** Due to limited capacity of your stomach and the way your pouch is connected to your intestine, it is difficult to get adequate amounts of some nutrients in your diet. For those reasons, you will have to take a multivitamin with calcium every day for the rest of your life.

**After the surgery, how will I take the medications I am currently on?** Small pills or capsules can be taken as before. Oral tablets that are fairly large must be broken or crushed or alternative medications can be chosen. Speak to your surgeon regarding this.

**Why can I not eat any foods with a lot of fat and sugar after surgery?** One incident of eating these foods will answer this question for you! Sugar and fats are not tolerated well and will cause severe symptoms such as pain, nausea, heart racing, vomiting, cramps and diarrhea. This is called Dumping Syndrome. Also, they are not very nutritious and since you can only eat a limited amount, you should save room for more nutritious choices.

**When can I drive?** After the first visit back to the clinic, if you are no longer taking narcotics and feel comfortable to move.

**When can I go back to work?** As soon as you feel fit. 2-6 weeks for most desk jobs and 6-8 weeks for manual labor jobs.

**When can I start exercising?** Start walking immediately! You can start doing more strenuous exercising such as aerobics approximately 6 weeks following surgery. Avoid sit-ups until about 6 months following surgery. Listen to your body. You will know when you are ready.

**Why am I losing so much hair?** Sometimes after surgery patients will complain of hair loss. It is related to not getting enough protein or vitamins in your diet and for many, it is the body's response to rapid weight loss. You will not go bald. Your hair loss is usually not permanent and will grow back.

**What should I do if I am having constipation?** You may need to increase your fiber and fluid intake. Food records will help you quantify what you are currently consuming. If increasing fiber doesn't help, try Metamucil, milk of magnesia or diluted prune juice.

**What do I do if I have gas and bloating or diarrhea?** For the first week after surgery, it is normal to feel some cramping or diarrhea. However, later on some patients may experience these symptoms due to a sugar found in milk products called lactose. If you are intolerant to lactose, it will cause gas, bloating and diarrhea. Symptoms should resolve by switching to lactose free products.

**What do I do if I am feeling nauseous?** Watch your eating behavior. Perhaps you are eating too much, too fast or eating foods high in sugar. Discuss this with your doctor if it continues. It is very important to keep food records for the first few months to identify problem foods or amounts of food and fluids.

**Why do people often vomit after surgery?** Vomiting is not an uncommon occurrence, however it can be controlled. If you are vomiting, there are some things you should be looking for. Are you eating your food too quickly? Is the food too dry? Make sure meats are moist. If you are still having problems with meats, even if moist, leave them out of your diet and try them again in a few weeks. Drink fluids separately! Do not eat and drink at the same time. Liquids will fill you up and may cause distress, making you feel like you need to vomit.

**What could cause me to feel tightness in the middle of my chest while I am eating or right after I eat?** You may be overeating or eating too fast. Time yourself when you sit down to a meal. Remember it should take 10 minutes to consume 1 ounce of food. Keep food records of amounts and time you start and finish.

# DIETARY TERMS

**PROTEIN:** Protein is a nutrient, found in food that is needed by the body to build and repair body cells and tissue. Protein helps the body resist disease. If the body does not get enough protein from the diet, it cannot properly grow or aid in healing. The body would be more susceptible to infection if it did not get adequate protein. To improve the healing process and prevent infection, extra protein is need BOTH before and after surgery.

**SUGAR:** The gastric bypass diet must be low in sweet and sugary foods for three reasons:

1. Even in small amounts, they can make weight loss very difficult. They contain many calories that simply aren't worth the satisfaction.
2. Eating sweet or sugar foods promotes a condition called DUMPING SYNDROME that can occur while eating foods high in sugar after bypass surgery. It occurs when food passes too quickly from the stomach into the small intestine. Symptoms include profuse sweating, nausea, dizziness, weakness and diarrhea that all occur shortly after eating. Many patients state that it feels as if they are having a heart attack.
3. Most sweet and sugary foods don't provide many vitamins or minerals for the amount of calories they provide. Since calories are so limited on the gastric bypass diet, it is important that every food contribute its fair share of nutrients. Sugar simply doesn't do this. You will lack nutrients essential for your health.

