



Comprehensive Obesity Management Program (COMP)

FINAL PREPARATION PACKET



Comprehensive Obesity Management Program

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www.gbmc.org/bariatrics

Vitamin and Mineral Supplements

You will need to take supplements everyday for the rest of your life to prevent deficiencies.

Start taking your daily Vitamin/Mineral supplements as soon as you are at home after surgery (full liquid stage)

2 servings 1x/day

Multivitamin

Make sure your vitamin has:

- Thiamine
- 400 mcg folic acid
- 18 mg iron

Must be taken at least 2 hours apart from calcium as the iron in the multivitamin competes for absorption with calcium



3x/day

Calcium + Vitamin D

Make sure to get at least:

- 1500 mg total of calcium citrate (usually in doses of 500 mg)
- 1000 IU total of vitamin D

This supplement **needs to be taken 3 separate times a day**, because your body can only absorb 500-600 mg calcium at a time. Separate calcium doses by at least 2 hours.

Most of the calcium supplements at the store are calcium carbonate or phosphate, which will not be well absorbed after surgery. Make sure to read the ingredient list carefully to buy calcium CITRATE.

Sample schedule:

Take 500 mg calcium with each meal and 2 servings multivitamin with a snack
-or-

Wake up, take 500 mg Ca – wait 2hrs – take 2 servings MVI – wait 2hrs –
take 500 mg Ca – 2 hrs. – take 500 mg Ca

TIPS: download Baritastic app for reminders, set 2 hr. alarms on phone, have set of supplements at work and home.

Multivitamin

Take 2 servings 1x/day if you're taking an over the counter option

You can purchase Celebrate or Bariatric Advantage online (celebratevitamins.com or bariatricadvantage.com) OR go to store and get over the counter vitamins. **You may take pills, liquid, OR chewables** if they meet our guidelines. **Liquid vitamins may not have iron, so you'll need to take 36 mg extra if that's the case.**



Supplement Facts

Serving Size:	1 tablet	
Servings Per Container	60	
Amount Per Serving		%DV
Calories	10	
Total Carbohydrate	2 g	0%
Sugars	2 g	
Vitamin A	5000 IU	100%
Vitamin C	90 mg	150%
Vitamin D	400 IU	100%
Vitamin E	30 IU	100%
Vitamin K	40 mcg	50%
Thiamine (or B1)	1.5 mg	100%
Riboflavin	1.7 mg	100%
Niacin	20 mg	100%
Vitamin B6	2 mg	100%
Folate (as folic acid)	400 mcg	100%
Vitamin B12	6 mcg	100%
Biotin	300 mcg	100%
Pantothenic acid	10 mg	100%
Iron	18 mg	100%
Iodine	150 mcg	100%
Magnesium	100 mg	25%
Zinc	15 mg	100%
Selenium	55 mcg	79%
Copper	1 mg	100%
Manganese	2 mg	100%
Chromium	35 mcg	29%
Molybdenum	75 mcg	100%

Contains Thiamine

400 mcg Folic Acid

18 mg Iron

You must DOUBLE serving size if taking over the counter vitamins.



Avoid:

- Gummy vitamins (too sticky, not enough nutrients)
- Men's vitamins (usually no iron)
- Silver/Older adults vitamins (no iron)
- Mint chewable Centrum (no iron)

OTHER INGREDIENTS: sugar, natural and artificial flavors, stearic acid, dried coconut oil complex, microcrystalline cellulose, magnesium stearate, silica, citric acid, malic acid, sucralose, FD&C red #40, FD&C blue #1.

Calcium Citrate + Vitamin D Supplement

3 times/day @ 500mg for a total of 1500mg daily



Supplement Facts		
Serving Size:	2 tablets	
Servings Per Container	60	
Amount Per Serving	%DV	
Calories	15	
Sodium	10 mg	<1%
Total Carbohydrate	4 g	0%
Sugars	0 g	
Vitamin D	500 IU	100%
Calcium (elemental)	500 mg	50%
Sodium	5 mg	<1%
INGREDIENTS: Calcium Citrate, Polyethylene Glycol, Croscarmellose Sodium, Hydroxypropyl Methylcellulose, Magnesium Silicate, Titanium Dioxide (Color), Vitamin D3 (Cholecalciferol).		

500 IU Vitamin D

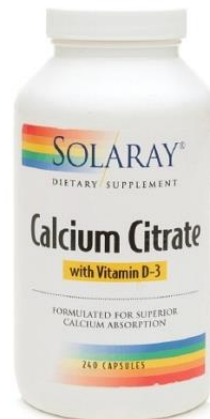
2 tablets = 500 mg calcium
To get 1500 mg of calcium, take 2 tablets 3 times a day

Get calcium citrate NOT carbonate or phosphate

Approved Product Examples

Chewable

Tablets



Be sure to check the serving size!



Supplement Checklist

Only purchase a product if it meets all of the criteria listed!

Protein Powder, Shakes or Bars

- First listed ingredient is "Isolate" (can be whey isolate, soy isolate, milk isolate, etc.)
- Contains at least 15-30 g protein per serving
- Less than 200 calories per serving
- Less than 5g of sugar per serving for powders (less than 10g for bars)

*Multivitamin (2 servings/day)

- 400 mcg Folic Acid
- 18 mg Iron
- Contains Thiamin(e) (Vitamin B1) No gummies, candies, etc.

