

## Lifestyle and Diet Changes

### *Self-care for weight loss surgery patients*

*This section of the Guide to Your Weight Loss Surgery describes self-care, coping with lifestyle changes, and diet instructions before and after surgery.*

You will need to make major changes in your lifestyle and in your relationship with your body for your weight loss surgery to succeed. The changes you go through during and after this surgery can have a strong effect on your emotions.

You may find that you struggle with body image issues as your physical condition changes. If you had trauma or abuse in the past, old feelings these events caused may come up as you lose weight.

If you are already dealing with emotional issues, going through the surgery can make some of those feelings and concerns even stronger.

It is very important for you to ask for help if any of the changes you go through after surgery begin to cause you distress.

Weight loss surgery support groups are a good way to connect with others who have had the surgery and may have the same kinds of feelings.

Mental health counselors can also help you sort through your emotions and adjust to the big changes caused by weight loss surgery. Not addressing the emotional issues you have after surgery can affect how well you will be able to stick to lifestyle changes, and this can affect your success after surgery.

### **Coping with the Changes**

Your social worker can talk with you about the lifestyle changes, reactions, and stresses that occur during and after gastric bypass surgery. If needed, your social worker can also provide brief supportive counseling and can refer you to agencies, community resources, or mental health professionals to help you cope with these changes.



*Changes in your lifestyle and diet are vital to the success of your weight loss surgery.*

Your social worker will be available to talk with you both before and after your surgery.

## **Good Nutrition Is Vital!**

Weight loss surgery by itself does not make you lose weight. Changes in diet and exercise help you lose weight.

The weeks and months after weight loss surgery are a good time for you not only to lose weight, but also to make changes in your diet that can improve your overall health.

There are many nutrients, including water, that are needed for good health. No single food or food group can supply all the nutrients your body needs, so it is important to choose from a variety of foods.

The 4 basic nutrients your body needs are:

- Carbohydrates
- Proteins
- Fats
- Water

At first, you will need to make sure you get enough protein, but carbohydrates, fats, and water are just as important.

## **Carbohydrates**

Carbohydrates, also called “carbs,” are the main source of energy for your body. Your brain and muscles need carbs for fuel. Complex carbs such as fruits, vegetables, and whole grains and cereals provide the most vitamins and minerals. They also provide fiber, which helps your intestines work well.

Other carbs, such as refined grains (white bread and others) and sugary foods or drinks, do not supply as many nutrients. Eat these less often than whole grains.

## **Protein**

You need protein to build and maintain your muscles, help your body heal, and keep your blood strong. Protein also supplies energy. After surgery, you will need about 60 grams of protein every day.

Since you will be able to eat only small amounts of food at first, it will be important for most of your calories to come from protein. Lean protein sources include chicken, turkey, fish, extra lean ground beef, yogurt, and beans. See the table on the next page for a more complete list of protein foods and serving sizes.

## Sources of Protein

**Protein Goal:** 60 grams per day      **Servings per day:** At least 8

**One “serving” of protein provides about 7 grams of protein.** This table gives the serving sizes of some common protein-rich foods.

Protein Source	Serving Size
Cheese, low-fat	1 ounce
Grated cheese, low-fat	¼ cup
Grated parmesan	2 tablespoons
String cheese	1 stick/1 ounce
Cottage cheese, 1%	¼ cup
Pudding, sugar-free, nonfat milk	¾ cup
Milk, nonfat	1 cup
Dry powdered milk	¼ cup
Yogurt, nonfat	¾ cup
Egg	1 whole
Egg substitute	¼ cup
Chicken, pork, beef, or fish	1 ounce
Tuna fish, packed in water	2 tablespoons
Peanut butter, creamy	2 tablespoons
Dried beans (cooked)	½ cup
Tofu, firm	¼ cup
Nuts (all varieties)	1 ounce (25 pieces)
Shellfish, crab, lobster, shrimp	2 ounces
Protein drinks and protein powders (see “Recipes and Diet Suggestions”)	14 to 25 grams of protein (2 to 3 protein servings)

## Meat Servings

This table will help you estimate the amount of protein in meat servings:

Meat Serving	Protein Servings
Average hamburger patty	3
3-inch by 4-inch steak	4
1 pork chop	3
½ chicken breast	3
1 chicken thigh	2
1 chicken wing	1
3-inch by 3-inch fish fillet	3

## **Protein Drinks and Protein Powders**

Protein drinks and protein powder are other good sources of protein. Each serving has 14 to 25 grams of protein, which equals 2 to 3 protein servings.

A few stores that carry protein drinks and powders are Fred Meyer, GNC, Target, Trader Joe's, Costco, and Walmart. See "Recipes and Diet Suggestions" for a list of protein drinks you may want to try.

## **Fat**

Fat is also a source of energy for your body. It adds flavor to food, helps you feel full longer by taking more time to digest, and helps your body absorb some vitamins and minerals.

But, fat has twice as many calories per gram as either protein or carbohydrates, so it should be used in small amounts. A teaspoon of butter, margarine, salad dressing, sour cream, and oil have about 50 calories.

When you want a little fat for flavor or texture, choose small amounts of heart-friendly fats like nuts, avocado, olive oil, or flaxseed oil.

## **Water**

Water is the most important of all nutrients. It makes up about 60% of your body weight. Your body needs water for all of its functions. To keep from getting dehydrated, drink at least 8 cups of water every day. You will need even more during hot weather and when you exercise. Drinking water may decrease your appetite by helping you feel full longer.

## **Reading Nutrition Labels**

Reading "Nutrition Facts" labels when you shop takes a little more time, but seeing what is in foods can help you make better choices. The tips on the next page will help you use the information on nutrition labels.

If you have any special concerns about nutrition, ask your dietitian for help reading and using labels to help you make the best possible food choices.



