

NUTRITION GUIDELINES

Follow these guidelines after surgery, but it's important to start making changes today.

Nutrition Cheat Sheet

- Remove all starches and you'll automatically be low carb
- After 6 months, have 2 to 3 starches per week for flexibility, or stay starch-free

-OR -

- <50 grams of total carbohydrates per day during starch free
- 50 to 100 grams of total carbohydrates per day after
- 6 months

Anything over 15 grams of carbs is likely a starch (some items may have small amounts of starch in the ingredients, but if it's very low in carbs, it's OK)

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%
Trans 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 235mg	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.



You will be removing starches 3 weeks before and 6 months after surgery:

Bread, flat breads, tortillas, pasta, rice (for these items, even whole wheat counts as a starch), potatoes, sweet potatoes, peas, corn, beans (except string beans/green beans), the entire cereal aisle including oatmeal, Cream of Wheat, Farina, and all hot cereals, granola, granola/breakfast bars, most of the snack aisle, crackers, rice cakes, popcorn. Key words: oats, wheat, grains, flour, corn.

Reading a label after surgery

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Calories:

There is no precise measurement of calories after surgery, however, after healing, it is likely you will end up between 600 and 1100 calories per day. Use the Baritastic App to track your nutrition!

BEFORE surgery: you'll have more calories. If you want a precise calorie count, use My Fitness Pal.

Fat:

35 grams per day or less Fat should be lower than protein per serving

Carbohydrates:

<50 grams per day during starch-free and 50 to 100 grams per day after 6 months OR remove all starches and automatically be low carb

Net Carbs = Total carbohydrates MINUS fiber and sugar alcohols

Total Sugars:

Everything should be 5 grams or less of sugar (per serving) EXCEPT yogurt or fruit products, these should be less than 15 grams of sugar

All drinks should have 1 gram of sugar or less

Protein:

70-100 grams per day 20-30 grams per meal

STARCH-FREE MEAL PLAN

Breakfast	Lunch	Snack	Dinner	Dessert
Low fat cheese omelet Turkey bacon Banana	Salad with ½ cup low fat tuna or chicken salad and Cheese stick	Greek yogurt w/ Pro Granola (can purchase online)	Stewed chicken and tomatoes roasted asparagus	½ cup of Halo Top or Enlightened ice cream
Low sugar Greek yogurt 2 boiled eggs Orange	1 cup Chili with no beans 1 serv. parmesan crisps	Cut cucumbers and 2 tbsp light ranch dressing	Stir fry with carrots, zucchini and string beans 1 cup Miso soup	Sugar free popsicle
Shake (protein powder, unsweetened almond milk, ½ cup berries)	Lettuce wrap with turkey, low fat cheese, cucumbers and baby carrots with light ranch dressing	½ protein bar (Quest, Pure Protein, Fit Joy, One Bar)	Grilled chicken parmesan with low fat cheese Sautéed garlic and broccoli	2 tbsp Sugar free cool whip with 1 tbsp PB2 and ½ banana
Protein bar (Quest, Pure Protein, Fit Joy, One Bar) Apple slices	Know Better wrap with 3 slices ham, 1 slice low fat cheese, 1 slice turkey bacon, and tomatoes Sugar free pudding	Quest protein chips	4 oz Sugar-free BBQ chicken and sautéed string beans	¾ cup cut up fruit
2 Scrambled eggs with low fat cheese 1 chicken sausage	4 oz Rotisserie chicken ½ veggie steamer bag	1 low fat cheese stick and 2 slices turkey	4 oz baked salmon with herbs Baked butternut squash and kale	½ cup strawberries and sugar free whipped cream
¾ cup cottage cheese Peaches in water	Chopped Greek salad with 4oz grilled chicken	Low sugar turkey jerky (less than 5 grams sugar)	Beef and vegetable soup w/ cauliflower rice and small salad	Sugar free low fat chocolate milk
2 baked “egg cups” (many online recipes) with spinach and feta 2 slices turkey bacon ½ cup watermelon	4 oz chicken with herbs 1 cup cauliflower mash and I Can’t Believe it’s not Butter Spray	Unsweetened applesauce with ½ scoop unflavored protein powder	Sautéed cabbage and turkey Cauliflower “mac and cheese” (replace macaroni with cauliflower)	1 serving Swiss Miss diet hot chocolate

Your PLATE should focus on:

- **PROTEIN**
- **NON-STARCHY VEGGIES** (Avoid potatoes, sweet potatoes, peas, corn and beans)
- **FRUIT** (up to 3 servings per day)



PROTEIN

(have at every meal and eat first!)