*Calcium Citrate w/ Vitamin D (500mg 3x/day)

- Contains 500 mg calcium citrate AND at least 500 IU Vitamin D3 (cholecalciferol)
- Supplement is Calcium Citrate, NOT calcium phosphate or calcium carbonate

Take the following additional supplements ONLY if recommended by your doctor:

Vitamin B12: Choose a supplement that has 500 mcg Vitamin B12 and says "sublingual"

Vitamin D3: If purchasing over the counter, choose vitamin **D3** (cholecalciferol) 5,000 IU

Iron + C: You will need 36 mg daily of *ferrous fumarate* iron (50-100mg/day for menstruating women)

Vitamin B1 (Thiamin) Ensure 100 mg daily

Biotin (B7): May help reduce hair loss and assist with regrowth, take 5,000-10,000 mcg daily if desired

To-Do List

Primary Care Physician (PCP) Visit

- Schedule within 30 days of surgery
- History/Physical
- Lab work [(CBC, COMPLETE metabolic profile (NOT basic)], HbA1C
- EKG

1. Get organized!

- a. Have plenty of clear liquids to stay VERY HYDRATED during clear liquids TWO days prior to surgery. Your urine should be very light yellow or clear in the TWO days leading up to surgery.
 - Purchase multivitamin and calcium citrate for **LIFELONG** post-operative use. You will start this the day after you get home from the hospital.
 - Have full liquid diet approved items ready for post-operative use as soon as you get home from the hospital.
 - Make list of pureed, soft, and regular foods for when you advance to the next stage. You can find ideas on our Secret Facebook Support Page.
- b. Pick up **Omeprazole 40 mg ER, Promethazine (Phenergan), & Emend (Aprepitant)** from your pharmacy. After one week, they will restock these items from your pharmacy.
 - **Omeprazole 40 mg ER should** be taken daily (no matter what) for the first 90 days after surgery.
 - **Promethazine (Phenergan)** is to be taken only as needed for nausea – hopefully, you will never need it. Please note: Promethazine (Phenergan) will make you drowsy.
 - **Emend (Aprepitant) 125 mg** will be taken ONCE the morning of surgery with a sip of **WATER only (NOT with colored drinks and NOT with food!)** You will only receive a ONE TIME DOSE of this medication
 - Please bring your CPAP machine and mask with you.
 - You will also be ordered Gas X Chewable for gas pains, but walking is the most effective way to get rid of gas pains, but you can also ask for this medication.
 - Chewable Papaya Enzyme (optional) to help if food becomes stuck. If the food got stuck (chew on these to increase your secretions, back down to a previous stage to stay hydrated – clear liquids or full liquids as tolerated). Walk around.

2. The Doctor will review your medication

- **It is OKAY** to continue long acting medications (DR, XL, XR, etc.)
- **You can swallow pills**
 - Please take your medications one at a time (**omeprazole**)
 - NO need to switch to liquid
- Some medications you should take the morning of surgery with a sip of water. Your surgeon will review these with you in the room.
- **Two (2) weeks** prior to surgery and **Four (4) weeks** after surgery stop all estrogen containing birth control (pills, patch, Nuva Ring) to avoid blood clots. You may use a barrier method [ex: condom, nexplanon or intrauterine device (Mirena)].

3. Diabetes Medications

- HOLD all ORAL diabetes medications or any oral hypoglycemic (ex: Metformin, Glipizide) **starting 2 DAYS BEFORE surgery. Your surgery will be CANCELLED** if you take any oral diabetes medications within 2 days of your surgery!
- Continue to hold all ORAL diabetes medications **after surgery.**
- If you're taking Insulin the doctor will talk to you in the room.
- Keep checking your blood sugar levels even if off medication. If your blood sugar levels are > 150 for THREE consecutive readings, please call the office for further instructions or contact your PCP or endocrinologist (whoever manages your diabetes).
 - If you are an insulin dependent diabetic, please follow the new instructions from the endocrinologist given during your hospital stay.

4. Diuretic Medications

- HOLD all diuretic medications (ex: Hydrochlorothiazide (HCTZ), Lasix, Spironolactone) **2 DAYS BEFORE surgery.**
- **If you take a combination pill like Lisinopril/HCTZ, you will need to request a blood pressure pill without the diuretic component from your PCP.**
- Continue to hold all diuretic medications unless your doctor/health professional tells you specifically otherwise.

5. Pain

- You can take Dilaudid 2 mg tablets as outlined on the bottle for **moderate or severe pain.**
- Narcotics can cause you to be drowsy and impaired – **Do NOT drive** if taking narcotic pain medications.
- Narcotics may constipate you.
- If you are having mild pain, you can take Tylenol 650 mg capsules or tablets. Please follow the directions on the bottle. No need to purchase pediatric strength.
- If you are having a problem swallowing the Tylenol capsules or tablets, you may ask the pharmacist for Tylenol Elixir (**it is also OTC**) – again, you do NOT need to get pediatric strength
- **Do NOT take NSAIDs!**

6. NSAIDs

- Do NOT take anti-inflammatory medications (Aleve, Ibuprofen, Motrin, etc.) for 2 weeks prior to surgery.
- **Continue to AVOID NSAIDs for life.**
- If you must be on NSAIDs or steroids after surgery, please contact the office prior to taking!

