



BaylorScott&White
MEDICAL CENTER
WAXAHACHIE



Lifestyle & Nutrition Guide

Preparing for Life Before and After Bariatric Surgery

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<https://www.bswhealth.com/locations/bariatric-surgery-waxahachie>

About Our Program

<https://www.bswhealth.com/locations/bariatric-surgery-waxahachie>

Bariatric surgery can be used as a tool, along with diet and exercise, to help reach your health goals. Our program will help guide you on lifestyle and dietary changes to help optimize your health prior to surgery. Our comprehensive weight loss program offers 3 different types of bariatric surgeries (listed below) as well as revisions and medical weight loss management. We strive to educate you about all options so that you can make an informed decision that will suit your individual needs. You will have access to a multidisciplinary team that will be here to guide you including nurses, dietitians, and a team of specialized physicians.

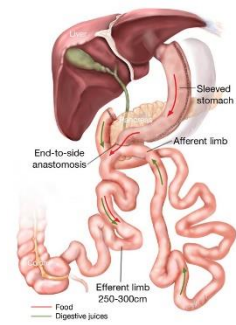
Our mission is to treat obesity and the associated health risks while giving the highest quality care to achieve excellent outcomes. It is important to have a clear understanding of the process and expectations. Making lifestyle changes now will prepare you for surgery and set you up for long-term success in achieving your weight loss goals. **Use this guide to help you identify changes and reach preoperative and postoperative goals.**



Sleeve Gastrectomy: A large portion of the stomach is removed which restricts the amount of food you can eat at one time. The procedure leads to 50-60% excess weight loss within 1 year of surgery, has a low complication rate, and can be staged to other surgical options if needed. Some patients can experience weight regain and reflux. The procedure is not reversible. Our program performs 50-70 sleeve gastrectomy cases per year.



Roux-en-Y Gastric Bypass: A pouch is created on the upper portion of the stomach. It is then attached to a limb of small intestine which bypasses the rest of the stomach and part of the small intestine. This procedure restricts the amount of food that can be eaten and induces malabsorption of ingested calories. The procedure results in 65-70% excess weight loss within 1 year of surgery and can help with chronic issues like diabetes and reflux. Disadvantages to the procedure include risk of dumping syndrome and vitamin deficiencies. Our program performs 20-50 gastric bypass cases per year.



Single Anastomosis Duodenal Switch (SADI): A sleeve shaped stomach is created and then attached to the final section of the small intestine, thereby bypassing most of the small intestine. The procedure restricts the amount of food that can be eaten and induces malabsorption of ingested calories. This procedure can result in up to 80% weight loss for a BMI greater than 50, better resolution of diabetes, and can be performed in 1 or 2 stages. It can lead to vitamin deficiencies and flatulence or diarrhea. Our program performs 1-5 SADI cases per year.

Preparing for Surgery: Changes to Make and Habits to Start Before Bariatric Surgery



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Lifestyle Changes to Consider Before Surgery



Long-Term Weight Loss & Maintenance

Surgery **AND** lifestyle changes (including nutrition and physical activity) are **ALL** needed for your long-term success!

Establishing Your Mental Mindset

- **Surgery is not a quick fix**; it is a tool. This is a journey toward weight loss, weight maintenance, and overall better health.
- Strive for progress, not perfection. Perfection does not exist! Consistency will always win. One meal will not make you fit and one meal will not undo all your efforts.
- Start with one new habit at a time and move onto the next.
- Set small, achievable behavior goals (see graphic below).
- This is a learning process; it is normal to have challenges. The important thing is to keep going!
- Try to program positive thoughts into your mind. Be aware of how you are speaking to yourself.
- Self-weighing can be helpful on your journey to weight loss; however, weighing too frequently can show small and natural fluctuations that can lead to unnecessary stress. **Weigh yourself at a home a maximum of one time per week.**

Setting Effective Goals

Your journey to weight loss will require making many of the lifestyle changes described in this guide. Successfully making lifestyle changes is more likely when you set goals. Use the “SMART” Goal method to improve the quality of goal setting and the likelihood of success.

S

SPECIFIC

Set your goals in specific terms. Think of the “who, what, when, and where” of your goal.

M

MEASURABLE

How will you know that you have met your goal? Having a measure will help you know when you make progress.

A

ATTAINABLE

While the goal should be challenging, it shouldn't be so difficult that you lose motivation to achieve it.

R

RELEVANT

Does the goal truly help you make the lifestyle change that you want to see?

T

TIME-BOUND

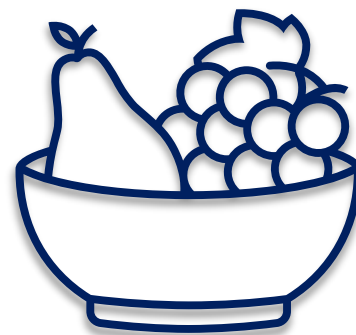
Put on timeline toward the change. Think: “By when do I want to achieve my goal?”

Regular Goal: I will be more physically active.

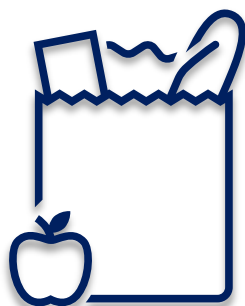
SMART Goal: I will walk for 30 minutes 3 times per week in my neighborhood during the next month.

Prepping Your Home

- Clean out your pantry, refrigerator, and freezer of any food challenges and/or temptations.
- Give yourself easily accessible healthy options by stocking your home with fruits, vegetables, and lean proteins.
- Keep healthy foods in view by placing fruit in bowls on the counter.
- Cut up vegetables and place them in a container in the refrigerator.
- If your family members want “tempting” foods in the house, try making a specific area for them that is out of your sight and accessibility.
- Use smaller plates for your meals.
- Start trying protein shakes and powders so you can experiment and determine what you like (these will be very important in the two weeks before surgery and in months immediately after surgery. **See pages 26-27 for more protein supplement info).**



Grocery Shopping Tips



- Plan your meals for several days (or even a full week) at a time.
- Make a grocery shopping list based on your meal plan, and then only purchase what is on your list.
- Healthiest food options (like fruits, vegetables, etc.) are along the perimeter of grocery stores. Limit how much you shop within the inner aisles, where many of the highly processed foods are found (which are often high in sugar, fat, and/or sodium).
- When purchasing vegetables and fruits, fresh and frozen options are best. If buying canned, get low-sodium options most often (draining/rinsing canned vegetables before eating also reduces sodium significantly).
- If buying canned fruit, look for varieties that are packed in its own juice or water, and NOT in syrup.

Additional Lifestyle Modifications and Requirements

- For your health and safety, **tobacco and smoking cessation is mandatory for bariatric surgery.**
- If you have a history of smoking or tobacco use, we will do a screening for nicotine prior to your surgery. If nicotine is detected within 4 weeks of your procedure, your surgery will be rescheduled or cancelled.
- Limiting alcoholic beverages prior to surgery is also important. After surgery, regular alcohol intake can lead to stomach ulcers, bleeds, and other adverse events.
- Other lifestyle factors to consider improving upon before surgery are sleep and stress management. See page 10 for more information on sleep and managing stress.



Mindful Eating

What is Mindful Eating?

Mindful eating is maintaining an in-the-moment awareness of the foods and beverages you consume. It involves thinking about how you feel before, during, and after eating, and recognizing your body's signals of taste, satisfaction, hunger, and fullness. Mindful eating means acknowledging these feelings with the purpose of moving towards healthier habits, and not about judging or shaming yourself.

Many habits that drive food choices and overeating are unconscious behaviors that have been repeated over time. You may act on habits without realizing it. Practicing mindful eating allows you to be aware of what you're doing. Once you're aware, you have a greater chance of changing your actions.

Weight loss surgery is a tool. Practicing mindful eating will help you to use this tool effectively and maintain a healthy lifestyle. **Developing these skills before surgery will help you address the mindless habits and emotional eating issues that may arise after surgery.**

Mindful Eating Addresses These Issues After Surgery:

- Eating too quickly
- Taking large bites
- Not chewing thoroughly
- Eating while distracted (leading to overeating)
- Not savoring food and not feeling satisfied with smaller portions
- Grazing throughout the day
- Eating high-calorie foods and/or beverages
- Emotional eating
- Not consuming enough protein or other nutrient-dense foods

Tips for Mindful Eating (Before and After Surgery)

- Eat without distraction (No TV, computer, or phone/iPad).
- Choose a specific spot at home and at work for eating.
- Make eating an enjoyable activity. You might set a placemat, use nice dishes, slow down, and savor the food.
- Pay attention to flavors, textures, and notice the emotions that you are feeling when eating.
- Eat slowly, chew food thoroughly.
 - After surgery, aim to spend about 30 minutes eating. Chew each bite of food 20-30 times.
- Learn to identify your level of hunger (see tool on page 6).
 - After surgery, stop 20 minutes into a meal and re-identify your hunger before you continue eating.
- Consider keeping a food journal to document and become more aware of your hunger and non-hunger related eating cues.

It's Not Just About the Food

Rather than focusing only on "what" and "how much" you eat, **MINDFUL EATING** includes being aware of "why" and "when" you eat.

Increasing Awareness

It is important to take time to honor your body's needs in positive and healthy ways. Check in with your body throughout the day: How do you feel? Are you thirsty? Are you hungry and ready for a meal? Do you need to take a walk? Do you need a stretch break?

Identifying Your Hunger

THE HUNGER SCALE



Hunger-Fullness Scale

This scale is useful in identifying your initial hunger when you begin to eat, and your level of fullness when you are done eating. The goal of the scale is to help you get in touch with your body's hunger and fullness cues. **This will be a very important practice for after surgery. Consider using it before surgery to increase your awareness.**

Interpreting the Hunger-Fullness Scale:

1. Completely empty, feeling weak/dizzy
2. Very hungry, irritable, low energy, stomach growling loudly
3. Pretty hungry, stomach is beginning to growl
4. Beginning to feel hungry
5. Satisfied, neither hungry nor full
6. Slightly full/pleasantly full
7. Slightly uncomfortable
8. Feeling stuffed
9. Very uncomfortable, stomach aches
10. So full that you feel sick and nauseous

Tips:

- Before you start to eat, check your hunger level. Eating at level 3 or 4 is ideal. If you are at a 3 or lower you are more likely to overeat.
- Know that there are different types of hunger. Ask yourself: Am I physically hungry? Is it time to eat? Do I want to eat just because I saw or smelled food? Am I really just feeling bored, stressed, anxious, or tired?
- **It is best to eat when you are physically hungry.** Spend some time discovering what hunger and fullness feels like to you. You may not notice your body's signals if you are multitasking or distracted while eating (see Mindful Eating info on page 5).
- Rate your physical hunger and fullness level before, during, and after you eat.
- Practice using this scale as often as possible. Use the scale as a tool to shift your eating behaviors.

Food Journals

Keeping a food journal involves documenting what you eat, when you eat, and how much you eat. This is also a good place to document your hunger/fullness level.

Benefits of Keeping Food Journals:

- Increases your awareness of your food habits (it can be a useful part of Mindful Eating)
- Provides insight into your true eating habits
- Allow you to make plans to change eating habits effectively, and can help your dietitian and bariatric team personalize recommendations for your specific eating habits


Food records are a tool for feedback, not failure. You can buy a food journal, use a template (like the one below), or use an application on your phone or computer. It is important to figure out what works best for you and your lifestyle. It can be helpful to bring to preoperative and postoperative appointments.

Online Trackers:

- FitDay.com
- MyFitnessPal.com

Smart Phone Apps:

- Baritastic
- Lose It
- My Fitness Pal

Time	Food & Beverage Description (with portion sizes)	Hunger Scale (1-10)	Other Feelings	Protein (grams) Goal: 60-80 g/day
Breakfast				
8:00am	1 scrambled egg w/ ½ cup of melon	3	Tired, rushed	20 g
Lunch				
Dinner				
Snacks				
Activity/Movement: Walked for 30 minutes		Supplements: Multivitamin in morning, forgot calcium		
Cups of Water (check off each 8oz serving): 		One thing I did for my weight management goals: Started taking walks		

Items to Purchase

The following items might help during the pre- and post-surgery stages.

Kitchen Equipment:

- Blender
- Measuring cups, measuring spoons, and food scale (These items can help determine exact portion size, especially for protein).
- Water bottle to track water intake. **It is important to work on increasing your water intake prior to surgery and to practice taking small, frequent sips.** Preventing dehydration is one of the main goals immediately after surgery.
- Smaller plates to help with portion control (such as a salad plate or saucer, or about 7" in diameter).

Helpful Tip

Have a designated place for your blender, protein shakes, and scale. Having your items visible and easily accessible will help!

