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Minds Advancing Medicine

Metabolic and Weight Loss Center

Post-operative Diet Progression Guideline

Introduction

This booklet has been designed to help you to learn about the dietary guidelines which you will follow after your surgery.

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 weight loss 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.

This diet is different than any other diet you may have followed in the past. Consisting of 4 different stages, you will eat smaller portion sizes than now and you will eat and drink on a regular schedule. 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. 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, and disrupt the staple line of your new stomach.

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

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

Preparing for surgery

During your group nutrition class, the dietitian will discuss the post-operative diet progression and the pre-operative diet. During your individual nutrition class, you will review your past diet, weight history, and exercise patterns. You will be asked to keep a food record to help identify problems that we will work together to solve.

One of the most important components of the surgery is learning new eating habits. Please note that it is still possible for people to overeat and gain weight after surgery by eating and/or drinking high calorie foods throughout the day, a behavior known as grazing. Instead, have regularly scheduled healthy meals and snacks.

Other tips for success:

- Drink low-calorie/sugar-free beverages

- Avoid carbonation which leads to bloating and discomfort
 - Avoid caffeine as it may be dehydrating
- Avoid drinking with meals since this may overfill your pouch and lead to vomiting. Wait 30 minutes after a meal to drink.
- Slow down your eating
 - Allow at least 30 minutes for a meal
 - Chew each bite 22 times (Yes, 22 times)
 - Savor each bite, paying attention to flavor, texture, consistency
 - Set down your utensils between bites
- Make eating a mindful activity
 - Avoid doing other activities while eating (watching TV, being on the computer, etc)
 - Choose one place to sit down to enjoy your meal
 - Be aware of physical hunger vs. “head” hunger (due to anxiety, boredom, etc)
- Try activities that you can do instead of eating, such as bath, a walk, yoga, reading, meditation, or calling a friend
- Keep a food log
- Measure your portions. Familiarize yourself with what a healthy portion looks like before your surgery.
 - Use small dishes and glasses
 - Practice leaving something on your plate even before your surgery
 - Consider purchasing a “portion plate”
- Plan your meals a day ahead
- Make food less visible in your home
 - Store all food out of sight, in the cabinets and off the counters
 - When serving meals, keep pots/serving platters on the stove, not on the table
 - Avoid bringing problem foods into your home
- Modify your food shopping habits
 - Avoid grocery shopping on an empty stomach
 - Make a shopping list and stick to it

Physical Activity

Your weight is a result of the balance between the foods you eat and the amount of calories your body burns in physical activity. Exercise is a key factor in long term success of your weight loss. Ask your surgeon before beginning any strenuous program, particularly in the first 2 months after surgery.

Some suggestions to increase your physical activity:

- Walk more. Walk whenever you can.
- Make exercise a family event

- Try pool exercises or water aerobics if your knees or hips prevent you from walking on pavement
- Take stairs instead of the elevators
- Park your car far away at shopping centers and walk through the parking lot
- Take “walking” break instead of coffee break at work
- Do yard work, gardening, or household chores
- During bad weather, go to the mall to take brisk walks
- Wear a pedometer to track your steps and challenge yourself to increase over time
- Use an activity log to keep track of your exercise

What to buy before surgery

- Beverages that are sugar-free, low-calorie, non-carbonated, and non-caffeinated
- Protein shakes
- Food scale
- Measuring cups and spoons
- Vitamins

GASTRIC BYPASS SURGERY DIET PROGRESSION

Stage 1: Clear liquids

When: first day after your surgery (when you are still in the hospital)

How much: 1 oz every hour. You will be given a 1 oz plastic medicine cap.

Examples of clear liquids:

Water

Fat-free broth

Crystal light

Sugar free Jello

Propel

Zero-calorie Vitamin Water/Gatorade

Important information:

1. Be cautious with straws. They may introduce air into your system and cause abdominal distention or discomfort

2. No chewing gum
3. No carbonated beverages

Stage 2: Protein shakes

- When: start on the second day after your surgery. You will be discharged on this diet stage and remain on it for 2 weeks.
- Protein goal: aim for at least 60 grams of protein per day. It is normal not to reach this goal right away. Just do your best each day. Each 8 oz serving should have at least 13 grams of protein, less than 4 grams of sugar and 100-200 calories.
- Fluid goal: aim for 64 oz of clear liquid (stage 1 diet) per day

It is very common to become lactose intolerant after gastric bypass. You may experience gas, bloating, and/or diarrhea. You can try Lactaid drops or switch to protein shakes that are lactose free.

