

# Post-op Diet Progression

## *Timeline for introduction of certain foods after surgery:*

Below are the general guidelines for when to introduce various foods after your surgery. Everyone is different and may not progress through the diet phases at the same rate. Take your time and make sure you chew your foods well. If you find that you do not tolerate a food, wait a few weeks and try it again. With time, most patients are able to tolerate a wide variety of foods from all the food groups. It may take you several months to tolerate certain foods before you know if there are foods that you do not tolerate.

- **Weeks 1 & 2 Post-op: PHASE 1: LIQUIDS**  
*(Clear and full liquids):* Clear liquids (no concentrated sweets) and full liquids (include high protein liquid supplements, skim milk, low-fat cream soups). All liquids are caffeine-free, non-carbonated, and are low in fat and sugars (sugar-free beverages). Goals: at least 64 ounces of fluids daily, 60 grams protein daily, and approximately 500 calories daily.
- **Weeks 3, 4 & 5 Post-op: PHASE 2: PUREED**  
*(Blended foods):* Yogurt, sugar-free pudding, mashed potato textures (Stage 2 Baby Foods) are consumed, and you will sip liquids between your meals (no liquids with meals). Goals: at least 64 ounces of fluids daily, 60 grams protein daily, and approximately 500-800 calories daily.
- **Weeks 6, 7, & 8 Post-op: PHASE 3: SOFT**  
*(Adaptive phase):* include foods previously tolerated as well as tuna fish/canned chicken, fish, low fat soft cheeses, unsweetened canned fruits, soft fruits (bananas, honeydew, peaches, plums), soft cooked vegetables and canned vegetables, well cooked pasta, boiled chicken or turkey in broth (cut in very small pieces), crisp toast and crackers may be tolerated, unsweetened cereals (soaked in skim milk), beans, lean ground turkey and beef, and vegetable burgers. Goals: at least 64 ounces of fluids daily, 60-80 grams protein daily, and approximately 800-1200 calories daily.
- **After 2 Months: (Weeks 9+) Post-op: PHASE 4: SOLIDS**  
*(Stabilization phase: Long-term meal plan):* includes foods previously tolerated as well as lean, moist meats and poultry (no skins). Certain foods and textures may take time to tolerate: Take your time introducing breads (toast may be better tolerated), and “sticky” rice and pastas. With time, you may introduce crunchy raw fruits (skins) and crunchy raw vegetables (skins), salads, nuts, red meats (4-6 months post-op) etc., and foods with more texture and consistency. Goals: at least 64 ounces of fluids daily, 60-80 grams protein daily, and approximately 800-1200 calories daily.

# Gastric Bypass “Basics”

- Follow the post-op diet phases as directed, unless otherwise informed by your surgeon. Remember your stomach can only hold about 1 ounce or 2 tablespoons (2T) at first, but eventually will hold approximately 1 cup of food.
- Eat slowly: Take 20-30 minutes for each meal and stop eating when comfortably satisfied to avoid vomiting or overeating.
- Chew foods well (to a pureed consistency). Always take small bites and chew foods 15-30 chews per bite to avoid food from getting “stuck” or causing an obstruction.
- Eat 3 small nutrient dense meals and 1 to 2 snacks each day: All meals and snacks must include protein.
- Eat your protein foods first, vegetables and fruits second, and then whole grains/starches.
- **PROTEIN:** Get enough **PROTEIN:** Eat protein at each meal. Include a high protein snack if needed to help meet protein needs. **(Goal: 60-80 grams of PROTEIN daily).**
- Avoid concentrated sweets and sugars. These may cause Dumping Syndrome, and will provide “empty” calories that can slow weight loss or cause weight gain.
- Limit fats. Added fats and high fat foods may not be tolerated (may cause Dumping Syndrome) and can cause inadequate weight loss or weight gain.
- **FLUIDS:** Keep hydrated: **Drink at least 6-8 cups (48-64 ounces) daily** of non-caffeinated fluids to prevent dehydration.
- **30 Minute Rule:** Do not drink while eating. Always avoid drinking liquids *30 minutes before meals, during meals, and for 30-60 minutes after meals.*
- Take the required vitamin/mineral and calcium supplements each day for the rest of your life. Remember, you will always be eating smaller amounts of foods, and you will not be able to absorb all the nutrients, vitamins and minerals from your food because of malabsorption.
- Introduce new foods slowly, one at a time, to rule out intolerances. If a food is not tolerated, try reintroducing it again in a week or two. Keep a food journal to record your daily intake the first few months after surgery.
- If you have trouble tolerating milk after surgery, try non-fat Lactaid, Dairy Ease or Soy milk. Lactase pills may also be taken with dairy to help digest the lactose in milk or dairy products.
- Follow-up with your bariatric surgeon long-term.

# Gastric Sleeve “Basics”

- Follow the post-op diet phases as directed, unless otherwise informed by your surgeon. Remember your stomach can only hold about 1 ounce or 2 tablespoons (2T) at first, but eventually will hold approximately 1 cup of food.
- Eat slowly: Take 20-30 minutes for each meal and stop eating when comfortably satisfied to avoid vomiting or overeating.
- Chew foods well (to a pureed consistency). Always take small bites and chew foods 15-30 chews per bite.
- Eat 3 small nutrient dense meals and 1-2 snacks daily: All meals and snacks must include protein.
- Eat your protein foods first, vegetables and fruits second, and then whole grains/starches.
- **PROTEIN:** Get enough **PROTEIN:** Eat protein at each meal. Include a high protein snack if needed to help meet protein needs. **(Goal: 60-80 grams of PROTEIN daily).**
- **Avoid concentrated sweets and sugars, and sweetened beverages. They are filled with empty calories, can slow weight loss, and can cause weight gain. This is very important after Gastric Sleeve because there is no malabsorption.**
- Limit added fats, fatty foods and fried foods. These are high in calories and may lead to inadequate weight loss or cause weight gain.
- **FLUIDS:** Keep hydrated: **Drink at least 6-8 cups (48-64 ounces) daily** of non-caffeinated fluids to prevent dehydration.
- **30 Minute Rule:** Do not drink while eating. Always avoid drinking liquids *30 minutes before meals, during meals, and for 30-60 minutes after meals.*
- Take the required vitamin/mineral and calcium supplements each day for the rest of your life. Remember, you will be eating smaller amounts of food after surgery.
- Introduce new foods slowly, one at a time, to rule out intolerances. If a food is not tolerated, try reintroducing it again in a week or two. Keep a food journal to record your daily intake the first few months after surgery.
- Follow-up with your bariatric surgeon long-term.

