

Gastric Bypass Diet Manual

Goals to reach before Gastric Bypass:

- Start keeping daily food records
- Start taking a daily multivitamin, calcium citrate with vitamin D, vitamin B12, and iron supplement (women only)
- Start to wean off of sweets, desserts, sodas, and all sweetened beverages
- Start eating protein-rich foods at each meal and snack
- Eat more fruits, vegetables, and whole grains.
- Learn to sip liquids very slowly. Practice not gulping. Eat meals very slowly, lasting 20-30 minutes
- Gradually decrease your intake of spicy & fried foods, and high-fat fast foods
- Start to wean off of caffeinated and carbonated beverages, and limit alcoholic beverages.

Phase 1: NPO- nothing by mouth! *Day of surgery and approx. 1 day after surgery (to prevent complications)*

Phase 2: CLEAR Sugar Free LIQUID DIET – *Day after surgery for approx. 3 days. To ensure the gastrointestinal tract is working properly.*

Suggested Amount: 1.2 – 1 oz every 20 minutes

Fluids Goal: 64 oz. (8 cups) per day

Food Choices: (No added sugar/sugar-free/fat free)

- Water
- **Diluted** clear juices (ex. Apple juice)
- Sugar-free popsicles
- Fat-free broth (chicken, beef, or vegetable)
- Unsweetened decaffeinated tea/iced tea

*Sip slowly

*Stop sipping as soon as you feel full

*Never force yourself to finish

Phase 3: PUREED DIET -- the day after you fully tolerate the clear liquid choices, for 4 weeks total

*Reason: To prevent injury or stress to the sutures and/or the stomach staple line.

GASTRIC BYPASS INTRODUCTION TO PUREED FOODS:

1. CONSUME 3 MEALS PER DAY, even if you are not hungry. This will actually help you lose more weight, prevent you from becoming overly fatigued, and prevent gas and acid build up in your stomach.
2. All foods must be the texture of applesauce before you put them in your mouth during the pureed diet.
3. Drink fluids at least 30 minutes before or after meals, never during meals.
4. Always eat slowly and stop eating when you are comfortable satisfied (meals should last 20 minutes)
5. High protein foods are most important so make sure you consume these before any other food group.
6. Consume protein supplement every day, in between meals, for life.
7. Drink 64 oz. of fluid per day. Remember drink slowly and do not use a straw.
8. Do not eat foods that contain too much added sugar. They could cause dumping and are high in calories.

*****Emphasis on Protein-rich foods is most important*****

For safe weight loss and to guarantee your body is functioning properly, you need to eat a balanced diet high in protein and low in fat. Your skin and muscles need the added protein to rebuild and recover from surgery. The vitamin/mineral supplementation you are taking will ensure adequate nutrition.

Protein plays a critical role in wound healing, helps the body to repair muscle and tissue, and helps to maintain lean muscle mass with weight loss. Try to choose protein with a high biological value, containing essential Amino Acids, which are the building blocks of protein- **ex: eggs, meats, milk, fish, poultry, beans, and soy products.**

*****MUST be the consistency of applesauce while on the Pureed Diet**

Food Choices:

- Nonfat or low-fat (1%) cottage cheese
- Soft-cooked eggs, egg salad with low-fat mayonnaise, or any egg substitute – Ex: Egg Beaters
- Low-fat mild cheese – Ex: fat free or reduced-fat mozzarella, Alpine Lace, Jarlsberg Light, or low-fat 2% string cheese
- Canned tuna packed in water (not oil), made with low-fat mayonnaise
- Light tofu, or any low-fat soy product (with less than 3 grams of fat per serving)
- Soft-cooked fish – Ex: Sole, tilapia, Halibut, Red Snapper. Avoid bones!!
- Soft-cooked soup beans – ex: Lentils, Kidney beans
- Soft-cooked tender vegetables
- Thinned Cooked cereals – ex: plain oatmeal, Farina Cream of Wheat, Grits
- Natural applesauce
- Soft-cooked or canned fruits in light syrup or “in its own juice”
- Boiled, stewed, or soft-baked chicken or poultry (very moist) *Tip: moisten poultry with broth
- Baby food
- All foods from the clear liquid list

Remember that **ongoing** weight loss continues to be your primary goal. Once you are tolerating the solid foods well, you still have to pay attention to the types of foods and the quantities consumed, to ensure that you do not overeat. **You will only be able to tolerate approximately 3-4 oz. at one time**, and it is always very important to practice good portion control. If you exceed the recommended amount of food, your overloaded pouch will likely cause nausea and/or vomiting, and your weight loss will be hindered as your pouch size increases. **Set aside three mealtimes per day, and avoid snacking in between (besides a protein drink).** Eating often throughout the day may hinder your weight loss goals because you will be able to eat enough calories to maintain that weight. Furthermore, you should stay away from all foods that are highly caloric, providing little nutritional value, ex: cakes, biscuits, sweets, jams, honey, ice cream, chocolate, high sugar beverages, pastries, chips, to name a few.

