

Grace Hernke, MA, RD/LD
Direct Office: 405-509-7343
grace.h@weightwise.com

Rachelle Laws, MA, RD/LD
Direct Office: 405-509-7346
rachelle.l@weightwise.com

Preop Diet Class: What You Need to Know About Your Diet After Weight Loss Surgery

Welcome!

Goals for PreOp Diet Class:

- Short- & Long-Term Expectations.
- Diet progression both before and after surgery.
- Vitamin and Mineral Supplementation.
- Understanding that surgery is a tool to help you reach your goals.
- Restrictions and expectations.

Short Term Nutrition Expectations:

- No caffeine for 1 month postop.
- No vitamins for 2 weeks postop.
- No alcohol for 6-9 months postop.
- No fruit for the first year postop.

Long Term Nutrition Expectations:

- Significant changes in eating behavior and commitment to a healthy lifestyle.
- Learn to stay hydrated.
- **Required** vitamins and minerals daily for life.
- No carbonation for life.
- Strict avoidance of high carbohydrate and high sugar foods.
- Regular follow ups for life- postoperative follow ups with the entire team are very important to long term success.
- Staying engaged with the program. Support groups, follow ups, email & social media all play a role in your success. Use these tools consistently to help you keep the weight off!

Pre-Op Diet Outline:

- 10 day pre-op liquid diet
- Day before surgery: Clear Liquids Only
- Day of surgery: No food or fluids by mouth

Post-Op Diet Outline:

The progression of your diet after surgery will allow you to heal, while adding nutrients in order of importance. It is important to remember that these guidelines are essential for the best outcome following surgery.

- Water/hydrating fluids- most essential nutrient for life
- Quality protein foods- next most important nutrient after water
 - Increase satiety (feeling of fullness)
 - Provide prolonged satiety
 - Nutrient packed
- Diet Progression Timeline:
 - Day After Surgery to 2 weeks Postop: Stage 1 Liquid Diet
 - 2 Weeks Postop to 4 Weeks Postop: Stage 2 Soft Proteins
 - 4 Weeks Postop +: Stage 3 Regular Foods

Preop Diet / Diet Day before Surgery

Preop Diet for Required Weight Loss:

1. Every patient has a unique weight loss goal & personalized diet prior to surgery.
2. You will begin a liquid diet 10 days before scheduled surgery.
3. You will have 5 low carbohydrate protein shakes per day and 96oz hydrating fluids.
4. Pre-op liquid diet bundle: <https://weightwise.com/product/liquid-diet-bundle/>
5. Over the counter brands: Premier, Atkins blue lid, Fairlife, Ensure Max
6. You must meet your preop weight loss goal prior to scheduling surgery. You cannot gain any weight between your preop appointment with the surgeon and your surgery day.

Diet Day before Surgery

1. Clear liquids ONLY the day before surgery.
2. Clear liquids are things like water, broth, propel, decaf coffee/tea and sugar free gelatin that are easily digested and leave no undigested residue in your intestinal tract.
3. Clear liquids are <15 calories and decaffeinated.
4. Clear liquids can have some color, but you should be able to see through them.
5. NO liquids that are blue, red or purple.
6. NO protein supplements, milk, creamer, juice, or other beverages with calories.
7. NO fluids after midnight.
8. No vitamins or minerals.
9. **DRINK AS MUCH AS YOU CAN ON THIS DAY!**

Diet Day of Surgery

1. No food or fluids until after surgery.

Stage 1: 2 Week Liquid Diet

Begins Day After Surgery and continues until 2 weeks postop.

2-week liquid diet phase outline:

- Hydrating fluids: 96oz daily
- Half of hydrating fluids (**48oz**) from electrolytes at minimum
- Protein Supplements: 1-2 liquid protein supplements per day required after hospital discharge
- No Vitamins or minerals -- *refer to your discharge instructions regarding when to restart prescription medications.*

Hydration

- **Most important factor for early postop care!**
- Water helps the body function (appetite suppression, fat metabolism, prevents fluid retention, relieves constipation)

Hydration/Dehydration

- Factors affect how much water a person needs:
- Exposure to extreme temperatures
- Job that involves a lot of speaking
- Strenuous work or exercise
- Sickness (fever, diarrhea, vomiting)
- After weight loss surgery:
- Limited intake means less opportunity to get water from foods, slower rate of drinking
- Ketotic nature of diet increases fluid loss

Postop Drinking Guidelines:

- ≤15 calories per 8 oz, Caffeine free, non-carbonated
- Sip fluids, NO gulping
- Drink consistently. Do not go long periods without drinking.
- Straws are okay.