*Drink at least 8 cups of water every day.*

Nutrition Facts		
Serving Size 1 cup (228g)		
Servings Per Container 2		
Amount	Per Serving	
Calories	260	Calories from Fat 120
% Daily Value*		
Total Fat	13g	20 %
Saturated Fat	5g	25 %
Trans Fat	2g	
Cholesterol	30mg	10 %
Sodium	660mg	28 %
Total Carbohydrate	31g	10 %
Dietary Fiber	0g	0 %
Sugars	5g	
Protein	5g	
Vitamin A 4%	•	Vitamin C 2%
Calcium 15%	•	Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet.

### Serving Size

Check the amount of food shown as 1 serving on the Nutrition Facts label. This label says that 1 cup equals 1 serving. This may not be the amount you eat, but it is the amount that contains the nutrients listed. Sometimes what we think is 1 portion may actually be 2 or more.

### Calories

The calorie section of the label shows how many calories are in 1 serving of the food. You do not need to count calories every day, but it is important to know which foods are high or low in calories.

Multiply the calorie content by the number of servings to find out how many calories are in the whole package. For example, this package contains a total of 520 calories (260 calories times 2 servings).

### Nutrient Information

The Nutrition Facts label also shows how much carbohydrate, protein, fat, sodium, cholesterol, and some vitamins and minerals are in a serving of the food. This information is especially helpful if you are on a diet to help manage diabetes, high blood pressure, or high cholesterol.

## Meeting Your Nutritional Needs

After weight loss surgery, the amount of food you can eat at one time is limited. Eating less food and changing your eating habits will help you lose weight.

Since the amount of food that you can eat is limited, it is very important to choose your foods carefully to make sure you get all the nutrients you need. Follow these steps to stay in good health after weight loss surgery:

- 1. Eat a variety of foods from each food group every day.**
- 2. Eat high-protein foods at each meal.** The goal is to eat at least 60 grams of protein every day. You may need to use protein drinks the first few months to meet this goal. **Always** eat protein foods first. (See “Sources of Protein” and “Protein Drinks and Protein Powders” on page 48 of this section.)
- 3. Choose good quality foods that are low in calories and contain a variety of nutrients** – especially protein, vitamins, and minerals. Good examples are low-fat meats, poultry, nonfat milk and yogurt, fruits, vegetables, brown rice, and whole grains.

4. **Avoid foods that are high in calories and low in vitamins and minerals.** Sugars (such as soda pop and desserts) and fats (such as potato chips, fried foods, and salad dressings) add a lot of calories and very few or no nutrients, and they may cause *dumping syndrome* (see page 51 of this section).
5. **Drink plenty of calorie-free fluids** – about 64 ounces every day, including at least 4 cups of water. Drink between meals, not with meals.
6. **Take a multivitamin with iron every day.** Iron helps your body develop healthy red blood cells. Try chewable multivitamins for adults (1 a day), chewables for children such as Flintstones (2 a day), or liquid vitamins with iron, such as Theragram.
7. **Take calcium with vitamin D3 every day.** Calcium and vitamin D are needed for healthy strong bones. The recommended daily amount is 1,500 milligrams (mg) calcium and 2,000 international units (IU) vitamin D. Your multivitamin will contain some vitamin D.  
  
Calcium is absorbed best when divided into 2 or 3 doses. Try chewable calcium tablets such as Caltrate, calcium chews such as Viactiv or Citracal, or TUMS Extra Strength (4 tablets per day).

#### **Gastric Bypass and Sleeve Gastrectomy Patients**

**Start taking vitamin B12 6 weeks after surgery. Vitamin B12 keeps red blood cells healthy and helps your nervous system work properly.** You will need to take a vitamin B12 pill (500 mcg) every day or have a B12 (1,000 mcg) shot every month for the rest of your life.

### **How to Avoid Problems with Eating**

- **Stop eating as soon as you feel full.** At first, you may feel full after drinking only 1 to 2 ounces of liquid. In time, you will be able to take in ½ to 1 cup of solid food. **Never eat more than 1½ cups at a meal.** Become aware of how you feel when you are getting full. You may feel pressure just below your ribs, pain in or near your stomach, or you may feel sick to your stomach.
- **When you begin solids, try only one new food per meal.** Take only 1 or 2 bites and see if you can handle the new food. If you cannot handle it well at first, wait 1 or 2 weeks and try it again.
- **Eat slowly and chew your food well.** It is easy to overeat and swallow chunks of food when you eat quickly. Chew well. Count the number of chews per mouthful, and aim for 25 chews. Give yourself at least 30 to 40 minutes to eat each meal. Take small bites and put your fork down between each bite.
- **Try not to skip meals.** Missing a meal can lead to hunger and eating too quickly later.

- **Drink slowly, and drink only calorie-free beverages.** Liquids pass right through your stomach, so many liquid calories can cause weight gain. Avoid juice, alcohol, and regular soft drinks. Limit your coffee intake to 1 cup a day.
- **Do not drink liquids 30 minutes before or after meals.** Drinking liquids with solid foods may cause dumping syndrome (see the last section on this page), discomfort, or make you feel too full.
- **Keep foods moist.** Try using low-fat gravies and sauces. It may be hard to tolerate:
  - Tough meats (unless they are ground or chopped)
  - Soft rice (like instant, processed, or Japanese sticky rice), pasta, and untoasted or soft bread
  - Skins of fresh fruits and vegetables
  - Fibrous or chewy vegetables (such as celery and corn)
  - Spicy foods
  - Seeds, nuts, and popcorn
  - Greasy or fried foods
- **If you have a day when you cannot tolerate any foods or liquids, stop eating for up to 6 hours.** Try to find out what caused the problem. Ask yourself:
  - Did I eat too much?
  - Did I eat too fast?
  - Did I chew well enough?
  - Did I eat high-sugar or fatty foods?
  - Did I drink too much liquid with my meal?
  - Am I drinking enough liquid between meals?

Start again with clear liquids (broth, Jell-O, clear juices, tea) and advance your diet slowly after your symptoms go away.

## Dumping Syndrome

After weight loss surgery, foods and liquids enter your small intestine more quickly. This may cause dumping syndrome to occur after eating. This syndrome may cause bloating, nausea, diarrhea, weakness, and sweating. It usually lessens over time.