Supplements (Protein and Vitamin/Mineral) & Fluids

- High protein, low sugar beverages and powders (such as protein shakes, protein waters, Crystal Light, Gatorade Zero or other low-kcal powders). Try a variety of flavors and brands to ensure you have many options after surgery. See pages 23-27 for fluid and protein suggestions.
- Sugar-free, non-carbonated, non-caffeinated beverages.
- Vitamins and mineral supplements. Purchase a chewable form for right after surgery and a capsule form for 3-6 months after surgery. See Nutrition Guide pages 28-30 for specific requirements, brand options, and where to purchase supplements.
- Vitamin supplementation is a lifelong commitment after surgery. Get your supplements now so you can practice this healthy habit before surgery.



Physical Activity

Exercise is just as important as nutrition for long term success.

Aim for a mix of moderate cardio activity (such as walking) and light weight-bearing activity. Spend the majority of your exercise time doing moderate cardio, with a little weight-lifting.

Benefits

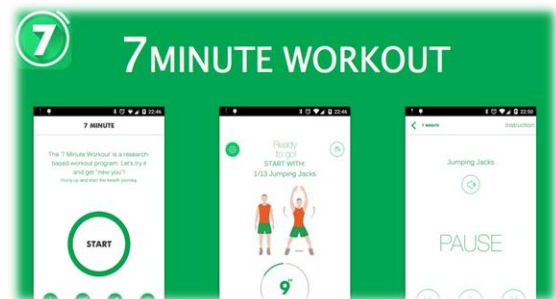
- Weight management
- Building muscle helps regulate your metabolism
- Lowers blood pressure
- Improves mood and self-esteem
- Improves blood sugar control
- Stronger bones and muscles
- Improved sleep
- Increased energy
- Improved balance
- Reduced cholesterol
- Stress relief
- Prepares your body for surgery and will help you recover faster after your procedure
- Overall improvement in almost all aspects of health from the inside out
- **If you have limited mobility or chronic pain, ask your care team about a Pre-habilitation Program to help prepare your body for surgery.**



Try the “Sit and Be Fit” videos on YouTube if you have limitations or pain

Tips

- Start with 10 minutes a day of some type of activity. (Examples: Walking, stationary bike, or swimming) If you want to keep going after 10 minutes, go for it!
- Change your lifestyle habits to intentionally include more physical activity.
 - Park farther away, take the stairs, clean the house, mow the lawn, or take stretch breaks at work. Little things add up!
- If exercise causes you pain, modify it to avoid the pain.
- If you have physical limitations in your lower body, try some exercises from a seated position.
- Exercise does not have to be limited to going to a gym. Focus on small, achievable steps.
- **Start slow and always check with your primary care physician before starting an exercise regimen.**



Try the 7 Minute Workout: Fitness App for quick, customizable plans

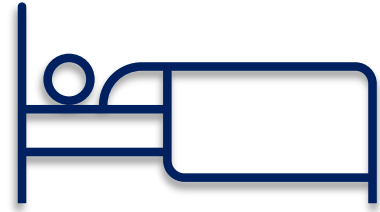
Sleep

Sleep plays a huge part in your overall health and well-being. Quality sleep can help protect your physical and mental health. It affects almost everything in your body, including the immune system, stress hormones, appetite, blood pressure, and heart health.

Some added benefits of a better sleep pattern include better weight control, creativity and focus improvement, lower risk for injury, pain improvement, clear thinking, and better memory. Aim for seven to eight hours of sleep per night. Some people may require more.

Creating a Better Sleep Pattern

- Avoid alcohol, caffeine, and nicotine. These chemicals disrupt your sleep pattern.
- Exercise early in the day to help you fall asleep faster and sleep more soundly at night.
- Turn down the lights at least an hour prior to bedtime. This will help signal to your body that it is time to rest.
- Establish a routine for bedtime. For example, read a book, take a bath, or meditate to wind down.
- Turn off electronics. Lights from the TV, cell phone, or tablet can prevent you from falling asleep.
- **Use your CPAP machine if you have sleep apnea. This is important for your health and your recovery period. (If you have obstructive sleep apnea and are not using a CPAP, you should discuss this with your care team prior to surgery.)**

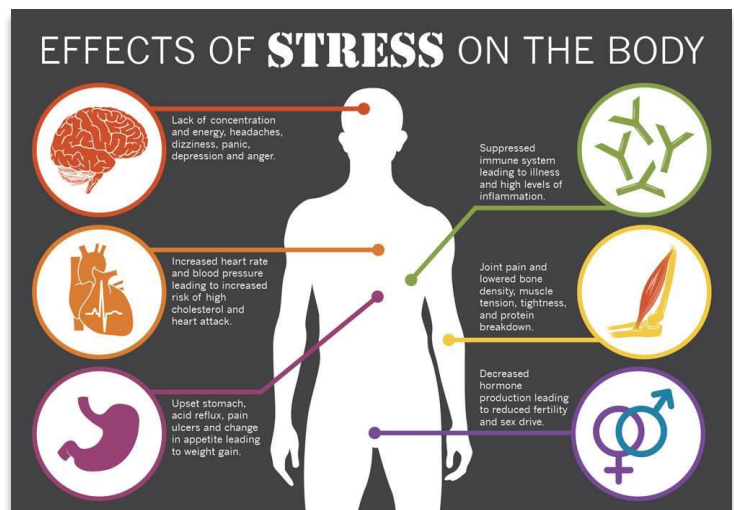


Stress Management

Stress can derail your weight-loss journey. Good stress management techniques can help you counteract any negative effects that stress may cause.

How Stress Affects Your Body

- | | |
|-----------------------------|----------------------|
| • Overeating | • Restlessness |
| • Drinking too much alcohol | • Negativity |
| • Lack of exercise | • Impaired judgement |
| • Headaches | • Irritability |
| • Fatigue and insomnia | • Loss of confidence |



Stress Management Tips

- | | | |
|--|------------------------------------|---|
| • Take 3-5 long deep breaths | • Expressing gratitude | • Keep yourself organized |
| • Talk it out with a friend or family member | • Exercise | • Focus on the things you can control |
| • Engage in a hobby (coloring, reading, music, etc.) | • Go outside for a walk or a break | • Look for opportunities in life's challenges |
| • Enjoy nature | • Spend time with loved ones | |

Celebrating “Non-Scale Victories”

The number on the scale is not the only sign of your success. Use the following signs to track your progress before and after surgery.



Sleeping Pattern

You are getting better sleep. You are waking up less throughout the night. You are feeling more rested during the day.



Hydration

You are meeting your fluid goals (64 ounces per day). You are finding it easier to get your water in throughout the day.



Eating habits

You are planning and prepping your meals regularly. You are eating out fewer times per week. You have increased your protein, vegetable, or fruit intake.



Activity

You have more energy. The intensity of your workouts has increased. Your stamina and duration of workouts has increased.



Positive vibes

You are feeling more motivated. You are turning "I can't" into "I can!" or "I will!"



Clothing

Your clothes are baggy, fitting better, or you need a smaller size.

Planning Your Support System

This is a lifelong process that will require continued support. Having a strong support network can help you stay on track if old behaviors come up. You should determine the type of support you prefer or need during this process. Let your family and friends know how they can support you during your journey. Ask for help when you need it and be willing to receive it. Remember that your healthcare team is here for you throughout the entire process. Do not be afraid to reach out if you have questions or need some guidance before or after surgery. Attending Bariatric Support Group before surgery and after will be helpful and informative. Email Ashley.Morris@bswhealth.org to be added to the monthly email chain and receive monthly reminders for support group.

Ideas

- Start a walking group (schedule regular walking sessions with family and friends).
- Give yourself encouraging comments about the new habits you are creating - walking, water intake, or keeping your food journal. Be proud of these accomplishments!
- Invite your support person or a loved one to Bariatric Support Group and medical appointments. This will allow them to have a better understanding of the process.

Bariatric Support Group

Support group is available to patients before and after weight loss surgery. Social support is proven to be helpful in supporting lifestyle change and is an important aspect in sustaining weight loss. This group is facilitated by licensed professionals and includes speakers who present topics such as bariatric friendly cooking, diet guidelines, psychological components, and much more. Please email ashley.morris@bswhealth.org to receive WebEx invite

Bariatric Support Group Dates:

January 2, 2024 at 5:30pm

February 6, 2024 at 7:00pm

March 5, 2024 at 5:30pm

April 2, 2024 at 7:00pm

May 7, 2024 at 5:30pm

June 4, 2024 at 7:00pm

July 2, 2024 at 5:30pm

August 6, 2024 at 7:00pm

September 3, at 2024

October 1, 2024 at 7:00pm

November 5, 2024 at 5:30pm

December 3, 2024 at 7:00pm

Follow-Up Appointments After Surgery

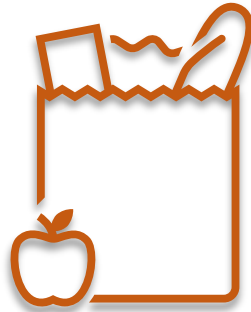
Follow up appointments are necessary to monitor your success and prevent potential complications throughout your journey. Some medications that you may be taking preoperatively may need to be adjusted after surgery. It is also important to monitor your lab work and

vitamin/mineral levels after bariatric surgery. Deficiencies in certain vitamins can cause major harm to your health. Remember to be an advocate for getting your lab work done if you happen to switch primary care providers.

If you feel like you need additional lifestyle or nutrition support after your surgery, we can offer follow up lifestyle classes with our Nurse Navigator, and/or follow-up nutrition appointments with our registered dietitian. This may be determined by your care team as a necessity for your success after surgery

Nutrition Guide:

Healthy Eating Habits Before Surgery, During Recovery, & For Lifelong Success



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Nutrition Introduction

We are so glad you are starting your weight loss journey with us! Weight loss surgery is a life-changing procedure that requires much thought, awareness, and adjustment. Changes will occur physically, mentally, and emotionally, so it is important you are ready.

Weight loss surgery is a tool to help you achieve a healthier weight and lifestyle. It requires your full commitment to a lifestyle change.

Establishing healthy eating habits now is key to your success. To have a successful long-term outcome, you will need to make many permanent lifestyle changes with your eating habits, behaviors, mindset, stress management, and physical activity.

The nutrition plan is one of the most important parts of your journey.

Establishing new habits will take time and effort - the sooner you begin, the more prepared you will be for surgery, recovery, and the rest of your life.

Working with a Registered Dietitian

A Registered Dietitian will help educate and support you along your weight loss journey, helping you optimize your nutrition and maximize weight loss. Surgery changes your anatomy and makes your dietary needs different than before. The dietitian will help you establish a plan to meet your new nutritional needs.

During your nutrition appointments, the dietitian will:

- Guide you to set goals for healthy changes you can make before surgery
- Give you important information for the pre-operative diet, post-operative diet stages, and your lifelong bariatric diet
- Provide detailed information on vitamin/mineral supplementation that will be necessary after your surgery and for the rest of your life
- Offer tips on grocery shopping and how to read a nutrition label

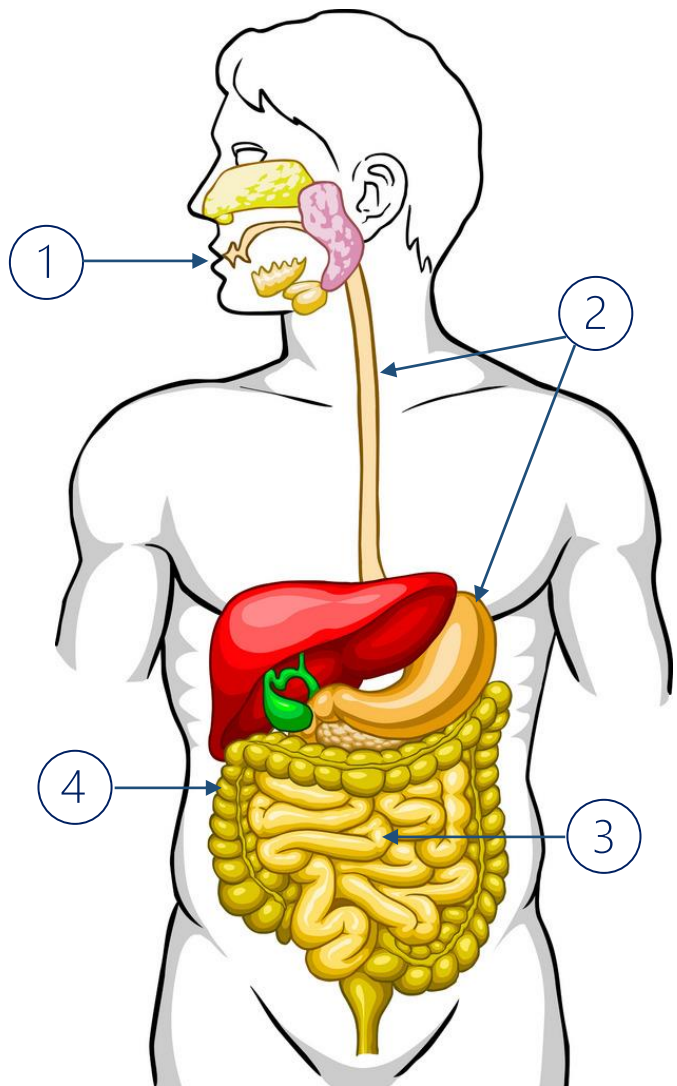
You are encouraged to bring a support person or family member with you to all nutrition appointments!



