

Rev. 05/08

NUTRITION MANUAL

FOR

BRING THIS MANUAL TO EACH APPOINTMENT

You will be writing in it and adding to it each visit

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EATING FOR THE HEALTH OF IT

or

GETTING READY FOR MY WEIGHT LOSS SURGERY

Living healthfully before any surgery helps healing and recovery after surgery. Following the guidelines below now, before your weight loss surgery, will also give you a glimpse of your life when you are fully recovered from your surgery. Remember, weight loss surgery is only *one* of the many tools you will use to eat healthfully and live actively for the rest of your life.

HOW TO EAT

Eat slowly

Eating slowly prevents nausea and vomiting after surgery. It is also an excellent strategy in learning to taste the food we eat so we are naturally satisfied with a smaller amount (people who eat quickly tend to overeat). Use a knife, fork and spoon to eat and put your utensils down between bites. If eating a sandwich or other “finger food” such as a fresh apple, return the food to your plate between bites. Allow 20-30 minutes for a meal and 10-15 minutes for a snack. A good habit to start now is to stop eating before you are full. After surgery it will be important not to stretch your pouch (new, smaller stomach) by eating too much. We can eat enough without being full.

Where to eat

Eat at the table only. Limiting where we eat (not in the car, not at a desk, not in front of the television, not in bed, not standing in the kitchen, not while walking in the mall), usually limits how often and how much we eat.

Eating awareness

Eating slowly and limiting where we eat make us more conscious of our eating. Another way to make us more aware of eating is to not do something else e.g. watching television or reading, while eating. The best technique, of course, is to eat with others and enjoy their company. At home, if you are eating alone, play some relaxing music (and light a candle or two). You are worth it.

MEAL PLANNING

Eat in the morning, at home--- not on the way to work! The sooner we eat after waking, the sooner our metabolism “wakes up.” And people who eat breakfast are less likely to be overweight: intake better matches the active part of the day, so there is less eating at the end of day, and we wake up hungry.

Plan several meals at a time then make a shopping list. That way, whether its breakfast at home or packing lunch and snacks for work, the food you need will be on hand when you need it. Do not keep food in the house that you know you shouldn't eat. If other family members want candy or chips, for example, they need to buy it and eat it elsewhere. You are not depriving them but modeling a healthy lifestyle that will help them, too.

Eat before grocery shopping. An empty stomach causes impulse buying and eating at the store. Only buy foods on your meal plan. Eating healthfully is not about will power. It is about planning and creating the environment (at home, at work, etc.) that supports our goals. If we don't buy it now, we can't eat it later!

When preparing meals at home, do not eat while cooking. When the meal is ready, keep prepared food on the counter, on the stove or in the oven rather than in serving bowls on the table.

You may need to use a smaller (salad) plate, bowl and cup for yourself. Eat from your plate only (e.g. don't "finish" other's uneaten food, not even a bite). As a wise therapist shared with me years ago, "We can throw it in or we can throw it out."

Keep all food in the kitchen in the cupboard or fridge. The only food on the counter that should be "calling you" is fruit or vegetables (e.g. get rid of candy in dishes, snacks in the tv room or anybody's---not just yours---bedroom).

WHAT IF I'M HUNGRY

That's a good question. If you've just eaten, give yourself 20 minutes to see if you really are hungry. It takes that long for the brain to get the "full" message from the stomach.

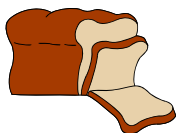
If you are hungry, ask yourself, "What am I hungry for?" If you eat when you're not hungry, you'll still be hungry when you're done eating. So it's important to get in touch with what's eating you and nourish that. Maybe what you really need is a nap, a drink of water (really---sometimes we're just thirsty), to talk with a friend or to rock out to your favorite CD. Be prepared with alternatives for those times when you're not hungry for food and list them here:

If you are hungry, you can always have a "free food" or a vegetable serving (see "My Nutrition Information"). Try rating your hunger on a scale of 1-10. Eat when it's about 3-4 (and stop eating when it's about 7-8 so you don't overeat). If there is a pattern to your hunger (same time for 2-3 days in a row, e.g.), talk to your dietitian about revising your meal plan. *Honor your hunger* so you are in control of it rather than it controlling you and your food choices.

My Nutrition Information

CARBOHYDRATE FOODS

Servings per meal: Breakfast _____, Lunch _____,
Dinner _____, Snacks _____.



Carbs: Starch/Bread Group

Each serving = 15 gm carb, 80-100 calories ♦ = also 5 gm fat

Bagel	1 oz	Pasta, cooked	1/3 cup
Bread	1 oz slice	Peas, cooked	1/2 cup
Cereal, cooked	1/2 cup	Popcorn, light♦ or plain	3 cups
Cereal, dry, 6 g sugar or less: about 3/4 cup (check label)		Potato, cooked	2 oz
Corn, cooked	1/2 cup or 6" ear	Potatoes, mashed	1/2 cup
Crackers♦	5 medium	Potatoes, hash-browns♦	1/2 cup
Dried beans, cooked	1/2 cup	Pretzels	3/4 oz
English muffin	1/2 whole	Rice, cooked	1/3 cup
Graham crackers	1 1/2 whole	Squash, winter, cooked	1 cup
Hamburger/ hot dog bun	1/2 ea	Tortilla, corn	1
Lima beans, cooked	2/3 cup	Tortilla, 6" flour ♦	1
Muffin, small♦	1 oz	Waffle, frozen♦	1
Pancake, 6"	1	Yam or sweet potato	2 oz or 1/2 cup

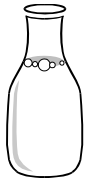


Carbs: Fruit Group Each serving = 15 gm carb, 60-80 calories

Choose unsweetened fresh or frozen fruit. *If you use canned fruit, choose fruit canned in juice or extra-light syrup: 1/2 cup = 15 gm carb.*

The serving size for fruit juice is 1/3 to 1/2 cup.

