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Post Op Diet Class: Nutritional Guidelines

Long Term Post Op Guidelines

Fluid Guidelines:

- Hydration is vital for continuous improvement in energy level immediately postop and optimal weight loss.
- Daily minimum goal is **96 oz** hydrating fluids. Hydrating fluids = <15 calories, decaf, and non-carbonated beverages.
- **No fluids with meals and for at least 60 minutes after eating.**
- If you have to choose between fluids and food, choose fluids first!
- Caffeine intake (can be added **after** 4 weeks postop):
 - Non-carbonated caffeinated beverages can be consumed in small amounts once you are able to drink the minimum fluids requirements.
 - **Limit to 24 oz per day.**

Eating Guidelines:

- Eat 3 meals per day; no snacking.
- Take small bites (size of a pinto bean) and chew well.
- Pause between bites and eat slowly (20-30 minutes per meal).
- Practice conscious eating. When eating, identify first sign of fullness and stop to prevent overeating.
- Hunger may be sporadic – eat 3 meals per day regardless of hunger.
- Do not be concerned with how much/little you are eating at this point. Intake varies greatly.
- No need to count calories or grams of protein.
- Food intolerances are common after weight loss surgery. Try not to get discouraged!
- Feel free to use sugar substitutes (i.e. Splenda®, Truvia®, Nectresse®, Nutrasweet®, Equal®, SweetnLow®).
- Be mindful of condiment use – these will make your foods softer, which may cause them to empty out of your pouch faster. This can lead to hunger/grazing between meals. A **small** amount of low sugar condiments may be used – mayo, mustard, salad dressings, horseradish, garlic, lemon/lime juice, marinara sauce, low sugar ketchup & bbq sauce.
- Try flavoring your food with herbs, dry rubs, spices & marinades instead of condiments.

Stage 2: Soft Protein Foods

You will begin this stage 2 weeks after surgery, and continue this stage for 2 weeks.

The purpose of this stage is to transition to softer foods, while allowing for healing of the stomach pouch. In this stage, you will eat soft protein-rich foods (not liquid supplements).

➤ **Step 1 (first 1-7 days of soft food stage)**

- Light or reduced fat cheese – cottage/ricotta/sliced/cubed/string (any flavor)
- Plain Greek yogurt OR Dannon Light and Fit Greek
- Eggs – scrambled/egg substitute
- Refried beans
- Modified tuna/chicken/egg salad – meat & condiment only (no vegetables)

➤ **Step 2 (remainder of the 2 week period)**

- Eggs- hard boiled/omelet/deviled/scrambled/etc
- Whole beans– navy/pinto/black/black eyed peas/cannellini/chickpeas/lima/kidney
- Skinless dark meat poultry – thigh/leg/wing
- Canned meat without condiments – chicken/tuna/flavored tuna/salmon
- Deli meats (shaved/thinly sliced) – chicken/turkey/roast beef/ham
- Fish (broiled/baked, no breading) – salmon/cod/tilapia/halibut/catfish/trout/tuna
- Tofu

➤ **Tips:**

- Stick with the foods listed above. If it isn't on the list, don't eat it!
- Your post op diet progression is designed for optimal healing and best possible outcomes. Do not deviate from the recommended diet progression unless specifically instructed by your surgeon and/or dietitian.

➤ **Sample Day Stage 2**

- 24 oz hydrating fluids
 - Breakfast- String cheese (*wait 60 minutes*)
- 24 oz hydrating fluids
 - Lunch- Modified chicken salad (*wait 60 minutes*)
- 24 oz hydrating fluids
 - Dinner- scrambled egg (*wait 60 minutes*)
- 24 oz hydrating fluids

Stage 3: Healthful Foods for Life

You will begin this stage at **4 weeks post op and continue for life**. The purpose of this stage is to transition to regular consistency foods and develop long term healthy eating habits.

○ **Tips:**

- Maximize nutrient quality of all foods you put into your pouch. Solid foods are the best choices & will help control hunger. Healthy but soft foods must be avoided. **Remember The Funnel Factor!**
- Learn from each meal – the more solid a protein is, the quicker you will fill up & the longer you will stay full!
- **Focus on QUALITY not QUANTITY!** Success is about what you eat, not necessarily how much you eat. Focus on proper food choices instead of how much you are eating.
- Learn to be satisfied with a smaller portion of food without overeating.
- Remember, the brief gratification that you may feel if you eat foods that are not recommended is not worth the physical discomfort or potential weight gain.

○ **Life Long Meal Composition:**

○ **Protein: 2/3 of your meal**

- Protein will be your **primary** food for the rest of your life.
- Choose lean cut of meat most often and avoid breaded proteins.
- Vegetable protein sources should be used in strict moderation because of their starch content.
- Protein supplements? Protein shakes/bars may be used as tools if deemed appropriate by your healthcare team, but the majority of your nutrition should come from whole foods.