Bariatric Surgery and the Digestive System

There are many different types of bariatric surgery. To ensure long-term success, please note your anticipated surgery as recommendations may vary slightly between them. It is important to understand anatomy changes after surgery and their implications on nutritional requirements.

What Surgery Are You Having?



1

Food enters your mouth where the physical process of chewing helps to breakdown food. This is crucial step no matter what surgery you have. **Chew every bite 30 times! (Good postoperative practice).**

2

Chewed food then passes down your throat (esophagus) and into your stomach. Your stomach works to further breaks down food in an acidic environment. Prior to surgery the stomach holds 4-5 cups. **After surgery this will be reduced to 2-4oz or (1/2 cup to 1/4 cup).**

3

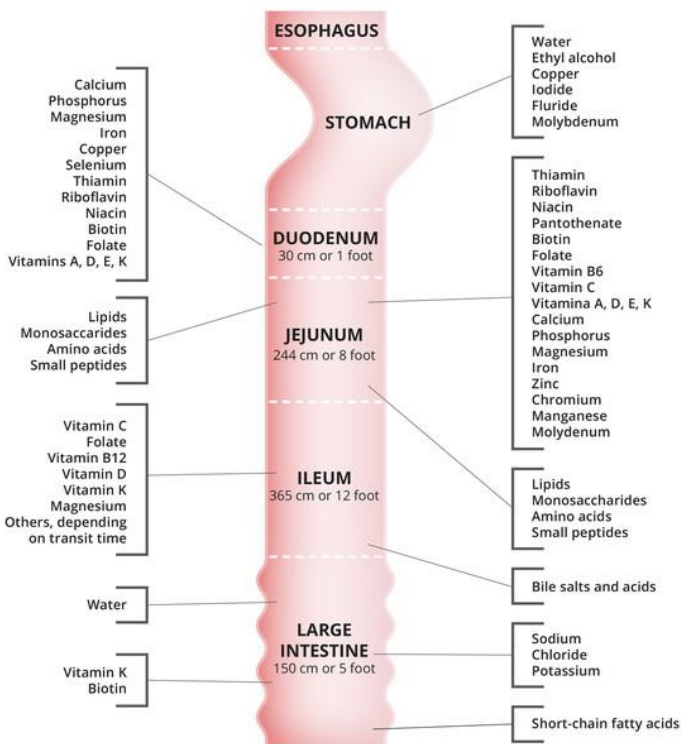
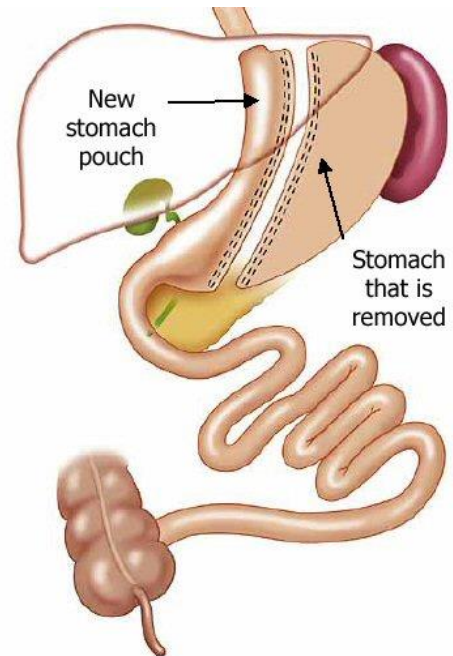
Broken down food particles leave the stomach to enter the small intestine. There are three parts known as the duodenum, jejunum, and ileum. The small intestine works to absorb nutrients, vitamins, minerals, and water for every cell in the body to use.

4

Then the large intestine (colon) continues this process of absorption and helps to form stool.

Laparoscopic Sleeve Gastrectomy

- Reduces the stomach size (new stomach can hold 2-4 oz , or ¼ - ½ cup)
- Decreases the amount of food the stomach can hold at one time creating a calorie deficit for weight loss.
- Reduces appetite due to reducing the appetite-stimulating hormone called ghrelin



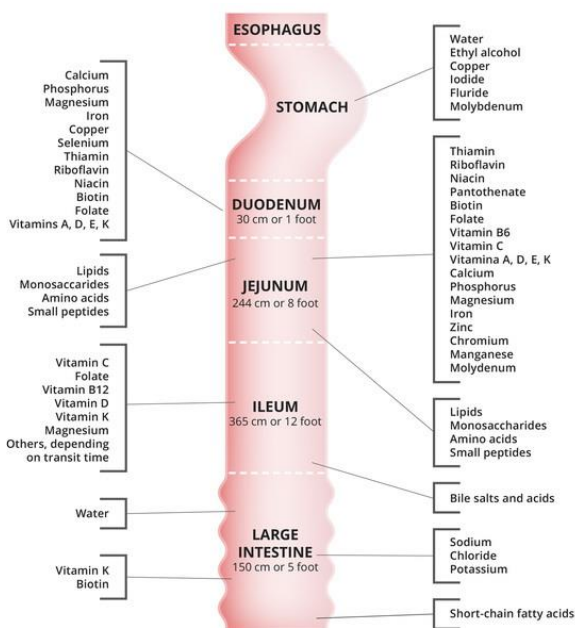
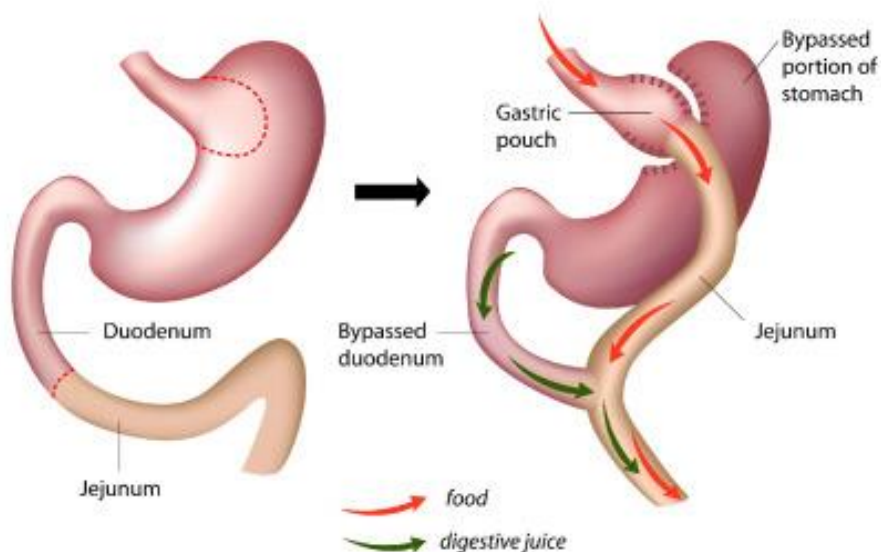
Note: The duodenum, jejunum and ileum make up the small intestine.

Due to reduced stomach capacity and reduction in stomach acid, vitamin/mineral supplementation for life is required.

Roux-en-Y Gastric Bypass

- Reduces the stomach size (the new stomach pouch can hold 2-4 oz, or ¼ - ½ cup)
- A smaller stomach pouch is created, but the bypassed portion is not removed. The outlet from the formed pouch empties directly into the upper portion of the jejunum.
- The remainder of stomach and small intestine still aid in digestion and absorption with delayed mixing in of the bile and pancreatic juices.
- Appetite is reduced due to reducing the appetite-stimulating hormone called ghrelin. Increases satiety and reduces the desire to eat.

Roux-en-Y Gastric Bypass (RNY)

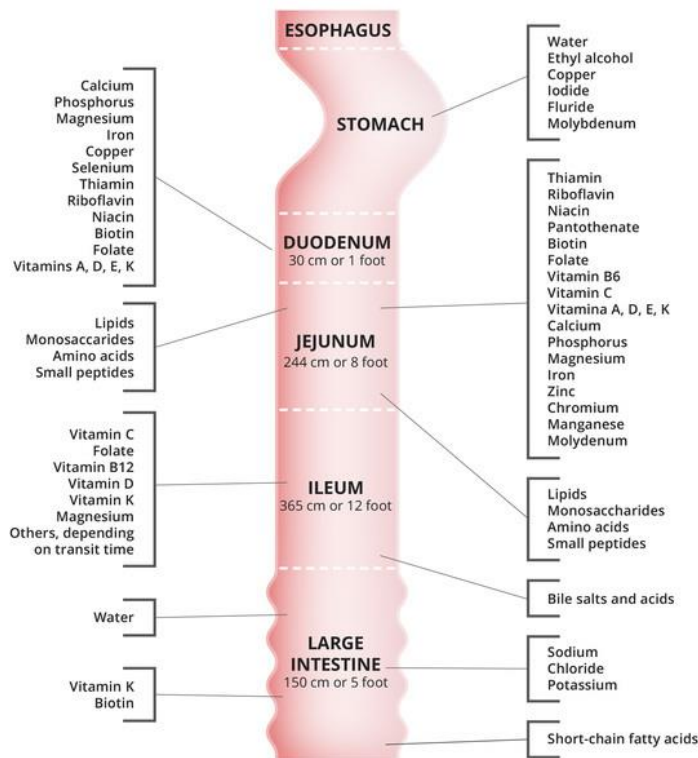
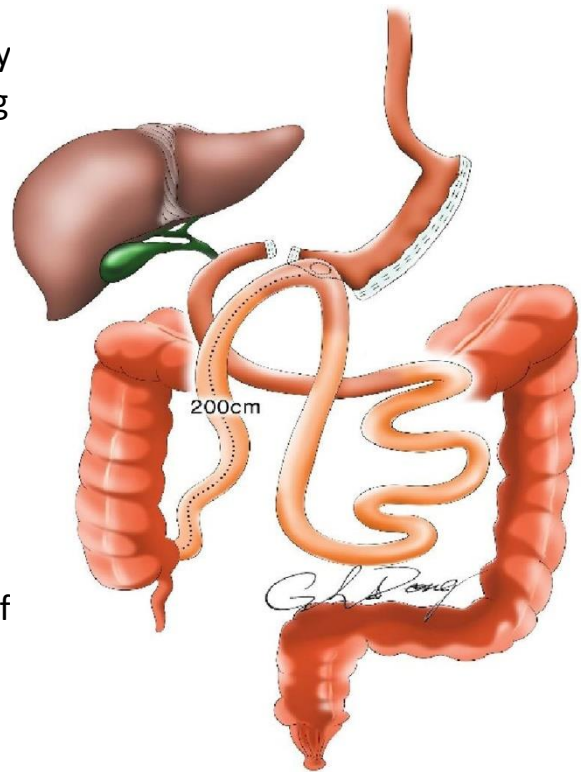


Note: The duodenum, jejunum and ileum make up the small intestine.

This operation results in poor absorption of many vitamins/minerals due to the bypassed portion of the intestines. Vitamin/mineral supplementation for life is required.

Single Anastomosis Duodenal Switch (SADI)

- Most aggressive option for weight loss surgery
- Creates a gastric sleeve followed by re-routing the intestines, which limits the amount of calories absorbed and reduces the amount of time food is mixed with digestive juices and empties into the intestines.
- Operation can be done in one or two stages.
- Combines both restrictive and malabsorptive surgical components that allow patients to maximize weight loss quickly and maintain weight loss long term.
- Allows patient to lose around 80 percent of their excess weight and reverses 95 percent of type-2 diabetes cases.



Note: The duodenum, jejunum and ileum make up the small intestine.

This operation results in poor absorption of many vitamins/minerals. Supplementation for life is required.