Apple	1 small or 4 oz	Orange	1 medium
Banana	1/2 large or 4 oz	Peach	1 medium
Blackberries, blueberries	3/4 cup	Pear	1 medium
Cantaloupe	1/4 small or 1 cup	Pineapple, fresh	3/4 cup
Cherries	12	Plums, fresh	2 small
Grapefruit	1/2 medium	Prunes, dried	3 medium
Grapes	15 small	Raisins	2 Tbsp
Kiwi	1 large	Raspberries	1 cup
Mango	1/2 medium	Strawberries, whole	1 1/4 cup
Nectarine	1 medium	Watermelon	1 1/4 cup



Carbs: Milk Group:

Each serving = 12-15 gm carb, 80-120 calories

◆ = also 5 gm fat

☼ = also contains 6-8 grams of protein

Milk, non-fat or 1%☼	8 oz	Frozen yogurt ◆	½ cup
Ice cream, no sugar added	½ cup	Yogurt, light☼	6-8 oz
Ice cream, reduced fat ◆	½ cup	Yogurt, plain low-fat☼	8 oz

Other Carbohydrates and Combination Foods:

Each serving = 15 gm carb, 100+ calories ◆ = also 5 gm fat

Cake, no icing, 2” square	1 piece	Pizza, thin crust ◆☼	1 (4”) slice
Casserole ◆☼	½ cup	Soup, broth-based	1 cup
Chili ◆☼	½ cup	Soup, cream ◆	1 cup
Cookie, 3” across ◆	1	Spaghetti or pasta sauce	½ cup
Granola bar ◆	1 (check label)		



MEAT AND PROTEIN FOODS:

Each 1 oz = 7 gm protein, 3-10 gm fat, 30-100 calories,

These foods have no carb (or almost none), but usually have fat.

Meat should be baked, broiled, or grilled; no breaded and/or fried.

Remove skin from poultry. ◆ = higher-fat choices, limit these.

Examples of 3 oz portions:

- meat about the size of a deck of cards
- ½ of a whole breast of chicken *or* 1 leg + 1 thigh of chicken
- 1 medium un-breaded fish fillet
- 1 small pork chop or tenderloin
- 1 soy burger

Each food below = approx 1 ounce meat or protein:

½ c cooked beans (red, refried, etc.)	1 egg (limit to 3 per week)
1 oz lowfat cheese (6g fat or less)	¼ cup egg substitute <i>or</i> 3 egg whites
¼ cup lowfat cottage cheese	1 Tbsp peanut butter◆ (3.5 g protein)
3 T fat free cream cheese	2/3 c edamame
¼ cup water-pack tuna or salmon	3-4 oz tofu
1 oz nuts (160-200 calories)◆	



VEGETABLES: These vegetables are low in carbs (2-5 gm per serving) and calories (20-30 cal per serving) and may be eaten freely. Eat at least 3 servings (1/2 cup vegetables or 1 cup salad) daily. (Corn and peas are in the Starch/Bread Carb group).

- | | |
|--|---|
| Artichoke | Jicama |
| Asparagus | Lettuce (dark green is best) |
| Beets | Mushrooms |
| Broccoli | Onions |
| Brussels sprouts | Pea pods or snow peas |
| Cabbage | Peppers |
| Carrots (baby carrots= 1 gm carb each) | Radishes |
| Cauliflower | Salad greens |
| Celery | Spinach |
| Cucumbers | Tomatoes; 4oz tomato or vegetable juice |
| Green beans | Turnips |
| Greens (kale, turnip greens, etc) | Zucchini or summer squash |

FATS: 1 serving = 5 gm fat, each item listed is 1 serving. Use no more than one serving per meal. ♥ = mono fats, healthy choices ■ = Saturated fats (limit)

- | | | | |
|-----------------------|---------------------|-----------------------------|--------|
| Avocado ♥ | 2 Tbsp | Oil (corn, soy, sunflower) | 1 tsp |
| Butter ■ | 1 tsp | Oil (canola, olive) ♥ | 1 tsp |
| Cream cheese ■ | 1 Tbsp | Nuts ♥ | 6-10 |
| Cream cheese, light ■ | 2 Tbsp | Peanut butter, nut butter ♥ | 1 Tbsp |
| Gravy ■ | 2 Tbsp | Salad dressing, regular | 1 Tbsp |
| Margarine, regular | 1 tsp | Salad dressing, light | 2 Tbsp |
| Margarine, light tub | 1 Tbsp | Sour cream, regular/Imo ■ | 2 Tbsp |
| Mayo, regular | 1 tsp | Sour cream, light ■ | 3 Tbsp |
| Mayo, light | 1 Tbsp | Sunflower seeds | 1 Tbsp |
| Olives: | 8 black or 10 green | | |

Free Foods: These are foods with 4 gm carb or less, and 20 calories or less.

