

## PUREED MEAL PLAN (4 weeks)

The Pureed Meal Plan is designed for your health, safety, prevention of complications and to prevent unpleasant physical symptoms such as pain, nausea, vomiting, diarrhea.

### IF A FOOD OR BEVERAGE IS NOT ON THIS LIST DO NOT EAT IT

High Protein Supplement Needs To Be Continued For 4 Weeks • Always Eat From The Protein List First

#### Important Tips to Remember

##### Stop Eating When Satisfied

- Aim for AT LEAST 60-75 GRAMS of protein per day:  
**See sample menu.**
- Continue consuming (2) 8 ounce serving of a high protein supplement.
- Eat protein foods first.
- NO BABY FOOD.
- All foods must be applesauce consistency.
- Add foods slowly and one at a time to test tolerance.
- No gum (can cause blockage).
- Eat slowly, take your time.
- Stop drinking ½ hour before and wait ½ hour after meals to drink fluids.
- Sip fluid slowly.
- TOTAL VOLUME PER MEAL SHOULD EQUAL NO MORE THAN 1/2 CUP.
- Stop eating or drinking when satisfied, overfilling may stretch the stomach pouch and hinder weight loss.

#### Tips for Preparing Puree Foods

##### Use a blender or food processor

1. When pureeing foods add only enough liquid to obtain applesauce consistency to maximize your nutrient intake in a limited volume.
2. Meats need to be tender (stewed, baked or broiled) before they can be pureed. Cook in crock pot until very tender. Add low-sodium broth, low-fat gravy or low-fat milk to add moisture to the meats when blending.
3. Use light mayonnaise when blending tuna or egg.
4. Add low-fat milk to hot cereal or mashed potatoes to increase protein content.
5. Add 1-2 tbsp. of protein powder to foods to increase protein.
6. May add Butter Buds or Butter Spray to season foods or spices as tolerated.

**TOTAL VOLUME PER MEAL SHOULD EQUAL NO MORE THAN 1/2 CUP**

<b>¼ cup – ½ cup at each meal</b> <b>PROTEIN FOOD ITEMS</b>	<b>PROTEIN SUPPLEMENTS</b>	<b>OPTIONAL FOODS</b> Add only after consuming protein
<p><b>** 3 MEALS DAILY**</b></p> <ul style="list-style-type: none"> <li>• Pureed chicken or turkey (no skin)</li> <li>• Pureed fish</li> <li>• Soft fish – haddock, tilapia, cod and salmon, flounder <b>can be mashed with fork</b></li> <li>• Canned tuna <b>mashed with fork</b></li> <li>• Canned chicken <b>mashed with fork</b></li> <li>• Pureed tofu</li> <li>• Scrambled eggs or egg substitute</li> <li>• Fat-free refried beans (pureed)</li> <li>• Strained, cream soups made with low-fat milk (98% fat free)</li> <li>• 1% cottage cheese</li> <li>• Part skim ricotta cheese</li> <li>• Sugar-free, homemade pudding w/low-fat milk</li> <li>• Milk or lactaid (skim, fat free or 1%)</li> <li>• Soy milk light (plain or vanilla)</li> <li>• Plain or light, low-fat yogurt or Greek yogurt – no fruit pieces</li> </ul>	<p><b>* 2 TIMES DAILY*</b></p> <p><b>8 ounce high protein shake</b></p> <p><b>OR</b></p> <p><b>Choose an item from alternative high protein supplement.</b></p>	<p><b>FRUIT – Pureed, cooked or canned (no added sugar)</b></p> <ul style="list-style-type: none"> <li>• Pureed peaches</li> <li>• Applesauce</li> <li>• Mashed banana</li> <li>• Pureed pears</li> <li>• Pureed melon</li> <li>• Pureed apricots</li> <li>• Pureed pineapple</li> </ul> <p><b>VEGETABLES – fresh, frozen, canned, very tender, cooked without seeds, hulls, skins</b></p> <ul style="list-style-type: none"> <li>• Pureed peas</li> <li>• Pureed carrots <b>or very tender, cooked carrots mashed with fork</b></li> <li>• Pureed green beans</li> <li>• Pureed beets <b>or very tender, cooked beets mashed with fork</b></li> <li>• Pureed spinach</li> <li>• Pureed tomato sauce</li> <li>• Pureed roasted peppers</li> <li>• Pureed wax beans</li> <li>• Pureed mushrooms</li> </ul>
<p><b>CONDIMENTS</b></p> <ul style="list-style-type: none"> <li>• Low-fat or fat-free mayo</li> <li>• Mustard</li> <li>• Fat-free spray butter</li> <li>• Spices / Herbs</li> </ul>		<p><b>STARCHES</b></p> <ul style="list-style-type: none"> <li>• Pureed peas</li> <li>• Pureed acorn or butternut squash</li> <li>• Pureed sweet potato</li> <li>• Cream of wheat, oatmeal &amp; grits made with skim milk or 1% milk</li> <li>• Mashed potato</li> </ul>