Nutrition 101 – The Basics

Macronutrients and Micronutrients

Food is composed of a variety of nutrients, which is divided into 2 major categories:

Macronutrients

- Carbohydrate
- Protein
- Fat

Micronutrients

- Vitamins
- Minerals

- 1) **Macronutrients:** Needed in larger quantities, provides energy (aka, calories)
- 2) **Micronutrients:** Needed in smaller quantities, does not provide calories, but are necessary for proper functioning of all body systems

Carbohydrates

- Provide 4 calories/gram
- The body's main energy source, used by all cells (including the brain) for energy
- Carbohydrate-rich foods are necessary for your body to function, but can be very easy to overeat.
- The best sources are those that are high in fiber. Fiber helps to increase fullness, prevent acid reflux, and prevent constipation. Choose these foods most often:
 - Whole grains (whole wheat breads, brown rice, wheat pasta), oatmeal, beans, fruits, and starchy vegetables



Protein

- Provides 4 calories/gram.
- Aids in proper wound healing after bariatric surgery and helps keep your hair, skin, bones, and nails healthy
- Helps form hormones, enzymes, and immune system antibodies to keep your body functioning properly
- Eating protein after bariatric surgery helps you burn fat instead of muscle for a healthier weight loss.
- The best sources of protein are found in lean animal meats (free of visible fat), beans, nuts and nut butters, and low-fat dairy products.



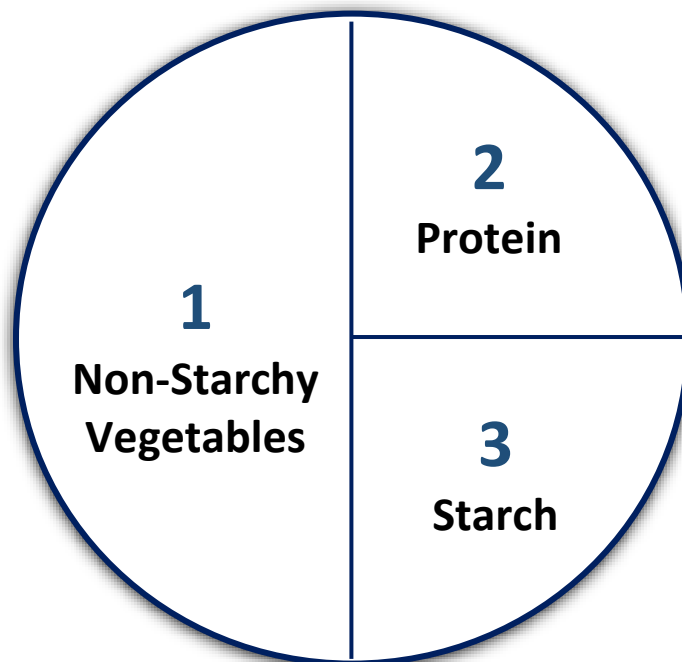
Fat

- Provides 9 calories/gram (most concentrated source of calories)
- Help maintain healthy skin and hair
- Helps maintain body temperature and regulates hormones
- Fats are either **SATURATED** or **UNSATURATED**. Both kinds of fat contain the same number of calories, but **UNSATURATED** fats are healthier for your heart, whereas **SATURATED** fats are damaging to your heart.
 - Consume **MORE unsaturated fat** found in all nuts, seeds, olive oil, avocado, fish
 - Consume **LESS saturated fat** found in full fat dairy products and high fat meats (bacon, sausage, dark meat chicken/chicken skin, meat with visible fat)



Pre-Surgery: The Plate Method

Use the plate method as a guide to help with weight loss and creating healthful eating habits before surgery. Use a dinner plate no more than 9-10 inches in diameter.



1. Non-Starchy Vegetables		3. Starch - <i>limit to 1 serving, as listed in parentheses</i>	
<ul style="list-style-type: none"> • Artichokes • Asparagus • Beets • Broccoli • Brussels sprouts • Cabbage • Carrots • Cauliflower • Celery • Cucumbers • Eggplant • Green beans • Greens 	<ul style="list-style-type: none"> • Mushrooms • Leeks • Okra • Onions • Parsnips • Peppers • Radishes • Salad greens • Squash • Sugar snap peas • Tomato • Turnips • Zucchini 	<ul style="list-style-type: none"> • Acorn/butternut squash (1 cup) • Biscuit (1 small) • Bread (1 slice or 1 roll) • Cereal – unsweetened (¾ c) • Cooked beans/peas (½ c) • Corn (½ c) • Crackers (5) • Cream of wheat (½ c) • Dried Fruit (2 Tbsp) • English muffin (½) 	<ul style="list-style-type: none"> • Fruit (½ c or 1 small fruit) • Green peas (½ c) • Grits (½ c) • Oatmeal (½ c) • Pasta (⅓ c) • Potato (½ c or ½ medium) • Rice (⅓ c) • Sweet potato (½ c) • Tortilla (1 small – 6”) • Waffle (1 small – 4”)
2. Lean Proteins - <i>Aim for 3 ounces (about the size of a deck of cards)</i>			
<ul style="list-style-type: none"> • Chicken • Cottage Cheese • Eggs • Fish • Lean beef 	<ul style="list-style-type: none"> • Lean pork • Low-fat cheese • Shellfish • Tofu • Turkey 		

Nutrition Label Reading for Bariatric Surgery Patients

Start With Serving Size.
Serving Size: 2/3 cup.
The rest of the label refers to this amount of food.

Total Fat: 8g (per serving)
Keep total fat to a minimum. Aim for as little saturated fat and *Trans* fat as possible.

Total Sugar: 12g (per serving)
Try to stay below 15g of total sugar per meal (more than this can lead to dumping syndrome).

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Servings Per Container: 8
This tells you how many individual servings are in the entire container. This product has 8 servings that are each 2/3 cup.

Protein: 3g (per serving)
Protein is very important after bariatric surgery. Aim for 15-30 grams of protein at every meal.

Tip: A good source of protein should have at least 8 grams of protein for every 100 calories

The "5/20 Rule" for Reading a Food Label

Generally, look for the following when reading the % Daily Value column:

- **Low is 5% or less.** Aim low in saturated fat, trans fat, cholesterol, and sodium.
- **High is 20% or more.** Aim high in vitamins, minerals, and fiber.

Nutrition Label Reading for Bariatric Surgery Patients

Practice comparing nutrition labels using yogurt as an example.

Pay particular attention to the Total Sugars and Protein.



Nutrition Facts	
Serving size 1 container	
Amount per serving	
Calories	150
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 1.5g	6%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 90mg	4%
Total Carbohydrate 27g	10%
Total Sugars 19g	
Includes 13g Added Sugars	26%
Protein 6g	
Vit. D 3mcg 15%	Calcium 260mg 20%
Potas. 280mg 6%	Vit. A 180mcg 20%

Not a significant source of dietary fiber and iron.
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Total Sugars: 19g

Protein: 6g

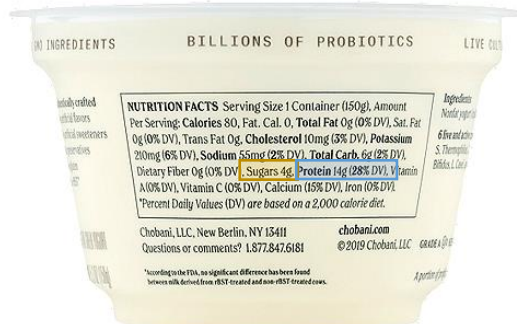


Nutrition Facts	
Serving size 1 container	
Amount per serving	
Calories	80
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol less than 5mg	1%
Sodium 75mg	3%
Total Carbohydrate 15g	6%
Total Sugars 7g	
Includes 1g Added Sugars	2%
Protein 5g	
Vit. D 2.9mcg 15%	Calcium 210mg 15%
Potas. 260mg 6%	Vit. A 190mcg 20%

Not a significant source of dietary fiber and iron.
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Total Sugars: 7g

Protein: 5g



Total Sugars: 4g

Protein: 14g

Fluid Intake

FLUID GOAL: 64 ounces or 8 cups per day

Dehydration is a risk after surgery, especially during the first few months following surgery and in the warmer months. Your body cannot function properly without adequate fluid.

Symptoms of dehydration include: constipation, light-headedness, nausea, sluggishness



Fluid Guidelines for Bariatric Surgery

You may start practicing these habits **BEFORE** you have surgery, so that you are ready to stay properly hydrated after.

- Try to drink at least 2-4 oz of fluid every 30 minutes (set a timer to remind you).
- Sip beverages slowly. Take small, frequent sips throughout the day.
- Always keep something to drink with you (consider purchasing a refillable water bottle).
- No 100% fruit juice.
- No carbonated beverages.
- Caffeine **BEFORE SURGERY**: Limit caffeine drinks to 2 cups per day
- Caffeine **AFTER SURGERY**: No caffeine for at least 4 weeks after surgery.
- No sugar-sweetened beverages, such as regular sweet tea or lemonade.
- No alcohol is advised after bariatric surgery.
- No straws (as tolerated) – ask dietitian
- Be calorie conscious. At first you will need to drink high protein drinks. Once you start getting protein from foods, you may begin to wean yourself off high protein drinks.
- Avoid drinking 30 minutes before, during, and 30 minutes after meals.

Timing Fluid Intake with Food

Drink fluids throughout the day, but stop 30 minutes before meals and wait until 30 minutes after meals to drink fluids.

Drinking fluids with meals limits the amount of protein/other nutrients you can eat and can make food come back up or go through the pouch too quickly, possibly leading to increased hunger and discomfort.

Beverage Ideas (for before and after bariatric surgery)

- Water
- Sugar-free drink mixes, such as Crystal Light
- Diet teas (in bottles, decaf after surgery)
- Decaf coffee
- Diet fruit juice (<15 calories per 8 oz)
- Flavored water (flavored with lemon, lime, cucumber, mint, etc.)
- Gatorade Zero
- Powerade Zero
- Propel Zero
- Hint Water
- Minute Made Diet Lemonade
- MiO Liquid Water Enhancer
- Nestle Splash
- Sugar Free Kool Aid
- Unsweet tea
- **Anything less than 15 calories per 8 ounces that is also caffeine and carbonation free**

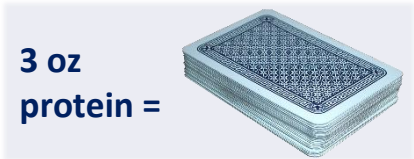
Protein

PROTEIN GOAL: 60 – 80 grams/day

Eating adequate protein is very important for the rest of your life after bariatric surgery. Protein is important for healing after surgery, maintaining muscle, preventing hair loss, and limiting hunger between meals.

Tips for Eating Enough Protein:

- Eat protein first at every meal (followed by vegetables, fruit, then high-fiber carbohydrate).
- Be aware of portion sizes. One serving of protein is 3 oz, which is about the size of a deck of cards.
- Three ounces of a protein food contains about 18-25 grams of protein (depending on the food - see lists below).
- Aim for 15-30 grams of protein at each meal
- Keep a food log or enter your food into an app to help you track your daily protein intake (see example on page 7).



Food Sources of Protein

Animal foods contain the highest amount of protein, but protein is in other foods as well. Use the following list as a guideline for estimating protein intake and **meeting the goal of 60-80 grams/day**.

Lean Meat	
<i>3 ounces = 25 grams of protein</i>	
Beef	
• Ground lean	• Tenderloin
• Ground sirloin	• Round
• Pot roast or rump roast	• Sirloin Steak
Pork	
• Canadian bacon	• Loin roast
• Chop	• Tenderloin

Fish	
<i>3 ounces = 21 grams of protein</i>	
• Catfish	• Cod
• Salmon	• Snapper
• Tilapia	• Sea bass
• Trout	• Haddock
• Tuna	• Mackerel
• Flounder	• Halibut

Deli Meats	
<i>3 ounces = 15-21 grams of protein</i>	
• Chicken	• Roast Beef
• Ham	• Turkey

Poultry	
<i>3 ounces = 25 grams of protein</i>	
• Chicken	• Cornish hen
• Ground turkey	• Turkey
• Ground chicken	

Shellfish	
<i>3 ounces = 18 grams of protein</i>	
• Crab	• Scallops
• Lobster	• Clams
• Shrimp	

Eggs

- 1 egg = 6 grams protein
- ¼ cup egg substitute = 6 grams protein

Beans or Lentils

- ¼ cup cooked = 4-5 grams protein

Dairy*

- Low-fat or Greek yogurt (protein varies by brand)
- Low-fat hard cheese: 1 oz = 7 grams protein
- Low-fat soft cheese: 1 oz = 6 grams protein
- Low-fat cottage cheese: ¼ cup = 7 grams protein
- Skim milk or 1% milk: 1 cup = 8 grams protein
- Nonfat Fairlife Milk or Nonfat HEB Mootopia Milk*: 1 cup = 13 grams protein
- Dried Milk: ⅓ cup = 8 grams protein

Other Protein Sources:

- High protein cereal
- Protein bars
- Protein shakes
- Protein water
- Quinoa (1/4 cup - 2-3 grams)

Vegetarian Protein Sources:

- Tofu
- Unsweetened soymilk
- Veggie burgers (protein varies by brand)
- Soy crumbles
- Tempeh
- Textured vegetable protein

**Note: Some patients experience lactose-intolerance after bariatric surgery. Non-fat lactose-free milks like Fairlife and HEB Mootopia are good alternatives if you become lactose intolerant.*

LIMIT these high-fat protein foods:

- Bacon
- Sausage
- Hot dogs
- Bologna
- Full-fat dairy (whole or 2% milk)
- Pepperoni
- Salami
- Nuts (max: 1 oz serving)
- Peanut butter (max: 2 Tbsp)

Remember Food Labels!