Chicken, turkey, lean beef, all fish, low fat dairy (cheese, yogurt, cottage cheese), eggs, tofu, tempeh, protein shake, protein bar

NON-STARCHY VEGGIES

Broccoli, cauliflower, tomatoes, carrots, lettuce, cabbage, kale, asparagus, celery, string beans/green beans, zucchini, radishes, onions, mushrooms, okra, eggplant, leeks, turnips, all squash, Brussels sprouts, collard greens

FRUIT

ALL fresh fruit – up to 3 servings per day

Three meals per day with protein is essential.

Your body only absorbs up to 30 grams of protein per meal, but you **NEED 70 to 100 grams per day** to maintain muscle mass and metabolism.

How to make a daily schedule of eating

(this can be a blueprint for any day, even if you are an over-night worker):

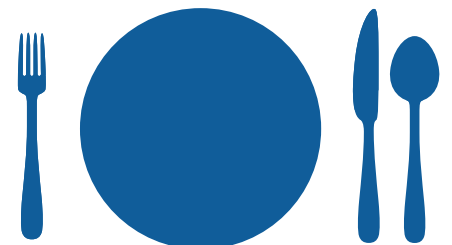
- Eat within 1.5 hours of waking (It does not need to be a big meal, just get some protein in.)
- Have 3 meals per day with 1 to 2 high protein snacks if needed (each meal should be no more than 3 to 4 hours apart and you should not eat within 3 hours of bedtime)
- NOTE: All patients are different. If you are someone who easily gets full, you may need 5 small meals to meet protein goals. If you can eat more at one sitting, 3 meals with 1 to 2 snacks will work.

Example of eating schedule:

If you wake up at 6am: meals are at 6- 7:30am; 9-11am; 12-3pm; 5-7pm

Food Prep Tips:

- Make larger batches of a few meals ahead of time, portion into containers for the week
- Portions may vary – before surgery, you are trying to form habits, if you need more veggies or more protein, increase your portions as to not feel hungry
- Use the freezer. Meals will last longer and if you get sick of prepared meals, so this helps.
- After surgery you should not exceed 1.5 cups of food at once



Nutrition Changes for Surgery: Start Now

Surgery is a tool for weight loss, not an easy fix! To be successful in losing weight and keeping it off, you need to change your eating and exercise habits. Practicing these healthy habits before surgery will make the transition much easier.

In order to schedule your final, you need to have made these changes and reach your weight loss goal and/or not gain any weight over the duration of the program

Start by making these changes:

1. Eat three meals a day with protein at every meal (eat your protein first!)

- YOUR PROTEIN GOAL IS 70 to 100 grams per day, 20 to 30 grams per meal
 - i. The body can only absorb 30g per meal, so it's necessary to spread protein throughout the day
 - ii. Protein is the building block of your body – it's a must!
 - iii. Eating protein first will help keep you full and ensure that you reach your protein goals
- Don't skip meals! Make a meal schedule and eat something even if you aren't hungry (your body will adjust to eating three meals per day)

