Nutrition Guidelines for Weight Loss Surgery
Why should I follow these recommendations?

1. To help prevent nutritional deficiencies as a result of decreased intake of food and malabsorption of nutrients (Gastric Bypass procedure).

2. To help you achieve the maximal amount of weight loss.

3. Help prevent side effects such as nausea and vomiting, hair loss, and dumping syndrome.

Getting Ready for Surgery...

It is a good idea to start making changes before surgery to help you prepare for your new lifestyle after surgery.

1. **Chew your food thoroughly.** This becomes very important after surgery. With the reduction in the size of your stomach and other changes in your anatomy you must be able to chew food to a liquid consistency before swallowing. Not chewing your food enough could result in pain, nausea and vomiting.
   - Start with smaller bites. Cut food into tiny pieces or take tiny bites (i.e. pencil eraser-size).
   - Choose moist meats. Dry meats (i.e. grilled meats or leftovers) are often not tolerated as well.
   - Chew each bite approximately 20 times or until liquid.

2. **Practice eating slowly and stop eating when you feel full or comfortably satisfied.** After surgery, it is important to eat slowly in order to recognize your feeling of fullness and prevent intolerance. When you feel a **pressure in your upper stomach area**, this is your **new full feeling**. If you experience pain, you probably took one too many bites, or perhaps ate too quickly.
   - Sit down and focus on eating. Avoid activities (i.e. reading, watching TV) where you can become distracted.
   - Savor each bite, noting its aroma, flavor and texture.
   - Put your fork down between bites.
   - Using infant utensils or chop sticks may help.

3. **Practice sipping beverages slowly and drink between meals.** Drinking too quickly, gulping and/or drinking too soon after eating solid food may cause pain and discomfort.
   - Try using cups or bottles that have small openings to slow down your rate of drinking.
   - **Avoid straws** as they may introduce air into your stomach.
   - **Avoid fluids during meals.** You may drink fluids up until the meal begins but **wait 30 minutes after the meal** before you resume drinking.
   - Keep fluids with you all day long and keep sipping between meals.
4. **Drink adequate amounts of fluids to prevent dehydration.** You should aim for **8 cups or 64 ounces (oz) per day.** Increase your fluid intake if any of the following signs are present: decreased or dark urine, dry skin, headache, dizziness, lethargy, a white coating on the tongue.

   - When you return home after surgery it may seem difficult to get fluids in initially because of inflammation. Aim for 4-8 oz of fluid over an hour.
   - Eventually you should be able to take 8 oz of fluid over 5-15 minutes.

5. **Wean off of beverages containing carbonation, caffeine, sugar and alcohol.**

   Carbonation may cause abdominal discomfort and may stretch out your new stomach over time. Caffeine may irritate the stomach and increase your risk for an ulcer after surgery. Caffeine as well as alcohol may also contribute to dehydration. Beverages containing sugar and alcohol are high in calories and will hinder your weight loss. They may also cause Dumping Syndrome after the Gastric Bypass procedure. And last but not least, alcohol metabolism is altered and you may feel the effects more quickly.

   - Water is a great beverage choice! If you are having trouble tolerating plain water, try adding a wedge of citrus fruit or sliced cucumbers.
   - Sugar free or light beverages with less than 10 calories per serving are also appropriate.
   - Try beverages sweetened with artificial or non-nutritive sweeteners.
   - Try True Lemon/Lime/Orange® for touch of flavor without artificial sweetener.
   - Switch to decaffeinated coffee and tea.
   - Avoid ALL beverages with carbonation, even diet soda and sparkling water.
   - If you choose to drink alcohol in moderation after surgery, please do not plan on driving.

6. **Read food labels.** Begin by identifying the amount of sugar, fat and protein in a particular food.