Read the food label to easily determine the amount of protein per serving size.



Choosing Protein Supplements

Use these guidelines when selecting protein supplements, such as: **Protein Shakes, Protein Powders, Protein Bars, and Protein Water.**

Calories: Keep around **200** calories or less per serving.

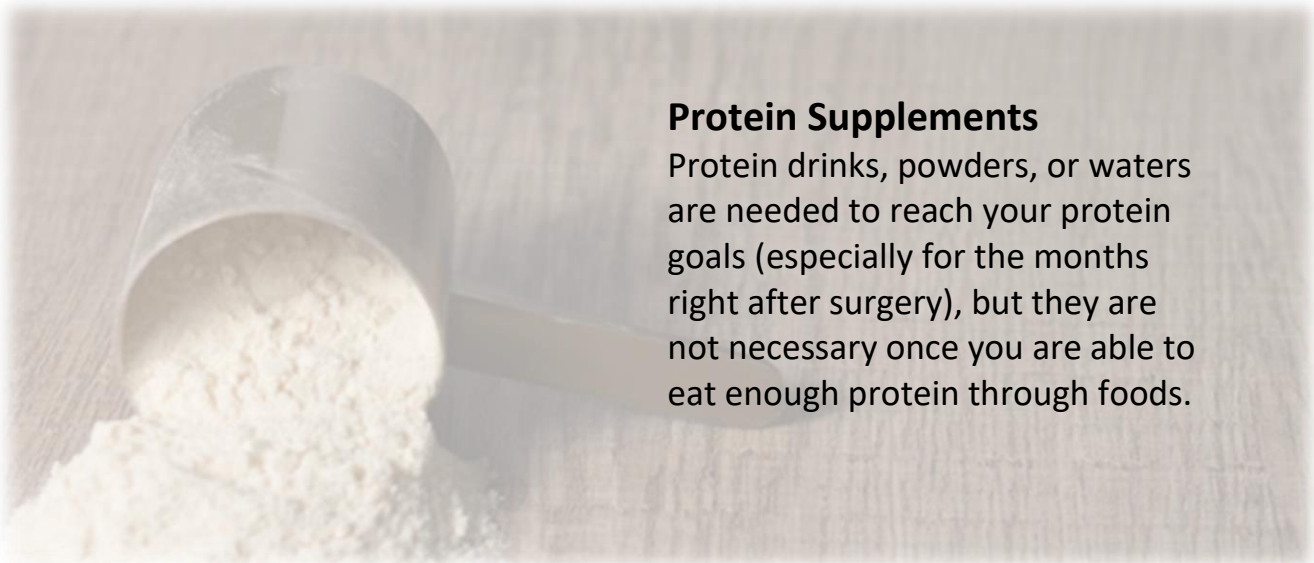
Total Sugar: Below **15 g** total sugar for **protein shakes** and **bars** (the less, the better)

For **protein powders:** Stay below **5g** sugar

Nutrition Facts	
1 serving per container	
Serving size 1 Shake (11 fl oz)	
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.5g	3%
<i>Trans</i> Fat 0g	
Cholesterol 20mg	7%
Sodium 180mg	8%
Total Carbohydrate 5g	2%
Dietary Fiber 3g	11%
Total Sugars 1g	
Incl. 0g Added Sugars	0%
Protein 30g	60%
Vitamin D 6mcg 30% • Calcium 650mg 50%	
Iron 2.5mg 15% • Potassium 420mg 8%	

Tip:
Look for **whey protein isolate, whey protein, casein, soy or milk protein** in the ingredients list – these are better absorbed by your body.

Protein: 15g - 30g
Make sure there are 15-30g of protein per serving.



Protein Supplements

Protein drinks, powders, or waters are needed to reach your protein goals (especially for the months right after surgery), but they are not necessary once you are able to eat enough protein through foods.

Protein Supplement Options (Not all inclusive)

Powders	
Unjury Whey Protein Isolate (best unflavored)	unjury.com
Isopure Protein (best unflavored)	theisopurecompany.com; Amazon
Bariatric Advantage High Protein Meal Replacement	bariatricadvantage.com
Body Fortress Whey Protein	bodyfortress.com, Walmart, Amazon
Nectar Whey Protein Isolate	Amazon; www.si03.com/nectar
Pure Protein 100% Whey	shop.pureprotein.com; Amazon; Walmart
Premier Protein 100% Whey Protein Powder	HEB, Walmart, premierprotein.com

Protein Waters/Clear Liquids	
Premier Clear Protein Drink	premierprotein.com; Walmart, Amazon
Protein2O	drinkprotein2o.com; Walmart
Gatorade Zero with Protein	HEB, Walmart

Protein Shakes	
Premier Protein Shake Fairlife Core Power Fairlife Nutrition Plan Slim-Fast Advanced Nutrition/High Protein Atkins Plus Shake Boost Glucose Control Boost Glucose High Protein Ensure High Protein Ensure Max Protein Muscle Milk (Zero Sugar) Pure Protein Shake Equate High Performance Protein Shake HEB 30g Protein Nutritional Shake	<p>Widely available at various stores/websites (Walmart, HEB, Costco, Amazon, manufacturer website)</p> <p>Please Note: Check the nutrition label to make sure you are getting a protein shake with less than 15 g total sugar per serving! (Powders should be less than 5 g of total sugar per serving)</p>

**If you would like vegan/vegetarian options, please ask your dietitian to discuss options*

Vitamins and Minerals After Bariatric Surgery

You should take vitamin/mineral supplements every day for the rest of your life to prevent deficiencies.

Chewable or liquid form must be used for the first 6 months after surgery to enhance absorption, tolerance, and prevent ulcers. You may start taking a capsule as tolerated after this time (if you wish to start taking a capsule sooner, please contact your doctor).

Keep the following in mind when selecting your vitamin/mineral supplement:

- **Bariatric-specific supplements** are better after surgery than regular adult multivitamins because they are:
 - Better absorbed in your body
 - Have a more robust formula to meet the needs of a post-bariatric patient
- Dietary supplements are not regulated by the FDA; therefore, it is important to choose supplements from a **reliable brand**.
- **Always look at the recommended serving size/daily dose to make sure you are taking the correct daily amount as recommended by the manufacturer.**
- If in doubt, ask your dietitian and bring your desired vitamin/mineral supplements to your nutrition appointments.

Vitamin/Mineral Supplements Needed After Surgery:

1) Bariatric Multivitamin* w/ iron

- Look at serving size and take the correct amount to meet recommendations
- Take with food and separate from calcium
- May take iron separately if needed for improved tolerance (discuss with dietitian)

2) Calcium Citrate + Vitamin D

- Need 1200 – 1500 mg daily (more for a DS or SADI procedure)
- Take 2-to-3 doses (500 - 600 mg each) per day to meet this recommendation
- **Take separately from iron**
- **Allows 2-3 hours between calcium doses**
- Can take with or without food when Calcium **Citrate** is used

*Taking a BARIATRIC multivitamin is preferred. However, if you are selecting a general adult multivitamin (such as One-A-Day, Centrum, etc) please do the following:

- Look for a COMPLETE multivitamin (including iron, folic acid, thiamin, zinc)
- Make sure there is at least 18 mg of iron per serving
- You may need to take an additional iron supplement to meet 45-60 mg/day requirement
- Take TWO doses of this complete multivitamin per day (example: one at breakfast, one at dinner)
- Look for chewable supplements for the first 3-6 months after surgery
- Avoid “gummy” types
- Take Vitamin B12 supplement (either orally (350 – 1000 mcg daily), injection, or nasal spray)
- Additional Vitamin D may be required

Taking non-bariatric adult multivitamins will require taking more pills to meet your daily requirements post-surgery. Please discuss further with your dietitian for more information.

CHEWABLE Bariatric Multivitamins w/ iron Options

Remember to start with CHEWABLE supplements until capsules can be tolerated (~3-6 months)

LOOK CAREFULLY AT SERVING SIZE TO DETERMINE HOW MANY TABLETS TO TAKE EACH TIME

Bariatric Advantage

- Bariatricadvantage.com
- Available at Baylor Waxahachie Outpatient Pharmacy (2460 N I35 Suite 155)
- **Chewable option:** *Bariatric Advantage Advanced Multi EA Chewable (includes iron) OR Chewable Ultra Solo with Iron*



Celebrate Vitamins

- Celebratevitamins.com
- **Chewable options:** *Celebrate Multi-Complete Multivitamin 45 with iron (2-tablets per day) OR CelebrateONE 45 (1 tablet per day)*



Procure Health

- Procarenow.com
- **Chewable options:** *ProCare Health: Once Daily Bariatric Multivitamin Chewable (with 45 mg Iron)*



Opurity by Unjury

- Unjury.com
- **Chewable options:** *Bariatric Multi Chewable with 45 mg iron*



Capsule Bariatric Multivitamins with Iron (may begin 3-6 months after surgery):

- Bariatric Advantage Ultra Solo with Iron
- Procure Health Once Bariatric Multivitamin with 45 mg Iron Capsules
- Opurity Bariatric Multi Capsules with Iron
- CelebrateOne 45 (Capsule)
- Bariatric Choice Once Daily Bariatric Multivitamin with 45 mg Iron
- Bariatric Pal Multivitamin ONE Capsules

Calcium + Vitamin D Supplements

- Take 2-3 doses a day (1200 – 1500 mg total), separate from iron by at least 2 hours
- Calcium Citrate is preferred form
 - If serving size is 500 mg calcium, take 3 times per day
 - If serving size is 600 mg calcium, take 2 times per day
- Look for 250 – 600 IU of Vitamin D for every 500-600 mg of calcium
- **Look carefully at serving size to determine how many tablets to take each time**

Supplement Facts		
Serving Size: 1 Tablet Servings Per Container: 90		
	Amount Per Serving	% Daily Value
Calories	5	
Total Carbohydrate	2 g	<1%*
Vitamin D3 (as vm [†] cholecalciferol)	8.3 mcg (333 IU)	42%
Calcium (as calcium citrate)	500 mg	38%
Magnesium (as magnesium citrate and magnesium oxide)	34 mg	8%

* Percent Daily Values are based on a 2,000 calorie diet.

Chewable Options (for first 3-6 months after surgery):

- Bariatric Advantage Chewy bites 500 mg (3 times per day)
- Bariatric Advantage Calcium Citrate Chewable 500 mg
- Celebrate Calcium Plus 500 Chewable
- Celebrate Calcium Citrate Soft Chews



Capsule Options:

- Bariatric Advantage Non-chewable Calcium Citrate 600 mg calcium
- Citrical Petite (look closely at serving size and take correct amount per serving)

Example Daily Bariatric Supplement Schedule:

Breakfast (8:00am): Bariatric Multivitamin** w/ iron WITH FOOD

Lunch (12:00pm): Calcium citrate

Dinner (5:00pm): Calcium citrate

Before Bed (9:00pm): Calcium citrate (if additional dose is needed to reach 1200-1500 mg/day)

- Separate all supplements by at least 2 hours.
- Check the serving size of your multivitamin to see if more than 1 tablet/day is needed
- If calcium citrate is used, it does not have to be taken with food.

Overview of Bariatric Diet Stages: Pre- and Post-Op

Ensuring adequate fluid intake is crucial during ALL diet stages. Refer to page 23 for specific fluid recommendations and tips.

Timeline	Diet Stages & Additional Info
2 Weeks Before Surgery	Pre-op diet (page 32) 2 Meal Replacement Shakes and 1 Food-Based Meal (3-4 oz lean meat, ½ cup whole grain, 1 cup vegetables) with no-calorie fluids in between meals/shakes
1 Day Before Surgery	Bottom of Page 32 3 Meal Replacement Shakes + no-calorie fluids
Day 1- 7 After Surgery	Clear Liquid Diet (page 34) <ul style="list-style-type: none"> • Water, sugar-free and non-carbonated drinks, broth, sugar-free gelatin, sugar-free popsicles. • Focus on proper healing/hydration
Day 8 – 14 After Surgery	Full Liquid Diet (page 35) <ul style="list-style-type: none"> • Pourable liquids, such as water, sugar-free and non-carbonated drinks, protein drinks, skim milk, thinned out yogurt, soups without chunks • Goals: Consume 64 oz fluid and 60 g protein
Day 15-21 After Surgery	Pureed/Soft Foods Diet (page 36-37) <ul style="list-style-type: none"> • Moist, soft, high-protein foods that can be easily mashed with a fork. Take tiny bites and chew until your food is the consistency of applesauce. • Each Meal: About 1/2 cup total serving size • Focus on foods high in protein, low in sugar and fat
Day 22 After Surgery	Regular Foods Diet (page 38-39) <ul style="list-style-type: none"> • Slowly add in new regular texture foods each day, including protein, fruit, vegetables, and high fiber carbohydrates as tolerated. Take tiny bites and chew until your food is the consistency of applesauce. • Each Meal: About 1 cup total serving size

Move through each post-op diet stage as tolerated. Contact our office or your dietitian with any questions.

