

BARIATRIC DIETS - General Guidelines

"The Rules"

- ✓ While drinking liquids sip slowly, do not gulp, do not use a straw
 - Use a spoon to help you sip your liquids slower
- ✓ Avoid extreme temperatures (extreme hot or cold foods or liquids)
- ✓ **"30-Minute Rule"** – avoid drinking fluids for 30 minutes before or after eating solids or drinking protein shakes
- ✓ **"30-Second Rule"** – chew each bite 30 times or for 30 seconds before swallowing
- ✓ Always check your tolerance level when taking fluids or solids by mouth
- ✓ Stop drinking or eating when you **feel full**, do not force yourself to complete your meal or beverage
- ✓ Avoid carbonated beverages
- ✓ Avoid caffeinated beverages
- ✓ Avoid sugar, sugar substitutes are permitted (Refer to the list of "Sugar-Substitutes" pg 70)
- ✓ No alcoholic beverages are permitted
- ✓ Do not skip meals, have 3 meals per day (breakfast, lunch and dinner)
 - Give yourself 30-45 minutes for each of your main meals
 - Avoid returning to your meal after a few hours
- ✓ Avoid "grazing" or eating constantly throughout the day
- ✓ Always remember to keep increasing physical activity as tolerated

Drinking Fluids after Bariatric Surgery

Water and Other Fluids

Water is essential before and after surgery. It is found in every cell of your body and functions in many important ways. Water:

- Helps break down stored fat.
- Promotes kidney function and helps rid the body of waste.
- Is the best treatment for fluid retention.
- Maintains proper muscle tone and helps prevent sagging skin.
- Helps relieve constipation.

After surgery it may be hard to keep up your fluids.

- Sip water and other fluids often between meals for the first few weeks.
- Keep a record of your fluid intake.
- Stop drinking about 30 minutes before meals. You may drink again 30 minutes after meals.
- Your initial goal is 32 to 48 ounces. A better level is 64 ounces.

Carbonated Drinks

Avoid carbonated drinks. Carbonated drinks may cause painful gas and give a false sense of fullness. Even flat carbonated drinks may cause discomfort.

Caffeine Drinks

Avoid caffeinated drinks. **Caffeine causes:**

- Stomach irritation
- Unwanted stimulation of the heart
- Loss of fluids

These drinks contain caffeine:

- Coffee, cappuccino, and other flavored coffee drinks
- Energy drinks
- Soft drinks
- Tea: black, green and oolong. Check with dietitian on herbal tea.

Alcohol

Avoid alcohol for at least the first six months after bariatric surgery. Alcohol is absorbed faster and results in a higher blood alcohol level. Also, alcoholic drinks are often high in calories and can contain sugars or carbonation. Use caution if you choose to drink. The effects of alcohol will be more intense. Always check with your physician before consuming alcohol after your surgery.



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Pre-operative Diet

- Start the pre-operative diet **2 weeks** prior to surgery
- Drink 1 protein shake as a meal replacement three times per day. **NO SOLID FOOD.**
- Premixed protein shakes or protein powders mixed with **SKIM MILK or WATER** are allowed.
- Total volume per shake should be 8-16 fluid ounces.
- Drink clear liquids in between protein shakes (see list of clear liquids, pg 64)
- **24 hours before** surgery, you **MUST** stop your protein shakes and have **CLEAR LIQUIDS ONLY.**
- Do not eat or drink **anything** after midnight the night before your surgery. See the preoperative instruction sheet for medication instructions.
- Failure to follow the pre-op diet will cause your surgery to be cancelled.

PHASE I BARIATRIC DIET

Sugar-Free, Clear Liquids

You will be on the Phase 1 Bariatric diet for **2-3 days** after your bariatric procedure or until tolerated.

Types of foods/liquids permitted:

Clear liquids – non-dairy fluids that cause minimal amount of residue in the digestive tract. Fluids that are see-through (when held in front of a piece of paper you should be able to read the text through the liquid)

Examples of Clear Liquids	
Water	Plain decaffeinated tea (no milk or creamer)
Crystal Light®	Plain decaffeinated coffee, black (no milk or creamer)
Sugar-free Snapple®	Clear flavored, low sodium broth (chicken, beef, seafood, vegetable)
Sugar-free Kool Aid®	Sugar free juices

Clear “solids” – “solids” that become liquids at room temperature

Example of Clear Solids	
Sugar free (diet) Jello®	Sugar free popsicles

Sugar substitutes are permitted (please refer to the list of “Sugar-Substitutes”)

Types of foods/liquids NOT permitted:

- No solid foods
- No carbonated beverages
- No dairy or milk
- No fruit or juices
- No caffeinated beverages
- No alcoholic beverages
- No vitamin or mineral supplementation

