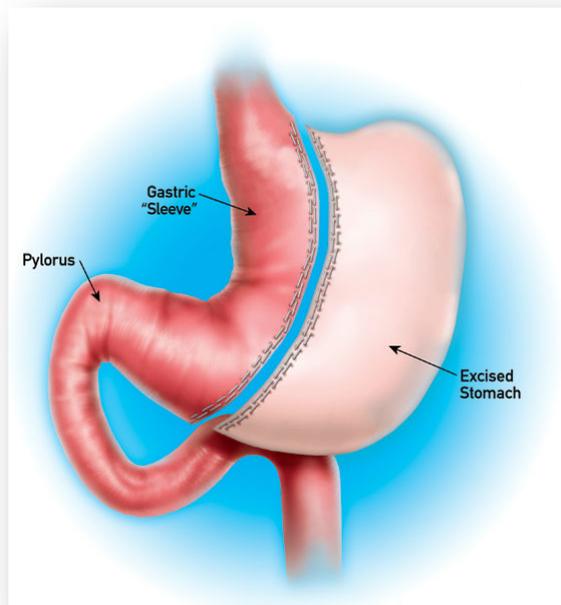


Phoebe Bariatrics

Weight Loss Surgery at Phoebe Sumter Medical Center

Nutritional Guidelines for the Sleeve Gastrectomy



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AN INTRODUCTION TO THE SLEEVE GASTRECTOMY DIET PROGRESSION

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

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 sleeve gastrectomy 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.

The sleeve gastrectomy diet is different than any other diet you may have followed in the past. It will progress through a series of four stages; you will eat smaller portion sizes than you are probably used to and you must eat and drink on a regular schedule. However you will need to learn to listen to your body to determine if you are physically hungry. If you overeat, you may become sick to your stomach and/or vomit. After the surgery, many people feel full after eating small portions of food. You will start to learn when you feel full over time.

It is important to note that many other diet progressions may be available online or from others who have had the sleeve gastrectomy elsewhere. Please keep in mind the diet progression recommended by your dietitian is what we see as the most appropriate diet.

It is very important that you keep all of your follow-up appointments with the dietitian and surgeon. The people that keep regular appointments have the greatest chance of successful, safe weight loss and maintenance.

PREPARING FOR SURGERY

One of the most important components of sleeve gastrectomy surgery is learning new eating habits. Techniques to help you learn a new way of eating will gradually be introduced.

Your dietitian will discuss the diet progression for sleeve gastrectomy and the pre-operative diet. You will be asked to keep a food record to help identify problems that we will work together to solve.

During your individual visit with the dietitian you will review your past diet, weight history, and exercise patterns. Feel free to ask any questions you may have.

The surgery will help you to control the number of calories you consume by making it difficult for you to eat large portions of food at one time.

Please note: IT IS STILL POSSIBLE FOR PEOPLE TO OVEREAT AND GAIN WEIGHT BY EATING AND/OR DRINKING HIGH CALORIE FOODS THROUGHOUT THE DAY.

This behavior is sometimes referred to as grazing. Try some of these eating tips to stay on track:

- Keep nibbling to a minimum - Continuous nibbling and snacking on high or low calorie foods and beverages can cause you to gain weight. Do your best to make healthy choices.
- Be aware of why you are eating - Eating because of boredom, depression, anxiety, happiness, or just something to do can result in weight gain. Talk to your dietitian about learning new activities you can do rather than eating during these times. Some people also find it helpful to involve a therapist to help deal with an emotional dependence on eating.
- Keep a positive attitude - Permanent weight loss requires a change in food attitudes. Try to stay positive about making healthy food choices before, during, and after your surgery.
- Special occasions - Holidays, vacations, and social occasions can be very difficult situations when you are trying to lose weight. Your dietitian will work with you to tackle these difficult times.
- Stay active - Exercise burns calories, helps control your appetite, and can relieve stress. Our experience with people who have had sleeve gastrectomy shows that those who are most successful at weight control are those who exercise regularly.
- Vitamins ARE important - After the surgery you will be placed on a diet that cannot meet your needs for all vitamins and minerals. Be sure to take multivitamin and calcium supplements every day! Vitamin and mineral supplements must be a part of your diet forever.

SKILLS FOR SUCCESS:

Trying some behavior modification techniques before surgery may help you increase your long-term success after the sleeve gastrectomy.