Phase 5: Solid foods

-A follow-up appointment with your Nutritionist will be needed before moving on to solid foods.

The following will act as a guide to help you add variety to your diet:

1. Protein Is Essential:

Protein-rich foods:

- 1 oz. meat/poultry/fish = 7g.
- 1 egg = 8 g.
- ¼ cup of egg substitute = 6g.
- 1 cup of skim milk = 8g.
- 1 cup of skim plus milk = 11g.
- 1 cup of soy milk = 8g
- 1 cup of fat-free Lactaid milk = 8g
- ½ cup nonfat-low-fat cottage cheese = 11-14g
- 1 cup nonfat light yogurt = 8-13g
- ¼ cup light ricotta cheese = 9g
- 1 slice fat-free cheese = 5g

- 1 oz. fat-free cheese = 10g
- 1 cup canned beans = 12-14g
- 1 oz. light tofu or low-fat soy product = 5g
- 1 scoop protein supplement with 8 oz. skim milk = 26g

Avoid: Whole milk dairy, fried foods

Recommended serving: 1-2 oz. of protein per meal

Your goal amount is a minimum of 75 grams of Protein per day for men and 50 grams of Protein per day for women.

2. Fruits and Vegetables:

- Provides vitamins and minerals, fiber, and antioxidants.
- Choose 2 servings of fruits per day. Avoid fruits with tough skins, shells, or seeds, dried fruits, fruits canned in heavy syrup (canned in “natural juice” is OK).
- Aim for 3-4 servings of vegetables a day. Avoid starchy vegetables (corn, potato), and any veg with tough skin or seeds (tomato, celery, bottoms of asparagus). Yams are OK.
- Avoid the fibrous parts of fruits and vegetables. They can block the passage from your new stomach above the band. Ex: The bottoms of asparagus, broccoli stalks, snap pea pod membranes, celery, and orange membranes.

3. Whole grains:

- **ONE (1) serving per day**
- **Too many starches in your diet will result in Dumping Syndrome**
- Only add whole grains at your meals after you have chosen and eaten the protein foods, if at all

Examples of whole-grains (*remember that these are low in protein and high in carbohydrate—should be eaten sparingly*)

- Toasted whole-wheat bread
- High fiber cereals (Kashi, Fiber-1, Bran Flakes, All Bran, Cheerios, Oatmeal)
- Whole-wheat pasta
- Brown rice

Avoid: all starches made from refined flour and processed sugar

4. Fats

These foods are low in vitamins and minerals and are high in calories, so a limited intake is recommended. However, some fat is needed by the body for vitamin metabolism, increased energy, and essential fatty acid intake. Monounsaturated and polyunsaturated fats are a healthier alternative to saturated fats, and they do a great job at making foods more moist and palatable.

Suggested foods: *limit to 3 servings per day:*

- 1 tsp. canola, olive, or peanut oils
- 2 tsp. light margarine or light butter. Ex: Smart Balance, I Can't Believe Its Not Butter Light
- 1 tbsp low-fat mayonnaise or low-fat salad dressing
- 1 tbsp low-fat gravy

- 1/8 avocado

Fats and Sugars to Avoid:

- Fried foods
- Fast foods
- High-fat dairy products. *ex: whole milk, cream, full-fat cheeses, creamy sauces*
- Pastries, donuts, or other high-fat desserts
- Chocolate
- High-fat meats, *ex: bacon, sausage, salami, pepperoni, etc.*
- Added fats, *ex: regular butter, margarine, regular mayonnaise, regular salad dressings*
- Snack foods – potato chips, cheese curls, crackers, etc.
- Foods in which sugar is listed as one of the first three ingredients on the label
- Candies, cakes, cookies
- Jams or jellies
- Honey, molasses, maple syrup
- Sweetened cereals or beverages
- Regular ice cream or sherbet/sorbet
- Corn syrup

SIDE EFFECTS:

1. Dumping Syndrome

Consumption of too much added sugar or natural sugar that is too concentrated (eg. Bread or fruit juice) may cause Dumping Syndrome.

Symptoms may include: nausea, sweating, weakness, abdominal cramping, rapid heart rate, lightheadedness, and diarrhea.

