If you have any diet related questions, please contact your dietitian through MyHealthAtVanderbilt.com or call them at 615-343-8988 (option 4).

If you need to schedule or re-schedule an appointment with the dietitian, call 615-343-8988 (option 1).
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Surgeries

Roux-en-Y Gastric Bypass (restrictive / malabsorptive):

Your new stomach will be about the size of a man’s thumb and the opening leaving the stomach will be about as wide as an index finger.

The small pouch and small outlet created by the operation will help control the feeling of excessive hunger. Changes in eating and exercise behavior will be required for weight loss and long-term weight maintenance.

Vertical Sleeve Gastrectomy (restrictive):

During this procedure, the surgeon creates a small, sleeve-shaped stomach, removing 80% the stomach. The new pouch will be between 60-120 ml. It is larger than the stomach pouch created during the Roux-en-Y Gastric Bypass—and is about the size of a banana.

The small pouch will help control the feeling of excessive hunger. Changes in eating and exercise behavior will be required for weight loss and long-term weight maintenance.

Health Benefits of Surgery

The health benefits of weight loss are many, including improvements in blood sugar, blood pressure, joint problems, breathing problems, mobility, and overall function.
The surgery is not a cure or a quick fix for obesity. Permanent changes in eating and exercise habits are CRUCIAL for long-term weight control. It is possible to regain weight after surgery if you are not careful.

Your weight loss will depend on your food choices and exercise. You can increase the rate of weight loss by choosing lean, high protein foods and limiting high calorie foods. Weight loss is the fastest in the first year. After that, expect weight loss to start to plateau.

**How much weight will I lose?**

Women, don’t expect to be a size 2. Men, don’t expect to get to a 32” waist. In reality, few people lose all of their excess body weight.

**What is excess body weight?** It is the difference between your current weight and your ideal weight for your height.

For gastric bypass, it is normal to lose 60% to 75% of your excess weight.

With the sleeve gastrectomy, you can expect to lose around 50% to 60% of your excess weight.
We recommend using the plate method as a guide to help with weight loss and creating good eating habits prior to surgery. Use a dinner plate no more than 9-10 inches in diameter.

1. **Vegetables**
   - Artichokes
   - Asparagus
   - Bean sprouts
   - Beets
   - Broccoli
   - Brussels sprouts
   - Cabbage
   - Carrots
   - Cauliflower
   - Celery
   - Cucumbers
   - Eggplant
   - Green beans
   - Greens (collard, kale, mustard, turnip)
   - Mushrooms
   - Leeks
   - Okra
   - Onions
   - Parsnips
   - Peppers
   - Radishes
   - Salad greens (lettuce, romaine, spinach, arugula, watercress, etc.)
   - Squash (summer, crookneck, zucchini)
   - Sugar snap peas
   - Tomato
   - Turnips
   - Zucchini

2. **Lean Protein**
   - Choose 3-4 ounces (deck of cards)
   - Meat
   - Chicken
   - Turkey
   - Fish
   - Shellfish
   - Eggs
   - Low-fat cheese
   - Cottage cheese
   - Tofu

3. **Starch**
   - Limit these to 1 serving
   - Fruit, ½ cup or 1 small fruit
   - Dried Fruit, 2 tbsp
   - Skim or 1% Milk, 1 cup
   - Low-Fat Yogurt, 1 cup
   - Corn, ½ cup
   - Green Peas, ½ cup
   - Potato, ½ cup or ½ medium
   - Sweet Potato, ½ cup
   - Acorn/Butternut Squash, 1 cup
   - Cooked Beans/Peas, ½ cup
   - Cereal (unsweetened), ¾ cup
   - Oatmeal, ½ cup
   - Cream of Wheat, ½ cup
   - Grits, ½ cup
   - Bread, 1 slice or 1 roll
   - Biscuit, 1 small
   - English Muffin, 1/2
   - Waffle, 1 small – 4”
   - Tortilla, 1 small – 6”
   - Pasta, ¾ cup
   - Rice, ¾ cup
   - Crackers, 5
**Important Nutrition Changes for Surgery**

Surgery is a tool for weight loss, not an easy fix. To be successful losing weight and keeping it off, you must change your eating and exercise habits. Practicing these healthy habits before surgery will make the transition much easier!

**Start by making these changes as soon as possible:**

1. **Eat 3-4 meals a day (may add snacks if necessary to meet protein goal)**
   - Do not skip meals
   - Do not “graze” or mindlessly eat between meals & planned snacks
   - Take small bites and chew thoroughly (25-30 times a bite)
   - Eat slowly, take 30-40 minutes to eat a meal
   - Measure portions (as directed on food labels)
   - Stop eating as soon as you start to feel full

2. **Include high-protein food with every meal and snack**
   - Eat protein first, then non-starchy vegetables, and finally starches (only if you have room)

3. **Avoid foods that are high in sugar or fat, including:**
   - Breaded and/or fried foods
   - High fat meat (bologna, salami, pepperoni, hot dogs, bacon, sausage, etc.)
   - Creamy sauces, soups, and dressings
   - Sweets and desserts (cakes, ice cream, frozen yogurt, cookies, candy, etc.)
   - Choose reduced fat condiments (mayonnaise, salad dressing, etc.)

4. **Drink 8 cups (64 ounces) of fluid a day**
   - Stop drinking 30 minutes before a meal, wait 30 minutes after to resume
   - Avoid carbonated beverages
   - Limit caffeine to 2 cups (16 oz.) a day
   - Choose drinks with < 10 calories per serving (EXCEPT high protein drinks)
   - Begin to eliminate ALL sodas, diet sodas, sparkling water, sugar sweetened tea, sugary coffee drinks, fruit juice and energy drinks from your diet

5. **Be physically active most days**
   - Start slowly and work your way up. The goal for sustained weight loss maintenance is at least 30-60 minutes per day, 5 days a week.

6. **Keep a food journal** and bring it to your nutrition appointments
Food Label 101

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

If the serving size is ½ cup and you eat ¼ cup, divide the rest of the information on the label by two.

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Serving Size: ½ cup (114g)</td>
</tr>
<tr>
<td>Amount Per Serving</td>
</tr>
<tr>
<td>Calories 90</td>
</tr>
<tr>
<td>% DV</td>
</tr>
<tr>
<td>Total Fat 3g</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
</tr>
<tr>
<td>Sodium 300mg</td>
</tr>
<tr>
<td>Total Carbohydrate 13g</td>
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<tr>
<td>Dietary Fiber 3g</td>
</tr>
<tr>
<td>Sugar 3g</td>
</tr>
<tr>
<td>Protein 3g</td>
</tr>
<tr>
<td>Vitamin A 80%</td>
</tr>
<tr>
<td>Calcium 4%</td>
</tr>
</tbody>
</table>

Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

<table>
<thead>
<tr>
<th>Calories</th>
<th>2,000</th>
<th>2,500</th>
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<tbody>
<tr>
<td>Total Fat</td>
<td>Less than 65g</td>
<td>80g</td>
</tr>
<tr>
<td>Sat Fat</td>
<td>Less than 20g</td>
<td>25g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>Less than 300mg</td>
<td>300mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>Less than 2,400mg</td>
<td>2,400mg</td>
</tr>
<tr>
<td>Total Carb</td>
<td>300g</td>
<td>375g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>25g</td>
<td>30g</td>
</tr>
</tbody>
</table>

Calories per gram:
- Fat 9
- Carbohydrate 4
- Protein 4

STAY BELOW 15g SUGAR PER SERVING.

