

Nutrition After Weight Loss Surgery Class



Joint ownership with physicians



Hydration

Fluid guidelines

Aim for at least 64 ounces of fluid per day
Drink between meals and snacks



Drink sugar-free, carbonation-free and
caffeine-free liquids

Limit caffeine to 16 Oz per day (long term)



What counts as fluid?

Water, ice chips



Low Sodium Broths (chicken, beef, vegetable)

Flavored drinks with no added sugars like Gatorade Zero, Powerade Zero, Propel Zero, Vitamin Water Zero, Crystal Light, Zero Sugar Kool-Aid, etc.



What counts as fluid? (Cont...)

Herbal teas with no caffeine:

Orange, peppermint, lemon, ginger, etc.



Decaffeinated coffee (no added milk, creamer or sugar)

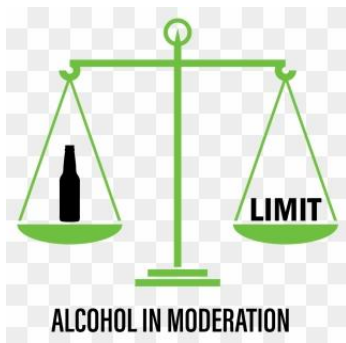
Sugar free popsicle, sugar free jello



**** Avoid beverages with sugar which prevents you from losing weight**

Long Term Hydration Considerations

Fluid guidelines



Alcohol not recommended first 6 months after surgery

Activity, weather, some health conditions and pregnancy/breast feeding can increase fluid requirements (pregnancy not recommended first year after surgery)



Multivitamins and mineral supplements

All multivitamin and mineral supplements should be:

- Specific to Weight Loss Surgery aka Bariatric
- Either chewable or liquid form to enhance absorption and prevent ulcers
- Some surgeons may allow vitamin patches
- **Avoid all gummies**
- Start vitamins when you get home and nausea resolves (usually 1-2 weeks post-op) or as recommended by your surgeon
- Dosage as per your dietitian or surgeon's recommendation

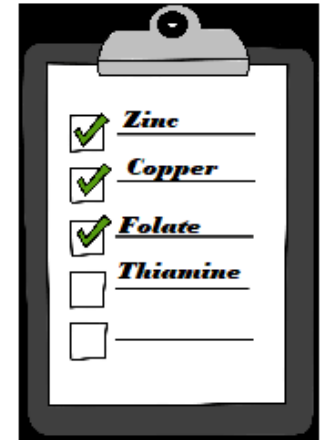


Multivitamins and mineral supplements

Per ASMBS nutrition guidelines

Bariatric complete multivitamin should contain

- 100-200% RDA for Zinc and Copper
- Folate: 400-800 mcg per day for adults; 800-1000 mcg per day for women of child bearing age
- Thiamine: at least 12mg per day



Vitamin B12

- 350-1000 mcg daily orally/sublingual/nasal
- Or B12 injection 1000 mcg once per month

Multivitamins and mineral supplements

Per ASMBS nutrition guidelines

Iron

- Ferrous fumarate form is best tolerated
- Men and postmenopausal women: 18-27 mg per day
- Premenopausal women/history of anemia: Aim for 45-60 mg per day



Vitamin D3



- 3000 IU daily
- Or more for deficiency as recommended by your surgeon

Multivitamins and mineral supplements

Per ASMBS nutrition guidelines

Calcium

- Choose Calcium citrate as this is best absorbed (not Calcium carbonate)
- 1200-1500 mg per day for gastric sleeve and bypass; 1800-2400 mg per day for duodenal switch
- Allow 2-3 hours between doses; take three times per day, 500 mg at a time
- Can be taken with or without food
- Avoid drinking more than 16 ounces of decaf tea; the tannins in tea decrease absorption
- Take calcium separately from iron at least by 2 hrs (as they both compete for absorption)



Post-op stage one: Bariatric clear liquid diet

(Time frames vary according to your surgeon)

- The goal of a clear liquid diet is to allow proper healing and/or hydration
- Unlike solid foods, clear liquid foods are easy for your body to digest and they won't leave unwanted residue in your intestinal tract
- Strictly following a clear liquid diet allows you to maintain adequate hydration
- The most important rule to remember when you are on a clear liquid diet is the see-through rule: only eat it or drink it if you can see through it (color doesn't matter)

Post-op stage one: Bariatric clear liquid diet

(Time frames vary according to your surgeon)