Symptoms of Dehydration

Early

- Nausea or headache
- Flushed face, extreme thirst
- Decrease urine, dark yellow in color, strong odor
- Dizziness/weakness
- Cramping in arms/legs
- Dry mouth/tongue, thick saliva

Severe

- Weak pulse
- Cold hands/feet
- Rapid breathing
- Blue lips
- Lethargy/difficulty arousing/ confusion

Stage 1: 2 Week Liquid Diet

Hydrating Fluids (96oz per day total):

- Water
- Decaffeinated coffee & tea
- Diet herbal tea
- Crystal Light
- Diet V8 Splash
- Beef, chicken, or vegetable broths
- Sugar-free Kool Aid
- Sugar-free Gelatin, Popsicles

Electrolyte Fluids (half of total fluids at minimum):

- PowerAde Zero or Gatorade Zero (*not regular or G2*)
- Propel
- MiO Electrolytes or MiO Fit
- LyteShow Electrolyte Concentrate **great unflavored option**
- Ultima Electrolyte Powder
- Vitamin Water Zero
- Pedialyte Zero Sugar (*not regular*)

Protein Supplements:

- 1-2 liquid protein supplements required per day after hospital discharge
- Count toward hydrating fluids
- All supplements must be <7g Total Carb.
- Available through the WeightWise store (shakes, soups, fruit drinks, pudding, hot chocolates)
- Approved over the counter brands- Premier, Atkins blue lid, Fairlife

Other Guidelines:

- No Caffeine!
- No Vitamins or Minerals!
- Next follow up is at 2 weeks postop for diet class and appointment with nurse practitioner.

FAQs:

- If dizzy or muscle cramps: increase electrolytes.
- If pain when drinking: decrease drink size, use more warm drinks than cold.
- If consistently hiccupping with drinking: decrease drink size or try using straw.
- Diarrhea is common during the first two weeks post-op. Once you start consuming soft proteins when you are two weeks post-op, this should decrease. You may use Imodium to help or discuss changing protein shakes with your dietitian.

Please call/email your dietitian directly for any diet related questions:

- Rachelle 405-509-7346 rachelle.l@weightwise.com
- Grace 405-509-7343 grace.h@weightwise.com

Stage 2: Soft Protein Foods

Begins 2 weeks postop and continues until 4 weeks postop.

2-week soft protein phase outline:

- Transition to soft foods, NO more liquid protein supplements
- Practice eating behaviors and build into eating habits
- Start vitamin and mineral regimen – see information later in packet.

Eating rules/behaviors/habits:

- Continue 96 oz per day - still NO CAFFEINE, Continue Electrolytes.
- No fluids with meals and for at least 60 minutes after eating.
- If you have to choose between fluids and food, choose fluids first!
- Eat 3 meals per day; no snacking.
- **Take small bites** (size of a pinto bean), **chew well**, **pause between bites & eat slowly** (20-30 minutes per meal), and **stop at first sign of fullness**.
- Hunger may be sporadic – eat 3 meals per day regardless
- Do not be concerned with how much/little you are eating at this point. Intake varies greatly.
- Feel free to use sugar substitutes, herbs and spices for flavor!
- **Soft protein foods to add to your diet (if it's not listed, don't eat it!):**
 - **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/Two Good
 - Eggs – scrambled
 - Refried beans
 - Modified tuna/chicken/egg salad – meat & condiment only (no vegetables)
 - **Step 2 (remainder of the 2 week period)**
 - Eggs prepared as you wish – hard boiled/omelet/deviled/scrambled
 - Whole beans – navy/pinto/black/black eyed peas/Great northern/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/Flounder/haddock/orange roughy/trout/tuna
 - Tofu
- **Sample Day Stage 2**
 - 24 oz hydrating fluids, then Breakfast- String cheese (*wait 60 minutes*)
 - 24 oz hydrating fluids, then Lunch- Modified chicken salad (*wait 60 minutes*)
 - 24 oz hydrating fluids, then Dinner- scrambled egg (*wait 60 minutes*)
 - 24 oz hydrating fluids