Preoperative Diet

Begin 2 weeks prior to surgery

Replace 2 meals for meal replacement shakes daily.



Meal Replacement Shake Options



Homemade shake using protein powder mixed with fruits/vegetables
([recipes on next page](#))



Unjury Meal Replacement
(www.unjury.com)



Bariatric Advantage HPMR
(www.bariatricadvantage.com)



Slim Fast Advance Nutrition High Protein or HEB High Protein Opti-Meal



Protein Shake (Premier, Fairlife Core Power, etc) mixed with fruit or vegetables

Meal Replacement Shake Tips:

- Remember to drink clear, sugar-free, zero-calorie or low-calorie fluids between shakes/meals
- If the fiber content of your shake is less than 4 grams per serving, add 2 teaspoons of Benefiber to each shake to help with constipation
- If you are using a powder option, you may mix with water, Fairlife skim milk, or unsweetened plant-based milk

See page 27 for a variety of protein shake options.

1 Food-Based Meal per day

Refer to the Plate Method on Page 20 for larger food list

3-4 ounces of lean meat	1 cup of non-starchy vegetables	½ cup of whole grain or starch
<ul style="list-style-type: none"> • Chicken breast (boneless, skinless) • Fish (tuna, salmon, shrimp) • Turkey • Pork loin/tenderloin • Eggs • Low-sodium deli meat • Lean beef 	<ul style="list-style-type: none"> • Green beans • Brussel sprouts • Sugar snap peas • Zucchini/yellow squash • Leafy greens • Cucumber • Broccoli • Cauliflower 	<ul style="list-style-type: none"> • Brown rice • Whole wheat pasta • Whole wheat tortilla • Whole wheat bread • Whole grain cereal • Quinoa

The Day Before Surgery:

3 meal replacement shakes (with clear, zero-calorie or low-calorie fluids between shakes) during the day.



Protein Meal Replacement Recipes

Go Green

- 1 cup fresh kale
- 1 cup unsweetened almond milk
- 1 cup berries
- ½ banana
- 2 tablespoons almond butter
- ¼ cup rolled oats
- 1 scoop protein powder

Mixed Berry

- 2 cups frozen mixed berries
- 1 scoop protein powder
- 1 tablespoon ground flaxseed
- 1 cup spinach
- ½ cup low-fat plain yogurt
- ½ teaspoon vanilla

Apple Cinnamon

- 8 oz coconut water
- 4 raw almonds
- 1 teaspoon cinnamon
- 1 cup chopped apple
- 1 scoop protein powder
- 1 tablespoon ground flaxseed

Avocado Smoothie

- 1 banana
- ½ avocado
- 1 scoop vanilla protein powder
- 1 cup kale
- ¾ cup unsweetened almond milk

Spinach Banana

- 1 banana
- ½ cup spinach
- 2 tablespoons peanut butter
- 1 ¼ cup unsweetened soy milk
- 1 scoop vanilla protein powder

Chocolate Peanut Butter

- 2 tablespoons peanut butter
- 1 teaspoon honey
- ½ tablespoon cocoa powder
- 1 banana
- 1 cup ice cubes
- 1 scoop protein powder
- ¾ cup non-fat milk

Spiced Walnut

- ½ cup low-fat plain yogurt
- 2 tablespoons walnuts
- 10-15 ice cubes
- ½ cup cold water
- 1 scoop vanilla protein powder
- 1 teaspoon vanilla
- 1 pinch ground cardamom
- 1 teaspoon honey

Pumpkin Spice

- ½ cup pumpkin puree
- ½ banana
- 1 cup unsweetened almond milk
- 1 teaspoon honey
- 1/8 teaspoon cinnamon
- 10 ice cubes

References: <https://www.blendtec.com/blogs/news/meal-replacement-smoothies>
<https://minimalistbaker.com>

Clear Liquid Diet

Days 1 - 7 After Surgery

(Begins before you leave the hospital after surgery)

Guidelines:

- Consume 64 ounces of sugar-free, decaffeinated clear liquid throughout the day.
- Drink 1 ounce every 15 minutes (set a timer).
- Try drinking from a 1-ounce medicine cup to start.
- Gradually increase your fluid intake as tolerated.
- Sip liquids slowly and rest between sips. Stop when you feel fullness or pressure.
- When you feel that you are able to comfortably consume fluids, start adding protein powders to clear liquids or drinking clear liquid protein drinks, gradually increasing to goal of 60 g protein/day.

Allowed Clear Liquids:

All liquids should be caffeine-free, uncarbonated, and zero-calorie or very low-calorie (have less than 15 calories per serving).

- Water (plain, or sweetened with zero-calorie or low-calorie sweeteners, such as Crystal Light)
- Decaffeinated coffee
- Decaffeinated tea
- Broth (chicken, vegetable, beef)
- Protein Waters (Premier Protein Clear, Protein2O)
- Very low-calorie sports drinks: Gatorade Zero, Propel Zero, Powerade Zero
- Gatorade Zero with Protein
- Sugar-free gelatin
- Sugar-free popsicles
- No alcohol, carbonation, or caffeine
- No juice, milk, dairy, or dairy substitutes like almond milk, soy milk, etc.
- No solid foods

Example Daily Clear Liquid Intake:

- Decaffeinated coffee or iced tea w/ Splenda or stevia
- Sugar free Jello w/ added protein (mix in unflavored protein powder to total about 20 grams of protein)
- Water (with or with sugar-free sweeteners added)
- Chicken broth + unflavored protein powder (20 grams of protein)
- Gatorade Zero + unflavored protein powder (20 grams of protein)

Keep In Mind...

- Don't worry about "meals" at this diet stage – your top priority is hydration (and eventually protein once fluid consumption is well tolerated).
- You do not have to separate fluid intake from "meals" at this stage.
- Warm fluids might be better tolerated compared to cold fluids.
- Your taste and smell might change after surgery– feel free to add sugar-free sweeteners to water to increase fluid intake.

Unflavored Protein Powders

Unflavored protein powders can be mixed in to just about any clear liquid (Broth, sugar-free gelatin, Gatorade Zero, etc.)

Having an UNFLAVORED protein powder is helpful at this stage so you can add protein to these fluids within greatly changing the flavor.

See page 27 for a variety of protein powder options.

Full Liquid Diet

Days 8-14 After Surgery

Guidelines:

- Consume 64 ounces of sugar-free, decaffeinated liquids throughout the day.
- Try to drink 1/2 to 1 cup (4 to 8 ounces) of liquids per hour while awake. If you are awake, you should be sipping.
- **Once you are comfortable getting your fluids in, you should aim for 60-80 grams of protein daily.**

Allowed Liquids:

- **Everything on the Clear Liquid Diet Stage (page 34), plus...**
- Strained low-fat soups (i.e., tomato, not creamy)
- High protein soup mixtures - Proti DIET (protifoods.com), Bariatric Choice, BariWise (dietdirect.com)
- Low-fat, low sugar yogurt or Greek yogurt - no chunks and thinned with low-fat milk and must be pourable
- Sugar-free pudding (thinned with skim milk)
- Skim Milk – Fairlife skim milk is preferred due to higher protein content
- Protein powders added to full liquids such as soup, pudding, etc. (less than 5 grams of sugar. Refer to **page 26-27** for recommendations)
- Ready-to-drink protein shakes and/or protein water (less than 15 g sugar. Refer to **page 26-27** for options)
- Diet V8 Fusion or Splash
- No potato or bean soups
- No alcohol, carbonation, caffeine, regular fruit juice, or added sugar.

Keep In Mind...

- You do not have to separate fluid intake from “meals” at this stage.
- Try to consume a protein-based food or shake (protein shake, high protein soup, etc.) every 3-4 hours (while sipping on other liquids throughout the day to reach fluid goal)
- If you are struggling to stay hydrated, focus on clear liquids over full liquids.
- **Refer to page 26-27 for protein shake options**, including keeping to less than 15g total sugar per serving.



Sample Day Full Liquid Intake:

- Water (frequent sips throughout the day. You may add sugar-free flavored powders)
- Premier Protein Shake (split into 2 separate 4 oz portions)
- Plain, non-fat yogurt (no chunks and thinned)
- Tomato soup + unflavored powdered protein powder
- Diet V8 Fusion
- Sugar-free pudding with added protein powder
- Decaf iced tea



Pureed/Soft Diet

Days 15-21 After Surgery

Guidelines:

- Fluid goal: 64 oz/day
- Protein goal: 60-80 grams/day (from both supplements and protein-rich foods)
- May start taking chewable vitamin/mineral supplements at this stage
- All foods must be ground or mashed (Food should be easily mashed with a fork. You may need to blend foods in a food processor or blender to get the consistency that you tolerate best.)
- Cook foods using a moist cooking method, such as slow cooker or pressure cooker.
- Low-fat or low-sugar sauces can be used to add more moisture to foods.
- Start including meals and snacks to your daily routine, consuming a protein-based food or shake every 3-4 hours to serve as your meal or snack.
- Avoid grazing by staying on your eating schedule – take a few very small bites of food if you do not feel hungry, just to get used to the eating schedule at this stage.
- Separate fluid intake from food intake by 30 minutes.
- Eat slowly and take small bites.
- Chew each bite about 20-30 times.
- Practice mindful eating– eliminate distractions and stop eating at the first sign of fullness.

Re-Introducing Foods:

- Start with moist protein foods.
- Once protein foods can be tolerated in small quantities (2-3 ounces), start introducing vegetables and then fruits.
- Eat protein first, before any vegetable or fruit.
- If food feels “stuck,” get up and walk around. Don’t try to push it through with liquids.

Allowed Foods:

- Everything on the Clear Liquid and Full Liquid Diet Lists (**page 34-35**)
- **Lean Protein (Goal: 2-3 ounces per meal. Options with a * are the best first options):**
 - Protein powders/shakes*
 - Low-Fat Cottage cheese or shredded cheese*
 - Non-fat Plain or low-sugar Greek Yogurt*
 - Beans (cooked and mashed)*
 - Fish or light tuna*
 - Tofu*
 - Lean ground turkey or chicken
 - Eggs
- **Vegetables (cooked) OR Fruits (pick just 1, for total of 1-2 tablespoons per meal):**
 - Vegetables: pureed or cooked and easily mashed carrots, cauliflower, greens, mushrooms, green/yellow squash, green beans, zucchini, cooked and peeled tomato
 - Fruits: Soft fresh fruit, such as banana, melon, or mango, or fruit that is canned in its own juice AND DRAINED: pears, peaches, unsweetened applesauce

AVOID These Foods:

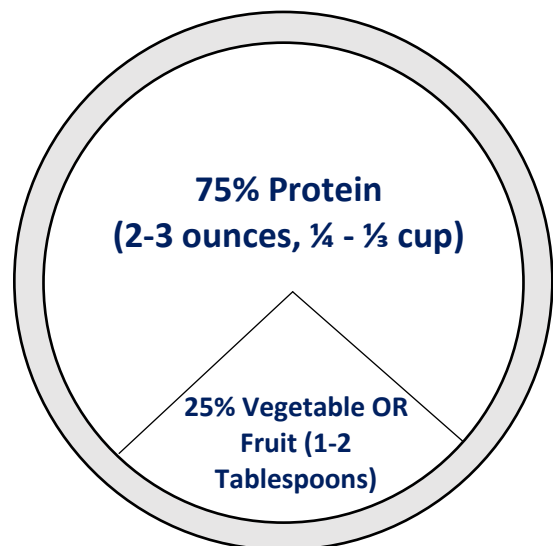
- Starches: bread, pasta, rice, potatoes, peas, corn, chips, crackers, tortillas, cereal, and oatmeal
- Peelings, nuts, or seeds
- Hard fruits, skins of fruits, vegetables with tough skins, and raw vegetables
- Pineapple and dried fruits
- Alcohol, carbonation, caffeine, regular fruit juice, and added sugar

Sample Menu: Pureed/Soft Diet Stage

Example Timing	Day 1	Day 2	Day 3
6:30am-7:30am	8 oz water	8 oz water	8 oz water
8:00am – 9:00am	Meal #1: 1/3 cup plain, non-fat yogurt blended with 1-2 Tablespoons berries	Meal #1: 2 Tbsp scrambled eggs 1-2 Tablespoon mashed tomato	Meal #1: 1/3 cup ground turkey 1-2 Tablespoon blended pear
9:30am – 11:30am	16 oz water with lemon	16 oz diet ocean spray	16 oz Gatorade Zero
12:00pm-1:00pm	Meal #2: 1/3 cup ground turkey 1 Tablespoon applesauce	Meal #2: 1/3 cup ground chicken 1-2 Tablespoon mashed avocado	Meal #2: 1/3 cup tuna salad 1-2 Tablespoon mashed squash
1:30pm – 2:30pm	8 oz Protein20	8 oz Protein20	8 oz Protein20
3:00pm – 3:30pm	Snack: 1 oz tuna	Snack: 1 mini baby bell soft cheese	Snack: 4 oz plain, non-fat Greek yogurt
4:00pm – 5:30pm	12 oz decaf unsweet iced tea	12 oz fruit-infused water	12 oz water
6:00pm – 6:30pm	Meal #3: 1/3 cup shredded tilapia 1-2 Tablespoon mashed cauliflower	Meal #3: 1/3 cup mashed black beans 1-2 Tablespoon mashed carrots	Meal #3: 1/3 cup extra lean ground beef 1-2 Tablespoon mashed zucchini
7:00 pm – 8:30pm	12 oz Crystal Light/water	12 oz Hint Water	12 oz Propel Zero
9:00 pm – 9:30 pm	Snack: 8 oz remaining Protein20	Snack: 8 oz remaining Protein20	Snack: 8 oz remaining Protein20
Total Fluids	64 oz fluids	64 oz fluids	64 oz fluids
Total Protein	64 grams protein	72 grams protein	60 grams protein

Keep In Mind...

