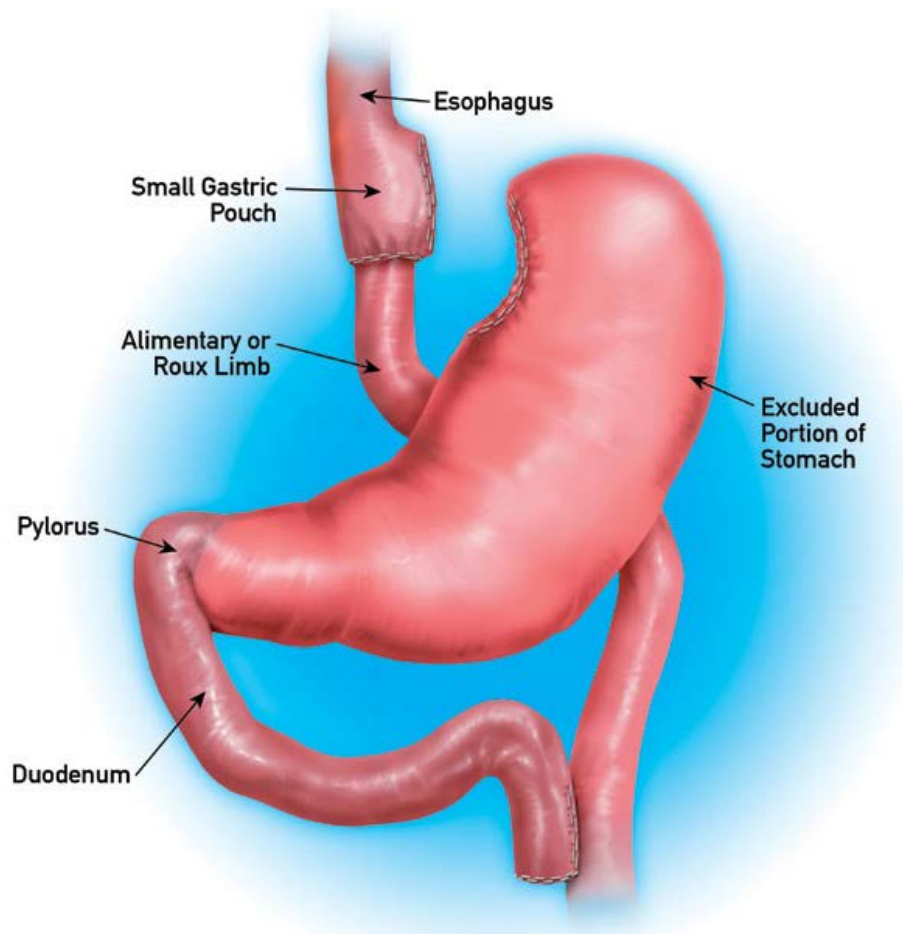




Phoebe Bariatrics - Americus

Nutritional Guidelines for the Gastric Bypass Surgery



Ashley D Stewart RD, LD
apatterson@phoebehealth.com
229-931-4975

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AN INTRODUCTION TO THE GASTRIC BYPASS DIET PROGRESSION

This booklet has been designed to help you, your family and your friends learn about the nutritional guidelines for gastric bypass.

In order to be successful at losing weight and keeping it off, you must learn how to modify your eating behavior permanently. The goal of gastric bypass surgery is to help you change your eating habits in order to promote weight loss and weight maintenance. The surgery is only part of the treatment. Your commitment to a healthy diet is the most vital part of the treatment. The diet you follow after surgery and for the rest of your life will determine your ability to control your weight.

Slow down your eating

Eating slowly is very important after you have your surgery. If you eat too quickly, you may experience abdominal discomfort, abdominal pressure, or you may vomit. Start to become aware of eating patterns before surgery and modify your pace of eating. Try some of these tips to help slow yourself down:

- Allow 30 minutes minimum for mealtimes. Right after your surgery, you may need up to 60 minutes to consume one meal. Do not take more than one hour to consume a meal, as this may result in grazing.
- Take small bites and chew food to a liquid consistency before swallowing.
- Chew each bite 22 times. “Chew for 22”
- Savor each bite. Pay attention to flavors, textures, and consistency.
- Set your utensils down in between bites.
- Make a reminder sign that says EAT SLOWLY to remind you to do so.