   - **Sugar**

   Food and beverages high in sugar will slow down the rate of weight loss and may even cause weight re-gain. For patients having Gastric Bypass surgery, food and beverages that are high in sugar may cause symptoms of flushing, dizziness, weakness, headache, nausea, vomiting, diarrhea and abdominal discomfort known as **Dumping Syndrome.**

     - **Avoid high sugar foods** such as sweets, candy, fruit drinks and sodas.
     - **Limit foods that contain sugar in the first 3 ingredients on the food label.**
     - **Aim for no more than 15 grams of “sugars” per serving.**

   - **Sugar alcohols**

   Sugar alcohols such as sorbitol, xylitol, mannitol, and starch hydrolysates may lead to cramping, abdominal pain, excess gas and/or diarrhea. Sugar alcohols are typically found in dietetic foods such as sugar-free candies, cookies, ice cream and chewing gum.
• Fat

Food and beverages high in fat are high in calories and like sugar will slow down the rate of weight loss and may even cause weight re-gain. High fat intake may also cause Dumping Syndrome.

✓ Avoid obviously high fat foods such as fried foods; fast food; snack chips; high fat meats like bacon, sausage, hot dogs, bologna, pepperoni and wings; cream soups and sauces like Alfredo; whole milk, ice cream; donuts; cakes; cookies; and pastries.

✓ Choose foods that are “light”, “low fat” or “fat free”.

✓ When looking at a food label…Choose foods with 5% or less of the Daily Value for fat. Avoid foods with 20% or more of the Daily Value for fat. These would be considered a high fat foods.

✓ Choose lean cuts of meat. Lean cuts include round, chuck, sirloin and tenderloin and meats that are greater than 90% lean.

• Protein

Protein is important for wound healing, immune function and maintaining muscle mass. You will need **60-80 grams of protein a day** (80-100 grams per day for open procedure). Protein should be consumed first at each meal, then vegetables and fruits, then whole grains.

✓ Eat protein with each meal.

✓ Eat protein foods first. Take 2-3 bites of protein followed by a bite of vegetable or fruit and then a bite of starch/grain.

✓ Suggest moist preparation methods and avoid dry meats for best tolerance.

7. **Explore and purchase protein supplements** (see handout).

- Look for supplements made with **whey protein isolate** (this is absorbed very well, and has no lactose, or milk sugar). Whey protein concentrate contains lactose, which may be an issue after your gastric bypass surgery. Lactase enzyme chewable tablets can help your body digest lactose.
- Choose supplements with at least **20-30 grams of protein per serving**.
- Mix protein powder with skim or 1% milk for an additional 8 grams of protein per 8 oz.
- Choose supplements with **less than 5 grams of sugar per serving**.
- Aim to keep protein supplement **less than or equal to 200 calories**.
- **Avoid and/or limit products with collagen** (not a complete protein).

8. **Explore and purchase vitamin and mineral supplements.**

Vitamins and minerals are not only important for good health but also for maximum weight loss and long-term weight maintenance.

- **Begin taking a multivitamin (MVI) now if you do not already.** Look for a MVI that contains 100% RDA for iron (18mg), folic acid (400mcg), thiamine (1.5mg) and copper (2mg).
- Vitamins and minerals are absorbed differently after surgery therefore **daily supplementation is needed for the rest of your life**. See surgery specific handout for recommendations after surgery.
9. **Include physical activity in your daily routine.** Exercise is recommended as a life-long habit and is known to improve over-all health, mood and sense of well-being as well as maximize weight loss. And, a more toned body before surgery can help reduce excess skin after surgery. The American College of Sports Medicine recommends:

- **30-60 minutes of moderate aerobic activity at least 5 days a week.** One continuous session or multiple shorter sessions of exercise can achieve the same goal.
- **Strength training 2-3 days a week.** Use a variety of exercises and equipment to work each major muscle group.
- Before beginning any exercise routine, please consult with your doctor to make sure it is safe for you to exercise.

10. **Establish support.** Social support is associated with increased weight loss after weight loss surgery.

- Involve family and friends in appointments before and after surgery. They can provide encouragement and help you achieve your goals for a healthier lifestyle.
- **Multiple studies show Support Group attendance after weight loss surgery is associated with greater post-operative weight loss.** Johns Hopkins Bariatric Center holds Support Groups the 2nd and 3rd Thursday of the month from 5-6pm.
- Remember to see health care providers regularly.

11. **Consider losing 5 to 10 pounds before your surgery.** Weight loss has been shown to decrease the size of your liver and make it easier for your surgeon to perform your procedure.

