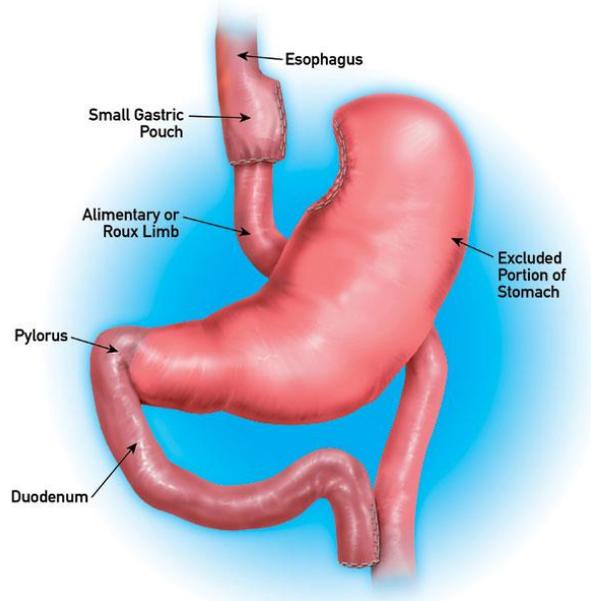


Phoebe Bariatrics- Americus

Nutritional Guidelines for the Gastric Bypass Surgery



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AN INTRODUCTION TO THE GASTRIC BYPASS DIET PROGRESSION

This booklet has been designed to teach you the dietary guidelines you must follow after having gastric bypass surgery. Surgery is just the first step in the treatment of obesity. Your commitment to a healthy diet and a daily exercise program will determine how well you lose weight and maintain your weight loss.

The gastric bypass diet progresses through five stages of eating. You must follow this diet progression carefully and **keep all of your appointments with the dietitian and the surgeon.**
Patients who keep their regular appointments have the most success with weight loss.

BEHAVIORAL TECHNIQUES:

Behavior modification techniques may help you increase your long-term success after weight loss surgery.

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.
- 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:

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.

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 nights following gastric bypass surgery. Your diet will progress through 5 different stages over the course of the next **two** months.

Before Surgery: What to Buy

- Bottled water or sugar-free, non-carbonated, non-caffeinated beverages such as Crystal Light, Fruit20, Diet Snapple
- A high protein, low sugar shake
- Food scale
- Measuring cups
- Measuring spoons
- Food processor/blender

Before Surgery: What to Bring to the Hospital

- Chewable complete multivitamin with minerals
- This booklet
- If you do not like the protein shake that the hospital provides (Glucerna, vanilla only), please make arrangements to have your preferred shake brought to you from home.

STAGE 1: WATER AND CLEAR LIQUIDS

Start: Day One Postoperatively (the first day after your surgery). After Upper GI Swallow Study

Duration: 1 day

Diet Instructions: Sip one to two ounces of sugar free, non-carbonated, non-caffeinated liquids every hour.

Clear liquids include: water, Crystal Light, sugar-free popsicles, fat free broth, decaf tea or decaf herbal tea, sugar-free jello.

Fluid Goal: 24 -32 ounces per day

Protein Goal: None

Important Information:

- Stop sipping as soon as you feel full.
- Use 1-ounce medicine cups for sipping your clear liquids.
- Carbonation will cause abdominal distention or discomfort.
- Juices should be avoided. They are too high in sugar and calories.
- Write down the amount of clear liquids you drink on your food record.
- Avoid using a straw when sipping.

STAGE 2: PROTEIN SHAKES

Start: Day 2

Duration: 14 days (postoperative days 2-16)

Diet Instructions: Low sugar protein shakes

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)
- 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)

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

Fluid Goal: 56-64 ounces = 7 cups (8 ounces each) per day of sugar-free, noncarbonated, non-caffeinated liquid. Your fluid intake includes half of the fluids contained in the protein shakes. (Example 64 oz of protein shakes equals 32 oz to count toward your fluid intake. 64 – 32 = 32 oz additional fluids.)

