

HELPFUL HINTS – 6 MONTHS AFTER SURGERY

DIET- Lifestyle Bariatric Meal Plan

- Continue to **prioritize** following the lifestyle meal plan choosing low fat and low sugar food choices.
- Stop eating when satisfied or have met meal size. Your volume of food should be 1- 1 ¼ cups of food per meal and 1300 - 1500 calories a day.
- Remember to eat your protein first, fruits and vegetables second, and starches last.
- Do not drink 30 minutes before, during and after meals. Be sure to drink at least 48-64oz. of fluids daily to maintain good hydration.

PROTEIN

Pre-planning menus (3 balanced meals + 2 healthy snacks) will ensure meeting daily protein (60g protein) and nutritional needs. It is recommended that you periodically keep a food diary and calculate the amount of protein and calories you are consuming.

HYPOGLYCEMIA

If you wait too long in between meals or skip meals you may experience hypoglycemia = low blood sugar. Symptoms include lightheadedness, shakiness, and feeling in a “fog”. These symptoms often occur 1-3 hours after meals. Hypoglycemia can be prevented by consuming 5-6 feedings daily, eating at regular intervals, meeting daily protein needs, and avoiding sweets.

EXERCISE

Aim to incorporate moderate aerobic physical activity to include a minimum of 150 minutes per week (30 minutes x5/week) and an ultimate goal of 300 minutes per week, including strength training 2 to 3 times per week. A good fitness routine will include a combination of flexibility, cardio and strength training.

MONARCH SUPPORT GROUP

The Monarch meetings are held on the 2nd Wednesday of each month from 6:00pm-7:30pm and are held in the Collins Conference Room (main floor) at Highland Hospital. A great opportunity to share and learn from others!

BIRTH CONTROL

Weight loss can increase fertility. Please continue to use birth control if sexually active. We strongly recommend that you **DO NOT BECOME PREGNANT until 2 years** after surgery. It has been shown that women who had absent or irregular periods before surgery are likely to begin regular cycles and ovulation with weight loss. If you were not able to get pregnant while obese this can change with weight loss.

MEDICATIONS

	Gastric Bypass	Sleeve Gastrectomy	
Complete Multivitamin/mineral	2x daily for the rest of your life	2x daily for the rest of your life	
Calcium citrate 600/ Vit D400 (Total of 1200-1500 mg daily)	2x per day for the rest of your life	2x per day for the rest of your life	Calcium carbonate can be used but should be taken with food
Iron Ferrous sulfate 325 mg daily (Total of 65 mg elemental iron daily)	1x daily	Occasionally some patient's may need to take iron due to anemia. We will contact you if iron needs to be added.	Separate calcium and iron by two to three hours for best absorption
Vitamin B12 1000 mcg daily	1x daily	1x daily	
Thiamin (B1) (minimum of 12 mg daily)	1x daily if not taking a bariatric specific multivitamin	1x daily if not taking a bariatric specific multivitamin	Doses are usually 50 or 100 mg

DO NOT TAKE NSAIDS Ever (for the rest of your life)!

Non-Steroidal Anti-Inflammatory Drugs

- **Do not take** medications that contain aspirin, ibuprofen or naproxen for the rest of your life (for example: Motrin, Advil, Aleve). These medications will increase your risk of ulcer formation and GI bleeding.
- It is OK to take low dose (81mg) aspirin if it is recommended by your cardiologist. If a higher dose of aspirin (325mg) is recommended by your cardiologist, you will need to also take an acid blocking medication such as Prilosec.

BOWEL MOVEMENTS

Your bowel movements should be regular by now. Bowel movements after bariatric surgery tend to be varied (they may be frothy, foamy, hard, floating to top of toilet bowl). There is no normal.

GAS

You may experience foul smelling gas. This is related to the rearranging of your intestines and the breakdown and absorption of your food. You may try Beano or Gas X. Some patients have tried Acidophilus (over the counter) with some success. Unfortunately, for some people, this will be a lifelong issue.

ENERGY LEVEL

Your energy level should be back to normal, if not better than before!

HAIR LOSS

Some hair loss is common following surgery and typically occurs between the third and sixth months following surgery. This is a result of several factors including the physiologic stress, the emotional stress of the adjustments and the nutritional stress following surgery. This is **temporary**, and an adequate intake of protein, vitamins and minerals will help to ensure hair re-growth. Most patients report that this problem has resolved by one year after their surgery.

