

SOFT MEAL PLAN (4 weeks)

For Gastric Bypass and Sleeve

This meal plan is designed to prevent complications, discomfort and maximize weight-loss.

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

Servings per meal should equal ¼ – ½ cup total.

¼ cup – ½ cup at each meal PROTEIN FOOD ITEMS	OTHER SOFT FOOD OPTIONS Add only after consuming protein	FLUIDS
** 5 – 6 MEALS DAILY**	FRUIT	6 – 8 cups of non-carbonated sugar-free beverage
<ul style="list-style-type: none"> • Cooked chicken or turkey (no skin) • Lean ground beef (at least 90% lean) • Ground venison • Any fish or seafood • Tofu, tempeh • Eggs, yolks and whites • Canned beans (such as kidney, lentils) • Reduced fat cheese • Cream soups made with low-fat milk (98% fat-free) • 1% cottage cheese • Part skim ricotta cheese • Milk or lactaid (skim, fat-free or 1%) • Soy milk light, (plain or vanilla) • Plain or light, low-fat yogurt or Greek yogurt • Sugar-free, homemade pudding with low-fat milk 	<ul style="list-style-type: none"> • Fresh ripe soft – no skins or seeds • No oranges, grapefruit, grapes or berries • Canned fruit – no added sugar <p style="text-align: center;">VEGETABLES</p> <ul style="list-style-type: none"> • Soft, cooked fresh, frozen or canned • Avoid seeds and skins • Avoid raw fibrous vegetables • Tomato sauce puree – no seeds or skins <p>(NO PASTA ALLOWED)</p> <p style="text-align: center;">CEREAL</p> <ul style="list-style-type: none"> • Cooked cereal – cream of rice, oatmeal, grits • Cold, unsweetened cereal soaked in milk 	<p style="text-align: center;">*THROUGHOUT THE DAY*</p> <ul style="list-style-type: none"> • Water • Sugar-free beverage • Unsweetened decaf tea • Decaffeinated coffee • Sugar-free popsicles • Sugar-free gelatin • Broth

Important Tips for Meal Selection

- Aim for AT LEAST **60 – 70 GRAMS** of protein per day.
- Aim for three servings of dairy and 5-6 ounces of lean meat or fish daily.
- Decrease protein supplement to once per day.
- **Eat protein foods first.**
- After protein foods eat vegetables and fruit.
- Chew food to applesauce consistency.
- Add foods slowly and one-at-a-time to test tolerance.
- **Stop eating or drinking when satisfied, overfilling may stretch the stomach pouch and hinder weight loss.**

Foods to AVOID

- ALL **breads**, doughnuts, pastries. These may form a dough ball and block the stomach outlet.
- **Rice and Pasta**
- **Sugar** and sweets (table sugar, cakes, cookies, pies, pastries)
- **High-fat meat** (bacon, sausage, luncheon meats)
- Steak, roast beef, pork, lamb, veal, venison (ground venison is OK).
- **High-fat foods** (butter, oil, regular salad dressing, mayonnaise, sour cream, cream cheese, whole milk, cheese, ice cream, cake, cookies, pies)
- **Raw vegetables**, salads
- **Fibrous vegetables or stringy, tough skins** such as, broccoli, cauliflower, brussel sprouts, corn, cabbage, salad greens, asparagus, celery
- Fresh fruit like oranges, grapefruit, berries, grapes
- **Nuts, seeds, coconut, raisins, popcorn, dried fruit**

SAMPLE MEAL PLAN
Breakfast
1 scrambled egg with 1 oz. or less of low fat cheese OR ¼ cup egg substitute OR Oatmeal made with milk and add 2 tbsp. protein powder.
Snack
1/4 cup – 1/3 cup 1% cottage cheese and 1-2 tbsp. fruit
Lunch
1/4 cup – 1/3 cup chicken and 1-2 tbsp. vegetables
Snack
PROTEIN SUPPLEMENT
Dinner
1/4 cup – 1/3 cup fish and 1-2 tbsp. soft, cooked vegetables
Snack (optional)
Dairy serving

HEALTHFUL HINTS – 4-6 WEEKS AFTER SURGERY

DIET – Soft food

- We are gradually advancing the texture and variety of foods as you heal from your surgery. There is no need to blenderize meat, fruits or vegetables any longer. Prepare foods to be moist and soft so they can easily be chewed to an applesauce consistency and digested without discomfort.
- Protein intake is very important. You may reduce your protein supplements to one per day as long as you are consuming at least **60g of protein per day**.
- Continue to consume 5-6 small feedings per day and limit the size of the meal to ¼- ½ cup.
- 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.

EXERCISE

- If you are feeling well and your incisions are healed, you may resume any physical activity.
- Work your way up gradually to **30 minutes per day of exercise, 5 days per week**.

SKIN CARE

- Once all of your incisions are healed you may apply lotion to your skin and resume tub baths or swimming.

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 of calcium 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
Omeprazole - Reduces acid in your stomach	1x per day for 2 months only (unless you have a history of GERD)	1x per day for 2 months only (unless you have a history of GERD)	
Ursodiol – helps you to avoid gallstone formation	2x per day for 6 months only , if you have a gallbladder	2x per day for 6 months only , if you have a gallbladder	
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 2 to 3 hours for best absorption of both minerals
Vitamin B12 (Total of 1000 mcg daily)	1x daily	1x daily	
Thiamin (B1) (minimum of 12 mg daily)	1x daily if not taking bariatric specific multivitamin	1x daily if not taking 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 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.

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
- Increase your fiber intake by adding a high fiber unsweetened cold cereal such as All Bran or Bran Flakes. Avoid any cold cereal with seeds, nuts, or dried fruit.
- 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
 - Magnesium citrate
 - Dulcolax pills or suppository
 - Fleets enema
 - Mirilax

ENERGY LEVEL / FATIGUE

- Your energy level should be continuing to improve. Expect another 4 weeks until you feel your best.
- The Trinsicon/Ferocon/Foltrin/TL Icon 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.

4-6 weeks post op	Today's visit. No labs are drawn at this visit.
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.

YOUR LAB RESULTS and MyChart

Blood Work will be drawn again at your next post-op visit

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

BIRTH CONTROL

Weight loss can increase fertility. All females of childbearing years who are sexually active need to be on some form of Birth Control. You may now resume using birth control pills. 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.

CALL THIS OFFICE IF YOU ARE EXPERIENCING ANY OF THE FOLLOWING:

- Increasing abdominal pain.
- Diarrhea accompanied by fever and abdominal pain.
- Nausea and vomiting and are unable to consume the recommended food and fluid.