12. **Avoid “last supper” eating** (that “last hurrah” before your surgery). Weight gain, especially a few weeks before your surgery, can increase the size of your liver and may make it harder for your surgeon to get under your liver and to your stomach to perform your weight loss surgery.

13. **Follow a Full Liquid Diet the day prior to surgery. Then nothing by mouth after midnight.** (See page 6 for Full Liquid Diet guidelines)
While you are receiving IV fluids in the hospital, please follow these oral fluid guidelines:

- Fluid Goals Right After Your OPEN Gastric Bypass Surgery:
  - Post-op Day 1, NPO (nothing by mouth)
  - Post-op Day 2, After negative UGI, SLOWLY sip 1 ounce (one medicine cup) of liquid per hour
  - Post-op Day 3, Increase fluids to 2 ounces (2 medicine cups) per hour
  - Post-op Day 4, Increase fluids to 3-4 ounces per hour -GO SLOWLY

- Fluid Goals Right After Your Laparoscopic Gastric Bypass or Vertical Sleeve Gastrectomy Surgery:
  - Post-op Day 1, SLOWLY sip 1 ounce (one medicine cup) of liquid per hour. May advance to 2 ounces per hour as tolerated after four hours.
  - Post-op Day 2, increase fluids to 3-4 ounces (3-4 medicine cups) per hour -GO SLOWLY

- Fluid Goals Right After Your Adjustable Gastric Band Surgery:
  - Post-op Day 1, SLOWLY sip 3-4 ounces (3-4 medicine cups) of liquid per hour -GO SLOWLY

When your IV’s are discontinued or you are discharged home, increase your oral fluid intake as tolerated to 4-8 ounces (4-8 medicine cups) over an hour in order to reach your daily fluid goal of 64 ounces per day (please follow the guidelines for the Full Liquid Diet). Remember to sip and not gulp, and no straws. GO SLOWLY, especially the first few weeks after your surgery, since there’s post-op swelling and healing. If you feel increasing fullness or pressure under your breast bone, SLOW DOWN.
After Discharge Home…

Full Liquid Diet: Post-op Week 1

Goals:

- **60-80 grams of protein per day** (at least 3 high protein supplements per day).
- **Aim for 64 ounces (oz) of fluid per day** (including protein drinks).
- Keep food logs recording ounces of fluid and grams of protein consumed.

Recommended Liquid and Semi-liquids:

- Water
- Broth (the salt in the broth can help your body hold on to fluid better)
- Sugar-free fruit drinks
- Sugar-free popsicles and sugar-free Italian ice
- Decaffeinated tea and decaffeinated coffee
- Diluted fruit juice (maximum of 4 ounces juice per day, diluted with 4 ounces water)
- 1% or skim milk
- Protein supplements (please see guidelines on page 5 and separate handout for suggestions)
- Sugar-free sherbet
- Low-fat/light yogurt (fat-free plain Greek yogurt is preferred)
- Fat-free cottage cheese (no fruit added)
- Fat-free ricotta cheese
- Sugar-free gelatin
- Sugar-free, low fat pudding

Sample Full Liquid Meal Plan (Week 1)

7:00 am  8 oz fluid such as decaffeinated coffee
8:00 am  2 tbsp semi-liquid such as fat-free plain Greek yogurt
8:30 am  8 oz fluid such as a sugar-free fruit flavored beverage
9:00 am  2 tbsp semi-liquid such as sugar-free pudding
10:00 am  8-12 oz protein supplement
12:00 pm  2 tbsp semi-liquid such as sugar-free gelatin
1:00 pm  8 oz fluid such as water with lemon
2:00 pm  8-12 oz protein supplement
4:00 pm  8 oz fluid such as decaffeinated sugar-free iced tea
6:00 pm  2 tbsp fat-free cottage cheese
8:00 pm  8-12 oz protein supplement made with 1% or skim milk
Pureed Diet: Post-op Weeks 2, 3 and 4

Goals:

- **60-80 grams of protein per day** (you will need at least 3 high protein supplements per day).
- **Eat protein foods first**, followed by vegetables, fruits then grains.
- **64 oz of fluid per day** (including protein drinks) **sipped between meals**. Avoid fluids during meals and wait 30 minutes after eating to resume drinking fluids.
- **Foods blended or mashed to liquid/baby food consistency**.
- Avoid spicy foods as well as very hot or very cold foods since they may cause discomfort.
- Try only 1 new food at a meal so that you know what you can tolerate.