Keep a food log

- Write down the amount of food and fluid you drink in your food record as you are eating.
- Take note of how you feel when eating and drinking. Stop when you feel full.

Gastric Bypass Diet Progression

You are usually in the hospital for 2-3 nights following the gastric bypass. Your diet will progress through 4 different stages over the course of the next few months.

Before Surgery: What to Buy

- Beverages that are sugar-free, calorie-free, and non-carbonated, such as ----
- Water, Crystal Light, Fruit2O, Diet Snapple
- A high-protein, low-sugar shake (see Stage 2 for examples)
- Food scale (Walmart; Bed, Bath and Beyond; Amazon.com; Target)
- Measuring cups and spoons

Diabetic Patients

Diabetic patients must be aware to monitor their blood glucose levels carefully once they begin the pre-op surgery diet. Low-carbohydrate diets can alter insulin production and affect medication dosages. If you have diabetes, make sure you talk to your doctor about any questions or concerns you have during this time.

Do NOT Splurge!

This is not the time to splurge on your diet, rather it is the time to show that you are serious about improving your health and committed to making the changes necessary to do so. Your mindset and behaviors should be focused on preparing for the upcoming surgery.

Indulging in unhealthy foods as you approach your surgery date will enlarge your liver and make surgery more difficult. In some cases, a surgeon will cancel or postpone a scheduled operation. It is absolutely necessary that you follow the pre-op liver shrinking diet guidelines discussed with your dietitian and bariatric team.

Stage 1: Clear Liquids

Start: Day One Postoperatively

- The first day you are allowed fluids while in the hospital after swallow study

Estimated Duration: 1 day

Diet Instructions: Two to four ounces of sugar-free, calorie-free, non-carbonated, non-caffeinated liquids per hour

Clear liquids include:

Water

Fat-free/Low-fat Broth/Bouillon

Diet Snapple

Crystal Light

Sugar-free Jell-O

Fruit2O

Propel

Any other unsweetened or artificially sweetened beverage

- Equal (Aspartame), Sweet & Low (Saccharin), Splenda (Sucralose), Purevia and Truvia (Stevia) are acceptable.
- Try to limit sugar alcohols. When looking at the ingredient label, they typically end in “ol”,
 - example: mannitol, malitol, sorbitol. Sugar alcohols can cause gas, abdominal pain, and diarrhea.

Fluid Goal: 1-4 oz per hour (a minimum of 28-32 oz/day is encouraged)

Protein Goal: None

Important Information:

- Stop sipping as soon as you feel full or if you have any nausea/vomiting.
- Use 1-ounce medicine cups to help prevent you from drinking too fast.
- Carbonation will cause abdominal distention or discomfort – **AVOID CARBONATED BEVERAGES.**

- Be cautious with straws. They may introduce air into your system and cause abdominal distention or discomfort; however, some patients report straws help them meet their fluid goal.
- Avoid chewing gum as it may introduce air into your system and cause abdominal distention or discomfort.
- In addition, if the gum is accidentally swallowed it may obstruct your pouch.
- Avoid gulping; it introduces air into your system and may cause gas pains.
- Juices should be avoided. They are too high in sugar and calories and may slow down weight loss
- Write down the amount of fluids you drink on a food record and include the time of day.

Stage 2: Protein Shakes

Start: Day 2 post operatively

Estimated: 21 days

Diet Instructions: Consume 65-75 (females) or 75-85 (males) grams of protein per day

Recommended Protein Shakes (contain lactose)

- Carnation Instant Breakfast – No Sugar Added (blue box) (Winn Dixie, Harvey's, Walmart)
 - ~mix with 1%, skim milk or fairlife milk~
- EAS Advant Edge Carb Control (Target)
- Designer Whey (CVS, Target, Walmart, Walgreens)
- Syntrax Matrix (Vitamin Shoppe)
- Bariatric Advantage High Protein Meal Replacement (www.bariatricadvantage.com)
- Body Fortress Whey Protein Powder (Wal-Mart)

Recommended Protein Shakes (lactose-free)