Examples of protein shakes containing lactose:

1. Carnation Instant Breakfast – No Sugar Added (blue box)
2. EAS AdvantEdge Carb Control
3. Ensure High Protein
4. Syntrax Matrix
5. Worldwide Pure Protein Shake
6. Slim-Fast Lower Carb
7. Atkins Advantage Shake
8. Designer Whey
9. EAS Myoplex Lite

Examples of protein shakes without lactose:

1. HMR 70+
 2. Glucerna
 3. Muscle Milk Light
 4. Bariatric Advantage
 5. Unjury Protein
 6. Syntrax Nectar
 7. Optisource
 8. Isopure
 9. Boost Glucose Control
 10. GNC Total Lean Shake
- Start your vitamins
 - 2 chewable complete multivitamins daily
 - 1200-1500mg of chewable calcium citrate with Vitamin D daily. Separate taking MVI and calcium by at least 2 hours since they may interfere with each other's absorption.

- 50-100 micrograms of Vitamin B12 under the tongue daily.

Stage 3: Pureed/soft foods

- When: Start on Day 16 and continue for 3 weeks
- Protein goal: 60-70 grams per day
- Fluid goal: 64 oz per day
- Continue taking your vitamins
- Food ideas:
 - Tilapia, fat-free Greek yogurt, scrambled eggs (not hard-boiled), soft tofu, light string cheese, oatmeal, cream of wheat, low-fat cottage cheese, pureed fruit without skin, pureed cooked vegetables, mashed potato/sweet potato without skin, chicken thigh
- Key points to remember:
 - Keep a food log to ensure adequate protein and fluid intake
 - Do not force yourself to eat if you are feeling full. Often, nausea is the first sign. Work on eating slowly and chewing thoroughly.
 - Eat your protein first. If you still have room, then eat fruit, vegetable, or starch
 - Increase the protein content of your food by adding protein powder
 - Avoid grazing
 - Meat should be tender and moist. A slow cooker is very helpful to cook in this manner. Microwaving and grilling will dry out the meats, making them difficult to tolerate
 - Do not fry any food. Not only does it add unnecessary calories but it may lead to dumping syndrome.

Stage 4: Solid foods

- When: 6 weeks after your surgery
- Protein goal: 60-70 grams per day
- Fluid goal: 64 oz per day
- Continue taking your vitamins
- Key points to remember:
 - You may or may not develop intolerance to some food. Remember that everybody is different and the only way to find out if you have intolerance to a particular food is to try it. If you experience nausea, abdominal discomfort, and/or vomiting, you most likely have intolerance to that particular food.
 - Listen to your body and do not overstuff your gastric pouch
 - Avoid grazing
 - Keep a food log
 - 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.

Common Problems and Solutions

1. Constipation
 - a. Be sure to drink plenty of water (64 oz per day)
 - b. Try sugar-free Metamucil or Benefiber
 - c. Stay active
 - d. Try 1 tablespoon of Milk of Magnesia
 - e. Increase your fiber intake through diet if you are on stage 4.
2. Diarrhea
 - a. Limit or avoid foods with lactose
 - b. Eat slowly and chew thoroughly
 - c. Do not drink fluids with meals
 - d. Avoid high sugar, high fat, and spicy foods
 - e. Limit the amount of sugar-free products. These products contain sugar alcohols that can cause diarrhea
 - f. Limit caffeinated beverages
 - g. Try a probiotic supplement
3. Vomiting
 - a. Go back to an earlier diet stage that you can tolerate
 - b. Chew foods thoroughly and eat slowly
 - c. Do not overeat
 - d. Make sure foods are moist
 - e. Avoid eating and drinking at the same time
 - f. If these suggestions do not work, or you vomit bright red or dark brown liquid, please call your doctor right away
4. Nausea
 - a. Do not overeat
 - b. Drink plenty of fluids
 - c. Chew foods thoroughly and eat slowly
 - d. Avoid carbonated beverages
 - e. Avoid foods that you cannot tolerate
 - f. Avoid eating and drinking at the same time
 - g. Avoid food that may cause dumping syndrome
 - h. Avoid foods with lactose
5. Stomach bloating after eating
 - a. Do not overeat
 - b. Do not drink fluids with meals
 - c. Avoid carbonated beverages
 - d. Stay active
 - e. Avoid sugar alcohols
6. Cannot tolerate dairy products
 - a. Try Lactaid milk, tablets, or drops.
7. Dizziness , headache, light headedness

- a. Drink plenty of water and other low calorie fluids with electrolytes (Gatorade, Propel, Vitamin Water)
 - b. Eat on regular schedule
 - c. Be sure that you are eating enough
8. Heartburn
- a. Avoid caffeinated beverages and spicy foods
 - b. Do not take Aspirin or other NSAIDS
 - c. Take Tums
 - d. Avoid foods that are too hot or too cold
 - e. Avoid lying down for 2 hours after eating
9. Leg cramps
- a. Eat a well balanced diet, including potassium rich foods
 - b. Take all of your vitamins daily
 - c. Drink plenty of fluids
 - d. Call your doctor if cramps persist or present with swelling
10. High levels of vitamin B12
- a. Take vitamin B12 2-3 times a week instead of daily
11. Excessive hair loss
- a. Make sure that you are eating adequate amount of protein
 - b. Take biotin supplements
 - c. Try Nioxin shampoo