SAMPLE MEAL PLAN	
<b>Breakfast</b>	
	1/4 cup scrambled egg and 2 tbsp. fruit <b>OR</b> 1/3 cup cottage cheese with 2 tbsp. fruit
<b>Snack</b>	
	8 oz. HIGH PROTEIN SUPPLEMENT
<b>Lunch</b>	
	1/4 cup – 1/2 cup pureed chicken
<b>Snack</b>	
	8 oz. HIGH PROTEIN SUPPLEMENT
<b>Dinner</b>	
	1/4 cup – 1/3 cup mashed fish with light mayo and 2 tbsp. pureed cooked vegetables
<b>Snack</b>	
	1/2 cup light Greek yogurt <b>OR</b> 8 oz. soy or 1% milk

FLUIDS
<b>6 – 8 cups of non carbonated sugar-free beverage *THROUGHOUT THE DAY*</b>
<ul style="list-style-type: none"><li>• Water</li><li>• Unsweetened decaf tea</li><li>• Decaffeinated coffee</li><li>• Sugar-free beverages</li><li>• Broth</li><li>• Sugar-free popsicles</li><li>• Sugar-free gelatin</li></ul>

## ALTERNATIVE HIGH-PROTEIN SUPPLEMENTS

**This list can be used to replace a protein shake.**

You will need to purchase protein powder to make these recipes.

**For best absorption of protein, do not exceed more than 20 grams of protein in one serving of protein powder.**

**Protein powder must be:  
15 – 20 grams of protein and  
5 grams or less of sugar and fat.**

### High-Protein Oatmeal

1. ½ cup oatmeal – make oatmeal as directed but make with low-fat milk instead of water.
2. After oatmeal is cooked stir in 1 scoop of protein powder (can be plain or flavored), until well blended.
3. Optional: add 2 oz. of additional milk, add cinnamon or nutmeg.

### High-Protein Cottage Cheese

1. Add a little cold water to a scoop of protein powder (can be plain or flavored), stir to make a paste.
2. Add protein paste to ½ cup low fat cottage or ricotta cheese.
3. Stir until blended well.

### High-Protein Decaf Coffee

1. Add a little cold water to a scoop of protein powder (can be plain or flavored), stir to make a paste.
2. Add paste to bottom of mug, pour 8 oz. of decaf coffee, and stir well.
3. Optional: any non-fat creamer, sugar-free syrup, cinnamon or nutmeg

### High-Protein Hot Chocolate

1. Add a little cold water to a scoop of protein powder (can be plain or flavored), stir to make a paste.
2. Add paste and 1 packet of SUGAR-FREE hot cocoa mixture to bottom of mug.
3. Heat 8 oz. of low-fat milk, pour hot milk into mug and stir well.
4. Optional: add cinnamon, nutmeg, any flavor sugar-free syrup or 1 tbsp. light Cool Whip.

### High-Protein Chai Tea

1. Add a little cold water to a scoop of protein powder, stir to make a paste.
2. Add paste and 1 packet of SUGAR-FREE CHAI MIXTURE to bottom of mug.
3. Heat 8 oz. of low-fat milk, pour hot milk into mug and stir well.

### High-Protein Cream Soup

1. Add 1 can of 98% fat-free cream condensed soup and 8 oz. of low-fat milk, bring to a simmer.
2. Add 2 scoops of plain protein powder and stir well.
3. Take off heat and carefully strain any chunks of food.
4. Pour 1 cup of soup in bowl (makes 2 servings).

## HELPFUL HINTS - 1<sup>ST</sup> MONTH AFTER SURGERY

CALL THIS OFFICE (585-341-0366) IF YOU ARE EXPERIENCING ANY OF THE FOLLOWING:

- Increasing abdominal pain.
- Diarrhea accompanied by fever and abdominal pain.
- Your surgical incision(s) become increasingly red, tender to touch and have thick, foul smelling drainage. This may indicate infection.
- Nausea and vomiting and are unable to consume the recommended food and fluid.