Symptoms can appear as soon as 10-20 minutes after eating these foods or 1-3 hours after eating.

****Do not consume any form of sugar by itself. Sugar comes from many different sources and in many different forms. It will be necessary to read and understand food labels for added sugars on the **list of ingredients**. If one of the following forms/names of sugar are listed in the **first 3 ingredients**, you should limit consumption of that product.**

Barley Malt, Brown rice syrup, Cane juice, Corn syrup, Corn sweeteners, dextrose, Fructose, Glucose, Glycerides, High fructose corn syrup, Honey, Lactose, Maltose, Maltodextrin, Maple syrup, Molasses, Rice/malt syrup, Sucrose

Artificial Sweeteners (ie: Equal, Splenda, Sweet-n-Low) may still be tolerated in moderation.

****Continue to drink a minimum of 64 oz. of fluids per day****

2. Changes in Bowel Habits

Constipation after Gastric Bypass Surgery is common and is more likely to occur because you are taking Iron.

Natural ways to help improve regularity:

- Eat applesauce, oatmeal, pureed legumes and/or pureed stewed prunes daily.
- After 4 weeks, eat more vegetables, fruits and whole grains
- Drink lots of water (64oz of fluids per day!)
- Exercise daily

3. Nausea and Vomiting

- Avoid spicy, greasy, fried foods
- Avoid concentrated sweets
- Drink beverages between meals and take small sips
- Take small bites, chew foods thoroughly, and eat slowly
- Go back to clear liquids to rest your stomach

VITAMINS AND MINERALS

-1 adult multivitamin

-Calcium citrate with Vitamin D (600mg twice a day)

-Vitamin B12 500mg sublingual daily or a monthly B12 injection as an alternative

-1 iron tablet with water (women only)

- Vitamin and mineral supplements will need to be taken for life
- Do not take any on an empty stomach as this may cause nausea and vomiting
- Do not take supplements with caffeinated beverages. Caffeine interferes with the absorption of some vitamins and minerals
- Do not take calcium and iron together
- Do not take more than 600mg of calcium or 1 tablet of iron at one time
- Wait at least one hour between taking your supplements and prescriptions medications as they could decrease efficacy of one another

FLUIDS

Fluid intake is very important post-surgery, since it prevents dehydration and also helps to minimize constipation. Fluid intake should be at least 64oz. **Do not forget that you will only be able to tolerate up to 3-4 oz. of fluids or food at one time, so plan accordingly.** Sip all fluids slowly!!!

****Fluid Tips****

- Do not drink fluids with meals
- Consume fluids 30 minutes before and 30 minutes after meals
- Do not gulp fluids. Always sip fluids very slowly
- Avoid using straws
- Avoid all caffeine, carbonated and sweetened beverages.
- Fluids should be low or non-caloric. Ex: water, unsweetened decaffeinated tea, flavored non-caloric waters (Propel Fitness water, Fruit 2-0), non-caloric juices (Diet Snapple, Crystal Light, Fat-free broth, low-sodium V-8 or tomato juice).
- Avoid alcohol

Call your physician if you experience any of the following, which may be a sign of dehydration:

- Light urine output or dark colored urine
- Lethargy or lightheadedness/dizziness

- Constipation
- Dry mouth or skin

Physical Activity

A lack of exercise will slow the weight loss process. Taking the stairs instead of the elevator, parking farther away from a store, using a stationary bicycle, and walking daily can make a world of difference. You should plan on starting a supervised exercise program as soon as you receive medical clearance from your surgeon.

The benefits of exercise:

- Promotes stress relief, Helps with weight loss through calorie burning, Helps with muscle toning

**Don't forget to include exercise as a part of your new and improved lifestyle!!!
Your goal is 30 minutes of exercise on most days of the week!!!**

In summary, here are some tips to remember:

1. Eat only three small meals per day. Snacking on empty calories in between meals can lead to excessive caloric intake, and ultimately, weight gain
2. Eat slowly. Chew foods thoroughly, and take 20-30 minutes to complete a meal.
3. Stop eating when you are full
4. Eat only good quality foods consisting of protein, whole-grains, fruits and vegetables, and healthy fats.
5. Focus on protein-rich foods first and foremost
6. Limit high calorie foods and drinks to minimize weight gain and maximize weight loss
7. Drink!!! A minimum of 64 oz. (eight 8 oz. glasses) daily as a goal.
8. Drink only in between meals – 30 minutes before and 30 minutes after eating.
9. Drink slowly. Do not gulp. Take small sips
10. Exercise for at least 30 minutes per day on most days of the week.