- Examples of Clear liquid drinks are same as fluids that count for hydration. Water, ice chips, broths, flavored drinks with no sugars, herbal teas, decaffeinated coffees, sugar-free popsicles, sugar-free jello etc.
- Drink 1 Oz of fluids in small sips over 15 min
- Try to get 4 Oz an hour. Keep increasing day by day as you tolerate. Goal is to reach at least 64 Oz/day
- Do not forget to track your fluid intake



Post-op stage two: Bariatric full liquid diet

(Time frames vary according to your surgeon)

- The first few weeks after surgery are a very important time to allow your body time to heal
- Ensure to follow this diet very closely to help prevent complications such as a leak or an obstruction
- Let your pouch be your guide on portion sizes. Stop eating before you feel full
- Remember overeating can lead to nausea, vomiting, and stretching out your stomach
- Typically 1-3 weeks after surgery but time frames vary according to your surgeon

Post-op stage two: Bariatric full liquid diet

(Time frames vary according to your surgeon)

- Foods should **NOT** be thicker than applesauce consistency
- **NO** lumps, bumps or chunks in your food
- Protein should be your priority
- **Protein supplement (drinks) should have:**
 - Less than 200 calories
 - Less than 5g of sugar
 - More than 20 grams of protein



- The source of protein should be whey, soy or egg based. Read the ingredients list to verify the source of protein. Avoid drinks with collagen, beef protein or wheat gluten listed in the ingredients

Post-op stage two: Bariatric full liquid diet

(Time frames vary according to your surgeon)

Examples:

- All foods on clear liquid phase
- *Protein shakes



- *Oatmeal, cream of wheat or grits thinned down



*as approved by your surgeon

Post-op stage two: Bariatric full liquid diet

(Time frames vary according to your surgeon)

Examples:

- Sugar free pudding, light drinkable yogurts, Greek yogurt (should have low sugars and high protein)



- Low fat/low sodium blended and strained soups



Post-op stage two: Bariatric full liquid diet

(Time frames vary according to your surgeon)

Stage Two				
Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Bariatric Multivitamin w/ Iron (Chewable)	Bariatric Multivitamin w/ Iron (Chewable)	Bariatric Multivitamin w/ Iron (Chewable)	Bariatric Multivitamin w/ Iron (Chewable)	Bariatric Multivitamin w/ Iron (Chewable)
1/4 cup - 1/2 cup Cream of Wheat (thinned)	1/4 cup - 1/2 cup Applesauce (thinned & unsweetened)	1/4 cup - 1/2 cup Greek/Light Yogurt (thinned)	1/4 cup - 1/2 cup grits (thinned with skim or 1% milk)	1/4 cup - 1/2 cup Instant Breakfast - No sugar added with 1% milk
Snack	Snack	Snack	Snack	Snack
Calcium Supplement (Chewable)	Calcium Supplement (Chewable)	Calcium Supplement (Chewable)	Calcium Supplement (Chewable)	Calcium Supplement (Chewable)
Protein Shake	Protein Shake	Protein Shake	Protein Shake	Protein Shake
Lunch	Lunch	Lunch	Lunch	Lunch
Bariatric Multivitamin w/ Iron (Chewable)	Bariatric Multivitamin w/ Iron (Chewable)	Bariatric Multivitamin w/ Iron (Chewable)	Bariatric Multivitamin w/ Iron (Chewable)	Bariatric Multivitamin w/ Iron (Chewable)
1/4 cup - 1/2 cup low-fat Cream of Chicken Soup (Pureed/strained)	1/4 cup - 1/2 cup low-fat Cream of Broccoli Soup (Pureed/strained)	1/4 cup - 1/2 cup low-fat Cream of Mushroom Soup (Pureed/strained)	1/4 cup - 1/2 cup low-sodium chicken noodle soup (Pureed/strained)	1/4 cup - 1/2 cup low-fat Chicken and Vegetable Soup (Pureed/strained)
Snack	Snack	Snack	Snack	Snack
Calcium Supplement (Chewable)	Calcium Supplement (Chewable)	Calcium Supplement (Chewable)	Calcium Supplement (Chewable)	Calcium Supplement (Chewable)
Protein Shake	Protein Shake	Protein Shake	Protein Shake	Protein Shake
Dinner	Dinner	Dinner	Dinner	Dinner
1/4 cup - 1/2 cup low-fat Cream of Mushroom Soup (Pureed/strained)	1/4 cup - 1/2 cup low-fat Chicken and Vegetable Soup (Pureed/strained)	1/4 cup - 1/2 cup Cream of Wheat (thinned)	1/4 cup - 1/2 cup Greek/Light Yogurt (thinned)	1/4 cup - 1/2 cup low-fat Cream of Chicken Soup (Pureed/strained)
Snack	Snack	Snack	Snack	Snack
Calcium Supplement (Chewable)	Calcium Supplement (Chewable)	Calcium Supplement (Chewable)	Calcium Supplement (Chewable)	Calcium Supplement (Chewable)
Protein Shake	Protein Shake	Protein Shake	Protein Shake	Protein Shake

