

First Month Post-Op Diet

(Start on day after surgery and continue for 1 month)

PHASE I

Discharge from Hospital

<u>Hospital</u> <u>Post-Op Day 1</u>	<u>Hospital</u> <u>Post-Op Day 2</u>	<u>Home</u> <u>Post-Op Day 3</u>	<u>Post-Op Day 4</u>	<u>Post-Op Day 5</u>	<u>Post-Op Day 6</u>	<u>Post-Op Day 7</u>	<u>Post-Op Day 8</u>	<u>Post-Op Day 9</u>
Clear Liquid Diet	Clear Liquid Diet	Clear Liquid Diet	Clear Liquid Diet	Clear Liquid Diet	Clear Liquid Diet	Clear Liquid Diet	Clear Liquid Diet	Clear Liquid Diet

Phase I Rules: Sip no more than 2-3 oz. maximum. Stop when full if less than 2 to 3 oz.
Drink 1-2 oz. protein supplement drink per hour.

Sample Diet:
Breakfast: Sugar free Jell-O
Lunch: Broth with protein powder
Dinner: Broth with protein powder

Clear Liquid Foods: Beef or Chicken broth, sugar free Jell-O, sugar free popsicles, crystal light, sugar free Kool-Aid, apple juice diluted half and half with water, Protein drinks from GNC.

PROTEIN GOAL:	<i>MEN</i>	<i>100 GRAMS</i>	<i>WOMEN</i>	<i>80 GRAMS</i>
SAMPLE INTAKE:	1 PROTEIN DRINK	40 GRAMS	1 PROTEIN DRINK	40 GRAMS
	POWDER (3 SCOOPS)	15 GRAMS	POWDER (2 SCOOPS)	10 GRAMS
	PRO-STAT (6 TBSP)	<u>45 GRAMS</u>	PRO-STAT (4 TBSP)	<u>30 GRAMS</u>
		100 GRAMS (Per day)		80 GRAMS (Per day)

Phase II Post-Op Day 10 – Day 17

On the 10th day after discharge from the hospital perform a test meal

<u>Post-Op Day 10</u>	<u>Post-Op Day 11</u>	<u>Post-Op Day 12</u>	<u>Post-Op Day 13</u>	<u>Post-Op Day 14</u>	<u>Post-Op Day 15</u>	<u>Post-Op Day 16</u>
Test Meal	Phase 2 Diet	Phase 2 Diet	Phase 2 Diet	Phase 2 Diet	Phase 2 Diet	Phase 2 Diet

**Test Meal: Do not drink liquids 30 minutes before or 30-45 minutes after eating your protein meal.
Eat one soft boiled egg white only or 1-2 ounces of cottage cheese.
Chew food well, eat small bites slowly, and stop eating at first sign of fullness or discomfort.
If test meal is not tolerated (vomiting or excessive pain), stay on clear liquids for 2 additional days
and then try the last meals again. If it still not tolerated, call the physician.**

**Because your new stomach is so small, you will need to eat 1-2 oz of protein every 3-4 hours.
Sip on protein shake between meals. The majority of your protein intake will be from your
supplemental shakes.

Phase II Foods: Cottage cheese (low-fat), Ricotta cheese (low-fat), String cheese, Low-fat
shredded cheese, fat-free sugar-free yogurt, eggs (any style, limit yolks),
protein shakes fat-free, sugar-free pudding (with added protein powder), tofu,
and skim milk.

Sample Meal Plan:	Breakfast: Scrambled egg beaters	Supper: Boiled Egg
	Mid Morning: Protein Shake	Before Bed: Protein Shake
	Lunch: String Cheese	
	Mid Afternoon: Protein Shake	

**Each Shake should provide about 22 grams of protein each for a total of 66 grams of protein per day.
(Optipro=22 grams/scoop)**

Phase III
Day 18 after discharge to 1 month

Home Day 18 Home Day 19 Home Day 20 Home Day 21 Home Day 22 Home Day 23 Home Day 24 Home Day 25 Home Day 26
Phase III Diet Phase III Diet Phase III Diet Phase III Diet Phase III Diet Phase III Diet Phase III Diet Phase III Diet Phase III Diet

Home Day 27 Home Day 28 Home Day 29 Home Day 30 Home Day 31
Phase III Diet Phase III Diet Phase III Diet Phase III Diet Phase III Diet

Phase III Rules: Follow Phase II Rules

Phase III Diet: **Very soft protein or soft protein – with soft carbohydrates**

Very soft proteins – Cottage cheese, yogurt, eggs, pudding

Soft proteins – Beans (red, navy, or black, no rice), Refried beans, lentil or black bean soup, peanut butter, tofu, cheese

Soft Carbohydrates – Oatmeal, grits (add protein powder); soft toast (no crust)

First Meats – Baked fish, canned tuna, salmon, well picked crabmeat

ADVANCING YOUR DIET AFTER SURGERY

FIRST MONTH:

During the first month after surgery, your stomach and the opening into your intestines are swollen and very small. You will be able to eat only very limited amounts of food. It is important that you concentrate on eating the best foods for healing: proteins. All proteins must be soft, moist and well chewed in order to pass through your new little stomach successfully. If you eat too fast or too much, it will feel like heartburn and may cause you to become sick, so be careful.