- Syntrax Nectar (Vitamin Shoppe)
- Muscle Milk Light
- Isopure- clear protein drink (Vitamin Shoppe)
- Unjury (www.unjury.com)
- Boost Glucose Control
- Bariatric Advantage
- Premier
- GNC lean shake
- Core Power Lite

Fluid Goal: At least 64 oz (8 cups) of sugar-free, calorie-free, non-carbonated liquid per day. You may use half of your protein shakes total volume toward your fluid intake. Ex. 64 oz protein shakes – 32 oz= 32 oz (4 cup) fluid goal

- Water
- Crystal Light
- Sugar free Popsicles
- Fruit20

- Sugar free Jell-O
- Propel
- Fat-free/low-fat broth/bouillon
- Powerade 0
- Diet Snapple
- Vitamin Water Zero
- Smart Water

Multivitamins:

Take two chewable multivitamins (200% RDA for 2/3 of the nutrients) OR two tablespoons liquid multivitamin that **contain iron (at least 18mg)**. Adult complete multivitamins usually contain iron.

- Avoid gummy multivitamins.
- May take both at the same time.
- Centrum Adult Chewable
- Opurity Optimized Multi Chewable (take only 1)
- CVS Spectravite Adult Chewable
- Centrum Liquid
- Walgreen's Adult Chewable
- Nature Made Multi Chewable for Adults
- Spring Valley Adult Chewable (Walmart)
- ProCare Health chewable or capsule (take only 1 per day)

Calcium:

- Take 1200 to 1800mg of a chewable calcium supplement daily (2-3 chews per day).
- Limit **1 dose to 600 mg** (maximum body can absorb at one time).
- Separate doses by **at least 4 hours**.
- Look for a calcium supplement with **Vitamin D3** – it will help the calcium to be better absorbed.
- **Calcium Citrate** is preferred due to better absorption
 - Rainbow Light Chewable Calcium Citrate Multi-Mins (www.rainbowlight.com)
 - Opurity Calcium Citrate Plus (www.opurity.com)
 - Twinlab Chewable Calcium Citrate (Vitamin Shoppe)
 - UpCal D Calcium Citrate Powder (www.amazon.com)
 - Calcet Citrate (www.achievehpharma.com)
 - Wellesse liquid (www.walgreens.com)
- Calcium Carbonate is acceptable for some patients
 - Caltrate chewable, CVS chewable, Viactiv

Other:

- 1 **B12**- oral or sublingual
1000 mcg daily
- 1 **B-50 complex daily (optional)**

****Do not take the multivitamin containing iron and calcium at the same time; they may interfere with each other's absorption. Separate the multivitamin and calcium by at least 2 hours.**

Stage 3: Soft Foods

This stage gradually re-introduces solid food to your system. It is important for you to listen to your body to tell you if you are full. If you feel full, do not force yourself to eat. Remember to stay hydrated and to **make protein foods your first choice**. Keep a food journal to monitor your protein and fluid intake.

Start: post-op day 28

Duration: You may need to be on soft foods for 8-12 weeks. Your dietitian will help determine the total duration.

Instructions: as tolerated

$\frac{1}{4}$ cup – $\frac{1}{2}$ cup at each meal A FOOD ITEMS	$\frac{1}{4}$ cup – $\frac{1}{2}$ cup at each meal B OTHER SOFT FOOD CHOICES	8 ounces C FLUIDS
<p>** 5-6 MEALS DAILY **</p> <ul style="list-style-type: none"> - Cooked chicken or turkey (no skin) - Lean ground beef (at least 90% lean) - Fish, water packed tuna - Tofu - 2 egg whites or $\frac{1}{4}$ cup egg substitute - Canned beans (ex. kidney , lentils) - Reduced fat cheese - Cream soups made with lowfat milk (98% fat free) - 1% cottage cheese - Part skim ricotta cheese - Sugar free, no sugar added low fat pudding. - Milk or lactaid (skim (fat free) or 1%) - Soymilk (plain or vanilla) - Blended Light low fat yogurt- no chunks, made with artificial sweetener 	<ul style="list-style-type: none"> - Cooked cereal - cream of rice, oatmeal) - Cold unsweetened cereal soaked in milk - Ripe banana - Canned fruit (packed in natural juices) - Cooked tender <u>Vegetables without seed or skin</u> - Tomato sauce puree no seeds or skins (NO PASTA ALLOWED) 	<p><u>6 -8 cups of non carbonated sugar free beverage</u></p> <p><u>*THROUGHOUT THE DAY*</u></p> <ul style="list-style-type: none"> - Water - Sugar free Kool-Aid - Crystal light - Fruit 2 0 - Unsweetened decaf ice tea - Fruit propel - Decaf tea or coffee - Sugar free popsicles - Sugar free jello - Broth