- Notice the Meals and Snacks above are all separated by 3-4 hours, with only fluids between. Start this routine during this diet stage and **maintain this habit for life!**
- Each meal should be no larger than ½ cup.
- Separate fluid intake from food intake, and sip on fluids between meals (notice how this is done in example above).



Regular Diet

Days 22 After Surgery and Continue for Life

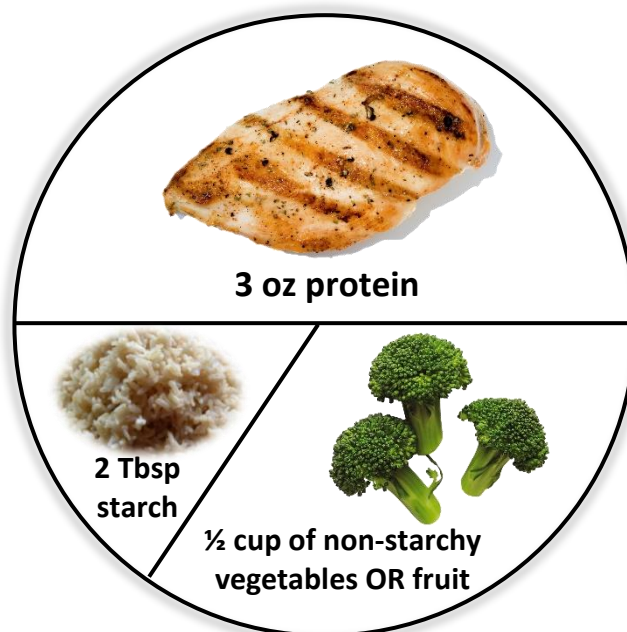
Keep Aiming for These Goals:

- Fluid: 64 oz/day
- Protein: 60-80 grams/day (from both supplements and protein-rich foods). Stop regularly using protein supplements (shakes, powders, etc.) when you are able to meet your protein goals through foods.

Slowly Advance to Regular Diet:

- Add in 1 new regular texture food each day. You may start adding dense proteins, fruit, and vegetables with seeds, peelings.
- Depending on your tolerance, it may be best to stick with moist and tender foods for a little longer.
- It can be helpful to keep a food journal as you advance your diet. This will help identify any food triggers that may cause nausea or any other feelings of discomfort.
- Continue to avoid added sugar, alcohol, caffeine, carbonation, heavy creams, and high fat dairy products (whole milk, ice cream, milkshakes, etc.). Four weeks after surgery, you may try adding caffeine back again, but consider that this might make you feel different than it did before surgery (including dehydration, increased appetite, and/or upset stomach).
- **Practice Portion Control:**
 - Use measuring cups and spoons for serving sizes.
 - Meals should be about 1 cup in size.
 - Eat from a salad plate or saucer.
 - Use the post-bariatric plate method image below:

Post-Bariatric Plate Method



Regular Diet – Meal and Snack Ideas

Meals are no more than 1 cup in size and should always contain protein.

Breakfast

- 1-2 eggs with ½ cup fruit- you may add 1 tablespoon of shredded cheese to eggs if desired
- 1 container of Greek yogurt (keep sugar less than 15 grams per serving)
- Muffin tin omelets (check online for recipes)
- Turkey, chicken sausage or turkey bacon with ½ cup of fruit
- ½-1 cup cottage cheese with fresh fruit

Lunch

- 2-3 ounces of sliced turkey, ham or roast beef with lettuce and tomato
- Greek salad: handful of salad greens with 2-3 oz chicken, 1 tablespoon of Feta cheese, 5 olives and 1 tablespoon of Greek dressing
- Tuna, egg or chicken salad mixed with low-fat mayo over a bed of lettuce
- 1 cup of chili with lean ground meat, beans, and tomatoes

Dinner

- ½ cup of turkey or lean beef meatballs with tomato sauce and ½ cup of vegetable of your choice (try zucchini “noodles”)
- 3 ounces of rotisserie chicken breast with ½ cup green beans or vegetables steamed in a bag
- 1 cup of beef stew with carrots and vegetables
- ½ cheeseburger patty with ½ cup side salad and low-fat dressing
- Chicken stir fry with broccoli, carrots and red peppers served over riced cauliflower (available in the freezer section of the grocery store)

Snacks

- Low-fat mozzarella cheese stick or Light Babybel cheese
- ¼ cup of hummus with veggies (baby carrots, cucumbers)
- ¼ cup dry roasted edamame
- ½ apple with 1 tablespoon of nut butter (peanut butter, almond butter, cashew butter)
- 1 hardboiled egg or deviled egg using low-fat mayo

Lifelong Keys to Success:

- 1. Eat in a consistent meal pattern: 3-4 meals/snacks per day.** Snacks may be added if needed for true hunger or to meet protein goals.
- 2. Avoid grazing** (eating very small bites of food very frequently throughout the day). **This is one of the main causes of weight regain after bariatric surgery.**
- 3. Have a plan.** Plan your meals ahead of time whenever possible and aim to have a source of protein along with a vegetable at most meals. Limit eating out at restaurants. Always have healthy food and drinks available to you (in your home and/or work).
- 4. Maximize the nutritional value of your foods.** Avoid high calorie foods (fried foods, desserts) and simple carbohydrates (chips, crackers).
- 5. Eat your calories – avoid drinking your calories.** Avoid sugary beverages such as regular sodas, sweet tea with regular sugar, regular juice, energy drinks, regular sports drinks, whole milk, etc.
- 6. Read food labels.** Learning this skill will allow you to determine what specific products are good options and which ones to limit or avoid.
- 7. Eat slowly, chew well and avoid overeating:** Meals should take 20-40 minutes to eat. Try putting your utensil down between bites and stop eating as soon as you begin to feel full.
- 8. Eat your protein first:** Meals should contain 2-3 ounces of meat/fish or 15-30 grams of protein. **Keep portions small: Your total meal should not exceed 1 cup.**
- 9. Stay hydrated:** Drink at least 64 ounces of non-sugary, non-carbonated fluids throughout the day, but **do not drink with meals.**
- 10. Limit “Slider Foods.”** Slider foods are quickly digested, require little chewing, and leave the stomach pouch quickly, often leading to poor weight loss or weight regain. Examples of slider foods include refined carbs (chips, crackers, cookies, pretzels, white breads, ice cream), yogurt, queso, and protein shakes. **NOTE: Eating and drinking fluids at the same time can create a slider food!**
- 11. Be open to trying new healthy foods:** Your tastes often change after weight loss surgery. Take this opportunity to discover new, healthy foods you can add into your diet.
- 12. Be physically active most days.** Start wherever you are and work up to 30-60 minutes 5-7 days per week.
- 13. Avoid alcohol and smoking.** These habits are not only detrimental to your success after surgery, but they can also cause major complications. Avoid alcohol for at least 6 months after surgery.
- 14. Take recommended vitamin/mineral supplements daily.** These should be taken for the rest of your life.

Keep In Mind...

Remember the operation is not a cure by itself. **To be successful, you must change your eating and exercise habits for life.** To maximize your weight loss and limit the risk of regaining weight, follow these Lifelong Tips.

Ask for help and get support. We are here to help!

Online Resources & Cookbooks

Information about surgery:

- Baylor Scott and White Waxahachie Surgical Weight Loss: bswhealth.com/locations/bariatric-surgery-waxahachie
- ASMBS.org

Bariatric Vitamin/Mineral Supplements and Protein:

- Bariatricadvantage.com
- CelebrateVitamins.com
- Unjury.com
- ProCarenow.com

Online Diet Trackers:

- FitDay.com
- MyFitnessPal.com
- SparkPeople.com

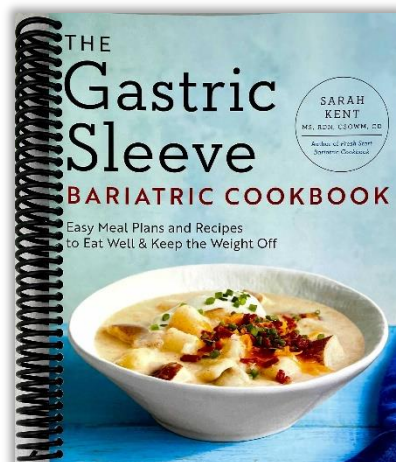
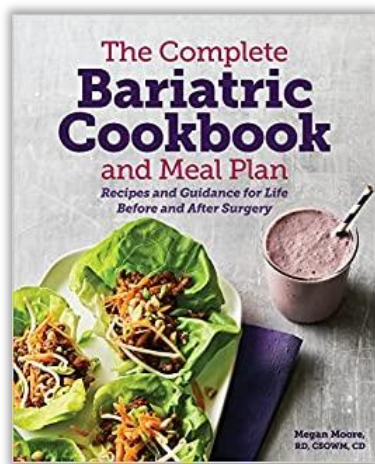
Smart Phone Apps:

- Baritastic
- Lose It
- My Fitness Pal

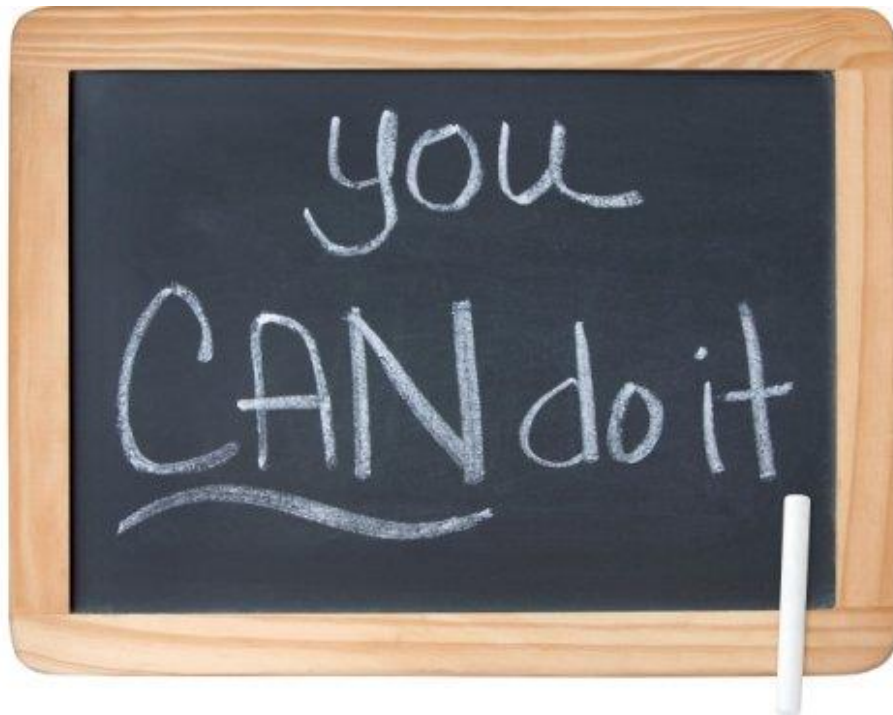


Cookbooks (Both available for purchase on Amazon.com):

- *The Complete Bariatric Cookbook and Meal Plan: Recipes and Guidance for Life Before and After Surgery.* Author: Megan Moore, RD, CSOWM, CD
- *The Gastric Sleeve Bariatric Cookbook: Easy Meal Plans and Recipes to Eat Well and Keep Weight Off.* Author: Sarah Kent, MS, RDN, CSOWM, CD



Life After Surgery: Preventing Complications and Maintaining Success



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Preventing Complications After Surgery

Hydration

- Consider using a medicine cup to measure 1 ounce (30 ml) of liquid every 15 minutes
- Your goal for each day should be 64 ounces (or 8 cups) of hydrating fluids.
- Avoid caffeinated and carbonated beverages.
- Avoid straws or gulping fluids.
- **Be familiar with the signs and symptoms of dehydration: Dry mouth, decreased urine output, dark colored urine, headache, stomachache, constipation, fatigue, dizziness, confusion, extreme thirst.**
- If you are unable to consume an adequate amount of fluid, contact your surgeon's office or the Nurse Navigator to be screened for dehydration.



