



NUTRITION GUIDELINES

This packet reviews:

- 3 week pre op diet
- 6 month post op diet
- Long term diet – following the “Bariatric Plate Method”
- Reading a food label
- Starch free/low carb meal plan
- Timing of meals
- Fluids and healthy drinks
- Dumping syndrome and how to avoid it
- Alcohol and sugar free alternatives
- Protein sources

3 week PRE-op Diet (before surgery)

All patients must follow a diet 3 weeks before surgery to shrink their liver for safety purposes

- Once you get your surgery date, count back 3 weeks on a calendar to start your diet

What's a liver shrinkage diet?

- 50g NET carbs or less per day
- If you're not counting carbs on an app like Baritastic or MyFitnessPal, remove all starches (foods over 15g NET carbs)
 - Starches are all foods that are over 15g NET carbs

Nutrition Facts	
8 servings per container	
Serving size 2/3 cup (55g)	
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 1g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Anything over 15 grams of carbs is likely a starch (some items may have small amounts of starch in the ingredients, but if it's very low in carbs, it's OK)



Examples of starches/high carb items:

- Bread, flat breads, tortillas, pasta, rice (for these items, even whole wheat counts as a starch), potatoes, sweet potatoes, peas, corn, beans (except string beans/green beans), the entire cereal aisle including oatmeal, Cream of Wheat, Farina, and all hot cereals, granola, granola/breakfast bars, most of the snack aisle, crackers, rice cakes, popcorn. **Key words:** oats, wheat, grains, flour, rice

You can have the low carb “versions” of starches (ex. Mission Carb Balance tortillas, 647 bread) – see “LOW CARB SWAPS” in the binder for more options!

6 month POST-op Diet (after surgery)

For the first month after surgery you will be following the Diet Progression (see *Diet Progression* document for lists of foods, eating schedules and shopping lists)

After the diet progression, you're in the honeymoon phase! Weight comes off easier and you can't e

at as much so you must focus on getting protein in FIRST!

- Protein goals: 70-100g per day (20-30g per meal)
- Carbohydrates: Stay starch free OR 50g NET carbs per day
- If you have some starches, limit them to “smart starches” (whole grains, brown rice, sweet potato, beans – NOT slider foods like chips, cookies, crackers) and consume no more than 3-4 small servings per week
- Use the Low Carbs Swaps sheet for starch replacements
 - Have these at any time!

Portion size:

- You'll start at ½ - ¾ cup of food at one sitting
- Over time this will increase and that's normal!
- Try to move toward solid protein sources to keep you fuller, longer (versus protein shakes, which you can still have if needed)
- Over time, you'll have up to 1 cup of food at a time and stay there

Meal plan example: see *Recipes and Convenience Foods* for more!

Breakfast:	Snack:	Lunch:	Snack:	Dinner:
2 boiled eggs -or- 1 cup Greek yogurt	1 protein shake	2 slices turkey 1 slice cheese ½ apple	½ protein bar -or- 1 cup Greek yogurt	Roasted chicken or fish w/ sauteed vegetables

After 6 months and beyond...