To help avoid dumping syndrome:

- Eat 3 to 5 small meals a day.
- Drink fluids with meals **only** if needed.
- Eat and drink slowly and chew foods well.
- Do not eat or drink foods that are high in sugar or fat.

## About Calories

Patients often ask, “How many calories do I need?”

After weight loss surgery, we do not ask you to eat only a certain number of calories. But, we do ask you to pay attention to how your stomach feels, and to stop eating when you feel full.

Your dietitian will review your diet at each visit to find out if the amount you are eating is helping you lose the right amount of weight. Remember that even small bites of some foods can contain a lot of calories without giving you much nutrition. If you have questions, ask your dietitian.

Here are some of the high-calorie foods that can slow your weight loss, even if you eat just a few of them every day:

Food	Calories
1 chicken nugget	50
10 French fries	75
3 tablespoons macaroni and cheese	75
½ small hamburger	70

Food	Calories
5 Lay’s potato chips	40
5 peanut M&Ms	60
⅓ powdered sugar donut	96
1 Hershey’s Kiss	25

## Calories versus Nutrients

Compare the foods in the table below. The high-calorie ones contain the same kinds of nutrients as the low-calorie ones, but they have very different amounts of calories:

High-Calorie Option	Calories	OR Try	Lighter Option	Calories
8 oz. <b>whole</b> milk	150	▶	8 oz. <b>nonfat</b> milk	80
12 oz. soda pop	150	▶	12 oz. <b>diet</b> pop	0
½ cup mashed potatoes <b>with 2 tablespoons gravy</b>	160	▶	½ cup mashed potatoes, <b>plain</b>	80
½ cup peaches <b>in syrup</b>	100	▶	½ cup peaches <b>in fruit juice</b>	60
1 tablespoon <b>cream-based</b> salad dressing	65	▶	1 tablespoon <b>low-calorie</b> salad dressing	20
1 chicken breast, <b>fried, with skin</b>	232	▶	1 chicken breast, <b>baked, skinless</b>	105



## Think Before You Drink

After surgery, it is important to drink enough calorie-free fluids (about 64 ounces) every day to keep you well-hydrated. Keep in mind that most beverages have a lot of calories. Fruit juice, fruit drinks, soda, milk, and lattes all have about 100 calories in an 8-ounce cup. Just a few servings of these drinks each day can easily add 300 calories to your daily diet.

This table shows how the calories in drinks can add up:

Beverage	Calories
1 cup orange juice	120
1 cup cranberry juice drink	140
1 grande nonfat latte	160
1 margarita, daiquiri, or piña colada	325
12 ounces regular cola	150
1 beer	150
6 ounces red or white wine	150
1 cup nonfat milk	90
1 cup lemonade	120

## Alcoholic Beverages

After weight loss surgery, **alcohol is absorbed into the bloodstream more quickly and in higher concentrations than before.** Drinking even a small amount can affect you, especially on an empty stomach. Limit your alcohol intake to only a few sips, or skip it completely.

Alcoholic beverages also have a lot of calories and can throw you off your weight loss plan. We recommend that you do NOT drink alcoholic beverages on a regular basis.

Some patients have problems with drinking too much alcohol after surgery. Tell your doctor if you find yourself drinking more than usual after surgery.

See “Alcohol Use Disorder” on pages 69 and 70 for more information.

## How much is a serving?

Unless you always use your kitchen scale and measuring cups, it can be hard to figure out the right portion sizes. Here are some quick ways to figure out about how much you are eating.

A thumb tip	= 1 teaspoon
A thumb	= 1 ounce of meat or cheese
Deck of cards	= 3 ounces of cooked meat, poultry, or fish

Tennis ball	= ¾ cup
Golf ball	= ¼ cup
Ice cream scoop	= ½ cup
Pair of dice	= 1 ounce
Small fist	= 1 cup

## Dining Out

Going to restaurants or parties can be challenging with your new diet. Be sure to stick to the foods allowed on your current diet stage. **Do not** try foods you have not tried before. If you are having a hard time handling foods, it may be best to eat at home for several weeks.

### Restaurants

Here are some tips to make eating out easier:

- Start with a broth-based soup and crackers instead of bread and salad.
- Order an appetizer-sized meal as your main course. Try to choose protein items such as shrimp cocktail or grilled chicken skewers.
- Ask for a children’s or seniors’ menu so you can order smaller portions.
- Ask a member of your health care team how to get a bariatric dining card. The card lets the restaurant know that your doctor recommends that you eat small portions.
- Remove breading from deep-fried meats such as chicken tenders or fish.
- Avoid french fries and potato chips.
- Avoid all-you-can-eat restaurants such as buffets. It is tempting to overeat to “get your money’s worth.”
- Avoid sweet drinks and desserts. They may cause dumping syndrome, and they are often high in calories.
- Remember to chew well and eat slowly. Don’t let the conversation distract you into eating too fast or overeating.
- Remember to stop as soon as you start to feel full.
- Ask for a “to-go” box right away so you are not tempted to clean your plate.

### Parties

These tips can help you stay with your diet plan when you go out to parties and gatherings where food will be served:

- Call ahead and ask the host or hostess what types of food to expect.
- Check out the whole table first to see what your best options are.

- Limit alcohol and other sweet drinks. Choose water or other calorie-free beverages instead.
- Limit desserts.
- Bring a dish to share that you know you can eat. Shrimp platters, deviled eggs, or chicken dishes are good, high-protein crowd-pleasers. See “Recipes and Diet Suggestions” for recipes for Chicken and Peanut Wraps, Perfect Deviled Eggs, and Shrimp Dippers.

## Mindful Eating

Patients often tell us that they struggle with food choices after surgery. “Impulse eating” means being tempted to eat, often when you are not even hungry. It may bring pleasure for a moment, but it often causes feelings of guilt and regret later.

Impulse eating can be triggered by getting too hungry, being around food at a party or in the grocery store, or seeing food ads on TV. You may also eat for emotional reasons, such as being bored, angry, stressed, frustrated, sad, or lonely. You can avoid impulse eating with a mindful approach.

