



*Community Care*



[www.commonweight.com](http://www.commonweight.com)

## **BARIATRIC SURGERY DIET STAGES 1-5**

**Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Dietitian:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

## **SIX STEPS TO SUCCESS**

The first year after surgery is a critical time that must be dedicated to changing old behavior and forming new, lifelong habits that will control your weight. In a survey\* completed by 100 people who have had gastric bypass surgery during the past 20 years, certain changes were more likely to be associated with long-term success. These changes include:

**EATING**--Eat three well-balanced meals and two snacks per day. Your daily goal is 70-80 gram of protein intake. Prepare yourself and learn about the protein content of common meal products. Your dietitian is always available to help.

**DRINKING**--Drink water rather than juice, carbonated, sweetened, caffeinated and alcoholic beverages.

**VITAMIN SUPPLEMENTATION** -Take daily multivitamin (*see list of recommended products on last page*), calcium+vitamin D, vitamin B12 and if directed, additional vitamin D, iron, zinc and biotin.

**SLEEPING**--Sleep an average of at least 7 hours each night.

**EXERCISE**--Exercise at least four times a week for 40 minutes or more.

**PERSONAL RESPONSIBILITY**--Take personal responsibility for staying in control. Monitor weight weekly. Monitor intake to control weight.

\* SUCCESS HABITS OF LONG-TERM GASTRIC BYPASS PATIENTS  
Colleen Cook; Charles Edwards MD; Obesity Surgery, 9,1999

## PRESURGICAL DIET

Your diet is important in the months and weeks prior to surgery. Gaining weight can make the technical aspects of your surgery more difficult. Losing weight prior to surgery can significantly reduce operative complication rates. Work with your dietitian to help to establish the following behavior modifications in preparation for surgery.

1. **Always eat or drink very slowly.** Meals should be paced to last about 30 minutes even when the amount is very small. Eating too quickly after surgery may cause nausea and vomiting.
2. **Chew food thoroughly.** All food should be chewed to a mashed consistency while in the mouth. After surgery - food that is not thoroughly chewed can cause nausea and vomiting or may cause blockages in outlets.
3. **Slow down eating, take smaller bites and get used to pushing food away when you are full.** Eating larger amounts after surgery may cause vomiting, weight gain, expansion and even rupture of the stomach.
4. **Do not drink with meals, wait to drink 30 minutes before or after meals.** After surgery, drinking with your meals may overload the stomach causing nausea and vomiting, and also may cause expansion and rupture of the stomach.
5. **Drink plenty of fluids, making sure they are calorie, carbonation and caffeine free.** If you do not meet your fluids needs after surgery, the body will become dehydrated. To prevent dehydration, drink 4 -16 oz cups/bottles of water per day.
6. **Eat on the clock verses waiting for hunger.** After surgery you will not feel hungry but it will be important to eat multiple, nutrient dense meals so to maintain your nutritional needs.
7. **Avoid foods that contain a lot of sugar.** After surgery, high sugar foods include puddings, ice cream, cakes, pies, cookies, and soda. Eating these foods may cause a condition known as “dumping syndrome” which occurs when food passes too quickly from the stomach to the small intestine. Symptoms may include a combination of nausea, uncomfortable fullness, cramping, diarrhea, weakness, sweating, and fast heart rate. Reduce your intake of sweets and notify your doctor if these symptoms occur. High sugar foods are also often high in calories but contain few nutrients, and thus, may affect the nutritional adequacy of your diet and your ability to lose weight.

Please maintain a sensible diet as you await your surgery.

Significant weight gain may result in cancellation of your surgery and re-evaluation of your candidacy for surgery.

## Two Weeks before Surgery

In the final two weeks prior to surgery strict liquid protein diet is mandatory to reduce conditions such as a fatty liver, which can get in the way during surgery and can significantly increase the risk of the procedure.

Our top recommendations include the Bariatric Fusion® Meal Replacement, the Bariatric Advantage® High Protein Meal Replacements and powders, Premier Protein and the Unjury® Protein Containers.