### MEDICATIONS

	<b>Gastric Bypass</b>	<b>Sleeve Gastrectomy</b>	
<b>Complete Multivitamin/Mineral</b>	2x daily for the rest of your life	2x daily for the rest of your life	
<b>Calcium citrate 600/ Vit D400 (Total of 1200-1500 mg calcium daily)</b>	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 meals
<b>Omeprazole - Reduces acid in your stomach</b>	1x per day <b>for 2 months only</b> (unless you have a history of GERD)	1x per day <b>for 2 months only</b> (unless you have a history of GERD)	
<b>Ursodiol – helps you to avoid gallstone formation</b>	2x per day <b>for 6 months only</b> , if you have a gallbladder	2x per day <b>for 6 months only</b> , if you have a gallbladder	
<b>Iron Ferrous sulfate 325 mg daily (Total of 65 mg elemental iron daily)</b>	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 2 to 3 hours for best absorption of both minerals
<b>Vitamin B12 1000 mcg daily</b>	1x daily	1x daily	
<b>Thiamin (B1) Minimum of 12 mg daily</b>	1x daily if not taking a bariatric specific multivitamin	1x daily if not taking a bariatric specific multivitamin	Most doses are 50 mg or 100 mg

### DIET – Pureed food

- All foods **must be applesauce or baby food consistency**. Your pouch is in the healing phase. There is inflammation in your digestive tract. Consuming foods not on the pureed diet will put you at **risk for complications**.
- Protein intake is very important. Be sure to set a goal of at least **60g or more of protein per day**. (7 gm is equal to 1 ounce)
- If you have any questions on the meal plan please call the Dietitian at 585-341-0366.

### SKIN CARE

- After your staples are removed, Steri-Strips bandages are applied. You may shower with them on. Pat them dry after showering. They will eventually dry up and the ends will begin to curl. This may take up to 5 days. You may take them off when this happens.
- **Do not apply any lotions** or antibiotic cream to your incisions.
- Do not cover your incisions with Band-Aids unless they are draining or rubbing against your clothing.
- Showers only. **NO swimming, baths or hot tubs** until your incisions have healed and any scabs have fallen off.

### 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 example: Motrin, Advil, Aleve). These medications will increase your risk of ulcer formation and GI bleeding.
- 81mg of aspirin is OK to resume 1 month after surgery if recommended by a 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.

### EXERCISE

- Activity as tolerated.
- You may start walking outside or on a treadmill as soon as you feel well enough. Work your way up gradually to **30 minutes per day of exercise, 5 days per week**.

### CONSTIPATION

**Constipation is common** after bariatric surgery due to iron supplement, pain medication, decreased fluid intake and decreased fiber intake. What you can do:

- Start taking an over-the-counter stool softener such as Colace (generic version is called Docusate Sodium) 1 to 2 pills daily.
- Increase your fluid intake
- If you have not had a bowel movement for several days and feel bloated and uncomfortable, you may use **one** of the following. Please **follow package instructions**:
  - Milk of magnesia
  - Dulcolax pills or suppository
  - Magnesium citrate
  - Fleets enema
  - Mirilax

### RETURN TO WORK

- If your procedure was done laproscopically you will return to work 2-4 weeks after your day of surgery, sooner if you are feeling up to it.
- If your surgery was done “open” you will return to work 4-6 weeks after your day of surgery, sooner if you are feeling up to it.
- There is no exception to this policy unless you have experienced complications in the postoperative period.

### ENERGY LEVEL / FATIGUE

- You can expect to feel tired for 4-8 weeks after the surgery. This could be related to a low iron count (anemia), weight loss or decreased food intake.
- The Trinsicon/Ferocon/Foltrin/TL Iron vitamin will take 6-8 weeks to build up in your system. Pace yourself. Rest when you need to. Listen to your body.
- Do the best to get all of your meals, protein shakes and fluids in.

### YOUR WEIGHT LOSS

- Do not weigh yourself more than 1x per week for the first 3 months. 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.

### 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.

7-10 days post op	Today's visit
4-6 weeks post op	This visit will be with the dietitian. No labs will be drawn at this visit. <b>Please keep a food journal for one week prior to your visit</b> so that you may review this with the dietitian.
2-3 months post op	Labs will be drawn at this visit and at every visit from now on.
6 months post op.	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](http://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

### BIRTH CONTROL

Weight loss can increase fertility. **You must wait at least 1 month after surgery to use birth control pills.** In the interim, all females of childbearing years who are sexually active must either refrain or use a condom as a form of Birth Control. We strongly recommend that you **DO NOT BECOME PREGNANT until 2 years** after your 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.