2. Eliminate starches (See pg. 1 & 6 for a list)

3. Drink 64 oz fluid daily (sugar-free and carbonation-free only)

- Dehydration is the #1 cause of post-surgical complications/ER visits

4. Avoid foods high in fat and sugar, including:

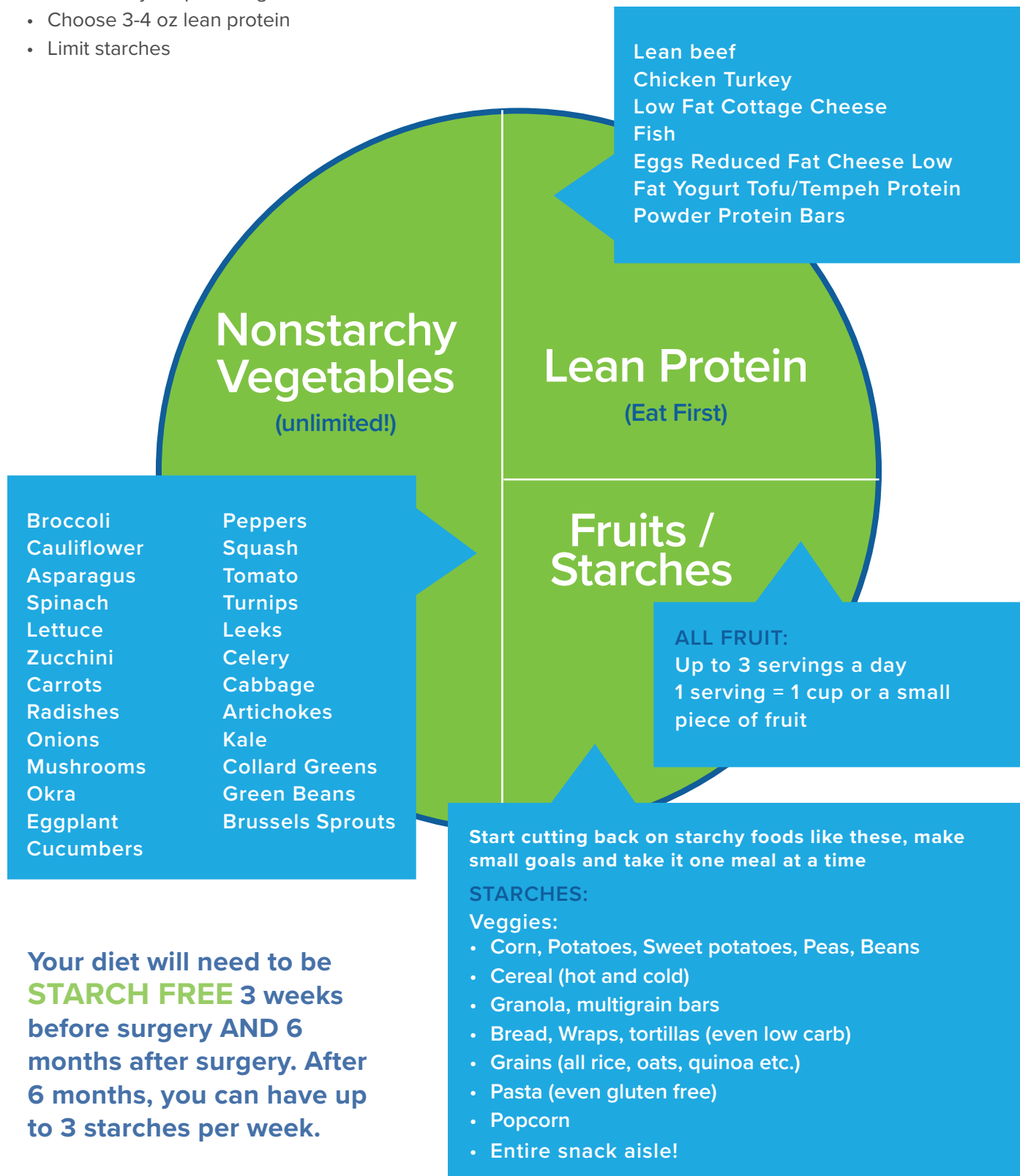
- Foods high in fat:
 - i. Breaded or fried foods
 - ii. High fat meats (bologna, salami, pepperoni, hot dogs, bacon, sausage, etc.)
 - iii. Added fat used in cooking (butter, grease, oil, etc.)
 - iv. Creamy sauces, soups and dressings
 - v. Nuts, seeds and nut butters (peanut butter, almond butter, etc.)
- Foods/drinks high in sugar:
 - i. Sweets and desserts (cakes, ice cream, frozen yogurt, cookies, candy, etc.)
 - ii. Soda, sweet tea, fruit punch, even 100% fruit juice

Other tips – chew 25 times, take small bites, put fork down in between bites

Building a Healthy Plate

Use the plate method to help guide pre-surgery weight loss

- Use a smaller plate
- Make half your plate vegetables
- Choose 3-4 oz lean protein
- Limit starches



Food Label 101



Servings Size: ½ cup

The rest of the label refers to this amount of food.

If the serving size is ½ cup and you eat ¼ cup, divide the rest of the information on the label by two.

Servings Per Container 4

This tells you how many individual servings are in the entire package.