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

Keep total fat to a minimum.

LIMIT FOODS THAT HAVE MORE FAT THAN PROTEIN, like the following:
- Bologna
- Sausage
- Salami
- Peanut butter
- Pepperoni
- Nuts and seeds
- Hot dogs
- Full-fat dairy
- Bacon

Protein is very important!

When looking for protein shakes or bars, choose products with 15-30 grams of protein.

A good protein source should have at least 8 grams of protein for every 100 calories.
After Gastric Bypass Surgery: How to Avoid Dumping Syndrome

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

Why Does It Happen?

Due to the Roux-en-Y surgery, foods now pass more quickly into your intestines because the valve at the end of your stomach is bypassed.

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

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

Hypoglycemia (Low Blood Sugar)

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

1. Eat 3 meals per day. Do not skip meals.
2. Include protein and carbohydrates at each and every meal.
3. Avoid sugary beverages and simple sugars (see Foods to Limit).

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

Symptoms of Dumping
- Shaking
- Sweating
- Cramping
- Diarrhea
- Weakness/Dizziness
- Rapid heart rate
- Nausea

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

Foods to Limit
- Ice cream
- Cookies/Cake/Candy
- Soda/Sweet tea/Fruit Juice
- Cold Cereal
- Crackers/Chips
- Large quantities of fruit (even in smoothies)
- Chocolate milk
- Applesauce with added sugar
- Yogurt with > 15 g sugar
- Protein shakes and bars with > 15 g sugar

Eat less than 15g of sugar at meals!
Protein

High protein intake is required for the rest of your life!

Protein is important for healing after surgery, maintaining muscle, preventing hair loss, and preventing hunger between meals. Below and on the following page are sources of protein and their protein content. Three ounces is about the size of a deck of cards.

**LEAN MEAT**

3 oz = 25 g protein

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

- Pork
  - Loin Roast
  - Tenderloin
  - Chop
  - Canadian Bacon

- Veal
  - Cutlet
  - Leg, loin
  - Rib shank
  - Shoulder

- Lamb
  - Leg roast
  - Loin chop

- Wild Game
  - Venison
  - Buffalo
  - Elk

**POULTRY**

3 oz = 25 g protein

- Chicken
- Turkey
- Ground Turkey
- Cornish hen

**FISH**

3 oz = 21 g protein

- Catfish
- Cod
- Flounder
- Halibut
- Haddock
- Mackerel
- Salmon
- Sea Bass
- Snapper
- Talapia
- Trout
- Tuna

**SHELLFISH**

3 oz = 18 g protein

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

**DELI MEATS**

3 oz = 15-21 g protein

- Ham
- Roast Beef
- Turkey
- Chicken
- Pastrami
- Prosciutto

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- Turkey
- Chicken
- Pastrami
- Prosciutto

Add meat, poultry, and fish to vegetables, salads, casseroles, soups, and scrambled eggs!
Protein

Each meal should include protein!

- Meals should include 15-30g of protein.
- Eat high protein foods FIRST.
- Protein drinks or bars may be needed between meals to achieve your protein goal.

Sneak more protein into your dishes:

- Use skim milk in place of water when cooking or add it to soups.
- Add nonfat dry milk powder or protein powder to skim milk, meatloaf, casseroles, sauces, milk-based soups, sugar-free pudding, low-sugar yogurt, hot cereals, sugar-free/fat-free shakes.
- Top soups, vegetables, and meats with low-fat cheese.
- Mix low-fat or fat-free cottage cheese in casseroles, egg dishes, and pancake batter.
- Use no-sugar-added, fat-free yogurt with fruits, milk-based beverages, or gelatin dishes; use plain yogurt to moisten casseroles and pureed meats.
- Add eggs to salads, dressings, vegetables, casseroles, and pureed meats and vegetables.
- Use beans/legumes in soups and casseroles or mash them with low-fat cheese.
- Add soy/tofu to casseroles, soups, and vegetables; blend in a shake with fruit.

DAIRY

- Milk (1 cup) 8 g
- Dried Milk (½ cup) 8 g
- Plain Yogurt (6 oz) 8 g
- Greek Yogurt (6 oz) 16 g
- Cottage Cheese (¼ cup) 7 g
- Hard Cheese (1 oz) 7 g
- Soft Cheese (1 oz) 6 g

EGGS

- 1 egg = 6 g protein
- ¼ cup egg substitute 6 g

BEANS & PEAS

- ¼ cup = 4 g protein

SOY

- Soymilk (1 cup) 5-7 g
- Tofu (¼ cup) 10 g
- Tempeh (¼ cup) 15 g
- TVP (¼ cup) 12 g

OTHER

- High Protein Cereal (1 cup) 9-13 g
- Oatmeal (¼ cup) 5 g
- Wheat Germ (2 tbsp) 4 g
- Protein Bars > 15 g
- Protein Shakes > 15 g
- Bulgur (¼ cup) 3 g
- Quinoa (¼ cup) 4.5 g
- Veggie Burger (1 patty) 10 g

LIMIT

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

Nutrition Facts
Serving Size: 1 bottle (11oz)
Servings Per Container 1

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
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<tbody>
<tr>
<td>Calories 190</td>
<td>Calories from Fat 45</td>
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<tr>
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<tr>
<td>Saturated Fat 2g</td>
<td>10%</td>
</tr>
<tr>
<td>Cholesterol 10mg</td>
<td>3%</td>
</tr>
<tr>
<td>Sodium 220mg</td>
<td>8%</td>
</tr>
<tr>
<td>Total Carbohydrate 23g</td>
<td>7%</td>
</tr>
<tr>
<td>Dietary Fiber 5g</td>
<td>20%</td>
</tr>
<tr>
<td>Sugar 13g</td>
<td></td>
</tr>
</tbody>
</table>

Protein 15g

Vitamin A 35%  ●  Vitamin C 100%
Calcium 40%  ●  Iron 10%

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

Try to keep calories around 200 or below per serving.

Sugar 13g
Stay below 15 grams for protein bars and shakes.
Stay below 5 grams for protein powders.