# Lap-Band “Basics”

- Follow the post-op diet phases as directed, unless otherwise informed by your surgeon. Remember your stomach can only hold about 1 ounce or 2 tablespoons (2T) at first, but eventually will hold approximately 1 cup of food.
- Eat slowly: Take 20-30 minutes for each meal and stop eating when comfortably satisfied to avoid vomiting or overeating.
- Do NOT overeat. Stop eating when comfortably satisfied to avoid vomiting, stretching the size of the stomach, and putting pressure on the band (which may cause the band to “slip”).
- Chew foods well (to a pureed consistency). Always take small bites and chew foods 15-30 chews per bite to avoid food from getting “stuck” or causing an obstruction.
- Eat 3 small nutrient dense meals and 1-2 snacks daily: All meals and snacks must include protein. (Snack if needed, but snacks are not required).
- Eat your protein foods first, vegetables and fruits second, and then whole grains/starches.
- **PROTEIN:** Get enough **PROTEIN:** Eat protein at each meal. Include a high protein snack if needed to help meet protein needs. (**Goal: 60-80 grams of PROTEIN daily**).
- **Avoid concentrated sweets and sugars, and sweetened beverages. They are filled with empty calories, can slow weight loss, and can cause weight gain. This is very important after Lap-Band because there is no malabsorption.**
- Limit added fats, fatty foods and fried foods. These are high in calories and may lead to inadequate weight loss or cause weight gain.
- **FLUIDS:** Keep hydrated: **Drink at least 6-8 cups (48-64 ounces) daily** of non-caffeinated fluids to prevent dehydration.
- **30 Minute Rule:** Do not drink while eating. Always avoid drinking liquids *30 minutes before meals, during meals, and for 30-60 minutes after meals.*
- Take the required vitamin/mineral and calcium supplements each day for the rest of your life. Remember, you will be eating smaller amounts of food after surgery.
- Introduce new foods slowly, one at a time, to rule out intolerances. If a food is not tolerated, try reintroducing it again in a week or two. Keep a food journal to record your daily intake the first few months after surgery.
- Follow-up with your bariatric surgeon long-term. Your band will need to be adjusted or “filled” as you are losing weight, so it is important to keep all scheduled appointments.

# Lap-Band Adjustments (Fillings of the band)

After your surgery, it is important that you keep your scheduled follow-up appointments with your surgeon. Proper band adjustments (fillings of the band) will be needed to help you to lose weight. The band adjustments or “filling” will keep you eating smaller portions so that you will continue to lose weight after surgery. The timing of band adjustments will vary from person to person, and it may take several adjustments before you reach your goal weight. Your surgeon will decide when it is an appropriate time for you to have an adjustment or “filling” of your band.

Between band fillings, you may see you are able to eat a larger amount of food without feeling any restriction or feeling “full”. You may also see that your weight loss slows down or even plateaus. Following-up with your bariatric surgeon at your scheduled appointment times, and following the diet progression and long-term dietary guidelines after surgery, are crucial to your weight loss and long-term success.

## **After a Band Adjustment (band filling):**

- **Consume only liquids for 48 hours (2 days).**
- If you are able to tolerate full liquids, slowly advance your diet to puree foods for 1 day.
- If you are able to tolerate puree foods, without vomiting or feeling uncomfortable, advance your diet to the foods you were eating before your band adjustment.
- If you are experiencing nausea or vomiting after a band adjustment or having any problems, please contact your surgeon.

# PHASE 1: Bariatric Surgery Liquids: Weeks 1 & 2

(at home diet)

## Daily Goals:

- Liquids: *at least 6-8 cups* (48-64+ ounces) daily to prevent dehydration
- Protein: **60 grams** a day
- Calories: **500 calories** a day

## Liquid Guidelines:

- Drink *at least 6-8 cups* (48-64 ounces) of fluids each day to prevent dehydration.
- *Sip slowly on 1 ounce portions every 5-10 minutes.* 8 ounces (1 cup) per hour
- **About half of what you drink (3 cups) should be a high-protein liquid supplement.** These should have at least 15 grams protein, less than 20 grams carbohydrate, and less than 5 grams fat per serving. **Good choices include:**
  - Bariatric Fusion® Meal Replacement: (27 grams protein per serving)
  - Premier® Protein Shake (30 grams protein per 11 ounce serving/container)
  - Ensure® Active High Protein Shake (25 grams protein per serving/container)
  - GNC Total Lean™ Shake (25 grams protein per serving/container)
  - EAS® AdvantEDGE® Carb Control™ (17 grams protein per serving/container)
  - Isopure Zero Carb - Fruity flavors (40 grams protein per 40 ounce bottle)
  - CytoSport® - Fruity flavors (32 grams protein per serving/container)
  - Inspire protein powder (20-30 grams protein per serving)
  - Pure unflavored protein powder (20 grams protein per serving)
  - UNJURY™ protein powder (20-21 grams protein per scoop/serving)
  - Beneprotein™ Unflavored protein powder (6 grams protein per scoop/serving)
  - “No Sugar Added” Carnation Instant Breakfast® (13 grams protein/serving)  
- (21 grams protein per serving when mixed with ‘Double Strength milk’ (see below)
  - Skim milk: 1 cup (8 ounces) = 8 grams protein per cup
  - “Double strength milk”= 1 cup skim milk + 1/3 cup non-fat dry milk powder =(16 grams protein)
  - If lactose intolerant, try non-fat, unsweetened lactose free milk: Lactaid®, Dairy Ease®, soy, almond, or coconut milk.
  - Strained, low-fat cream soups (prepared with skim milk and protein powder)
- **At least half of what you drink (3 + cups) should be sugar-free, caffeine-free, non-carbonated liquids.** *Good choices include:*
  - Water, flavored zero calorie waters(Aquafina, Dasani), SoBe Life Water (0 calories)
  - Crystal Light®, sugar-free Kool-Aid®, Propel, Powerade® Zero, G-2 Gatorade
  - Diet “light” V-8 Fusion®
  - Diluted 100% Juices: dilute with equal parts water: (½ juice, ½ water)
  - Sugar-free Jell-O®, Sugar-free popsicles
  - Broth
  - Decaffeinated coffee or decaffeinated tea without sugar.  
(May use Splenda®, Equal®, Sweet-N-Low®, Stevia, Truvia®, etc.)
  - Diet, caffeine-free, flat sodas: Ginger Ale, Sprite, Sierra Mist (MUST be flat)
  - No alcoholic beverages. Alcohol is dehydrating and lacks nutrients.
- Do not drink *caffeinated* beverages. (these can dehydrate you)
- Do not drink *carbonated* (bubbly) beverages. Carbonation may give you gas, may cause bloating, and may stretch the stomach pouch.
- Sip slowly. Avoid chugging or gulping. Avoid straws.
- No chewing gum. (May block the opening if swallowed).
- Keep a journal to track your intake of liquids, protein, and calories. (See below)