Post-op stage three: Bariatric soft diet

(Time frames vary according to your surgeon)

- Let your pouch be your guide on portion sizes
- Protein should be your priority
- Includes all from full liquid phase and scrambled eggs, tuna packs, salmon packs, canned chicken, canned tuna or salmon in water, thinly sliced low-fat deli meat, low-fat or fat-free cottage cheese or ricotta cheese



Post-op stage three: Bariatric soft diet

(Time frames vary according to your surgeon)

Stage three				
Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Bariatric Multivitamin w/ Iron (Chewable)	Bariatric Multivitamin w/ Iron (Chewable)	Bariatric Multivitamin w/ Iron (Chewable)	Bariatric Multivitamin w/ Iron (Chewable)	Bariatric Multivitamin w/ Iron (Chewable)
1 egg - 7g protein 1/4 cup peaches (light, canned)	1/4 cup - 1/2 cup Natural Applesauce (thinned & unsweetened)	1/2 cup Greek/ Light Yogurt (thinned)	1/4 cup grits (thinned with skim or 1% milk) 1/4 cup low-fat cottage cheese - 8g protein	1/4 cup - 1/2 cup Instant Breakfast - No sugar added with 1% milk
Snack	Snack	Snack	Snack	Snack
Calcium Supplement (Chewable)	Calcium Supplement (Chewable)	Calcium Supplement (Chewable)	Calcium Supplement (Chewable)	Calcium Supplement (Chewable)
Protein Shake > 15g protein	Protein Shake > 15g protein	Protein Shake > 15g protein	Protein Shake > 15g protein	Protein Shake > 15g protein
Lunch	Lunch	Lunch	Lunch	Lunch
Bariatric Multivitamin w/ Iron (Chewable)	Bariatric Multivitamin w/ Iron (Chewable)	Bariatric Multivitamin w/ Iron (Chewable)	Bariatric Multivitamin w/ Iron (Chewable)	Bariatric Multivitamin w/ Iron (Chewable)
1/4 cup - 1/2 cup low-fat Cream of Chicken Soup (Pureed) + 1 scoop unflavored protein pdr	1/4 cup - 1/2 cup low-fat Cream of Broccoli Soup (Pureed) + 1 scoop unflavored protein pdr	1/4 cup - 1/2 cup low-fat Cream of Mushroom Soup (Pureed) + 1 scoop unflavored protein pdr.	1/4 cup - 1/2 cup Chicken noodle soup (Pureed) + 1 scoop unflavored protein pdr	1/4 cup - 1/2 cup low-fat Chicken and Vegetable Soup (Pureed)+ 1 scoop unflavored protein pdr.
Snack	Snack	Snack	Snack	Snack
Calcium Supplement (Chewable)	Calcium Supplement (Chewable)	Calcium Supplement (Chewable)	Calcium Supplement (Chewable)	Calcium Supplement (Chewable)
Protein Shake > 15g protein	Protein Shake > 15g protein	Protein Shake > 15g protein	Protein Shake > 15g protein	Protein Shake > 15g protein
Dinner	Dinner	Dinner	Dinner	Dinner
2oz canned salmon - 14g protein 1/4 cup boiled/canned green beans	2oz ground turkey - 14g protein 1 Tbsp avocados	2oz canned chicken - 14g protein 1/4 cup cooked spinach	2oz tuna - 14g protein 1/4 cup mango (light, canned) 1 tsp fat-free mayo	2oz ground chicken - 14g protein 1/4 cup boiled/canned carrots
Calcium Supplement (Chewable)	Calcium Supplement (Chewable)	Calcium Supplement (Chewable)	Calcium Supplement (Chewable)	Calcium Supplement (Chewable)
Snack	Snack	Snack	Snack	Snack
Protein shake if unable to meet the needs for the day	Protein shake if unable to meet the needs for the day	Protein shake if unable to meet the needs for the day	Protein shake if unable to meet the needs for the day	Protein shake if unable to meet the needs for the day

Post-op stage four: Regular bariatric diet

(Time frames vary according to your surgeon)

- Variety is the key

- Start to incorporate

More dense protein sources

Raw, whole fruits and vegetables

High fiber starches/whole grains



- If you experience difficulty tolerating any food, wait 1-2 months and try again.