7. Constipation

- First, increase your fluid consumption – try to drink AT LEAST 64 ounces of fluid per day.
- You may safely take Miralax nightly.
- You may add Dulcolax every morning and Smooth Move Tea (contains Senna).
- If your stools are hard, add Colace (stool softener).

8. Anticoagulation

- STOP Aspirin and fish oil 1 week before surgery to minimize your risk of bleeding.
- If you are taking Xarelto, Plavix, Coumadin, or any other blood thinner, please discuss this one-on-one with your surgeon.

9. Diet Pills

- Stop ALL diet pills and herbal supplements at least 2 weeks before surgery.
- Do NOT take Phentermine for 2 weeks before surgery.

Care After Surgery

1. Walking is important to your recovery!

- You **MUST** get up and walk twice an hour every hour after surgery, and continue to do this once you go home for at least one-week post op.
- You can (and should) go up and down stairs to stretch your calf muscles. This helps to prevent blood clots; **while awake**
- Walk several times a day.
- Hydration- keep yourself hydrated with at least 64 ounces (8 full glasses) of fluid per day!
- Resume normal activity as tolerated. No (**no heavy lifting**) lifting more than 10 - 15 pounds for the one to two weeks after surgery.

2. Incision Care

- You will have glue on your incisions. Please do not pick the glue off.
- Glue will usually start to come off within 7-10 days of surgery.
- Please wash your surgical sites in a stand-up shower for two weeks with soap and water.
- Do **NOT** take tub baths, immerse the incisions, or scrub the incisions for at least 2 weeks, and do not sit in water, swimming pools, or hot tubs for the first two weeks after surgery.

3. Driving

- No driving while taking narcotic pain medications or when you are in too much pain to perform emergency actions while driving the vehicle.

Diet Progression

3 weeks before surgery: starch free OR 50 gm carbs per day or less



Before surgery:
48 hours before



Clear Liquids

Any liquid you can see through: Water, sugar-free drinks, broth, sugar-free gelatin, sugar-free popsicles, **Atkins Lift, Premier Clear Protein water or Isopure**



After surgery:
Day 1 – Day 7
at home



Full Liquids

Pourable liquids (**protein shakes, skim milk, unsweetened almond milk, yogurt smoothies, soups**)

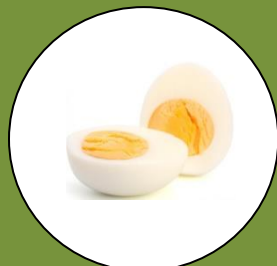
After surgery
Day 8 – Day 14
at home



Pureed Diet

Full liquids, **pureed cottage cheese, blended meats and blended soups etc.**

After surgery
Day 14 – Day 30
at home



Soft Diet

Moist soft foods **exclude** tough meats, raw veggies or tough fruits with skins

1 Month and
beyond



Regular Diet

Reintroduces tougher, drier meats and raw vegetables – aim for **3 meals per day with ~30 grams of protein per meal**

Clear Liquid Diet: 48 hours (2 days) before surgery

(no food/drink after midnight the night before surgery!)



- Liquids at this stage must be **see-through fluids** (NO pieces)
- **No sugar, carbonation, caffeine, or alcohol**
- **You should stay VERY hydrated at this stage, drinking every half hour**

Recommended Liquids

Water
Sugar-free flavored water (e.g. Crystal Light, Mio, True Lemon)
Herbal or decaf Tea (no caffeine)
Powerade Zero, Propel Zero
Low Sodium Broth (NO pieces/chunks), bone broth or wonton soup broth
Diet (caffeine free) iced tea
Sugar-free Jello
Sugar-free popsicles
Vitamin Water Zero
Atkins' Lift Protein Water
Special K Protein Water (clear type)
Designer Whey 2 Go Protein Water
Premier Clear
Protein 2 O
Unjury Chicken Soup flavor

Full Liquid Diet: Day 1 – Day 7 at home

Focus on 64 oz. fluid, MAY NOT meet protein goals at this stage



- **BEGIN VITAMIN SUPPLEMENTS AT THIS STAGE**
- Sip clear fluids every 10-15 minutes to prevent dehydration
- Be sure that liquids contain no chunks or pieces, no solid foods

Recommended Liquids

Shakes made with **protein isolate**

Mix powder with skim or 1% Milk, unsweetened soy or unsweetened almond milk

Dannon Light and Fit Yogurt **drinks** (or yogurt watered down with milk or water)

Low Fat Cream Soups (strain the soup - no chunks) + scoop unflavored protein powder

Pacific or Imagine boxed soups (non-starchy veggie) + scoop unflavored protein powder

See next page for sample schedule

Post-Op Day 1-7 Sample Day (Full Liquids)