# PHASE 1: Bariatric Surgery Liquids: Weeks 1 & 2

## PHASE 1: Bariatric Surgery Liquids: *Sample Menu*

Time	Amount	Liquid
8 am	1 cup	<b>high protein shake/ liquid supplement</b> (UNJURY™ protein shake )
10 am	1 cup	<i>sugar-free</i> beverage
11 am	½ cup	water
12 pm	1 cup	<b>high protein shake/ liquid supplement</b> (Bariatric Fusion® Meal Replacement)
2 pm	½ cup	<i>sugar-free</i> Jell-O
3 pm	1 cup	<i>sugar-free</i> beverage
4 pm	1 cup	<i>diluted</i> 100% juice (½ juice, ½ water)
5 pm	1 cup	<b>high protein shake/liquid supplement</b> ( <i>No Sugar Added</i> Carnation Instant Breakfast®)
6 pm	½ cup	water
7 pm	1 cup	<i>sugar-free</i> beverage
8 pm	1 cup	<i>decaffeinated</i> coffee ( <i>may add sugar substitute: Splenda</i> )

## PHASE 1: Food Journal: *Sample Menu Plan Worksheet*

Time	Amount	Liquid	Protein grams	Calories
8 am	1 cup	<b>high protein shake/liquid supplement:</b>		
10 am				
11 am				
12 pm	1 cup	<b>high protein shake/liquid supplement:</b>		
1 pm				
3 pm				
4 pm				
5 pm	1 cup	<b>high protein shake/liquid supplement:</b>		
6 pm				
7 pm				
8 pm				
Totals	cups		grams	cal



## PHASE 2: Bariatric Surgery Pureed: Weeks 3, 4, & 5

Phase 2 diet consists of foods that have a thicker consistency like yogurt and pudding. A small blender or food processor may be used to puree foods, or you may use **Stage 2 baby foods**. The pureed foods should be low in fat and sugars. You will be eating 3 very small protein based meals a day, and the size of each meal will only be a few tablespoons at first (2T-4T). Your portions will gradually increase as you move through the dietary phases. You will continue to drink the same type of liquids you were drinking during Phase 1, but you will now drink your liquids between your meals (do not drink liquids while you are eating). You will also avoid liquids 30 minutes before meals, and for 30-60 minutes after meals. You will continue to use high protein liquid supplements to help meet your protein needs. Protein is needed for proper healing (helps to heal the surgical wounds and prevents infections), and to minimize the loss of muscle and other lean tissue. It is important that you always take the required vitamin and mineral supplements as prescribed by your surgeon.

### Daily Goals:

- Liquids: *at least* **6-8 cups** (48-64+ ounces) daily to prevent dehydration
- Protein: **60 grams** a day
- Calories: **500-800 calories** a day
- Meals: **3 small MEALS** a day (all meals must include protein)

### Liquid Guidelines: *(between meals only)*

- Drink *at least* 6-8 cups (48-64 ounces) fluids each day to prevent dehydration.
  - Sip slowly on 1 ounce portions every 5-10 minutes: 1 cup (8 ounces) per hour
  - Avoid caffeine, carbonation, alcohol, and straws.
    - At least half of what you drink (3+ cups) should be *water, sugar-free, caffeine-free, non-carbonated liquids. (Refer to Phase 1: Liquids)*
    - HIGH PROTEIN SHAKES/LIQUID SUPPLEMENTS: Continue to drink protein supplements between meals (2-3 cups daily) to help meet protein needs. *High-protein liquid supplements* should have at least 15 grams protein, less than 20 grams carbohydrate, and less than 5 grams fat per serving per cup.
- AVOID drinking liquids..... **(30 minute Rule)**
  - 30 minutes *before meals, during meals, and for 30-60 minutes after meals.*
- Drinking while eating may allow you to eat larger portions and consume more calories. Food will not stay in your small stomach as long, which can lead to increased snacking and grazing due to feeling hungry soon after eating. Drinking while eating may also cause Dumping Syndrome (after Gastric Bypass).