Important Nutritional Considerations

- Try to drink **1 – 3 ounces (1/8 to 3/8 of a cup) of clear liquids every hour**
- The goal is to try and **consume at least 64 ounces of clear liquids per day**
- Remember to sip slowly, do not gulp, do not use a straw
- Avoid extreme temperatures (extreme cold or hot)
- Always check your tolerance level and stop drinking when full
- Always remember to keep increasing physical activity as tolerated (as directed by physician)

Sample of a Phase I Bariatric Diet Menu

Morning	Decaffeinated coffee with Splenda® (without cream/milk/sugar)
Breakfast	Low sodium chicken broth
Mid-morning	Crystal Light®
Lunch	Low sodium seafood broth
Mid-afternoon	Water (flavored if desired)
Dinner	Low sodium beef broth
Evening	Decaffeinated tea with Splenda®

PHASE II BARIATRIC DIET

Sugar-Free, Liquid and Protein Shakes

Phase II bariatric diet may begin while you are in the hospital if you have tolerated a Phase I Bariatric Diet. You should stay on the Phase II Bariatric Diet until **2 weeks after surgery**.

Types of foods/liquids permitted:

- Any protein shake that contains at least **20 grams of protein** per serving and **less than 5 grams of sugar** (see "Protein Shakes, Powders & Drinks" pg 65)
- The preferable protein source should be **whey protein**. Soy based, egg based or a combination of whey, soy or egg may be used.
- Collagen-based protein sources should be **avoided**.
- You may use water, skim milk or 1% milk to mix powder-based protein shakes
- You may use **lactose-free** milk only

Types of foods/liquids NOT permitted:

- No solid foods
- No carbonated beverages
- No dairy or milk (unless lactose free)
- No fresh fruit juices
- No caffeinated beverages
- No alcoholic beverages
- No vitamin or mineral supplementation

Important Nutritional Considerations

- Try to drink **4 – 8 ounces (1/2 to 1 cup) of protein shake 3 times per day** (breakfast, lunch and dinner – do not skip these meals)
- The goal is to try and consume **at least 60 grams of liquid protein per day** (high protein shakes)
- Do not use milk as a substitute for protein shakes (it does not provide enough protein per serving)



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- Do not use milk in-between shakes as a choice of fluid
- Try to consume a **total of 64 ounces (8 cups) of fluid per day** (this includes any sugar-free, non-carbonated, decaffeinated clear liquids and protein shakes)

Important Reminders

- **"30-Minute Rule"**: Do not drink any clear liquids 30 minutes before or after consuming the protein shake
- Always check your tolerance level and stop drinking when full
- Avoid extreme temperatures (extreme cold or hot)
- Remember to sip slowly, do not gulp, do not use a straw
- Always remember to keep increasing physical activity as tolerated (as directed by physician)

Sample of a Phase II Bariatric Diet Menu

Morning	Decaffeinated coffee with Splenda® (without cream/milk/sugar)
Breakfast	Whey protein mixed with 8 oz of skim milk (lactose free)
Mid-morning	8 oz Crystal Light®
Lunch	Whey protein mixed with 8 oz of skim milk (lactose free)
Mid-afternoon	8 oz low sodium chicken broth
Dinner	Whey protein mixed with 8 oz of skim milk (lactose free)
Evening	8 oz Crystal Light®

PHASE III BARIATRIC DIET

Soft, Pureed, Protein Rich Foods

Start Vitamin and Mineral Supplements

Phase III bariatric diet may begin **approximately 2 weeks after surgery** once it is determined that you are tolerating a Phase II Bariatric Diet

You should stay on the Phase III Bariatric Diet for at least **6 – 8 weeks** to ensure proper tolerance of soft and pureed foods

Types of foods/liquids permitted: Soft or pureed proteins (Proteins should be moist and lean)
(place food in a blender or food processor to create a soft/pureed consistency)

