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Guide for Eating After Sleeve Gastrectomy Surgery

Prepared for Patients of the
Weight and Wellness Center
At Signature Healthcare
855-609-well (855-609-9355)

Your New Relationship With Food:

Congratulations! You have worked very hard in preparation for Sleeve Gastrectomy Surgery. Now you will have to implement your new drinking and eating behaviors. **Please review this booklet carefully.** Remember these are guidelines and everybody is different, so dietary substitutions can be made with help from your medical care team and dietitian.

Your new stomach, also known as “the tube,” is about 3 ounces in size. It will take about 6-8 weeks to heal. To help this healing process you will progress through 5 stages that are laid out in this booklet.

Your meal plan will be high in protein to help the healing process, promote weight loss and preserve lean body mass (muscle). Your meal plan will also be low in fat (7 grams or less per serving) and low in sugar (14 grams or less per serving).

There are 5 stages to your new meal plan. You will be on a high protein liquid diet for about 2-3 weeks, then progress to soft-solid proteins for about 4-6 weeks and then progress to soft, moist, whole foods to create a balanced diet. At each follow-up visit your dietitian/clinician will progress and advance your diet accordingly.

As you advance through the 5 stages, you will always be able to consume any food you had in the previous stage. When advancing, try one new food at a time by itself so that if you have a difficult time tolerating it, you can eliminate it from your diet for 2-3 weeks and then attempt to re-introduce the food back into your daily diet.

Your meals should take about 40-60 minutes to eat. It is recommended you take about 10 minutes for each ounce of food you eat. You will need to use all the mindful eating techniques that you have learned through your preparation for surgery: taking tiny eraser size bites, chewing your food to a liquid consistency, sipping slowly on liquids, etc.

It is acceptable to be unable to finish the recommended serving size of a food. **DO NOT FORCE** yourself to finish your food. Stop eating as soon as you start to feel full. If necessary, put the food away and finish it later.

About 6-8 weeks after your surgery you will typically be at the last stage (stage 5). At this time you will introduce various foods into your diet. Your dietitian will help you assess what your needs are and make a plan on how to meet them. Once on stage 5 you will be following these nutritional guidelines for the rest of your life. Over time you will be able to eat and tolerate more foods. To help with weight maintenance and a healthy eating lifestyle it is important to keep the following things in mind:

- √ **Exercise:** After your surgeon approves it, we encourage you to participate in cardiovascular and resistance training. Exercise is key for maintaining and building muscle mass and keeping weight off.

- √ **Weight loss may slow down at times:** Your weight loss may seem like a staircase. You are also going to experience “plateaus” and this is normal. Everyone will lose weight at different rates, so please do not compare yourself to other people. If you hit a plateau (not losing weight for longer than 2 weeks), continue to keep food records and track your exercise. You may need to adjust your diet or exercise to help with your weight loss. If a plateau lasts longer than 4 weeks, call your dietitian.

- √ **This is a BIG change in your life:** You may start to feel anxious about your choices and/or comments that are made to you about your weight loss. You may at times “feel fat,” deal with relationship changes, social changes, and experience new emotions. Remember you are not alone in this process. It is important for you to stay involved in post-operative support groups and continue to see your medical team (behavior therapist, medical physicians, dietitians, and surgeon).

There are some nutrition considerations with the sleeve gastrectomy you should be aware of and prepared for:

- √ **Protein is key:** Protein is essential after surgery to help the healing process and preserve your lean body mass (muscles). Meeting your protein goals is essential, and you also want to **EAT YOUR PROTEIN FIRST!**
- √ **Fluids:** It is important to maintain fluid intake of about 64 ounces or more per day. This will help maintain the appropriate body levels of fluids and replace the losses from weight loss. You need to take small slow sips of fluids throughout the day. Fluids should have minimum calories, no caffeine and no carbonation. To help meet both nutrition and fluid needs, you need to keep fluids separate from meals by at least 30 minutes.
- √ **Mindful Eating:** It is key to use all your mindful eating techniques to help meet your nutrition goals. Small frequent meals, tiny bites, eating slowly, etc.
- √ **Select Low-Sugar and Low-Fat Foods:** You should select foods that have 14 grams of sugar or less per serving and 7 grams of fat or less per serving.
- √ **“Honeymoon Period” (lack of appetite):** Often you may experience a lack of appetite after surgery. In turn this often causes patients to skip meals, depriving themselves of their nutritional needs. You will need to plan to have 4-6 small meals per day to meet your nutrition goals and have a successful weight loss.
- √ **Hair Loss:** Sometimes after surgery a patient will complain of hair loss. It can be related to not getting enough protein or vitamins in your diet. This is often the body’s response to rapid weight loss. Hair loss is usually not permanent and re-growth typically occurs 3-6 months after it starts falling out. Talk to your dietitian if you are experiencing this.
- √ **Taste Changes:** You may experience changes in taste and food preferences.

- √ **Lactose Intolerance:** If you experience any bloating, gas, cramping or diarrhea in the initial stages you may have developed an intolerance to lactose from the sugar found in milk. This intolerance is often temporary and may resolve in 3-6 months. In the meantime, you may need to follow a lactose free diet.
- √ **Dumping Syndrome:** Almost flu-like symptoms (nausea, vomiting, sweating, bloating, diarrhea, etc.) that usually occur after high-fat or high-sugary foods. The symptoms typically last about ½ hour. However, not everyone experiences dumping. To avoid these symptoms you should select foods that have 14 grams of sugar or less per serving and 7 grams of fat or less per serving.
- √ **Vitamins:** Being compliant with your vitamins is key for your health, meeting your nutrition goals, and preventing deficiencies. The most common deficiencies you may be at risk for are B12, Iron, Vitamin D and Folate. We will test your labs periodically to help prevent and/or treat any deficiencies you may develop.
- √ **Keeping Self-Monitoring Logs:** Keeping food records will help facilitate timing of your meals and help you keep track of what you need to finish by the end of the day.

Diet Following Sleeve Gastrectomy Surgery

As a result of your surgery, special dietary changes are necessary to ensure successful weight loss without causing harmful side effects. These guidelines will help you understand the various stages.

During your 2-3 day hospitalization, you will complete Stages 1, 2 and 3 and be sent home following Stage 3.

Stage 1: Water

Duration: 1 day

Start: In the hospital, typically on the day following your surgery.

Goals:

- 1 ounce of water per hour

Instructions:

- Sip water slowly from the medicine cup, 1 ounce per hour.
- Please stop if you feel nauseated.
- You often will experience dry mouth. Bring your own preferred chapstick or lip balm.

Stage 2: Clear Liquids

Duration: 1 day

Start: In the hospital, typically the day following your surgery.

Goals:

- 3 ounces of sugar-free gelatin and/or bouillon
- Between meals you can sip on water.

Instructions:

- Sip and eat slowly. Stop if you feel full or nauseous.
- Walk as much as you can with your nurse, friend or family member.
(unless instructed not to do so by your medical team)
- Try to sip on 1-4 ounces of fluid per hour between meals.
- If you get a meal tray with anything other than sugar-free gelatin or bouillon,
DO NOT EAT IT!

Stage 3: High-Protein Full Liquids (sugar-free, low-fat)

Duration: 2-3 weeks

Start: In the hospital. This is the diet you will be discharged home on.

Goals:

- 64+ ounces of fluids
- Protein
 - 50-60 grams of protein per day
- Use the Stage 3 Food List
- Use the Fluid List
- Keep Stage 3 Self Monitoring Logs

Instructions:

- Sip and eat slowly. Stop if you feel full or nauseous.
- Meals should last about 45 minutes to an hour.
- Try to space meals no more than 4 hours apart.
- Try to meet protein goals by drinking as many high-protein shakes from the Stage 3 food list. Do the best you can.
- Choose foods ONLY from Stage 3 food list to help reach 50-60 grams protein per day.
- Fluid containing foods (i.e. shakes) contribute to your total fluid goal of 64+ ounces per day.
- Choose sugar-free and/or “no sugar added” products. This will reduce your caloric intake to facilitate weight loss.
- If you are having trouble meeting protein goals, you may consider adding a whey or soy protein powder to your meals. Powders should have at least 10 grams of protein, 14 grams of sugar or less and 5 grams of fat or less per serving. Before purchasing protein powder you may want to consult with your dietitian.

- Tolerance of food and drink can vary. Temperatures often can influence this. Some people find ice-cold beverages are better, while others might prefer room temperature or warm temperatures.
- Diarrhea and stomach cramps may occur due to temporary lactose intolerance. Try Lactaid pills with lactose containing foods, or use lactose free or soy products.
- If you experience any dry mouth, you may be dehydrated. If you have already consumed your 64 ounces of fluid, it likely means you need to drink more. Keep an eye on your urine color; if dark in color it means you need to drink more. If you have any dizziness, headaches, etc., contact your medical team.
- Continue to take your prescribed medications as explained to you upon discharge from the hospital. You can mix your medications with unsweetened apple sauce to help in swallowing.

**If you have any problems contact the medical team at
508-894-0766.**

Fluids:

Fluid intake is crucial for preventing dehydration. Fluids should not replace meals or snacks. Make sure to keep fluids about 30 minutes separate from meals. Your goal is to get at least 64+ ounces per day.

<i>Fluids:</i>	
• Water	• Sugar-free Jell-O
• Flavored Waters	• Power Aid Zero
• Fruit ₂ O	• 4 Cs
• Crystal Light	• Diet Ocean Spray
• Vitamin Water Zero	• Herbal Caffeine Free Tea
• Fat-free, low-sodium broth	• Sugar-free Popsicles

Food Choices: 50-60 grams protein per day

<i>Stage 3 Food</i>			
Food	Amount	Grams of Protein	Calories
Carnation Instant Breakfast - No Sugar Added Powder + 8 ounces Skim Milk	8 ounces	13	150
Carnation Instant Breakfast No Sugar Added - Ready to drink	8 ounces	13	150
EAS AdvantEdge - Ready to drink	11 ounces	17	110
GNC Total Lean 25 Shake	8 ounces	25	200
Whey or Soy Protein Powders (14 grams sugar or less per serving & 3-5 grams of fat or less per serving)	1 scoop	Various	Various
Skim Milk	8 ounces	8	90
Simple Smart / Over the Moon Fat-free Milk	8 ounces	10	90
Soy Milk (low-fat and low-sugar)	8 ounces	6	105
Lactaid Skim Milk	8 ounces	8	80
Light Yogurts (14 grams sugar or less per serving & 3-5 grams of fat or less per serving)	6-8 ounces	5-8	60-120
Greek Yogurt (Fage 0%, Oikos)	5-8 ounces	15-20	90-120
Fat-free or 1% Cottage Cheese (Lactaid available)	½ cup	13-14	70-80
Fat-free Ricotta Cheese	¼ cup	6-10	40-80
Sugar-free or Fat-free Pudding (instant or cook n serve)	½ cup	4-5	75-100
Scrambled Liquid Egg Substitute (Egg Beaters, Scramblers)	½ cup	12	60
Egg Whites	2 whites	8	34

Post-Op Stage 3 Sample Plan

Meal	Time	Post-Op Day #2-#5	Post-Op Day #6-#9	Post-Op Day #10-#14
Fluids	7:00-7:30	3 oz water	3 oz water	3 oz water
Meal #1	8:00-9:00	4 oz Premier Protein shake	5 oz Designer Whey shake	6 oz Pure Protein shake
Fluids	9:30-10:30	4 oz Crystal Light	5 oz water with ½ packet Designer Whey Protein 2 Go	6 oz Crystal Light
Meal #2	11:00-12:00	4 oz Premier Protein shake	5 oz Designer Whey shake	6 oz Pure Protein shake
Fluids	12:30-1:30	4 oz chicken broth	5 oz chicken broth	6 oz chicken broth
Meal #3	2:00-3:00	4 oz Premier Protein shake	5 oz Designer Whey shake	6 oz Pure Protein shake
Fluids	3:30-4:30	4 oz herbal tea	5 oz water with ½ packet Designer Whey Protein 2 Go	6 oz herbal tea
Meal #4	5:00-6:00	4 oz milk	5 oz milk	6 oz milk
Fluids	6:30-7:30	4 oz water	5 oz water with ½ packet Designer Whey Protein 2 Go	6 oz water
Meal #5	8:00-9:00	4 oz Premier Protein shake	5 oz Designer Whey shake	6 oz Pure Protein shake
Fluids	9:30-10:00	3 oz water	3 oz water	3 oz water
Total:		<i>Calories: 328 Protein: 47 grams** Fluids: 42 oz**</i>	<i>Calories: 394 Protein: 51 grams Fluids: 51 oz</i>	<i>Calories: 383 Protein: 52 grams Fluids: 60 oz</i>

**You may not reach your fluid and protein goals right away; that is normal, however day by day you should be able to steadily increase your intake. Let your bariatric team know as soon as possible if you are having trouble increasing your protein and fluid intake.