## PHASE 2: Bariatric Surgery Pureed: Weeks 3, 4, & 5

### Meal Guidelines:

- Eat 3 meals a day. **All meals MUST include PROTEIN.**
- Eat slowly. Take 20-30 minutes per meal to avoid overeating (May cause vomiting).
- Stop eating when you first feel comfortably satisfied to avoid overfilling the pouch.
- No added fats or sugar. All foods should be low in fat and sugar. You may use Splenda, Equal, Sweet-n-Low, Truvia, Stevia, etc.
- **All meals MUST be BLENDED** to the consistency of yogurt. (smooth, no chunks)  
NOTE: scrambled eggs and cottage cheese do NOT have to be blended
- Chew foods well. (15-30 chews per bite). Take small bites and chew to a pudding consistency. Use small plates and utensils.
- Portions: Start with small portions: 2T-4T (Tablespoons) (4T=1/4 cup), for your small stomach pouch will only hold about 1 ounce (2 Tablespoons) at first.
- **All meals MUST include PROTEIN.** Always eat Protein **FIRST**, vegetables and fruits second, then grains, cereals, and starches.
- **Pureed Protein Foods:**
  - Yogurt, Greek Yogurt (non-fat or low-fat, low sugar)
  - Sugar-free pudding or custard
  - Scrambled Eggs/Egg Beaters(egg substitute):ex: scrambled eggs with cheese
  - Cottage cheese, Ricotta cheese (low-fat, non-fat varieties)
  - Mashed tofu
  - Beans/lentils: fat-free/low fat refried beans with fat-free melted cheese; pureed lentils, blended beans, hummus, bean dip
  - Pureed Meats, Fish, Poultry (may use Stage 2 Baby Food *plain* meats). Blended or ground lean meats may be tolerated.
  - Add unflavored protein powders (PURE unflavored or UNJURY™) to pureed foods to increase protein: add to hot cereals, plain yogurt, or any pureed foods.
- **Pureed Vegetables, Fruits, Grains/Cereals/Starches:**
  - Vegetables: peel skins, and blend smooth.
  - Fruits: peel skins, and blend smooth. (avoid fruit canned in syrup) Unsweetened applesauce, peaches, pears, melons, bananas, etc.
  - Grains/Cereals/Starches: unsweetened hot cereals: cream of wheat or rice, grits, baby oatmeal (flakes), farina, malt-o-meal, mashed potatoes.
  - NOTE: add protein powders to pureed foods to increase protein.
  - May use *Stage 2 Baby foods*: avoid baby food desserts (too much sugar)

### General Guidelines:

- Keep a daily food journal to track your intake: liquids, protein, and calories.
- Eat 3 meals daily; Keep hydrated; and consume enough protein.
- Take the required vitamin and mineral supplements each day.
- Avoid liquids 30 minutes before, during, and for 30-60 minutes after meals.
- Recipes: [www.bariatricjourney.com](http://www.bariatricjourney.com)  
[www.bariatriceating.com](http://www.bariatriceating.com)

## PHASE 2: Bariatric Surgery Pureed: *Sample Menu*

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
2T-4T (1/4 cup) Hot Cereal: Cream of Wheat <i>(prepared with skim milk and add protein powder)</i> <b>(protein)</b>	2T-4T (1/4 cup) Yogurt / Greek yogurt: low-sugar, low-fat <b>(protein)</b>	2T-4T (1/4 cup) Hot cereal: Grits or Cream of Rice <i>(prepared with skim milk and add protein powder)</i> <b>(protein)</b>	2T-4T (1/4 cup) Scrambled Eggs <i>or</i> egg beaters <b>(protein)</b>	2T-4T (1/4 cup) Hot Cereal: Farina <i>(prepared with skim milk and add protein powder)</i> <b>(protein)</b>
2T-4T (1/4 cup) pureed Banana	2T-4T (1/4 cup) pureed Peaches	2T-4T (1/4 cup) pureed Pears	2T-4T (1/4 cup) pureed Apples (applesauce)	2T-4T (1/4 cup) sugar-free Pudding
<i>Sip slowly on liquids and consume <b>High Protein Liquid Supplements</b> between meals Avoid liquids 30 before meals, during meals, and for 30-60 minutes after meals</i>				
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
2T-4T (1/4 cup) sugar-free Pudding <i>(prepared with skim milk and added protein powder)</i> <b>(protein)</b>	2T-4T (1/4 cup) low-fat, or non-fat Ricotta Cheese <b>(protein)</b>	2T-4T (1/4 cup) low-fat, or non-fat Cottage Cheese <b>(protein)</b>	2T-4T (1/4 cup) pureed Chicken <b>(protein)</b>	2T-4T (1/4 cup) pureed Lentils <b>(protein)</b>
2T-4T (1/4 cup) pureed Melon	2T-4T (1/4 cup) unsweetened Applesauce <i>with a sprinkle of cinnamon</i>	2T-4T (1/4 cup) pureed Peaches	2T-4T (1/4 cup) mashed potatoes	2T-4T (1/4 cup) sugar-free Jell-O
<i>Sip slowly on liquids and consume <b>High Protein Liquid Supplements</b> between meals Avoid liquids 30 before meals, during meals, and for 30-60 minutes after meals</i>				
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
2T-4T (1/4 cup) pureed Tuna Fish <i>(blend with non-fat mayo)</i> <b>(protein)</b>	2T-4T (1/4 cup) pureed Salmon <i>(blend with non-fat mayo)</i> <b>(protein)</b>	2T-4T (1/4 cup) pureed Turkey <i>(blend with non-fat mayo or broth)</i> <b>(protein)</b>	2T-4T (1/4 cup) pureed Pinto Beans <b>(protein)</b>	2T-4T (1/4 cup) pureed Cod or pureed Haddock <b>(protein)</b>
2T-4T (1/4 cup) mashed potatoes	2T-4T (1/4 cup) pureed Green Beans	2T-4T (1/4 cup) whipped Sweet potatoes	2T-4T (1/4 cup) pureed Carrots or Spinach	2T-4T (1/4 cup) pureed Summer Squash
<i>Sip slowly on liquids and consume <b>High Protein Liquid Supplements</b> between meals Avoid liquids 30 before meals, during meals, and for 30-60 minutes after meals</i>				

**NOTE:** Add protein powder to pureed foods to increase protein.  
 Examples: PURE unflavored protein powder, Beneprotein™ unflavored protein powder & UNJURY™ protein powder.  
 UNJURY™ protein powder comes in Unflavored, Chicken Soup flavored (mix in puree meats or vegetables, or mashed potatoes), Cheese flavored (mix in mashed potatoes/scrambled eggs), Vanilla, Chocolate, & Strawberry.