They are available directly from the manufacturers over the internet, Amazon.com or your local Costco, BJ's, pharmacy or supermarket:

[www.bariatricfusion.com](http://www.bariatricfusion.com)

[www.bariatricadvantage.com](http://www.bariatricadvantage.com)

[www.premierprotein.com](http://www.premierprotein.com)

[www.unjury.com](http://www.unjury.com)

Do not use nutritional supplements that are not on the list unless you have checked with your Dietitian to see if other products are adequate to meet your nutritional needs.

### Preparation options for shakes

- Blend with ice-cold water or skim milk (4-6 oz to 1 scoop of protein powder), using a blender - blend the mixture for 45-60 seconds – may add ice chips or frozen berries (2-3) for last 15 seconds.
- Mix with sugar-free hot chocolate or your favorite blended soup (Pacific brand tomato, roasted red pepper or butternut squash)

## Liquid Diet

Please adhere to the following each day:

- 4-5 protein shakes
- 2-3 fruits/vegetables
- 64 oz of calorie free, caffeine free, carbonation free liquids

An example of a day of eating might look like the following:

7:30 am	protein shake with a piece of fruit
10:00 am	protein shake
12:30 pm	1 cup of cooked vegetables or 1 cup of green salad with light vinaigrette dressing or lemon juice or 1 cup of vegetable soup
3:30 pm	protein shake
6:30 pm	1-2 protein shakes and a piece of fruit
8:30 pm	sugar free product - Jell-O, popsicles, pudding

The day before surgery consume only protein shakes and after 5 pm clear liquids (water, broth, decaf tea, sugar-free juice/Gatorade, sugar-free jello, sugar-free popsicles) and consume nothing after midnight. It is of outmost importance that the stomach is completely empty at the time of surgery.

**NON-ADHERENCE TO THE ABOVE MAY RESULT IN CANCELLATION OF YOUR SURGERY!**

## **Post-Surgical Diet**

### **While in Hospital STAGE 1: WATER**

**Start:** Usually within a day after surgery

**Foods allowed:** One fluid ounce (30 cc) water per hour

**Reminders:** Please use the 1 ounce medicine cups provided to sip your water. This will help to keep you from drinking too fast.

### **While in Hospital STAGE 2: SUGAR FREE CLEAR LIQUIDS**

**Start:** Usually by noon on the day after surgery

**Foods Allowed:** One to three fluid ounces (30-90 cc) of regular broth, water, sugar-free gelatin, or sf popsicles.

**Goal:** 1 quart or 32 ounces per day

**Reminders:** Stop sipping as soon as you feel full.  
Never force yourself to finish.

### **Starts in Hospital - transitions to home STAGE 3: LOW SUGAR, PROTEIN ENRICHED LIQUIDS**

**Start:** Usually on the second day following surgery

**Duration:** **2-3 weeks or until follow-up appointment with dietitian**

**Foods Allowed:** Alternate drinking 4-6 oz of protein shake and clear liquid every waking hour from 8AM to 10PM  
Shakes – goal 4-8 oz cups per day

- those listed in pre-op phase of diet

Clear liquids – goal 48 oz in a day

- water
  - sugar-free beverages such as Crystal Light, Vitamin Water Zero, Lifewater Zero, diet Snapple juice, Propel
  - coffee or tea (preferably decaffeinated) maximum 1 per day
  - bouillon or broth
  - tomato or V-8 juice
  - sugar-free popsicles (less than 20 calories each, limit to 2 per day)
  - diluted fruit juice without added sugar
- (do not exceed 4 ounces per serving or a total of 8 ounces per day)**

**Supplements:** see list on last page  
Take each with a meal to aid absorption.

**Reminders:** Sip all liquids slowly over a 30 minute time span.  
Continue to record your food and fluid intake  
**If you cannot tolerate regular milk, try Lactaid 100 milk or Lactaid drops**

### STAGE 3: SAMPLE MEAL PLAN

Foods allowed at this time include meals of sugar-free nutritional supplements. Sugar-free clear liquids should be taken between meals. Remember to sip all liquids **slowly**.