Post-op stage four: Regular bariatric diet

(Time frames vary according to your surgeon)

Stage Four				
Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Bariatric Multivitamin w/ Iron (Chewable)	Bariatric Multivitamin w/ Iron (Chewable)	Bariatric Multivitamin w/ Iron (Chewable)	Bariatric Multivitamin w/ Iron (Chewable)	Bariatric Multivitamin w/ Iron (Chewable)
Egg white omelets 1 egg - 7g protein 1 Tbsp. low-fat cheese	1/2 whole wheat English muffin (well toasted) 1 scrambled egg - 7 g protein	1/2 cup Greek Yogurt (Oikos triple zero) 2 Tbsp. canned pears	1oz Canadian bacon - 7g protein 1/4 cup oatmeal 2 Tbsp. blueberries	1oz Turkey sausage (3g fat or less) - 7g protein 1 slice whole wheat toast (well toasted)
Snack	Snack	Snack	Snack	Snack
Calcium Supplement (Chewable)	Calcium Supplement (Chewable)	Calcium Supplement (Chewable)	Calcium Supplement (Chewable)	Calcium Supplement (Chewable)
Protein Shake > 15g protein	Protein Shake > 15g protein	Protein Shake > 15g protein	Protein Shake > 15g protein	Protein Shake > 15g protein
Lunch	Lunch	Lunch	Lunch	Lunch
Bariatric Multivitamin w/ Iron (Chewable)	Bariatric Multivitamin w/ Iron (Chewable)	Bariatric Multivitamin w/ Iron (Chewable)	Bariatric Multivitamin w/ Iron (Chewable)	Bariatric Multivitamin w/ Iron (Chewable)
2 Oz rosemary & lemon chicken -14g protein 1/4 cup cooked/canned carrots	1/4 cup - 1/2 cup low-fat Cream of chicken Soup (Pureed) + 1 scoop unflavored protein pdr	2 oz packed tuna - 14g protein 1/4 cup cooked green beans	1/4 cup - 1/2 cup low-sodium chicken noodle soup (pureed) + 1 scoop unflavored protein pdr	2oz ground turkey - 14g protein 1/4 cup cooked spinach
Snack	Snack	Snack	Snack	Snack
Calcium Supplement (Chewable)	Calcium Supplement (Chewable)	Calcium Supplement (Chewable)	Calcium Supplement (Chewable)	Calcium Supplement (Chewable)
Protein Shake > 15g protein	Protein Shake > 15g protein	Protein Shake > 15g protein	Protein Shake > 15g protein	Protein Shake > 15g protein
Dinner	Dinner	Dinner	Dinner	Dinner
2oz baked Tilapia - 14g protein 1/4 cup cooked spinach	2oz ground turkey - 14g protein 2 Tbsp. well cooked zucchini 1 Tbsp. avocados	2oz canned chicken - 14g protein 2 Tbsp. butternut squash	2oz baked salmon - 14g protein 1/4 cup mango (light, canned)	2oz rotisserie chicken - 14g protein 1/4 cup boiled/canned green beans