Drink calorie-free/sugar-free beverages

- High calorie beverages may cause weight gain.
- Avoid carbonated beverages which may cause discomfort.
- Avoid caffeine as it may be dehydrating.

Separate fluids from food

- Drinking with meals can push food through your pouch too quickly which can cause hunger and unpleasant side effects like diarrhea.
- Drinking with meals may overfill your pouch and cause vomiting.
- Avoid drinking with meals.
- Wait until 30 minutes AFTER a meal to drink.

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.

SLEEVE GASTRECTOMY DIET PROGRESSION

You are usually in the hospital for 2-3 days following sleeve gastrectomy. 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, non-carbonated, and non-caffeinated 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 surgery 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 upper GI

Estimated Duration: 1 day

Diet Instructions: Two 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 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: 1-2 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
- 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: 28 days (postoperative days 2-28)

Duration: Please note that total duration will be determined by your dietitian. Diet progression will be discussed at post-op appointment

Diet Instructions: Goal of five (5) – 8 oz servings of a high-protein, low-sugar shake

- You may not be able to consume all 5 servings right away. This is normal.
- Make 5 servings your goal.
- All drinks are premixed or to be mixed with water or skim milk to equal the following nutrient recommendations per 8 oz serving:
 - **100-200 calories; at least 13 grams of protein; less than 4 grams of sugar**

Recommended Protein Shakes (contain lactose)

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

Recommended Protein Shakes (lactose-free)

- HMR 70+ (www.hmrprogram.com)
- Syntrex Nectar (Vitamin Shoppe)
- Glucerna
- Optisource (Walgreens)
- Muscle Milk Light
- Isopure (Vitamin Shoppe)
- Unjury (www.unjury.com)
- Boost Glucose Control
- Bariatric Advantage

Note:

- Most protein shakes contain artificial sweeteners. If you are allergic, ask your dietitian for an alternative.
- Plan ahead and have the protein shakes ready to drink.
- Use a thermos or chill your glass in the freezer to keep your protein shakes cool while you are drinking them.

Stage 2: Protein Shakes *(continued)*

Protein Goal: 60-70 grams/day

Fluid Goal: At least 64 oz (8 cups) of sugar-free, calorie-free, non-carbonated, non-caffeinated 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 (3 oz)
- Fruit20
- Sugar free Jell-O (3 oz)
- Propel
- Fat-free/low-fat broth/bouillon
- G2
- Diet Snapple
- Vitamin Water Zero
- Fuze Slenderize
- Smart Water

Sample Menu

- 8 a.m. 8 oz Protein Drink, 2 Multivitamins
- 9 a.m. 8 oz Fluid
- 10 a.m. 8 oz Protein Drink
- 12 noon 8 oz Protein Drink, calcium supplement
- 2 p.m. 8 oz Fluid
- 3 p.m. 8 oz Protein Drink, calcium supplement
- 4 p.m. 8 oz Fluid
- 5 p.m. 8 oz Protein Drink, calcium supplement
- 8 p.m. 8 oz Fluid

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 and Children's Complete multivitamins usually contain iron.

- Avoid gummy or chewy multivitamins.
- May take both at the same time.
- Centrum Adult or Children's Chewable
- Opurity Bypass Optimized Multi (take only 1)
- CVS Spectravite Adult or Children's Chewable
- Centrum Liquid
- Walgreen's Adult or Children's Chewable
- Nature Made Multi Chewable for Adults

- Flintstone's Complete Children's Chewable
- Spring Valley Adult Chewable (Walmart)
- Berkley & Jensen Adult or Children's Chewable (BJ's)
- Kirkland Adult or Children's Chewable

Stage 2: Protein Shakes *(continued)*

Calcium:

- Take 1500-2000mg of a chewable calcium supplement daily (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.achievethepharma.com)
 - Wellesse liquid (www.walgreens.com)
- Calcium Carbonate is acceptable for some patients
 - Caltrate chewable, CVS chewable, Viactiv

Other:

- 1 **B12**- oral or sublingual
500 mcg daily
- 3000 IU **Vitamin D**- daily (total from MVI and calcium supplements)
- 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.**

Important information:

- AVOID VOMITING. This may lead to staple line disruption.
- Start keeping track of the amount of protein shakes and fluids that you are drinking. Keep a Food Diary.
- Diarrhea, constipation, and nausea are common at this stage. Refer to common problems and solutions on page 24.