- | | |
|--|---|
| <u>Unlimited Free:</u> | <u>Limited Free: 1 serving per meal</u> |
| Decaf coffee, decaf tea | Catsup (1 Tbsp) |
| Crystal Light, other sugar-free drinks | Low sugar jam/jelly (2 tsp) |
| Diet jello | Sugar-free syrup (2 Tbsp) |
| Mustard, herbs and seasonings | Whipped topping, light (2 Tbsp) |
| Butter flavored sprays, sprinkles | Creamer, plain (1 Tbsp) |

My Meal Plan

Include daily: 2 fruit servings; 3 vegetable servings; 2 milk/yogurt servings

SAMPLE

Time 7:00	<u>2-4</u> Carb <u>0-1 oz</u> Protein <u> </u> Vegetable <u>0-1</u> Fat	½ bagel toasted (2 carbs) 1 oz mozzarella 8 oz skim (1 carb)	
10:00	<u>1</u> Carb	Non fat, no sugar raspberry yogurt (1 carb)	
1:00 PM	<u>2-4</u> Carb <u>2-3 oz</u> Protein <u>1-2</u> Vegetable <u>0-1</u> Fat	▫ 1-2 c spinach salad (w/tomato, egg white, lowfat cheese) ▫ 2 T lowfat dressing on side (dip fork into dressing, then salad) ▫ 8 oz skim (1 carb) ▫ dinner roll (1 carb)	
4:00 PM	<u>1</u> Carb	fresh apple (1 carb)	
6:30 PM	<u>2-4</u> Carb <u>2-3 oz</u> Protein <u>1-2</u> Vegetable <u>0-1</u> Fat	▫ 2/3 c pasta w/ ½ c red pasta sauce (3 carbs) ▫ 2 small meatballs ▫ ½ c green beans w/1t olive oil ▫ green salad w/ lemon ▫ 8 oz skim (1 carb)	
8:30 PM	<u>1-2</u> Carb	½ c canned (light syrup) peaches	

GROCERY LIST

Check this list for what to buy at the grocery store:

MILK

Milk, skim or 1%
Yogurt, light (100 calories/carton)
("smooth" yogurt only for full liquid diet)
Dry milk powder
Sugar-free hot cocoa

FRUIT/VEGETABLE

Fresh fruit in season
Canned (in extra light syrup or juice) or
individual packs of applesauce,
peaches, pears, etc.
Vegetable juice
Fresh vegetables in season
Ready to eat salad mixes
Frozen fruits and vegetables

GRAINS

Breakfast cereal (6g sugar or less/serving)
Sandwich bread (whole grain preferred)
Crackers (e.g. saltines)
Bread sticks
Pretzels
Bagels, English Muffins
Pasta

SUPPLEMENTS

Centrum chewable/tablet
Calcium Citrate + Vitamin D
B 12 (500 mcg)

MEAT/PROTEIN

Chicken breast (no skin)
White turkey meat (no skin)
White fish
Tuna or salmon packed in water
Cottage cheese, low fat or reduced fat
Ricotta cheese (nice spread for toast)
Cheese: mozzarella, string, reduced fat
(6 g fat or less)
Egg substitute/eggs
Lean deli meat (ham, chicken, turkey)
Light tofu
Soy cheese
Soy milk
Peanut butter

OTHER

Tomato soup (try Campbell's Healthy
Request)
Broth or boullion
Water (bottled)
Crystal Light (iced tea or lemonade)
Sugar free Kool Aid
Sugar free gelatin
Decaf coffee, tea
Frozen dinners (Healthy Choice, Lean
Cuisine, Weight Watchers)
Reduced fat salad dressings

Other responsibilities: Complete a Food and Activity Journal daily (fax by Friday to Cathy Quinn, RD at 503-561-4866; to protect your privacy, use a cover sheet). My e-mail is catherine.quinn@salemhospital.org.

Weigh and measure your foods

Take a multivitamin/mineral supplement daily (e.g. Centrum or Centrum Chewable). “Silver”, “Men’s” and other similar varieties are *inadequate*. Do not use these.

Other supplements:

Read pp 1-13 of this manual

Weigh weekly

No weight gain/5% weight loss

Letter to yourself (separate form)

Blender and food scale at home

Support group meeting: attend 2 before surgery

Birth control:

No: caffeine, carbonation, alcohol, smoking

Physical activity planned:

Salem Hospital employees: Fitness Center x 1-4009

PRE SURGERY LIQUID DIET

The next step in getting ready for your surgery in about two weeks is to stop eating solid foods. All the energy and protein you eat will come from liquids only.

Starting this diet now will give you time to get used to it and what it means (you should still eat with your family, e.g.) on a day to day basis. Protein beverages are your primary source of protein. You will eat three liquid meals (breakfast, lunch and dinner) and three liquid snacks (mid-AM, mid-PM and evening). This pattern of 3 meals and 3 snacks is one you will be following after surgery, too, to make sure you get enough protein and liquid daily. Your daily goal is a minimum of 60g protein.

If you chew gum, find an alternative now (sugarless mints e.g.). Even sugarless gum causes more air to be swallowed which means “gas” in the intestine. This could be very uncomfortable for you after surgery. Also, after surgery, gum that is accidentally swallowed could cause a blockage.