Protein Powders
- Unjury Whey Protein Isolate*
- Nectar Whey Protein Isolate*
- Health Wise Fruit Drinks*
- Bariatric Advantage High Protein Meal Replacement*
- Chike
- Genisoy Soy Protein Shake
- MetRx 100% Natural Whey
- Pure Protein 100% Whey
- Body Fortress Whey Protein
- EAS Myoplex Light
- EAS 100% Whey Protein
- Six Star Whey Protein
- Jillian Michaels Whey Protein
- Inspire Whey Protein Isolate
- GNC Whey Protein Isolate

Protein Bars
- Pure Protein
- Think Thin
- QuestBar
- Premier protein
- EAS Myoplex Carb Control
- EAS Myoplex Lite
- EAS AdvantEDGE Carb Control
- Atkins Advantage
- Health Wise protein bars and cookies*
- OhYeah! One
- Detour

Protein Shakes/Drinks
- Premier Protein Shake
- EAS Myoplex Lite
- EAS AdvantEDGE Carb Control
- ProJoe Coffee Drink*
- Slim-Fast Advanced Nutrition Isopure
- Ensure Active High Protein
- Boost Calorie Smart
- Boost Glucose Control
- Pure Protein Shake
- Atkins Advantage Shake
- Atkins Lift
- Muscle Milk Light

* Indicates products available for purchase in the clinic.
Fluid

Dehydration

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

Prevent Dehydration!

Try to get at least ½ to 1 cup (4-8 oz) of fluid each hour.

Dehydration Symptoms:

- Nausea
- Sluggishness
- Constipation
- Light-headedness

Beverage Ideas

- Water
- Flavored water
- Sugar-free drink mixes (Crystal Light, Kool-aid, etc.)
- MiO Liquid Water Enhancer
- Unsweet tea
- Bottled diet teas
- Decaf coffee
- Powerade Zero
- Vitamin Water Zero
- Propel Zero
- SoBe Lifewater (0 calories)
- Minute Made Diet Lemonade

Important Tips

- Keep something to drink with you at all times
- Sip beverages slowly
- No carbonated beverages
- No sugar-sweetened beverages
- Limit caffeine drinks to 2 cups per day
- Be calorie conscious. Initially you will need to drink some high protein beverages, but once you start getting protein from foods, you may begin to wean yourself off high protein drinks.

DO NOT DRINK FLUIDS WITH MEALS

Make sure to drink fluids throughout the day but stop 30 minutes before meals and wait until 30 minutes after meals to drink.

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

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

YOU WILL NEED TO TAKE SUPPLEMENTS EVERY DAY FOR THE REST OF YOUR LIFE to prevent deficiencies. For the first 4 weeks after surgery, supplements need to be chewable, liquid, powder, crushed or crumbled.

It is important to realize that vitamins and minerals help the body burn energy and convert food to energy. They also help regulate hunger and maintain a healthy metabolism.

### Multivitamin

Make sure your vitamin has:
- Thiamine
- 400 mcg folic acid
- 18 mg iron
- Zinc

![Flintstones Multivitamin](image)

### Calcium Citrate + Vitamin D

Make sure to get at least:
1200-1500 mg of calcium citrate + 1000 IU of vitamin D3 daily.

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

Calcium is taken 2-3 times a day because your body can only absorb 500-600mg at a time. Separate calcium doses by at least 2 hours.

Most of the calcium supplements at the store are calcium carbonate or phosphate, which will not be well absorbed after surgery. Make sure to read the ingredient list carefully to buy calcium CITRATE.

 Calcium and iron bind so avoid taking them together. Separate calcium and multivitamin/iron by at least 2 hours!
Multivitamin
After surgery, take 2 multivitamins a day

Chewables:
- Flintstones COMPLETE Chewable (red label)*
- Centrum Adults Under 50 Chewable (NOT Centrum Silver)
- Centrum Kids Complete Chewable
- Bariatric Advantage Multi EA*
- Bariatric Advantage Essential Multi*
- Celebrate Multi-Complete Chewable*
- OPURITY Bypass and Sleeve Optimized Multi
- ProCare Health Bariatric Chewable*

Pills:
- Centrum
  - Adults Under 50 Tablets (NOT Silver)
  - Specialist Energy Tablet
  - Specialist Prenatal Tablet
- Alive!
  - Daily Energy
  - Ultra Potency
  - Women’s Ultra Potency
- Nature Made
  - Multi Complete
  - Multi for Her
  - Multi Prenatal
- One A Day Women’s Petite

* Indicates products available for purchase in the 100 Oaks Pharmacy

AVOID:
- Gummy Vitamins (unless they have thiamin and 18mg iron)
- Men’s Vitamins
- Older Adult or “Silver” Vitamins
Calcium Citrate + Vitamin D Supplement
Take 2-3 times a day (1200-1500mg total)

<table>
<thead>
<tr>
<th>Approved Products</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pills</strong></td>
</tr>
<tr>
<td>Citracal Regular</td>
</tr>
<tr>
<td>2 pills, 2 x day</td>
</tr>
<tr>
<td>All pharmacies</td>
</tr>
<tr>
<td>Citracal Petite</td>
</tr>
<tr>
<td>3 pills, 2 x day</td>
</tr>
<tr>
<td>All pharmacies</td>
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</table>

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

<table>
<thead>
<tr>
<th><strong>Powders</strong></th>
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</thead>
<tbody>
<tr>
<td>UpCal D</td>
</tr>
<tr>
<td>1 packet, 3 x day</td>
</tr>
<tr>
<td>100 Oaks Pharmacy</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th><strong>Liquids</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Wellesse</td>
</tr>
<tr>
<td>1 tbsp, 3 x day</td>
</tr>
<tr>
<td>Walmart</td>
</tr>
<tr>
<td>Solgar</td>
</tr>
<tr>
<td>1 tbsp, 3 x day</td>
</tr>
<tr>
<td>Vitamin Shoppe</td>
</tr>
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</table>

<table>
<thead>
<tr>
<th><strong>Chewables</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Bariatric Advantage Lozenges</td>
</tr>
<tr>
<td>1 500mg lozenge, 3 x day</td>
</tr>
<tr>
<td>Bariatric Advantage Chewy Bites</td>
</tr>
<tr>
<td>1 500mg chew, 3 x day</td>
</tr>
<tr>
<td>Calcut Creamy Bites</td>
</tr>
<tr>
<td>1 500mg cake, 3 x day</td>
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</tbody>
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All are available at 100 Oaks Pharmacy or online.

**Supplement Facts**

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Servings Per Container</td>
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<td>Calories</td>
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<tr>
<td>Sodium</td>
<td>10 mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>4 g</td>
</tr>
<tr>
<td>Sugars</td>
<td>0 g</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>400 IU 100%</td>
</tr>
<tr>
<td>Calcium (elemental)</td>
<td>500 mg 50%</td>
</tr>
<tr>
<td>Sodium</td>
<td>5 mg &lt;1%</td>
</tr>
</tbody>
</table>

**INGREDIENTS:** Calcium Citrate, Polyethylene Glycol, Croscarmellose Sodium, Hydroxypropyl Methylcellulose, Magnesium Silicate, Titanium Dioxide (Color), Vitamin D3 (Cholecalciferol).