Protein Shake Guidelines

Protein shakes and powders are great ways to increase the protein content of your diet both pre-operatively and post-operatively.

However, there are key things to look for when selecting a shake:

- √ Whey or Soy based
- √ 14 grams of sugar or less per serving
- √ 5 grams of fat or less per serving
- √ At least 10 grams of protein or more per serving

Both powdered and ready-to-drink forms can be purchased at:

- √ In the office at the Weight and Wellness Center
- √ CVS, Walmart, Grocery Stores, Target, Health Food Stores, GNC, Vitamin Shops, etc.

√ Online at:

- www.Unjury.com
- www.gastricbypassupplements.com
- www.bariatricadvantage.com
- www.robard.com
- www.bariatricchoice.com
- www.bariatriceating.com

Ways to use the protein powders:

- Add the flavorless powder to yogurts, cottage cheese, soups
- Add flavored powders to your No Sugar Added Carnation Instant Breakfast or other already made shakes
- Add to skim or soy milk
- Create your own protein shake (see protein shake recipes)

<i>Protein Shakes:</i>			
EAS Shakes	Unjury Protein Powders	Country Life 100% Green & Whey Vanilla Powder	Nectar
GNC Total Lean	GNC Pro Performance Whey Protein	Gensoy: Soy Natural Protein Powder	Matrix 2 Pound
Carnation Instant Breakfast - No Sugar Added	Whole Foods 365 Whey or Soy Protein Powders	BSN Lean Dessert	Whey Gourmet
Isopure	BariCar Beverage	Smartforme Nutrifast	Bariatric Advantage

Sample Stage 3 Shopping List

Yogurt

- Yoplait, Light Thick & Creamy; Yoplait, Light
- Dannon Light n' Fit; Dannon Light n' Fit 0%; Dannon All Natural Plain nonfat
- Dannon Activia Light
- Weight Watchers
- Yoplait Greek 100
- LaYogurt Light
- Silk Live, Plain
- Light and Fit Greek
- Oikos Triple Zero
- Siggi's 0% milkfat

Ricotta Cheese

- Dragone (part-skim)
- Sorrento, Fat-free

Cottage Cheese

- Breakstone's 2% low-fat, 4%; Breakstone's Live Active 2% milk fat
- Cabot (non-fat, low-fat)
- Hood low-fat; Hood Large Curd; Hood Country Style
- Lactaid, low-fat
- Fiber One, low-fat
- Friendship 1%, 1% whipped

Milk

- Hood Simply Smart, Fat-free, 1%
- Garelick, Over the Moon, Fat-free
- Hood Calorie Countdown, Fat-free (plain)
- The Organic Cow, Low-fat, Reduced-fat
- Stonyfield Farms, Fat-free
- Garelick Farm, 1%, Fat-free; Garelick Skim
- Hood 1%, Fat-free
- Nature's Promise Vanilla Organic Soymilk, Original Organic Soy Milk
- Silk Soy Milk (vanilla, plain); Light Silk Soy Milk (plain, vanilla, unsweetened)
- Lactaid Low-fat / Fat-free
- Lactaid Calcium Fortified, fat-free
- Fairlife Fat-free

Eggs

- All Whites, Egg Beaters, Giant Eggs Made Simple, Better'n Eggs, Nulaid Reddi Egg, Gold Circle Farms

Puddings

- Jell-O Sugar-Free, Fat-free
- Kozy Shack, No-sugar added, Chocolate
- Soy Pudding

Protein Powders/Shakes

- Worldside Pure Protein Shake
- Met-Rx Protein Plus R TD51
- Lean Body on-the-go
- Carnation Instant Breakfast, No Sugar Added
- Designer Whey Protein 2GO
- Nature's Best, Isopure Zero Carb
- EAS Myoplex Carb Control
- EAS Myoplex Lite
- CytoSport Muscle Milk, Light
- Bariatric Advantage

Stage 3 Recipes:

**** It is ONLY okay to have fruit blended in shakes - otherwise you should avoid fruits and vegetables ****

High-Protein Pudding

Use Jell-O Sugar-free Instant Pudding (Not Cooked) 4 servings package

Measure 2 cups of cold skim milk following package directions

Add two scoops of unflavored protein powder to the two cups of cold milk

Thoroughly mix the powder with the milk by shaking or stirring

Then follow pudding package directions by putting the Jell-O Sugar-free Instant (Not Cooked) Dry Pudding Mix into a bowl. Add the powder and milk mixture

Mix well. Chill and enjoy

Wild Berry Boost

2 scoops vanilla flavor protein powder
4 raspberries
4 strawberries
8 blueberries
8 ounces nonfat milk
½ cup ice cubes

Place all the ingredients in the blender and enjoy!

Mocha Proticcino

A fun Mocha Protein Cappuccino

1 scoop chocolate or vanilla protein powder
8 ounces skim milk
1 tablespoon decaf instant coffee

Place all ingredients in a shaker and shake until blended. Enjoy

Extra ideas

Add peanut butter: Add a couple of teaspoons of low-sugar peanut butter to the Chocolate or Vanilla Proticcino. Blend until smooth

Add a banana: Add ¼ banana to Chocolate or Vanilla Proticcino. Blend

The Hulk

2 scoops vanilla protein powder
½ tbsp sugar-free pistachio pudding mix
1 mint leaf or a few drops
peppermint extract (optional)
few drops green food coloring (optional)
8 oz. cold water or low-fat milk
3-5 ice cubes

Add all ingredients to blender and blend

Apple Cinnamon

1 to 2 scoops of vanilla whey protein powder
1 ½ cups of pure water or skim milk
½-1 cup of chopped frozen apple
1 tsp cinnamon

Add all ingredients to blender and blend

Cinnamon Roll Protein Shake Recipe

1 scoop vanilla protein powder
1 tbsp sugar-free instant vanilla pudding
¼ tsp cinnamon
½ tsp imitation vanilla (or ¼ tsp extract)
1 packet Splenda
a few dashes butter flavor sprinkles or butter-flavor extract
8 oz. water (or low-fat milk)
3-5 ice cubes

Add all ingredients to blender and blend.

Pumpkin Pie Shake

¼ cup pumpkin puree
1 cup skim milk or soy milk
1 scoop vanilla protein powder (such as Matrix Simply Vanilla)
½ teaspoon pumpkin pie spice (or
¼ t. cinnamon, 1/8 t. cloves, 1/8 t. ginger)
2 tablespoons Splenda Granular
¼ cup vanilla yogurt
1 cup ice cubes

Stage 3 Food Logs: High-Protein Full Liquids

(sugar-free, low-fat)

Date: _____

Goals:

- 64+ ounces of fluids per day
- 50-60 grams of protein daily

<i>Foods & Portion Size</i>	<i>Grams of Protein</i>	<i>Ounces Fluids</i>	<i>Calories</i>
<i>Totals:</i>			

<i>STAGE 3 Foods</i>	Protein g	Calories
Carnation Instant Breakfast - No Sugar Added Powder + 8 ounces Skim Milk	13	150
Carnation Instant Breakfast No Sugar Added-Ready to drink	13	150
EAS AdvantEdge-Ready to Drink	17	110
GNC Total Lean	25	200
Whey or Soy Protein Powders (14 grams sugar or less per serving & 3-5 grams of fat or less per serving)	Various	Various
Skim Milk	8	90
Simple Smart/ Over the Moon Fat-free Milk	10	90
Soy Milk (low-fat and low-sugar)	6	105
Lactaid Skim Milk	8	80
Light Yogurts (14 grams sugar or less per serving & 3-5 grams of fat or less per serving)	5-8	60-120
Greek Yogurt (Fage 0%, Oikos)	15-20	90-120
Fat-free or 1% Cottage Cheese (Lactaid available)	13-14	70-80
Fat-free ricotta cheese	6-10	40-80
Sugar-free or Fat-free Pudding (instant or cook n serve)	4-5	75-100
Fat-free/Low-fat cream soups made with 8 ounces skim milk	10	190
Scrambled liquid egg substitute (Egg Beaters, Scramblers)	12	60
Egg Whites	8	34



**** Before advancing to Stage 4, you will have a 2-week post-operative appointment, where you will see your surgeon and your dietitian ****

Stage 4: Soft and Moist Protein

Duration: 4-6 weeks

Start: Usually after your 2-week post-op follow-up appointment with the dietitian

Goals:

- 64+ ounces of fluids
- Protein
 - 60-80 grams of protein per day
- **No Fruits, Vegetables or Carbohydrates**
 - If meeting protein goals you may add in ½ cup mashed potatoes made with skim milk or mashed cooked vegetables 1x per day
- Use the Stage 4 Protein List
- Use the Fluid List
- Start Multivitamin + minerals, Calcium + Vitamin D, Vitamin D3, Sublingual B12
- Mindful Eating
- Keep Stage 4 Self Monitoring Logs

Supplements:

- **Multivitamin with minerals**
 - Daily
 - Chewable for at least the first 6 months
 - 200% Daily Value - typically 2 pills per day
 - With IRON
- **Calcium Citrate plus Vitamin D**
 - Daily
 - Chewable for at least the first 6 months
 - 1200-1500 mg per day
 - Take only 600 mg at one time (your body can only absorb 600 mg at one sitting)
 - Keep CALCIUM away from IRON by at least 2 hour
- **B 12**
 - 1000 mcg sublingual pill (place under the tongue) per day
- **Vitamin D3**
 - Daily
 - 3000 IU/day

Instructions:

- **PROTEIN FIRST!!** Protein is needed to heal your wounds, maintain body functions, and maintain lean muscle mass.
- Make sure you cut all foods into dime sized pieces.
- Please use your mindful eating techniques and make sure all the food that you eat after surgery is a liquid consistency in your mouth before swallowing. If you struggle with this, you may need to ground or puree your food.
- Make sure your food is very moist by adding fat-free/sugar-free condiments (gravies, sauces, salad dressing, mayonnaise). Use moist methods of cooking, such as baking, roasting, steaming or poaching.
- Consume meals very slowly, 45 minutes or longer per meal. If you feel full stop immediately, put your food aside and go back after a few hours.
- **DO NOT DRINK FLUIDS WITH MEALS.** To help meet both nutrition and fluid needs, you need to keep fluids separate from meals by at least 30 minutes.
- If you feel “tightness,” nausea, and/or vomiting, you most likely ate too quickly, swallowed too large of a bite, did not keep your food moist enough, or did not chew well enough. Monitor your eating behaviors and the time it takes to eat by recording your starting and finishing times.
- Use smaller plates to make it appear like you have more food on your plate. Using smaller eating utensils will help you take smaller bites as well. To help with timing, put your utensil down after you take a bite, avoid distraction, and try to enjoy your meals.
- Using a food scale, weigh your food after it has been cooked. The goal is to attempt to consume about 3 oz of protein at a meal, about the size of a deck of cards.
- **DO NOT EAT RAW FRUITS & VEGETABLES** on Stage 4.

- **If you are meeting your protein goals** then you may have ½ cup of mashed potatoes made with skim milk, ½ cup cooked mashed vegetables. Limit this to one time per day.
- Please avoid chewing gum! Once swallowed it may cause an obstruction or blockage.
- Baby food warmer trays may be helpful for keeping food warm while it is being slowly eaten.
- If struggling with constipation, make sure you are meeting your fluid goals and contact your surgeon about what medications you can try.
- Keep food records to help identify any food intolerances or nutrient deficiencies.
- If you have any problems, contact the medical team at 508-894-0766.

**PLEASE DO NOT EAT ANY FRESH FRUITS, VEGETABLES
OR STARCHY FOODS UNTIL STAGE 5 UNLESS
YOU ARE INSTRUCTED OTHERWISE BY
THE MEDICAL TEAM AND/OR DIETITIAN.**

Reminder: Your goals are to get at least **60-80 grams of protein** per day and **64+ ounces of fluids**. Please keep track of how much protein you eat by using the Stage 4 protein table and food logs.