○ **Complex Carbohydrates: 1/3 of your meal**

- The types of carbohydrates you eat will have a significant effect on hunger and your weight loss.
- Focus on non-starchy vegetables.
- **No starchy vegetables (potatoes, peas, winter squash & corn) OR dried fruit/vegetables.**
- **No fruit for the first-year post-op, at least.**

○ **Healthy Fats- strict moderation (limit 2 servings)**

- Fats provide essential fatty acids and help with absorption of fat soluble vitamins the body needs to function properly.
- **A very small amount of healthy monounsaturated and polyunsaturated fats prevents fatty acid deficiencies. Excess can slow weight loss.**
- Minimize saturated and *trans* fats which are found in fried foods/processed snacks/high fat meats. These can cause abdominal bloating/diarrhea/nausea/vomiting and have a negative effect on your weight loss. Examples: bacon, butter, coconut, cream, cream cheese, half-and-half, shortening, lard, sour cream.

Stage 3: Food Choices

Protein Options:

Beef: Tenderloin, top loin, sirloin tip, roast; steak, ≥90% lean ground

Cheese Reduced-fat (2%): Sliced, string, hard, shredded or cubed cheese;

Plain Greek yogurt & cottage cheese (in moderation/soft texture)

Eggs: Whole eggs, egg whites, egg substitute

Fish/Shellfish: Catfish, cod, flounder, haddock, halibut, herring, orange roughy, sardines, tilapia, trout, tuna, salmon, clams, crab, lobster, oysters, scallops, shrimp

Game: Skinless duck/pheasant, venison, buffalo, ostrich, rabbit

Lamb: Roast, leg, loin chop, tenderloin

Luncheon/Processed Meats: 97 - 99% Fat free: Including turkey, roast beef, ham, chicken, low fat hot dogs, turkey sausage, bacon, pepperoni, kielbasa, pastrami, beef jerky

Pork: Lean ham; Canadian bacon; center loin chop, tenderloin

Poultry: Skinless chicken/turkey (light/dark), ≥90% lean ground, chicken/turkey breast cutlets

Soy/Beans (limit to 2 times per week due to starch content): Edamame, tofu, legumes/beans

Veal: Roast, loin chop

Low carbohydrate protein supplements: can introduce as recommended at 6 weeks postop

Non-Starchy Vegetable Options:

Artichoke/artichoke hearts	Greens	Rutabaga
Asparagus	(collard/kale/mustard/turnip)	Salad greens
Beans (green/wax/Italian)	Green onions/scallions	Sauerkraut
Beets	Herbs	Snow Peas
Broccoli	Jicama	Spinach
Brussels sprouts	Leeks	Squash
Cabbage(bokchoy/green)	Mushrooms	(yellow/spaghetti/zucchini)
Carrots	Okra	Sugar snap peas
Cauliflower	Pea pods	Swiss chard
Celery	Peppers (all varieties)	Tomatoes (raw/canned)
Cucumber	Pumpkin	Turnips
Eggplant	Radishes	

Healthy Fat Options: *Contact your RD before adding in*

Monounsaturated Fats

Almonds or cashews.....	6
Avocado (medium).....	1/8 or 1/4 cup
Brazil nuts	2
Filberts (hazelnuts)	5
Macadamia nuts.....	3
Nut butters (almond/cashew/peanut).....	1 1/2 tsp
Oil (canola/olive/peanut).....	1 tsp
Olives, black.....	8 large
Olives green w/ pimento.....	10 large
Peanuts.....	10
Pecans.....	4 halves
Pistachios.....	16

Polyunsaturated Fats

Flaxseed, ground.....	1 1/2 tbsp
Hummus.....	2 tbsp
Margarine (stick/tub/squeeze).....	1 tsp
Margarine, low-fat (30-50% vegetable oil).....	1 tbs
Mayonnaise, regular.....	1 tsp
Mayonnaise, reduced fat.....	1 tbsp
Oil (corn/cottonseed/flaxseed/grapeseed/safflower/ soybean/sunflower).....	1 tsp
Pine nuts.....	1 tbsp
Pumpkin or sunflower seeds.....	1 tbsp
Salad dressing, regular.....	1 tbsp

Vitamin & Mineral Supplements

□ Form & Type

- **Recommended:** capsule, chewable, soft chew, or liquid vitamins are best for absorption and less irritation after weight loss surgery. No gummies, tablets, or transdermal patches.
- **Vitamins must be bariatric specific.** Vitamins made for the general population do not meet the increased needs of a weight loss surgery patient.