7:00am- Omeprazole

8:00am – 4 ounces protein shake

8:00am – 500mg Calcium Citrate

8:30am – 4 ounces protein shake

9:00am - 4 ounces Crystal Light

9:30am - 4 ounces PowerAde Zero

10:00am - Sugar-free popsicle

10:00am – 2 servings Multivitamin

10:30am - 4 ounces decaf tea

11:00am – 4 ounces Vitamin Water Zero

11:30am - 4 ounces protein shake

12:00pm - 4 ounces protein shake

12:00pm – 500mg Calcium Citrate

12:30pm - 4 ounces Propel Zero

1:00pm - 4 ounces Beef Broth

1:30pm - 4 ounces water

2:00pm - 4 ounces water 2:00pm – 500mg Calcium Citrate

2:30pm - 4 ounces protein shake

3:00pm – 4 ounces protein shake

3:30pm - 4 ounces chicken broth

4:00pm - 4 ounces sugar free Mio flavored water

4:30pm - 4 ounces 4C diet iced tea

5:00pm - 4 ounces water flavored w/ Dasani Drops

5:30pm - 4 ounces True Lemon water

6:00pm - 4 ounces protein shake

6:30pm - 4 ounces protein shake

7:00pm - 4 ounces water

7:30pm - 4 ounces Diet V8 Splash (not V8 light)

8:00pm - 4 ounces Sugar Free Jell-O

TIP:

- **YOU CAN SIP CLEAR LIQUIDS EVEN MORE OFTEN (EVERY 10-15 MINUTES) TO HELP YOU REACH YOUR FLUID GOALS!**

Full Liquids Sample Menu

Focus on 64 oz fluid a day, and at least 70g protein!

Sample Menu #1	Protein
1 Cup water w/ 1 scoop Unjury strawberry protein powder	20 g
1.5 Cups Water	0 g
½ Cup (4 oz) sugar free Jello	0 g
1 cup water w/ 1 Scoop Bariatric Advantage protein powder	15 - 2 g
2 Cups Crystal Light	0 g
2 Cups Water	0 g
1 scoop Unjury with 1 cup water	21 g
2 Cups sugar-free Kool Aid	0 g
½ Cup sugar-free pudding thinned w/ skim milk	4 g

Remember that foods at this stage should be a “pourable” consistency!

Sample Menu #2	Protein
1 Atkins’ Lift Protein Water	20g
2 Cups Powerade Zero	0 g
2 Cups water	0 g
1 cup skim milk mixed with 1/3 cup nonfat dry skim milk powder	16g
2 cups Crystal Light	0 g
1 Cup Diet V8 Splash mixed with 1 scoop Unjury unflavored protein powder	20g
1 carton (6 oz) Dannon Light and Fit yogurt thinned with 1/3 cup skim milk	15 g
Sugar Free Popsicle	0 g
½ cup sugar-free pudding thinned with skim milk	5 g
2 Cups Sobe Lifewater (sugar free)	0g

Sample Menu #3	Protein
2 cups Crystal Light	0 g
1 Dannon Light n Fit yogurt thinned with 1/3 cup skim milk	15g
1 cup water + 2 scoops Bariatric Advantage High Protein Meal Replacement	27 g
2 Cups Water	0g
1 bottle Special K Protein Water	5g
1 cup V8 Splash + 1 scoop Unjury unflavored protein powder	20 g
2 Cups Water w/ SF Mio flavoring	0g
1 Atkins’ Lift Protein Water	20 g
1 sugar-free popsicle	0 g
1 Cup Powerade	0g

Full Liquids Shopping List	Serving	Protein
DAIRY		
Milk (skim or 1%) <i>Soy or Unsweetened Almond Milk also acceptable</i>	1 cup	8 g
Nonfat Milk Powder (to add to liquids or soft foods)	1/3 cup	8 g
Fat free, low sugar yogurt (Dannon light n fit etc.)	3-4 oz	6 g
Plain Greek Yogurt	3-4 oz	8 g
COMMERCIAL PRODUCTS		
Atkins' Lift Protein Water	1 bottle	20 g
Whey Isolate Protein Powder (see packet for guidelines)	1 serving	15-30g
SOUPS		
ALL SOUPS MUST BE BLENDED COMPLETELY AND STRAINED FOR PIECES		
Broth, bouillon, consommé, broth-based soup, low fat cream soups <i>NO TOMATO OR SOUPS CONTAINING STARCH</i>	Varies	Varies
Soups Containing Meat	1 cup	8g
OTHER		
Sugar Free Jello	½ cup	1 g
Sugar Free, Fat Free Jello Pudding	½ cup	0 g
Sugar Free Popsicles	1 popsicle	0 g
Sugar free drinks (Crystal Light, Powerade Zero, Propel, Mio Drops)	1 cup	0 g
Diet Iced Tea	1 cup	0 g
Other low-calorie beverages (10 calories or less per 8 ounces)	1 cup	0 g



Puree/Smooth Diet: 2nd Week at Home



Goals for this stage:

- May not meet protein goals
- 64 oz. fluid each day
- 3-6 meals each day
- Eat slowly, and stop eating as soon as you feel satisfied
- Do not drink with meals or ½ hour after meals (may drink up to your meal)

Meal size:
 $\frac{1}{4}$ cup - $\frac{1}{2}$ cup
(Do not try to increase meal size)

Recommended Foods
Greek Yogurt (no solid fruit pieces)
Meat soups pureed in blender AND strained to remove all pieces
Plain low/nonfat yogurt + protein powder
Pureed chicken, canned tuna, eggs, with low fat mayo (mash it finely)
Pureed non-starchy vegetables (e.g. cauliflower mash) + unflavored protein powder
Sugar free, fat free pudding + protein powder
Silken Tofu, Low/Nonfat Cottage Cheese pureed
Very soft low fat cheeses like laughing cow light wedges
Thicker smoothies with skim milk or unsweetened soy/almond, fruit, scoop of protein powder
Unsweetened applesauce + unflavored protein powder