**GOAL: 60 grams Protein a day**

## PHASE 3: Bariatric Surgery Soft: Weeks 6, 7, & 8

During Phase 3, you will transition to more solid foods. Soft foods are “**fork tender**” and easy to chew. Take small bites and chew your food well. Soft foods are not hard, chewy, crispy, or crunchy. You will continue eating 3 small protein based meals a day, and your portions will gradually increase as you move through the dietary phases. The soft foods should be low in fat and sugars. You may find that you are now able to finish your protein portion and still eat a portion of fruit, vegetable, and/or starch. You will introduce foods slowly and as tolerated. You will continue to drink the same type of liquids you were drinking in Phase 1, and you will *continue to drink your liquids between your meals* (do not drink liquids while you are eating...30 minute rule). You will continue to use high protein liquid supplements as needed to help meet your protein needs, but you may stop using the protein supplements when you are able to consume the recommended amount of protein (approximately 60-80 grams a day) from your dietary intake (3 protein based meals a day, with skim milk between meals).

### Daily Goals:

- Liquids: *at least* **6-8 cups** (48-64+ ounces) daily to prevent dehydration
- Protein: *at least* **60-80 grams** a day
- Calories: **800-1200 calories** a day
- Meals: **3 small MEALS** a day (all meals must include protein)

### Liquid Guidelines: *(between meals only)*

- **Follow the same liquid guidelines as Phase 2: Bariatric Pureed**
  - Drink *at least* 6-8 cups fluids each day to prevent dehydration.
  - Sip slowly on 1 ounce portions every 5-10 minutes. (1 cup per hour)
  - Avoid caffeine, carbonation, alcohol, use of straws.
  - *At least half of what you drink* (3+ cups) will be *water, sugar-free, caffeine-free, non-carbonated liquids.* (Refer to PHASE I: Liquids)
  - **HIGH PROTEIN LIQUID SUPPLEMENTS:** Continue to drink protein supplements between meals to help meet protein needs. *High-protein liquid supplements* should have at least 15 grams protein, less than 20 grams carbohydrate, and less than 5 grams fat per serving/cup.
  - **When you are able to meet your protein needs (approximately 60-80 grams a day) from your dietary intake, you may discontinue the high protein liquid supplements.** As your food intake increases, you will be able to consume enough protein as you continue to eat 3 protein-based meals and 1-2 protein based snacks daily (and by including skim milk between meals).
- **AVOID drinking liquids..... (30 minute Rule)**
  - 30 minutes *before* meals, *during* meals, and for 30-60 minutes *after* meals.

## PHASE 3: Bariatric Surgery Soft: Weeks 6, 7, & 8

### Meal Guidelines:

- Eat 3 meals a day. **All meals MUST include PROTEIN.**
- Eat slowly. Take 20-30 minutes to eat each meal to avoid overeating.
- Stop eating *when you first feel satisfied* to avoid overeating and vomiting.
- **Chew foods well** (15-30 chews per bite). Take small bites. Use miniature utensils.
- Avoid liquids 30 minutes before, during, and for 30-60 minutes after meals.
- **All meals MUST be SOFT** (fork tender) and easy to chew. (peel all skins)
- No added fats or sugars. All foods should be low in fat and sugar.
- **All meals MUST include PROTEIN: Always eat Protein FIRST**, vegetables and fruits second, then grains, cereals, and starches.
  
- **Soft Protein Foods:** In addition to Phase II foods tolerated, you may include:
  - Canned meats: tuna fish, chicken, or salmon (canned in water, not oil)
  - “Pouch” meats: tuna fish, chicken, or salmon. (no spicy flavors)
  - Tuna and Chicken Salad: mix canned meat with a *non-fat mayo* only
  - Egg Salad: blend eggs with a *non-fat mayo* only
  - Eggs/Egg Beaters (egg substitutes): Omelets (with reduced fat cheese and soft vegetables), soft poached eggs
  - Baked Fish (flaky and moist)
  - Beans, lentils, hummus, fat-free refried beans, bean dip
  - Soft reduced fat cheeses, low-fat cheese sticks
  - Lean deli sliced meats (turkey, ham)
  - Low-fat protein based soups (bean soup, lentil soup, mild chili)
  
- **Soft Vegetables, Fruits, Grains/Cereals/Starches:** In addition to all Phase 2 foods tolerated, you may include:
  - Vegetables: Peel all skins. Soft cooked, or canned (fork tender). Avoid corn and peas due to tough outer coating. Stringy or fibrous vegetables may be difficult to tolerate. **NO SALADS or crispy/crunchy raw vegetables**
  - Fruits: Peel all skins. Soft and fork tender (ripe bananas, melon, honeydew, peaches, etc.). Canned fruit in its own juice or water (avoid fruit canned in syrup). **NO SALADS or crispy/crunchy raw fruits**
  - Grains/Starches: unsweetened hot cereals: cream of wheat, cream of rice, grits, oatmeal, farina, Malt-O-Meal, mashed potatoes (no chunks). Cold unsweetened cereal (Cheerios, Special K, Corn Flakes) soaked in milk (drink milk between meals). Boiled pasta if tolerated. **NO BREADS.**

### Foods to AVOID:

- Breads and doughy, sticky, gummy textures such as “sticky” rice or pastas.
- Salads, raw fruits/vegetables, nuts, seeds, red meats, & “skins” on fruits and vegetables. For example: avoid corn, peas, blueberries, “white coating” of oranges and grapefruits.
- All foods that are not soft, moist, and fork tender.

**Recipes:** [www.bariatricjourney.com](http://www.bariatricjourney.com)  
[www.bariatriceating.com](http://www.bariatriceating.com)