Nutrition Facts			
Serving Size: ½ cup (114g)			
Servings Per Container 4			
<hr/>			
Amount Per Serving	%DV		
<hr/>			
Calories 90	Calories from Fat 30		
<hr/>			
	%DV		
Total Fat 3g	5%		
<hr/>			
Saturated Fat 0g	0%		
<hr/>			
Cholesterol 0mg	0%		
<hr/>			
Sodium 300mg	13%		
<hr/>			
Total Carbohydrate 13g	4%		
<hr/>			
Dietary Fiber 3g	12%		
<hr/>			
Sugar 3g			
<hr/>			
Protein 3g			
<hr/>			
Vitamin A 80%	• Vitamin C 60%		
<hr/>			
Calcium 4%	• Iron 4%		
<hr/>			
Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300g	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carb		300g	375g
Dietary Fiber		25g	30g
<hr/>			
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4			

Total Fat 3g

Keep total fat to a minimum.

Avoid foods that have more fat than protein, like the following

- Bologna
- Salami
- Pepperoni
- Hot Dogs
- Bacon
- Sausage
- Peanut Butter
- Nuts and Seeds
- Full-fat dairy

Milk, Yogurt, Fruit products (applesauce, fruit cup)

Choose products with 15g sugar or less

All other foods

Choose foods with 5g sugar or less

All drinks

Less than 1 gram sugar (less than 5 calories)

Protein 3g

Protein is very important!

When looking for protein shakes or bars, choose products with more than 15 grams of protein!

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

After Gastric Bypass: Avoid Dumping Syndrome (Roux-en-Y Bypass Only)

Eating foods containing sugar or excessive amounts of salt can cause the symptoms of dumping syndrome.

Why Does It Happen?

Foods pass into your intestines more quickly because the stomach is bypassed. Sugary or salty foods draw excess water into the intestines, can cause a sense of fullness, cramping, diarrhea. This can also cause a drop in blood pressure and blood sugar, which may result in weakness, sweating, rapid heart rate, and nausea 15 to 60 min after eating.

Foods to Avoid:

- Ice Cream
- Cookies
- Cakes
- Candy
- Soda - Applesauce w/ added sugar
- Sweet Tea made w/ sugar
- Fruit Juice
- Cold Cereal
- Crackers
- Chips
- Large portions of fruit
- Chocolate/flavored milk
- Yogurt with over 15 g sugar
- Protein shakes and bars with over 15 g sugar

Alcohol & Sugar Alternatives

No Alcohol for 12 months after surgery

- Alcohol doesn't provide any nourishment or satiety (empty calories)
- Your new stomach can cause you to reach dangerous levels of alcohol intoxication quickly
- Alcohol is a gastric irritant and can lead to ulcers or other stomach/GI complications
- Alcohol is dehydrating and depletes your body of certain nutrients

Transfer of addictions risk. After surgery, when a person cannot turn to food, they have to be careful what outlets they choose to handle stress. Alcohol can quickly become an addiction, even if you were not a drinker before surgery.

Zero Calorie Sugar Substitutes

These and similar products provide no calories and are perfectly fine to use.



Avoid any sweeteners containing sugar and calories

(e.g. white/brown sugar, raw sugar, maple syrup, agave nectar, honey, coconut sugar, brown rice syrup, molasses)



Fluid Needs & Healthy Drink Choices

In order to meet your body's fluid needs after surgery, you will need to sip constantly through the day at a rate of 4 to 8 oz per hour. You will not be able to "guzzle" or chug water with your new stomach, so this must be done little by little!

**64 OZ
EVERY
DAY!**

We recommend using water bottles like *Camelbak* with a rubber "bite valve" to avoid swallowing excess air



Can be found at Dick's, Sports Authority, Target, Bed Bath and Beyond, Amazon, online etc.