See next page for sample schedule

Post-Op Day 7-14 Sample Day (Puree/Smooth Foods)

8:00am – ¼ cup to ½ cup scrambled eggs mashed finely

8:30am – **wait 30 minutes after your meal until you start drinking again**

9:00am - 4 ounces Crystal Light

9:30am - 4 ounces water

10:00am – 4 ounces water

10:30am - 4 ounces decaf tea

11:00am – 4 ounces Vitamin Water Zero

11:30am - ¼ cup to ½ cup of tuna with light mayo mashed finely

12:00pm – **wait 30 minutes after your meal until you start drinking again**

12:30pm - 4 ounces Propel Zero

1:00pm - 4 ounces water

1:30pm - 4 ounces water

2:00pm - 4 ounces True Lemon

2:30pm - ¼ cup to ½ cup of yogurt without pieces (and less than 15 grams of sugar)

3:00pm – **wait 30 minutes after your meal until you start drinking again**

3:30pm - 4 ounces water

4:00pm - 4 ounces sugar free Mio flavored water

4:30pm - 4 ounces 4C diet iced tea

5:00pm - 4 ounces water flavored w/ Dasani Drops

5:30pm - 4 ounces True Lemon water

6:00pm - ¼ cup to ½ cup of sugar free pudding with protein powder added
(amount of powder will vary based on texture)

6:30pm - **wait 30 minutes after your meal until you start drinking again**

7:00pm - 4 ounces Skinny Water

7:30pm - 4 ounces water

8:00pm - 4 ounces water

7:00am – Omeprazole

8:00am – 2 servings Multivitamin

10:00am – 500mg Calcium Citrate

12:00pm – 500mg Calcium Citrate

2:00pm – 500mg Calcium Citrate

Notes:

- You may still have protein shakes or thicker smoothies for a meal
- Bite size should be the size of a dime or jelly bean
- Do not exceed ½ cup per meal
- **You may eat 3 to 6 small meals per day – this is just a sample schedule**

Pureed/Smooth Foods Sample Menu (day 7-14 at home)

Meals are about ¼ cup to ½ cup

Sample Menu #1		Protein
Breakfast	1 scrambled Egg, pureed	7 g
Lunch	1-2oz pureed ground turkey blended w/ 2 tbsp zucchini puree	7-14 g
Dinner	1 oz pureed pork tenderloin blended with ¼ cup low fat cream of mushroom soup	10 g 2 g
Between Meals	1 cup fat free milk Cauliflower puree w/ 1 scoop unflavored Unjury 64 oz calorie-free beverages (besides protein)	8 g 21 g 0 g

Sample Menu #2		Protein
Breakfast	3 oz Light n Fit Yogurt w/ 1 scoop Unjury protein powder	3 g 21 g
Lunch	1-2 oz pureed ham	7-14 g
Dinner	1/2 cup butternut squash soup + 1/2 scoop <i>chicken soup</i> Unjury protein powder	11g
Between Meals	32 oz Crystal Light 1 Atkins' Lift Protein Water 1 Cup Diet V8 Splash with 1 scoop Unjury unflavored protein powder 32 oz Water	0 g 20 g 20 g 0g

Sample Menu #3		Protein
Breakfast	½ cup pureed cottage cheese w/ 1 tbsp sugar free jelly	12 g
Lunch	1-2 oz pureed chicken thigh blended with ¼ cup fat free poultry gravy	8-15 g
Dinner	1-2 oz canned water-packed tuna pureed w/ low fat mayo 1 oz low fat mozzarella cheese, melted	7-14 g 7g
Between Meals	1 cup skim milk mixed w/ 1 scoop Unjury vanilla powder 1 Yogurt smoothie (yogurt + milk + protein powder blended) 64 oz calorie-free beverages (besides protein waters)	20 g ~20 g 0 g

Puree Diet Shopping List	Serving	Protein
VEGETABLES		
Any vegetable that can be cooked very tender (<i>best to avoid those with tough skins, starchy vegetables, fried or raw vegetables.</i>)	¼ cup	< 1 g
FRUIT		
Unsweetened Applesauce	¼ cup	< 1 g
Soft Canned fruits in <u>juice/water</u> not syrup	¼ cup	< 1 g
DAIRY		
Milk (skim or 1%) <i>Soy or Unsweetened Almond Milk also acceptable</i>	1 cup	8 g
Nonfat Milk Powder (to add to liquids or soft foods)	1/3 cup	8 g
Fat free, low sugar yogurt (Dannon light n fit etc.)	3-4 oz	6 g
Plain Greek Yogurt	3-4 oz	8 g
Fat free or low fat cottage cheese	¼ cup	7 g
Fat free or low fat ricotta cheese	¼ cup	7 g
Fat free or low fat shredded cheese	¼ cup	7 g
COMMERCIAL PRODUCTS		
Atkins' Lift Protein Water	1 bottle	20 g
Whey Isolate Protein Powder (see packet for guidelines)	1 serving	15-30g
MEAT AND PROTEIN		
Lean meats or poultry (baked, broiled, grilled or boiled)	1 oz	8 g
Low fat deli meats (sliced extra thin)	1 oz	5.5 g
Fish (baked, broiled, grilled or boiled)	1 oz	7 g
Tuna, canned in water	4.5 oz can	24 g
Shellfish (baked, broiled, grilled, or boiled)	1 oz	6 g
Tofu	¼ cup	5 g
Eggs	1 egg	6 g
Egg Beaters	¼ cup	6 g
NOTE: All must be finely mashed or pureed when consumed		
SOUPS		
ALL SOUPS MUST BE BLENDED COMPLETELY AND STRAINED FOR PIECES		
Broth, bouillon, consommé, broth-based soup, low fat cream soups <i>NO TOMATO OR SOUPS CONTAINING STARCH</i>	Varies	Varies
Soups Containing Meat	1 cup	8g
OTHER		
Sugar Free Jello	½ cup	1 g
Sugar Free, Fat Free Jello Pudding	½ cup	0 g
Sugar Free Popsicles	1 popsicle	0 g
Sugar free drinks (Crystal Light, Powerade Zero, Propel, Mio Drops)	1 cup	0 g
Diet Iced Tea	1 cup	0 g
Other low-calorie beverages (10 calories or less per 8 ounces)	1 cup	0 g
Diet V8 Splash	1 cup	0 g