Protein Goal: Consume 65-75 (females) or 75-85 (males) grams of protein per day

Fluid Goal: 64 oz of sugar-free, calorie-free, non-carbonated, non-caffeinated liquid (8 cups) – Refer to page 10. Wait 30 minutes after eating solids before drinking. Drinking with meals may overfill your pouch and cause vomiting

Vitamins: Continue taking your multivitamins and calcium supplements – Refer to page 10 and 11.

FOODS TO AVOID

- Soft breads, doughnuts, pastries. These may form a dough ball and block the stomach outlet.
- Salads or other raw vegetables
- Sugar and sweets (table sugar, cakes, cookies, pies, pastries)
- High fat meat (bacon, sausage, luncheon meats)
- Steak, roast beef, pork, lamb, veal, venison.
- High fat foods (butter, oil regular salad dressing, mayonnaise, sour cream, cream cheese, whole milk, cheese, ice cream, cake, cookies, pies)
- Fibrous vegetables (broccoli, cauliflower, brussel sprouts, corn, cabbage, salad greens, asparagus)
- Fresh fruit except bananas
- Rice and Pasta
- Nuts, seeds, coconut, raisins and popcorn, dried fruit

SAMPLE MEAL PLAN

BREAKFAST	¼ C egg substitute or 2 egg whites
SNACK:	¼ - ½ C 1% cottage cheese and 1-2 tbsp canned fruit
LUNCH	1/4C – 1/2C chicken
SNACK	1/4C – 1/2C blended light yogurt
DINNER	¼ - ½ C tuna fish with light mayo and 1 -2 tbsp soft cooked vegetables.

Stage 4: Solid Foods**Start:** Day 60 or when advanced by your dietitian**Duration:** Estimated- Ongoing lifetime maintenance**Diet Instructions:** Regular planned meals: 1000, 1200, or 1500 calories

- Your dietitian will help you decide which meal plan is best for your needs.
- Monitoring your protein and fluid intake is vital. Monitoring your calories may be necessary as well. Speak with your dietitian for your calorie goal.

Servings Allowed:**Protein Goals:** 65-75 (females) or 75-85 (males) grams per day**Fluid Goals:** 64 oz of sugar-free, calorie-free, non-carbonated, non-caffeinated liquid (8 cups) - Refer to page 10.**Vitamins:** Continue taking your multivitamins and calcium supplements - Refer to page 10 and 11.**Important Information:**

- The solid foods stage re-introduces solid food to your system. It is important for you to eat all of the recommended protein. Your body must get the protein it needs from your diet.
- Listen to your body and do not overstuff your gastric pouch. Not everyone will be able to eat all of the recommended foods, especially right after surgery.
- It is important to get on a schedule of eating. If you are not hungry, make protein your priority and take a few bites just to stay on schedule. As you are able to eat more at each meal time, your frequency of eating will decrease.
- AVOID PICKING OR GRAZING! This will lead to weight gain.
- The best advice is to take your time with eating and chew your food well.
- Write down all of the food you eat and the fluid you drink on your food record.

Some foods may be difficult to tolerate. Wait for your dietitian to advance your diet before trying these foods:

- Tough meats such as red meat, hamburger, lobster, scallops, clams, grilled chicken, and shrimp
- Membranes of oranges, tangerines and grapefruit
- Skins and seeds of fruits and vegetables
- Grapes
- Fibrous vegetables such as celery, asparagus, and peapods
- Popcorn and nuts
- Doughy breads - toasted breads tend to be better tolerated
- Rice
- Pasta

Sample Stage 4 Meal Plan (1000 Calorie)