Regular bariatric meal plan – 6 month and beyond

Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Bariatric Multivitamin w/ Iron (Chewable)	Bariatric Multivitamin w/ Iron (Chewable)	Bariatric Multivitamin w/ Iron (Chewable)	Bariatric Multivitamin w/ Iron (Chewable)	Bariatric Multivitamin w/ Iron (Chewable)
Breakfast Burrito 1 corn tortilla (6 in) 1 egg white - 7g protein 1/4 cup sautéed peppers & onions.	1/2 whole wheat English muffin (well toasted) 1 scrambled egg - 7 g protein 1 oz low-fat shredded cheddar cheese - 7g protein 1/2 ripe pear	1/2 cup Greek Yogurt (Oikos triple zero) 1/4 cup blueberries	2oz Canadian bacon - 14g protein 1/4 cup oatmeal 1 Tbsp. raisins	1oz Turkey sausage (3g fat or less) - 7g protein 1 slice whole wheat toast (well toasted) 1/2 banana
Snack	Snack	Snack	Snack	Snack
Calcium Supplement (Chewable) 1 Protein bar (Think thin or Quest or Pure protein)	Calcium Supplement (Chewable) 1/4 cup low-fat cottage cheese 1/4 cup canned peaches (in water)	Calcium Supplement (Chewable) 1 low-fat cheese stick 1/4 cup watermelon	Calcium Supplement (Chewable) 1 Protein bar (Think thin or Quest or Pure protein)	Calcium Supplement (Chewable) 1/2 cup 0% plain Greek yogurt 2 Tbsp chopped strawberries
Lunch	Lunch	Lunch	Lunch	Lunch
Bariatric Multivitamin w/ Iron (Chewable) 3oz roast turkey 1/4 cup cooked carrots	Bariatric Multivitamin w/ Iron (Chewable) Southwest Salad 2oz shredded chicken 1/4 cup black beans 1/4 cup lettuce/tomato 1 Tbsp Avocado 1 Tbsp salsa	Bariatric Multivitamin w/ Iron (Chewable) Turkey Sandwich 1 slice whole grain toast 3 oz turkey 2 Tbsp roasted bellpeppers 1 tsp pesto 1 oz swiss cheese	Bariatric Multivitamin w/ Iron (Chewable) Ham Sandwich 1/2 whole wheat pita 1/4 cup fresh spinach 3 oz sliced ham 1 tsp Dijon mustard	Bariatric Multivitamin w/ Iron (Chewable) Tuna Sandwich 1 slice whole wheat toast 3 oz tuna (in water) 1 tsp fat-free mayo 1 tsp diced celery 2 slices tomatoes 1 small ripe peach
Snack	Snack	Snack	Snack	Snack
Calcium Supplement (Chewable) 1 oz low-fat cheese 4 whole grain crackers	Calcium Supplement (Chewable) 1 Tbsp peanut butter 1 small apple sliced	Calcium Supplement (Chewable) 2 wedges low-fat Laughing cow cheese 4 baby carrots	Calcium Supplement (Chewable) 1 oz lean turkey jerky	Calcium Supplement (Chewable) 1/4 cup low-fat cottage cheese 1/4 cup peaches
Dinner	Dinner	Dinner	Dinner	Dinner
3oz baked Salmon 1/4 cup cooked green beans	Turkey Salad 3 oz turkey 1/4 cup spinach & shredded carrots 1 Tbsp vinaigrette 4 whole grain crackers	3 Oz boneless skinless chicken - roasted 1/2 cup Zucchini & squash	3 Oz grilled chicken 1/2 cup grilled bell peppers & onions	3 Oz grilled sirloin steak 1/4 cup broccoli 1/4 butternut squash

Important Reminders

Eat 3 solid meals and 1-2 proportioned snacks per day



Follow the '30 Minute-rule' – do not drink anything 30 min before and after protein source

Cut back on your portions and limit second helpings. Use smaller plates/bariatric plates and bowls



EAT SLOWLY Take small bites. Finish each bite before taking the next one.



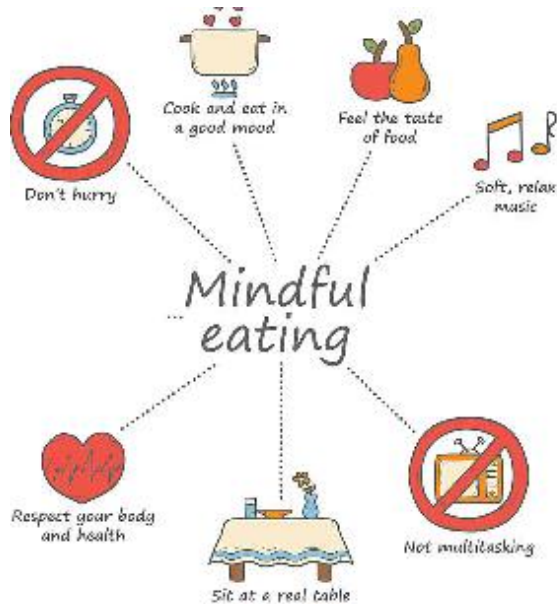
**IT TAKES YOUR BODY 20 MINUTE
TO REALIZE IT'S FULL.**

Chew thoroughly to 'applesauce' or 'pasty' consistency.

Slow down! Put your fork down in between bites (It takes 20-30 min for your stomach to tell your brain you are full)

Important Reminders (Cont...)

Avoid bending over your plate while eating.
Sit up straight and bring the food to your mouth – not your mouth to your food



Practice MINDFUL eating!

Savor each bite. Enjoy the flavor, aroma, texture, and color of your food

Important Reminders (Cont...)

- Make your eating environment enjoyable
- Keep surroundings relaxed, pleasant, and attractive. **No TV!** Do not eat in your car; go inside the restaurant or eat at home



- Maintain vitamin and mineral regimen



Limit eating out to 2-3 times per week

Diet is only half the battle!