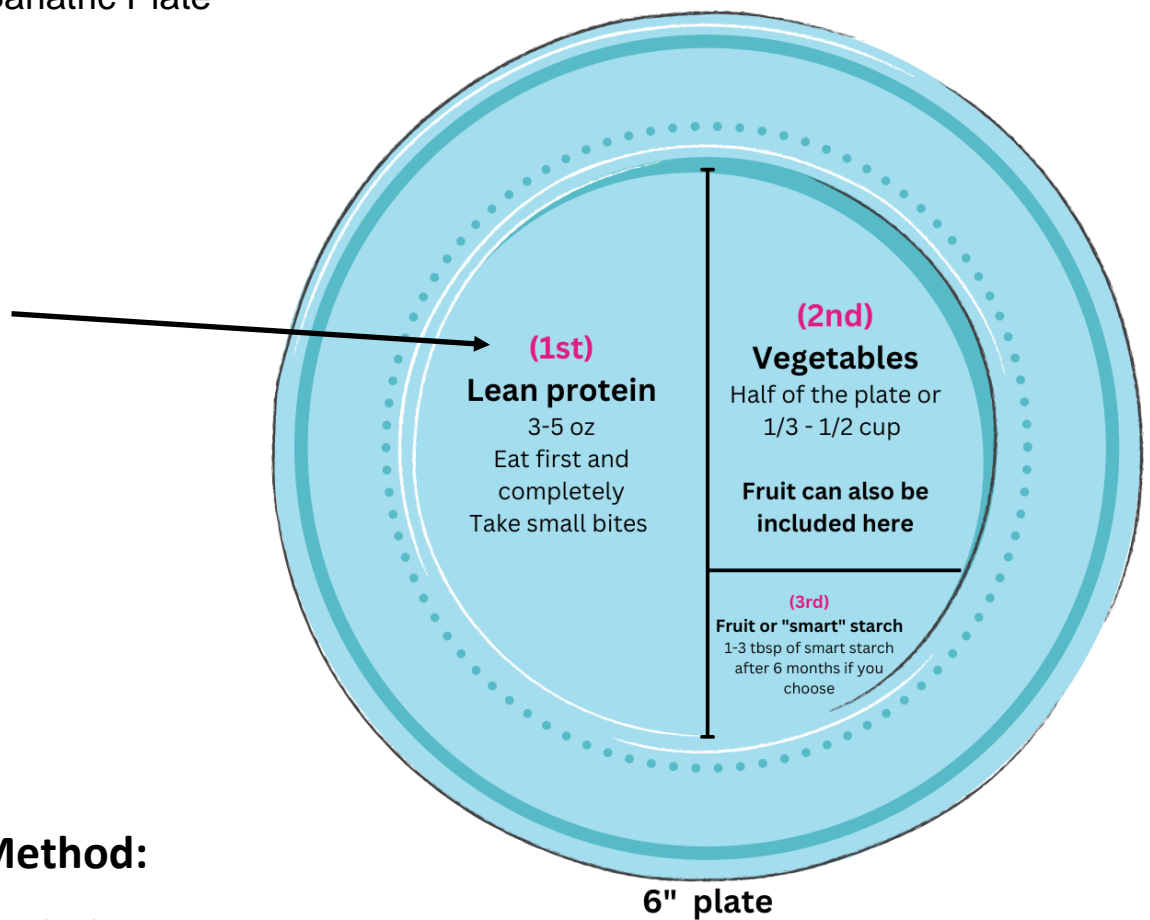
All patients are different long term! Talk to the dietitian to make more personalized goals or follow the guidelines below.

Protein: stay at 70-100g per day (20-30g per meal)

Carbohydrates: you have a choice!

- 50-100g per day
- You can stay low carb or starch free
- Have 3-4 starches per week for flexibility or stay starch free
- Or follow the Bariatric Plate Method

**Eat protein
FIRST!**



Bariatric Plate Method:

- Use a small, 6-inch plate
- Fill half your plate with protein (3 to 5 oz) and the other half with veggies, have a small portion of fruit (or smart starches if you're farther than 6 months out or choose to include them)
- Eat protein first and fully, taking small bites
- Move on to the vegetables (1/3 – 1/2 cup) and then fruit
 - 1-3 tbsp “smart starch” (whole grains, sweet potato, brown rice, quinoa, corn) may be advised after 6 months if you choose to bring it back
- Meals should be no more than 1.5 cups of food total, for most meals

Reading a label after surgery

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	16%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
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Calories:

There is no precise measurement of calories after surgery, however, after healing, it is likely you will end up between 600-1100 calories per day

BEFORE Surgery: you'll have more calories – if you want a precise calorie count, use My Fitness Pal