Try some of these ideas:

- **Plan your meals** and snacks ahead of time to make it easier to make smart food choices when it is time to eat.
- **Time your meals and snacks** so that you do not get too hungry. “Urgent” hunger may make you overeat or choose higher calorie foods.
- **Shop often** so that you always have fresh, healthy foods and snacks on hand. When you feel the urge to eat, try eating some fruit or vegetables first, or drink a calorie-free beverage.
- **Eat in a calm environment**, eat slowly, and enjoy the flavors.
- **Do not** try to satisfy your hunger by drinking alcohol, smoking, or going shopping.
- **Make a list of things you like to do.** When you are thinking about food and you know you are not hungry, pick one activity to distract yourself. Some ideas you might try include:
  - Listen or dance to your favorite music.
  - Take a bubble bath.
  - Try aromatherapy. Scents like vanilla and lavender have a soothing effect. Try candles, potpourri, or room sprays in your favorite scent.
  - Go for a nature walk to collect leaves, rocks, or shells, or gaze at stars.
  - Curl up with a blanket and read funny or inspiring books.
  - Call a friend.
  - Keep a journal about your feelings.

- **Tell your dietitian, social worker, or counselor** if you are having a hard time. Together we can work on a plan to help control your impulse eating.

## Gastric Bypass Diet Stage 1: Blended/Pureed Foods

Stage 1 is the first 2 weeks after surgery. During this stage, eat only foods that are the consistency of a smooth paste or thin liquid. Do **not** eat any chunks of solid food, even small pieces.

You may only be able to eat or drink 1 to 2 ounces ( $\frac{1}{8}$  to  $\frac{1}{4}$  cup) at a time. You will need to eat often during this phase to meet your nutritional needs.

- Remember to eat and drink slowly.
- On the blended-food diet, you will be eating only  $\frac{1}{4}$  cup (2 ounces) or less of food at a time.
- Introduce one new food at a time.

## Making Blended and Pureed Foods

It is easy to make blended or pureed foods. Put solid foods in a blender or food processor, add liquid, and process to a smooth consistency. **Be sure to strain out any chunks.** Make a large batch of a blended food and freeze it in ice cube trays to have small portions ready to defrost and use.

## Foods You Can and Cannot Eat on a Blended/Pureed Diet

Food	Allowed	Not Allowed
<b>Beverages</b>	Water, skim milk, tea, protein drinks, nonfat/sugar-free lattes, blended drinks (see “Recipes and Diet Suggestions”), and calorie-free drinks	Fruit juice, fruit drinks, carbonated drinks, alcohol, whole milk, coffee drinks such as lattes or mochas with sugar and/or whole milk
<b>Soups</b>	Broth, low-fat cream soups, blended soups, high protein soups (see “Recipes and Diet Suggestions”)	Regular cream soups, soups with chunks
<b>Meat and Other Protein Foods</b>	Blended meats such as lean beef, ham, fish, chicken, or turkey; baby food meats, blended low-fat cottage cheese, mashed or pureed tofu	Peanut butter, cheese, fried or high-fat meats, spicy meats, all other meats and meat substitutes
<b>Grains and Breads</b>	Cooked low-fiber cereal such as Cream of Wheat, blended mashed potatoes thinned with milk	Pasta, bread, rice, and all other starches

<b>Food</b>	<b>Allowed</b>	<b>Not Allowed</b>
<b>Vegetables</b>	Strained or pureed vegetables, vegetable juice	All others
<b>Fruits</b>	Unsweetened pureed fruits with no seeds or skins, baby food fruits	Fruit juice (unless in protein drink), all others
<b>Milk and Other Dairy Products</b>	Nonfat milk, nonfat yogurt	Whole milk, chocolate milk
<b>Other</b>	Sugar-free Jell-O, sugar-free popsicles, sugar-free pudding	All others

### **Sample Menu for a Blended/Pureed Diet**

<b>Breakfast</b> ¼ cup Cream of Wheat ¼ cup Milk Mixture*	<b>Morning Snack</b> 4 ounces protein drink**	<b>Lunch</b> ¼ to ½ cup low-fat cream soup made with pureed meat, pureed vegetables, and Milk Mixture*
<b>Afternoon Snack</b> 4 ounces protein drink**	<b>Dinner</b> ¼ cup blended low-fat cottage cheese ½ cup blended fruit	<b>Evening Snack</b> 4 ounces protein drink**

\* See "Recipes and Diet Suggestions."

\*\* Use either commercial protein drinks, or drink recipes listed in "Recipes and Diet Suggestions."

### **Gastric Bypass Diet Stage 2: The Soft Diet**

Stage 2 is weeks 3 through 6 after surgery. In this stage, start adding soft foods that are tender and easy to chew.

- Eat only ½ to ¾ cup (4 to 6 ounces) of food at a time.
- Eat 3 meals and 2 to 3 snacks daily.
- Do not drink liquids when you eat.
- Introduce only 1 new food at a meal.
- Start with small pieces of fruits and vegetables.
- Eat ground or flaked meat for the first 2 weeks of this stage. After that, you may start adding moist, cooked, chopped meat.
- Dry meats are hard to handle at this time. Add fat-free gravy, broth, or fat-free cream soup to make the meat easier to swallow.