Free online food logs are also available at:
www.sparkpeople.com & www.myfitnesspal.com

Stage 4 Protein List

Food	Amount	Grams of Protein	Calories
Animal Protein Sources			
Ground meat >93% fat-free (beef, chicken, pork, turkey etc.)	3 oz	21-23	150
Fish (sole, haddock, halibut etc.)	3 oz	21-23	90-120
Fatty fish (salmon, bluefish etc.)	3 oz	21-23	160
Shrimp, Scallops, Crabmeat	3 oz	14-18	85-90
Tuna, packed in water	3 oz	20-22	100-110
Imitation seafood	3 oz	10	87
Chicken or turkey breast without skin	3 oz	25	120-150
Chicken breast, canned packed in water	3 oz	16	80
Turkey Chili	½ cup	8	92
Baby food	2.5 oz	8	50
Vegetarian Protein Sources			
Fat-free/low-fat cheese	3 oz	20	124
Fat-free/1% cottage cheese	½ cup	15	80
Eggs	1 large	6	78
Scrambled liquid egg substitute (Egg Beaters, Scramblers)	½ cup	12	60
Tofu	½ cup	20	183
Tempeh	½ cup	16	165
Veggie burgers (Garden Burgers, Bocca Burger, Morningstar Farms)	1 patty	9	70
Ground Soy Crumbles	½ cup	11	70
Beans (kidney, black, refried etc.)	½ cup	8	103
Lentils	½ cup	9	115
Hummus	¼ cup	6	100

**** If meeting protein and fluid goals, you may add ½ cup mashed potatoes made with skim milk / mashed cooked vegetables per day ****

Post-Op Week Three Stage 4 Sample Plan

Meal	Time	Day 1	Day 2	Day 3
Fluids	7:00-7:30	4 oz water	4 oz water	4 oz water
Meal #1	8:00-9:00	8 oz GNC Total Lean Shake	8 oz Premier Protein Shake	8 oz Isopure Zero Carb blended with ½ cup fruit
Fluids	9:30-10:30	8 oz Crystal Light	8 oz Crystal Light	8 oz Crystal Light
Meal #2	11:00-12:00	1 light string cheese stick	6 oz light Greek yogurt	½ cup Egg Beaters (scrambled)
Fluids	12:30-1:30	8 oz water	8 oz water	8 oz water
Meal #3	2:00-3:00	8 oz GNC Total Lean Shake	8 oz Premier Protein Shake	8 oz Isopure Zero Carb blended with ½ cup fruit
Fluids	3:30-4:30	8 oz herbal tea	8 oz herbal tea	8 oz herbal tea
Meal #4	5:00-6:00	1 oz 93% lean ground beef with tomato sauce	¼ cup fat free turkey chili	¼ cup black bean soup with ¼ cup 2% milk mozzarella
Fluids	6:30-7:30	8 oz water	8 oz water	8 oz water
Meal #5	8:00-9:00	8 oz GNC Total Lean Shake	8 oz skim or soy milk	8 oz Isopure Zero Carb blended with ½ cup fruit
Fluids	9:30-10:00	4 oz water	4 oz water	4 oz water
Total:		<i>Calories: 451 Protein: 59 grams Fluids: 64 oz</i>	<i>Calories: 465 Protein: 68 grams Fluids: 64 oz</i>	<i>Calories: 522 Protein: 72 grams Fluids: 64 oz</i>

Post-Op Week Four Stage 4 Sample Plan

Meal	Time	Day 1	Day 2	Day 3
Fluids	7:00-7:30	5 oz water	5 oz water	5 oz water
Meal #1	8:00-9:00	8 oz Ensure High Protein shake	8 oz Pure Protein shake with ½ cup blended fruit	8 oz GNC Total Lean shake
Fluids	9:30-10:30	8 oz Crystal Light	8 oz Crystal Light	10 oz Crystal Light
Meal #2	11:00-12:00	¼ cup canned tuna with 1 Tbsp Miracle Whip light	¼ cup egg salad with 1 Tbsp fat free Hellman's Dijonnaise	¼ cup canned chicken with 1 Tbsp Kraft Olive Oil mayo
Fluids	12:30-1:30	8 oz water	8 oz water	8 oz water
Meal #3	2:00-3:00	8 oz Ensure High Protein shake	8 oz Pure Protein shake with ½ cup blended fruit	8 oz GNC Total Lean shake
Fluids	3:30-4:30	8 oz herbal tea	8 oz herbal tea	8 oz herbal tea
Meal #4	5:00-6:00	1 oz Baked Cod (see recipe)	1 oz Ginger Lime Tilapia (see recipe)	¼ cup Pulled Chicken Tacos (see recipe)
Fluids	6:30-7:30	8 oz water	8 oz water	8 oz water
Meal #5	8:00-9:00	8 oz Ensure High Protein shake	8 oz Pure Protein shake with ½ cup blended fruit	8 oz GNC Total Lean shake
Fluids	9:30-10:00	5 oz water	5 oz water	5 oz water
Total:		<i>Calories: 457 Protein: 57 grams Fluids: 66 oz</i>	<i>Calories: 515 Protein: 64 grams Fluids: 66 oz</i>	<i>Calories: 530 Protein: 70 grams Fluids: 66 oz</i>

Post-Op Week Four Stage 4 Recipes:

Baked Cod

(From Recipes for Life after Weight Loss Surgery by Margaret M. Furtado, M.S., R.D., L.D.N.)

Ingredients

- Cooking spray
- 4 (4-oz) cod fillets
- 1 Tbsp extra-virgin olive oil
- 1 lemon, cut into 4 wedges
- 2 tsp Old Bay Seasoning

Directions

Preheat oven to 350 degrees Fahrenheit. Lightly coat 4 squares of aluminum foil with cooking spray. Place a cod fillet on each piece of foil. Drizzle each fillet with the olive oil. Squeeze a lemon wedge over each fillet, and sprinkle each fillet with ½ tsp Old Bay. Wrap the aluminum foil around the fish and place in the oven; bake until the fish is cooked through, about 10 minutes.

Makes 4 servings, each with 128 calories, 20 grams protein, 4 grams of fat, 0.5 grams of sugar

Ginger Lime Tilapia

(From <http://www.food.com/recipe/ginger-lime-tilapia-290727>)

Ingredients

- 12 oz tilapia fillets
- 1 tsp olive oil
- 1 tsp lime zest
- 2 tsp fresh ginger, grated
- 1 tsp paprika
- ½ tsp garlic powder
- 3 Tbsp lime juice
- Salt and pepper

Directions

Mix together the lime zest, ginger, paprika, garlic powder, red pepper flakes, salt and pepper. Sprinkle mixture on both sides of each tilapia filet. Heat olive oil in a pan. Add the fish filets to the pan and cook on medium-high for 4 minutes on each side. Sprinkle finished filets with lime juice.

Makes 4 servings, each with 98 calories, 17 grams protein, 2.6 grams of fat, 0 grams of sugar

Post-Op Week Four Stage 4 Recipes:

Pulled Chicken Tacos

(From Recipes for Life after Weight Loss Surgery by Margaret M. Furtado, M.S., R.D., L.D.N.)

Ingredients

- 1.5 lbs. boneless, skinless chicken breasts
- 1 packet low sodium spicy taco seasoning
- 1 packet low sodium original taco seasoning
- 1 bottle dark beer
- 1 Tbsp cornstarch

Directions

Combine the chicken and taco seasonings in a slow cooker. In a small bowl, mix the cornstarch thoroughly with the beer, then add to the chicken and combine well. Cook on the low setting for 6 to 8 hours or until the chicken pulls apart.

Makes 8 (1/4 cup) servings, each with 143 calories, 18 grams protein, 2.2 grams fat, 0 grams sugar

Post-Op Week Five Stage 4 Sample Plan

Meal	Time	Day 1	Day 2	Day 3
Fluids	7:00-7:30	5 oz water	5 oz water	5 oz water
Meal #1	8:00-9:00	1 scrambled egg with ¼ cup 2% milk shredded cheese	Smoothie: ½ cup light Greek yogurt with 8 oz soy milk and ¼ cup frozen fruit	8 oz Muscle Milk light with ½ cup light Greek yogurt and ¼ frozen fruit
Fluids	9:30-10:30	10 oz Crystal Light	10 oz Crystal Light	10 oz Crystal Light
Meal #2	11:00-12:00	1.5 oz Thin N' Trim Honey Baked Ham with 2 Tbsp French's Honey Dijon Mustard	1.5 oz Boar's Head All-Natural Roasted Turkey deli meat with ¼ cup Sabra hummus	1.5 oz Alpine Lace Extra Lean Roast Beef (shaved) with 2 Tbsp French's Horseradish Mustard
Fluids	12:30-1:30	8 oz water	8 oz water	8 oz water
Meal #3	2:00-3:00	8 oz Sugar-free Carnation Instant Breakfast with skim milk	1 light Mini Baby bell cheese	1 Cabot 50% reduced fat sharp cheddar cheese stick
Fluids	3:30-4:30	10 oz herbal tea	10 oz herbal tea	10 oz herbal tea
Meal #4	5:00-6:00	1.5 oz Breakfast Turkey Sausage (see recipe)	1.5 oz Pacific Dungeness Crab Cake (see recipe)	1.5 oz Savory Ground Turkey Meatloaf (see recipe)
Fluids	6:30-7:30	10 oz water	10 oz water	10 oz water
Meal #5	8:00-9:00	8 oz Sugar-free Carnation Instant Breakfast with skim milk	Smoothie: ½ cup light Greek yogurt with 8 oz soy milk and ¼ cup frozen fruit	8 oz Muscle Milk light with ½ cup light Greek yogurt and ¼ frozen fruit
Fluids	9:30-10:00	5 oz water	5 oz water	5 oz water
Total:		<i>Calories:</i> 615 <i>Protein:</i> 59 grams <i>Fluids:</i> 64 oz	<i>Calories:</i> 625 <i>Protein:</i> 69 grams <i>Fluids:</i> 64 oz	<i>Calories:</i> 705 <i>Protein:</i> 75 grams <i>Fluids:</i> 64 oz

Post-Op Week Five Stage 4 Recipes:

Breakfast Turkey Sausage Patties

(From Recipes for Life after Weight Loss Surgery, by Margaret M. Furtado, M.S., R.D., L.D.N.)

Ingredients

- 1 lb. 93% lean ground turkey
- ¼ cup fine, plain bread crumbs
- 2 tsp ground sage
- 1 tsp ground coriander
- 1 tsp ground oregano
- ½ tsp ground thyme
- ½ tsp black pepper
- ¼ tsp kosher salt
- ¼ tsp cayenne pepper (optional)
- ½ tsp paprika
- ½ tsp garlic powder
- ½ cup low sodium chicken broth

Directions

In a large 4 quart mixing bowl, combine turkey, bread crumbs, herbs and spices. Add broth, stir to incorporate completely. Cover and let stand in refrigerator for 20 minutes. Form mixture into 8 patties, about ½ inch thick. Coat a nonstick skillet with cooking spray and heat over medium-high for about 7 minutes on each side, until browned and done in the center.

Makes 8 (2-oz) patties, each with 79 calories, 14 grams of protein, 1 gram of fat, and 0 grams of sugar.

Post-Op Week Five Stage 4 Recipes:

Pacific Dungeness Crab Cakes

(From Recipes for Life after Weight Loss Surgery, by Margaret M. Furtado, M.S., R.D., L.D.N.)

Ingredients

- ½ lb. Dungeness crabmeat, cooked (or any cooked crabmeat except for canned)
- 1 Tbsp minced celery
- 2 tsp minced red bell pepper
- 2 tsp finely chopped fresh cilantro
- 2 Tbsp nonfat mayonnaise
- 1/8 tsp kosher salt
- 1/8 tsp cayenne pepper (optional)
- 2 tsp olive oil
- ½ tsp toasted sesame oil
- 2 Tbsp gourmet salad greens
- 2 lemon wedges
- 2 Tbsp low fat tartar sauce

Directions

Place crabmeat in a strainer and press out excess moisture. Transfer crabmeat to a medium mixing bowl and add celery, bell pepper, and cilantro. In a small bowl, combine mayonnaise, salt and cayenne pepper. Add mayonnaise mixture to crabmeat and mix until well incorporated. Form mixture into 6 equal patties, press firmly to hold together and place on waxed paper on top of a plate. Cover with another sheet of waxed paper and refrigerate for 15 minutes. In a medium, nonstick skillet, heat the olive oil and sesame oil over medium-high heat and swirl the pan to mix the oils. Gently place the crab cakes in the pan using a thin metal spatula and cook undisturbed for 6 minutes on each side, then remove pan from heat. Garnish with greens, lemon wedges, and tartar sauce.