YOUR WEIGHT LOSS

- Do not weigh yourself more than 1x per week. Fluid intake and constipation can affect weight. This can be discouraging to you.
- Make sure you are eating and drinking as recommended in this packet. You will be weighed at each of your office visits.
- Our goal is for you to lose 60% or more of your excess body weight at the end of your first year. The rate of weight loss differs between people. Try not to compare yourself with anyone else

SMOKING

NO SMOKING! Smoking increases your risk of gastritis or ulcers in your pouch.

OFFICE VISIT SCHEDULE

Research shows that patients who consistently follow up with visits to their surgeon's office maintain a higher percentage of weight loss.

6 months post op.	Today's visit. Labs will be drawn.
1 year post op.	Labs will be drawn. You should return to this office every year.

YOUR LAB RESULTS and MyChart

Lab Letters: You will receive a letter from this office if your labs are abnormal and require any adjustment to your vitamins/supplements. **If your labs are all within normal limits you will not receive a letter.**

How to access your lab results: You may access your labs through MyChart at mychart.urmc.edu. Click on the button "Request activation code" on the left side of the screen under "New User?"

We will check the following labs at each visit:

- CBC
- Chemistry
- Vitamin D
- Iron
- Ferritin
- B12
- Folate

BARIATRIC LIFESTYLE MEAL PLAN (1300 – 1500 ^{average} Calories Daily) – (60 ^{minimum} Grams Protein Daily)

LOW FAT / LOW SUGAR

The bariatric meal plan consists of three well balanced meals daily with at least one snack.

Strive to build a meal plan that includes all of the food groups

This meal plan is designed to provide the nutrients needed and help keep you full and satisfied throughout the day.



Meal Planning

Meal Planning is essential to ensure you will lose weight and maintain your weight loss.

PLAN FOR MEALS – Food shop weekly. Think about what you will eat during the week, buying the foods from all food groups to build your menu. Each food group contributes different nutrients that are needed for good health.



PREPARE FOR MEALS – Think ahead each week to what meals you will be preparing for breakfast, lunch, and dinner and do some preparation ahead of time.

FOLLOW ROUTINE – Eat meals close to the same time everyday. When you follow an eating schedule you are less likely to eat the food you should avoid. You will burn more calories and your metabolism will work more efficiently.

Important Tips to Remember

- Eat protein foods first
- Eat within one hour of waking up
- Schedule small meals approximately every 3–4 hours
- Chew foods well and eat slowly (at least 30 minutes)
- Don't drink with meals
- DO NOT drink carbonated beverages such as soda
- DO NOT smoke
- Eat until satisfied or have met meal size
- Sip fluids slowly
- Continue taking your vitamin and mineral supplements daily



Make an appointment once a year for your Annual checkup for the rest of your life. If you are struggling with meal planning or weight management, we encourage you to schedule an appointment with the dietitian.

Highland Hospital Bariatric Surgery Center

DO NOT

DRINK YOUR CALORIES.

Liquids will pass through the reduced stomach pouch quickly and you will not feel full. This is a great way to gain all your weight back!!

AVOID

- High calorie drinks
- Beverages made with sugar
- Alcohol
- Milkshakes
- Special coffee drinks
- Soda
- Juice (no more than ½ cup daily)

PAY ATTENTION

TO PORTION SIZES

- Keep portion sizes small
- See handout on food groups

To ensure long range success at losing and maintaining your weight loss follow the recommended servings as a guide. Keep in mind that you will stop eating when your hunger is gone or when you feel comfortable.

- Continue to use a scale and measuring cups consistently to keep yourself in check.
- Continue to eat small pieces of food and chew your food thoroughly and eat slowly.

EAT

ON A SCHEDULE

You will increase your chance of success if you follow an eating routine of planning meals at the same time frame daily.

- Keep yourself in check once in a while by writing a food journal.

AVOID

HIGH FAT FOODS

- Fast food
- Dining out often
- Fried foods
- Creams & Gravies
- Foods made with cream or gravy
- High fat dairy (cheese, ice cream)
- Junk food (chips etc..)
- Donuts, cakes, cookies, pastries, chocolate
- High fat meats like bacon and sausage
- High fat casseroles
- High fat convenient foods (frozen pizza, boxed meals)

Do not fill up on empty calorie foods that are high in calories and low in nutritional value. Avoid the so called "Junk" foods that are high in fat and sugar.

CONSUMING HIGH-FAT FOOD

ON A REGULAR BASIS COULD CONTRIBUTE TO WEIGHT REGAIN.