Watch out for symptoms of dehydration:

- Nausea
- Constipation
- Sluggishness
- Light-headedness
- Muscle Weakness
- Racing Heart

**DO NOT DRINK
FLUIDS WITH MEALS
and 30 MIN
AFTER MEALS**

Beverages Allowed	Beverages NOT Allowed
<p>Water</p> <p>Flavored water (sugar free)</p> <p>Sugar free mixes like Crystal Light, Mio Diet/ Unsweetened Iced Tea (caffeine free)</p> <p>Decaf or Herbal Tea</p> <p>Powerade Zero</p> <p>Sobe Lifewater (0 calories)</p> <p>Diet Lemonade or Diet Iced Tea Propel</p> <p>Diet V8 Splash (not V8 light-still has sugar)</p> <p>Skim (non-fat) milk or 1% (low fat)</p> <p>Unsweetened Soy/Almond milk</p>	<p>Drinks made with sugar (avoid forever)</p> <p>Punch, Soda, Lemonade, Sweet tea</p> <p>Carbonated beverages (avoid forever)</p> <p>Diet Soda, Seltzer, Tonic, diet Red bull Alcoholic beverages (avoid 1 year)</p> <p>Caffeinated drinks (avoid 1 month)</p> <p>Coffee, energy drinks, soda, tea w/ caffeine</p> <p>Decaf coffee and other acidic beverages (avoid 3 weeks)</p> <p>(recommend avoiding/limiting if these cause reflux or other GI symptoms)</p>

Protein

High protein intake is required for the rest of your life.

Protein is important for healing after surgery, maintain muscle, preventing hair loss, and preventing hunger between meals. Below and on the following page are sources of protein and their protein content. Three ounces is about the size of a deck of cards.

Try to choose protein options that are high in protein but low in fat to save calories



LEAN MEAT

3 oz = 25 g protein

Beef

- Ground sirloin
- Ground lean
- Round
- Flank
- Tenderloin arm
- Pot roast
- Sirloin steak
- Sirloin tip
- Rump roast

Veal

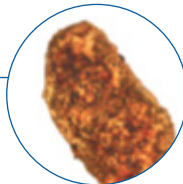
- Cutlet
- Leg, loin
- Rib shank
- Shoulder

Lamb

- Leg roast
- Loin chop

Wild Game

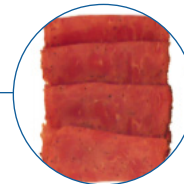
- Venison
- Buffalo



POULTRY

3 oz = 25 g protein

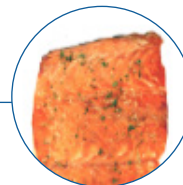
- Chicken
- Turkey
- Ground turkey
- Cornish hen



DELI MEATS

3 oz = 15-21 g protein

- Roast beef
- Turkey
- Chicken



FISH

3 oz = 21 g protein

- Catfish
- Cod
- Flounder
- Halibut
- Haddock
- Mackerel
- Salmon
- Sea Bass
- Snapper
- Tilapia
- Trout
- Tuna

Protein

Each meal should include protein!

- Meals should be at least 75% high protein foods!
- Eat high protein foods FIRST
- Protein drinks or bars may be needed between meals to achieve your protein goal

Sneak more protein into your dishes:

- Use skim milk in place of water when cooking or add it to soups!
- Add nonfat dry milk powder or protein powder to skim milk meatloaf, casseroles, sauces, milk-based soups, sugar-free pudding, low-sugar yogurt
- Top soups, vegetables, and meats with low-fat cheese.
- Mix low-fat or fat-free cottage cheese in casseroles, egg dishes
- Use no-sugar-added, fat-free yogurt with fruits, milk-based beverages, or gelatin dishes; use plain yogurt to moisten casseroles and pureed meats.
- Add eggs to salads, dressings, vegetables, casseroles, and pureed meats and vegetables.
- Add soy/tofu to casseroles, soups, and vegetable dishes. Blend in a shake with fruit.



DAIRY

Any low or non-fat

- Milk (1 cup) 8g
- Dried milk (1/3 cup) 8 g
- Plain yogurt (6 oz) 8g
- Greek yogurt (6 oz) 16 g
- Cottage cheese (1/4 cup) 7 g
- Hard cheese (1 oz) 7 g
- Soft cheese (1 oz) 6 g

OTHER

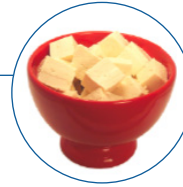
- Protein Bars 15g
- Protein Shakes 15g



EGGS

1 egg = 6 g protein

- 1/4 cup egg substitute 6 g



SOY

- Soy milk (1 cup) 5-7 g
- Tofu (1/4 cup) 10 g
- Tempeh (1/4 cup) 15 g
- TVP (1/4 cup) 12 g



- Pepperoni
- Sausage
- Bologna
- Salami
- Hot dogs
- Bacon
- Peanut butter
- Nuts
- Seeds
- Full-fat dairy