Makes 6 (1.5 oz) crab cakes, each with 70 calories, 8 grams of protein, 2.6 grams of fat, and 1.3grams of sugar.

Post-Op Week Five Stage 4 Recipes:

Savory Ground Turkey Meat Loaf

(From Recipes for Life after Weight Loss Surgery, by Margaret M. Furtado, M.S., R.D., L.D.N.)

Ingredients

- 2 Tbsp olive oil
- 1 medium onion, diced
- ½ medium red bell pepper, cored, seeded, and diced
- 6-8 white mushrooms, cleaned and sliced very thin
- ¼ cup white wine
- 1 lb. lean ground turkey
- 2/3 cup Italian bread crumbs
- 1 egg, beaten
- ¼ tsp black pepper
- ½ tsp seasoning salt
- 1 tsp garlic powder
- 1 Tbsp chopped fresh parsley
- 1 Tbsp ketchup, plus 1 Tbsp additional for the top
- 2 tsp yellow or brown mustard, plus 1 tsp for the top

Directions

Preheat the oven to 350 degrees Fahrenheit. Spray a 7 x 9 inch baking dish with cooking spray. In a nonstick pan, heat the oil over medium-high heat. When the oil is hot, add the onion, red pepper, and mushrooms. Saute the vegetables for 4 to 6 minutes, until softened. Add the wine to deglaze the pan. Let the vegetables and wine simmer for 2 to 3 minutes to allow the alcohol to evaporate. Place the pan in the refrigerator to cool completely. In a large mixing bowl, mix the turkey, bread crumbs, egg, black pepper, salt, garlic powder, salt, 1 Tbsp ketchup and 2 tsp mustard, along with the cooled sauté mixture. Mix thoroughly. Form a rectangular loaf in the prepared baking dish. Add an additional 1 Tbsp ketchup and 1 tsp mustard on top and spread evenly. Bake for 45 minutes.

Makes 6 (3 oz) servings, each with 220 calories, 22 grams of protein, 7 grams of fat, and 3.8 grams of sugar.

Post-Op Week Six Stage 4 Sample Plan

Meal	Time	Day 1	Day 2	Day 3
Fluids	7:00-7:30	6 oz water	6 oz water	6 oz water
Meal #1	8:00-9:00	1 egg scrambled with ¼ cup 2% milk cheese	½ cup 2% milk cottage cheese with 2 Tbsp sugar free preserves	6 oz light Greek yogurt
Fluids	9:30-10:30	12 oz Crystal Light	12 oz Crystal Light	12 oz Crystal Light
Meal #2	11:00-12:00	1 Boca All-American Flame Grilled Patty with 1 Tbsp ketchup and mustard	½ cup Perdue Short Cuts Original Roasted Chicken Breast with 1 Tbsp light ranch dressing	1 Al Fresco Smoked Andouille Chicken Sausage with 1 Tbsp Dijon mustard
Fluids	12:30-1:30	10 oz water	10 oz water	10 oz water
Meal #3	2:00-3:00	10 oz Isopure Zero Carb with ½ cup frozen fruit	8 slices Hormel Turkey Pepperoni with 1 light string cheese	11 oz Premier Protein shake with ½ cup frozen fruit
Fluids	3:30-4:30	10 oz herbal tea	10 oz herbal tea	10 oz herbal tea
Meal #4	5:00-6:00	2 oz Easy Oven-Baked “Fried” Chicken (see recipe) with 1 Tbsp barbecue sauce	2 oz Garlic Shrimp with 2 Tbsp cocktail sauce (see recipe)	2 oz Curried Pork Loin Roast (see recipe)
Fluids	6:30-7:30	10 oz water	10 oz water	10 oz water
Meal #5	8:00-9:00	1 Yasso Frozen Greek yogurt bar	10 oz Ensure High Protein shake with ½ cup frozen fruit	6 oz sugar-free pudding made with skim milk
Fluids	9:30-10:00	6 oz water	6 oz water	6 oz water
Total:		<i>Calories:</i> 622 <i>Protein:</i> 76 grams <i>Fluids:</i> 64 oz	<i>Calories:</i> 639 <i>Protein:</i> 72 grams <i>Fluids:</i> 64 oz	<i>Calories:</i> 725 <i>Protein:</i> 80 grams <i>Fluids:</i> 65 oz

Post-Op Week Six Stage 4 Recipes:

Easy Oven-Baked “Fried” Chicken

From Recipes for Life after Weight Loss Surgery by Margaret Furtado, M.S., R.D., L.D.N.

Ingredients

- ½ cup instant oats
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp ground celery seed
- 1 tsp paprika
- 1 tsp dried basil
- ½ tsp salt
- ½ tsp black pepper
- 1 Tbsp chopped fresh parsley
- 1 ½ Tbsp Dijon mustard
- ½ tsp lemon juice
- 4 (4-oz) boneless, skinless, chicken breast halves

Directions

Preheat the oven to 375 degrees Fahrenheit. Coat a baking sheet with cooking spray. In a shallow dish, combine the oats, garlic powder, onion powder, celery seed, paprika, basil, salt, pepper, and parsley. In a small bowl, combine the mustard and lemon juice. With a pastry brush, coat the chicken with the mustard mixture on both sides. Gently press the chicken into the oat mixture to coat both sides. Place the coated chicken on the prepared baking sheet and bake for 20 minutes, until the chicken is golden brown.

Makes 4 (3-oz) servings, each with 168 calories, 28 grams of protein, 2.5 grams of fat, and 0.5 grams of sugar.

Post-Op Week Six Stage 4 Recipes:

Garlic Shrimp

From Recipes for Life after Weight Loss Surgery by Margaret Furtado, M.S., R.D., L.D.N.

Ingredients

- 3 lb. small shrimp, 21-25 count, shelled and deveined
- ½ tsp sea salt
- ½ tsp fresh cracked pepper
- 2 cloves fresh garlic, minced
- 2 Tbsp chopped fresh parsley
- ½ tsp chopped fresh thyme
- ½ tsp chopped fresh oregano
- ½ tsp crushed red chili flakes (optional)
- 3 Tbsp extra-virgin olive oil
- 2 tsp fresh lemon juice
- 2 Tbsp cooking sherry

Directions

Sprinkle the shrimp with the salt and pepper and let stand for 10 minutes at room temperature. In a medium bowl, toss the shrimp with the garlic, chopped parsley, thyme, oregano, and red chili flakes (if using). In an 8 inch skillet, heat the oil over medium to medium-high heat. Cook the shrimp about 3 minutes on each side, until an opaque orange color appears, then add the lemon juice and sherry, continue cooking for about 2 minutes. Transfer the shrimp to a serving platter, along with all of the liquid from the pan. Garnish with lemon and parsley sprigs if desired.

Makes 12 (3.5 oz) servings, each with 156 calories, 23 grams of protein, 5.5 grams of fat, and 0 grams of sugar.

Post-Op Week Six Stage 4 Recipes:

Curried Pork Loin Roast

From Recipes for Life after Weight Loss Surgery by Margaret Furtado, M.S., R.D., L.D.N.

Ingredients

- 1.5 lb pork tenderloin roast
- 1 tsp kosher salt
- ¼ tsp ground white pepper
- 1 Tbsp curry powder
- ½ tsp ground cumin
- ¼ tsp cinnamon
- ¼ tsp cayenne pepper
- 1/8 tsp cracked black pepper
- 2 tsp olive oil
- 1 tsp butter substitute
- 1.5 cups diced sweet onion
- 3 Tbsp black currants
- ¼ cup skinned, cored, and diced green apple
- ½ cup white wine for cooking or chicken broth

Directions

Trim roast of all excess fat. Place the roast on a piece of parchment or waxed paper. In a small bowl, combine the salt, white pepper, curry powder, cumin, cinnamon, cayenne pepper, and black pepper and mix together. Distribute the dry rub evenly over the roast and rub it well into the entire surface. Wrap the roast tightly in the parchment or waxed paper, place it in a dish, cover it, and cure it overnight in the refrigerator. Remove the roast from the refrigerator 20 minutes prior to cooking. Preheat the oven to 375 degrees Fahrenheit. In a 7 or 8 inch skillet, heat the oil and butter over medium-high heat. Brown the roast on all sides and place it in a 3 quart roasting pan with a lid. In the same skillet, place the onions, currants and apple and sauté for 3 to 4 minutes, stirring often to release any brown bits from the bottom of the pan. Add the wine or broth and scrape the bottom of the skillet, incorporating all of the ingredients. Continue this process for 1 minute. Pour the sauté mixture over the roast, cover, and bake the roast for 50-60 minutes. Uncover and let rest for 10 minutes before carving.

Makes 8 (3 oz) servings, each with 187 calories, 24 grams of protein, 6.8 grams of fat, and 3 grams of sugar.

Stage 4 Recipes:

Steamed Fish with Yogurt Dill Sauce

Ingredients

- 2 Tbsp extra virgin olive oil
- 1 Tbsp finely chopped fresh chives
- 1 tsp. finely chopped fresh basil
- 1 Tbsp fresh dill, divided
- 1-1/2 lb. firm-fleshed fish fillet, (e.g. halibut, cod, or salmon) cut in 4 pieces
- Salt and freshly ground pepper
- 1/3 cup low-fat, plain yogurt
- 1 scallion, finely chopped (green part included)
- 1 large lemon, thinly sliced
- 1/2 cup fat-free, reduced-sodium chicken broth
- 4 sprigs fresh dill for garnish (optional)

Directions

In a small bowl, mix together oil, chives, basil and half the dill. Rub mixture into both sides of fish, then sprinkle with salt and pepper. Set aside. Mix remaining dill with yogurt and set sauce aside. In a deep-rimmed serving dish large enough to hold the fish and broth, place scallions evenly along bottom. Place fish on top. Arrange lemon slices on top of fish. Add broth. Place in microwave and cook at medium power, checking every few minutes, until fish flakes with a fork. Remove from microwave and garnish with remaining dill. Serve with yogurt-dill sauce.

Recommended Cookbooks:

- **Recipes for Life After Weight-Loss Surgery: Delicious Dishes for Nourishing the New You (Healthy Living Cookbooks)** by: Margaret Furtado, Lynette Schultz
- **Eating Well After Weight Loss Surgery: Over 140 Delicious Low- Fat High-Protein Recipes to Enjoy in the Weeks, Months and Years After Surgery** by Patt Levine
- **Culinary Classics: Essentials of Cooking for the Gastric Bypass Patient** by David Fouts

Sample Stage 4 Shopping List

Turkey

- Perdue Turkey Ground, 93% Lean
- Shadybrook Farms Turkey, 93% Lean Ground
- Applegate Farms Organic Turkey Bacon
- Applegate Farms Roasted Turkey

Chicken

- Perdue Short Cuts Chicken Carved Strips Grilled, Grilled Italian Style, Honey Roasted, Original Roasted
- Perdue Fit & Easy Chicken Breast Boneless Skinless, Thin Slice
- Perdue Perfect Portions Chicken Breast Boneless Skinless Italian Style, Natural
- Al Fresco Sausage Chicken Roasted Garlic with Onion All Natural
- Nature's Promise Sausage Chicken Apple

Chili/Soups

- Health Valley Chili Spicy Black Bean, 99% Fat-Free
- Hormel Turkey Chili, 99% Fat-Free
- Amy's Organic Low-Fat Black Bean Medium Chili
- Amy's Organic Lentil Soup, Lentil Vegetable Soup (Light in Sodium)
- Progresso 99% Fat-Free Lentil Soup

Veggie Burgers/Chicken

- Amy's Veggie Burger California Style Organic, Texas Style Organic
- Boca Meatless Burgers Patties
- MorningStar Farms Veggie Burger, Spicy Black Bean
- MorningStar Farms Veggie Patties Garden
- MorningStar Farms Meal Starters Chick'n Strips
- MorningStar Farms Breakfast Links

Fish

- Bumble Bee Chunk Light Tuna in Water
- Chicken of the Sea Tuna Chunk Light in Water
- Bumble Bee Lump Crabmeat
- Contessa Shrimp Orange Lightly Breaded with Organic Ginger Sauce

Cheese

- The Laughing Cow Light Original Swiss Spreadable Cheese Wedges
- Boursin Light with Herbs
- Kraft Natural Shredded Fat-Free Mozzarella
- Organic Valley Shredded Reduced-Fat Monterey Jack Cheese
- Cabot 75% Light Vermont Cheddar
- Coach Farm Low-Fat Goat Cheese Stick

Supplement Shopping Guide

Shopping for supplements can be very confusing. Here are some recommendations to help make the process easier. Every pharmacy and store will carry various brands and types.