A key to avoiding Dumping Syndrome is to check labels. If sugar appears as the 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> or 5<sup>th</sup> item on the ingredient list, AVOID IT. Labels are tricky and sugar is still sugar even if the name is not sugar. Learn the tricks and avoid them. Sugar can be listed as: sugar, maple syrup, honey, molasses, corn syrup, corn sweeteners, glucose, lactose, maltose, fructose, sorghum, sorbitol or mannitol. Beverages that contain sugar should be avoided at all times! Sweeteners like Sweet-N-Low, Nutrasweet, Equal, Sunett or Splenda are allowed.

**FAT:** Fat may be difficult to digest after gastric bypass surgery. Too much fat delays emptying of the stomach and may cause reflux, a back up of stomach acid and food into the esophagus that could cause heartburn. Fat may also cause diarrhea, nausea or stomach discomfort. High fat, fried foods and fatty meats are often troublesome. Fat content should be less than 20% of total calories or 4 grams per 200 calories.

**FIBER:** Fiber found in foods like bran, popcorn, raw vegetables, raw fruits (especially skins) and dried beans is allowed, but limited in this diet. There is less space in your stomach to hold these bulky foods and less gastric acid available to digest them. Some kinds of fiber get stuck in the pouch itself or block the narrow opening into the small intestine. Do not take any fiber pills or laxatives without the advice of a physician.

## SPECIAL CONSIDERATIONS

Gastric Bypass surgery creates dramatic changes in the size and shape of the stomach. It may take awhile to get used to these changes. Patients report a wide variety of complications after surgery. Some of these will go away with time, while others can be lessened with adjustment of the diet.

**NAUSEA AND VOMITING:** These are the most common complications that will occur in the first few months after gastric bypass surgery. They may occur after eating too fast, drinking liquids while you eat, not chewing enough or eating more than your new stomach can hold. It is absolutely necessary that you learn to eat very slowly and chew foods thoroughly. Nausea and vomiting can also be triggered after trying a new food. If this happens, allow a few weeks to pass before you try to eat that particular food again. This is why it is important to only try one new food at a time. Notify your physician if frequent vomiting persists despite change in eating habits.

**DEHYDRATION:** Loss of body fluids or dehydration is also an important concern, especially if vomiting or diarrhea is frequent. Prevent dehydration by drinking water or low-calorie beverages between meals, but remember that the stomach can only hold 2-3 ounces at a time.

**DUMPING SYNDROME:** Occurs when food passes too quickly from the stomach into the small intestine. Symptoms include a combination of nausea, uncomfortable fullness, cramping, diarrhea, weakness, sweating and fast heart rate. Eating very sweet or sugary foods can provoke dumping. Reduce intake of sweets and notify your physician if symptoms persist.

**FOOD INTOLERANCES:** Many patients experience food intolerances, especially to red meat, milk and high-fiber foods. Since food intolerances vary with the individual, a dietician can help with sorting out food choices to minimize symptoms.

**OVEREATING:** Almost all people who require gastric bypass surgery have had problems with overeating. The causes for this are complex involving genetics, emotions, upbringing and even the functions of the brain. None of this will change after surgery, but the size of your stomach will change. You must train yourself to eat only the amount allowed by your new stomach. Eating more than 1-2 ounces at a time can cause vomiting, expansion of the pouch, weight gain and even rupture of the stomach. Education, group support and simply being aware of yourself can help to prevent overeating and are just as important as diet to the success of the operation.

## STRATEGIES FOR EATING RIGHT:

The way you will eat is just as important as what you eat!!! Remember:

- The new stomach can hold 2-4oz at a time.
- Eat 3 to 6 small meals per day.
- Chew, Chew, Chew, Chew, Chew, Chew.....
- 60 grams of protein per day.
- Less than 20 grams of fat per day.
- Eat protein first.
- No fluids 30 minutes before or after a meal, or with meals.
- Drink about 50 ounces of water per day. Sip, don't gulp.
- No snacking between meals.
- Sit while eating.
- Take your multivitamins as directed, daily.
- Bake, broil or BBQ. Don't fry.
- Read labels.
- Use nonfat dressings, spreads and condiments.
- Avoid sweets and sugary foods.
- No alcoholic beverages.