<table>
<thead>
<tr>
<th>Food</th>
<th>Choose</th>
<th>Avoid</th>
</tr>
</thead>
<tbody>
<tr>
<td>Protein</td>
<td>2 Tbsp (1oz) provides 6-7 grams of protein</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Blended</strong></td>
<td>High fat meats</td>
</tr>
<tr>
<td></td>
<td>Lean Beef, Pork, Poultry, Fish, Shrimp, Lobster, Crab, Imitation Crab/Lobster, Tuna fish in water</td>
<td>Proteins cooked in oil, fat and butter</td>
</tr>
<tr>
<td></td>
<td>1 Egg (scrambled), egg substitute</td>
<td>Peanut butter and other Nut butters</td>
</tr>
<tr>
<td></td>
<td><strong>2 Tbsp provides 3-4 grams protein</strong></td>
<td>Cheese or yogurt made from whole milk</td>
</tr>
<tr>
<td></td>
<td>Cottage and Ricotta Cheese</td>
<td></td>
</tr>
<tr>
<td></td>
<td>(fat-free or 1%)</td>
<td>Whole or 2% Milk</td>
</tr>
<tr>
<td></td>
<td>Greek yogurt</td>
<td></td>
</tr>
<tr>
<td></td>
<td>(fat-free, plain, light or vanilla)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Baby food meat</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Tofu, extra firm nigari, <strong>mashed</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cheese, fat-free or low fat (1 slice or 1 oz provides 6-7 grams protein)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Milk, 1% or skim (8 oz provides 8 grams of protein)</td>
<td></td>
</tr>
<tr>
<td>Produce</td>
<td><strong>Vegetables</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Soft, tender varieties, <strong>cooked and blended or mashed with a fork</strong></td>
<td>Raw</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Tough varieties</td>
</tr>
<tr>
<td></td>
<td>Fruits</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Mashed banana, No sugar added applesauce, blended canned peaches or pears in 100% juice, baby food fruits and other soft, tender varieties without seeds, skins or hulls blended</td>
<td>Tough varieties</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Seeds, skins, hulls</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cooked in butter or oil</td>
</tr>
<tr>
<td></td>
<td></td>
<td>With added sugar</td>
</tr>
<tr>
<td>Food</td>
<td>Choose</td>
<td>Avoid</td>
</tr>
<tr>
<td>-----------------</td>
<td>------------------------------------------------------------------------</td>
<td>-----------------------------------------------------------------------</td>
</tr>
<tr>
<td>Grains and Starches</td>
<td>Hot cereal (oatmeal, grits, cream of wheat)</td>
<td>Pasta and noodles</td>
</tr>
<tr>
<td></td>
<td>Mashed white or sweet potatoes</td>
<td>Rice</td>
</tr>
<tr>
<td></td>
<td>Blended/mashed beans</td>
<td>Bread and bread products</td>
</tr>
<tr>
<td></td>
<td></td>
<td>All additional starchy foods not listed in the choose category and grains</td>
</tr>
<tr>
<td></td>
<td></td>
<td>prepared with added butter or oil</td>
</tr>
<tr>
<td>Soups</td>
<td>Broth, bouillon</td>
<td>All others</td>
</tr>
<tr>
<td></td>
<td>Reduced fat cream soups, <strong>blended</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Egg drop soup (1/2 cup provides 3 grams protein)</td>
<td></td>
</tr>
<tr>
<td>Beverages</td>
<td>Water</td>
<td>All soda or other</td>
</tr>
<tr>
<td></td>
<td>Decaffeinated, non-carbonated beverages with less than 10 calories per 8 oz serving such as coffee, tea, Crystal Light®, Propel® Fitness Water, Fruit 2O®, True Lemon/Lime/Orange®</td>
<td>Caffeinated coffee/ tea</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chocolate milk</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sweetened condensed milk</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2% or whole milk</td>
</tr>
<tr>
<td>Miscellaneous</td>
<td>Light yogurt, sugar-free gelatin, sugar-free popsicles, sugar-free pudding and custard, sugar-free/low fat ice cream and sherbet</td>
<td>All others</td>
</tr>
</tbody>
</table>

**Instructions for Pureeing Foods:**

**Buy or borrow a blender or food processor if you do not own one.**

1. Cut food into small pieces about the size of your thumbnail.
2. Place food in the blender.
3. Add enough liquid (fat free chicken broth, fat free gravy, fat free yogurt, etc.) to cover the blades.
4. Blend until smooth like applesauce.
5. Strain out the lumps, seeds, or pieces of food.
6. Use herbs and spices (avoid spicy ones) to flavor food.
7. Blend and enjoy!