- | | |
|-------------------------------|-----------------------------------|
| • Water | • Fat-free/low-fat broth/bouillon |
| • Crystal Light | • G2 |
| • Sugar free Popsicles (3 oz) | • Diet Snapple |
| • Fruit20 | • Vitamin Water Zero |
| • Sugar free Jell-O (3 oz) | • Fuze Slenderize |
| • Propel | • Smart Water |

Protein goal: 60-70 grams or as advised by your dietitian

Your protein goal: _____

Protein is important to help healing and to preserve muscle mass. It may be difficult to meet your protein goal in the first week. Do your best to meet your goal.

Multivitamins:

Take two chewable multivitamins OR two tablespoons liquid multivitamin that **contain iron**. Adult and Children's Complete multivitamins usually contain iron. Look for the word "**complete**" and the **USP symbol** on the label.

- Avoid gummy multivitamins.
- May take both Multivitamins 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

Calcium:

- Take 1200-1500 mg 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.achievetpharma.com)
 - Wellesse liquid (www.walgreens.com)
- Calcium Carbonate is acceptable for some patients
 - Caltrate chewable, CVS chewable, Viactiv

****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.**

Other:

- 1 **B12**- oral or sublingual
500 mg daily
- 3000 IU **Vitamin D3**- daily (ensure MVI and calcium supplements total to 3000 IU, take additional if needed)
- 1 **B-50 complex daily (optional)**

Sample Day:

8AM- 8 oz Protein Shake & 2 Multivitamins	9AM- 8 oz fluid
10AM- 8 oz Protein Shake	12PM- 8 oz Protein Shake and Calcium Supplement
1PM- 8 oz fluid	2PM- 8 oz fluid
3PM- 8 oz Protein Shake	4PM- 8 oz fluid and Calcium Supplement
5PM- 8 oz Protein Shake	6PM- 8 oz fluid
7PM- 8 oz Fluid	8PM- 8 oz fluid and Calcium Supplement
9PM- 8 oz Fluid	

Important Information:

- It is VERY important to stay hydrated. Sip fluids throughout the day. The color of your urine should be pale yellow to clear.
- Sip all liquids slowly. Sip no more than 2 ounces every 15 minutes to stay on track. DO NOT exceed 8 ounces per hour.
- Avoid gulping. It introduces air into your system and may cause gas pains.
- Do not force yourself to finish fluids if you feel full. AVOID VOMITING.
- Plan ahead and have protein shakes ready to drink.
- Write down the amount of fluid you drink on your food record.
- Use a thermos or chill your glasses in the freezer if you prefer your shakes cold.
- Try to limit sugar alcohols. When looking at a label, they typically end in “ol”, example: mannitol, sorbitol. Sugar alcohols can cause gas, bloating, abdominal pain and diarrhea.
- If you are lactose intolerant, try Lactaid drops or Lactaid milk or lactose free protein shakes.
- Avoid using a straw when sipping.

STAGE 3a: PROTEIN SHAKES AND SMOOTH PUREED FOODS

Start: Day 17

Duration: 7 Days (postoperative days 17 – 23)

Diet Instructions: Continue drinking the amount of high protein, low sugar shakes as advised by your dietitian (the same as stage 2).

In addition you may add 1 or 2 small portions of the following suggested pureed and smooth foods. Remember to stop eating at your first feeling of fullness.

- Non fat, low sugar smooth yogurt
- Pureed butternut squash
- Purred carrots
- Sugar free pudding
- Pureed vegetable soup
- Unsweetened applesauce
- Purred baby food (no desserts)
- Creamed soup made with skim or 1% milk
- Pureed sweet potato/yam

Notes:

- Pureed foods need to be made using a blender or food processor. The texture should be **smooth, with no lumps**.
- If you are having trouble reaching your protein goal with protein shakes, **add whey protein isolate powder or dry skim milk powder** to your pureed foods.
- Whey protein isolate is an excellent source of protein and is tolerated by people who are lactose intolerant.
- If you are **constipated, try adding Benefiber** to your foods.