You will also drink water and any no sugar added beverages with no caffeine and no carbonation for additional liquids. This is to help you get used to not *drinking* calories. Sweet beverages (including full strength juices, can cause Dumping Syndrome. See page 27). And carbonated beverages, even sugar free ones, can cause problems after surgery so don't drink these. You need to drink 48-64 oz liquid everyday. Examples of OK liquids:

Sugar free clear liquids: water, half-strength 100% juice, Crystal Light® (add ice and mix in blender for a smoothie), Sugar Free Kool-Aid® (makes great popsicles, too), sugar free popsicles, sugar free lemonade, sugar free decaf iced tea (sweeten with sugar substitute such as Equal® or Splenda®), sugar free gelatin, decaffeinated tea or coffee, broth. These foods have no protein and very few calories.

Full liquids: Here is a list of full liquids you may have and the amount of protein in them:

	<u>Protein (g)</u>
8 oz skim/soy/1% milk	8
“Smooth” nonfat no-sugar yogurt (e.g. Yoplait “blue” label, Dannon Light ‘n Fit Creamy)	5-8
1 T dry milk (use as protein booster in soups, etc.)	3
Cream of tomato soup (made with skim/soy/1%), ½ cup	5
Egg substitute, ¼ cup	6

8 oz protein supplement	20
6 oz no sugar added hot cocoa	2 (make with 6 oz skim for 6 <i>more g of protein</i>)
SF pudding (made with skim)	4
SF fudgesicle (one)	2

Most “smoothies,” homemade or store-bought, have too many calories and are not recommended now or after surgery. Here are some other recipes you may enjoy:

SKINNY NOG (try this version any time of the year):

- 1 qt of skim or soy milk
- 1 cup of egg substitute *
- ½ T almond extract
- ½ T orange extract

Pour all ingredients into a blender and mix. Serve in large glass and sprinkle with grated nutmeg. Makes 5 (8 oz) servings, each providing 11 g protein.

* Do not use raw eggs. Egg substitutes are pasteurized and ok to use in recipes for uncooked foods, such as this nog, and cooked foods.

“DOUBLE STRENGTH” MILK

- 1 c dry milk
- 1 qt skim/1% milk

Mix in blender until dry milk dissolved. Refrigerate and drink as a beverage or use in recipes in place of milk (may need to shake before serving if dry milk settles to bottom of container). Each 8 oz serving = 19 g protein.

SPICED CIDER (from our patient, Mary)

- | | |
|--------------------|-------------------------------------|
| 8 oz skim | 1 oz sugar free chai-flavored syrup |
| 2 T egg substitute | One pkg sugar free spiced cider |

Gently heat (don’t boil) skim, egg sub and sugar free flavored syrup on stove. Add the sugar free spiced cider and mix until blended. 11 g protein per serving.

SOUP

Use skim or 1% milk when making tomato soup. Each ½ cup serving of reconstituted soup will then provide 5 g protein (10g if you use double strength milk). Squash soup is also allowed.

Other soups (except broth) are not “smooth” and are not recommended now or after surgery. Soups can be high calorie and all your liquids need to be low (about 100 calories/8 oz) or no calorie (water, Crystal Light).

Here is a sample menu for your presurgery liquid diet that provides 85 grams protein and 68 oz liquid:

	Pro (g)	Oz
Breakfast: Decaffeinated coffee with skim or 1% milk, sugar substitute	0	8
8 oz Skinny Nog	11	8
Snack: 8 oz water	-	8
8 oz skim milk	8	8
Lunch: 8 oz cream of tomato soup (made with double strength milk)	10	8
8oz Crystal Light with protein supplement	20	8
Snack: 6 oz Dannon Light ‘N Fit Kiwi Yogurt	8	-
8 oz water	-	8
Dinner: 6 oz broth	-	6
8 oz protein supplement	20	8
Snack: 6 oz no sugar added hot cocoa (made with skim)	8	6
Total	85g	68 oz

You'll know you're drinking enough liquid if your urine is straw colored. If it's the color of apple juice, you need more liquid (even if you're drinking 64 oz). In hot weather, you also may need to drink more than your usual amount.

If you have diabetes, check your blood glucose in the morning (before eating) and at bedtime (before last snack). If your blood glucose is low, contact the doctor who prescribed your medications to see if they can be adjusted.

Other responsibilities: Complete a Food and Activity Journal daily (fax by Fri to Cathy Quinn, RD at 503-561-4866; use a cover sheet) and record protein intake in the "Pro g" column

Take your multivitamin/mineral supplement daily
(e.g. Centrum/Centrum chewable)

Eat clear liquids only the day before surgery _____

Nothing to eat or drink, including water, starting midnight
before surgery

Buy Centrum chewables and 500 mcg Vitamin B12 to take after
surgery

WHAT WILL I EAT WHEN I GO HOME?

Week 1

Until your first office visit with your surgeon, continue on your Liquid Diet (which is the same as your presurgery diet). Remember, your goal is 48-64 oz of sugar free, no caffeine, non-carbonated liquids daily. Gradually increase your intake of your protein supplement and other full liquids so that you are getting at least 60 grams (g) of protein daily with your 48-64 oz liquid. To prevent nausea, sip beverages slowly; do not use a straw.

To be sure you are getting enough fluid and protein, make an appointment with yourself to eat your meals and snacks at scheduled times (7:30 for breakfast; 10:00 for morning snacks, etc.). Your hunger mechanism may take a while to “wake up” so you cannot rely on when you feel hunger to eat.

See the “Pre Surgery Liquid Diet” section of this manual (P. 8) for more information about your full liquid diet. Many liquid supplements or meal replacements such as Ensure® or Slim-Fast® contain too much sugar and are *not* for you. IF IN DOUBT, DO WITHOUT and then call the Bariatric Surgery Center (503-561-5286) to check.