- The food you eat should be as healthy as possible. Your small stomach pouch can only hold about a 1 cup – 1 ¼ cup of food. Therefore your goal is to attain the highest quality nutrient intake with a minimal volume of food.
- Your meal plan needs to be high in protein, vitamins and other important nutrients to be successful at attaining a healthy lifestyle.
- To increase satiety, try to plan meals and snacks by combining carbohydrate foods with protein, fiber and a small amount of fat.
- A well planned meal should satisfy feelings of hunger for three to four hours and provide the energy you need as you progress through the day. Sources of carbohydrates and fiber include whole grains, fruits and vegetables. Protein sources are lean meats, meat substitutes and low fat dairy.

POTENTIAL

PROBLEM FOODS:

Some foods have difficulty passing through the opening of the stoma and may cause blockage. These include foods such as:

- red meat (beef and pork)
- shrimp
- untoasted or doughy bread
- pasta
- rice
- peanut butter
- dried fruit
- nuts
- coconut
- popcorn
- greasy food or fried food
- seeds and skins of fruits and vegetables
- membrane of citrus fruits
- fibrous vegetables like corn, asparagus and celery*

*Fibrous food should be avoided as they have the potential to block the stoma. If you would like to eat asparagus or other fibrous foods once in a while, then you must be sure to cook them well, cut them into very small pieces first and then chew thoroughly.



Staying Active

YOU MUST STAY ACTIVE to burn calories, build muscle mass and increase your metabolism. You will increase your chance of success if you follow a fitness routine weekly.

- Establish a weekly exercise routine.
- Strive to be physically active at least one hour daily.
- Walk or ride your bike to locations whenever possible.
- Take the stairs instead of the elevator.
- Park further away from entrances in parking lots.

FOOD GROUPS & DAILY SERVINGS



PROTEIN

*minimum 8-9 ounces daily

Lean Meats
Meat Substitutes
Dairy (Low Fat) recommend 3 servings daily



FRUITS

1 – 3 servings daily



VEGETABLES

3 or more servings daily



STARCH (WHOLE GRAINS)

3 – 6 servings daily



FATS

4 – 5 servings daily

*Based on Individual Needs

MEDICINE *of* THE HIGHEST ORDER



PROTEIN

*Minimum 8 – 9 oz. Protein Equivalents per day

Adequate daily protein intake is essential for optimum nutrition, recovery and long-term health.

FOOD CHOICES	PORTION SIZES	TIPS	OMIT
<p>Lean Meats</p> <p>Chicken (No skin) Turkey (No skin) Fish/Seafood Water packed tuna Venison Lean beef, pork, or veal</p> <p>Canadian Bacon</p> <p>Meat Substitutes</p> <p>Eggs: Egg whites Whole egg (with yolk) Eggbeater Legumes (Beans) Peanut butter or nut butter Quinoa Veggie Burger Bean based soup Tofu Nuts</p> <p>Dairy (Low Fat)</p> <p>Milk – 1% or Skim Soy Milk Flavored Yogurt: light, low fat Flavored Greek Yogurt: light, low fat Plain Yogurt, low fat Plain Greek Yogurt, low fat Cheese – low fat Ricotta cheese – low fat Cottage cheese – low fat</p>	<p>3 oz. protein 3 oz. protein 3 oz. protein 3 oz. protein 3 oz. protein 3 oz. protein</p> <p>3 oz. protein</p> <p>2 = 1 oz. protein 1 = 1 oz. protein ¼ cup = 1 oz. protein ½ cup = 1 oz. protein 2 T. = 1 oz. protein 1 cup = 1 oz. protein and 2 starches 1 patty = 2 oz. protein 1 cup = 1 oz. protein ½ cup = 1 oz. protein ¼ cup = 1 oz. protein</p> <p>3 servings/day</p> <p>8 fluid oz. = 1 oz. protein 8 fluid oz. = 1 oz. protein 6 – 8 oz. = 1 oz. protein 6 oz. = 2 oz. protein 6 – 8 oz. = 1 oz. protein 6 oz. = 2 oz. protein 1 oz. = 1 oz. protein ½ cup = 2 oz. protein ½ cup = 2 oz. protein</p>	<p>Bake, broil or grill loin or round cuts</p>	<p>Poultry skin, duck, goose, wings, dark meat Fish fry, battered fish Fish canned in oil Breaded meats Spareribs, hot dogs, bacon, sausage, pepperoni, ham hocks Prime cuts of beef, well-marbled meats, chuck Salami, bologna, liverwurst</p> <p>Whole or 2% milk Chocolate milk</p> <p>Regular cheese</p> <p>4% milk fat cottage cheese</p>