Don't forget to exercise too!

- Tracking food intake is important



- Menu planning – planning your day will help you to be more compliant

- Become and stay physically active
- Exercise can double the benefits of Bariatric Surgery
- Slowly increase your exercise to a goal of 30 minutes of activity most days of the week
- Patients who exercise will lose more weight



Lean Protein Sources

- Cook meat in a low-fat method, for example: bake, broil, crock pot or grill. Avoid frying protein. This will add fat and calories.
- Choose protein sources that are labeled “extra lean,” “lean,” “select,” “choice,” “loin” or “round cuts.”

Poultry: fat trimmed

- White meat without skin
- Dark meat without skin
- Cornish hen without skin
- Extra lean or lean ground

Fish and shellfish:

- Mackerel, lake trout, herring, sardines in water, tuna in water, and salmon
- Shrimp and crayfish

Pork: fat trimmed

- Tenderloin, Ham
- Boneless top loin chop and roast
- Bone-in center loin chop
- Bone-in sirloin roast

Veal: fat trimmed

- Cutlet
- Blade or arm steak
- Rib roast
- Rib or loin chop

Lean Protein Sources

Beef: Fat trimmed

- Eye round roast and steak
- Sirloin tip side steak
- Top round roast and steak
- Bottom round roast and steak
- Top sirloin steak
- 95% lean ground beef
- Round tip roast and steak
- Round steak• Shank cross cuts
- Chuck shoulder pot roast
- Sirloin tip center roast and steak
- Chuck shoulder steak

- Bottom round steak (western griller)
- Top loin steak (Kansas City or New York strip steak)
- Shoulder petite tender and medallions
- Flank steak
- Shoulder center (ranch) steak
- Tri-tip roast and steak
- Tenderloin roast and steak (filet mignon)
- T-bone steak

Lean Protein Sources

Lamb: fat trimmed

- Leg
- Loin chop
- Arm chop

Other: fat trimmed

- Egg/white/substitute
- 1% milk or skim milk
- Deli meats including chicken, turkey, ham, or if less than 3 gm of fat per ounces

Dairy:

- Greek yogurt
- Low fat cottage cheese
- Low fat ricotta cheese
- Low fat soft cheeses

Plant based:

- Legumes
Lentils, black beans, kidney beans, garbanzo beans, white beans, hummus
- Soy
Tofu, Boca burgers, Tofu burgers, Morning star brand products.
- Nuts and nut butters
Soft nuts like pistachios, walnuts, natural whipped low sugar peanut butter

Protein content of foods

MEAT/EGGS (cooked)



3 oz Strip Steak	25g	180 kcal
3 oz 95% lean Ground Beef	22g	140 kcal
3 oz ground chicken	20g	160 kcal
3 oz ground turkey	22g	165 kcal
3 oz ground pork	26g	160 kcal
3 oz lamb chops	23g	160 kcal
3 oz pork tenderloin	22g	120 kcal
3 oz pork chops	24g	200 kcal
3 oz roasted ham	21g	135 kcal
3 oz skinless chicken breast	26g	130 kcal
3 oz deli roast beef	17g	155 kcal
3 oz deli turkey	12g	90 kcal
3 oz deli ham	14g	110 kcal
3 slices cooked bacon	11g	160 kcal
1 large egg	6g	90 kcal
1 oz beef jerky	15g	115 kcal

FISH/SEAFOOD



3 oz canned tuna	20g	110 kcal
3 oz filet of catfish	16g	90 kcal
3 oz filet of tilapia	22g	110 kcal
3 oz filet of salmon	19g	155 kcal
3 oz crabmeat	15g	70 kcal
3 oz shrimp	19g	100 kcal
3 oz lobster	16g	75 kcal

GRAINS



½ cup cooked brown rice	2.5g	110 kcal
½ cup cooked spelt	5.5g	125 kcal
½ cup cooked quinoa	4g	110 kcal
½ cup cooked amaranth	5g	125 kcal
1 cup cooked oatmeal	6g	165 kcal

USDA Agriculture Research Service, National Nutrient Database for Standard Reference, Release 28

DAIRY



6 oz nonfat Greek plain yogurt	17g	100 kcal
6 oz nonfat yogurt	9g	110 kcal
1 oz Swiss cheese	8g	105 kcal
1 oz American cheese	5g	100 kcal
1 oz cheddar cheese	7g	115 kcal
1 cheese stick/string cheese	5-8g	70-85 kcal
8 oz low-fat cottage cheese	27g	195 kcal
8 oz skim milk	8g	85 kcal