Do not chew gum, even sugarless gum. Air is swallowed when chewing gum and this will cause more gas in your intestine which can be very uncomfortable. Swallowing gum accidentally could cause a blockage.

Examples of sugar-free clear liquids you may continue to drink (these do not contain any protein, however): water, half-strength 100% juice, Crystal Light® (add ice and mix in blender for a “slush”), Sugar Free Kool-Aid® (makes great popsicles, too), sugar free popsicles, sugar free lemonade, sugar free decaf iced tea (may sweeten with sugar substitute such as Equal® or Splenda®), sugar free gelatin, decaffeinated tea or coffee and broth.

Supplements: 1. One Centrum chewable *twice a day*.

2. 500 mcg B-12 everyday (may be taken with your Centrum chewable)

Here is a sample menu with supplements for your Full Liquid Diet:

	<u>Pro (g)</u>	<u>Fluid (oz)</u>
Breakfast: 8 oz skim with protein supplement Centrum chewable B-12 (500 mcg)	28	8
Snack: 12 oz Crystal Light Sugar free pudding (made with skim)	4	12
Lunch: 8 oz skim	8	8
Snack: 8 oz broth and 6 oz smooth yogurt	5	8
Dinner: 12 oz water with flavored protein supplement 4 oz cream of tomato soup (made with skim) Centrum chewable	20 5	12 4
Snack: 6 oz no sugar added hot cocoa made w/skim 8 oz water	8	6 8
<hr/>		
Total:	78 g	66 oz

If you have diabetes, check your blood glucose in the morning (before eating) and at bedtime (before last snack). If your blood glucose is low, contact the doctor who prescribed your diabetes medication to see if it can be adjusted.

Other Week 1 responsibilities: Complete a Food and Activity Journal daily and fax by Friday to Cathy Quinn, RD at 503-561-4866.

Record protein intake in the “Pro g” column

Walk 20-30 minutes/day (5 minutes at a time, in the house, is ok).

Take your vitamin supplements (one Centrum chewable twice a day; one 500 mcg B-12)

WEEK 2-6 AFTER SURGERY

You are now ready to start eating very soft foods. Your new stomach, often called a pouch, is still tender, somewhat swollen and healing. Therefore, any food you eat must be easy to digest. If you try to eat solid food, you could cause a blockage (causing vomiting) or worse, a break or leak in your pouch.

Just as you gradually increased from clear liquids to full liquids, you will now, over a period of 2-4 weeks change from full liquids to very soft foods. You will continue to drink full and clear liquids but you will also now get protein and energy from soft foods as well.

You may no longer drink fluids with your meals. Taking fluids and food together will cause weight gain and stretch your pouch. This could hurt and may also make you vomit. You may drink up to 30 minutes before a meal or snack and you may resume drinking allowed/recommended beverages 30 minutes after you finish eating. Do not use a straw to drink.

Visualize your new stomach (remember the football and the egg?). *Your new stomach is small:* it can hold 1-2 ounces compared to 40-60 ounces before surgery. *Respect your new stomach* by 1) eating slowly and, 2) stop eating *before* you are full. You will be *satisfied* before you are full. See the “Eating for the Health of It” section of this manual (pp 1-2) for more tips on *how* to eat.

Use a salad plate, rather than a dinner plate, for your meals and a teaspoon or infant spoon.

Do not eat any sweet foods or drink any sweet beverages, including full strength juices. Sugar, even naturally occurring sugar in 100% fruit juice, can cause Dumping Syndrome (see page 23). Read food labels to be sure there is no *added* sugar. *Check the ingredient label for these words that mean sugar:* sugar, brown sugar, honey, molasses, maple syrup, corn syrup, high fructose corn syrup, sucrose, glucose, sorbitol, mannitol or xylitol. Do not eat any foods with added sugar such as ice cream, sherbet, sorbet, frozen yogurt, frozen ice, sweetened juice drink, fruit punch, chocolate milk, regular gelatin.

Get in the habit of chewing your food 20 times (30 times when you’re eating “regular” food again) before swallowing. Your food should have the consistency of applesauce before swallowing.

Remember to drink 48-64 ounces of sugar free, no caffeine, non-carbonated liquid and to eat at least 60 grams protein everyday. Sip your beverages slowly (15-20 minutes for 8 oz).

Supplements: 1. One Centrum chewable *twice a day*.

2. 500 mcg B-12 everyday (may be taken with your Centrum chewable).

3. 1200 mg Calcium Citrate with 800 IU Vitamin D daily. *Take your calcium at a different time from your Centrum Chewable.* The minerals in multivitamin/mineral supplements compete with calcium for absorption so they need to be taken separately to receive the full benefit of each. Also, we can only absorb 500-600 mg of calcium at one time so calcium supplements need to be spaced throughout the day and not taken all at one time. Calcium supplements may be taken on an empty stomach (no food needed) and they are best absorbed with water (not milk or other dairy). You can start with half a tablet of Calcium Citrate and work up to two tablets twice a day.

Citracal Petites™ are not only smaller in size but smaller in dose, too. If you prefer Citracal Petites, you need to take two tablets *three* times/day.

If you cannot tolerate tablets, Bariatric Advantage® at www.bariatricadvantage.com makes a chewable lozenge that contains 400 mg Calcium Citrate and 100 IU Vitamin D per lozenge. You would need to take one four times/day and that would still not provide enough Vitamin D (but it's better than nothing!). Building Blocks® at www.bbvitamins.com also has chewable calcium that provides 250 mg Calcium Citrate and 150 IU Vitamin D per lozenge. You could take a combination of these chewables and Calcium Citrate tablets to meet your requirement.