<i>Seafood (canned or fresh) – soft flaky fish</i>			
Tuna	Tilapia	Grouper	Salmon
White fish	Orange roughly	Flounder	Sole
Snapper	Catfish	Perch	Swordfish
Halibut	Cod	Haddock	Sea bass
<i>Shellfish (canned or fresh)</i>			
Scallops	Lobster	Shrimp	Crab
<i>Low fat Dairy Products</i>			
Low fat, sugar free or carb-controlled yogurt without visible fruit pieces			
Low fat cottage cheese		Low fat farmer cheese	
Low fat ricotta cheese		Low fat soft cheeses	
<i>Eggs</i>			
Eggbeaters®	Egg whites	Whole egg (no more than 1 egg yolk per day)	
Boiled	Scrambled	Poached	Baked
Avoid fried or undercooked eggs			
<i>Poultry (canned or fresh)</i>			
Turkey	Chicken	Game hen	Duck breast
Deli meats such as roast turkey breast or chicken breast			
<i>Meat (canned or fresh)</i>			
Low sodium, rind-less, no sugar added cold cuts and deli meats			
Ham, red meat and pork may be difficult to digest; always check your tolerance level			
<i>Legumes</i>			
Black beans	Kidney beans	Garbanzo beans	White beans
Lentils	Hummus and pureed beans may be well tolerated		
<i>Tofu</i>			
Tofu burgers	Boca-burgers®	Morningstar® brand soy products	
All burgers must be without the bun or lettuce, tomato etc.			

Proteins should be moist and lean (less than 5 grams of fat)

You may add low sodium broth or low fat, low sugar dressings to prepare proteins and add moisture

Types of foods/liquids NOT permitted: No carbohydrates

Bread	Cereals	Crackers
Noodles	Pasta	Rice
Potatoes	Yams	Yucca
Corn	Plantains	

- No fruits or fruit juices
- No red meat for 6 months
- Do not fry or put “breeding” on the protein
- Avoid soups – they are often cream based
- Avoid spicy foods
- Avoid dried out, over-cooked meats
- No carbonated beverages
- No caffeinated beverages
- No alcoholic beverages

Important Nutritional Considerations

- Try to consume **3 – 4 ounces of protein 3 times per day** (breakfast, lunch and dinner – do not skip these meals)
- The goal is to try and consume at **least 60-80 grams of protein per day** (soft or pureed high protein foods)
 - As an estimate, 1 ounce of protein is approximately 7 grams
 - For example, 3 ounces of chicken = approximately 21 grams of protein
- You may continue to use protein shakes as a meal replacement if you find that you cannot consume enough solid proteins
- Try to consume a total of **64 ounces (8 cups) of fluid per day** (this includes any sugar-free, non-carbonated, decaffeinated clear liquids and protein shakes)
- Use moist cooking methods such as boiled, baked, sautéed, poached, stewed or braised

Start vitamin and mineral supplementation (see Vitamin and Mineral Supplementation page 76)

Important Reminders

- **“30-Minute Rule”**: Do not drink any liquids 30 minutes before or after consuming “solid” proteins
- **“30-Second Rule”**: chew each bite 30 times or for 30 seconds before swallowing
 - Even though food is soft and pureed, take small bites and chew well
- **Introduce one “new” food item at a time**
- Always check your tolerance level and stop drinking or eating when full
- Do not use milk as a substitute for protein shakes (it does not provide enough protein per serving)
- Avoid extreme temperatures (extreme cold or hot)
- Remember to sip slowly, do not gulp, do not use a straw

- Do not skip meals, have 3 meals per day (breakfast, lunch and dinner)
 - Give yourself 30-45 minutes for each of your main meals
 - Avoid returning to your meal after a few hours
- Always remember to keep increasing physical activity as tolerated

Remember

Inadequate protein intake can lead to:

- ***fatigue***
- ***loss of lean body mass and***
- ***increase your risk of infection and other illnesses***

Sample of a Phase III Bariatric Diet Menu

Morning	Decaffeinated coffee with Splenda® (without cream/milk/sugar)
Breakfast	4 ounces of scrambled egg
Mid-morning	8 oz Crystal Light®
Lunch	3-4 ounces of pureed tuna fish made with 1 tablespoon of low fat mayonnaise
Mid-afternoon	8 oz Crystal Light®
Dinner	3-4 ounces of low fat, low sodium turkey deli slice
Evening	8 oz Crystal Light®
Remember: do not consume any liquids 30 minutes before or after consuming "solid" proteins	

Phase III Breakfast Ideas

- Protein shakes are a great way of getting some of your daily protein intake, they maybe a more convenient way to consume your breakfast.
- Remember to follow the guidelines for choosing the appropriate protein shake.
- Low fat, carbohydrate controlled or sugar free yogurt
- Low fat cottage cheese, farmer's cheese or ricotta cheese
- Low fat string cheese
- Eggs: whole, egg whites or EggBeaters® scrambled, baked, pouched or made into an omelet
- You may add cheese or ham, but no vegetables
- Low fat turkey or tofu breakfast sausage; baked or microwaved, do NOT fry
- Low fat tofu hotdogs