**Tip:** *Use ice cube trays.*
- Each cube holds about 1 ounce.
- This will help you to control portion sizes and estimate protein.
- Each cube is about 7 grams of protein if you’re putting pureed lean beef, poultry or pork in the trays.
- Try preparing reduced fat cream soups or pureed meats and vegetables and storing them in the trays.
Sample Pureed Meal Plan (Weeks 2, 3 and 4)

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00  am</td>
<td>8 oz fluid such as decaffeinated coffee</td>
<td></td>
</tr>
<tr>
<td>8:00  am</td>
<td>2 tbsp protein food such as fat-free plain Greek yogurt</td>
<td>¼ medium banana, mashed</td>
</tr>
<tr>
<td>9:30  am</td>
<td>8-12 oz protein supplement</td>
<td></td>
</tr>
<tr>
<td>11:00 am</td>
<td>2 tbsp protein food such as fat-free cottage cheese</td>
<td></td>
</tr>
<tr>
<td>12:00 pm</td>
<td>8 oz fluid such as decaffeinated tea</td>
<td></td>
</tr>
<tr>
<td>1:00 pm</td>
<td>2-3 tbsp protein food such as blended chicken</td>
<td>2 tbsp blended green beans</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1-2 tbsp mashed potatoes with 1 tbsp fat-free gravy</td>
</tr>
<tr>
<td>2:30 pm</td>
<td>8 oz fluid such as sugar-free fruit flavored beverage</td>
<td></td>
</tr>
<tr>
<td>3:00 pm</td>
<td>2 tbsp protein food such as fat-free ricotta cheese</td>
<td></td>
</tr>
<tr>
<td>4:00 pm</td>
<td>8-12 oz protein supplement</td>
<td></td>
</tr>
<tr>
<td>4:30 pm</td>
<td>8 oz fluid such as water with lemon</td>
<td></td>
</tr>
<tr>
<td>6:00 pm</td>
<td>2-3 tbsp protein food such as blended chicken</td>
<td>2 tbsp blended green beans</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1-2 tbsp mashed potatoes with 1 tbsp fat-free gravy</td>
</tr>
<tr>
<td>7:30 pm</td>
<td>8 oz fluid such as water with lime</td>
<td></td>
</tr>
<tr>
<td>8:00 pm</td>
<td>4-6 tbsp sugar-free pudding</td>
<td></td>
</tr>
</tbody>
</table>
Soft Diet: Post-op Weeks 5, 6, 7, and 8

Goals:

- **60-80 grams of protein per day.** Decrease protein supplements as protein foods increase.
- **Eat protein foods first,** followed by vegetables, fruits then grains.
- **64 ounces (oz) of fluid per day** (including protein drinks) **sipped between meals.** Avoid fluids during meals and wait 30 minutes after meals to resume drinking fluids.
- **All foods must be soft or cooked to a soft consistency. Chew all foods well.**
- **Try only 1 new food at a sitting so that you know what you can tolerate.**