Most other chewable calcium supplements, such as Citracal Creamy Bites, have too many calories or are a different form of calcium that is not well absorbed. Do not use these calcium supplements.

UpCal D (made by Global Health Products, Inc. at www.globalhp.com) is calcium citrate in powder form.

Here's a sample menu with supplements for your very soft food diet; eat no more than one ounce of food at a time:

	Protein (grams)	Liquid (ounces)
7:30 8 oz decaf coffee (drink soon after waking so you have 30 minutes <i>before</i> you eat breakfast) Centrum chewable B-12		8
8:00 ¼ c old fashioned oatmeal microwaved with 4 oz skim	5	
9:00 8 oz tomato juice 2 Calcium citrate + Vitamin D tabs		8
10:00 8 oz protein supplement in skim milk	28	8
12:00 2 T (1 oz) low fat cottage cheese	3	
1:00 8 oz Crystal Light Lemonade 2 Calcium citrate + Vitamin D tabs		8
2:00 6 oz No Sugar Added Hot Cocoa made with skim	8	6
3:30 8oz protein supplement	20	8
5:00 1 scrambled egg /1/4 c egg substitute	7	
7:00 8 oz double strength milk Centrum chewable	19	8
	_____	_____
Total	90 grams	54 oz

After eating very soft foods for about two weeks, gradually introduce soft, easy to chew foods such as white chicken and cooked (canned in light syrup) fruits and vegetables. Always *measure* your portion of food onto your plate. Continue to drink liquids (48-64 oz per day) separately from your meals, waiting 30 minutes after drinking to eat and 30 minutes after finishing a meal to drink. Do not drink any beverages with your meals; do not use a straw.

As you are able, you *may* eat up to 1 ½-2 ounces of food at a time. You can start by adding one new food per day, e.g. ½ oz (2 tsp) cooked vegetable. The next day add ½ oz (2 tsp) fruit. *Always eat your protein food first*, however, to be sure you get enough protein everyday.

Cook once, eat twice. Make enough at one time for a few meals. If you are not going to freeze the food right away, put it in the refrigerator right away. **DO NOT LET ANY COOKED FOOD “COOL” AT ROOM TEMPERATURE BEFORE REFRIGERATING/FREEZING.**

Remember to eat slowly and stop eating as soon as you feel *satisfied*; that’s *before* you feel full. Even one more teaspoon of food can make you nauseous. You will feel full shortly after that (“full” may feel like pressure under your left rib cage or even in your throat). It’s also ok *not* to “clean your (smaller) plate.” See the “Eating for the Health of It” section of this manual (page 1) for more tips on *how* to eat.

Here is a sample menu:

	Protein (grams)	Liquid (oz)
<i>7:30 Breakfast</i>		
1 ounce mozzarella cheese	7	
1 slice toast		
Centrum chewable		
<i>8:30</i> 8 oz water (sip this and all beverages)		
B-12, 500 mcg		8
<i>9:30 Snack</i>		
8 oz double strength milk	19	8
<i>10:30</i> 12 oz water		
2 Calcium citrate + Vitamin D		12

Menu cont’d on next page

	Protein (grams)	Liquid (oz)
<i>12:00 Lunch</i>		
1 ounce tuna/chicken (2 T) mixed with	8	
1 T cottage cheese	2	
¼ c canned (light syrup/no sugar added) peaches		
Centrum chewable		
1:00 8 oz decaf iced tea with sugar sub		8
<i>2:00 Snack</i>		
2 T ricotta cheese on 3-4 soda crackers	4	
3:00 8oz protein supplement	28	8
<i>4:00 Snack</i>		
½ banana		
<i>5:30 Dinner</i>		
1 oz chicken breast, no skin	7	
¼ c (2 T) cooked carrots		
6:30 8 oz water		8
2 Calcium citrate + Vitamin D		
<i>Snack</i>		
8 oz skim	<u>8</u>	<u>8</u>
	83 grams	60 oz

If you have diabetes, check your blood glucose in the morning (before eating) and at bedtime (before last snack). If your blood glucose is low, contact the doctor who prescribed your diabetes medication to see if it can be adjusted.

Other Week 2 responsibilities: Complete a Food and Activity Journal daily to be sure you are getting at least 60 grams of protein and 48-64 oz liquid daily.

Take your vitamin supplements (one Centrum chewable twice a day; one Vitamin B-12 (500 mcg); and 1200 mg Calcium Citrate with 800 IU Vitamin D daily---usually 2 tabs twice a day).

WEEK 6

At this time there are no texture restrictions on your food choices. You may now add high fiber foods such as fresh fruits and vegetables and high fiber (whole grain) breads and cereals to your diet. Review the “Grocery List” on page 7 for suggestions of what to buy at the supermarket. You may drink up to 30 minutes before a meal or snack and you may resume drinking allowed/recommended beverages 30 minutes after you finish eating. Do not use a straw.

Try no more than one new food per day; add another food to another meal the next day and so on. Eat slowly (20-30 minutes for a meal, 10-15 minutes for a snack) and eat at the table only. Eat at specified times (grazing and missing meals will affect your long-term health and weight loss). Take small bites and chew each bite of food thirty times before swallowing. The size of the opening of your stomach is about the same as a straw. Your mouth now has to do what your stomach did before surgery: grind food. Before swallowing, your food should feel like applesauce. Stop eating when you are satisfied (before you are full).