## Foods You Can and Cannot Eat on a Soft Diet

Food	Allowed	Not Allowed
<b>Beverages</b>	Water, coffee, tea, skim milk, protein drinks, blended drinks (see “Recipes and Diet Suggestions”), and calorie-free drinks	All others; avoid carbonated drinks
<b>Soups</b>	Broth, low-fat cream soups, vegetable or noodle soups, stew, meat soups with ground or blended meat	Soup made with cream or whole milk, soups with chunks of meat
<b>Meat and Other Protein Foods</b>	Ground lean meat, fish, poultry, eggs, low-fat cottage cheese, creamy peanut butter, parmesan or mozzarella cheese; casseroles with ground meat, tuna, canned chicken, or canned shrimp	Nuts, diced meats (for at least 2 weeks until you can tolerate ground meat)
<b>Grains and Breads</b>	Cooked or refined cereal, rice, mashed potatoes (no skin), well-cooked pasta cut into small pieces, toast, saltine crackers	Firm-cooked pasta, pasta with cream sauce, all others
<b>Vegetables</b>	Soft-cooked vegetables such as carrots, beets, mushrooms, zucchini, green beans; vegetable juices	Vegetables with hulls or skins such as peas, corn, celery; gas-forming vegetables such as broccoli, cauliflower, Brussels sprouts
<b>Fruits</b>	Unsweetened cooked or canned fruit without seeds or skin, bananas, citrus fruits without membranes, soft melon, unsweetened fruit juices (no more than 8 oz. a day)	All others
<b>Milk and Other Dairy Products</b>	Fat-free or 1% milk, sugar-free, fat-free yogurt, low-fat cottage cheese, parmesan or mozzarella cheese, low-fat or fat-free cheese	Chocolate milk, sweetened condensed milk, 2% or whole milk
<b>Others</b>	Sugar-free gelatin, sugar-free popsicles, sugar-free pudding	All others

### Sample Menu for a Soft Diet

<b>Breakfast</b> ½ cup corn flakes ½ cup Milk Mixture* ¼ banana	<b>Morning Snack</b> 4 ounces protein drink**	<b>Lunch</b> 2 ounces protein such as canned meats (tuna, chicken, or shrimp) ¼ cup diced peaches
<b>Afternoon Snack</b> ¼ cup cottage cheese	<b>Dinner</b> 2 ounces baked fish ¼ cup mashed potatoes made with Milk Mixture*	<b>Evening Snack</b> 4 ounces protein drink**

\* See “Recipes and Diet Suggestions.”

\*\* Use either commercial protein drinks or drink recipes in “Recipes and Diet Suggestions.”

### Gastric Bypass Diet Stage 3: Advanced/Regular Diet

The Stage 3 diet usually starts in the 6th week after surgery. It includes foods that are regular consistency, like the foods you were able to eat before surgery.

- Add new foods 1 at a time, and only 1 new food per meal. Take just a couple of bites of the new food to see if you can handle it.
- Chew well, and eat slowly.
- Eat about ½ to 1 cup, or 4 to 8 ounces, of food at a time.
- Do not drink liquids when you eat.
- Add some foods, such as vegetables with a lot of fiber and red meats, only after making sure you can handle all the other foods on the list.

### Foods You Can and Cannot Eat on an Advanced/Regular Diet

Food	Allowed	Not Allowed
<b>Beverages</b>	Water, coffee, tea, sugar-free Jell-O, protein drinks (see “Recipes and Diet Suggestions”), and calorie-free drinks	Regular soda, beer, wine, hard liquor, fruit drinks, fruit juice, coffee drinks with whole milk such as lattes or mochas
<b>Soups</b>	Low-fat cream soups, broth-based soups	Regular cream soups

<b>Food</b>	<b>Allowed</b>	<b>Not Allowed</b>
<b>Meat and Other Protein Foods</b>	Ground beef, soft fish, chicken, turkey, eggs, tofu and other soy products, peanut butter – try tender, well-cooked, lean red meat last, and <b>only</b> if you can handle all other foods in this group	High-fat meats such as bacon, sausage, prime rib, beef or pork ribs, fried meats
<b>Milk and Other Dairy Products</b>	Nonfat milk, nonfat yogurt, low-fat or fat-free cheese, regular cheese in small amounts such as Swiss, cheddar	Ice cream, whole milk, chocolate milk
<b>Fruits and Vegetables</b>	Soft fresh fruits, ripe tomatoes, finely chopped raw vegetables	Fruit juice (unless used in a protein drink)
<b>Grains and Breads</b>	Cold cereal (that needs little chewing), breads, English muffins – try whole grain breads and cereals, seeds and nuts last	Pastries, donuts, cake, scones, fruit or bran muffins, cookies, pie
<b>Others</b>	Sugar-free Jell-O, sugar-free pudding, sugar-free popsicles	Hard candies, chocolate, gumdrops, jelly beans, other candies

### Sample Menu for an Advanced/Regular Diet

<b>Breakfast</b> ½ piece toast 1 ounce mozzarella ¼ cup fruit	<b>Lunch</b> 2 ounces grilled chicken ¼ cup cooked vegetables	<b>Afternoon Snack</b> 4 ounces protein drink**
<b>Dinner</b> 2 ounces ground beef ¼ cup cooked noodles with 1 teaspoon diet margarine		<b>Evening Snack</b> ¾ cup sugar-free cocoa made with Milk Mixture*

\* See “Recipes and Diet Suggestions.”

\*\* Use either commercial protein drinks or drink recipes in “Recipes and Diet Suggestions.”

### Achieving Your Goal Weight After Surgery

To reach and maintain your goal weight, you must:

- 1. Continue to follow the eating guidelines in this manual.** Do not eat more than ½ to 1 cup of solid foods at each meal.
- 2. Eat meals at regular meal times.** Be sure to make balanced choices and include protein along with small amounts of fruits, vegetables, and whole grains. Shop often so that you have a variety of fresh, healthy foods on hand.



3. **Eat only when you are hungry and stop as soon as you start to feel full.** Do not feel that you need to finish that last bite or two on your plate, or to taste something just because it is there. You can have that bite or two later, when you are hungry.
4. **Limit snacks between meals.** Those 100-calorie snack packs have become very popular – but remember that even an extra 250 calories a day can mean losing ½ pound less weight that week.
5. **Drink enough fluids.** Drinking at least 64 ounces of calorie-free fluids every day will help you stay well-hydrated and reduce your hunger. It is easy to think we are hungry when we are really just thirsty. If you are not sure, try drinking some water before reaching for food.
6. **Keep a food journal.** If you are losing weight too quickly, not quickly enough, or not getting enough nutrients, keeping a journal is the best way to find out what eating changes you need to make.
7. **Track your hunger level.** If you find you are snacking or eating too much, you may be asked to keep a “hunger journal.” This journal will help you find out whether you are eating because you are hungry or for other reasons.
8. **Exercise, exercise, exercise!** Exercise plays a key role in helping you reach and maintain your new lower weight – it is vital! We recommend exercising 30 minutes every day, or as your primary care provider or physical therapist advises.
9. **Call your dietitian if you think your weight loss is slowing down, or any time you have questions.** This is especially important when you begin to visit the clinic less often. You may want to arrange a nutrition consultation with your dietitian between your scheduled visits.