This list is not an all-inclusive list. Always consult with your medical team or dietitian prior to starting anything new.

For surgical weight loss – chewable for at least the first 6 months!








Order of taking supplements matters!









Breakfast: Multivitamin with mineral (Iron) + Vitamin D3 (3000 IU) + Sublingual Vitamin B12 (1000 mcg)








Lunch: Calcium Citrate plus Vitamin D (500-600 mg)




Dinner: Calcium Citrate plus Vitamin D (500-600 mg)

Bedtime: Calcium Citrate plus Vitamin D (if taking 500mg dose)

Store	Brand Name	Description
Multivitamin with Minerals (18mg iron, 400 mcg folic acid, selenium and zinc)		
<ul style="list-style-type: none"> • Take MVI with minerals with food to help increase absorption and decrease upset stomachs • Take multivitamins separate from your calcium supplement, (because your multivitamin has iron in it which prevents the absorption of calcium). • For Sleeve Gastrectomy: Chewable for at least the first 6 months; take 200% of the daily value or double the adult dose; avoid time release capsules; avoid enteric coating. Avoid gummy vitamins as they are incomplete forms. 		
Here at the Weight and Wellness Center	Bariatric Advantage Advanced Multi EA 	Chewable with iron
GNC	GNC chewable Mega Teen 	Chewable with iron
GNC, CVS, Rite Aid, Walmart, Walgreens, most grocery stores	Flintstones Complete 	Chewable with iron; non-gummy; non-sour
CVS, Rite Aid, Walgreens, Walmart, most grocery stores	Centrum Chewable 	Chewable with iron
CVS	Centrum Multivitamin And Mineral liquid supplement 	Liquid vitamin with iron
On-line	Celebrate Multivitamin 	Chewable and will need to take additional iron www.celebratevitamins.com ; www.gastricbypassassupplements.com
CVS, Rite Aid, most grocery stores	Centrum Kids Complete 	Chewable with iron



Store	Brand Name	Description
Calcium Citrate + Vitamin D		
<ul style="list-style-type: none"> • Aim for 1200-1500 mg per day plus 400 IU Vitamin D • For Sleeve Gastrectomy: This is the preferred form of calcium, because it does not require stomach acid - Chewable for at least the first 6 months • Iron decreases how much calcium is absorbed, so we recommend that you do not take your calcium with your multivitamin. • Take only 600 mg Calcium at a time, (your body can only absorb about 600mg of calcium at a time) 		
Here at the Weight and Wellness Center	Bariatric Advantage Calcium Citrate Chewy Bites 	Chewable calcium citrate plus Vitamin D
On-line	UpCal D 	www.globalhp.com/UpCal%20D.html
On-line	Calcet – Calcium Citrate + D3 – Creamy Bites 	Chewable calcium 500mg and 400 IU of Vitamin D www.celebratevitamins.com ; www.gastricbypassassupplements.com
On-line	Celebrate Calcium PLUS 500 	Chewable calcium citrate plus Vitamin D www.celebratevitamins.com ; www.gastricbypassassupplements.com
On-line	Bariatric Advantage 500mg Calcium Citrate Lozenges with Vitamin D 	Chewable calcium citrate plus Vitamin D www.bariatricadvantage.com www.gastricbypassassupplements.com
GNC	GNC Chewable Calcium Plus 600 with Vitamin D3 	Chewable calcium citrate plus Vitamin D
GNC	Tropical Oasis Liquid Calcium Magnesium 	Liquid calcium citrate – will need to add own 1000 IU Vitamin D per day
Whole foods, online	Bluebonnet Liquid Calcium Citrate with Vitamin D3 	Liquid calcium citrate with Vitamin D

Store	Brand Name		Description
Vitamin D3			
• Aim for 3000 IU daily (Chewable or swallowable)			
Walmart, CVS, Walgreens	Vitafusion Vitamin D3 Gummy		Chewable
GNC	GNC Vitamin D-3		Swallowable Vitamin D
CVS.com	Wellesse Vitamin D3 Fast Acting Liquid Natural Berry Flavor		Liquid
Bariatric Advantage	Liquid Vitamin D3- 10,000 IU		www.bariatricadvantage.com
Sublingual B12			
<ul style="list-style-type: none"> • Aim for 1000 mcg daily • For Sleeve Gastrectomy: All patients should take this starting 2 weeks post-op • Sublingual means “under the tongue” or Nasal Spray B12 			
Here at the Weight and Wellness Center	Bariatric Advantage Sublingual B-12		Sublingual liquid B-12
Prescription	Nascobal Nasal Spray		1x/wk Nasal B12 - Requires a prescription from your medical doctor.
CVS	Nature's Bounty B-12 Sublingual dots – 1000 mcg		Sublingual B12

CVS	Nature's Bounty Liquid B12 Complex		Sublingual liquid B12 drops
On-line	Celebrate Sublingual B12		Sublingual liquid B-12 www.celebratevitamins.com ; www.gastricbypassupplements.com
Wal-Mart	Rexall Naturals, Sublingual Dots		Sublingual B12

Thiamine

- **Not required unless advised by your team!**
- **For Sleeve Gastrectomy:** Significant thiamine deficiencies are rare after surgery, but can occur especially with frequent vomiting.
- The thiamine stores are very short lived and deficiencies can occur in just a few months. This is the reason why it is recommended that patients after a sleeve gastrectomy take a multivitamin that contains B-vitamins.

Here at the Weight and Wellness Center	Bariatric Advantage Vitamin B-1 (Thiamine) Capsules		Swallowable B-1
CVS	Nature's Bounty B-1		Swallowable B-1

Stage 4 Food Logs: Soft and Moist Protein + Stage 3 foods

Date: _____

Goals:

- 64+ ounces of fluids per day
- 60-80 grams of protein daily
- Start Multivitamin + minerals, Calcium Citrate + Vitamin D and Sublingual B12

<i>Foods & Portion Size</i>	<i>Grams of Protein</i>	<i>Ounces Fluids</i>	<i>Calories</i>
Totals:			

Exercise: Cardio minutes: _____ Resistance training: _____

STAGE 4 Foods	Protein g	Calories
Ground meat >93% fat-free (beef, chicken, pork, turkey etc.)	21-23	150
Fish (sole, haddock, halibut etc.)	21-23	90-120
Fatty fish (salmon, bluefish etc.)	21-23	160
Shrimp, Scallops, Crabmeat	14-18	85-90
Tuna, packed in water	20-22	100-110
Imitation seafood	10	87
Chicken or turkey breast without skin	25	120-150
Chicken breast, canned packed in water	16	80
Turkey Chili	8	92
Baby food	8	50
Fat-free/low-fat cheese	20	124
Fat-free/1% cottage cheese	15	80
Eggs	6	78
Scrambled liquid egg substitute (Egg Beaters, Scramblers)	12	60
Tofu	20	183
Veggie burgers (Garden Burgers, Bocca Burger, Morningstar Farms)	9	70
Ground Soy Crumbles	11	70
Beans (kidney, black, refried etc)	8	103
Lentils	9	115
Hummus	8	100



**** Do not advance to Stage 5
until you see your dietitian ****

Stage 5: Low-Fat, Low-Sugar, High Protein

Start: Usually 4-6 weeks after Stage 4 and 6-8 weeks after your surgical date.

Goals:

- 64+ ounces of fluids
- Protein
 - Refer to post-surgery nutrition goals sheet (see next page), try to gradually build up week by week to your individual target
- Supplements
 - Multivitamin + minerals – 200% Daily Value
 - Calcium Citrate plus Vitamin D – 1200-1500 mg per day
 - Vitamin D3 – 3000 IU per day
 - Sublingual B12 – 1000 mcg per day
- 3 servings of fruits and vegetables per day
- 2 servings of whole grains per day (1/2 cup is a serving or 1 slice, look for 3-5+ grams of fiber per serving)

Instructions:

- **PROTEIN FIRST!!** Protein is needed to heal your wounds, maintain body functions, and maintain lean muscle mass.
- **DO NOT DRINK FLUIDS WITH MEALS.** To help meet both nutrition and fluid needs, you need to keep fluids separate from meals by at least 30 minutes.
- **Add one new food at a time!** This will help identify foods that you can and cannot tolerate. Certain foods may not be tolerated. Food intolerances are individual and may be temporary.
- **Common food intolerances are: doughy breads, rice, pasta, red meat and sometimes raw fruits and vegetables.** Keep track of food intolerances and wait 2-3 weeks before re-introducing the food again.
- Make sure you cut all foods into dime sized pieces.
- Please use your mindful eating techniques and make sure all the food that you eat after surgery is a liquid consistency in your mouth before swallowing. If you struggle with this, you may need to ground or puree your food, similar to the consistency of applesauce.
- Make sure you have a wide variety of foods in your diet.
- Keep daily food records: www.sparkpeople.com or www.myfitnesspal.com
- Remember, you are not alone in this process. It is important to keep yourself involved in support groups and schedule regular follow-up visits with your medical team.

Stage 5: Foods to AVOID until your 3 month post-operative visit

- Nuts (almonds, peanuts, cashews, “trail mix”, etc.)
- Seeds (sunflower seeds, pumpkin seeds, flaxseeds, etc.)
- Popcorn
- Rice
- Pasta
- “Doughy” bread (dinner rolls, Italian bread, sandwich bread, etc.)
- Steak

Post-Surgery Stage 5 Daily Protein Goals

Women

Height	Grams/day
5' or below	70-95g
5'1"	70-100g
5'2"	75-105g
5'3"	80-110g
5'4"	85-115g
5'5"	85-120g
5'6"	90-125g
5'7"	95-130g
5'8"	95-135g
5'9"	100-140g
5'10"	105-145g
5'11"	105-145g
6'	110-150g
6'1"	115-155g
6'2"	115-160g
6'3"	120-165g
6'4"	125-170g

Men

Height	Grams/day
5' or below	70-95g
5'1"	75-100g
5'2"	80-110g
5'3"	85-120g
5'4"	90-125g
5'5"	90-130g
5'6"	95-135g
5'7"	100-140g
5'8"	105-150g
5'9"	110-155g
5'10"	115-160g
5'11"	115-165g
6'	120-170g
6'1"	125-175g
6'2"	130-180g
6'3"	135-185g
6'4"	140-190g

Post-Op Week Seven Stage 5 Sample Plan

Meal	Time	Day 1	Day 2	Day 3
Fluids	7:00-7:30	8 oz water	8 oz water	8 oz water
Meal #1	8:00-9:00	1 egg scrambled with ¼ cup 2% milk shredded cheese and ½ piece light wheat toast	1 packet Quaker Weight Control Instant Oatmeal with ½ cup skim milk	¼ cup Special K Protein Plus cereal with ½ cup light greek yogurt
Fluids	9:30-10:30	12 oz Crystal Light	12 oz Crystal Light	12 oz Crystal Light
Meal #2	11:00-12:00	2 oz 98% fat free ham with 1 slice 2% milk cheese and ½ Arnold's Sandwich Thin	2 oz Swanson canned chicken with 2 Tbsp light mayo and ¼ cup lettuce	½ cup Amy's Organic Light in Sodium Refried Black Beans with ¼ cup 2% milk shredded cheese and ½ La Tortilla Factory low carb tortilla
Fluids	12:30-1:30	12 oz water	12 oz water	12 oz water
Meal #3	2:00-3:00	½ Quest Protein bar	1 Cabot 50% reduced fat sharp cheddar stick with ¼ cup grapes	½ Pure Protein bar
Fluids	3:30-4:30	12 oz herbal tea	12 oz herbal tea	12 oz herbal tea
Meal #4	5:00-6:00	2.5 oz Zesty Broiled Marinated Chicken (see recipe), ¼ cup steamed summer squash	2.5 oz Grilled Salmon with Toasted Fennel and Paprika (see recipe), ¼ cup steamed asparagus	2.5 oz Pork Tenderloin Medallions with Spanish Smoked Paprika (see recipe), ¼ cup green beans
Fluids	6:30-7:30	12 oz water	12 oz water	12 oz water
Meal #5	8:00-9:00	½ Quest Protein bar	½ cup plain Greek yogurt with 1 Tbsp unsweetened cocoa powder and 1 stevia packet	½ Pure Protein bar
Fluids	9:30-10:00	8 oz water	8 oz water	8 oz water
Total:		<i>Calories: 642 Protein: 74 grams Fluids: 64 oz</i>	<i>Calories: 737 Protein: 65 grams Fluids: 64 oz</i>	<i>Calories: 745 Protein: 76 grams Fluids: 64 oz</i>