# PHASE 3: Bariatric Surgery Soft: Sample Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
½ cup Hot cereal: plain oatmeal ( <i>prepared with skim milk and add protein powder</i> ) <b>(protein)</b>  ¼-½ cup canned peaches (no syrup)	1 soft poached or scrambled egg <b>(protein)</b>  ¼-½ cup unsweetened cereal- Cheerios (soaked in milk)	1 cup (8 ounce) Yogurt / Greek yogurt: low-sugar, low-fat <b>(protein)</b>  ½ banana	Cheese Omelet (1 scrambled egg with melted cheese) <b>(protein)</b>  ¼-½ cup Hot cereal: plain oatmeal ( <i>prepared with skim milk and add protein powder</i> )	½ cup Hot cereal: Grits or Farina: ( <i>prepared with skim milk and add protein powder</i> ) <b>(protein)</b>  ¼-½ cup sugar-free Pudding
<i>Sip slowly on liquids and consume <b>High Protein Liquid Supplements</b> between meals Avoid liquids 30 before meals, during meals, and for 30-60 minutes after meals</i>				
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
2 ounces Tuna or Chicken Salad ( <i>mix with non- fat mayo</i> ) (protein)  ¼-½ cup fruit cocktail (no syrup)	2 ounces Ham or Turkey Salad ( <i>mix with non- fat mayo</i> ) (protein)  ¼-½ cup baked apples (no skins) – <i>sprinkle with cinnamon</i>	2 ounces low-fat Cottage Cheese or string cheese (protein)  ¼-½ cup canned peaches (no syrup)	2 ounces Egg salad ( <i>mix with non-fat mayo</i> ) (protein)  ¼-½ cup canned or baked pears (no syrup)	1-2 ounces lean deli turkey or deli ham (protein)  1 ounce low-fat string cheese (protein)  ¼-½ cup soft melon-honeydew
<i>Sip slowly on liquids and consume <b>High Protein Liquid Supplements</b> between meals Avoid liquids 30 before meals, during meals, and for 30-60 minutes after meals</i>				
<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>	<b>Dinner</b>
2 ounces baked Tuna steak or baked Salmon (protein)  ¼-½ cup steamed zucchini	2 ounces ground roast lean pork or chicken (protein)  ¼-½ cup green beans	2 ounces baked Turkey (protein)  ¼-½ cup sweet potatoes	2 ounces stewed Chicken (protein)  ¼-½ cup cooked carrots or canned spinach	2 ounces lemon pepper tilapia or baked Cod (protein)  ¼-½ cup summer squash
<i>Sip slowly on liquids and consume <b>High Protein Liquid Supplements</b> between meals Avoid liquids 30 before meals, during meals, and for 30-60 minutes after meals</i>				

**GOAL: 60-80 grams Protein a day\*** 60 grams minimum\*, and based on individual needs

**Note: 1 ounce of meat/fish/poultry = 7 grams protein** (see Page 26 for "Protein Content of Foods List")

**2 ounces of meat/fish/poultry = 14 grams protein**

**3 ounces of meat/fish/poultry = 21 grams protein**

(3 ounces of meat/fish/poultry= the size of "a deck of cards" or "the palm of the hand" )

## PHASE 4: Bariatric Surgery Solids: Weeks 9 +

### *Phase 4: Long-term Meal Plan*

Phase 4 is your long-term meal plan that consists of foods of regular consistency, but continues to focus on lean/low-fat protein foods and eating three meals a day. You will *always* continue to drink your liquids *between your meals*, and avoid excess liquid calories. You will continue to use high protein liquid supplements *as needed* to help meet your protein needs, but discontinue them when you are consuming adequate protein from your dietary intake (approximately 60-100 grams a day\* based on individual needs).

You will continue to 3 small protein based meals a day. Meals should contain nutrient rich foods such as lean meats, fish, poultry, beans/lentils, low-fat dairy products, as well as vegetables, fruits, and starches (whole grains). You will still only be able to eat small amounts of food at a time. All foods should be low in fat and sugars, but you may add small amounts of healthy added fats. Always take the required vitamin and mineral supplements and follow-up with your bariatric surgeon long-term.

### Daily Goals:

- Liquids: *at least* **6-8 cups** (48-64 ounces) daily to prevent dehydration
- Protein: **60-100 grams\*** a day (60 grams minimum,\*based on individual needs)
- Calories: **800-1200 calories** a day (~1200 calories long-term)
- Meals: **3 small MEALS** a day (all meals must include protein)

### Liquids Guidelines:

- Drink at least 6-8 cups of non-caffeinated fluids each day to keep hydrated.
- **30 minute rule:** continue to always avoid liquids 30 minutes before meals, during meals, and for 30-60 minutes after meals.
- Avoid excess liquid calories. Consume mostly water, sugar-free beverages, and skim milk. Limit 100% juice to 4 ounces a day. Avoid sweetened beverages and sodas. Too many liquid calories can cause inadequate weight loss or cause weight gain.
- **Continue to use the HIGH PROTEIN LIQUID SUPPLEMENTS as needed to help you consume enough protein, but stop using them when you are able to consume approximately 60-100 grams of protein from your food intake:** You will continue to eat 3 small protein based meals and 1-2 snacks a day and drink skim milk between meals. You may need to use protein supplements for the first 4-6 months only after your surgery until your portions increase.

### Meal Guidelines:

- Eat 3 meals a day. (Snack if needed, but not required).
- 30 minute rule: Avoid liquids 30 minutes before, during, and for 30-60 minutes after meals.
- Eat slowly. Take 20-30 minutes to eat each meal to avoid overeating.
- Stop eating *when you first feel satisfied* to avoid overeating and vomiting.
- Chew foods well (15-30 chews per bite). Take small bites.
- **Introduce new foods very slowly**, one at a time to rule out intolerances.