BEANS



½ cup cooked pinto beans	8g	120 kcal
½ cup cooked black beans	8g	115 kcal
½ cup cooked kidney beans	7g	105 kcal
½ cup cooked garbanzo beans	7g	135 kcal
½ cup cooked edamame	8g	95 kcal
½ cup tofu	10g	95 kcal

NUTS/SEEDS



2 tbsp peanut butter	8g	190 kcal
2 tbsp almond butter	7g	195 kcal
1 oz peanuts	7g	160 kcal
1 oz almonds	6g	165 kcal
1 oz pistachios	6g	160 kcal
1 oz walnuts	4g	185 kcal
1 oz pecans	3g	195 kcal
1 oz pumpkin seeds	5g	125 kcal
1 oz sunflower seeds	5g	175 kcal



Visit BeefLovingTexans.com/protetnchallenge

Snack ideas

(For a complete snack, choose one serving from each group)

Protein

- 1 stick of 'light' string cheese
- 1 'light' Baby Bell™ cheese round
- 1 slice reduced-fat deli cheese
- ¼ cup low-fat or fat-free cottage cheese
- 1-2 slices deli turkey, chicken or roast beef
- ¼ cup tuna (packed in water)
- 1 stick beef or turkey jerky
- 1 egg or 2 egg whites ¼ cup egg substitute
- ½ cup 0% fat, plain Greek yogurt
- 1 Tbsp. peanut butter**
- ¼ cup nuts**

** indicates a high fat source, limit to 2 times per week

High Fiber (3 gm of dietary fiber per serving)

- 2-4 light wheat crackers
- ¼ cup blueberries
- 2-4 Triscuits
- ¼ cup strawberries
- ½ corn tortilla
- 8 small grapes
- ½ whole wheat/grain English muffin
- 1 small fresh fruit
- 1 slice whole wheat/grain bread
- 2 Tbsp. raisins; small box
- ½ whole wheat pita bread
- ¼ cup raw vegetables (baby carrots, bell pepper, edamame, sugar snap, peas, etc.)
- 1 Oz baked whole wheat pita chips
- 4-6 Oz light yogurt/Greek yogurt
- ¼ cup hummus
- ½ Oroweat Sandwich Thin
- 4 Oz canned fruit; in own juice/no sugar added

Sugars and sweeteners

You can enjoy artificial sweeteners:

- NutraSweet/Equal (aspartame)
- Splenda (sucralose)
- Sweet 'N Low (saccharin)
- Ace-K (acesulfame potassium)
- other sugar substitutes in moderation:
Stevia, Truvia



Sugars and sweeteners

Read only the first three ingredients

Avoid foods containing any of the following in the first three ingredients:

Beet sugar
Brown sugar
Cane sugar
Confectioners' sugar
Corn syrup
Glucose (dextrose)
Granulated sugar
Powdered sugar
Raw sugar
High fructose corn syrup

Honey
Invert sugar
Maltose
Maple sugar
Maple syrup
Molasses
Sorghum
Sucrose (table sugar)
Turbinado (partially refined
light brown cane sugar)

Avoid!!!

Avoid these foods, unless they are sugar-free. However, remember sugar-free does not mean it is also calorie free!

Cake

Candy

Cookies

Custard

Granola

Honey

Ice cream

Jam and jelly

Jell-O

Molasses

Pastries

Pies

Puddings

Sugar-coated cereals

Sweet rolls

Sweetened condensed milk

Sweetened fruit

Syrup

Some sugar-free foods contain sugar alcohols that may cause diarrhea**

Examples: Mannitol, Sorbitol and Xylitol.

Dining out!

Aim for less than 3 meals per week

- Share entrées to avoid another high calorie meal from leftovers
- Get a to-go box with your order to clear the plate of extra portions
- Know your facts: get the nutrition information on your favorite dishes

Salad suggestions

- Get a lot of plain, raw, grilled/roasted vegetables
- Avoid vegetables with butter, cream, mayo or oil
- Low-fat salad dressing – always on the side
- Add some protein: eggs, low-fat cheese, ham, grilled chicken, beans
- Choose spinach, spring mix, or romaine lettuce when available