## **Your Diet After Laparoscopic Gastric Band Surgery**

Adjustable gastric banding by itself doesn't make you lose weight. You will also need to change your diet and add exercise to your routine to lose weight. The weeks and months after adjustable gastric banding surgery are a good chance for you not only to lose weight, but also to make changes in your diet that can improve your overall health.

The adjustable gastric banding procedure places a band around your stomach, and this makes you feel full after eating only a small amount of food. This banding, along with changing your eating habits and exercising more, will help you keep losing weight over time.

After surgery, your diet will go through phases. Phase 1 is a clear liquid diet. You will be on clear liquids while you are in the hospital. Phase 2 is a full liquid diet. You will be on a liquid diet for 2 weeks.

## Laparoscopic Gastric Band Diet Phase 1: Clear Liquid Diet

**For 2 days after your surgery**, you will follow a clear liquid diet. Drink only 1 or 2 ounces at a time. Stop when you feel full. Continue to drink this amount every 15 minutes, for a total of 64 ounces a day.

You may have some flavored liquid foods while you are on the clear liquid diet. Foods allowed during this diet include:

- Jell-O
- Broth
- Popsicles
- Fruit juices without pulp (such as apple, cranberry, and grape)
- Fruit drinks
- Water

## Laparoscopic Gastric Band Diet Phase 2: Full Liquid Diet

**You will need to follow the full liquid diet for 2 weeks.** Eat servings of 3 to 4 ounces up to 5 or 6 times per day. Be sure to include a protein source at each meal.

If you do not tolerate milk products, you may use rice or soy milk products instead of cow's milk. For added protein, make soups and cereals with nonfat milk or plain soy milk instead of water. Or, stir nonfat dry milk or protein powder into your foods.

### Full Liquid Diet

	Choose These	AVOID These
<b>Fruits and Juices</b>	Flavored water, fruit juices without pulp such as apple juice, grape juice, cranberry juice, and nectars	Canned, fresh, or frozen fruits; all raw fruit, dried fruit (dates, raisins), coconut, sweetened beverages
<b>Soups</b>	Broth, bouillon, fat-free consommé, strained cream soups, tomato soup made with milk or water	Bean, gumbo, split pea, onion, and chunky soups and chowders; soups with vegetables, noodles, rice, meat, or other chunks of food in them (strain these items from the soup and blend them or just have the broth)

	<b>Choose These</b>	<b>AVOID These</b>
<b>Beverages</b>	Ice chips, water, coffee, tea, herbal teas (hot or cold), noncarbonated calorie-free drinks	All others – <b>no</b> carbonated beverages, diet pop, or alcohol
<b>Sweets and Desserts</b>	Fruit ices (without chunks of fruit), plain gelatin, popsicles made from low-sugar juices, low-fat custards, and puddings	All others
<b>Vegetables</b>	Tomato or V-8 juice	All others
<b>Milk and Other Dairy Products</b>	Nonfat milk, smooth yogurt, Sugar-free Carnation Instant Breakfast, protein drinks	Ice cream
<b>Bread, Cereals, and Grain Products</b>	None	All
<b>Meat and Other Protein Foods</b>	None	All
<b>Oils, Butter, and Margarine</b>	None	All

### **Laparoscopic Gastric Band Diet Phase 3: Pureed/Blended Diet**

**Follow the Pureed/Blended Diet for 1 to 1½ weeks.** Once you have advanced to this diet, you will be able to eat all foods on the liquid diets plus any food that is the consistency of applesauce. You will need to use a blender or food processor to puree regular foods to the right texture.

#### **How to Puree Foods**

1. Cut the food into small pieces, the size of the tip of your thumb.
2. Place food pieces in the blender or food processor, with enough liquid (broth, fat-free gravy, water, or nonfat milk) to cover the blades.
3. Blend until smooth like applesauce.
4. Strain out any seeds or lumps.
5. Season with herbs or mild spices to taste.

### Other Tips

- Limit food to 4 ounces (½ cup or 8 tablespoons) per meal.
- Eat 6 small meals a day and include a protein source with each meal.
- Drink 64 ounces of calorie-free fluids each day.
- Limit nonfat milk to 16 ounces a day.
- Limit fruit juice (without pulp) to 8 ounces a day.

### Pureed/Blended Diet

	Choose These	AVOID These
<b>Beverages</b>	Water, coffee, tea, calorie-free drinks, noncarbonated drinks, nutritional drinks such as Sugar-free Carnation Instant Breakfast, protein drinks (see “Recipes and Diet Suggestions”)	Beverages with sugar such as fruit drinks, iced tea with sugar, coffee drinks, carbonated drinks
<b>Soups</b>	Broth, bouillon, low-fat cream soups, pureed soups	All others
<b>Starches</b>	Cooked, refined cereals such as Cream of Wheat or Rice, mashed potatoes	Pasta, bread, rice, all others
<b>Vegetables</b>	Pureed vegetables, vegetable juice	All others
<b>Fruits</b>	Applesauce, pureed bananas or other fruits without seeds or skins, unsweetened fruit juice without pulp	All others
<b>Meat and Other Protein Sources</b>	Pureed: meat, poultry, fish or tuna; low-fat or nonfat cheese or cottage cheese, baby food meats, mashed or pureed tofu	Peanut butter, all others

### Laparoscopic Gastric Band Diet Phase 4: Soft Diet

**For the next 1 to 1½ weeks**, include soft foods that are tender and easy to chew, as tolerated. Start with small pieces of fruits and vegetables. Meat should be ground or flaked (like canned tuna) for the first week before adding other meat. Dry meats are often hard to tolerate. Add fat-free gravy, broth, or fat-free cream soups for extra moisture, which will make the food easier to swallow.