Soft Diet: 3rd/4th Week at Home

Serving size: ½ cup

Bite size – size of a dime

CHEW 25-30 TIMES!

- All proteins should be moist and soft
- At meals, protein should be consumed first, followed by non-starchy vegetables, followed by small amounts of fruit
- Raw vegetables and tougher meats should not be introduced during this stage as they are difficult to digest (wait 6-8 weeks after surgery for this)

Recommended Foods
Moist, soft proteins
Scrambled or hard boiled eggs
Shredded chicken/tuna w/ light mayo
Tofu
Baked or steamed fish
Soft/microwaved protein bars for 10 sec
Thinly sliced lean meats or low fat cheeses
Reduced fat string cheese or cottage cheese
Softly cooked vegetables (eat protein first)

Note: Keeping a food journal at this stage forward can be very helpful to refer back to if you feel that you did not tolerate food well on a certain day.

See next page for sample schedule

**EAT PROTEIN
FOODS FIRST!**

Post-Op Day 14-30 Sample Day (Soft Foods)

8:00am – ½ cup ricotta bake casserole (look up recipe)

8:30am – wait 30 minutes after your meal until you start drinking again

9:00am - 4 ounces Crystal Light

9:30am - 4 ounces water

10:00am – 4 ounces water

10:30am - 4 ounces decaf tea

11:00am – 4 ounces Vitamin Water Zero

11:30am - ½ cup cut up turkey with sugar free cranberry sauce

12:00pm – wait 30 minutes after your meal until you start drinking again

12:30pm - 4 ounces Propel Zero

1:00pm - 4 ounces water

1:30pm - 4 ounce water

2:00pm - 4 ounces True Lemon

2:30pm - ½ cup sliced deli ham and low fat sliced cheese

3:00pm – wait 30 minutes after your meal until you start drinking again

3:30pm - 4 ounces water

4:00pm - 4 ounces water

4:30pm - 4 ounces 4C diet iced tea

5:00pm - 4 ounces water flavored w/ Mio drops

5:30pm - 4 ounces True Lemon water

6:00pm - ½ cup chicken salad with low fat mayo

6:30pm - wait 30 minutes after your meal until you start drinking again

7:00pm - 4 ounces water

7:30pm - 4 ounces water

8:00pm - 4 ounces water

7:00am – Omeprazole

8:00am – 2 servings Multivitamin

10:00am – 500mg Calcium Citrate

12:00pm – 500mg Calcium Citrate

2:00pm – 500mg Calcium Citrate

Notes:

- Bite size should be size of a dime or jelly bean
- Chew 25-30 times
- Everything should fit into ½ cup
- **You may eat 3 to 6 small meals per day – this is just a sample schedule**
- Eat your protein first!

Soft Foods Sample Menu

Meals are no more than $\frac{3}{4}$ cup and protein foods are at least 75% of the meal
Eat SLOWLY over 30 min and chew well!

Sample Menu #1		Protein
Breakfast	Omelet (2 eggs, 1 oz low fat cheese, $\frac{1}{4}$ cup sautéed veg)	19 g
Lunch	3 oz deli ham wrapped around low fat string cheese stick	30 g
Dinner	$\frac{1}{2}$ cup chili (no beans) made with lean beef	13 g
Between Meals	1-2 cups Diet V8 Splash + 1 Scoop Nectar protein powder	23g
	64 oz calorie-free beverages (besides protein)	0 g
Sample Menu #2		Protein
Breakfast	$\frac{1}{2}$ cup low-fat cottage cheese	14 g
	1 tbsp canned peaches (canned in own juice, not syrup)	0 g
Lunch	2 oz lean deli turkey breast	13 g
	1 oz stick string cheese	7 g
Dinner	$\frac{1}{3}$ to $\frac{1}{2}$ cup tuna salad made w/ low fat mayo	15 g
	2-3 small pieces <i>very well-cooked</i> steamed mixed veggies	1 g
Between Meals	2 scoops Bariatric Advantage protein powder + 1 cup skim milk	35 g
	64 oz calorie-free beverages (besides protein)	0 g
Sample Menu #3		Protein
Breakfast	1 oz Canadian Bacon	7g
	1 Large egg, poached	6g
Lunch	1 small turkey burger (3 oz)	21 g
	1 slice low fat American cheese (1 oz)	7 g
Dinner	3 oz shrimp (grilled, boiled or steamed)	20 g
	2-3 pieces <i>very well cooked</i> steamed mixed veggies	1 g
Between Meals	64 oz calorie-free beverages (besides protein)	0 g
	Dannon Light n' Fit	5 g
	1 Cup Skim milk	8 g