<b>8:00 a.m.</b>	<b>4 ounces sugar-free nutritional supplement</b>
9:00 a.m.	4-8 ounces sugar-free clear liquids
<b>10:00 a.m.</b>	<b>4 ounces sugar-free nutritional supplement</b>
11:00 a.m.	4-8 ounces sugar-free clear liquids
<b>12:00 p.m.</b>	<b>4 ounces sugar-free nutritional supplement</b>
1:00 p.m.	4-8 ounces sugar-free clear liquids
<b>2:00 p.m.</b>	<b>4 ounces sugar-free nutritional supplement</b>
3:00 p.m.	4-8 ounces sugar-free clear liquids
<b>4:00 p.m.</b>	<b>4 ounces sugar-free nutritional supplement</b>
5:00 p.m.	4-8 ounces sugar-free clear liquids
<b>6:00 p.m.</b>	<b>4 ounces sugar-free nutritional supplement</b>
7:00 p.m.	4-8 ounces sugar-free clear liquids
<b>8:00 p.m.</b>	<b>4 ounces sugar-free nutritional supplement</b>
9:00 p.m.	4-8 ounces sugar-free clear liquids
<b>10:00 p.m.</b>	<b>4 ounces sugar-free nutritional supplement</b>

**STAGE 4: SOFT DIET - Starts with the direction of dietitian**

- 1) Pureed to soft foods from the list below can now GRADUALLY be added to your diet.
- 2) Six small protein dense “meals” per day. You can supplement with liquid protein supplements so to help you to reach your protein needs.
- 3.) Eat on the clock versus listening to hunger. You will not be hungry so think of a “meal” as medicine – it is not negotiable.
- 4) CHEW WELL!! The food must be almost liquefied before swallowing.
- 5) Drink in between “meals” only. Wait 20-30min after eating before drinking and stop drinking 20-30 min before a meal time.

**On WEEK 3 gradually try:**

- *Blenderized bean soups (lentil, pea, black bean)*
- *Oatmeal, grits, cream of wheat – make with milk*
- *Scrambled eggs, soft cooked eggs*
- *Cottage cheese – 2%*
- *Yogurt with fruit pieces – Greek is preferred*
- *Light white fish, such as haddock or scrod – with lemon or stewed tomatoes*
- *Tuna (do not fully drain, chop fine, mix with some mayo)*
- *Soft fruit (banana, melon, strawberries) – have with cottage cheese*
- *Soft Vegetables cooked well (skinless) – have with eggs or fish*
- *Toast or crackers – have with egg or tuna*
- *Smooth peanut butter – have with banana*
- *String cheese – part skim*

***Please remember, if you have pain or vomit after trying something new, return to liquid diet for 24 hours before resuming stage 4 diet. Don't get discouraged if you vomit after trying something new. Take a note of it and you may try it again in 2-3 weeks. I***

**STAGE 5 DIET: - 1 month after surgery / as directed by dietitian**

- Follow stage 5 diet plan provided by your dietitian to allow for a gradual adjustment
- Eat only at set meal times!
- Go slow, chew well.
- When your feel full: **STOPI!**
- If it is late during the day and you are far from completing your daily goal of 70g per day you can add an additional protein shake.
- Junk foods and sweets do not relieve hunger. Only solid foods, which fill the pouch and empties slowly, will relieve hunger.
- Pre-portion your meal, use small plate. It is OK to leave food on the plate and it may take a half an hour to finish your meal. Only eat more if you finished the portion and you are truly hungry. Do not experiment to see how much you can really eat!
- Chicken breast, pork, steak are among the most dense meat products. These may be the most difficult to consume after weight loss surgery. Leave these to the end of your progress. Always prepare them fresh and very moist (leftover from the fridge tends to be very dry typically). Take small bites and chew very well before swallowing.



## **Chewable and liquid multivitamins**

Following surgery, you will need LIFELONG vitamin replacement therapy, since an important part of the stomach is not participating in digestion and certain vitamins of vital importance will not be absorbed from food. The goal of a good regimen is to assure optimal vitamin load and a regimen as simple as possible (see the last two pages of this booklet).

### **1. Multivitamin**

**Primary recommendation:** **Bariatric Fusion® ONE Per Day Bariatric Multivitamin Capsule with 45mg IRON (1 Month Supply)** is the most affordable and easy way to get your daily bariatric vitamins in an easy to swallow capsule.