## PHASE 4: Bariatric Surgery Solids: Weeks 9 +

### Meal Guidelines: (continued)

- Limit added fats and sugars.
- **All meals MUST include PROTEIN: Always eat Protein FIRST**, vegetables and fruits second, then grains, cereals, and starches.
- **High Protein Foods:**
  - Lean Meats: lean beef, pork, ham, venison (game meats), etc.
  - Poultry: chicken, turkey, cornish hen, duck, etc. (no skins)
  - Baked Fish and Seafood: salmon, cod, haddock, herring, perch, tilapia, trout, crab, lobster, shrimp, oysters, clams, scallops, etc.
  - Cheeses: reduced fat cheeses, cottage cheese, ricotta cheese
  - Yogurt/Greek Yogurt: low-fat, low sugar
  - Sugar-free Pudding (made with skim milk), custard
  - Milk: skim milk, non-fat soy or lactose-free milk (Lactaid, Dairy Ease)
  - Eggs/Egg Beaters: (omelets with cheese/meats/veggies); hard boiled eggs, deviled eggs (made with non-fat or low-fat mayonnaise), pickled eggs.
  - Beans (low sugar-baked beans, chick peas, black-eyed peas, etc.), lentils, chili, low-fat refried beans, bean salad, bean soup, bean dip, hummus.
  - Tofu, soy protein (Veggie Burgers: Morning Star brand, Boco Burger)
  - Nuts and seeds (1/4 cup portions is a serving)
  - Natural peanut butter (2T is a serving. Use in moderation)
  - Look for “high protein” versions of hot and cold cereals, breakfast bars, meal replacement bars, pastas (Barilla Plus pasta) and snacks.
- **Vegetables, Fruits, Grains/Cereals/Starches:**
  - Raw Fruits & Vegetables, including skins. Peel skins if not tolerated.
  - Salads. (Choose low fat, low sugar salad dressings). Include Protein on your Salad: grilled chicken, tuna, hard boiled eggs, grated cheese, chunks of meat and cheese, chick peas beans, nuts (almonds/walnuts), sunflower seeds, etc.
  - Breads/Cereals: toasted breads may be better tolerated. Toast breads at first. Include whole grain breads and whole grain cereals as tolerated.
  - Pasta and rice as tolerated. “Sticky” pastas and rice may be difficult to tolerate.

### Foods to AVOID:

- Fast foods, fried foods, high-saturated fat, greasy foods, “junk foods”
- Sugar, concentrated sweets (high sugar foods and sweetened beverages)
- Excess liquid calories: Sodas, juices, milkshakes, and alcoholic beverages.

**Recipes:** [www.bariatricjourney.com](http://www.bariatricjourney.com)  
[www.bariatriceating.com](http://www.bariatriceating.com)

### Long-Term Meal Plan: (approximate daily amounts)

- **Calories:** 1200 Calories a day
- **Protein:** 60-100 grams\* a day (60 grams\* minimum, based on individual needs)
  - Average: aim for 15-20+ grams protein per meal and/or snack
- **Carbohydrates:** 130 grams a day (fruits, vegetables, milk, yogurt, whole grains)
  - Average: 30-40 grams carbohydrate per meal
- **Fat:** 30-35 grams daily



# PHASE 4: Bariatric Surgery Solids: Sample Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
<p>½ cup Hot cereal: Cream of Wheat (prepared with skim milk and add protein powder) (protein)</p> <p>1-2 ounces low-fat sausage</p> <p>½ slice <i>toasted</i> whole grain bread</p>	<p><i>High Protein Breakfast Sandwich:</i></p> <ul style="list-style-type: none"> <li>• 1 scrambled egg</li> <li>• 1 slice (1 oz.) melted cheese</li> <li>• ½ of a toasted whole grain English muffin.</li> </ul> <p>½ banana</p>	<p><i>High Protein Yogurt Smoothie:</i></p> <ul style="list-style-type: none"> <li>• 1 cup (8 ounce) Yogurt: low-sugar, low-fat (protein)</li> <li>• ½ cup fruit</li> <li>• ½ cup skim milk</li> <li>• 1 scoop protein powder</li> </ul> <p><i>-Blend all together</i></p>	<p>1 small Cheese Omelet: (1 scrambled egg with 1 slice melted cheese) (protein)</p> <p>1 slice <i>toasted</i> whole grain bread</p>	<p><i>High Protein Yogurt Parfait:</i></p> <ul style="list-style-type: none"> <li>• ½-1 cup high protein cereal: (Special K, Kashi GO LEAN cereal, etc.)</li> <li>• 1 cup Yogurt: low-sugar, low-fat (protein)</li> <li>• ½ cup fruit</li> </ul> <p><i>-Mix/layer in a cup</i></p>
<p><i>Sip slowly on liquids and consume <b>High Protein Liquid Shakes/Supplements (as needed)</b> between meals</i> <i>Avoid liquids 30 before meals, during meals, and for 30-60 minutes after meals</i></p>				
Lunch	Lunch	Lunch	Lunch	Lunch
<p><i>Tuna Melt:</i></p> <ul style="list-style-type: none"> <li>• 2 ounces Tuna (mix with non-fat or low-fat mayonnaise) (protein)</li> <li>• 1 slice cheese</li> <li>• 1 small whole grain pita</li> </ul> <p><i>-Toast in toaster oven to melt cheese</i></p> <p>½ cup mango</p>	<p><i>Meat &amp; Cheese Roll UP:</i></p> <ul style="list-style-type: none"> <li>• 2 ounces lean deli turkey or lean deli ham</li> <li>• 1-2 ounces low-fat cheese</li> </ul> <p>1 small fruit: <i>peeled</i> apple or <i>peeled</i> plum</p>	<p><i>Mexican Dip</i></p> <ul style="list-style-type: none"> <li>• ½ cup low-fat refried beans (protein)</li> <li>• 1 ounce low-fat cheese (protein)</li> <li>• 6 whole grain crackers or 1 small whole grain tortilla</li> <li>• ½ mashed avocado mixed with mild salsa</li> </ul>	<p>1 cup mild chili (protein)</p> <p>6 whole grain crackers</p> <p>½ cup cinnamon applesauce</p>	<p>2 Tbsp low-fat peanut butter (protein)</p> <p>1 slice whole grain bread</p> <p>1 cup (8 ounce) Yogurt: low-sugar, low-fat (protein)</p> <p>½ cup peaches</p>
<p><i>Sip slowly on liquids and consume <b>High Protein Liquid Shakes/Supplements (as needed)</b> between meals</i> <i>Avoid liquids 30 before meals, during meals, and for 30-60 minutes after meals</i></p>				
Dinner	Dinner	Dinner	Dinner	Dinner
<p>3 ounces baked BBQ Chicken (protein)</p> <p>½ cup baked beans</p> <p>½ cup fresh strawberries with 2 T Cool Whip-Free</p>	<p>3 ounces lean meat loaf (protein)</p> <p>½ cup carrots</p> <p>½ cup garlic mashed potatoes</p> <p>1 small whole grain roll</p>	<p>3 ounces lean pork chop (protein)</p> <p>½ cup green bean casserole</p> <p>½ cup baked apples with cinnamon</p>	<p><i>Tacos:</i></p> <ul style="list-style-type: none"> <li>• 2-3 ounces lean taco meat (protein)</li> <li>• 1 soft taco shell</li> <li>• 1 ounce low-fat cheese (protein)</li> <li>• 2 Tbsp fat-free sour cream, mild salsa, avocado, or guacamole.</li> </ul>	<p>3 ounces lemon pepper Cod or baked Haddock (protein)</p> <p>½ cup summer squash</p> <p>½ cup cottage cheese mousse</p>