Fluid Goal: 56 ounces = 7 cups (8 ounces each) per day of sugar-free, noncarbonated, non-caffeinated liquid. Your fluid intake includes half of the fluids contained in the protein shakes. (Example 64 oz of protein shakes equals 32 oz to count toward your fluid intake. $56 - 32 = 24$ oz additional fluids.)

Protein Goal: 60-70 grams/day or as advised by your dietitian

Your protein goal is: _____

Vitamins: continue to take vitamins and calcium as in stage 2

STAGE 3: SOFT MOIST SOLID FOOD (pureed/diced)

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**.

Start: post-op day 24

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 = 1 ounce, 7 grams of protein)

**A 3 ounce portion of protein (3 servings) would be the size of a deck of cards*

- 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)

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
- Continues on next page-

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 7.

Vitamins: Continue taking your multivitamins and calcium supplements – Refer to page 9.

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 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. You can go back to your meal later.

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: LOW FAT SOLID FOODS

Start: Day 60 (2 months postoperatively)

Duration: Permanent

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 necessary and calorie recommendations should only be made by your dietitian.

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)

Vitamins: Continue taking your multivitamins and calcium supplements

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 of any problems you may be experiencing. 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 (56-64 ounces per day- 7-8 cups)
- 1 tablespoon Milk of Magnesia
- Stay active
- After the first month: Benefiber or Sugar-free Metamucil
- Increase your fiber intake through fruits, vegetables and whole grains. Be sure to follow the dietary instructions of the stage you are in as some high fiber foods may not be good choices for your current stage.

Vomiting

- Go back to an earlier stage that you can tolerate. Try clear liquids for 24 hours.
- Chew food thoroughly
- Eat slowly
- Measure out portion sizes
- 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 over eat
- Drink plenty of fluids
- Chew food thoroughly
- Eat slowly
- Avoid carbonated beverages
- Avoid foods that you cannot tolerate

Stomach bloating after eating

- Do not overeat
- Do not drink fluids with meals
- Avoid carbonated beverages
- Stay active
- Do not use a straw

Cannot tolerate dairy products

- 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 partially broken down

Diarrhea

- Eat slowly
- Do not overeat
- 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 may contain sugar alcohols such as sorbitol and mannitol that can cause diarrhea.
- Limit caffeine containing products

Dizzy or headache

- Drink plenty of water
- Add salt to your foods
- Drink regular bouillon
- Be sure you are eating enough food
- If you take any prescription medications, call your doctor

Sudden light headedness

- Eat on a regular schedule
- Do not skip meals
- Be sure you are eating enough food
- If you take any prescription medications, call your doctor

Tired and weak

- Drink plenty of fluid
- Limit caffeine
- Sleep on a regular schedule
- Stay active
- Check to be sure you are getting enough protein
- Be sure to take your vitamins

Heartburn

- Limit caffeine and spicy foods
- Be sure you are taking your PPI (reflux or heartburn medication) such as Mylanta, Prilosec OTC, Pepcid AC, Nexium or Prevacid
- Avoid foods that are too hot or too cold
- Check the side effects of any medications you are taking

Leg cramps

- Eat a well balanced diet
- Take your multivitamins every day
- Stay active
- If the problem persists or becomes severe, please call your doctor immediately

Excessive hair loss

- Eat a well balanced diet with adequate protein as determined by your nutritionist
- Take your multivitamins with minerals 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
- Increase activity/exercise as tolerated

Extreme hunger

- Keep a food record. Your dietitian will discuss this with you.

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

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 and multivitamins and calcium 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 the gastric bypass?

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, not to 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. 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.

7. 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 1/2 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