Fat:

35 grams per day or less

Fat should be lower than protein per serving

Carbohydrates:

<50 grams per day during starch free and 50-100 grams per day after 6 months OR remove all starches and automatically be low carb

Net Carbs = Total Carbohydrates MINUS Fiber and Sugar Alcohols

Total Sugars:

Everything should be 5 grams or less of sugar (per serving) EXCEPT yogurt or fruit products, these should be less than 15 grams of sugar

All drinks should have 1 gram of sugar or less

Protein:

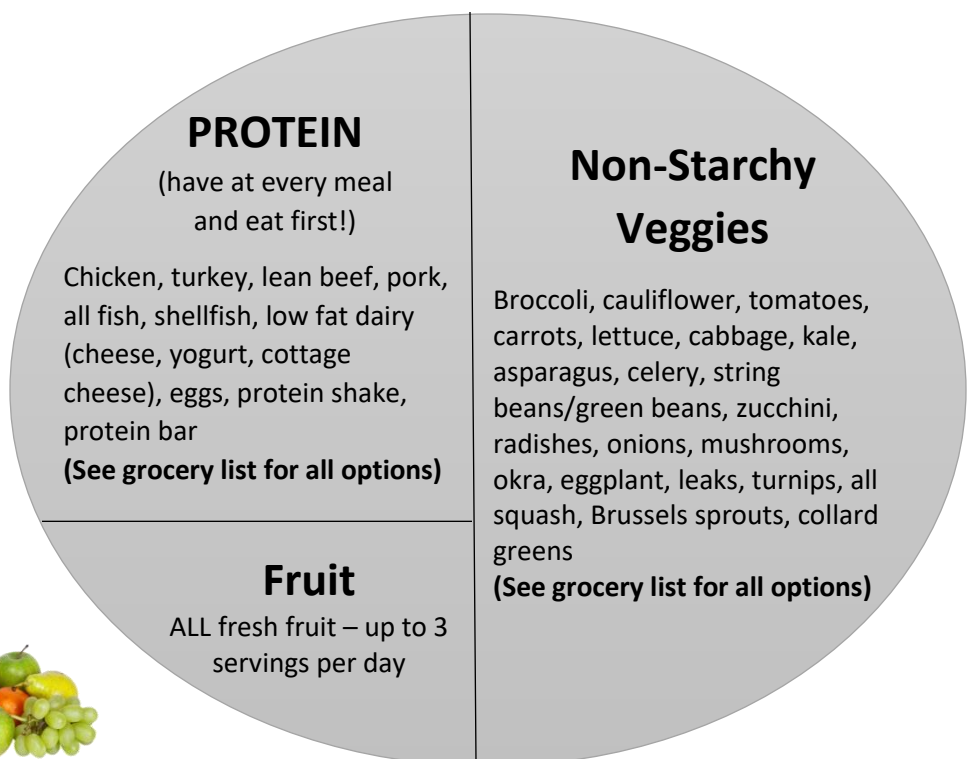
70-100 grams per day

20-30 grams per meal

Starch-free Meal Plan				
Breakfast	Lunch	Snack	Dinner	Dessert
Low fat cheese omelet Turkey bacon Banana	Salad with ½ cup low fat tuna or chicken salad and Cheese stick	Greek yogurt w/ Pro Granola (can purchase online)	Stewed chicken and tomatoes roasted asparagus	½ cup of Halo Top or Enlightened ice cream
Low sugar Greek yogurt 2 boiled eggs Orange	1 cup Chili with no beans 1 serv. parmesan crisps	Cut cucumbers and 2 tbsp light ranch dressing	Stir fry with carrots, zucchini and string beans with 4 oz shrimp 1 cup Miso soup	Sugar free popsicle
Shake (protein powder, unsweetened almond milk, ½ cup berries)	Lettuce wrap with turkey, low fat cheese, cucumbers and baby carrots with light ranch dressing	½ protein bar (Quest, Pure Protein, Fit Joy, One Bar)	Grilled chicken parmesan with low fat cheese Sautéed garlic and broccoli	2 tbsp Sugar free cool whip with 1 tbsp PB2 and ½ banana
Protein bar (Quest, Pure Protein, Fit Joy, One Bar) Apple slices	Know Better wrap with 3 slices ham, 1 slice low fat cheese, 1 slice turkey bacon, and tomatoes Sugar free pudding	Quest protein chips	4 oz Sugar-free BBQ chicken and sautéed string beans	¾ cup cut up fruit
2 Scrambled eggs with low fat cheese 1 chicken sausage	4 oz Rotisserie chicken ½ veggie steamer bag	1 low fat cheese stick and 2 slices turkey	4 oz baked salmon with herbs Baked butternut squash and kale	½ cup strawberries and sugar free whipped cream
¾ cup cottage cheese Peaches in water	Chopped Greek salad with 4oz grilled chicken	Low sugar turkey jerky (less than 5 grams sugar)	Beef and vegetable soup w/ cauliflower rice and small salad	Sugar free low fat chocolate milk