**BE SURE TO CHECK THE SERVING SIZE**
To get 500mg of calcium citrate, you would need to take 2 tablets.

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

Be sure to check the serving size.
To get 500mg of calcium citrate, you would need to take 2 tablets.
Additional Supplements May Be Needed

Vitamin B12

Many patients require a vitamin B12 supplement at some point. We will be monitoring your labs on a regular basis and will let you know if you need to add this.

Iron

Risk of iron deficiency is most common in pre-menopausal women but others can be at risk as well due to poor intake and impaired absorption.

Make sure to get 36 mg daily from your multivitamin or a separate iron supplement.

Menstruating women will need 50-100mg total iron per day.

Vitamin D

Vitamin D can be a common deficiency after surgery. Make sure you are getting at least 1000 IU of vitamin D from your calcium supplement. If not, take an additional vitamin D supplement to total 1000 IUs.

Thiamine (also known as vitamin B1)

Thiamine stores in your body deplete in 2-3 weeks. Severe deficiency can cause nausea and vomiting.

Check your multivitamin to make sure it has thiamine. Usually gummy vitamins do not.

Monitoring for Deficiencies

You will have your lab work taken at regular intervals after surgery either at Vanderbilt or with your primary care provider at your 1, 3, 6, and 12 month post-op visits and annually for the rest of your life.

Hair Loss and Supplements

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

To help reduce hair loss and help with regrowth:

- Eat enough protein
- Take your supplements
- Add 2-5 mg of biotin or take a specialty hair supplement like Biosil
- Add fish oil supplements

Kidney Patients

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

Do NOT progress your diet earlier than recommended.

For the first month after surgery, remember:
• NO M.E.A.L.S. - meat, eggs and leftovers
• NO white potatoes - including potato soup and mashed potatoes

One Month After Surgery

Soft Diet (p. 21)
Choose moist, soft foods that can be easily mashed with a fork. Take tiny bites and chew until food is consistency of applesauce.

Regular Diet (p. 25)
Reintroduce meats, eggs, shellfish and raw vegetables as tolerated. Take tiny bites and chew until food is consistency of applesauce.

WEEKS 3 & 4 After Surgery

Full Liquids (p. 18)
Pourable liquids - water, non-carbonated drinks, protein drinks, skim milk, thinned out yogurt, soups without chunks.

Clear Liquids (p. 17)
Pourable liquids - water, sugar-free and non-carbonated drinks, broth, sugar-free gelatin, sugar-free popsicles.

WEEKS 1 & 2 After Surgery

Full Liquids (p. 18)
Pourable liquids - water, sugar-free and non-carbonated drinks, protein drinks, skim milk, thinned out yogurt, soups without chunks.

Hospital Stay

Soft Diet (p. 21)
Reintroduce meats, eggs, shellfish and raw vegetables as tolerated. Take tiny bites and chew until food is consistency of applesauce.

Regular Diet (p. 25)
Choose moist, soft foods that can be easily mashed with a fork. Take tiny bites and chew until food is consistency of applesauce.

Before Surgery

Full Liquids (p. 18)
Pourable liquids - water, non-carbonated drinks, protein drinks, skim milk, thinned out yogurt, soups without chunks.

ONE DAY Before Surgery

Do NOT progress your diet earlier than recommended.
<table>
<thead>
<tr>
<th>Time</th>
<th>Food/Drink</th>
<th>Protein (g)</th>
<th>Fluid (oz)</th>
</tr>
</thead>
<tbody>
<tr>
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</tbody>
</table>

**TOTAL**

<table>
<thead>
<tr>
<th>Time</th>
<th>Supplement/Medication</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</tbody>
</table>

**TOTAL**

**ACTIVITY LOG**
Diet at the Hospital: Clear Liquids

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

Your first oral intake after surgery/once the anesthesia has worn off will be water in 1 ounce servings. Once you tolerate water without issue, you will progress to a sugar-free clear liquid diet.

You are encouraged to:

• Check your tray to be sure there are no fruit juices, carbonated drinks or anything sweetened with sugar.
• Be mindful of sipping liquids slowly.
• Rest between sips per your personal tolerance.
• Try to consume 4-8 ounces of fluid over the course of an hour while awake.
• Stop when you sense fullness or pressure.

**Sip beverages slowly** with small frequent sips. Stop if you feel full or discomfort!

**Allowed Clear Liquids**

• Water
• Sugar-free, non-carbonated beverages (i.e. Crystal light)
• Broth
• Sugar-free gelatin
• Sugar-free popsicles
• Tea
• Diet Juice (< 10 calories per serving)
Day Before Surgery and Weeks 1 & 2 After Surgery: Full Liquids

Don’t worry about meals, **focus on fluids first and then protein intake**. You do not have to separate “meals” from other fluids during this phase.

**YOUR NUMBER 1 PRIORITY IS STAYING HYDRATED!!**

Try to drink at least ½ to 1 cup (4 to 8 ounces) of liquids per hour while awake. If you are awake, you should be sipping.

Daily fluid goal is at least 64 oz.

Once you are comfortable getting your fluids in, women should aim for 50-60 grams of protein and men should aim for 70-80 grams of protein.

**Fluid sources:**
- Water
- Sugar-free, non-carbonated, low-calorie beverages
- Broth
- Sugar-free popsicles
- Sugar-free Jell-o

**Liquid protein sources:**
- High protein drinks, powders or soups
- Skim milk, 1% milk
- Yogurt, low sugar and thinned with skim milk
- Sugar-free pudding thinned with skim milk

**Sample Daily Meal Plan**

<table>
<thead>
<tr>
<th>Meal</th>
<th>Suggested Fluids</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>8-10 oz of liquid protein source</td>
</tr>
<tr>
<td></td>
<td>Slowly sip 8-10 oz of your choice of sugar free beverage</td>
</tr>
<tr>
<td>Lunch</td>
<td>8-10 oz of liquid protein source</td>
</tr>
<tr>
<td></td>
<td>Slowly sip 8-10 oz of your choice of sugar free beverage</td>
</tr>
<tr>
<td>Dinner</td>
<td>8-10 oz of liquid protein source</td>
</tr>
<tr>
<td></td>
<td>Slowly sip 8-10 oz of your choice of sugar free beverage</td>
</tr>
</tbody>
</table>

Take your time sipping all the above fluids and work at your own pace.
**Full Liquids – Approved Foods/Grocery List**