Post-Op Week Seven Stage 5 Recipes:

Zesty Broiled Marinated Chicken

From Recipes for Life after Weight Loss Surgery by Margaret M. Furtado, M.S., R.D., L.D.N

Ingredients

- ½ cup chopped fresh cilantro
- ¼ cup fresh spearmint
- 1 tsp ground cumin
- ½ tsp cayenne pepper (optional)
- 1 tsp chili powder
- 1 Tbsp lime juice
- 1 tsp olive oil
- ¼ tsp salt
- 1/8 tsp black pepper
- 3 cloves garlic, coarsely chopped
- 4 (4-oz) boneless, skinless chicken breasts

Directions

In a food processor that has been fitted with a metal S blade, place the chopped cilantro, mint, cumin, cayenne pepper (if using), chili powder, lime juice, oil, salt, black pepper, and garlic. Pulsate the ingredients until finely chopped and combined. In a 2 quart mixing bowl, place the chicken with the marinade, cover it with plastic wrap, and let stand in the refrigerator for 30 minutes, turning to rotate the chicken once. Coat the broiler pan with cooking spray. Place chicken breasts on the broiler pan, discarding the remaining marinade. Broil the chicken on the center rack for about 8 minutes on each side, until the thickest section of the breasts are done. (To check, make a small incision in the thickest part of the chicken. The juices should run clear.)

Makes 4 (3-oz) servings, each with 170 calories, 27 grams of protein, 5 grams of fat, 0 grams of sugar.

Post-Op Week Seven Stage 5 Recipes:

Grilled Salmon with Toasted Fennel and Paprika

From Recipes for Life after Weight Loss Surgery by Margaret M. Furtado, M.S., R.D., L.D.N

Ingredients

- 1 Tbsp fennel seeds
- 2 Tbsp packed light brown sugar
- 3 Tbsp Spanish smoked paprika
- 1 Tbsp coarse kosher salt
- 2 tsp finely ground black pepper
- 2 Tbsp dried dill weed
- 3 lb side of salmon with skin
- 1 Tbsp olive oil

Directions

Preheat the oven to 350 degrees Fahrenheit. On a sheet pan, spread out the fennel seeds. Bake them in the oven for about 10 minutes, until the seeds are toasted. Remove from the oven and let cool. Finely grind the fennel seeds in a spice mill or coffee grinder, and then transfer to a small bowl. Add the sugar, paprika, salt, pepper, and dill weed. Spray the grill rack (or grill pan) with cooking spray. Prepare the grill for medium high heat. Brush the salmon lightly on both sides with the oil. Rub the spice mixture generously over the flesh side of the salmon. Place the salmon skin side down on a heavy-duty sheet of foil, folding the edges of the foil up to form a “boat” for the salmon, and place on the grill. Put the lid on the grill and grill for about 8 minutes, then open the lid and continue cooking for another 5 minutes. Remove the salmon from the grill.

Makes 10 (3.5 oz) servings, each with 220 calories, 27.5 grams of protein, 9.7 grams of fat, 2.6 grams of sugar.

Post-Op Week Seven Stage 5 Recipes:

Pork Tenderloin Medallions with Spanish Smoked Paprika

From Recipes for Life after Weight Loss Surgery by Margaret M. Furtado, M.S., R.D., L.D.N

Ingredients

- 1 lb. pork tenderloin roast
- 1 Tbsp olive oil
- 2 Tbsp Worcestershire sauce
- 1 tsp Spanish smoked paprika
- 1/8 tsp ground white pepper
- 2 tsp light butter

Directions

Trim off any excess fat from the pork tenderloin and cut it into 1 inch medallions. In a medium mixing bowl, combine oil, Worcestershire sauce, paprika, and white pepper. Place the pork in a bowl with the marinade and turn it a few times to coat the medallions evenly. In a nonstick skillet, heat the butter over medium-high heat. Lay the pork medallions in the pan and cook 4-6 minutes, until browned on the first side. Turn and cook an additional 4-6 minutes, until the second side is browned. Remove the medallions from the pan and let rest for 5 minutes before serving.

Makes 4 (3-oz) servings, each with 202 calories, 25 grams of protein, 11 grams of fat, 1.4 grams of sugar.

Post-Op Week Eight Stage 5 Sample Plan

Meal	Time	Day 1	Day 2	Day 3
Fluids	7:00-7:30	8 oz water	8 oz water	8 oz water
Meal #1	8:00-9:00	1 Thomas' Everything Bagel Thin with 1 Laughing Cow Chive and Onion cream cheese wedge	2 Al Fresco Apple Maple Chicken Breakfast Sausage links, 1 clementine	1 egg omelet with ¼ cup sautéed onions and ¼ cup 2% milk cheese, 2 Tbsp salsa
Fluids	9:30-10:30	12 oz Crystal Light	12 oz Crystal Light	12 oz Crystal Light
Meal #2	11:00-12:00	6 slices Hillshire Farms Thin Sliced Smoked Ham with 1 slice Sargento Deli Style sliced reduced fat swiss with ½ cup romaine lettuce and 1 Tbsp Newman's Own light honey mustard dressing	10 large grilled shrimp with ½ cup bell peppers dipped in 2 Tbsp yogurt-ranch dip	1 Boca Burger patty with ½ Arnold's Sandwich Thin and 2 TB mashed avocado
Fluids	12:30-1:30	12 oz water	12 oz water	12 oz water
Meal #3	2:00-3:00	1 oz Jack Link's Turkey Jerky, 8 grapes	1 oz Nature's Promise Cinnamon Soy Crisps with 2 Tbsp fat free cool whip	½ cup light Greek yogurt with 1/3 cup blueberries
Fluids	3:30-4:30	12 oz herbal tea	12 oz herbal tea	12 oz herbal tea
Meal #4	5:00-6:00	¾ cup Pan-Seared Steak Tips with Mushroom Gravy (see recipe), ¼ cup mashed potato	¾ cup Slow-Cooked Bone-In White Chicken Chili (see recipe)	3 oz Filet of Salmon with Sesame-Orange Glaze (see recipe) and ½ cup green beans
Fluids	6:30-7:30	12 oz water	12 oz water	12 oz water
Meal #5	8:00-9:00	8 Light Life Smart Buffalo Wings with 2 Tbsp light ranch	Banana Nut VitaTop muffin with 1 sugar free vanilla Jello pudding snack	Promax Fit N' Crisp Vanilla Marshmallow Protein bar
Fluids	9:30-10:00	8 oz water	8 oz water	8 oz water
Total:		<i>Calories:</i> 797 <i>Protein:</i> 77 grams <i>Fluids:</i> 64 oz	<i>Calories:</i> 815 <i>Protein:</i> 65 grams <i>Fluids:</i> 64 oz	<i>Calories:</i> 837 <i>Protein:</i> 84 grams <i>Fluids:</i> 64 oz

Post-Op Week Eight Stage 5 Recipes:

Pan-Seared Steak Tips with Mushroom Gravy

From Recipes for Life after Weight Loss Surgery by Margaret M. Furtado, M.S., R.D., L.D.N.

Ingredients

- Cooking spray
- 1 lb. sirloin steak, cut into ½ inch pieces
- 1 Tbsp extra virgin olive oil
- 2 Tbsp finely minced shallots
- 8 oz package of baby portabella mushrooms, sliced
- 1 tsp garlic, minced
- 1 Tbsp low sodium soy sauce
- 3 Tbsp whole wheat flour
- 1.5 cups low fat low sodium beef broth
- ½ tsp black pepper
- ¼ tsp kosher salt
- ¼ tsp dried thyme

Directions

Heat a large skillet over medium-high heat. Coat the skillet with cooking spray and brown the steak on all sides. Remove from the pan, and cover. Heat the olive oil in the pan and then add the shallots and mushrooms; sauté for approximately 4 minutes, or until the mushrooms and shallots are cooked through. Next, add the garlic and sauté for another 30 seconds. Stir in the soy sauce. Sprinkle the flour over the mushroom mixture, and cook for approximately 1 minute, stirring constantly. Gradually stir in the beef broth. Add the pepper, salt, and thyme, and bring to a simmer. Cook for approximately 4-5 minutes or until the mixture is thickened. Add the beef back to the pan and cook for another minute.

Makes 6 (¾ cup) servings, each with 213 calories, 24 grams of protein, 10 grams of fat, 1.6 grams of sugar.

Post-Op Week Eight Stage 5 Recipes:

Slow-Cooked Bone-In White Chicken Chili

From Recipes for Life after Weight Loss Surgery by Margaret M. Furtado, M.S., R.D., L.D.N.

Ingredients

- 1 lb. skinless chicken thighs
- 1 lb. dry Great Northern White beans, rinsed (about 2.5 cups)
- 6 cups low fat low sodium chicken broth
- 2 Tbsp low sodium tomato paste
- 1 medium green bell pepper, cored and diced (about ¾ cup)
- 1 large medium yellow onion, diced (about 1.5 cups)
- 3-6 cloves fresh garlic, chopped
- 1 jalapeño pepper, seeded and minced (optional)
- 1 Tbsp dried oregano
- 3 tsp ground cumin
- 2 tsp paprika
- 1 Tbsp chili powder
- ½ tsp cayenne pepper (optional)

Directions

Rinse the chicken and pat dry with paper towels. Place the beans in the slow cooker, along with broth and tomato paste. Stir to dissolve the tomato paste and add the chicken, bell pepper, onion, garlic, jalapeño pepper, oregano, cumin, paprika, chili powder, and cayenne pepper. Cook on high for 10 hours. Serve in warm bowls.

Makes 8 (¾ cup) servings, each with 270 calories, 26 grams of protein, 3.6 grams of fat, 4.3 grams of sugar.

Post-Op Week Eight Stage 5 Recipes:

Filet of Salmon with Sesame-Orange Glaze

From Recipes for Life after Weight Loss Surgery by Margaret M. Furtado, M.S., R.D., L.D.N.

Ingredients

- 1.5 lb. wild Atlantic salmon, cut into 6 (4-oz) pieces
- ¼ tsp salt
- ¼ tsp black pepper
- 3 Tbsp light soy sauce
- 3 Tbsp orange juice
- 1 tsp orange zest
- ½ tsp toasted sesame oil

Directions

Preheat the oven to 375 degrees Fahrenheit. Sprinkle the top and bottom of the salmon with the salt and pepper and set aside for 15 minutes in the refrigerator. In a small mixing bowl, combine the soy sauce, orange juice, orange zest, and sesame oil. Vigorously whisk. Pour the glaze mixture into a small saucepan and cook over medium-high heat until glaze reduces in volume by one-fourth. Place the salmon in a 9x13 inch glass baking dish skin side down and spoon the glaze on top. Bake the salmon filets for 15 minutes for every 1 inch of thickness.

Makes 6 (3 oz) servings, each with 176 calories, 23 grams of protein, 7.5 grams of fat, 2 grams of sugar.