Grocery List of Protein Foods:

1. Cottage cheese (low-fat or non-fat)
2. Yogurt (low-fat, non-fat, plain, sugar-free)
3. String cheese
4. Eggs (any style, limit yolks)
5. Tofu
6. Soft cooked beans; Refried beans
7. Lentil or black bean soup
8. Fish (soft and moist) includes tuna, salmon, well picked crabmeat
9. Small amounts of cooking spray
10. Small amounts of low-fat mayonnaise (Hellmann's Just 2 Good) to mustard to moisten food

How to eat:

1. Chew food very, very, well and eat slowly.
2. Do not drink liquid 30 minutes before or 30-45 minutes after eating your meals, you do not want to fill up your new little stomach with liquid because you will not be able to eat your food and if you drink too soon after eating, you will wash your protein away before its finished digesting.
3. Season as you wish, however, be careful of very spicy foods/seasonings.

Foods to avoid: Foods containing fats, sugars, starch, crunchy, coarse or rough foods.
ABSOLUTELY NO alcohol or soda.

Vitamins: Take chewable vitamins after eating. Take vitamins and calcium with meals, spaced throughout the day, not all at one meal.

Four Rules for Successful Weight Loss:

1. Eat 1-2 oz Protein every 3-4 hours.
2. Plan meals so that you always have a protein source at each meal.
3. Drink plenty of fluids.
4. Walk 20-30 minutes per day, everyday.

ADVANCING YOUR DIET AFTER SURGERY SECOND THROUGH FOURTH MONTHS

What to eat: Eat mostly protein. You may begin to add very small amounts of soft cooked fresh, frozen or canned vegetables and fresh non-citrus or unsweetened canned fruits (packed in water or natural juices).

Grocery List for Months Two through Four:

1. Eggs any style
2. Fish (soft, moist, fresh or canned) and shellfish – shrimp, crawfish, oysters at 3 months
3. Chicken (canned or fresh, moist, thinly sliced deli – no barbequed or fried)
4. Turkey (soft, moist thinly sliced deli – no barbequed, fried or honey-cured)
5. Thin sliced low fat ham deli meat
6. Tofu, soy based products (Boca Burgers)
7. Refried beans
8. Peanut butter (Simply Jif, Smuckers Natural)
9. Cottage Cheese, ricotta cheese, yogurt (non-fat, low –fat, plain, sugar-free)
10. Cheese (non-fat, low-fat)
11. String cheese (non-fat, low-fat)
12. Lentil or black bean soup

Vegetables:

1. Vegetables must be boiled or very well-steamed and soft.
2. Carrots (soft cooked, fresh, canned or frozen)
3. Beets (soft cooked, fresh, canned or frozen)
4. Mushrooms (soft cooked, fresh, canned or frozen)
5. Spinach (soft cooked, fresh, canned, or frozen)
6. Squash (soft cooked, fresh, or frozen)
7. Green Beans (soft cooked, fresh, canned or frozen)
8. Asparagus (soft cooked, fresh, canned or frozen)
9. Broccoli (very well-streamed, fresh, or frozen)
10. Cauliflower (soft cooked, fresh, canned or frozen)

Fruits:

1. NO CITRUS!!! Fresh or canned fruits, peeled and cored: apples, peaches, pears, Pears, plums, bananas, cantaloupe, grapes (no peeling)
2. Watermelon, strawberries, and other high fiber fruits don't try until late 3rd month

Fats:

1. Small amounts of margarine, olive oil, or cooking sprays (PAM)
2. Small amounts of low-fat mayonnaise or salad dressing to moisten foods

Beverages:

1. Water or other sugar free beverages (Fluid Goal: 64oz. per 24 hrs)
2. Decaffeinated coffee
3. Protein supplements, shakes, or liquid drinks.
4. No alcohol or sodas.

How to eat:

1. Do not drink fluids 30 minutes before, during or within 30 minutes after a meal.
2. Always eat your protein first and make if most of your meal, eating vegetables next and fruits last.
3. Season as you wish, but use caution.
4. CHEW, CHEW, CHEW all food very well and eat slowly.

Vitamins: take all vitamins as prescribed by your physician. You may change from chewable to Tablet formed as tolerated.

Exercise: continue walking a minimum of 20 – 30 minutes daily. Check your physician before beginning any other forms of exercise program. Once cleared by your physician, you may begin other forms of exercise. Make sure you incorporate both aerobic and resistance training into your daily exercise routine. Starting two months following your surgery is when you want begin resistance training with weights. This will cause muscle retention which will help you lose more fat long-term.

ADVANCING YOUR DIET AFTER SURGERY FIFTH MONTH AND BEYOND

WHAT TO EAT: Eat any protein, vegetable, or fruit as tolerated. Remember:

1. Eat protein first.
2. Make it at least half of your meal.
3. Then eat vegetables and fruits.
4. Add starches LAST, if there is any room left.