**DO NOT EAT OR DRINK ANY FOODS OR DRINKS NOT ON THIS LIST**

<table>
<thead>
<tr>
<th>Dairy</th>
<th>Serving</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk, skim or 1% (higher protein milk – Fairlife or Carbmast)</td>
<td>1 cup</td>
<td>8 g</td>
</tr>
<tr>
<td>Fat-free, low sugar yogurt – thinned with skim milk</td>
<td>6 oz</td>
<td>8 g</td>
</tr>
<tr>
<td>Greek yogurt - low sugar, no chunks &amp; thinned with skim milk</td>
<td>6 oz</td>
<td>16 g</td>
</tr>
<tr>
<td>Non-fat milk powder (add to liquids)</td>
<td>1/3 cup</td>
<td>8 g</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Protein Drinks (see page 9)</th>
<th>Serving</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein powders (15 – 30 g protein, &lt; 5 g sugar)</td>
<td>1 serving</td>
<td>15 – 30 g</td>
</tr>
<tr>
<td><strong>Whey protein isolate is best</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ready-to-drink protein shakes (15 – 30 g protein, &lt; 15 g sugar)</td>
<td>1 serving</td>
<td>15 – 30 g</td>
</tr>
<tr>
<td>No Sugar Added Carnation Instant Breakfast</td>
<td>1 packet</td>
<td>5 g</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Soups</th>
<th>Serving</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Broth, bouillon, consommé, strained broth-based soup, strained low-fat cream soups made with water or skim milk (pourable, without chunks).  <strong>NO potato or bean soups.</strong></td>
<td>Varies</td>
<td>Varies</td>
</tr>
<tr>
<td>High protein soup mixtures – Proti DIET, Bariatric Choice, BariWise, Pantry Selections (pourable, without chunks)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Other</th>
<th>Serving</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sugar-free gelatin / Jell-O</td>
<td>1/2 cup</td>
<td>1 g</td>
</tr>
<tr>
<td>Sugar-free popsicles</td>
<td>1 popsicle</td>
<td>0 g</td>
</tr>
<tr>
<td>Sugar-free pudding (thinned with skim milk)</td>
<td>1/2 cup</td>
<td>4 g</td>
</tr>
<tr>
<td>Sugar-free drinks such as Crystal light</td>
<td>1 cup</td>
<td>0 g</td>
</tr>
<tr>
<td>Unsweetened or artificially sweetened decaf tea or coffee</td>
<td>1 cup</td>
<td>0 g</td>
</tr>
<tr>
<td>Low calorie beverages (&lt; 10 calories per 8 ounces)</td>
<td>1 cup</td>
<td>0 g</td>
</tr>
<tr>
<td>Diet V8 Splash</td>
<td>1 cup</td>
<td>0 g</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Sugar-free drink suggestions</th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Crystal Light</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lemonade Light</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Unsweet tea</td>
<td></td>
<td></td>
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<tr>
<td>Hint</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Crystal Light</th>
<th>Prop</th>
<th>Powerade Zero</th>
<th>Mio</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sugar-free Kool Aid</td>
<td>Sugar free Kool Aid</td>
<td>Fruit 20</td>
<td>Powerade Zero</td>
<td>Mio</td>
</tr>
<tr>
<td>Decaf coffee</td>
<td>Crystal Light Pure</td>
<td>Bai</td>
<td>Vitamin Water Zero</td>
<td>Nestle Splash</td>
</tr>
</tbody>
</table>
Full Liquids – Protein Drink Ideas

Chocolate flavored protein powder
Add to milk – tastes like chocolate milk
Add to warm decaf coffee – tastes like a mocha
Add to sugar free banana pudding thinned with milk – for a creamy chocolate/banana flavor

Vanilla flavored protein powder
Add to milk – old fashioned custard taste
Add to warm decaf coffee – for a rich creamer taste
Add to sugar free orange beverages – for a dreamsicle/creamsicle flavor

Unflavored protein powder
Add to any sugar-free beverage
Add to warm soup
Add to sugar free pudding or yogurt to increase protein

Chicken soup flavored protein powder
Add to warm (about 130 F) water – tastes like chicken soup broth or cup-of-soup

Strawberry, Banana or Orange flavored protein powder
Add to milk – for a creamy taste
Add to water – for a lighter fruity flavor
Add to vanilla yogurt or sugar free pudding – for a fruit and cream flavor

You can also mix different protein powders to change flavors!
Peanut butter flavored protein powder or PB2 & Chocolate
Banana & Peanut butter flavored protein powder or PB2 /Chocolate
Vanilla & Strawberry/Banana /Orange
Chocolate & Strawberry
Latte & Chocolate/Vanilla
Add Lemonade or Peach flavored protein powder to unsweet tea
**NO regular peanut butter, only powder
Weeks 3 & 4 After Surgery: Soft Diet

Allowed Foods
Choose moist, soft foods that can be mashed with a fork. Protein options include fish, tofu, beans, yogurt, cottage cheese, protein powders/drinks.

Your Plate:

- **75%** Protein
- **25%** Vegetables & Fruit

Nausea and Vomiting
Swallowing a chunk of food may cause you to have pain, nausea, or vomiting. If the food stays down, the pain will persist until the chunk is able to pass through the stomach opening.

Take the following steps to avoid discomfort with eating:

1. **Take tiny bites**
   - Use baby or toddler size utensils to help reduce the size of your bites.

2. **Chew well**
   - Chew foods to an applesauce consistency before swallowing.

3. **Eat Slowly**
   - Meals should take you 30-40 minutes to eat. Try putting your utensil down between bites. **Make sure to stop when you feel the first hint of fullness.**
   - Do not take longer than 40 minutes to eat a meal because you could end up consuming more calories than needed.

Eat protein first! Limit all other foods until you are comfortably consuming at least 50 g protein per day.

There should be 3-6 “eating times” a day.
- Start with 3 eating times per day. Increase as needed for true hunger or to meet protein goals.
- Each meal should be no larger than 1/2 cup.
- Start separating fluid from meals and remember to sip on fluids between meals.
- Protein shakes will likely still be necessary to help you reach protein goals.