On the Soft Diet, you will be eating only ½ cup (4 ounces) of food at a time. Introduce only 1 new food at each meal.

## Soft Diet

	<b>Choose These</b>	<b>AVOID These</b>
<b>Beverages</b>	Same as for Pureed/Blended Diet: Water, calorie-free drinks, skim milk, coffee, tea, protein drinks, and blended drinks (see “Recipes and Diet Suggestions”)	All others – limit carbonated drinks
<b>Soups</b>	Broth, low-fat cream soups, vegetable or noodle soups, stew or soups with ground or blended meat	Soup made with cream or whole milk, soup with chunks of meat
<b>Meat and Other Protein Foods</b>	Ground lean meat, fish, or poultry; eggs, low-fat cottage cheese, creamy peanut butter, parmesan cheese, mozzarella cheese; casseroles made with ground meat, tuna, canned chicken or canned shrimp	Nuts, no diced meats until ground meat is tolerated for at least 2 weeks
<b>Grains and Breads</b>	Cooked or refined cereal, mashed potatoes without the skin, rice, well-cooked pasta cut into small pieces, toast, saltine crackers	Firm-cooked pasta, pasta with cream sauce, all others
<b>Vegetables</b>	Soft-cooked vegetables such as carrots, beets, mushrooms, zucchini, green beans; vegetable juice	Vegetables with tough hulls or skins such as peas, corn, raw celery; gas-forming vegetables such as broccoli, cauliflower, Brussels sprouts
<b>Fruits</b>	Unsweetened cooked or canned fruit without seeds or skin, bananas, citrus fruits without the membranes, soft melon, unsweetened fruit juices (no more than 8 ounces a day)	All others
<b>Milk and Other Dairy Products</b>	Fat-free or 1% milk, sugar-free or nonfat yogurt, Greek yogurt, low-fat cottage cheese, parmesan cheese, mozzarella cheese, low- or fat-free cheeses	Chocolate milk, sweetened condensed milk, 2%, or whole milk
<b>Other</b>	Sugar-free gelatin or popsicles, sugar-free pudding	All others

## Laparoscopic Gastric Band Diet Phase 5: Advanced/Regular Diet

The Advanced/Regular Diet includes foods that are normal consistency, like foods you were able to eat before surgery. **It is important in this stage to add new foods 1 at a time, and 1 new food per meal.** Add some foods, like red meats and fibrous vegetables, only after you can tolerate all other foods on the list.

During this phase, you will be able to eat about ½ cup (4 ounces) at a time. Be sure to take just a couple of bites, chew well, and eat slowly.

**You should be able to advance your diet to regular solid foods by the time of your 6-week follow-up visit with your doctor.**

### Advanced/Regular Diet

	Choose These	AVOID These
<b>Beverages</b>	Water, coffee, tea, protein drinks (see “Recipes and Diet Suggestions”), and calorie-free drinks	Regular soda, beer, wine, hard liquor, fruit drinks and juices, whole milk, coffee drinks such as lattes and mochas
<b>Soups</b>	Low-fat cream, broth-based soups, pea or bean soups	Regular cream soups
<b>Meat and Other Protein Foods</b>	Ground beef, soft fish, chicken, turkey, tofu, soy products, eggs, peanut butter; <b>try tender, well-cooked red meats AFTER you can tolerate the meats listed above</b>	High-fat meats such as bacon, sausage, prime rib, beef or pork ribs; fried meats
<b>Milk and Other Dairy Products</b>	Nonfat milk, nonfat yogurt, low-fat or fat-free cheese, regular cheese such as Swiss or cheddar (eat only small amounts due to high fat content)	Ice cream, whole milk, chocolate milk
<b>Fruits and Vegetables</b>	Soft fresh fruits, ripe tomatoes, cooked or finely chopped raw vegetables	Fruit juice (unless in a protein drink)
<b>Grains and Breads</b>	Cold cereal, bread, English muffins, noodles, rice, corn; <b>be careful with coarse whole-grain breads and cereals, seeds, and nuts</b>	Pastries, donuts, scones, fruits or bran muffins, cake, cookies, pies
<b>Others</b>	Sugar-free Jell-O, sugar-free pudding, sugar-free popsicles	Hard candies, jelly beans, chocolate, gum drops, other candies

## How to Avoid Problems

Each person responds to foods differently. You may be able to eat a food one day, but not the next. Make a note of problem foods. If you try a food you cannot tolerate, wait a few days and try again. If a certain food always causes problems, it is best to avoid it.

Here is a list of some common problem foods and some options you might try, to help you avoid discomfort.

Potential Problems	Options
Carbonated drinks	<ul style="list-style-type: none"> <li>• Try coffee, tea, juice, sugar-free fruit drinks</li> </ul>
White and soft breads	<ul style="list-style-type: none"> <li>• Toast until dry and crisp</li> <li>• Use grainy breads and toast well</li> <li>• Try crisp crackers, Melba toast, pita bread, or English muffins</li> </ul>
Meat: steak, roast, chops, chicken, turkey	<ul style="list-style-type: none"> <li>• Slice meats very thin before cooking</li> <li>• Avoid dry-cooking methods such as baking, grilling, barbecue, or pan-frying</li> <li>• To tenderize, marinate or slow-cook for a few hours</li> <li>• Try broth, low-fat gravies, or low-fat cream soup to add moisture</li> <li>• Try canned breast of chicken</li> <li>• Use softer proteins such as eggs, legumes, lentils, fish, and tofu</li> </ul>
Clams, mussels, octopus, squid	<ul style="list-style-type: none"> <li>• Do not overcook</li> <li>• Try other shellfish such as shrimp, crab, lobster</li> <li>• Try canned or smoked tuna or salmon</li> </ul>
Pasta	<ul style="list-style-type: none"> <li>• Cook pasta until soft, and cut into small pieces</li> <li>• Serve with marinara or low-fat Alfredo sauce to add moisture</li> </ul>
Fresh oranges and grapefruit	<ul style="list-style-type: none"> <li>• Cut each segment into bite-sized pieces</li> <li>• Remove any tough membranes</li> <li>• Try canned Mandarin oranges or grapefruit</li> </ul>
Fresh apples, pears, peaches, plums	<ul style="list-style-type: none"> <li>• Remove peel of apples, pears, peaches, and plums</li> <li>• Cut fruits into small slices</li> <li>• Try canned fruits</li> </ul>
Rice	<ul style="list-style-type: none"> <li>• Try in soups or in casseroles with low-fat cream soup or low-fat cream sauce</li> </ul>
Reheated food	<ul style="list-style-type: none"> <li>• Add some broth, water, tomato puree, low-fat gravy, or low-fat cream soup before reheating</li> <li>• Avoid dry reheated dishes, including meats</li> </ul>