2 baked “egg cups” (many online recipes) with spinach and feta 2 slices Canadian bacon ½ cup watermelon	4 oz pork chop with herbs 1 cup cauliflower mash and I Can’t Believe it’s not Butter Spray	Unsweetened applesauce with ½ scoop unflavored protein powder	Sautéed cabbage and turkey Cauliflower “mac and cheese” (replace macaroni with cauliflower)	1 serving Swiss Miss diet hot chocolate

Your PLATE should focus on:

- **PROTEIN**
- **NON-STARCHY VEGGIES**
(Avoid potatoes, sweet potatoes, peas, corn and beans)
- **FRUIT** (up to 3 servings per day)



3 meals per day with protein is ESSENTIAL

Your body only absorbs up to 30 grams of protein per meal but you NEED 70-100 grams per day to maintain muscle mass and metabolism

How to make a daily schedule of eating (this can be a blue print for any day, even if you are an over-night worker):

- Eat within 1.5 hours of waking (it does not need to be a big meal, just get some protein in!)
- Have 3 meals per day with 1-2 high protein snacks if needed (each meal should be no more than 3-4 hours apart and do not eat within 3 hours of bedtime)
- **NOTE:** All patients are different - if you are someone who easily gets full, you may need 5 small meals to meet protein goals. If you can eat more at one sitting, 3 meals with 1-2 snacks will work.

Example of eating schedule: If you wake up at 6am: meals are at 6-7:30am; 9-11am; 12-3pm; 5-7pm

Food Prep Tips:

- Make larger batches of a few meals ahead of time, portion into Tupperware for the week
- Portions may vary – before surgery you are trying to form habits, if you need more veggies or more protein, increase your portions as to not feel hungry
- Use the freezer – meals will last longer and if you get sick of prepared meals, this helps!
- After surgery you should not exceed 1.5 cups of food at once



Fluid Needs & Healthy Drink Choices

After surgery, you will need to sip consistently throughout the day at a rate of **4-8 oz per hour**. You will not be able to “guzzle” or chug water with your new stomach, so this must be done little by little! Avoid dehydration by keeping a water bottle on hand at all times or using sugar free drink options and sipping as much as possible.

Drinks should say: Diet, Sugar free, Zero or Calorie Free

All water bottles are acceptable!