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**. Please see pages 13 and 14 for additional stage 3 tips.

Start: post-op day 28 -diet will progress once cleared by MD and RD at 2nd post op visit)

Duration: You may need to be on soft foods for 2-4 months. Your dietitian will help determine the total duration.

Diet: 8 Protein servings, 1 Dairy serving, 3 Fruit/Vegetable/Starch servings, and 1 Fat serving as

Instructions: as tolerated

Protein – CHOOSE 8 SERVINGS (1 serving = 7 grams of protein)

1 oz chicken/turkey (dark meat OK)

1 oz 93% lean ground chicken/turkey

1 oz fish (tuna, cod, haddock, salmon, tilapia)

3 oz fat-free plain Greek yogurt (avoid flavored yogurt)

1 egg or 2 egg whites or ¼ cup egg beaters

1 oz deli meat (low sodium chicken, turkey, or ham)

¼ cup low-fat cottage cheese or part-skim ricotta cheese

½ cup tofu

½ Morningstar Farms® Grillers Original

½ cup beans or ½ cup refried beans (counts as 1 protein serving and 1 starch serving)

**Use food scale to measure Protein portions. A good rule of thumb is that 3-4 oz of meat is the same size of a deck of cards.

Dairy – CHOOSE 1 SERVING

8 oz fat-free plain or fat-free light yogurt

8 oz skim or 1% milk, or soy milk

1 oz 50% reduced-fat cheese or soy cheese

1 light string cheese

Fruits/Vegetables/Carbohydrate – CHOOSE 3 SERVINGS

½ cup applesauce (unsweetened)

½ cup mashed pears (no juice)

½ banana, mashed

½ cup mashed potatoes or sweet potatoes

½ cup pureed butternut squash

½ cup smooth tomato sauce (no sugar added)

½ cup steamed zucchini (peeled)

½ cup steamed carrots

½ cup mashed cauliflower

Stage 3: Soft Foods (continued)

- 1 cup low-fat creamed soup made with skim or 1% milk
- ½ cup cooked oatmeal, cream of wheat, or farina
- ½ cup beans or ½ cup refried beans (counts as 1 starch serving and 1 protein serving)
- ½ cup sugar-free/fat-free pudding

Fat – CHOOSE 1 SERVING

- 1 teaspoon butter, margarine, oil, or mayonnaise
- 1 tablespoon (3 teaspoons) light margarine, light salad dressing, fat-free gravy, or light mayonnaise, 2 tablespoons hummus
- 1 tablespoon avocado or guacamole

Protein Goal: 60-70 grams/day

Fluid Goal: 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.

Sample Stage 3 Meal Plan

Time	Meal	Fluids	Protein in grams
8:00AM	2 scrambled eggs (2P), ½ cup applesauce (1 fruit)		14
9:00AM		8 oz Crystal Light	
10:00AM	¼ cup cottage cheese (1P)		7
11:00AM		8 oz Water	
12:00PM		8 oz G2	
1:00PM	2 oz tuna fish (2P), ½ cup steamed carrots (1V), 1 tsp light mayo (1/3 fat)		14
2:00PM		8 oz Water	
3:00PM		8 oz Crystal Light	
4:00PM		8 oz decaffeinated tea	
6:00PM	2 oz tender chicken (2P), ½ cup mashed potatoes (1 C), 2 tsp light butter (2/3 fat)		14
7:00PM		8 oz Water	
8:00PM	1 light string cheese (1D), 1 oz deli ham (1P)		14
10:00PM		8 oz Diet Snapple	
	Totals	64 oz Fluid	63 grams Protein

Stage 3: Soft Foods (*continued*)

- Vomiting, constipation, nausea, light headedness, dizziness, and dehydration may occur at this stage. See common problems and solutions section on page 24.
- Write down everything you eat and drink on your food record to ensure adequate protein and fluid intake.
- You may not be able to eat all the foods recommended on Stage 3. This is normal. Work on eating as much protein as you can and keep hydrated.
- Do not force yourself to eat if you are feeling full. Feelings of fullness vary per individual. Often times, nausea is the first sign. Work on eating food slowly and chewing food thoroughly.