<table>
<thead>
<tr>
<th>Food</th>
<th>Choose</th>
<th>Avoid</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Protein</strong></td>
<td>1 oz provides 6-7 grams of protein</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Ground or finely chopped</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Lean Beef, Pork, Poultry</td>
<td>High fat meats</td>
</tr>
<tr>
<td></td>
<td>Fish, Shrimp, Lobster, Crab,</td>
<td>Proteins cooked in oil, fat and butter</td>
</tr>
<tr>
<td></td>
<td>Imitation Crab/Lobster, Tuna in water</td>
<td>Tough, dry meats</td>
</tr>
<tr>
<td></td>
<td>Lean deli meats</td>
<td>Peanut butter and other</td>
</tr>
<tr>
<td></td>
<td>Egg and egg substitute</td>
<td>Nut butters</td>
</tr>
<tr>
<td></td>
<td><strong>2 Tbsp provides 3-4 grams protein</strong></td>
<td>Cheese or yogurt made from whole milk</td>
</tr>
<tr>
<td></td>
<td>Cottage/Ricotta Cheese (fat-free, 1%)</td>
<td>Whole or 2% Milk</td>
</tr>
<tr>
<td></td>
<td>Greek yogurt (fat-free, plain, light or vanilla)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Tofu, extra firm nigari, mashed</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cheese, fat-free or low fat (1 slice or 1 oz provides 6-7 grams protein)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Milk, 1% or skim (8 oz provides 8 grams of protein)</td>
<td></td>
</tr>
<tr>
<td><strong>Produce</strong></td>
<td><strong>Vegetables</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Tender varieties, cooked until soft</td>
<td>Raw, Tough varieties</td>
</tr>
<tr>
<td></td>
<td><strong>Fruits</strong></td>
<td>Fibrous stalks</td>
</tr>
<tr>
<td></td>
<td>Banana, No Sugar Added Applesauce,</td>
<td>Seeds, skins, hulls</td>
</tr>
<tr>
<td></td>
<td>canned varieties in 100% juice such as</td>
<td>(peas, corn)</td>
</tr>
<tr>
<td></td>
<td>peaches and pears, other tender varieties</td>
<td>Cooked in butter or oil</td>
</tr>
<tr>
<td></td>
<td>without seeds, skins or hulls</td>
<td>Tough varieties</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Seeds, skins, hulls</td>
</tr>
<tr>
<td></td>
<td></td>
<td>With added sugar</td>
</tr>
<tr>
<td><strong>Grains and Starches</strong></td>
<td><strong>Hot cereal (oatmeal, grits, cream of wheat)</strong></td>
<td>Soft bread</td>
</tr>
<tr>
<td></td>
<td>Mashed white or sweet potatoes</td>
<td>All additional starchy foods</td>
</tr>
<tr>
<td></td>
<td>Beans</td>
<td>not listed in the choose</td>
</tr>
<tr>
<td></td>
<td>Rice, pasta and noodles</td>
<td>category and grains</td>
</tr>
<tr>
<td></td>
<td>Toast, crackers without seeds, pretzels</td>
<td>prepared with added butter</td>
</tr>
<tr>
<td></td>
<td></td>
<td>or oil</td>
</tr>
<tr>
<td>Food</td>
<td>Choose</td>
<td>Avoid</td>
</tr>
<tr>
<td>--------------</td>
<td>------------------------------------------------------------------------</td>
<td>-----------------------------------------------------------------------</td>
</tr>
<tr>
<td>Soups</td>
<td>Broth, bouillon&lt;br&gt;Reduced fat cream soups, blended&lt;br&gt;Egg drop soup (½ c provides 3 grams protein)</td>
<td>All others</td>
</tr>
<tr>
<td>Beverages</td>
<td>Water&lt;br&gt;Decaffeinated, non-carbonated beverages with less than 10 calories per 8 oz serving such as coffee, tea, Crystal Light®, Propel®Fitness Water, Fruit 2Go®, True Lemon/Lime/Orange®</td>
<td>All soda or other&lt;br&gt;Carbonated drinks&lt;br&gt;Caffeinated coffee/ tea&lt;br&gt;Chocolate milk&lt;br&gt;Sweetened condensed milk&lt;br&gt;2% or whole milk</td>
</tr>
<tr>
<td>Miscellaneous</td>
<td>Light yogurt, sugar-free gelatin, sugar-free popsicles, sugar-free pudding and custard, sugar-free/low fat ice cream and sherbet</td>
<td>All others</td>
</tr>
</tbody>
</table>