**For patients, who don't like the ONE Per Day capsule, a good alternative is the Bariatric Fusion® Complete Chewable Vitamin and Mineral Supplement. The recommended dose is 1 tablet 2 times a day for sleeve gastrectomy patients and 1 tablet 4 times a day or 2 tablets twice a day for gastric bypass patients.**

**Additional Calcium and Vitamin D supplement is not necessary with these products.**

**Alternatives (see list on last page):** *Centrum Ultra Women's Tablets, CVS Spectravite Performance Tablets, Walgreens One Daily Healthy Weight, Walgreens A to Z Active Performance or Flintstones Complete Chewable Tablets Complete.*

*Take 3 of these tablets daily.*

*The use of gummi vitamins is strongly discouraged as these do not contain the necessary iron volume and their use eventually will lead to iron deficiency!*

### **2. Chewable calcium+D (if you choose to take generic multivitamins):**

**Calcium Citrate + D chewable** 3 tablets daily - The citrate form absorbs better after gastric bypass and is preferred.

**Caltrate 600 + D chewable** 3 tablets daily.

**Viactiv Calcium +D chewable** 3 tablets daily

Later, in stage 5, non-chewable formula can be used. Active ingredients should be 600 mg calcium and least 400 IU of vitamin D per tablet.

### **3. Vitamin B12 sublingual (you place under your tongue and let it dissolve in your mouth) - 1 tablet every 3 days**

### **4. Biotin**

Biotin is a vitamin that is important for healthy hair growth. A certain degree of hair loss may happen 2-3 month following surgery, but adequate and good quality protein intake will result in restoration of good quality hair. Biotin supplementation is optional but recommended with over-the-counter preparations.

### **5. Zinc**

Similar to biotin, zinc also has a role in healthy hair growth but its supplementation is optional. The over-the-counter Cold-EEZE® Cold Remedy lozenges contain plenty of zinc gluconate and 1 lozenge a day should provide the necessary dose.

**A good option is the Bariatric Fusion® Hair, Skin, & Nails Rejuvenator.**

## Recommended Vitamin Supplements after Bariatric Surgery:



**1. ONE Per Day Bariatric Multivitamin Capsule with 45mg IRON (1 Month Supply) is the most affordable and easy way to get your daily bariatric vitamins in an easy to swallow capsule**

***ALTERNATIVE, IF YOU DON'T LIKE THE ONE-PER-DAY CAPSULE:***



***Bariatric Fusion® is a complete chewable vitamin and mineral supplement and comes in various flavors.***

- Take 1 tablet 2 times a day following sleeve gastrectomy***
- Take 1 tablet 4 times a day or 2 tablets twice a day following gastric bypass***

**+**

**2. Vitamin B12 sublingual – 1 tablet every 3-4 days**



**3. For women the Hair, Skin, & Nails Rejuvenator is strongly recommended for 6 months.**

Available from [www.bariatricfusion.com](http://www.bariatricfusion.com)

**DO NOT STOP TAKING VITAMINS WITHOUT DISCUSSING IT WITH YOUR SURGEON OR PCP. FOLLOWING WEIGHT LOSS SURGERY, LIFELONG VITAMIN REPLACEMENT IS NECESSARY TO AVOID SERIOUS HEALTH PROBLEMS!**

## ALTERNATIVE REGIMEN FROM YOUR LOCAL PHARMACY:

### 1. Select any of the multivitamins below and take one tablet three times a day



**Centrum Silver Women**



**CVS Spectravite  
Ultra Women**



**One-A-Day Womens**



**Flintstones with Iron**

### 2. Take Calcium + D supplements 3 times a day from any of the products below:



**Caltrate 600+D**



**Calcium Citrate+D**



**Viactive Calcium+D**

### 3. Take 1 sublingual Vitamin B12 (500 mcg) tablet every 3 days



**DO NOT STOP TAKING VITAMINS WITHOUT DISCUSSING IT WITH YOUR SURGEON OR PCP. FOLLOWING WEIGHT LOSS SURGERY, LIFELONG VITAMIN REPLACEMENT IS NECESSARY TO AVOID SERIOUS HEALTH PROBLEMS!**