ADDITIONAL MEAL IDEAS

- Frittata – bake egg mixture in a muffin pan for a portioned, convenient breakfast.
- Oatmeal - add 1 scoop of protein powder, 1 scoop of dry skim milk powder, or ½ cup of skim milk to increase protein content.
- Mix diced tuna, chicken, or egg with 1 T light mayo (1 fat), 1 tsp oil (1 fat) and 1 tsp lemon, salsa (chunks of veggies strained), mustard, or 1 T guacamole (1 fat) for variety.
- Roll up 1 oz deli ham, turkey, or chicken with 1 slice of cheese or a cheese stick.
- Turkey meatloaf and turkey chili are great stage 3 foods because they are soft and moist.
- Mix the following ingredients in fat-free plain Greek yogurt, low-fat cottage cheese, or low-fat ricotta cheese:
 - Sweet - vanilla extract, cinnamon, sugar-free jelly, nutmeg, ginger
 - Savory - salt, pepper, chives, garlic powder, cilantro, lime, chili powder

PROTEIN

- Eat your protein first. If you still have room, then eat your fruit, vegetable, or starch.
- Increase the protein content of your fruits/vegetables by adding protein powder or dry skim milk powder to them.
- **Avoid** ground beef, steak, shrimp, scallops or lobster on Stage 3.
- You may want to consider having one protein shake per day at the beginning of Stage 3 to ensure adequate protein intake.

EATING

- Bread, rice, pasta, and raw fruits and vegetables should not be consumed during Stage 3.
- It is important to get on an eating schedule. If you are not hungry, take a few bites just to stay on schedule.
- You may need to eat 5 mini-meals per day at the beginning of Stage 3.
- Do **not** chew gum or suck on hard candy. Chewing gum may cause gas pains. Tic-Tacs are okay to eat.
- Weigh food on a scale after it has been cooked to be sure you are getting adequate protein. If you do not own a food scale, cook a piece of protein to the size of a deck of cards.
- Take dime-sized bites of food and chew the food well until it is the consistency of applesauce (liquid/paste) in your mouth.
- Eat slowly. Allow yourself 30 minutes to eat your meal.
- Stop eating if you are full.

Stage 3: Soft Foods (*continued*)

- DO NOT force yourself to eat everything on your plate.
- AVOID PICKING OR GRAZING. This will lead to weight gain.

COOKING

- Meat should be tender and moist.
- Marinated meats, boiled meats, and the dark meat of chicken tend to be well tolerated.
- Fibrous meats, such as dry turkey, dry chicken breast, or hamburger, can be difficult to consume.
- Microwaving and grilling may dry out meats, making them difficult to tolerate. Try adding broth before microwaving to make the meat juicier.
- Some condiments are okay, such as ketchup, light or fat-free mayonnaise, mustard, fat-free gravy, herbs and spices.
- Do not fry your meats. Frying adds calories and can make foods hard to digest. Fried foods may also cause dumping syndrome.
- Using a slow cooker will help keep meats tender and moist.

AVOID PROBLEMATIC FOODS SUCH AS:

- Tough protein foods including red meat, hamburger, pork, lobster, scallops, clams, and shrimp
- Membranes of oranges, tangerines and grapefruit
- Generally, cores, skins and seeds of fruits and vegetables
- Raw vegetables including salad
- Popcorn, nuts, and peanut butter
- Doughy breads, including bagels
- Rice and pasta

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 calories is not necessary and calorie recommendations should only be made by your dietitian.
- Refer to pages 21-26 for the exchange list and appropriate servings sizes from each food group

Servings Allowed:

Food Group	1000 calorie diet	1200 calorie diet	1500 calorie diet
Protein	8	8	9
Dairy	1	2	2
Carbohydrate	3	4	5
Vegetable	2	2	3
Fruit	2	2	3
Fat	2	3	4

Protein Goals: 60-70 grams/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.

Stage 4: Solid Foods (continued)

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

Stage 4: Solid Foods (continued)

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

Stage 4: Solid Foods (continued)

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

The following guidelines are for your reference in case you experience any problems. Please be sure to keep your medical team informed. It may help to keep a record of anything unusual that occurs and what you did to correct it.

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. Please see page 11-12 for more details.
- 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

Common Problems and Solutions (continued)

Stomach Bloating After Eating

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

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

Common Problems and Solutions (*continued*)

- Avoid foods that are too hot (temperature) or too cold
- Check the side effects of any medications you are taking
- 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 (60-70 grams)
- Drink plenty of fluids
- Take your multivitamins daily – you should be getting 200% of iron, zinc, and biotin
- Try Nioxin shampoo – this can be found at your local beauty supply store

Wound Infection

- Call the physician immediately
- Make sure you are getting enough protein to help with healing
- Drink plenty of fluids
- 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

Extreme Hunger

- Keep a food record. Your dietitian will discuss this with you.
- Be sure to eat 60-70 grams of protein per day.