Phase III Lunch and Dinner Ideas

- Homemade chili made with ground turkey, chicken or ground tofu crumbles
- Grilled, baked, poached seafood or shellfish, do NOT fry or bread the seafood or shellfish
- Egg salad, Tuna salad, Crab salad, Chicken salad
- You may use light or fat free mayo or salad dressing
- Do NOT use celery, relish, onion
- Grilled, baked, poached, braised, sautéed poultry (chicken, game hen, turkey, duck)
- Legumes (black beans, navy beans, pinto beans, white beans) made into dip or hummus or can be added to chili
- Grilled tofu burgers
- Deli meats (turkey, chicken, ham etc.) make roll-ups with a piece of cheese
- Baked, crust less cheese quiche (Do not add any vegetables)
- Turkey or tofu meat balls
- Plain turkey or tofu meatloaf (use eggs or milk to bind it together)
- Egg and cheese frittata

PHASE IV BARIATRIC DIET

High Protein Foods and Vegetables

Start approximately **2 months after surgery** once the Phase III bariatric diet is well tolerated.
You will continue the Phase IV bariatric diet until you have reached your goal of 75% excess body weight loss.

Types of foods/liquids permitted: Soft or pureed proteins (Proteins should be moist and lean)

<i>Seafood (canned or fresh) – soft flaky fish</i>			
Tuna	Tilapia	Grouper	Salmon
White fish	Orange roughly	Flounder	Sole
Snapper	Catfish	Perch	Swordfish
Halibut	Cod	Haddock	Sea bass
<i>Shellfish (canned or fresh)</i>			
Scallops	Lobster	Shrimp	Crab
<i>Low fat Dairy Products</i>			
Low fat, sugar free or carb-controlled yogurt without visible fruit pieces			
Low fat cottage cheese		Low fat farmer cheese	
Low fat ricotta cheese		Low fat soft cheeses	
<i>Eggs</i>			
Eggbeaters®	Egg whites	Whole egg (no more than 1 egg yolk per day)	
Boiled	Scrambled	Poached	Baked
Avoid fried or undercooked eggs			
<i>Poultry (canned or fresh)</i>			
Turkey	Chicken	Game hen	Duck breast
Deli meats such as roast turkey breast or chicken breast			
<i>Meat (canned or fresh)</i>			
Low sodium, rind-less, no sugar added cold cuts and deli meats			
Ham, red meat and pork may be difficult to digest; always check your tolerance level			
<i>Legumes</i>			
Black beans	Kidney beans	Garbanzo beans	White beans
Lentils	Hummus and pureed beans may be well tolerated		
<i>Tofu</i>			
Tofu burgers	Boca-burgers®	Morningstar® brand soy products	
All burgers must be without the bun or lettuce, tomato etc.			

- Proteins should be moist and lean
- You may add low sodium broth or low fat, low sugar dressings to prepare proteins and add moisture

Vegetables are permitted

FACTS about VEGETABLES
Start with soft, cooked vegetables first
Avoid vegetables that do not become soft when cooked
Avoid fibrous stalks like those found in asparagus, broccoli, celery, stalks of romaine lettuce, kale, etc.
Avoid seeds and peels
You may introduce raw vegetables only after you can tolerate a variety of cooked vegetables
When eating raw vegetables try softer vegetables like broccoli florets, bibb lettuce, red-leaf lettuce or boston lettuce. Remember to chew vegetables thoroughly ("30 second rule"- chew 30 times) and swallow only when it has been made into a mushy consistency
If you have trouble with gas avoid eating gas-producing vegetables like onions, cauliflower, garlic, scallions, leeks, brussel sprouts, cabbage

Types of foods/liquids NOT permitted: No carbohydrates

Bread	Cereals	Crackers
Noodles	Pasta	Rice
Potatoes	Yams	Yucca
Corn	Plantains	

- No fruits or fruit juices
- No red meat for 6 months
- Do not fry or put "breeding" on the protein
- Avoid soups – they are often cream based
- Avoid spicy foods
- Avoid dried out, over-cooked meats
- No carbonated beverages
- No caffeinated beverages
- No alcoholic beverages

***** No red meat for 6 months**

Important Nutritional Considerations

- The goal is to consume at **least 60-80 grams of protein per day** with the addition of vegetables
- Consume **3 – 4 ounces of protein 3 times per day** (breakfast, lunch and dinner – do not skip these meals)
- Always eat **your PROTEIN foods first** before eating the vegetables



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- Vegetables contain little to no protein and protein is essential
- Continue to consume sugar-free, non-carbonated, decaffeinated clear liquids in between the high protein meals for a total of **64 ounces (8 cups) of liquids per day**
- Use moist cooking methods such as boiled, baked, sautéed, poached, stewed or braised