Time	Food	Liquid (oz)	Protein
8:00AM	1 scrambled egg (1P), 1 slice low fat cheese (1D), ½ cup chopped peppers (1V), ½ toasted English muffin (1C), 1 tsp light butter (1/3 fat)		14 grams
9:00AM		8 oz decaffeinated coffee (room temp)	
10:00AM	3 oz fat free Greek yogurt (1P)		7 grams
11:00AM		8 oz Water	
1:00PM	3 oz tuna fish (3P), 6 saltine crackers (1C), 2 tsp light mayo (2/3 fat), ½ cup chopped pear (1 fruit)		21 grams
2:00PM		8 oz Crystal Light	
3:00PM	1 medium apple (1 fruit)		
4:00PM		8 oz decaffeinated tea	
5:00PM		8 oz Water	
6:00PM	3 oz diced chicken (3P), ½ cup mashed sweet potato (1C), 1 TBS light butter (1 fat), ½ cup green beans (1V)		21 grams

7:00PM		8 oz water	
8:00PM		8 oz Crystal Light	
9:00PM		8 oz Water	
Total		64 oz	63 grams

1200 Calorie Meal Plan

Time	Food	Liquid (oz)	Protein
8:00AM	1 scrambled egg (1P), 2 slice whole wheat toast (2C), 1 TBSP light butter (1fat)		7 grams
9:00AM		8 oz decaffeinated coffee (room temp)	
10:00AM	1 cup strawberries (1 fruit), 1 low fat cheese stick (1D)		7 grams
11:00AM		8 oz Water	
12:00PM		8 oz Water	
1:00PM	½ cup cooked pinto beans (1C, 1P), 3 oz ground turkey (3P), 1 cup steamed peppers and onions (1V), 1 tsp olive oil (1fat)		28 grams
2:00PM		8 oz Crystal Light	
3:00PM	1 medium apple, chopped (1 fruit), mixed with 1 cup plain low fat yogurt (1D), ¼ tsp cinnamon		8 grams
4:00PM		8 oz decaffeinated tea	
6:00PM	3 oz diced chicken (3P), ½ cup mashed sweet potato (1C), 1 TBS light butter (1 fat), ½ cup green beans (1V)		21 grams
7:00PM		8 oz water	
8:00PM		8 oz Crystal Light	
9:00PM		8 oz Water	
Total		64 oz	71 grams

Sample 1500 Calorie Meal Plan

Time	Food	Liquid (oz)	Protein
8:00AM	2 egg omlet (2P) with ½ cup onions and peppers (1V), 1 oz lean ham (1P), 1 toasted English muffin (2C), 1 TBSP light butter (1 fat)		21 grams
9:00AM		8 oz decaffeinated coffee (room temp)	

10:00AM	¾ cup blueberries (1 fruit), 1 cup low fat plain yogurt (1D)	8 grams
11:00AM		8 oz Water
12:00PM		8 oz Water
1:00PM	3 oz tuna fish (3P), 1 TBSP light mayo (1 fat), 2 slices toasted whole wheat bread (2C), 1 cup mixed greens (1V), 2 TBSP light Italian dressing (1 fat), 1 cup honeydew melon (1 fruit)	21 grams
2:00PM		8 oz Crystal Light
3:00PM	1 low fat cheese stick, 1 small peach	7 grams
4:00PM		8 oz decaffeinated tea
6:00PM	3 oz pork tenderlion (3P), ½ cup mashed sweet potato (1C), 1 TBS light butter (1 fat), ½ soft steamed broccoli (1V)	21 grams
7:00PM		8 oz water
8:00PM		8 oz Crystal Light
9:00PM		8 oz Water
	Total	64 oz
		78 grams

Common Problems and Solutions

Constipation

- Be sure to drink plenty of water (64 oz per day – 8 cups)
- Try sugar-free Metamucil or Benefiber
- Stay physically active
- Try 1 tablespoon of Milk of Magnesia
- Increase your fiber intake through fruits, vegetables, and whole grains if your diet stage permits. Be sure to follow the diet instructions of the stage you are in as some high fiber foods may not be good choices for your current stage.