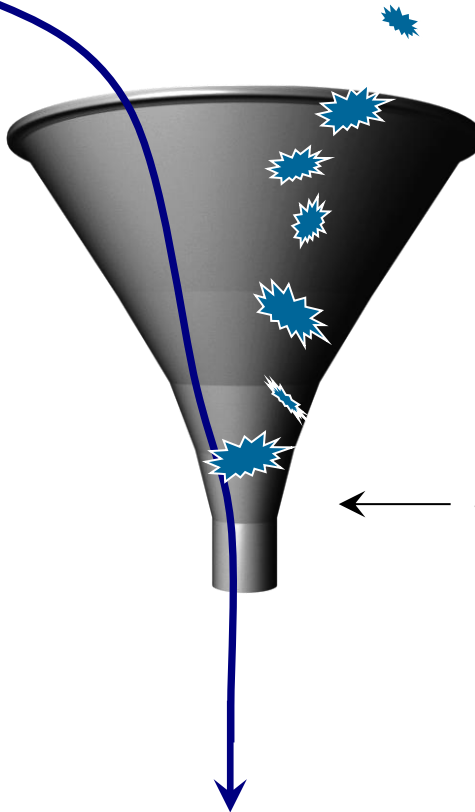
The Funnel Factor

~~Liquids or Soft Foods~~

Chips, ice cream, mashed potatoes, cereal, crackers, soups, etc...

Solid Foods

Chicken, beef, pork, eggs, broccoli, asparagus, etc...



Solid foods will stay in your pouch longer, keeping hunger at bay

Stage 3: *Healthful Foods for Life*

Begins 4 weeks postop and continues forever.

Fluid Guidelines:

- Continue 96+ oz of fluids per day, continue electrolytes as needed.
- **Caffeine - Limit to 24 oz per day.** – Coffee/tea; no carbonated drinks/energy drinks.
 - Okay to use sugar free creamers/creamer in small quantities, & sugar substitutes.

Life Long Habits/Guidelines:

- Solid foods are the best & control hunger. **Remember The Funnel Factor!**
- Learn from each meal – solid proteins fill you up and keep you full longer!
- **Focus on QUALITY not QUANTITY!** Success is about what you eat not how much you eat. Focus on proper food choices instead of how much you are eating. *NO counting, weighing, measuring grams of anything! *
- Learn to be satisfied with a smaller portion of food without overeating.
- Long term success with weight loss is accomplished through a diet of:
 - Lean protein foods
 - Non-starchy vegetables
 - Healthy fats in moderation
- Preparation Instructions:
 - Bake, broil, roast, microwave, grill, poach or stir-fry in a non-stick pan with cooking spray
 - Season foods for flavor - herbs/spices/dry rubs/marinades
 - Okay to use Splenda®, Truvia®, Nectresse®, Nutrasweet®, Equal®, SweetnLow®

Life Long Meal Composition: 2-3 bites of protein, 1 bite of vegetable; repeat until full

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 (starch content).
- Protein shakes/bars may be added by your healthcare team based on individual need.

Complex Carbohydrates: 1/3 of your meal

- Types of carbohydrates effect hunger and weight loss.
- Focus on non-starchy vegetables.
- **No starchy vegetables (potatoes, peas, winter squash & corn)**
- **No fruit until at least 1 year after surgery.**
- **No dried fruits/vegetables.**

Healthy Fats- no more than 2 servings per day as part of a meal

- Fats provide essential fatty acids and fat-soluble vitamins the body needs.
- **A very small amount of healthy fat prevents fatty acid deficiencies.**
- Minimize saturated and *trans* fats (bacon, butter, coconut, cream, cream cheese, half-and-half, shortening, lard, sour cream).
- **Speak with dietitian before adding into diet. Will slow down your weight loss.**

Lean Proteins

Beef: Tenderloin, top loin, sirloin tip, ground round, roast, steak (cubed, filet, flank, sirloin, top round), ≥90% lean ground

Dairy (Reduced-fat or 2%):

Sliced cheese; string cheese; hard cheese; shredded or cottage cheese

Flavored Greek yogurt [Dannon Light n Fit Greek or Yoplait Greek 100] or Plain Greek Yogurt

Eggs: Egg/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, swordfish, canned tuna, canned sardines, etc.