***** Continue vitamin and mineral supplementation**

Important Reminders

- **“30-Minute Rule”**: Do not drink any liquids 30 minutes before or after consuming “solid” proteins
- **“30-Second Rule”**: chew each bite 30 times or for 30 seconds before swallowing
- Take small bites and chew well
- **Introduce one “new” food item at a time**
- Always check your tolerance level and stop drinking or eating when full
- Do not use milk as a substitute for protein shakes (it does not provide enough protein per serving)
- Avoid extreme temperatures (extreme cold or hot)
- Remember to sip slowly, do not gulp, do not use a straw
- Do not skip meals. Have 3 meals per day (breakfast, lunch and dinner)
- Give yourself 30-45 minutes for each of your main meals
 - Avoid returning to your meal after a few hours
- Always remember to keep increasing physical activity as tolerated

Sample of a Phase IV Bariatric Diet Menu

Morning	Decaffeinated coffee with Splenda® (without cream/milk/sugar)
Breakfast	4 ounces of Eggbeater® omelet with sautéed mushrooms, scallions and cheese
Mid-morning	8 oz Crystal Light®
Lunch	1 Boca burger without the bun, steamed broccoli
Mid-afternoon	8 oz Crystal Light®
Dinner	3-4 ounces baked tilapia fish, steamed cauliflower florets
Evening	8 oz Crystal Light®
Remember: do not consume any liquids 30 minutes before or after consuming “solid” proteins	

PHASE V BARIATRIC DIET

High Protein Foods and Complex Carbohydrates Whole Grains, Starchy Vegetables and Fruit Vitamin and Mineral Supplements

Phase V begins **after you have reached 75% of your excess body weight loss**. This may be anywhere from 6 to 12 months or longer after surgery.

Types of foods/liquids permitted: Soft or pureed proteins (Proteins should be moist and lean)

<i>Seafood (canned or fresh) – soft flaky fish</i>			
Tuna	Tilapia	Grouper	Salmon
White fish	Orange roughly	Flounder	Sole
Snapper	Catfish	Perch	Swordfish
Halibut	Cod	Haddock	Sea bass
<i>Shellfish (canned or fresh)</i>			
Scallops	Lobster	Shrimp	Crab
<i>Low fat Dairy Products</i>			
Low fat, sugar free or carb-controlled yogurt without visible fruit pieces			
Low fat cottage cheese		Low fat farmer cheese	
Low fat ricotta cheese		Low fat soft cheeses	
<i>Eggs</i>			
Eggbeaters®	Egg whites	Whole egg (no more than 1 egg yolk per day)	
Boiled	Scrambled	Poached	Baked
Avoid fried or undercooked eggs			
<i>Poultry (canned or fresh)</i>			
Turkey	Chicken	Game hen	Duck breast
Deli meats such as roast turkey breast or chicken breast			
<i>Meat (canned or fresh)</i>			
Low sodium, rind-less, no sugar added cold cuts and deli meats			
Ham, red meat and pork may be difficult to digest; always check your tolerance level			
<i>Legumes</i>			
Black beans	Kidney beans	Garbanzo beans	White beans
Lentils	Hummus and pureed beans may be well tolerated		
<i>Tofu</i>			
Tofu burgers	Boca-burgers®	Morningstar® brand soy products	
All burgers must be without the bun or lettuce, tomato etc.			

You may add Complex Carbohydrates

FACTS about COMPLEX CARBOHYDRATES
Complex Carbohydrates are found in whole grains, fruits, legumes and vegetables
It is recommended that you begin with peeled fruit (raw or cooked)
You can have canned fruits that are without syrup and have “no-added sugar”
Fruit juice is not recommended
Avoid white flours, rice, pastas or bread that are “gummy” or “doughy” they are hard to tolerate
Choose 100% whole wheat, 100% multigrain when selecting whole grains.
These are rich in fiber, vitamins and minerals

*** For more information on COMPLEX CARBOHYDRATES see page 77

Vegetables are permitted

FACTS about VEGETABLES
Start with soft, cooked vegetables first
Avoid vegetables that do not become soft when cooked
Avoid fibrous stalks like those found in asparagus, broccoli, celery, stalks of romaine lettuce, kale, etc.
Avoid seeds and peels
You may introduce raw vegetables only after you can tolerate a variety of cooked vegetables
When eating raw vegetables try softer vegetables like broccoli florets, bibb lettuce, red-leaf lettuce or boston lettuce. Remember to chew vegetables thoroughly (“30 second rule”- chew 30 times) and swallow only when it has been made into a mushy consistency
If you have trouble with gas avoid eating gas-producing vegetables like onions, cauliflower, garlic, scallions, leeks, brussel sprouts, cabbage

Types of foods/liquids NOT permitted:

- No fruit juices
- No red meat for 6 months
- Do not fry or put “breading” on the protein
- Avoid soups – they are often cream based
- Avoid spicy foods
- Avoid dried out, over-cooked meats
- No carbonated beverages
- No caffeinated beverages
- No alcoholic beverages

*** No red meat for 6 months

Important Nutritional Considerations

- The goal is to consume at **least 60-80 grams of protein per day** with the addition of vegetables, fruit and complex carbohydrates
- Consume **3 – 4 ounces of protein 3 times per day** (breakfast, lunch and dinner – do not skip these meals)
- Always eat **your PROTEIN foods first** before eating the vegetables, fruits or complex carbohydrates
 - Vegetables contain little to no protein and protein is essential
 - Do not begin by eating your complex carbohydrates first. They contain little to no protein and protein is essential
- Add a variety of complex carbohydrates into your meal plan including vegetables, fruit and whole grain
- Continue to consume sugar-free, non-carbonated, decaffeinated clear liquids in between the high protein meals for a total of **64 ounces (8 cups) of liquids per day**
- Use moist cooking methods such as boiled, baked, sautéed, poached, stewed or braised
- You may add low sodium broth or low fat, low sugar dressings to prepare proteins and add moisture

***** Continue vitamin and mineral supplementation**

Important Reminders

- **“30-Minute Rule”**: Do not drink any liquids 30 minutes before or after consuming “solid” proteins
- **“30-Second Rule”**: chew each bite 30 times or for 30 seconds before swallowing
 - Take small bites and chew well
- **Introduce one “new” food item at a time**
- Always check your tolerance level and stop drinking or eating when full
- Do not use milk as a substitute for protein shakes (it does not provide enough protein per serving)
- Avoid extreme temperatures (extreme cold or hot)
- Remember to sip slowly, do not gulp, do not use a straw
- Do not skip meals. Have 3 meals per day (breakfast, lunch and dinner)
 - Give yourself 30-45 minutes for each of your main meals
 - Avoid returning to your meal after a few hours
- Always remember to keep increasing physical activity as tolerated.

REFERENCES AND TIPS

CLEAR LIQUIDS

Non Carbonated, sugar free or low sugar clear liquids

Water
Crystal Light®
Wylers Light®
Diet Snapple®
Diet Iced Tea
Propel®
Glaceau Smart Water®
Walgreen Natural Flavor H2O Plus®
Country Time Sugar Free Pink Lemonade Mix®
Sugar Free Kool-Aid Mix®
Caffeine free coffee
Caffeine free tea
Sugar free Jell-O®
Sugar Free popsicles
Broth (chicken, beef, vegetable)



PROTEIN SHAKES, POWDERS AND DRINKS

Preferably choose a protein shake that is:

High in protein – 20 grams or more per serving

Low in sugar – less than 5 grams per serving

PROTEIN POWDERS	Serving Size	Sugar (grams)	Protein (grams)
Bariatric Aid Whey Protein	2 scoops	2.5	17
Isopure	20 ounces	0	40
Unjury	1 scoop	0 – 2	20
Myoplex Lite Powder	1 package	2	25
Pure Whey	1 scoop	3	22
100% Whey Protein	1 scoop	2	21
American Whey Protein	1 scoop	6	20
Designer Whey Protein Powder	1 scoop	< 1	18.5
Pro-Score 100	1 scoop		17
Atkins Nutritionals Shake Mix	2 scoops	1	24
Muscle Milk	2 scoops	4	32
Pure Whey	1 scoop	3	22
EAS Precision Protein	1 scoop	2	20
Nectar	1 scoop	0	23
Met-Rx Protein Plus	2 scoops	2	46
Zero carb Isopure	3 scoops	0	50
Keto Shake	2 scoops	0	24
Ultimate LO Carb Whey	1 scoop	< 0.5	20
ISS Research Advantage Matrix	1 packet	3	42
ISS Research Complete Pro	1 packet	1	42
Carb Watchers Lean Body	1 packet	2	40
Optimum Whey Gold	1 packet	4	45
Muscle-Link Muscle Meals	1 packet	2	40
Champion Ultramet Lite	1 packet	2	29
Jay Robb Whey Protein (sweetened with Stevia)	1 package	0	25
100% Raw Foods and Whey protein	1 package	1	20
Biochem 100% Green & Whey	2 scoops	< 1	20



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SOY PROTEIN POWDERS	Serving Size	Sugar (grams)	Protein (grams)
Genisoy Soy Protein	3 Tablespoons		
Puritan's Pride Pure Soy Protein	1 scoop	0	25
Soy Ultra XT Natural Protein Powder	1 scoop	0	25
Soy Protein	1 serving	10	21
Super-Blue Pro 96	1 packet	< 0.5	25