Stage 5 Sample Menu – 3-6 months post-op Sleeve Gastrectomy Surgery

		Day 1	Day 2	Day 3
Breakfast	8:00 - 8:30	1 scrambled egg ½ slice dry whole wheat bread toasted	¼ cup bran flakes 1 cup skim milk	1 ounce fat-free cheese ½ toasted wheat English muffin
Snack/ Fluids	9:00 - 11:30	1 cup skim milk or 1% milk 8 ounces decaf coffee, tea, or water 8 ounces flavored water	½ cup unsweetened applesauce ¼ cup fat-free cottage cheese 8 ounces decaf coffee, tea, or water	8 ounces decaf coffee, tea, or water 8 ounces flavored water 8 ounces skim or 1% milk
Lunch	12:00 - 12:30	1 cup lentil soup 2 baby carrots ½ canned peach in juice (no syrup or sugar added)	2 ounces lean ham (96% fat-free) ¼ regular-size wheat pita pocket 1 ounce fat-free or low-fat cheese 2 tomato slices	2 ounces tuna, canned in water 1 tbsp. fat-free mayonnaise ½ slice whole wheat bread toasted 1 dill pickle spear
Snack/ Fluids	2:30 - 5:30	6 ounces Greek yogurt (no more than 14 grams of “sugars” per serving) 12 ounces water 8 ounces zero-calorie beverage	½ pear 6 ounces fat-free light yogurt 12 ounces water 8 ounces Fruit ₂ O	½ banana 4 ounces skim milk 12 ounces water 8 ounces zero-calorie beverage
Dinner	6:00 - 6:30	3 ounces baked haddock with lemon ¼ cup steamed brown rice ¼ cup steamed broccoli ¼ cup strawberries	3 ounces lean roast beef ¼ cup mashed sweet potatoes ¼ cup cooked green beans ¼ banana	3 ounces baked chicken breast (no skin) 2 tablespoons fat-free gravy ¼ cup asparagus ¼ cup cooked wheat pasta ¼ cup diced cantaloupe <i>or</i> watermelon
Snack/ Fluids	7:00 - 10:00	12 ounces water 12 ounces flavored water ½ cup fat-free ricotta cheese	½ cup fat-free light yogurt 12 ounces water 12 ounces Crystal Light	½ cup fat-free, sugar-free instant pudding 12 ounces water 12 ounces zero-calorie beverage
TOTAL : Calories		735	881	704
Protein		69 gm (37% calories)	68 gm (30% calories)	68 gm (38% calories)
Carbohydrate		94 gm (51% calories)	147 gm (64% calories)	95 gm (53% calories)
Fat		9 gm (11% calories)	6 gm (6% calories)	7 gm (9% calories)

Stage 5 Sample Menu – Post-Op Six Months and Beyond Stage 5 Sample Plan

Meal	Time	Day 1	Day 2	Day 3
Fluids	7:00-7:30	8 oz water	8 oz water	8 oz water
Meal #1	8:00-9:00	4 mini Pumpkin Spice Protein Pancakes (see recipe)	Pure Protein Shake	2 Healthy Breakfast Quinoa and Broccoli Egg Muffins (see recipe)
Fluids	9:30-10:00	8 oz Crystal Light	8 oz Crystal Light	12 oz Crystal Light
Meal #2	10:30-11:00	8 oz 1% milk low fat cottage cheese, 1/2 cup fresh pineapple chunks	Oikos Triple Zero Greek yogurt	1 packet Kashi Golean Truly Vanilla oatmeal made with 2/3 cup skim milk
Fluids	11:30-12:00	8 oz water	8 oz water	12 oz water
Meal #3	12:30-1:30	GNC Lean Protein Shake	Top 1 cup baby arugula with 1 oz semi soft goat cheese, 2 oz Boar's Head Prosciutto Di Parma and 3 medium fresh figs (washed and quartered), add 1 Tbsp balsamic glaze (such as Bertolli® Italian Glaze with Balsamic Vinegar of Modena)	Premier Protein Shake
Fluids	2:00-2:30	8 oz herbal tea	8 oz herbal tea	8 oz herbal tea
Meal #4	3:00-3:30	1 oz Harvest Snaps Snap Pea crisps	Quest Protein Bar	¼ cup Seapoint Farms Dry Roasted Berry Blend Edamame snack mix
Fluids	4:00-5:00	16 oz water	16 oz water	16 oz water
Meal #5	5:30-6:30	¾ cup Crock Pot Turkey White Bean Pumpkin Chili (see recipe)	Skinny Buffalo Chicken Strips with Blue Cheese Dressing and Celery (see recipe)	Fresh Citrus Grilled Shrimp (see recipe) Serve with ½ cup salad and 1 Tbsp light dressing
Fluids	7:00-7:30	8 oz water	8 oz water	8 oz water
Meal #6	8-8:30	1 oz pistachios	Yasso Greek Frozen yogurt bar	2 Triple Protein Peanut Butter balls (see recipe)
TOTAL:		Calories: 1109 Protein: 107 grams Fluids: 64 oz	Calories: 1112 Protein: 110 grams Fluids: 64 oz	Calories: 1000 Protein: 102 grams Fluids: 64 oz

Food Group Guidelines

Food Group	Serving Size	Better Choices	Not Recommended
<p>Grains and Starches: Bread, Cereal, Rice, Pasta and Starchy Vegetables</p> <p>This food group provides</p> <ul style="list-style-type: none"> • complex carbohydrates • fiber • energy • B vitamins • minerals <p>Select whole grain products to maximize fiber and nutrient intake. Read food labels and ingredient lists to look for products with 100% whole wheat flour, stone ground whole wheat flour, and other whole grains.</p>	<p>1 serving = 1 slice of bread ½ English Muffin ½ Lender’s Original Bagel ½ pita pocket 5 small crackers 1 ounce ready-to-eat cereal ½ cup pasta or rice 3 cups air-popped popcorn ½ cup starchy vegetable</p> <p>Serving sizes will change as your activity and lifestyle changes. Discuss adding foods from this group with your dietitian.</p> <p>Long-term post-op diet goal is 2-3 grain/starch servings per day. Determine your needs with your WWC dietitian.</p>	<p>Bread or toast:</p> <ul style="list-style-type: none"> • Whole wheat, English muffins, pumpernickel, pita bread, tortilla, or rye. <p>Crackers:</p> <ul style="list-style-type: none"> • Low-fat saltines, whole wheat crackers. <p>Cereal:</p> <ul style="list-style-type: none"> • Look for cereals with at least 3 grams of fiber per serving; no or low sugar added, such as oatmeal, Shredded Wheat, Fiber One, Total, Bran Flakes, Special K, Cream of Wheat. <p>Pasta:</p> <ul style="list-style-type: none"> • Try whole wheat or lentil pasta; avoid “al dente” pasta. <p>Rice:</p> <ul style="list-style-type: none"> • Brown rice <p>Other starches:</p> <ul style="list-style-type: none"> • Soy crisps, rice cakes, plain air-popped popcorn, 99% fat-free microwave popcorn, plain bread sticks, melba toast. <p>Starchy vegetables:</p> <ul style="list-style-type: none"> • Corn, peas, potatoes, sweet potatoes, yams, winter squash, plantain. 	<p>High fat and/or sugary baked goods:</p> <ul style="list-style-type: none"> • pastries, croissants, muffins, donuts, cookies, cake, biscuits, fried dough. <p>High fat crackers:</p> <ul style="list-style-type: none"> • butter crackers, Ritz crackers, Triscuits, Goldfish, Wheat Thins. <p>Cereal:</p> <ul style="list-style-type: none"> • sweetened cereal, granola, fruit cereals. <p>Avoid high fat starchy foods:</p> <ul style="list-style-type: none"> • cream sauce • fettuccine Alfredo • macaroni & cheese • low-fat and regular microwave popcorns • cheese curls • corn and tortilla chips • potato chips • French fries • Tator Tots • hash browns • commercial potato skins

Food Group	Serving Size	Better Choices	Not Recommended
<p>Vegetables</p> <p>This food group provides</p> <ul style="list-style-type: none"> • carbohydrates • fiber • energy • vitamin A • vitamin C <p>Remember to introduce new vegetables slowly and start with soft consistencies.</p>	<p>1 serving =</p> <ul style="list-style-type: none"> 1 cup raw leafy vegetables ½ cup raw vegetable ½ cup cooked vegetable ¾ cup vegetable juice <p>Long-term post-op diet goal is 2 vegetable servings a day.</p>	<p>Raw or cooked vegetables:</p> <ul style="list-style-type: none"> • Carrots, broccoli, green beans, summer squash, brussel sprouts, asparagus, spinach, green, yellow and red peppers, cucumbers, tomatoes, radishes, mushrooms, cauliflower, cabbage, lettuce, and a whole bunch more <p>Use sparingly: Olives, avocado</p> <p>Juice: V-8 juice</p>	<p>Avoid added fats such as:</p> <ul style="list-style-type: none"> • butter and margarine • cream • mayonnaise or Miracle Whip • sour cream • butter sauce • au gratin • Hollandaise sauce • Béarnaise sauce • Cheese sauce <p>Avoid all deep-fried vegetables</p>
<p>Fruit</p> <p>This food group provides</p> <ul style="list-style-type: none"> • carbohydrates • fiber • energy • vitamin C <p>Introduce new fruits slowly and start with softer consistencies.</p> <p>Remember 100% fruit juices are available with added calcium.</p>	<p>1 serving =</p> <ul style="list-style-type: none"> ½ cup unsweetened fruit 1 melon wedge 1 medium apple, orange, peach 1 small banana <p>Long term post-op diet goal is 2 fruit servings a day.</p>	<p>Fresh fruit:</p> <ul style="list-style-type: none"> • Banana, berries, kiwi, apple, orange, peach, plums, melons, mango, and many more. <p>Canned fruit:</p> <ul style="list-style-type: none"> • Unsweetened applesauce, any fruit packed in fruit juice or water. 	<p>Avoid:</p> <ul style="list-style-type: none"> • all fruits canned in sweetened fruit juice • all fruits canned in light syrup • all fruits canned in heavy syrup • candied apples, coconut <p>Avoid:</p> <p>sugar-sweetened beverages, including those labeled</p> <ul style="list-style-type: none"> • punch • ade • drink

Food Group	Serving Size	Better Choices	Not Recommended
<p>Meats, Poultry, Fish, and High-Protein Foods</p> <p>This food group provides</p> <ul style="list-style-type: none"> • Protein • Energy • Eron • B vitamins <p>Some protein foods also provide</p> <ul style="list-style-type: none"> • Zinc – meat, poultry, shellfish • Fiber – legumes • Healthy fats – fish, nuts 	<p>1 serving = 3 ounces of cooked lean meat, poultry, or fish 1 egg ½ cup cooked beans 2 tablespoons peanut butter</p> <p>Long term goals are 3-5 servings of protein foods a day.</p> <p>Protein can come from animal, and/or vegetable sources.</p>	<p>Fish:</p> <ul style="list-style-type: none"> • Cod, flounder, haddock, halibut, perch, red snapper, sea trout, tuna canned in water • Bluefish, herring, mackerel, salmon, trout, swordfish <p>Shellfish:</p> <ul style="list-style-type: none"> • Clams, crabs, lobster, oysters, scallops, shrimp <p>Poultry:</p> <ul style="list-style-type: none"> • Skinless chicken and turkey breasts or thighs; 3-5 grams of fat per 3 oz. • Ground chicken or turkey, at least 93% lean beef • Lean select or choice cuts, trimmed of visible fat – loin, sirloin, round steak, tenderloin, T-bone, Porterhouse, filet mignon, rump roast, ground beef, at least 93% lean <p>Lamb, pork, ham, veal:</p> <ul style="list-style-type: none"> • Lean select or choice cuts, trimmed of visible fat - loin, chop, less than 3 grams fat/oz beans, lentils 	<p>Avoid:</p> <ul style="list-style-type: none"> • fried fish • fish canned in oil • commercial breaded fish products <p>Avoid:</p> <ul style="list-style-type: none"> • fried shellfish • stuffed shrimp and lobster <p>Avoid:</p> <ul style="list-style-type: none"> • fried chicken and turkey • commercial breaded nuggets and patties • duck, goose, and chicken and turkey wings, legs and skin <p>Avoid:</p> <ul style="list-style-type: none"> • regular hot dogs & knockwurst • regular ground beef 70-92% lean • bacon • sausage, kielbasa, pepperoni, Slim Jims