○ Vitamin Requirements per Surgery (ASMBS Guidelines):

	Gastric Sleeve	Gastric Bypass	Duodenal Switch
Bariatric Multi Vitamin	Required	Required	Required
Iron*	30-45 mg daily	30-45 mg daily	45-60 mg daily
Calcium Citrate	1000-1500 mg daily	1000-1500 mg daily	1500-2400 mg daily
B1*	50 mg daily	50 mg daily	50 mg daily
B12*	1000 mcg daily	1000 mcg daily	1000 mcg daily
Folic Acid*	800 mcg daily	800 mcg daily	800 mcg daily
Vitamin D3	3,000-10,000 IU daily	3,000-10,000 IU daily	10,000+ IU daily
Vitamin A*	5,000-10,000 IU daily	5,000-10,000 IU daily	10,000 IU daily
Vitamin E*	15 mg daily	15 mg daily	15 mg daily
Vitamin K*	90 - 120 mcg daily	90 - 120 mcg daily	300 mcg daily
Zinc*	15 - 25 mg daily	15 - 25 mg daily	15 - 25 mg daily
Copper*	1 mg for every 8 - 15 mg zinc	1 mg for every 8 - 15 mg zinc	1 mg for every 8 - 15 mg zinc
Probiotic	Required	Required	Required

*Typically included in a Bariatric MultVitamin.

□ Vitamin Combinations for Sleeve & Bypass

(choose 1 option from the list below to meet your vitamin needs):

1. Multi Formula Ultra Capsule (3 per day), Calcium Chews (2 per day), and Floravantage Probiotic (1 per day).
2. Multi Formula Solo Capsule/Chewable (1 per day), B12 sublingual (1 per day), Calcium Chews (2 per day), and Floravantage Probiotic (1 per day)
3. Advanced Multi EA Chewable (2 per day), Calcium Chews (2 per day), and Floravantage Probiotic (1 per day)
4. Multi Chewy Bite (2 per day), B complex (1 per day), Iron (1 per day), Calcium Chews (2 per day), and Floravantage Probiotic (1 per day)

□ Vitamin Combinations for Duodenal Switch

(choose 1 option from the list below to meet your vitamin needs):

1. Multi Formula Ultra Capsule (3 per day), Calcium Chews (3 per day), ADK10 (1 per day) and Floravantage Probiotic (1 per day).
2. Multi Formula Solo Capsule (1 per day), B12 sublingual (1 per day), Calcium Chews (3 per day), ADK10 (1 per day), and Floravantage Probiotic (1 per day)
3. Advanced Multi EA Chewable (2 per day), Calcium Chews (3 per day), ADK10 (1 per day), and Floravantage Probiotic (1 per day)
4. Multi Chewy Bite (2 per day), B complex (1 per day), Iron (1 per day), Calcium Chews (3 per day), ADK10 (1 per day), and Floravantage Probiotic (1 per day)

Vitamin & Mineral Supplements

□ Tips & Example Schedules for Taking Vitamins

- Space Iron-containing vitamin from your Calcium Citrate Chews by at least 2 hours.
- Split your Calcium Citrate Chews into separate doses for best absorption.
- Try taking your vitamins with a warm beverage to help it dissolve.
- Try taking your vitamins right before your first bite of a meal to help avoid nausea.
- You can space your multivitamins into smaller doses early post-op to help tolerate them more easily.

Multi Ultra Capsule with Iron	
Sleeve/Bypass:	Duodenal Switch:
B: Multi Capsule #1 Mid-AM: Calcium Citrate Chew #1 L: Multi Capsule #2 Mid-PM: Calcium Citrate Chew #2 D: Multi Capsule #3, Probiotic	B: Multi Capsule x 3, Probiotic, ADK10 L: Calcium Citrate Chew #1 D: Calcium Citrate Chew #2 Bedtime: Calcium Citrate Chew #3

Multi Ultra Solo Capsule with Iron	
Sleeve/Bypass:	Duodenal Switch:
B: Multi Ultra Solo Capsule, B12, Probiotic L: Calcium Citrate Chew #1 D: Calcium Citrate Chew #2	B: Calcium Citrate Chew #1 L: Probiotic, Calcium Citrate Chew #2, B12 D: Calcium Citrate Chew #3 Bedtime: Multi Ultra Solo Capsule, ADK10

Multi Advanced EA Chewable with Iron	
Sleeve/Bypass:	Duodenal Switch:
B: Multi Chewable x 2, Probiotic L: Calcium Citrate Chew #1 D: Calcium Citrate Chew #2	B: Multi Chewable x2, Probiotic L: Calcium Citrate Chew #1 D: Calcium Citrate Chew #2, Bedtime: Calcium Citrate Chew #3, ADK10

Multi Chewy Bites withOUT Iron	
Sleeve/Bypass:	Duodenal Switch:
B: Iron Chewable, Probiotic, B Complex L: Multi Chewy Bite #1, Calcium Citrate Chew #1 D: Multi Chewy Bite #2, Calcium Citrate Chew #2	B: Multi Chew Bite x 2, Iron Chewable, ADK10 L: Calcium Citrate Chew #1, Probiotic D: Calcium Citrate Chew #2, B Complex Bedtime: Calcium Citrate Chew #3