PROTEIN POWDERS WITH NO ARTIFICIAL SWEETENERS	Serving Size	Sugar (grams)	Protein (grams)
Whey to go	1 packet	1	16
Carb Solutions	2 scoops	0	21

READY TO DRINK PROTEIN SHAKES	Serving Size	Sugar (grams)	Protein (grams)
Zoic	1 can	0	21
Atkins	1 can	1	20
EAS Advantedge	1 container	0	17
Slim Fast Low Carb	1 can	1	20
EAS Myoplex Lite	1 container	1	25
EAS Myoplex Carb Sense	1 container	< 1	25
EAS Results	1 container	1	15
Ultra Pure Protein	1 can	1	35
Resource Optisource	4 ounces	0	12

CLEAR PROTEIN DRINKS (fruit flavored)	Serving Size	Sugar (grams)	Protein (grams)
Isopure drink	20 fluid ounces	0	40
Extreme Pure Protein Drink	20 fluid ounces	0	42
Protein Twist	20 fluid ounces	0.5	40
Whey Fruity	1 scoop	0	26
Nectar	1 scoop	0	23

VITAMINS AND MINERAL SUPPLEMENTATION

For the first 3 months after any bariatric procedure all medications need to be **CHEWABLE, CRUSHED** or in **LIQUID FORM**.

Vitamin or Mineral	Dosage	Application
Multivitamin with Iron	One pill	One pill by mouth daily
Calcium Citrate with Vitamin D	500 mg x 3 (total 1500 mg)	One pill three times a day (total of 1500 mg daily)
Vitamin B 12	500 micrograms (sublingual)	Place one pill under the tongue (sublingual) daily
	1 ml injection	One injection per month
	500 micrograms nasal spray	One spray in one nostril once a week
Vitamin B Complex	One pill to include 75-100 mg of Thiamine	One pill by mouth daily
Iron taken with Vitamin C (Do not take with Calcium)	Iron – 45-60 mg Vitamin C – 500 mg	One pill by mouth daily
Zinc (optional)*	15 mg	One pill by mouth daily
Biotin (optional)*	3000 micrograms	One pill by mouth daily

* Zinc and Biotin are optional medications used to minimize temporary hair thinning.

**Remember no single vitamin contains everything you
need!!!**

You should take your vitamin and mineral supplements **DAILY**

You should have your vitamin and mineral levels checked and adjusted:

- 3 months after surgery
- 6 months after surgery
- Yearly after surgery



COMPLEX CARBOHYDRATES

Type	Examples
Cereals and Grains	Amaranth, Bran, Barley, Brown Rice, Bulgur, Buckwheat, Cornmeal, Couscous, Grits, Kasha, Kamut, Millet, Muesli, Oats, Quinoa, Rye, Semolina, 100% Whole Wheat, Wheat Germ, Wild Rice <ul style="list-style-type: none"> When choosing a cereal, choose one that has less than 5 grams of sugar per serving and has at least 5 grams of fiber per serving.
Breads, Crackers, Pita, Tortilla, Pastas and Rice	Look for 100% whole grain or stone-ground breads, crackers and pastas. Brown rice.
Starch Vegetables	Corn, Peas, Plantains, Potato (sweet and white), yam, squash and yucca
Legumes and Beans	Soybeans (edamame), lentils, peas, beans (black, red, white, navy, pinto, kidney, lima) <ul style="list-style-type: none"> soak dried beans overnight to reduce gas-production
Fruits	Use fresh or frozen, without added sugar, syrup or cream. Peel fresh fruit. Healthy examples are: Peaches, apples, nectarines, plums, cherries, bananas, berries, pears, melons <ul style="list-style-type: none"> Avoid fruit that is too fibrous or hard to chew such as coconut or the rind of an orange. Use caution when eating fruits with seeds or pits
Vegetables	Use fresh or frozen without added sauces, cheeses or gravies. Healthy examples are: Broccoli and cauliflower florets, tender green beans, soft yellow squash, zucchini, soft eggplant, cucumbers, soft asparagus, Brussels sprouts, carrots, parsnip, rutabaga, beets, snow peas, onions, kale, collards, cabbage, mushrooms, peppers, tomatoes, herbs <ul style="list-style-type: none"> If using canned, choose low sodium and rinse under cool water Avoid tough stalks and vegetables that are too fibrous or hard to chew If experiencing gas, avoid onions, garlic, leeks, cabbage, broccoli, cauliflower and other gas producing vegetables

SUGAR AND SUGAR SUBSTITUTES

Avoid SUGAR

Reasons to limit your intake of sugar:

- Avoid unnecessary EMPTY calories
- Reduce your risk of Dumping Syndrome

Choose products that are labeled “sugar-free.” They will have **less than 5 grams of sugar** per serving

Read food labels and ingredient lists. Ingredients are always listed from those which are high in amount to low in amount in that product. Avoid products that have sugar listed in the first 5 ingredients.