Watch out for symptoms of dehydration:

- Nausea
- Constipation
- Sluggishness
- Light-headedness
- Muscle Weakness
- Racing Heart

Important: Avoid fluids DURING MEALS and 30 MIN AFTER MEALS

Beverages Allowed

Water
Flavored water (no sugar)
Sugar free mixes like Crystal Light, Mio
Diet Oceanspray
Zero Minute Maid
Diet/Unsweetened Iced Tea (caffeine free)
Decaf or Herbal Tea
Powerade Zero, Gatorade Zero, Propel
Sobe Lifewater (0 calories)
Diet Lemonade
Diet V8 Splash (not V8 light-still has sugar)
Skim (non-fat) milk or 1% (low fat)
Unsweetened Soy/Almond milk
Skinny lattes at Starbucks and sugar free pumps in coffee drinks

Beverages to AVOID

Drinks made with sugar (avoid **forever**)
Punch, Soda, Lemonade, Sweet tea

100% fruit juice and other fruit juices (avoid **forever**)
Orange juice, cranberry juice, grapefruit juice, grape juice, apple juice, etc.

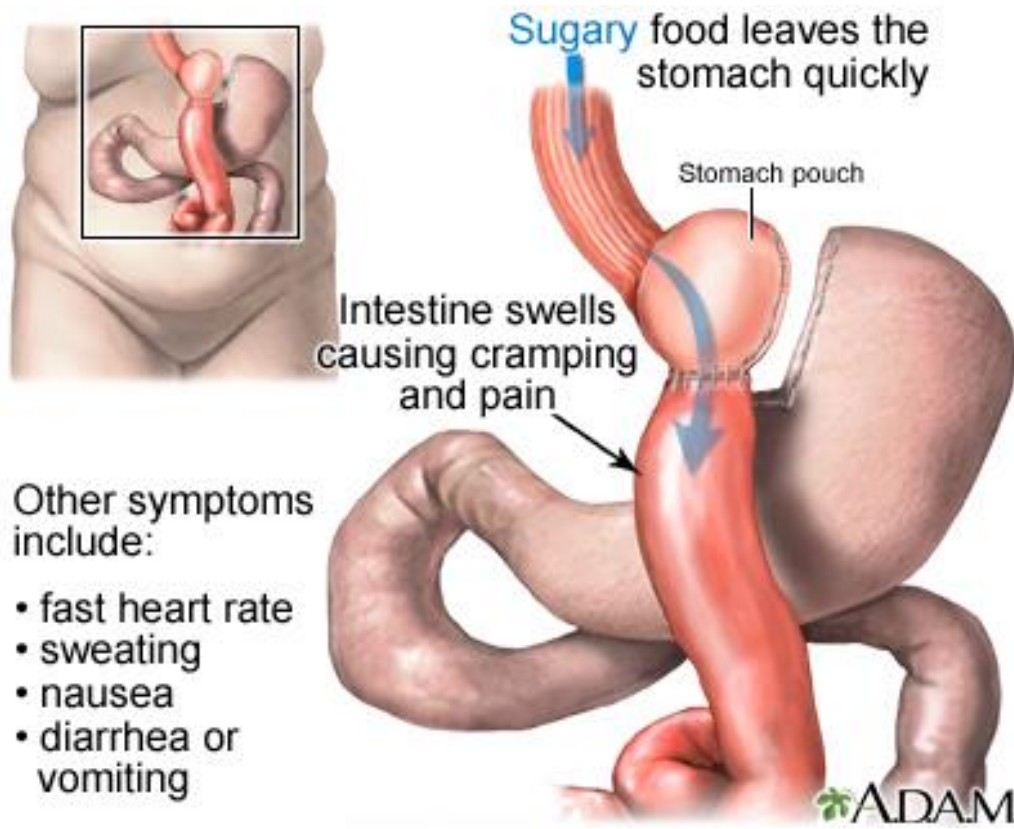
Carbonated Beverages (avoid **mostly**)
Bubbly beverages can be reintroduced after healing (3 months) ONLY if tolerated! They must be sugar free.