**Sample Soft Diet Meal Plan (Weeks 5, 6, 7 and 8)**

7:00 am   8 oz fluid such as decaffeinated coffee
8:00 am   2 oz protein food such as an omelet (1 scrambled egg with 1 slice fat-free cheese and 1-2 tbsp cooked vegetables)
9:00 am   8 oz fluid such as water with an orange wedge
10:00 am  8-12 ounces protein supplement
1:00 pm   1-2 oz protein food such as tuna with low fat mayonnaise
          2 tbsp canned fruit in 100% Juice
          2 saltine crackers
2:00 pm   8 oz fluid such as water with lemon
4:00 pm   8-12 oz protein supplement
5:00 pm   8 oz fluid such as decaffeinated sugar-free iced tea
6:00 pm   1 ½ -2 oz protein food such as chopped chicken breast (moist, tender)
          2 tbsp cooked green beans
          1-2 tbsp mashed potatoes with 1 tbsp fat-free gravy
7:30 pm   8 oz fluid such as a sugar-free flavored water
8:00 pm   4-6 tbsp sugar-free pudding
Regular Diet: Beginning at Post-op Week 9

- **60-80 grams of protein per day.** Decrease protein supplements as protein foods increase. Remember-Moist tender meats tend to be better tolerated.

- **64 ounces (oz) of fluid per day.** Continue to avoid fluids during meals and wait 30 minutes after meals to resume drinking fluids.

- **Begin to add raw vegetables** such as lettuce and carrots but continue to avoid foods with tough skins and large seeds such as cucumbers.

- **Take your time at meals and chew very well to help increase your tolerance to these foods.** Eventually you should be able to enjoy a wider variety of fresh fruits and vegetables, breads and other grains.

- **Keep food records of your tolerance and intake.** Remember that food intolerance is very individual.

*Three months following your surgery, you should be increasing the variety in your diet and attempting to eat foods from all of the food groups. The following chart is a guide to help you develop healthy eating patterns.*

### Suggested Daily Intake based on Food Groups

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Food Choices</th>
<th>Serving Size</th>
<th>Number of Servings</th>
<th>Grams Protein</th>
<th>Grams Carb</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat, Poultry, Fish, Eggs</td>
<td>Examples include lean beef, pork, ham, veal, chicken, turkey, fish, tuna fish, crab, shrimp, lobster, scallops, mussels, Canadian bacon, eggs, egg whites, firm tofu</td>
<td>1 oz ¼ cup</td>
<td>6-7</td>
<td>36-49</td>
<td>0</td>
</tr>
<tr>
<td>Vegetables</td>
<td>Examples include carrots, green beans, tomatoes, spinach and other greens, zucchini, yellow squash, beets, onions, peppers, broccoli, cauliflower, asparagus, cabbage, eggplant</td>
<td>½ cup</td>
<td>2-3</td>
<td>4-6</td>
<td>10-15</td>
</tr>
<tr>
<td>Fruits</td>
<td>Examples include apples, applesauce, plums, pears, peaches, nectarines, grapes, tangerines, cherries, berries, bananas</td>
<td>½ cup</td>
<td>2-3</td>
<td>0</td>
<td>30-45</td>
</tr>
<tr>
<td>Grain, Starchy Vegetables</td>
<td>Examples include rice, potatoes, sweet potatoes, noodles, pasta, bread, crackers, pretzels, cereals, peas, corn, beans, chick peas, lentils, soybeans</td>
<td>½ cup</td>
<td>3-4</td>
<td>6-12</td>
<td>45-60</td>
</tr>
<tr>
<td>Dairy</td>
<td>Examples include skim/1% milk, Light yogurt, Greek style yogurt, cottage/ricotta cheese, low fat/fat free cheese, low fat soy milk</td>
<td>8 oz ½ cup</td>
<td>2-3</td>
<td>10-25</td>
<td>10-25</td>
</tr>
<tr>
<td>Fats/Oils</td>
<td>Butter, margarine, mayonnaise, salad dressing</td>
<td>1 Tbsp</td>
<td>1-2</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td></td>
<td></td>
<td></td>
<td>56-92</td>
<td>95-145</td>
</tr>
</tbody>
</table>
Sample Regular Diet Meal Plan (Weeks 9 and after)

Before Breakfast  6-8 oz Water

**Breakfast**

1 egg scrambled with 1 slice of fat free cheese  
½ slice whole grain toast with low fat margarine  
½ banana

30 minutes After Breakfast – 8-16 oz sugar-free flavored beverage

**Mid-Morning Snack**

½ cup sliced apple  
1 ounce low-fat string cheese

30 minutes after snack - 16 oz water or other approved beverage – sipped throughout the day