Excessive Weight Loss

- Keep a food record. Your dietitian will discuss this with you.
- Discuss the weight loss with your doctor
- Be sure you are taking in enough calories by meeting regularly with the dietitian

Frequently Asked Questions

1. Should I purchase anything for after the surgery?

Yes! Measuring cups, measuring spoons, and a food scale are necessary to determine the exact portion sizes of the food you eat and drink. You should also purchase and sample protein shakes (see page 9 for a list) and multivitamins and calcium (see page 10-11 for a list) so you have them on hand and are familiar with the taste.

2. How much weight can I expect to lose?

Your weight loss will depend on how closely you follow the diet after your surgery and the amount of physical activity you do. The average weight loss ranges between 8-20 pounds the first few months, then a bit slower after that.

3. What are the side effects of sleeve gastrectomy?

Some people may experience nausea, vomiting, constipation, and/or food intolerances. Some individuals report that they can no longer tolerate foods such as red meats, chicken, eggs, rice, pasta, and untoasted bread. Every person is different, and what one person can tolerate, another may not. A careful food record can help your dietitian or physician sort through the foods that may be problematic.

4. How will I know when I am full?

As you try new foods after surgery, you may have trouble knowing when you are comfortably full. Nausea may be your first indication of fullness. Don't let this alarm you. It will take time for your body to adjust to the stomach's smaller size and return to a normal "full" feeling. You may feel pressure in the center of your stomach or pain in the shoulder area or upper chest when you are full. This is an indication that you have consumed more than you should. Start to train yourself to stop eating prior to experiencing this feeling. Initially you may only be able to tolerate 2-3 teaspoons of food at one time.

5. What will I eat when I go to a restaurant?

Restaurant eating will be a very different experience for you after the surgery. Ask the waiter to prepare your food in a low-fat manner. Be prepared to bring much of your meal home.

Try some of these dining out tips:

- Call or Google the restaurant in advance for a preview of the menu. Don't be afraid to ask for special orders.
- Try ordering one dinner and splitting it with your friend or spouse.

FAQ's (continued)

- Ask that your food be broiled or baked with no added butter or fat.
- Ask that bread and rolls be removed from the table.
- Change the focus of dining out from eating to socializing.
- Be cautious about alcohol – you will feel its effects much sooner and it will add calories to your meal which may slow down your weight loss.
- Remember; do not drink fluids with your meals.
- The children's menu is not always the answer for smaller portions due to many of the menu items are often full of fat calories.

6. How can I have fun at parties or weddings if I can't eat a lot?

Try to focus on the social aspect of the event. Position yourself away from the food table and catch up with friends or get on the dance floor. Scan the buffet in advance and make a plan as to what you will eat. If it is a served meal, call the facility ahead of time and ask what they will be serving. You may allow yourself one or two healthy appetizers and a smaller portion of the meal. Your dietitian will provide you with many tips to make parties and events easier to experience.

7. If I get upset and want to eat, what will I do?

If you get upset, don't keep it bottled up inside. Try to talk it through with someone. There are many ways to handle your stress. Try some of these activities to reduce stress:

- Exercise
- Read a book
- Call a friend
- Try a new hobby
- Take a hot shower

You may want to consider a mental health professional if you feel you need additional assistance in dealing with stress.

8. Will I have excess skin?

This answer varies with every individual. Excess skin cannot necessarily be prevented by exercising. Age also has little to do with it. Excess skin is based on genetics. Plastic surgery is one way to treat this. Some insurance companies will cover plastic surgery for the abdomen or breasts if it is medically necessary and documented in your medical record.

FAQ's (continued)

9. When can I start exercise after surgery?

You can start walking or aerobic exercise right after your surgery. For weight lifting and abdominal exercises, please consult your surgeon.

10. How do I explain my diet to my family and friends?

The best way to explain your diet to your family and friends is by having them read over the guidelines and discussing some of the changes that are going to occur after surgery. Feel free to bring a family member or friend to a support group or to your nutrition appointments. It is important to involve your family and friends who are supportive so that you can be successful with your weight loss.

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