Soft Foods Shopping List	Serving	Protein
VEGETABLES		
Any vegetable that can be cooked very tender (<i>best to avoid those with tough skins, starchy vegetables, fried or raw vegetables.</i>)	¼ cup	< 1 g
FRUIT		
Soft Fresh Fruit	¼ cup	< 1 g
Soft Canned fruits in <u>juice/water</u> not syrup	¼ cup	< 1 g
DAIRY		
Milk (skim or 1%) <i>Soy or Unsweetened Almond Milk also acceptable</i>	1 cup	8 g
Nonfat Milk Powder (to add to liquids or soft foods)	1/3 cup	8 g
Fat free, low sugar yogurt (Dannon light n fit etc.)	3-4 oz	6 g
Plain Greek Yogurt	3-4 oz	8 g
Fat free or low fat cottage cheese	¼ cup	7 g
Fat free or low fat ricotta cheese	¼ cup	7 g
Fat free or low fat shredded cheese	¼ cup	7 g
COMMERCIAL PRODUCTS		
Whey Isolate Protein Powder (see packet for guidelines)	1 serving	15-30g
Atkins' Lift Protein Water	1 bottle	20 g
MEAT AND PROTEIN		
Lean meats or poultry (baked, broiled, grilled or boiled)	1 oz	8 g
Low fat deli meats	1 oz	5.5 g
Fish (baked, broiled, grilled or boiled)	1 oz	7 g
Light Tuna, canned in water	4.5 oz can	24 g
Shellfish (baked, broiled, grilled, or boiled)	1 oz	6 g
Tofu	¼ cup	5 g
Eggs	1 egg	6 g
Egg Beaters	¼ cup	6 g
SOUPS		
Broth, bouillon, consommé, broth-based soup, low fat cream soups <i>NO TOMATO OR SOUPS CONTAINING STARCH</i>	Varies	Varies
Soups Containing Meat	1 cup	8g
OTHER		
Sugar Free Jello Gelatin	½ cup	1 g
Sugar Free, Fat Free Jello Pudding	½ cup	0 g
Sugar Free Popsicles	1 popsicle	0 g
Sugar free drinks (Crystal Light, Powerade Zero, Propel, Mio Drops)	1 cup	0 g
Diet Iced Tea	1 cup	0 g
Other low-calorie beverages (10 calories or less per 8 ounces)	1 cup	0 g
Diet V8 Splash	1 cup	0 g

Regular Diet: 1 Month Post-Op

Incorporate 1-2 new foods a day

Meal size:

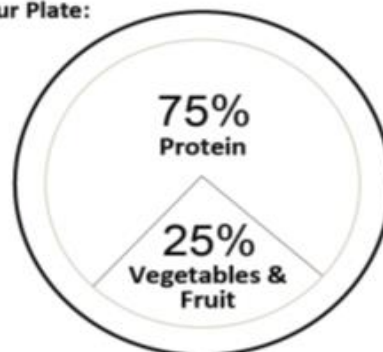
$\frac{1}{2}$ cup - $\frac{3}{4}$ cup

REMEMBER

- Avoid grazing between meals
- Choose low fat protein sources as much as possible
- Wait until **6-8 weeks** to bring back dry or tough meat—like steak, pork chop, or veal—and fibrous produce like raw broccoli, salad, apples, etc.
- **AVOID ALL STARCHES until post-op month six, and then low starch indefinitely**
- **You will eventually get up to 1 cup of food at a time. Stay there! Do not exceed 1.5 cups at a sitting.**
- Try one new food at a time, and try keeping a journal documenting intake/symptoms to see how you tolerate each food
- **If you feel like you're hungry often and you're getting all of your protein in, try increasing your intake of non-starchy veggies. These are very satisfying for very few calories.**
- Try to slowly reduce the number of protein shakes you consume and replace them with solid food sources of protein. Patients who consume more solid protein tend to see better long-term weight loss than those who get most of their protein from liquid shakes.

If you do vomit or feel that food is "stuck," stop eating and return to a liquid diet until symptoms resolve.

Your Plate:



See next page for sample menu

Post-Op Day 30 and beyond Sample Day (Regular Foods)

8:00am – ½ cup to ¾ cup boiled eggs and turkey bacon

8:30am – **wait 30 minutes after your meal until you start drinking again**

9:00am - 4 ounces Crystal Light

9:30am - 4 ounces water

10:00am – 4 ounces water

10:30am - 4 ounces decaf tea

11:00am – 4 ounces Vitamin Water Zero

11:30am – ½ cup to ¾ cup chicken with Sugar Free BBQ sauce and grilled vegetables