In terms of kinds of food and serving sizes, this diet is very similar to “My Meal Plan” (between pp. 5 and 6) before your surgery (check the sample menu you wrote at that time). The difference is the amount of food you eat at one time now will be less than before your surgery and your beverages are between meals.

Using “My Nutrition Information” (page 3) as your guide, here are some additional tips for foods you may now choose:

MEAT/PROTEIN: *Eat these foods first at each meal or snack.* Red meat is often not tolerated until at least 3 months after surgery. If chicken or turkey is too dry, moisten with a small amount of broth.

1 serving = 1 oz; eat 8-10 servings/day (you will eventually be able to eat 2-3 oz at a time about six months after surgery)

Do not eat: breaded and/or fried meat, fish or poultry; hard to chew meats such as jerky; sausage of any kind; bacon; cold cuts such as bologna and salami (turkey and ham are ok); hot dogs; dark meat of poultry; meat or fish in oil, cream or butter sauce; regular cheese (more than 6g fat per ounce).

VEGETABLES: 1 serving = 1/4-1/2 c cooked or 1/2 c vegetable juice. Eat 3 servings/day

Do not eat: breaded or deep fried vegetables

CARBOHYDRATES

Grains/Starchy Vegetables: 1 serving = 1/3 c pasta; 1/4-1/2 c, mashed (white or sweet) potato; 2 oz baked potato (with skin), 1/4- 1/2 c hot cereal; 4-5 crackers; 1 slice toast (bread usually not yet tolerated). Eat 2-3 servings/day.

Do not eat: fried foods; pastries such as doughnuts or Danish; most store bought “muffins;” chips, cake, cookies, ice cream, pie.

Fruit: 1 serving = 1/4-1/2 c canned fruit (in juice or light syrup) or half a piece of fresh fruit. Eat 2 servings/day. Limit juices to one 4 oz serving per day diluted with 4 oz water.

Do not eat: fruit canned in heavy syrup; juice drinks (less than 100% juice); more than 8 oz per day diluted 100% fruit juice.

Milk: 1 serving = 1 cup skim or 1% milk, 1 cup nonfat Lactaid™ milk or 1 cup soy milk; 6 oz yogurt (about 100 calories/carton). Eat 2 servings/day

Do not eat: whole milk, 2% milk, other yogurts (e.g. more than 100 calories/carton)

FATS

See recommended serving sizes on page 5 of this manual. Review your meal plan between pp. 5 and 6 (no more than one serving fat/meal; 3 servings fat/day).

Eventually you will be able to eat enough at three meals and not need to snack. Snack only if you are hungry. Nutritious snacks are: lean turkey; lowfat cheese; nonfat, no sugar added yogurt (100 calories/carton); protein supplement. Ask your dietitian for some additional snack ideas.

Use this “honeymoon” the first year after surgery to develop eating habits and physical activity that will promote health *and* maximize your weight loss.

Your goal is at least 60 grams of protein daily and 48-64 oz liquid daily. The best way to know you are getting enough liquid is if your urine is straw-colored. If it is the color of apple juice, you need more liquid (even if you’re drinking 64 oz).

While each person will tolerate different foods differently, here are some foods that are typically *not well tolerated*:

Red meats	Membranes of oranges and grapefruit
Corn, kidney and other similar beans, celery, potatoes with skin	Skins and seeds of some fruits and vegetables (small seeds as in strawberries are usually ok)
Bread (toast ok)	Fried foods
Spicy foods	

Other Week 6 responsibilities: Complete a Food and Activity Journal daily to be sure you are getting at least 60 grams of protein and 64 oz liquid daily.

Take your vitamin and minerals supplements (one Centrum chewable twice a day; one B-12 (500 mcg) daily and 1200 mg Calcium Citrate with 800 IU Vitamin D daily---usually 2 tabs twice a day).

SPECIAL CONCERNS AND WHAT TO DO

Bad breath is most common immediately after surgery when you cannot eat much carbohydrate food. Without carbohydrate, body fat breaks down incompletely into ketones which cause bad breath. Increase your fluid intake (even if you're already drinking 48-64 oz daily). Brush your tongue when you brush your teeth. Chew fresh parsley (if you are six weeks or more post-surgery) or try sugar free breath mints or sugar free breath strips.

Burping/hiccups usually resolves after three months. Do not drink carbonated beverages, chew gum or use a straw. Chew with your mouth closed (and chew 30 times!) and do not talk with food in your mouth. Eat slowly and avoid gas-forming foods (fried food, cream sauces, kidney beans or similar, broccoli, cauliflower, cabbage and brussel sprouts). Walking after eating helps, too.

Constipation is straining to have a bowel movement or no bowel movement in 3 days. Increase fluid intake (even if you're already drinking 48-64 oz daily). Include whole wheat bread, bran cereals and raw fruits and vegetables if you are six weeks or more post surgery. Add 1-2 tablespoons of raw bran (available in bulk food or baking aisles of the supermarket) to foods you are already eating, such as yogurt. You can also try unsweetened applesauce, unsweetened puree prunes (dried prunes may be too fibrous even after you are eating a "regular" diet) or 4 oz prune juice diluted with 4 oz water. Ask your dietitian for other ways to increase fiber in your diet. Talk to Debbie, RN (503-561-5286) before taking any medicine such as laxatives.