FOODS TO AVOID ON THE SOFT DIET
- All meat/poultry – chicken, beef, pork, turkey
- Eggs
- Nuts or seeds, peanut butter
- Fruit or vegetables with tough skins
- White potatoes
- Raw vegetables
### Soft Foods – Approved Foods/Grocery List

**DO NOT EAT OR DRINK ANY FOODS OR DRINKS NOT ON THIS LIST**

<table>
<thead>
<tr>
<th>Dairy</th>
<th>Serving</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk, skim or 1% (higher protein milk – Fairlife or Carbmest)</td>
<td>1 cup</td>
<td>8 g</td>
</tr>
<tr>
<td>Non-fat milk powder (add to liquids or soft foods)</td>
<td>1/3 cup</td>
<td>8 g</td>
</tr>
<tr>
<td>Fat-free or low-fat, low sugar yogurt</td>
<td>6 oz</td>
<td>8 g</td>
</tr>
<tr>
<td>Fat-free or low-fat, low sugar Greek yogurt</td>
<td>6 oz</td>
<td>16 g</td>
</tr>
<tr>
<td>Fat-free or low-fat cottage cheese</td>
<td>1/4 cup</td>
<td>7 g</td>
</tr>
<tr>
<td>Fat-free or low-fat ricotta cheese</td>
<td>1/4 cup</td>
<td>7 g</td>
</tr>
<tr>
<td>Fat-free or low-fat shredded cheese</td>
<td>1/4 cup</td>
<td>7 g</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Protein Drinks (see page 9)</th>
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<td>1 serving</td>
<td>15 – 30 g</td>
</tr>
<tr>
<td><strong>Whey protein isolate is best</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ready-to-drink protein shakes (15 – 30 g protein, &lt; 15 g sugar)</td>
<td>1 serving</td>
<td>15 – 30 g</td>
</tr>
<tr>
<td>No Sugar Added Carnation Instant Breakfast</td>
<td>1 packet</td>
<td>5 g</td>
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<thead>
<tr>
<th>Fish &amp; Protein</th>
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</thead>
<tbody>
<tr>
<td>Fish (baked, broiled, grilled, or boiled)</td>
<td>1 oz</td>
<td>7 g</td>
</tr>
<tr>
<td>Light tuna, left in water or with light mayonnaise</td>
<td>1/4 cup</td>
<td>10 g</td>
</tr>
<tr>
<td>Tofu</td>
<td>1/4 cup</td>
<td>5 g</td>
</tr>
<tr>
<td>Fat-free refried beans or other cooked and mashed beans</td>
<td>1/4 cup</td>
<td>4 g</td>
</tr>
<tr>
<td>** It is NOT recommended to eat beans from any restaurant</td>
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<tr>
<td>** Thin beans out with broth so are not too thick</td>
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<tr>
<td>Soy protein crumbles (i.e. Morningstar or Boca - in freezer)</td>
<td>1/4 cup</td>
<td>5 g</td>
</tr>
<tr>
<td>** All fish should be moist (not dry or overcooked); NO shellfish</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Soups</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Broth, bouillon, consommé, broth-based soup, low-fat cream soups</td>
<td>Varies</td>
<td>Varies</td>
</tr>
<tr>
<td>made with water or skim milk</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Soups with fish or beans</td>
<td>1 cup</td>
<td>8 g</td>
</tr>
<tr>
<td>High protein soup mixtures – Proti DIET, Bariatric Choice, BariWise,</td>
<td>Varies</td>
<td>Varies</td>
</tr>
<tr>
<td>Pantry Selections (pourable, without chunks)</td>
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<table>
<thead>
<tr>
<th>Vegetables</th>
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<tbody>
<tr>
<td>Any vegetable (cooked tender)</td>
<td>1/4 cup</td>
<td>&lt; 1 g</td>
</tr>
<tr>
<td>× Avoid vegetables with tough skins, fried vegetables, and raw</td>
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<td></td>
</tr>
<tr>
<td>vegetables</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vegetable juice or Diet V8 Splash</td>
<td>1 cup</td>
<td>0 g</td>
</tr>
</tbody>
</table>
# Soft Foods – Approved Foods/Grocery List

**DO NOT EAT OR DRINK ANY FOODS OR DRINKS NOT ON THIS LIST**

## Fruit

<table>
<thead>
<tr>
<th>Serving</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oatmeal made with skim milk</td>
<td>7 g</td>
</tr>
<tr>
<td>Grits or cream of wheat made with skim milk</td>
<td>4 g</td>
</tr>
<tr>
<td>Sweet potato, cooked and mashed (limit to 1/4 cup per day)</td>
<td>1 g</td>
</tr>
<tr>
<td>Diet fruit juice</td>
<td>7 g</td>
</tr>
</tbody>
</table>

- Avoid dried fruits, hard fruits, and skins of fruit
- Avoid regular fruit juice

## Grains/Starches

<table>
<thead>
<tr>
<th>Serving</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oatmeal made with skim milk</td>
<td>7 g</td>
</tr>
<tr>
<td>Grits or cream of wheat made with skim milk</td>
<td>4 g</td>
</tr>
<tr>
<td>Sweet potato, cooked and mashed (limit to 1/4 cup per day)</td>
<td>1 g</td>
</tr>
<tr>
<td>Diet fruit juice</td>
<td>7 g</td>
</tr>
</tbody>
</table>

- Avoid breads, pasta, rice, sugary cereals, granola, biscuits, cornbread, popcorn, white potatoes

## Fats

- Choose low-fat and fat-free products whenever possible
- Limit 0 g

## Other

<table>
<thead>
<tr>
<th>Serving</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sugar-free gelatin / Jell-O</td>
<td>1 g</td>
</tr>
<tr>
<td>Sugar-free popsicles</td>
<td>0 g</td>
</tr>
<tr>
<td>Sugar-free pudding</td>
<td>4 g</td>
</tr>
<tr>
<td>Sugar-free drinks such as Crystal light</td>
<td>0 g</td>
</tr>
<tr>
<td>Unsweetened or artificially sweetened decaf tea or coffee</td>
<td>0 g</td>
</tr>
<tr>
<td>Low calorie beverages (&lt; 10 calories per 8 ounces)</td>
<td>0 g</td>
</tr>
<tr>
<td>Diet V8 Splash</td>
<td>0 g</td>
</tr>
</tbody>
</table>

## Sugar-free drink suggestions

- Crystal Light
- Lemonade Light
- Unsweet tea
- Hint
- Propel
- Sugar free Kool Aid
- Decaf coffee
- Dasani Drops
- Powerade Zero
- Fruit 20
- Crystal Light Pure
- Bai
- Mio
- Vitamin Water Zero
- Diet Snapple
- Nestle Splash
# Soft Foods – Sample Menus

Meals are about ½ cup in size and protein foods are at least 75% of the meal.