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

Pork: Lean ham, center loin chop, chorizo, tenderloin

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

Beans/lentils/legumes (max 2 times per week due to starch content):

Edamame, pinto/black/navy/chili/cannellini/kidney/garbanzo/lima beans, black eyed peas, etc

Other: Game (skinless duck/pheasant, venison, buffalo, ostrich, rabbit); Lamb (roast, leg, loin chop, tenderloin); Veal

Vegetarian Based Proteins: Tofu, soy/veggie/garden burgers/patties, beans, cheese & eggs, protein supplements

Non Starchy Vegetables

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

Healthy Fats

Almonds or cashews: 6	Pistachios: 16
Avocado (medium): 1/8 (1 oz.) or ¼ cup	Flaxseed: 1 ½ tbsp
Brazil nuts: 2	Hummus: 2 tbsp
Filberts (hazelnuts): 5	Mayonnaise, regular: 1 tsp
Macadamia nuts: 3	Mayonnaise, reduced fat: 1 tbsp
Nut butters (almond/cashew/peanut): 1 ½ tsp	Pine nuts, pumpkin/sunflower seeds: 1 tbsp
Oil (canola/olive/peanut): 1 tsp	Salad dressing, regular: 1 tbsp
Olives, black/green: 8-10 large	Salad dressing, reduced fat: 2 tbsp
Peanuts: 10	Tahini: 2 tsp
Pecans: 4 halves	

Stage 3: *Healthful Food for Life!*

Other Carbohydrates:

- NO concentrated sweets and sugar (doughnuts/cakes/cookies/pies/candy/ice cream/etc)
- NO starchy vegetables (potatoes, peas, corn, acorn & butternut squash)
- NO starchy carbohydrates (BREAD/PASTA/RICE/crackers/oatmeal/cereal/chips/popcorn/tortillas/etc)
- No juice, milk, sugar, honey, agave

****These are digested & stored first. Do not give your body the opportunity to store! ****

Condiments

- Be mindful of condiment use – these make your foods softer, which causes them to empty out of your pouch faster, leading to hunger/grazing between meals. A **small** amount of condiments may be used – mayo/mustard/salad dressings/marinara sauce/low sugar ketchup & bbq sauce.
- Try flavoring your food with herbs, dry rubs, spices & marinades instead of condiments.

Variety & Meal Planning

Variety in foods & flavors will be important to avoid taste fatigue or getting bored with your eating plan. The WeightWise blog is a great website with many recipe ideas that can easily fit your bariatric eating plan. Visit weightwise.com/recipe for recipes and meal planning ideas.

Meal planning is an essential tool to your success. Set aside time each week to plan your meals, make a grocery list & follow through with your plan.

We encourage you to ask for help with meal ideas and meal planning! It's what we do, and we'd love to help you make a meal plan that fits in your lifestyle.

Eating Behaviors

Remember to continue to practice good eating behaviors such as taking very small bites, chewing your food thoroughly before swallowing, eating slowly, and paying attention to your fullness signal.

Continue to not drink fluids with your meals and to wait the full 60 minutes after your last bite before beginning to drink fluids again.

These behaviors are easy to forget to practice as you get further out from surgery. Practicing them will help you control hunger, keep you from overeating, and give you the best possible long-term outcome after surgery.

Vitamin & Mineral Supplements

Begins between 2 and 4 weeks postop and continues forever

*The purpose of daily vitamin and mineral supplementation after weight loss surgery is simple
- preventing deficiencies is easier than treating.*

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 Multivitamin.

Vitamin FAQs:

- Start bariatric vitamin regimen at 2 weeks postop.
- Available at WeightWise with Autoship option for cost savings!
 - Autoships are discounted by 15%.
- Budget:
 - Sleeve/Bypass cost: \$144-\$230 per 3-month supply
 - Duodenal Switch: \$200-\$300 per 3-month supply
- Samples are available for all vitamins! Try before you buy. You will get a same pack of vitamins before you leave the hospital from surgery.

Special Topics

You will experience changes in your GI system after weight loss surgery. The physical change to your stomach, combined with a change in your diet, may cause a wide variety of side effects. The following is a brief description of some of these side effects. Please consult your surgeon for specific recommendations on management of these issues if they should arise.