NOTE ABOUT:

1. **Red Meat** - (beef, lamb & pork) – Wait 6-8 months before you try steaks or chops and then cook it at home, just in case it is not tolerated. These meats will always and forever have to be chewed extremely well to pass through your small stomach opening. The very leanest cuts (i.e. filet mignon or round steak) are your best choices. If the steak is tolerated, wait a couple of weeks to before you try again.
2. **Pasta and Rice** – Again, wait 6-8 months and then cook it at home, just in case it is not tolerated. Some people never tolerate pasta and rice very well. Pasta and rice need to be overcooked so they won't continue to swell in your stomach.
3. **Alcohol** – After the gastric bypass surgery, alcohol can be very dangerous. It is absorbed much quickly after surgery and will reach much higher levels in your blood which flows into the liver. You will experience a greater degree of intoxication on very little alcohol because of its rapid absorption. The simple rule is: never more than two drinks (standard bar size) within a 24-hour period – and only on special occasions, such as birthdays or anniversaries and, if you choose to drink alcohol, do not drive. Red wine is the best choice of alcohol out of all forms.
4. **Sweets and sugars** – avoid or limit foods that contain sugar (such as sweet fruit juices, candy, sugary desserts, some salad dressings and some barbeque sauces). Not only can these lead to “dumping syndrome”; they can retard weight loss as well. If you want to eat something sweet, such as a piece of fruit, do it only at the end of your meal and only as a part of a meal. Do not use sweets as a snack between meals. **No more than 10g of carbohydrates per serving!**
5. **Fats** – Fats have very high calorie content. Any significant intake of fats like cooking oil, salad dressing, mayonnaise, margarine, and/or butter will seriously decrease the rate of weight loss and may cause “dumping syndrome”. Learn to avoid fats and to become aware of how they hide in other foods. Use small amounts of margarine, oil or cooking sprays when preparing foods, and small amount of low fat mayonnaise or salad dressings to moisten foods. Use mustard instead of mayonnaise when you can. Use olive oil in place of vegetable oil. **OF UTMOST IMPORTANCE**, avoid greasy fast foods. Remember to read all labels on foods. No more than 5 grams of fat per serving.
6. **Beverages** – Eight 8oz. glasses of water per day is vital. Avoid/limit flavored beverages such as sodas, fruit juice, alcohol and milk. Diet sodas can expand the pouch and/or slow or stop weight loss. Sugar-free, flavored water is allowed.

How to eat:

1. Chew, chew, chew all food very well and eat slowly.
2. Do not drink water 30 minutes before, during or within 30 minutes following a meal.
3. Always, always eat your protein first and make it most of your meal, eating vegetables and fruits next, and starches last.
4. Season as you wish, but use caution.

Vitamins: Take all vitamins as prescribed by your physician. You may change from chewable to tablet form as tolerated. Multi-vitamin with iron is to be taken twice daily and vitamin b-12 in sublingual form should be taken three times per week.

Follow-up: Remember, it is absolutely vital to keep all your follow-up appointments for optimal weight loss and best surgical outcome.

PROTEIN SUPPLEMENTS PHASE I

****These drinks are a Kool-aid like consistency that is high in protein.****

1. Extreme Pure Protein
22 oz bottle
42 g protein

2. Nitro Core
20 oz bottle
35 g protein

www.sciencefoods.com

3. EAS Precision Protein
20 oz bottle
42 g protein

www.eas.com

4. Zero Carb Isopure
20 oz bottle
40 g protein

www.loseforless.com

5. Nitro-Tech
16 oz bottle
40 g protein

www.muscletech.com

6. ABB Pure Pro
22 oz bottle
40 g protein

www.americanbodybuilding.com

7. GNC Pro Performance RTD 100% Whey
22 oz bottle
40 g protein

www.gnc.com

8. Protein Ice
20 oz bottle
40 g protein

www.strengthsystemsusa.com

PROTEIN SUPPLEMENTS

PHASE II

AVAILABLE AT WAL-MART / TARGET / GROCERY STORES

Carb Solutions (canned drink)
9.5 oz can (4 per pack)
20 g protein / 9.5 ounces

Carb Solutions (powder)
12 servings per can
20 g protein / 2 scoops

EAS Whey Protein (powder)
12 servings / can
21 g protein / 1 scoop

EAS Advantage (canned drink)
11 oz can (4 per pack)
15 g protein

AVAILABLE AT GNC

Optimum Nutrition
2# canister
23 g protein / scoop
Homemade Vanilla Ice Cream Flavor (good)

AVAILABLE AT NUTRISPORT

OPTIPRO (this is the best recommended supplement)
2.2# Canister
22 g protein / scoop
4 flavors

ADDITIONAL PRO-STAT OR PROCEL POWDER

CARMICHAEL'S MEDICAL EQUIPMENT
(800) 570-7263
Pro-Stat \$30.00 / bottle Procel \$10.00 /can
Optisource products also available