## Sample Menu 1

<table>
<thead>
<tr>
<th>Time</th>
<th>Description</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>1 container low fat/low sugar Greek Yogurt</td>
<td>15 g</td>
</tr>
<tr>
<td>Lunch</td>
<td>4 oz (½ cup) tuna with low-fat mayo and few drops of relish juice</td>
<td>20 g</td>
</tr>
<tr>
<td>Dinner</td>
<td>½ cup cooked beans with 1-2 tablespoons low fat shredded cheese</td>
<td>10 g</td>
</tr>
<tr>
<td>Between Meals</td>
<td>1 protein drink of your choice mixed with 8 oz of fluid</td>
<td>15-30 g</td>
</tr>
</tbody>
</table>

## Sample Menu 2

<table>
<thead>
<tr>
<th>Time</th>
<th>Description</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>½ cup low-fat cottage cheese</td>
<td>14 g</td>
</tr>
<tr>
<td></td>
<td>1-2 tablespoons chopped canned peaches (canned in own juice, not syrup)</td>
<td>0 g</td>
</tr>
<tr>
<td>Lunch</td>
<td>½ cup low fat ricotta cheese</td>
<td>13 g</td>
</tr>
<tr>
<td></td>
<td>1-2 tablespoons marinara sauce and grated parmesan cheese</td>
<td>0 g</td>
</tr>
<tr>
<td>Dinner</td>
<td>2-3 oz poached /steamed/baked tilapia</td>
<td>14-21 g</td>
</tr>
<tr>
<td></td>
<td>¼ cup soft cooked vegetables (i.e. green beans, carrots)</td>
<td>&lt;1 g</td>
</tr>
<tr>
<td>Between Meals</td>
<td>1 protein drink of your choice mixed with 8 oz of fluid</td>
<td>15-30 g</td>
</tr>
</tbody>
</table>

## Sample Menu 3

<table>
<thead>
<tr>
<th>Time</th>
<th>Description</th>
<th>Protein</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>½ cup higher protein oatmeal made with skim milk and ½ scoop vanilla or unflavored protein powder</td>
<td>17 g</td>
</tr>
<tr>
<td>Lunch</td>
<td>½ cup low-fat cottage cheese</td>
<td>18 g</td>
</tr>
<tr>
<td></td>
<td>1-2 tablespoons of low-fat shredded cheese</td>
<td></td>
</tr>
<tr>
<td>Dinner</td>
<td>½ cup soy protein crumbles mixed with taco seasoning</td>
<td>9 g</td>
</tr>
<tr>
<td></td>
<td>1-2 tablespoons salsa or low fat sour cream</td>
<td>0 g</td>
</tr>
<tr>
<td>Between Meals</td>
<td>1 protein drink of your choice mixed with 8 oz of fluid</td>
<td>15-30 g</td>
</tr>
</tbody>
</table>

56 oz calorie-free beverages
Advance to Regular Diet as Tolerated
At one month, you can add back in solid foods, but it is still best to stick with moist and tender foods. You may now begin eating:
- Meats, eggs and shellfish
- Raw vegetables and salads
- Small amounts of nuts or seeds

Follow these guidelines to lose weight
The operation is not a cure. To be successful, you must change your eating and exercise habits for life! To maximize your weight loss and limit the risk of regaining weight, follow these tips:
- Avoid grazing between meals
- Avoid high calorie foods, drinks, and desserts
- Don’t drink with eating or too soon after eating
- Avoid eating too much food at one time

Your Plate:

3oz protein

2 tbsp starch

½ cup non-starchy vegetables or fruit

Guidelines to follow:
1. Eat only 3-4 meals/snacks per day
   It’s ok to have additional protein snacks to meet goal. Avoid mindless eating – listen to your body and eat for hunger. Do not eat because you are stressed, bored, “because it’s there,” etc.

2. Meals should contain 3 oz. or 15-30g of protein.
   Begin adding vegetables and fruit to meals once able to meet protein goal.

3. Keep portions small
   Total meal should not exceed 1 cup in size.

4. Fully separate eating and drinking
   Stop drinking 30 minutes before a meal and wait to drink until 30 minutes after. Drinking fluids with meals limits the amount of protein you eat at a meal and can make the food come back up or go through the pouch too quickly.

5. Eat slowly and chew well
   Meals should take you 30-40 minutes to eat. Try putting your utensil down between bites. Stop eating before you feel uncomfortably full.

6. Have a plan
   Think through your day and what your meals will be ahead of time whenever possible. ALWAYS have your healthy foods and drinks available to you.
Regular Diet – Sample Meals

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

**Breakfast**
2 of “Shelly’s Ham & Cheese Breakfast Bites” from [www.theworldaccordingtoeggface.blogspot.com](http://www.theworldaccordingtoeggface.blogspot.com)
1 cup Kashi GoLean cereal with ½ cup skim milk and ¼ cup blueberries
1 packet Weight Control Oatmeal prepared with ½ cup skim milk
2 eggs with ½ cup fruit or 1 tablespoon of shredded cheese
1 container of Greek yogurt (Try Fage, Chobani or Oikos. Keep sugar less than 15 grams per serving.)

**Lunch**
2 oz sliced turkey or roast beef with lettuce, tomato, and 1 Tbsp mayo or mustard on Flat sandwich bread
Greek salad → handful of salad greens with 2-3 oz chicken, 1 Tbsp feta cheese, 5 olives, sliced red onions and 1 Tbsp greek dressing
Asparagus Egg and Bacon Salad from [www.skinnytaste.com](http://www.skinnytaste.com)
½ can tuna or boiled egg mixed with low-fat mayo, relish, and/or mustard with 4 whole wheat crackers and ½ cup fruit
1 cup chili made with beans, ground meat, and tomatoes
1 cup cottage cheese with fresh fruit or tomatoes
1 cup lettuce salad with 3 oz grilled chicken, low fat dressing

**Dinner**
Thai Chicken Peanut Lettuce Tacos from [www.skinnytaste.com](http://www.skinnytaste.com)
3 oz baked chicken breast with ½ cup string beans and 1/3 cup quinoa
Taco salad → handful of salad greens with 3 oz seasoned taco meat, 2 Tbsp low-fat shredded cheese, ¼ cup black beans, and ¼ cup fresh salsa
Naked Salmon Burgers with Sriracha Mayo from [www.skinnytaste.com](http://www.skinnytaste.com)
Shelly’s Double Dip Chicken Casserole from [www.theworldaccordingtoeggface.blogspot.com](http://www.theworldaccordingtoeggface.blogspot.com)
4 oz grilled chicken or fish, ¼ cup vegetable, ¼ cup mashed potatoes
½ cheeseburger (no bun), ½ cup side salad with low fat dressing
1 cup lentil soup, ½ cup side salad with low fat dressing
1 cup beef stew with carrots and potatoes
½ cup meat balls with tomato sauce, 1/2 cup vegetable
Regular Diet – Sample Snacks

Remember to include protein. It’s important to plan ahead and have healthy snacks available for times when meals are too far apart.