**Lunch**

½ cup (4 ounces) tuna in water with 1 Tbsp low fat mayonnaise on 1 slice whole grain bread  
3 slices fresh tomato and ½ cup fresh lettuce  
½ cup fresh cantaloupe

30 minutes after lunch- 8 oz decaffeinated sugar-free iced tea

**Mid-Afternoon Snack**

½ cup plain, low-fat Greek yogurt with ½ cup berries

30 minutes after snack - 16 oz water or other approved beverage – sipped throughout the day

**Dinner**

2-4 oz baked fish  
½ cup steamed broccoli with lemon  
½ cup baked sweet potato with 1 tsp low fat margarine/butter

**Evening Snack**

8 oz skim or 1% milk or soy milk

The above information is provided as a general guide.

Advancing to a Regular Diet should be achieved with the aid of a Registered Dietitian. Please make an appointment to develop a healthy meal plan to ensure adequate nutrient intake and maximize your weight loss.
Possible nutrition problems that may occur post-op:

- **Dehydration:** Signs of dehydration include dark urine, headache, dizziness, lethargy and/or a white coating on the tongue. These can occur if you are not drinking 48-64 oz of fluid each day.

- **Trouble tolerating dairy products or lactose intolerance:** Milk and other dairy products may cause cramping, bloating, excessive gas and diarrhea. If these problems occur, try taking lactase enzymes with dairy food or Lactaid 100® milk or natural soymilk.

- **Nausea or vomiting:** Usually caused by eating too fast, eating too much, not chewing well or drinking with your meals. If it is not food related, call your surgeon’s office.

- **Bad taste in mouth:** This is common right after the surgery and should go away after a few weeks.

- **Decreased appetite and taste changes.** It is very common to not feel hungry right after surgery and to have altered taste sensation. Refer to nutrient guidelines and suggested meal plans to ensure that you get proper nutrition and prevent complications.

- **Increased gas:** This is also common after the surgery, especially during the first few weeks. It can be a sign of lactose intolerance. If you have gas pains, try simethicone drops (Gas X®). Deverom® can help with the smell.

- **Hair loss:** This is usually due to rapid weight loss and typically occurs 3-6 months after surgery. The good news is it typically resolves in another 3-6 months. Make sure you are taking in the amount of protein and fluid recommended. There are additional vitamins and minerals which may help. Please make an appointment with a Registered Dietitian for advice and information concerning these supplements.

- **Pregnancy:** This must be avoided for the first 18 months following surgery. Pregnancy during this time could cause complications and deficiencies for you and your baby and may result in birth defects. For this reason you need to take precautions to prevent pregnancy, even if you had problems getting pregnant in the past. Rapid weight loss increases fertility so you must be very careful.
Test Your Understanding

How many grams of protein are needed each day? ___________________________
How much fluid is needed each day? ___________________________
What are 3 things that can increase your risk of nausea and vomiting?
______________________________________________________________________
______________________________________________________________________
What vitamin and minerals will you need to take for a \textit{lifetime}?
______________________________________________________________________
______________________________________________________________________
______________________________________________________________________

Your Dietitian is an important member of your support team. We recommend regular visits to ensure your diet is well tolerated and meets your nutritional needs. Schedule your nutrition appointment by calling Access Services at (410) 550-7728.

**Recommended Dietitian Visits:**

- ✓ 2 - 4 weeks post-op
- ✓ 3 months post-op
- ✓ 6 months post-op
- ✓ 1 year post-op
- ✓ Once a year after first year

**Reasons for follow-up between routine visits with Your Dietitian:**

- Poor tolerance to food or supplements
- Inability to advance your diet (e.g. nausea, vomiting, chest pain)
- Hair loss
- Feeling overly-tired
- Sudden change in menstrual periods
- Craving ice or dirt
- Feeling short-of-breath with exercise (new-onset)

**Dietitian:** ____________________________

For more information, please contact the Johns Hopkins Bayview Medical Center Clinical Nutrition Department at 410-550-1549.
To schedule an appointment with a Registered Dietitian, call 410-550-7728.

Rev. 10/2013
Clinical Nutrition