Alcoholic Beverages (avoid **1 year**)

Caffeinated Drinks (avoid **1 month**)
Coffee, energy drinks, soda, tea w/ caffeine

After Gastric Bypass: Avoid Dumping Syndrome

(Roux-en-Y Bypass mostly – can have “symptoms” of dumping syndrome with Sleeve Gastrectomy)



Why does it happen? Eating foods containing sugar or excessive amounts of salt can cause dumping syndrome. Sugary and salty foods draw excess water into the intestine and can cause excess fullness, cramping, diarrhea. This can also cause a drop in blood pressure and blood sugar, which may result in weakness, sweating, rapid heart rate, and nausea 15-60 min after eating.

Foods/drinks to avoid: Chips, cookies, crackers, cake, candy, ice cream, soda, sweet tea (any drinks with sugar), yogurt with over 15g sugar, cold cereal w/ sugar

Food labels: Foods should be no more than 5g sugar per serving except yogurts/dairy/fruit products like unsweetened applesauce which should be no more than 15g sugar (to account for natural sugars)

Alcohol & Sugar Alternatives



No Alcohol for 12 months after surgery

- Alcohol doesn't provide any nourishment or satiety (empty calories)
- Your new stomach can cause you to reach dangerous levels of alcohol intoxication quickly
- Alcohol is a gastric irritant and can lead to ulcers or other stomach/GI complications
- Alcohol is dehydrating and depletes your body of certain nutrients

Transfer of addictions risk. After surgery, when a person cannot turn to food, they have to be careful what outlets they choose to handle stress. Alcohol can quickly become an addiction, even if you were not a drinker before surgery.

Zero Calorie Sugar Substitutes

These and similar products provide no calories and are perfectly fine to use.



Avoid any sweeteners containing sugar and calories

(e.g. white/brown sugar, raw sugar, maple syrup, agave nectar, honey, coconut sugar, brown rice syrup, molasses)



Protein

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

Protein is important for healing after surgery, maintaining muscle, preventing hair loss, and preventing hunger between meals.

Below and on the following page are sources of protein and their protein content. Three ounces is about the size of a deck of cards.

Try to choose protein options that are high in protein but low in fat to save calories



LEAN MEAT

3 oz = 25 g protein

- Beef
 - Ground sirloin
 - Ground lean
 - Round
 - Flank
 - Tenderloin arm
 - Pot roast
 - Sirloin steak
 - Sirloin tip
 - Rump roast
- Pork
 - Any cuts from the loin
 - Pork chops
 - Pork roast
- Veal
 - Cutlet
 - Leg, loin
 - Rib shank
 - Shoulder
- Lamb
 - Leg roast
 - Loin chop
- Wild Game
 - Venison
 - Buffalo



POULTRY

3 oz = 25 g protein

- Chicken
- Turkey
- Ground Turkey
- Cornish hen



FISH

3 oz = 21 g protein

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



SHELLFISH

3 oz = 18 g protein

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



DELI MEATS

3 oz = 15-21 g protein

- Ham
- Roast Beef
- Turkey
- Chicken

Protein

Any low or non-fat

DAIRY



- Milk (1 cup) 8 g
- Dried Milk (1/3 cup) 8 g
- Plain Yogurt (6 oz) 8 g
- Greek Yogurt (6 oz) 16 g
- Cottage Cheese (1/4 cup) 7 g
- Hard Cheese (1 oz) 7 g
- Soft Cheese (1 oz) 6 g



EGGS

1 egg = 6 g protein

- 1/4 cup egg substitute 6 g
- Hard Boiled Egg 6g



SOY

- Soymilk (1 cup) 5-7 g
- Tofu (1/4 cup) 10 g
- Tempeh (1/4 cup) 15 g
- TVP (1/4 cup) 12 g

OTHER:

- Protein Bars >15g
- Protein Shakes >15 g

Each meal should include protein!

- Meals should be at least 75% high protein foods!
- Eat high protein foods **FIRST**.
- Protein drinks or bars may be needed between meals to achieve your protein goal.

Sneak more protein into your dishes:

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

LIMIT

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