## Daily Nutrition Checklist

Once you are able to eat solid foods without problems, you will need to watch your diet closely. Liquids will pass through your stomach quickly and will not make you feel full. Because of this, you should limit drinking beverages that contain calories. Drink water, broth, tea, coffee, or other sugar-free beverages.

Too much food or big chunks of food can block your stomach pouch outlet. Avoid this problem by taking only small bites at a time and chewing food well. Include 5 small meals per day that include a variety of healthy foods such as meat, vegetables, fruit, grains, and dairy products.

- **Eat 5 small meals a day.** After surgery, your small stomach pouch can hold only about  $\frac{1}{2}$  cup (4 ounces) of food. Eating more than this at one time may cause nausea or vomiting. Vomiting may cause complications such as slippage of the gastric band. Eating too much too often may also cause your stomach pouch to stretch, which will hinder your weight loss.
- **Eat slowly and chew thoroughly.** Food needs to be chewed into very small pieces for it to pass through your stomach opening. Remember to eat meals slowly and chew foods very well.
- **Stop eating as soon as you feel full.** Pay attention to your body. Once your stomach is full, stop eating. Eating slowly will help you learn your body's signals of fullness. This will help you not eat more than you need.
- **Do not drink while you are eating.** If you drink with a meal, the food you eat can pass through your stomach very easily, and this will reduce the effect of your lap band. Do not drink anything for 1 hour after meals.
- **Eat only high-quality foods.** Since you will only be able to eat small portions, every bite you take needs to be nutritious. Eat a variety of healthy foods such as meat or other protein sources, vegetables, fruits, grains, and dairy products. These foods provide the most vitamins and minerals without extra calories. Avoid eating foods that are high in fat and sugar.
- **Avoid fibrous foods.** Stringy foods such as asparagus, celery, orange or grapefruit membranes, and tough meats can block the *stoma* (the stomach outlet created by the band between the 2 parts of the stomach). It is hard to chew these foods well enough to break them into small pieces, and saliva does not break down the fiber strands in these foods.
- **Drink enough fluids between meals.** You will need to drink at least 64 ounces of fluid every day to stay well-hydrated. Avoid carbonated beverages.



- **Drink mostly calorie free-beverages.** Liquids pass right through your stomach, so too many liquid calories can easily cause weight gain. For best weight loss results, drink only calorie-free beverages. Avoid fruit juice, alcohol, and regular soft drinks.
- **Exercise at least 45 minutes every day.** You must exercise to continue to lose weight. Not only does exercise help you burn fat and calories, it also helps increase your strength, muscle mass, and endurance. Exercise has other health benefits too, such as improving blood sugar, blood cholesterol, and blood pressure levels.
- **Take these nutritional supplements every day:**
  - *Multivitamin with iron* to help you meet your nutrient needs while on a low-calorie diet. You need iron to keep your blood cells healthy. Here are some options:
    - Adult chewables – 1 a day
    - Children’s chewables (such as Flintstones) – 2 a day
    - Liquid vitamins with iron (such as Theragram)
  - *Calcium and vitamin D3* to help keep your bones strong. The recommended dose is 1,500 mg of calcium with 1,000 to 1,200 International Units (IU) vitamin D (including what is in your multivitamin). Calcium is best absorbed when divided into 2 to 3 doses throughout the day. Here are some options:
    - Chewable calcium tablets (such as Caltrate)
    - Calcium chews (such as Viactiv or Citracal)
    - TUMS Extra Strength – 4 tablets a day

## **Alcohol Use Disorder (AUD)**

### **What is AUD?**

Gastric bypass surgery can be a very effective treatment for serious obesity problems. But sometimes patients increase their alcohol use after bariatric surgery. *Alcohol use disorder* (AUD) is a medical condition that may be diagnosed when a person is dependent on alcohol (alcoholic) or abuses alcohol, and their drinking causes harm or distress. We know that adults who have had bariatric surgery have a much higher risk of alcohol use disorders 2 years after surgery.

### **How is drinking alcohol different after surgery?**

- **Faster effects:** After surgery, your stomach pouch is much smaller than a normal stomach, so you will feel the effects of even a small amount of alcohol much more quickly than before surgery. The best advice is to limit your alcohol intake to only a few sips, or to skip it entirely.

- **Slower weight loss:** Alcohol quickly changes into blood sugar, and this can slow down your weight loss.
- **Higher risk of dumping syndrome:** Alcohol can also cause dumping syndrome, which is when food goes from the stomach into the small intestine too soon. This can cause vomiting or diarrhea (see page 51).
- **“Wasted” calories:** Alcoholic drinks also have very few nutrients, and they often are high in “empty” calories (calories that have no food value).

### **Risks for AUD**

Some risks for developing AUD are:

- Regular alcohol use before surgery (at least 2 drinks a week)
- Limited social support
- Use of recreational drugs or smoking before surgery

Men and young adults are at a slightly higher risk for having issues with alcohol after bariatric surgery.

### **Help for AUD**

If you are drinking more after your gastric bypass, an evaluation by a certified chemical dependency counselor may help determine if you have an alcohol use disorder. Your bariatric surgery social worker can provide support and refer you to a chemical dependency counselor.

### **Questions?**

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

Surgical Specialties:  
206-598-4549