Diarrhea

- Limit or avoid foods with lactose. Lactose intolerance can occur after surgery.
- Eat slowly and chew thoroughly
- Do not drink fluids with meals
- Avoid high sugar, high fat, and spicy foods
- Limit the amount of sugar-free products (like sugar-free candies). These products contain sugar alcohols that can cause diarrhea. See page 8 for more details.
- Limit caffeinated beverages
- Try a probiotic supplement – ask your dietitian for suggestions

Vomiting

- Go back to an earlier stage that you can tolerate
- Chew foods thoroughly and eat slowly
- Do not overeat
- Make sure foods are moist
- Avoid eating and drinking at the same time
- If these suggestions do not work, or you vomit bright red or dark brown liquid, please call your doctor right away.

Nausea

- Do not overeat
- Drink plenty of fluids
- Chew foods thoroughly and eat slowly
- Avoid carbonated beverages
- Avoid foods that you cannot tolerate
- Avoid eating and drinking at the same time
- Limit or avoid foods with lactose

Stomach Bloating After Eating

- Do not overeat
- Do not drink fluids with meals
- Avoid carbonated beverages
- Stay physically active

Cannot Tolerate Dairy Products

- If this occurs the first few weeks after surgery, make sure you are drinking a lactose-free protein shake.
- See page 9 for a list of lactose-free protein drinks.
- Try Lactaid® milk, tablets, or drops. These are available at your local pharmacy.
- Yogurt may be better tolerated than milk because some of the lactose is already broken down.
- Aged low-fat cheese may be better tolerated (i.e. cheddar).

Dizziness or Headache

- Drink plenty of water and other low calorie fluids with electrolytes (i.e. Propel, G2, Powerade Zero)
- Add salt to your foods
- Drink regular bouillon
- Be sure you are eating enough

Sudden Light Headedness

- Stay hydrated by drinking low calorie fluids with electrolytes (i.e. Propel, G2, Powerade Zero)
- Eat on a regular schedule
- Do not skip meals
- Be sure you are eating enough

Tired and Weak

- Drink plenty of fluids
- Avoid caffeine
- Sleep on a regular schedule
- Stay physically active
- Make sure you are getting adequate protein
- Be sure to take your vitamins

Heartburn

- Avoid caffeinated beverages
- Avoid spicy foods
- Avoid aspirin or other NSAIDs
- Take Tums
- Avoid lying down for 2 hours after eating

Leg Cramps

- Eat a well balanced diet (include potassium rich foods, ask your dietitian for examples)
- Take your multivitamins daily
- Stay physically active
- Drink plenty of fluids
- Call your doctor if cramps persist or present with swelling

Excessive Hair Loss

- Hair loss is normal in the first few months after surgery and will usually resolve on its own
- Eat a well balanced diet with adequate protein
- Take your multivitamins daily – you should be getting 200% of iron, zinc, and biotin

Wound Infection

- Call the physician immediately
- Make sure you are getting enough protein to help with healing
- Take your multivitamins daily

Very Slow Weight Loss

- Be sure to keep a food record. Your dietitian will discuss this with you.
- Avoid high fat foods
- Avoid high calorie beverages (i.e. juice, soda, cream and sugar in your coffee, etc.)
- Stay physically active

Dumping Syndrome

“Dumping Syndrome” occurs when food passes rapidly from the stomach into the small intestine. Dumping is usually provoked by: **ingestion of concentrated sweets**. There have been reports of symptoms after

overeating, consuming liquids with meals, and after ingesting foods high in salt or fat. The partially digested food in the small intestine draws water out of the blood vessels from the body into the small intestine, thereby causing the following symptoms about ½ hour after eating: nausea, faintness, fullness, cramping, weakness, sweating, rapid heart rate, and possibly diarrhea.

Alternative sweeteners such as Aspartame/Equal[®], Saccharine/Sweet & Low[®], Sucralose/Splenda[®], and Stevia/Truvia[®] are acceptable substitutes for sugar. The following foods and beverages should be avoided.

Foods to avoid Ice cream

Chocolate milk

Pudding

Sweetened, fruited or frozen yogurt

Dried fruits

Canned or frozen fruits in syrup

Fruit juice

Sugar coated cereal

Doughnut

Popsicles

Cakes

Pies

Cookies

Jellies

Regular soft drinks

Lemonade

Kool Aid

Sugared ice tea

Snapple or fruit drinks

Table sugar

Honey

Candy

Regular Jell-O

Sugar gum

Molasses

Syrups

Sherbet / Sorbet

Jams