**Snacks**

Low fat mozzarella cheese stick or Light Babybel cheese
2 slices of deli meat rolled with 1 slice low-fat cheese
¼ cup cottage cheese with ¼ cup fruit
¼ cup hummus with veggie sticks
1 hardboiled egg or a healthy deviled egg recipe (using low-fat mayo)
¼ cup dry roasted edamame or soy nuts
Protein bar (less than 200 calories, 15-25 grams protein, less than 15 grams sugar)
Beef jerky or turkey jerky
½ Apple with 1 Tbsp of nut butter
½ Apple with 1 oz of Cheese
3 inches banana with 1 Tbsp of nut butter
¼ cup Hummus with raw vegetables
½ cup Greek yogurt
Cautious Eating After Surgery

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

Avoid Overeating

Eating too much food at a meal can cause discomfort, vomiting and your stomach to stretch (which can lead to weight regain). In very rare cases, extreme overeating may cause your pouch to rupture. To prevent overeating, try:

- Limiting meal size to ½ cup initially and work up to ¾ to 1 cup as tolerated
- Portioning out meals using measuring cups/spoons or diagrams
- Stopping when you are full or when you have finished the small portion of food you have placed on your plate – whichever comes first. Do not eat until you feel as if you are too full to eat another bite.
- Use small/toddler sized utensils or chopsticks

Prevent Vomiting

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

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

Other Tips

Eat in a relaxed atmosphere

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

Limit chewing gum

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

Avoid Carbonated Beverages

Do not drink carbonated beverages (even sugar-free) because the gas caused by carbonation can cause you distress and may stretch your stomach pouch permanently.

If food feels like it’s stuck

- Sit up straight
- Walk to help it move through
- Try a chewable papaya enzyme to help break it up
After surgery, some food can be uncomfortable to eat (particularly those that are dry, sticky, gummy, or stringy). Each individual responds differently to particular foods and most people discover which foods are best tolerated by trial and error.

Although some intolerances are permanent, most resolve with time. Possible intolerances include:

### MEATS
- Red meat
- Pork
- Poultry (if dry)
- Shellfish

Try moist cooking methods such as boiling, pressure cooking, or using a slow cooker/crock pot.

### VEGETABLES
- Raw vegetables
- Cooked vegetables with tough skins
- Stringy vegetables (celery, asparagus)
- Gaseous vegetables (broccoli, cauliflower, cabbage, Brussel sprouts)

### FRUIT
- Fruit with tough skin
- Dried fruit
- Hard fruit
- Citrus fruit

### BREAD
- Dense bread
- Bagels
- Pasta
- Biscuits

### BEANS/NUTS/SEEDS
- All nuts and seeds
- Legumes or beans
- Chunky peanut butter

### MILK
If you become lactose intolerant, try sweet acidophilus milk, Lactaid milk, Dairy Ease, or calcium-fortified soymilk.

### OTHER FOOD
- Chili or spicy food
- Fried or high fat food
- Sweets or sugary food
General Guidelines for Healthy Eating

Eat a well-balanced diet

Because the quantity of food is very limited, it is important to eat nutrient dense foods (e.g. lean meats/protein, low-fat milk products, vegetables, whole grain products) and a variety of foods.

Although the volume of food you eat will increase over the first 4-6 months, it will never return to “normal.”

Eat in a consistent meal pattern - at least 3x daily

Don’t skip meals! Plan your meals to avoid becoming malnourished. Have back up options in place.

Don’t mindlessly eat between meals. Munching on food between meals can slow your weight loss or lead to weight gain. Planned protein snacks are ok as needed to meet protein goals, for true hunger, or if there are long time gaps between meals.

Eat Protein First

You need protein at each meal to make sure you are getting enough during the day. Including protein at meals will also keep you from becoming hungry between meals.

Limit Restaurant Food

Restaurant food is almost always high in calories and large in portion. Avoid dining out often to maximize weight loss. Most restaurants have nutrition information available online. Check menus ahead of time so you can look for healthy options.

Avoid Alcohol After Surgery

It is recommended that you avoid alcohol after surgery because:

• it is high in calories, dehydrating, and has no nutritional value.
• it may reduce maximal weight loss success.
• it is rapidly absorbed after surgery and sensitivity (tolerance) levels are reduced
• it may increase your body’s needs for certain nutrients

Avoid alcohol for the first 6 months after surgery. If you choose to drink, do so in moderation (1 drink, 1-4 times a year). Once again, your tolerance will likely be very low, so be careful trying alcohol again.

High Protein Breakfast Ideas

• Eggs
• Omelet or Quiche
• Low-fat yogurt or Greek yogurt
• High protein oatmeal made with skim milk
• Cream of wheat with added unflavored protein powder
• Grits with added unflavored protein powder
• Low-fat cottage cheese
• Beef jerky
• Special K Protein Plus cereal
• Kashi GoLean Original cereal
• Canadian Bacon
• Low-fat string cheese
• Scrambled tofu
• Vegetarian sausage patties
• Protein bar
• Protein shake
Physical Activity

Exercise will enhance weight loss, tone muscles, reduce loss of muscle mass and aid in maintenance of weight loss.

Other benefits of regular physical activity, include:

- Decreasing your risk of chronic disease
- Having more energy
- Sleeping better
- Improving your self-esteem

Exercise should be approved by your physician and included in your daily routine.

START SLOWLY (even just 1-2 minutes) and progress to 60 minutes at least 5 days per week.

Increase Activity in Your Daily Routine!

Try to incorporate movement of any kind into your daily routine. Making small changes to increase physical activity can improve your health. For example:

- Park further away in the parking lot and walk
- March in place during TV commercials
- Take a flight of stairs instead of the elevator

Recommended Activities

Walk outside, in a mall, on a treadmill

A recumbent bike may be more comfortable initially

Water Aerobics or swimming

Weight lifting can help you rebuild some of the muscle that is normally lost with large weight loss.

Dancing
# Resources

## Information About Surgery
- www.VanderbiltSurgicalWeightLoss.com
- www.bariatricedge.com
- www.ASMBS.org

## Protein and Supplements
- www.bariatriceating.com
- www.dietdirect.com
- www.unjury.com
- www.bariatricadvantage.com
- www.celebratevitamins.com
- www.mybariatricpantry.com

## Online Diet Trackers
- www.fitday.com
- www.calorieking.com
- www.sparkpeople.com
- www.thedailyplate.com
- www.myfitnesspal.com

## My Health At Vanderbilt
- www.myhealthatvanderbilt.com

## Smart Phone Apps
- My Fitness Pal
- Lose It
- Baritastic
- Spark People
- MyPlate Calorie Tracker
- Fooducate

## Online Support Groups
- www.obesityhelp.com
- www.thinnertimesforum.com
- www.beforeandafterhelp.com
- Vanderbilt Center for Surgical Weight Loss Facebook page

## Protein and Supplements
- www.bariatriceating.com
- www.dietdirect.com
- www.unjury.com
- www.bariatricadvantage.com
- www.celebratevitamins.com
- www.mybariatricpantry.com

## Online Diet Trackers
- www.fitday.com
- www.calorieking.com
- www.sparkpeople.com
- www.thedailyplate.com
- www.myfitnesspal.com

## Recipe Websites
- bariatriceating.com/BERecipes
- theworldaccordingtoeggface.blogspot.com
- myrecipes.com/healthy-diet/
- www.cookinglight.com
- sparkpeople.com/resource/recipes.asp