*Based on Individual Needs



VEGETABLES 3 or more servings daily
FRUITS 1-3 servings daily

FOOD CHOICES	PORTION SIZES	TIPS	OMIT
<p>Non-Starchy Vegetables</p> <p>Dark Green: broccoli, greens, dark green leafy lettuce, spinach</p> <p>Red & Orange: carrots, red peppers, tomatoes</p> <p>Other: asparagus, beets, Brussels sprouts, cabbage, cauliflower, celery, cucumbers, eggplant, green or wax beans, mushrooms, okra, onions, turnips</p> <p>Starchy Vegetables Because of the high starch content vegetables such as potatoes, corn, and peas do not count as a vegetable but, instead, count as a starch.</p> <p>Fruit</p> <p>Fresh fruit Fresh berries Melon cubes Grapes Canned fruit (packed in water or juice) – no sugar added Frozen fruit – no sugar added Dried fruit Fruit juice – no sugar added</p>	<p>1 cup leafy raw vegetables</p> <p>½ cup cooked vegetables</p> <p>You can have unlimited amounts of non-starchy vegetables.</p> <p>1 medium 1 cup 1 cup 15 ½ cup ½ cup ¼ cup Maximum ½ cup/day</p>	<p>Fill half your plate with vegetables.</p> <p>Satisfy your appetite by choosing more vegetable servings.</p> <p>Choose raw vegetables to increase fiber intake.</p>	<p>Vegetables prepared in cream or cheese sauce</p> <p>Leafy green vegetables cooked with fatty meats (Try skin-free smoked turkey, liquid smoke, or skimmed chicken broth.)</p> <p>Fried vegetables</p>



STARCH (WHOLE GRAINS)

3–6 servings daily

FOOD CHOICES	PORTION SIZES	TIPS	OMIT
Cooked pasta	½ cup	Choose whole grain products	Pasta and rice dishes with butter, cream, or cheese sauce
Cooked rice	½ cup		Chow mein noodles, Fried rice, Ramen noodles
Hot cereal	½ cup	Choose breads and cereals with 2 grams or more of fiber/serving	Donuts, Danish, biscuits, muffins, croissants
Lentil/Bean soup	½ cup		
Cold Cereal (no sugar coating)	1 cup		
Broth or Tomato based canned soup	1 cup		
98% fat free cream soup made with fat free milk	1 cup		
Bread	1 slice		
English muffin	½ each		
Hamburger roll	½ each		
Hot dog roll	½ each		
Small bagel	½ each		
Pita	½ each		
Waffle	1 (4 inch)		
Pancake	1 (4 inch)		
Tortilla	1 (6 inch)		
Starchy Vegetables			
Corn	½ cup		French fries, home fries
Peas	½ cup		
Potatoes	½ cup		
Sweet Potato	½ cup		
Winter Squash	½ cup		
Legumes (kidney beans, lentils, Lima beans, etc.)	½ cup		



FATS

4–5 servings daily

FOOD CHOICES	PORTION SIZES	TIPS	OMIT
Canola, olive, sesame, or peanut, grapeseed or avocado oil	1 teaspoon	Because fat is the most concentrated source of calories, closely monitor portion sizes.	Palm oil
Butter or margarine	1 teaspoon		
Light margarine	1 Tablespoon	Use horseradish or mustard on sandwiches to replace mayonnaise.	Fat back Pork Rinds Lard
Mayonnaise	1 teaspoon		
Light mayonnaise	1 Tablespoon		
Salad dressing	1 Tablespoon		
Reduced fat salad dressing	2 Tablespoon		
Sunflower seeds	1 Tablespoon		
Ground flaxseed	1 Tablespoon		
Parmesan cheese	2 Tablespoons		
Light sour cream	2 Tablespoons		
Light cream cheese	2 Tablespoons		
Nuts	2 Tablespoons	Use non-fat vegetable or margarine spray	Cream Half & Half Whipped topping Sour cream
Peanut butter/nut butter	1 Tablespoon		
Avocado	1/8 or 2 Tablespoons		
Large olives	8		
MISCELLANEOUS			
Calorie free sweetener	as desired	Read food labels to check for added sweeteners and avoid those with ingredients on the Omit List.	Sugar, brown sugar, honey maple syrup, molasses, corn syrup, high fructose corn syrup, jam or jelly
Spices	as desired		
Herbs	as desired		
Sugar free jam or jelly	2 Tablespoons		
Sugar free syrup	2 Tablespoons		
BEVERAGES			
Water, flavored water	Drink 6 – 8 cups/day for adequate hydration	Sip slowly (no more than one ounce at a time)	Carbonation Caffeine (no more than 6 oz./day) Sweetened beverages
Decaffeinated coffee			
Unsweetened, decaffeinated tea			
Sugar Free beverages			

