

## 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
<b>** 5 – 6 MEALS DAILY**</b> <ul style="list-style-type: none"> <li>• Cooked chicken or turkey (no skin)</li> <li>• Lean ground beef (at least 90% lean)</li> <li>• Ground venison</li> <li>• Any fish or seafood</li> <li>• Tofu, tempeh</li> <li>• Eggs, yolks and whites</li> <li>• Canned beans (such as kidney, lentils)</li> <li>• Reduced fat cheese</li> <li>• Cream soups made with low-fat milk (98% fat-free)</li> <li>• 1% cottage cheese</li> <li>• Part skim ricotta cheese</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</li> <li>• Sugar-free, homemade pudding with low-fat milk</li> </ul>	<b>FRUIT</b> <ul style="list-style-type: none"> <li>• Fresh ripe soft – no skins or seeds</li> <li>• No oranges, grapefruit, grapes or berries</li> <li>• Canned fruit – no added sugar</li> </ul> <b>VEGETABLES</b> <ul style="list-style-type: none"> <li>• Soft, cooked fresh, frozen or canned</li> <li>• Avoid seeds and skins</li> <li>• Avoid raw fibrous vegetables</li> <li>• Tomato sauce puree – no seeds or skins</li> </ul> <b>(NO PASTA ALLOWED)</b> <b>CEREAL</b> <ul style="list-style-type: none"> <li>• Cooked cereal – cream of rice, oatmeal, grits</li> <li>• Cold, unsweetened cereal soaked in milk</li> </ul>	<b>6 – 8 cups of non-carbonated sugar-free beverage</b> <b>*THROUGHOUT THE DAY*</b> <ul style="list-style-type: none"> <li>• Water</li> <li>• Sugar-free beverage</li> <li>• Unsweetened decaf tea</li> <li>• Decaffeinated coffee</li> <li>• Sugar-free popsicles</li> <li>• Sugar-free gelatin</li> <li>• Broth</li> </ul>

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

**HELPFUL HINTS – 4-6 WEEKS AFTER SURGERY**  
**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.

**IF YOU ARE EXPERIENCING A LIFE THREATENING CONDITION, CALL 911 OR GO DIRECTLY TO THE EMERGENCY ROOM.**

**IF YOU HAVE QUESTIONS OR CONCERNS THAT ARE NOT LIFE THREATENING, PLEASE CALL THE OFFICE BEFORE GOING TO THE EMERGENCY ROOM (585-341-0366).**

**MEDICATIONS**

	<b>Gastric Bypass</b>	<b>Sleeve Gastrectomy</b>	
<b>Complete Multivitamin/mineral OR Celebrate One/60 chews or TABS</b>	2x daily for the rest of your life OR Celebrate 60, twice a day for the rest of your life	2x daily for the rest of your life OR Celebrate One, once a day for the rest of your life	
<b>Calcium citrate 600mg/ Vit D400IU (Total of 1200-1500 mg of 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 food
<b>Omeprazole -</b> Reduces acid in your stomach	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</b> – helps you to avoid gallstone formation	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  If you are taking Celebrate you do not need to take additional iron	Your provider will let you know if you need to take this	Separate calcium and iron by 2 to 3 hours for best absorption of both minerals
<b>Vitamin B12 (Total of 1000 mcg daily)</b>	1x daily  If you are taking Celebrate, you do not need to take this	1x daily  If you are taking Celebrate, you do not need to take this	
<b>Thiamin (B1) (minimum of 12 mg daily)</b>	1x daily if you are NOT taking a bariatric specific multivitamin	1x daily if you are NOT taking a bariatric specific multivitamin	Doses are usually 50 or 100 mg

### HYDRATION

- It is important that you drink 64 ounces of fluid each day. Not getting the recommended daily fluid intake can cause nausea, headaches, decreased energy levels and constipation.

### DIET – Soft food

- We are gradually advancing the texture and variety of foods as you heal from your surgery. There is no need to puree 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 eat 5-6 times per day and limit the size of the meal to ¼- ½ cup.
- Do not drink during meals or 30 minutes before or after.

### SKIN CARE

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

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

#### Non-Steroidal Anti-Inflammatory Drugs

- **Do not take** NSAID medications. For example ibuprofen, naproxen, Motrin, Advil, Aleve, Celebrex and Mobic. These medications will increase your risk of ulcer formation and GI bleeding.

### EXERCISE

- If you are feeling well, you should continue to increase your physical activity.
- 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:

- 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 develop constipation, you can try Miralax or Colace. You can increase the Miralax to three times a day for one day. If you do not have results after this, you may use **one** of the following:

**Please follow package instructions.**

- |                     |                                 |
|---------------------|---------------------------------|
| ○ Milk of magnesia  | ○ Dulcolax pills or suppository |
| ○ Magnesium citrate | ○ Fleets enema                  |

### SMOKING

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

### 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 before surgery, this can change with weight loss.

### MONARCH SUPPORT GROUP

The Monarch meetings are held on the 2<sup>nd</sup> Wednesday of each month from 6:00pm-7:00pm via Zoom. You can register for these meetings through our event page located on our website. A great opportunity to share and learn.

### 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 Zoom 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.
One year 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 MyChart message or 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). If you do not have a MyChart account, 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
- PTH
- Ferritin
- B12
- Folate