Other names for sugar are:

Corn Syrup	Molasses	Dextrose	Granulated Sugar
High Fructose Corn Syrup	Honey	Fructose	Confectioner's Sugar
Corn Sweetener	Syrup	Glucose	Raw Sugar
Turbinado	Levulose	Sucrose	Brown Sugar

Avoid SUGAR ALCOHOLS

Sugar alcohols can cause gas and diarrhea and are not well tolerated

These are often referred to as “**Sugar Replacers**”

Sorbitol	Xylitol	Mannitol	Maltitol
Lactitol	Erythritol	Isomalt	

Artificial Sweeteners (Sugar Substitutes) are permitted

Examples of artificial sweeteners:

Generic Name	Brand Name
Aspartame	NurtaSweet [®] , Equal [®] , Equal Spoonful [®]
Saccharin	Sweet'n Low [®]
Sucralose	Splenda [®]
Cyclamate	Sugar Twin [®] , Sucaryl [®]
Stevia	Herbal Sweetener
Acesulfame – K	Acesulfame Potassium

NUTRITION LABELS

What to look for on a Nutrition Fact Label after Bariatric Surgery

Choose foods that have **less than 5 grams of sugar per serving**

Choose foods that are **high in protein**. Aim for at least **60 grams of protein intake per day**

Look for foods that are good sources of **fiber** and have at least **3 grams per serving**

Choose food that is low fat and **contains less than 30% of calories from fat**

- Choose food that has **less than 10% of calories from saturated fat**
- Choose food that has **less than 1% of trans fat**

Choose foods that are **low in cholesterol**

Choose foods that have **less than 300 mg of sodium per serving**

Nutrition Facts	
Serving Size 1 cup (240mL)	
Servings Per Container 4	
Amount Per Serving	
Calories 90 Calories from Fat 15	
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 460mg	19%
Total Carb. 18g	6%
Dietary Fiber 2g	8%
Sugars 7g	
Protein 0g	
Vitamin A 35% • Vitamin C 0%	
Calcium 4% •	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet	

COOKING MEASUREMENTS AND TERMINOLOGY

Measurement Conversions

tsp = teaspoon
T = tablespoon

ml = milliliter
oz = ounce

g = gram
kg = kilogram

lb = pound
fl oz = fluid ounce

$\frac{1}{4}$ tsp = 1 ml $\frac{1}{2}$ tsp = 2 ml 1 tsp = 5 ml 1 T = 15 ml = 3 tsp 2 T = 30 ml = 6 tsp = 1 fl oz	$\frac{1}{4}$ cup = 60 ml or 2 oz $\frac{1}{2}$ cup = 120 ml or 4 oz $\frac{3}{4}$ cup = 180 ml or 6 oz 1 cup = 240 ml or 8 oz	1 oz = 30 g 2 oz = 60 g 4 oz = $\frac{1}{4}$ lb = 115 g 8 oz = $\frac{1}{2}$ lb = 230 g 12 oz = $\frac{3}{4}$ lb = 340 g 16 oz = 1 lb = 455 g 2.2 lbs = 1 kg
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Estimates of Standard Portions

Household Item	Approximate Size
Tip of thumb to first joint	1 teaspoon (tsp) = 5 ml
Golf ball	1 Tablespoon = 15 ml
Deck of playing card	3 ounces
Tennis ball	$\frac{2}{3}$ cup
Tube of lipstick	1 ounce
2 dominos	1 ounce
4 dice	1 ounce
CD disc	1 ounce "slice"
Match box	1 ounce

* These are approximate measurements. For accurate measurements use standard measuring utensils

Cooking Terminology

Bake: Cooking food uncovered in an oven with a small amount of liquid or fat (dry heat)

Barbecuing: A combination of covered grilling and smoking

Boiling/Blanching: Cooking food in hot water

Braising: Simmering food in a small amount of fluid

Broiling: Cooking food under a heat source, such as the broiler setting of an oven

Grilling: Cooking food over a heat source that is open to air (radiant heat)

Poaching: Cooking food in a fluid that is heated to a gentle simmer, but not boiled **Roasting:** Cooking food in a hot oven and surrounded by hot, dry heat

Sautéing: Cooking food quickly in an open hot pan with a small amount of fat until lightly brown

Steaming: Cooking food with pressurized water vapor (moist heat)