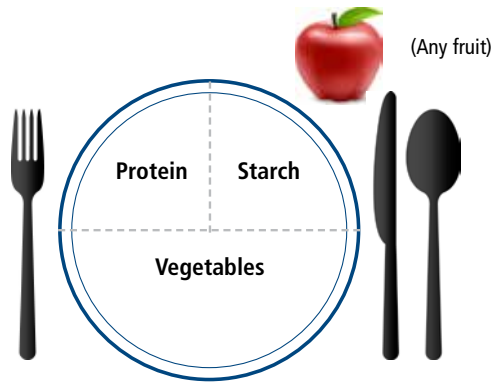


SNACKS

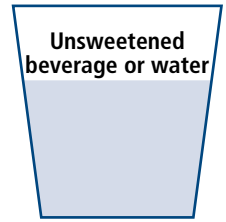
Snacks should be: 150 calories or less, 5 grams of fat or less, 5 grams of sugar or less. Include protein and high fiber food to satisfy appetite longer.

SUGGESTIONS	TIPS	OMIT
1 rice cake + 1 Tablespoon nut butter	Add a snack when meals are more than 4 hours apart to keep appetite satisfied. FREE FOODS: Sugar-free gelatin such as Jell-O, Sugar-free popsicles	Cakes
1 small fresh fruit + 1 Tablespoon nut butter		Cookies
Raw vegetables + ¼ cup hummus		Pies
Light low fat yogurt + Small piece fresh fruit		Pastries
1 oz. reduced fat cheese + 10 almonds		Candy
2 Tablespoons reduced fat salad dressing Raw vegetables + 1 oz. low fat cheese		Chips
½ cup 1% cottage cheese + ½ cup. canned fruit (packed in water or juice)		Ice cream
Celery sticks + 1 Tablespoon nut butter		
Baby carrots + ¼ cup hummus		
Sugar free, homemade pudding with low fat milk- 1 cup		
2 hard-boiled eggs and carrots		
10 walnut halves + ½ banana		
10 almonds + ½ cup grapes		
1 mini snack size bag low fat popcorn		

A HEALTHY PLATE MODEL

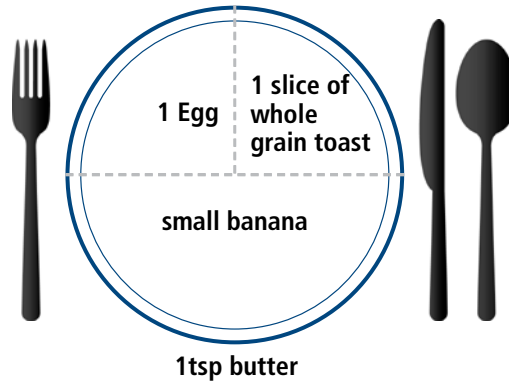


(To be consumed ½ hour before or after, **not with the meal**)



SAMPLE MENUS

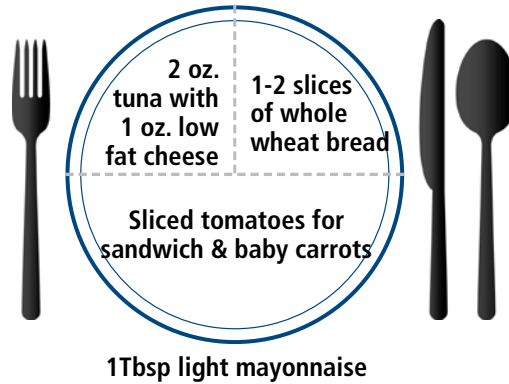
Breakfast



Snack

Low fat cheese stick *or* light LF yogurt

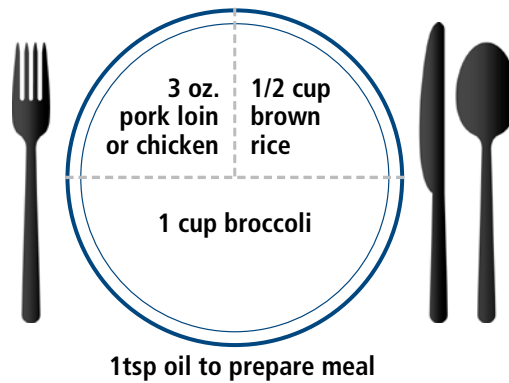
Lunch



Snack

Apple slices with 1 tablespoon peanut butter

Dinner



Snack

8 fl. oz. fat free milk