Dehydration (loss of body fluids) may occur if vomiting or diarrhea is frequent. Prevent dehydration by drinking at least 48-64 oz daily of water or allowed beverages (see page 8 for allowed liquids). You are getting enough liquid if your urine is the color of straw. If it is the color of apple juice, you need more liquid (even if you're drinking 64 oz).

Diarrhea is frequent (more than once a day) and liquid bowel movements. There can be many causes. If you're drinking more milk than you usually do, try soy milk or nonfat Lactaid™ milk or use Lactaid™ tablets (can be purchased at the drug store without a prescription) at meals. If you've been eating/drinking sweets, see "Dumping Syndrome" below. One of the many reasons not to eat fried or greasy foods or drink alcohol is they can cause diarrhea. Allow 20-30 minutes for a meal and 10-15 minutes for a snack (see p. 1 for "How to Eat"). *Measure* allowed amounts of food onto your plate. Only drink liquids 30 minutes before eating or 30 minutes after finishing a meal or snack. Add raw bran (available in bulk food or baking aisles of the supermarket) to cereal, yogurt, etc. to add fiber to your diet. If none of these help, call 503-561-5286.

Dry, cotton mouth may be a sign of dehydration (see above)

Dumping Syndrome is caused by eating sweet foods and/or drinking sweet beverages after gastric bypass surgery. Food passes too quickly from the stomach into the small intestine causing diarrhea, nausea, uncomfortable fullness, cramping, sweating, weakness and fast heart rate. The way to prevent Dumping Syndrome is not to eat sweet foods and not to drink sweet liquids. Drink allowed liquids 30 minutes before starting to eat and 30 minutes after finishing eating only. See page 14 for ingredients on food labels that mean sugar.

Foaming/frothing may be related to drinking with meals, eating too much at one time or eating too quickly. See p. 1 for tips to eat slowly. Measure allowed amounts of food onto your plate and chew each bite 30 times. Stop eating when you are satisfied, *before* you feel full.

Gas may increase after surgery and usually returns to presurgery levels after three months. In the meantime, do not drink carbonated beverages, chew gum or use straws. Do not drink any liquids with meals or snacks and do not eat or drink any sweet foods. Chew each bite of food 30 times with your mouth closed and do not talk with food in your mouth. Take 20-30 minutes to eat a meal and 10-15 minutes to eat a snack. Don't skip meals. Nonfat, sugar free (100 calories/6-8 oz) yogurt daily may reduce gas formation. Avoid gas forming foods such as fried food, cream sauces, kidney beans or similar, broccoli, cauliflower, cabbage and brussel sprouts. Gax-X or Beano, available without a prescription at the drug store, may help. If you're drinking more milk than you usually do, try soy milk or nonfat Lactaid™ milk or use Lactaid™ tablets (available at the drug store without a prescription). Eating fresh parsley helps reduce odor. Chlorophyll capsules from the health food store or Devrom (www.devrom.com), available without a prescription at the drug store, can also help with odor problems.

Hair loss may occur due to hormonal changes associated with weight loss. As weight loss slows, hair loss slows as well and hair grows back. Hair loss due to "normal" balding (which may coincide with weight loss) will not grow back, however.

The best prevention is to eat at least 60 grams of protein daily as soon as possible after surgery and to take all your vitamin and mineral supplements as recommended (one Centrum---or comparable---twice a day; one 500 mcg B-12 daily; and 1200 mg Calcium citrate with 800 IU Vitamin D daily). One to two fish oil capsules daily (each containing 220 mg DHA---docosohexanoic acid) may help. Other supplements have been suggested (e.g. Vitamin E or biotin) but none has been scientifically proven to change hair loss. Nioxen brand shampoo may also help.

Nausea and Vomiting are the most common complaints the first few months after weight loss surgery. Vomiting may often be “spitting up” (food not mixed with stomach juices) what feels “stuck.” It may be caused by:

- eating too quickly. Allow 10-15 minutes for a snack and at least 20-30 minutes for a meal.
- drinking liquids while eating. Drink liquids only 30 minutes before starting to eat and 30 minutes after *finishing* eating.
- eating more than your pouch can comfortably hold. Eat only *measured* amounts of food. You should know how much food is on your (smaller) plate. *Stop eating when you are satisfied*---that’s *before* you are full---even if you can’t finish the measured amount of food on your smaller plate. Learn to respect what your body is telling you; even one extra bite can cause pain/nausea/vomiting.
- not chewing enough. Your new, smaller stomach has less capacity to grind food into small particles. Chew each bite 30 times so it has the consistency of applesauce before swallowing.

Sometimes vomiting occurs after trying a new food. Add only one new food per day, preferably with foods you are already tolerating (not on an empty stomach). If you can’t tolerate a new food, wait a few days and try that food again.

If vomiting gets worse and/or continues for more than 24 hours, call the Bariatric Surgery Center at 503-561-5286.

You've reached the end of your manual *and* the beginning of the rest of your life as a healthier, more active you! You've learned a lot and have made lots of good changes. Keep up the good work!

There's still much to learn and discover. Studies have shown that people who keep their follow-up appointments (every three months your first year after surgery, twice a year the second year and once a year after that) and attend the support group regularly achieve and maintain the most weight loss and enjoy good health. Let us continue to be your guides and allow us to learn from you, too. Please call 503-561-5286 with questions, concerns or suggestions. We'd love to hear from you!

If we expect perfection, we will fail.
If we persist, we will succeed.