12:00pm – **wait 30 minutes after your meal until you start drinking again**

12:30pm - 4 ounces Propel Zero

1:00pm - 4 ounces water

1:30pm - 4 ounces water

2:00pm - 4 ounces True Lemon

2:30pm - ½ **protein bar**

3:00pm – **wait 30 minutes after your meal until you start drinking again**

3:30pm - 4 ounces water

4:00pm - 4 ounces sugar free Mio flavored water

4:30pm - 4 ounces 4C diet iced tea

5:00pm - 4 ounces water flavored w/ Dasani Drops

5:30pm - 4 ounces True Lemon water

6:00pm - ½ cup to ¾ cup turkey meatball and cauliflower mash

6:30pm - **wait 30 minutes after your meal until you start drinking again**

7:00pm - 4 ounces Skinny Water

7:30pm - 4 ounces water

8:00pm - 4 ounces water

7:00am – Omeprazole

8:00am – 2 servings Multivitamin

10:00am – 500mg Calcium Citrate

12:00pm – 500mg Calcium Citrate

2:00pm – 500mg Calcium Citrate

Notes:

- Wait 6-8 weeks for crispy, raw vegetables and fruits (including salads) and dry, tough meats like steak
- **You will eventually reach up to 1 cup of food at a time**
- **Do not exceed 1.5 cups at any meal**
- Always eat your protein first!

Cautious Eating After Surgery

To reduce your risk of complications, discomfort, and weight regain, follow these guidelines:

Avoid Overeating

Eating too much food at a meal can cause discomfort, vomiting and your stomach to stretch (which can lead to weight regain). In very rare cases, extreme overeating may cause your pouch to rupture. To prevent overeating, try:

- Limiting meal size to $\frac{1}{2}$ cup initially and work up to $\frac{3}{4}$ to 1 cup as tolerated
- Portioning out meals using measuring cups/spoons or diagrams
- Stopping when you are full or when you have finished the small portion of food you have placed on your plate – whichever comes first. Do not eat until you feel as if you are too full to eat another bite.

Prevent Vomiting

Vomiting is most often caused by overeating, eating too quickly, eating inappropriate foods, taking large bites, or not chewing food well. If vomiting occurs, stop eating solid food and sip clear liquids until you are able to resume your intake of normal foods. Episodes of occasional vomiting are common initially and usually improve with time.

If vomiting continues for more than 24 hours, call your doctor because this may indicate your stomach outlet is blocked. *Also call your doctor if you feel you are unable to consume adequate nutrition for a prolonged period of time or feel you are becoming malnourished.*

Other Tips

Eat in a relaxed atmosphere

Sit down for meals and avoid eating on-the-go. Avoid eating in front of the TV or while reading, which will divert your attention and increase the risk of overeating or eating too fast.

Limit chewing gum

Chewing gum is not recommended! If you choose to chew gum, it must be sugar-free. Be very careful not to swallow it as it can block your stomach outlet and require a visit to the ER for removal.

Avoid Carbonated Beverages

Cheat Sheet

FLUIDS

64oz + every day!

(No drinking with meals or 30 min after meals)

Avoid:

- Caffeine (for 1 month)
- Carbonated drinks (forever)
- Drinks with sugar, even juice (forever)
- Coffee (even decaf), OJ, tomato juice (acidic)
- Alcohol (for at least 1 year)

Your water bottle should go EVERYWHERE with you.

DIET PROGRESSION

(@ home after surgery)

3 weeks prior to surgery: no starches
48 hrs. before surgery: clear liquids

Post-op

Week 1 at home: Full Liquids

Week 2 at home: Pureed Foods

Weeks 3 and 4 at home: Soft Foods

1 month: Regular Diet

*See diet packet for more info on each stage

Chew 25+ times per bite and

STOP as soon as you feel full!

VITAMINS/MINERALS

Every day for the rest of your life!

Multivitamin: 2 servings 1x/day

Calcium Citrate + Vitamin D

- 3 times per day (500mg each)
- Must be calcium citrate (*check the back of the label*)

ALL 4 DAILY SUPPLEMENT DOSES MUST BE TAKEN AT LEAST 2 HOURS APART

PROTEIN

70-100 g every day

Supplements must have ***“isolate”*** as the first ingredient (*whether its whey isolate, soy isolate, milk isolate, etc.*)

ALWAYS EAT PROTEIN FIRST AT MEALS!

Protein helps prevent hair loss and keep metabolism strong for optimal weight loss

Possible Food Intolerances

After surgery, some food can be uncomfortable to eat (particularly those that are dry, sticky, gummy, or stringy) . Each individual responds differently to particular foods and most people discover which foods are best tolerated by trial and error.

Although some intolerances are permanent, most resolve with time. If you have a bad reaction, try that food again in a few weeks. Possible intolerances include:

MEATS

- Red meat
- Pork
- Poultry (if dry)
- Shellfish



Try moist cooking methods such as boiling, pressure cooking, or using a slow cooker.

VEGETABLES

- Raw vegetables
- Cooked vegetables with tough skins
- Stringy vegetables (celery, asparagus)
- Gaseous vegetables (broccoli, cauliflower, cabbage, Brussel sprouts)



MILK

If you become lactose intolerant, try sweet acidophilus milk, Lactaid milk, Dairy Ease, or calcium-fortified soymilk.



FRUIT

- Fruit with tough skin
- Dried fruit
- Hard fruit
- Citrus fruit



BREAD

- Dense bread
- Bagels
- Pasta
- Biscuits



Try pitas, crackers, or toasting bread for better tolerance.

BEANS/NUTS/SEEDS

- All nuts and seeds
- Legumes or beans
- Chunky peanut butter



OTHER FOOD

- Chili or spicy food
- Fried or high fat food
- Sweets or sugary food