Alcohol. NO alcohol for 6-9 months postop. Due to changes in the GI tract, the effects of alcohol may be heightened. Decreased food intake and more rapid emptying of the stomach means alcohol is absorbed faster, which can cause intoxication quickly. Drinking alcohol also increases the risk of becoming hypoglycemic (low blood sugar) and can inhibit the absorption of important vitamins and minerals. You are highly encouraged to not use alcohol during the rapid weight loss phase.

Dumping Syndrome. Dumping syndrome can occur when concentrated sugars enter the small intestine, which causes fluid to rapidly enter the small intestine. This can cause gut distention, cramping, increased heart rate, sweating, dizziness, diarrhea, nausea, and vomiting. These symptoms can also occur if you overeat and force food into the small intestine or consume a high fat meal, and can last for 15 minutes or up to 2 hours.

Nausea and Vomiting. Nausea and vomiting after bariatric surgery may be due to medications, a mechanical problem, or non-compliance with dietary guidelines. If you experience persistent nausea and vomiting call the surgeon's office. The following poor eating habits could be contributing to your nausea and vomiting: eating or drinking too fast, drinking fluids with meals or too soon after meals, advancing the diet too quickly, overeating, not chewing foods thoroughly, or taking big bites of food.

Constipation. Constipation after bariatric surgery can be due to low fiber intake, inadequate fluid intake, or medications. Food intake is decreased significantly after bariatric surgery, therefore a decrease in the number of bowel movements may be normal. Using Miralax on a daily basis is the best way to prevent constipation. Adjust the daily dose to have a normal bowel movement.

Diarrhea. Diarrhea may occur due to food intolerances. High fat foods may contribute to diarrhea. It is important to be aware of foods that cause you to have diarrhea. Remember to consume adequate fluids to prevent dehydration when you are experiencing diarrhea. If diarrhea continues despite dietary manipulation, consult your surgeon.

Frothing. Mucous may collect in the stomach pouch during healing or with severe seasonal allergies, which may cause clear/frothy vomiting. This mucous may make eating difficult. Drinking a warm beverage (decaffeinated coffee, tea, or broth) before eating may help break up the mucous. If you experience frothing after a meal, it most likely due to overeating.

Hair Thinning/Loss. Hair thinning/loss between the 4th and 6th month after surgery is most likely a result of stress, surgery and rapid weight loss. Extra protein or vitamins and minerals will not help with hair loss associated with this. If you experience hair loss one year or later after your weight loss surgery, nutritional deficiencies (iron, zinc, protein) may be to blame. Please discuss this with your dietitian.

Taste Distortion/Sensory Aversions. Patients experience a wide range of taste distortion, from none to severe. Be aware this can occur, as well as an increase in other senses, such as smell. We do not know why these happen, and they vary widely from patient to patient.

Guidelines for Success After Weight Loss Surgery

Long-term success with weight loss surgery requires you to change your lifestyle, develop new skills, have a good support system, make a commitment to better life management, and to regularly follow up with the WeightWise Bariatric Program team! It will take time to become accustomed to your new eating behaviors and lifestyle. While you may become tempted to fall back on old behaviors, lifelong behavior changes are necessary for long-term weight loss. Review the following guidelines on a regular basis to make sure you are staying on track!

1. Be nice to your pouch and use your tool properly!
2. Make changes in your eating and exercise habits for life – this is not a “diet”.
3. Maintain adequate hydration.
4. Eat 3 small meals per day. NO SNACKING.
5. Stop at the first sign of fullness.
6. Take time to eat. Allow yourself 20-30 minutes to eat a meal to recognize feelings of fullness.
7. Do not eat and drink at the same time; this also means eliminating foods like soup.
8. Wait 60 minutes after eating before drinking.
9. Practice conscious eating and journal your food intake regularly!
10. Eat protein-rich foods, non-starchy vegetables, and fruits (in strict moderation).
11. Eliminate starchy carbohydrates, concentrated sweets, and sugar-free desserts. Starches are digested quickly and stored easily. They will lead to weight regain.
12. Strictly limit soft foods – these empty out of your pouch faster than more solid foods.
13. Exercise regularly as recommended by our team.
14. Take the vitamins & minerals recommended by the WeightWise Bariatric Program team for life!
15. Stay engaged in the program! Regular follow-ups with your surgeon, dietitian, and exercise physiologist ensure accountability and help to improve weight control. Also, attend support groups where you will have the opportunity to discuss issues with peers going through similar experiences.