Pain Control

- Walk to help relieve gas pain.
- Stick to a schedule for pain medications the first week after surgery.
- Utilize different approaches for pain management like reading, meditation, or music



Infection

- Wash your hands regularly.
- Keep incisions clean and dry.
- Do not take baths or submerge yourself in any water while your surgical sites are healing.
- Avoid any contact with people who are sick.
- Keep pets away from surgical sites.
- Continued tobacco/smoking cessation.
- **Be familiar of the signs and symptoms of infection: Fever, drainage from surgical sites, severe pain, redness or swelling.**



Blood Clots

- Walk at regular intervals.
- **Be familiar with the signs and symptoms of blood clots: Pain in your leg, redness, heat, and swelling in that same leg.**



Avoiding Injury & Physical Restrictions

- Do not lift anything heavy or do any strenuous activity until cleared by your surgeon (4 weeks after surgery).
- Do not drive while taking prescription pain medications.
- Only participate in walking as your form of exercise until you are cleared by your surgeon to do more strenuous physical activity.
- Use your pillow for splinting your abdomen while moving or coughing.
- Continue cough and deep breathing exercises along with your incentive spirometer.
- **To prevent blockage:** Chew thoroughly, take small bites of food, and use a pill crusher for large medications. Always read your medication label to confirm that the medication is crushable.



Leak

- Follow your postoperative diet stages as recommended. You have to allow your stomach to heal without being stretched. (Refer to pages 34-39 for information on each diet stage).
- Only consume 1 ounce of fluid every 15 minutes (or 2-4 oz every 30 minutes)
- **Be familiar with signs and symptoms of a leak: Fast heart rate that will not slow down, fever, and shortness of breath, excessive abdominal pain, vomiting.**



Constipation

- Meet fluid goals as directed.
- Stay active and walk as much as possible.
- You might take a stool softener like Colace. It is important to remember that constipation can cause severe issues, and that prevention is key.



Cautious Eating After Surgery

To reduce your risk of complications, discomfort, and weight regain, follow these guidelines:

Foods That May Not Be Tolerated Well After Surgery

Take things slowly when trying new foods and try one new food at a time so you can identify what foods may be causing problems for you. If you do experience discomfort after eating a particular food, wait at least a few weeks before trying that food again.



Foods to be careful with:

- Any dry or overcooked meat, fish, or shellfish. Cooking these foods in a slow cooker or pressure cooker will help maintain moisture.
- Pasta, rice, and breads. These foods tend to swell, stick together, and may feel heavy.
- Fruits or vegetables that are stringy or have tough skins or seeds.
- Foods that are fried or high in fat.
- Sweets and foods high in sugar.
- Milk products. Some people develop lactose intolerance. There are many lactose-free alternatives you can discuss with your dietitian.

Avoid Overeating

Consuming too much food at a meal can cause discomfort and/or vomiting.

To prevent overeating, try:

- Limiting meal size to $\frac{1}{2}$ cup initially and work up to $\frac{3}{4}$ to 1 cup as tolerated.
- Portioning out meals using measuring cups, measuring spoons, or diagrams (i.e., plate method)
- Stop eating when you are full or when you have finished the small portion of food you have placed on your plate, whichever comes first.
- Use small/toddler sized utensils or chopsticks to help you take smaller bites, if needed.

Preventing Vomiting

Vomiting is most often caused by:

- Overeating
- Eating too quickly
- Eating foods not on your current diet stage
- Taking large bites or not chewing food well

Avoid these behaviors to prevent vomiting. If vomiting is persistent, call your doctor.

If Food Feels Like It's Stuck

Sit up straight and walk around to help it move through (drinking fluids may result in vomiting).

Dumping Syndrome

Dumping syndrome is a condition that many bariatric patients experience after surgery (especially for gastric bypass patients). This occurs when foods with high amounts of sugar or salt are eaten, causing a very concentrated mixture to reach your intestines. The intestines then draw in fluid to dilute this mixture, leading to cramping and diarrhea. This loss of fluid from the blood may cause a decrease in blood pressure, weakness, sweating, a rapid heart rate, and nausea. Dumping syndrome may occur 10 to 30 minutes after eating, or as late as 1 to 3 hours after a meal.

Symptoms of Dumping Syndrome

- Cramping
- Diarrhea
- Nausea
- Rapid heart rate
- Shaking
- Sweating
- Weakness/dizziness

How to Avoid Dumping Syndrome

- Limit foods and drinks that contain high amounts of sugar or salt.
- Read the food labels and choose foods with less than 15 grams of total sugar per serving.
- Avoid added sugars. (You do NOT need to avoid natural sugars, like those found in dairy products and fresh/frozen fruit).
- Eat protein first at every meal.
- Reduce the amount of food consumed at each meal.
- Chew foods thoroughly (about 30 times before swallowing). **Eat and drink slowly.**
- Do not drink fluids with meals. Separate meals and drinks by 30 minutes.

Foods to Limit

- Applesauce with added sugar (“unsweetened” or “no sugar added” is ok)
- Cake
- Candy
- Salty chips or crackers
- Cookies
- Fruit juice
- Ice cream
- Salty foods
- Fried foods
- Soda
- Sweet tea
- **Any food or beverage with more than 15 grams of TOTAL SUGAR (including protein shakes/bars, yogurt, flavored milk, etc.)**



Choose This

Nutrition Facts	
Serving size	1 container
Amount per serving	
Calories	80
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol less than 5mg	1%
Sodium 75mg	3%
Total Carbohydrate 15g	6%
Total Sugars 7g	
Includes 1g Added Sugars	2%
Protein 5g	
Vit. D 2.9mcg 15% • Calcium 210mg 15%	
Potas. 260mg 6% • Vit. A 190mcg 20%	
Not a significant source of dietary fiber and iron.	
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	



NOT This

Nutrition Facts	
Serving size	1 container
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1.5g	6%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 90mg	4%
Total Carbohydrate 27g	10%
Total Sugars 19g	
Includes 13g Added Sugars	26%
Protein 6g	
Vit. D 3mcg 15% • Calcium 260mg 20%	
Potas. 280mg 6% • Vit. A 180mcg 20%	
Not a significant source of dietary fiber and iron.	
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Eating Out and Social Gatherings

Many restaurant meals (including fast food) are high in fat and calories, and they are served in large portions. For these reasons, it is best to limit eating out after weight loss surgery. When you do eat out, consider the tips on this page.

Tips for Dining Out:

Limiting Portion Size:

- Order à la carte menu items. Some restaurants may price items like chicken breasts and sides of vegetables separately from a full meal.
- Share a meal with a family member or friend.
- Ask for a to-go box when you order your meal and pack up a portion of the meal so you are not tempted to overeat.
- Be wary of kids' menu items – these are not always the best solution for smaller portions, as they can be high in fat calories and sodium and lack lean protein and non-starchy vegetables.



Making Healthful Choices:

- Browse the restaurant's menu online before going out to decide what items will be best for you.
- Ask for special orders, if needed.
- Ask that chips, bread, or rolls not be brought to the table to eliminate that temptation to overeat.
- Make sure items you are ordering will not come cooked in heavy oils, butter, cream sauces, or covered in high-fat condiments (like mayonnaise).

Continue to use the same dietary guidelines when dining out as you would at home:

- Eat protein first
- Separate fluid intake from food intake
- Eat and drink slowly
- Stop eating at first sign of fullness

Tips for Parties and Social Settings:

- Focus on the social aspect of the event. Make a point to engage in conversation with friends and family.
- Position yourself away from the food table.
- Scan the food options in advance to see what foods would be best for you to choose.
- Continue to avoid alcohol. This will lead to empty calories, increase your risk for stomach ulcers, and for some patients it can increase risk for alcohol dependence after surgery.
- Practice mindful eating. It can be easy to overeat in social settings due to distraction and conversation. Eat and drink slowly, separate fluid intake from food intake, and stop eating at the first sign of fullness.



Continuous Support After Surgery

Follow-Up Appointments

Follow up appointments are necessary to monitor your success and prevent potential complications throughout your journey. Some medications that you may be taking preoperatively may need to be adjusted after surgery. It is also important to monitor your lab work and vitamin/mineral levels after bariatric surgery. Deficiencies in certain vitamins can cause major harm to your health. Remember to be an advocate for getting your lab work done if you happen to switch primary care providers.

If you feel like you need additional lifestyle or nutrition support after your surgery, we can offer follow up lifestyle classes with our Nurse Navigator, and/or follow-up nutrition appointments with our registered dietitian. This may be determined by your care team as a necessity for your success after surgery.

Bariatric Support Group

Support group is available to patients before and after weight loss surgery. Social support is proven to be helpful in supporting lifestyle change and is an important aspect in sustaining weight loss. This group is facilitated by licensed professionals and includes speakers who present topics such as bariatric friendly cooking, diet guidelines, psychological components, and much more.

To be added to our support group email and to receive the WebEx invite, email Ashley.Morris@bswhealth.org or call 469-843-5290.

Bariatric Support Group Dates:

January 3, 2023 at 5:30pm

February 7, 2023 at 7:00pm

March 7, 2023 at 5:30pm

April 4, 2023 at 7:00pm

May 2, 2023 at 5:30pm

June 6, 2023 at 7:00pm

July 4, 2023 No Meeting Holiday

August 1, 2023 at 7:00pm

September 5, 2023 at 5:30pm

October 3, 2023 at 7:00pm

November 7, 2023 at 5:30pm

December 5, 2023 at 7:00pm



Local Gym Contact Information

Gold's Gym

505 N Highway 77
Waxahachie, TX 75165
972.268.7828

Anytime Fitness

Waxahachie
1011 N Highway 77
Waxahachie, TX 75165
972.923.0792

Red Oak

132 E Ovilla Rd Ste 12,
Red Oak, TX 75154
972.576.1121

Midlothian

2410 FM 663
Midlothian, TX 76065
469.612.3696

Ennis

200 W Ennis Ave.
Ennis, TX 75119
972.875.8400

Shelby Symmetry

217 E Main St.
Waxahachie, TX 75165
214.232.7419

Snap Fitness

Red Oak
120 State Highway 342
Red Oak, TX 75154
972.576.0388

Ferris

454 FM 664
Ferris, TX 75125
469.373.3111

The Lord's Gym

1312 W Main St.
Waxahachie, TX 75165
972.935.0760

Lonestar Fitness Center

2405 Yorkstown Dr.
Ennis, TX 75119
469.881.1919

Waxahachie Family YMCA

100 YMCA Dr.
Waxahachie, TX 75165
972.938.9826

Crossfit Waxahachie

200 E Jefferson St.
Waxahachie, TX 75165
crossfitwaxahachie.co
m

Planet Fitness

701 W Ennis Ave.
Ennis, TX 75119
469.256.8488

Main Street Gym

1000 E Main St. #205
Midlothian, TX 76065
972.544.4205



How to Contact Your Care Team

We are here to support you and answer questions before and after surgery.

Surgeon's Office Hours:
Monday – Friday
8:30am – 5:00pm

If you have an urgent or non-urgent medical matter
during business hours, please contact:

Surgeons' Office:
469.800.9830

Nurse Navigator: Ashley Morris, BSN, RN, CAPA
Phone: 469.843.5290
Email: Ashley.Morris@bswhealth.org

Bariatric Registered Dietitian: Emily Woody, RD, LD
Phone: 469.800.9950
Email: Emily.woody@bswhealth.org

If you have an **URGENT** medical matter
AFTER business hours, on weekends, or holidays:

Call the Surgeon's Office (469.800.9830) and follow the phone prompts to be directed to the on-call surgeon.
Explain your concern and mention you are a bariatric patient.

You may also send non-urgent questions to your care team through the
MyBSWHealth web portal/app
(<https://www.bswhealth.com/patient-tools/patient-portal/>)