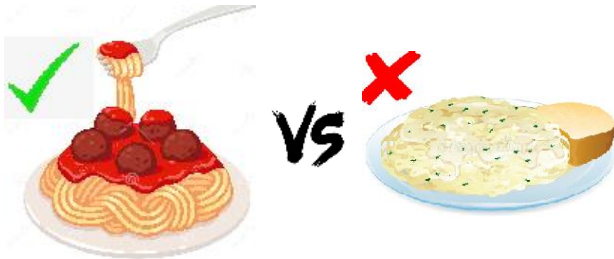
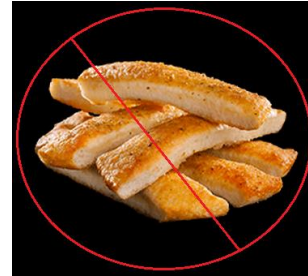
Better burger

- Look for leaner options: chicken, turkey, veggie/plant based
- Skip the fries

Dining out!

Italian

- Avoid or limit the bread slices/sticks; avoid dipping sauces



- Choose tomato sauces instead of creamy or oil-based sauces
- For lunch serving: linguini alla marinara (310 calories) vs. fettuccine alfredo (800 calories)

- Go light on the cheese

Dining out!

Mexican

- Count the chips – or put a handful on your plate (don't eat from the bowl)

Average basket of chips has over 500 calories

- Ordering á la carte can reduce portions and calories

Child's portion of cheese quesadillas has ~970 calories without sides!

- Choose whole pieces of beef or chicken over ground
- Cup of queso can add up to over 400 calories
- Avoid sour cream, choose salsa
- Limit guacamole, tortillas



500 Calories



Dining out!

Pizza

- Thin crust!
- Order fat-free or low-fat toppings: onions, green peppers, mushrooms, tomatoes, ham, pineapple, grilled chicken
- Go light on the cheese



Dining out!

Asian

- Avoid fried meat, fish, vegetables
- Spring rolls (not fried), lettuce wraps and soups can be low calorie options
- Opt for grilled meats, shrimp, or tofu with steamed vegetables and steamed rice instead of fried rice (fried rice- 1/2 cup 370 calories vs. steamed rice- 1/2 cup 170 calories)
- Limit portion sizes of rice (though steamed)



Dining out!

Alcohol

- Surgeons usually recommend avoiding alcohol until 6 months post-op
 - Wine, 6 Oz = 150 calories
 - Distilled Spirits (80 proof gin, rum, vodka, tequila, or whiskey) 1.5 Oz = 96 calories
 - Regular beers = range from 140-160 calories
- Always limit your alcohol intake
- Bariatric surgery changes the way alcohol is absorbed and metabolized in the body, so alcohol has a much stronger effect on the body
- The safest time for patients to enjoy alcohol is after a meal or a snack (do not binge), because the food can help slow alcohol absorption in the stomach



Behavior Change

Must make a commitment to your health every day



Lay a solid foundation of healthy habits

Maintaining these changes for life will have more success with losing weight and keeping it off



Behavior Change

Stick to these basic health behaviors

- Aim for 3 balanced meals per day, spacing meals and snacks 4-5 hrs. apart
- Avoid skipping meals and stop eating when you are satisfied
- Follow the 20/20/20 rule –meals should last 20 minutes, chew each bite 20 times and pause 20 seconds before taking the next bite
- Have a lean source of protein with each meal and snack. It gives a feeling of fullness
- Eating your foods in a particular order will help maximize results. Eat your protein first, then a non-starchy vegetable, fruit and lastly starches
- Take a multivitamin and calcium every day
- Aim for at least 64 oz. fluids each day (unless you are on fluid restriction)

Behavior Change

Stick to these basic behaviors (Cont...)

- All beverages should contain less than 15 calories per 8 ounces
- Eliminate all carbonated beverages
- Follow the 30-minute rule; wait for 30 minutes before and after meals to drink liquids
- Exercise 20-30 min every day. Include a variety of aerobic and resistance training. Aim for 150-300 minutes every week
- Get 7-8 hrs. of sleep; lack of sleep increases hunger hormone Ghrelin
- Attend support groups
- Keep your postoperative appointments

Resources

Food tracking apps

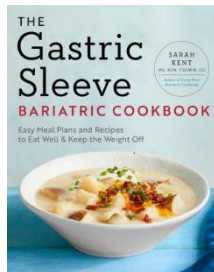
- Baritastic App
- My fitness pal

Useful Websites

<https://store.bariatricpal.com>

www.dashingdish.com

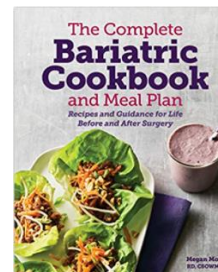
Cookbooks



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From our team....