Food Group	Serving Size (see previous page for serving sizes)	Better Choices	Not Recommended
Meats, Poultry, Fish, and High Protein Foods (continued)		Cold Cuts: <ul style="list-style-type: none"> • 95% Fat-free, any brand less than 3 grams fat/oz – turkey, chicken, ham, roast beef, turkey ham, turkey pastrami, bologna • Whole Egg – 1-2 yolk per day • Egg whites only – no limit • Egg substitute (Egg Beaters, Second Nature, etc.) • Black, kidney, pinto, cannellini and Roman beans • Lentils, split peas • Black-eyed peas and chick peas • Lentil, split pea, black bean soups • Fat-free refried beans • Veggie burgers • Natural peanut butter. Use sparingly 	Avoid: <ul style="list-style-type: none"> • salami, bologna and liverwurst • corned beef • pastrami • limit fried eggs

Food Group	Serving Size	Better Choices	Not Recommended
<p>Dairy/Milk Group</p> <p>This food group provides</p> <ul style="list-style-type: none"> • vitamin D • calcium 	<p>1 serving =</p> <ul style="list-style-type: none"> 1 cup milk or yogurt 1 ounce fat-free or low-fat cheese ½ cup cottage cheese <p>Long-term diet goal is 2 servings a day.</p>	<p>Milk:</p> <ul style="list-style-type: none"> • Skim, fat-free, or 1% Carnation Instant Breakfast, No Sugar Added (CIB) made with skim milk <p>Yogurt:</p> <ul style="list-style-type: none"> • Non-fat and fat-free with 14 grams of sugar or less <p>Cheese:</p> <ul style="list-style-type: none"> • Non-fat, fat-free, low-fat (less than 3 grams fat/oz.) Alpine Lace, Healthy Choice, Cabot 75% reduced fat, part skim mozzarella <p>Other:</p> <ul style="list-style-type: none"> • Non-fat cottage cheese, cream cheese and sour cream 	<p>Avoid:</p> <ul style="list-style-type: none"> • whole or 2% low-fat milk, cream, half and half, regular hot chocolate, milkshakes, frappes, chocolate drinks, eggnog, chowders made with cream <p>Avoid:</p> <ul style="list-style-type: none"> • regular or 2% yogurt <p>Avoid:</p> <ul style="list-style-type: none"> • full-fat hard and soft cheeses, cheddar, American, brie, cream cheese, bleu, Colby, Swiss, Muenster, provolone, Velveeta, cheese spreads and sauces <p>Avoid:</p> <ul style="list-style-type: none"> • regular cottage cheese, cream cheese and sour cream

Food Group	Serving Size	Better Choices	Not Recommended
<p>Fats</p> <p>This group provides</p> <ul style="list-style-type: none"> • calories • fat • “mouth feel” <p>Some items in this group provide vitamin E</p>	<p>1 serving =</p> <ul style="list-style-type: none"> 1 tablespoon fat-free or low-fat products 1 teaspoon oil 1 tablespoon peanut butter <p>Limit fat servings, and choose healthier fats to receive essential nutrients.</p>	<ul style="list-style-type: none"> • Fat-free or low-fat salad dressing • Fat-free or low-fat mayonnaise • Butter Buds • Molly McButter • Nonstick cooking spray • Fat-free cream cheese or sour cream <p>Select limited amounts of</p> <ul style="list-style-type: none"> • Canola, olive, soybean and peanut oils • Natural peanut butter • Good sources of Vitamin E 	<ul style="list-style-type: none"> • regular salad dressing • mayonnaise • reduced fat mayonnaise • butter or margarine • cream cheese • sour cream
<p>Sweets</p> <p>This group provides</p> <ul style="list-style-type: none"> • calories • carbohydrates 	<p>Optional calorie containing sweets:</p> <p>1 serving =</p> <ul style="list-style-type: none"> ½ cup fat-free, sugar-free pudding ½ cup fat-free, sugar-free ice cream or frozen yogurt <p>Limit: 1-3 times per week</p>	<p>Fat-free, sugar-free alternatives:</p> <ul style="list-style-type: none"> • Popsicles • Fudgsicles • Pudding • Diet Jell-O • Custard made with skim milk 	<ul style="list-style-type: none"> • candy • ice cream • ice milk • pies • pastry • cake • cookies

Stage 5 Food Logs: Low-Fat, Low-Sugar, High Protein (Stage 3 & 4)

Date: _____

Goals:

- 64+ ounces of fluids per day
- Refer to post-surgery nutrition goals sheet (see page 168)
- 3 servings of fruits and vegetables per day
- 2 servings of whole grains per day (1/2 cup or 1 slice is a serving)
- Start Multivitamin + minerals, Calcium Citrate + Vitamin D, Vitamin D3 and Sublingual B12

<i>Foods & Portion Size</i>	<i>Grams of Protein</i>	<i>Ounces Fluids</i>	<i>Calories</i>
Totals:			

Exercise: Cardio minutes: _____ Resistance training: _____

STAGE 5 Foods	Protein g	Calories
Ground meat >93% fat-free (beef, chicken, pork, turkey etc.)	21-23	150
Fish (sole, haddock, halibut etc.)	21-23	90-120
Fatty fish (salmon, bluefish etc.)	21-23	160
Shrimp, Scallops, Crabmeat	14-18	85-90
Tuna, packed in water	20-22	100-110
Imitation seafood	10	87
Chicken or turkey breast without skin	25	120-150
Chicken breast, canned packed in water	16	80
Turkey Chili	8	92
Baby food	8	50
Fat-free/low-fat cheese	20	124
Fat-free/1% cottage cheese	15	80
Eggs	6	78
Scrambled liquid egg substitute (Egg Beaters, Scramblers)	12	60
Tofu	20	183
Veggie burgers (Garden Burgers, Bocca Burger, Morningstar Farms)	9	70
Ground Soy Crumbles	11	70
Beans (kidney, black, refried etc)	8	103
Lentils	9	115
Hummus	6	100

Frequently Asked Questions:

Questions	Answers
Why have I been requested to lose weight prior to surgery?	Losing weight prior to surgery may decrease the risk of complications during surgery and may speed recovery after surgery.
What tests will I need prior to surgery?	All patients will have routine preoperative blood work, a chest X-ray, an electrocardiogram, an upper GI series and an endoscopy. Some patients will also have breathing studies, and may have to undergo additional testing or subspecialty consults.
How long will I be in the hospital?	The hospitalization is typically 2 days. The recovery period varies, but some patients return to work within a few weeks after the operation. Their only restriction is no heavy lifting for six weeks after the operation.
How often will I come back for checkups?	<p>You will have a two week follow-up visit after your surgery which will consist of your first surgical and nutrition follow-up. After this you will return 6 weeks, 3 months, 6 months, 9 months, 1 year after surgery and yearly thereafter. We will check your vitamin levels multiple times the first year after surgery.</p> <p>We also recommend patients stay as connected to the program as possible by attending support groups regularly. These visits will help you stay focused and on track.</p>
What do I do if I am feeling nauseous?	First look at your eating behavior. You may be eating too much and/or too fast. It is also very important to keep food records to see if this is related to certain foods. Also discuss this with your dietitian or surgeon if this continues.
Why is protein so important?	Protein is essential after surgery to help the healing process and preserve your lean body mass (muscles). Meeting your protein goal is essential, and you also want to EAT YOUR PROTEIN FIRST!

Questions	Answers
What if I am vomiting?	Vomiting is not an uncommon occurrence, however it can be controlled. If you are vomiting, there are some things you should be looking out for. Are you eating your food too quickly? Note the texture of the food. Is it too dry? Most often you will find meats difficult to tolerate. Make sure your meat is moist. If you are still not tolerating them, you can make substitutions for these foods. Leave them out of your diet for a few weeks and try them again at a later date. Are you chewing your food well? Enjoy, feel, and taste every bite. Remember to drink fluids separately. Do not eat and drink at the same time. Wait approximately 30 minutes before and after a meal to drink liquids. Most often liquids fill you up and may cause distress, making you feel like you need to vomit.
Why is fluid important?	It is important to maintain fluid intake of about 64 ounces or more per day. This will help maintain the appropriate body levels of fluids and replace the losses from weight loss. You need to take small, slow sips of fluids throughout the day. Fluids should have minimum calories, no caffeine and no carbonation. To help meet both nutrition and fluid goals you need to keep fluids separate from meals by at least 30 minutes.
What is the size of my new stomach?	About 3 ounces.
Why am I having some hair loss?	Sometimes after surgery patients will complain of hair loss. It can be related to not getting enough protein or vitamins in your diet. This is often the body's response to rapid weight loss. Hair loss is usually not permanent and re-growth typically occurs 3-6 months after it starts falling out. Talk to your dietitian if you are experiencing this.
What should I do if I am having a problem with constipation?	You may need to increase your fiber and fluid intake. Food records will help you quantify how much you are actually drinking. Adding a fiber supplement may help. If increasing fiber doesn't help, you may try milk of magnesia, prune juice, stool softener or miralax.

Questions	Answers
What do I do if I have gas and bloating? What if I have some diarrhea?	<p>Some patients may experience these symptoms due to sugar found in milk products called lactose. If you are intolerant to lactose, it may cause cramping, gas bloating, and/or diarrhea. Switch to lactaid products or soy products.</p> <p>Also make sure you are not eating too much or too fast. Slow down your eating, take small bites and chew well.</p>
What if my weight loss slows down?	<p>Your weight loss may seem like a staircase. You are also going to experience “plateaus” and this is normal. Everyone will lose weight at different rates, so please do not compare yourself to other people. If you hit a plateau (not losing weight for longer than 2 weeks), continue to keep food records and track your exercise. You may need to adjust your diet or exercise to help with your weight loss. If a plateau lasts longer than 4 weeks call your dietitian.</p>
What is the “Honeymoon Period”?	<p>Often you may experience a lack of appetite after surgery. In turn this often causes patients to skip meals, depriving themselves of the nutritional needs. You will need to plan to have 4-6 small meals per day to meet your nutrition goals and have a successful weight loss.</p>
What is dumping?	<p>Almost flu-like symptoms (nausea, vomiting, sweating, bloating, diarrhea, etc) that usually occur after high-fat or high sugary foods. The symptoms typically last about ½ hour. However, not everyone experiences dumping. To avoid these symptoms, you should select foods that have 14 grams of sugar or less per serving and 2-3 grams of fat or less per serving.</p>
Why should I take vitamins?	<p>Being compliant with your vitamins is key for your health, meeting your nutrition goals, and preventing deficiencies. We will test your labs periodically to help prevent and/or treat any deficiencies you may develop.</p>
Will I be able to take my prescribed medications after surgery?	<p>Small pills or capsules can be taken as before. Larger medications may be broken or crushed, or alternate medications may be prescribed. Check with the medical team or your prescribing physicians.</p>

Questions	Answers
What could be causing me to feel a tight feeling in the middle of my chest while I am eating or right after I eat?	A tight feeling when eating is usually a warning sign that there is something about your eating behavior or food consistency that is not right. You may be overeating or eating too fast. Time yourself when you sit down to a meal. Remember, it should take about 10 minutes to eat 1 oz food. Make sure that your food preparation methods and food consistencies are appropriate for your diet stages.
When am I allowed to drive after my surgery?	You are allowed to drive when you are no longer taking narcotics and have enough mobility to drive safely.
When can I return to work?	You may return to work as soon as you feel able as long as you are not required to do heavy lifting as part of your job. Typically 2-6 weeks for most desk jobs, and 6-8 weeks for manual labor jobs.
When can I start 1. Walking? 2. Swimming? 3. Lifting weights? 4. Aerobics? 5. Abdominal crunches?	Always check with your clinician before beginning any exercise program: 1: You can start walking IMMEDIATELY! 2: Swimming varies. Do not start swimming until you have checked with your surgeon. 3: Lifting weights varies with each individual. Check with your clinician before starting. 4: You can start aerobics approximately 6 weeks after surgery. Start slowly. Listen to your body. 5: Approximately 6-8 weeks. Check with your surgeon.
How much weight should I lose?	Weight loss is variable amongst sleeve patients. Weight loss depends on many factors including exercise, food selections, caloric intake, starting weight, age, gender and adherence to diet guidelines.

**For additional questions please feel free to
talk to your medical team anytime.**

You can make an appointment by calling 508-894-0766.

**If you are having any medical emergency please call 911
and also our page operator at 508-894-0400.
Ask to speak to the on call bariatric surgeon!**

Post-Operative Support Group:

2nd Tuesday of every month 6:00 - 7:00 pm

110 Liberty Street, Brockton, MA

3rd Floor Conference Room