**NOTE: Goal= 3 ounces of meat/fish/poultry =21 grams protein (1 ounce meat/fish/poultry= 7 grams protein)**  
**3 ounces of meat/fish/poultry = size of “a deck of cards”, or size of “the palm of the hand”**

## Foods that May be Difficult to Tolerate:

- Doughy or “Sticky” Foods:
  - Breads: (may form a dough ball and block the stomach outlet)
    - Toast is better tolerated
  - Sticky rice or pastas
- Crunchy foods:
  - Granola
  - Raw vegetables
  - Nuts, seeds, popcorn
  - Chips
- Tough Foods or chewy foods
  - Tough or chewy meats (dry meats), steak, red meats
  - Corn or peas (tough outer coating)
  - Skins on fruits and vegetables
  - Mushrooms
- Foods with Seeds, Peels, Husks
- High-Fat foods (*may cause Dumping Syndrome after Gastric Bypass*)
  - Fried foods
  - Fast foods
  - Bacon, sausage
  - Gravy
  - Chips
  - High fat “Sweets”: ice cream, cakes, cookies, pies, etc.
- Added Fats: (*may cause Dumping Syndrome after Gastric Bypass*)
  - Butter, margarine, and oils
  - Regular mayonnaise, sour cream, cream cheese, salad dressing
  - Regular gravy (try non-fat gravy instead)
- Sugary foods and liquids (*may cause Dumping Syndrome after Gastric Bypass*)
  - *All Concentrated Sweets*
  - Ice cream
  - Chocolate
  - Cakes, pies, cookies
  - High sugar liquids (undiluted 100% juice, regular sodas, Kool-Aid®)
- Dry foods: (Leftovers)
  - Leftovers tend to be dry and lack moisture
  - Sprinkle some water or liquid over your meal before you reheat it
  - Add broth to meat to increase moisture to foods

## Dietary Modifications after surgery:

Problem:

Suggestion:

<p><b>Nausea and Vomiting</b></p>	<ul style="list-style-type: none"> <li>• Sip slowly. Drink beverages between meals not with meals.</li> <li>• Avoid carbonated beverages.</li> <li>• Eat slowly. Take 20-30 minutes per meal and stop eating when comfortably satisfied to avoid overeating.</li> <li>• Chew food thoroughly- 15-30 times.</li> <li>• Avoid spicy, greasy, and fried food.</li> <li>• Avoid concentrated sweets, and simple carbohydrates.</li> <li>• If you experience nausea/vomiting after trying a new food, wait a week or two before trying it again. Try drinking liquids or eating pureed foods. Contact your surgeon if nausea and/or vomiting continues.</li> <li>• Contact your surgeon if you are experiencing persistent nausea and/or vomiting.</li> </ul>
<p><b>Dehydration</b></p> <p><i>Dehydration can be caused by not drinking enough fluids, persistent diarrhea, vomiting, or nausea.</i></p>	<ul style="list-style-type: none"> <li>• Avoid caffeinated beverages.</li> <li>• Drink 64 ounces of fluids per day</li> </ul>
<p><b>Pain</b></p> <p><i>(in shoulder or upper chest)</i></p>	<ul style="list-style-type: none"> <li>• If pain occurs while eating, stop eating. Try eating again later after pain has gone away.</li> <li>• Eat slowly. Take 20-30 minutes per meal and stop eating when comfortably satisfied to avoid overeating.</li> </ul>
<p><b>Heartburn</b></p>	<ul style="list-style-type: none"> <li>• Avoid carbonated beverages.</li> <li>• Do not drink from a straw.</li> </ul>
<p><b>Blockage of Stoma</b></p> <p><i>If food is not chewed well, large pieces of food can block the opening or stoma. It can cause chest pain, nausea and/or vomiting.</i></p>	<ul style="list-style-type: none"> <li>• Try taking small sips of water.</li> <li>• If the sensation has not improved in 1 to 2 hours, call your surgeon.</li> </ul>
<p><b>Rupture of the Staple Line*</b> <i>(after Gastric Bypass/Gastric Sleeve)*</i></p>	<ul style="list-style-type: none"> <li>• This is unlikely, but avoid eating or drinking an excessive quantity at one time.</li> <li>• Sip liquids slowly (1 ounce at a time)</li> </ul>
<p><b>Stretching of Pouch</b></p>	<ul style="list-style-type: none"> <li>• Prevent stretching your pouch by following the recommendations for advancing your diet after surgery, by following the Post-op Diet Phases.</li> <li>• Avoid overeating. Eat slowly and always stop eating when comfortable satisfied.</li> <li>• Do not drink while you are eating.</li> </ul>

## Dietary Modifications after surgery: (continued)

Problem:

Suggestion

<p>Weight Gain OR No further Weight Loss</p>	<ul style="list-style-type: none"> <li>• Keep scheduled appointments with surgeon, and follow-up as recommended.</li> <li>• Follow the post-op diet phases, and long-term dietary guidelines and recommendations.</li> <li>• Avoid spicy, greasy, and fried food.</li> <li>• Avoid concentrated sweets, and simple carbohydrates.</li> <li>• Avoid excess liquid calories and drinking with meals.</li> <li>• Keep a food and activity journal.</li> <li>• Exercise as recommended by your surgeon.</li> </ul>
<p>Diarrhea</p>	<ul style="list-style-type: none"> <li>• Drink at least 64 ounces (6-8 cups) of fluids per day.</li> <li>• Avoid caffeinated beverages.</li> <li>• Limit milk and milk products.</li> <li>• Avoid high fiber and greasy fatty foods; fruit and vegetables with skins.</li> <li>• Avoid concentrated sweets, desserts, and simple carbohydrates.</li> </ul>
<p>Constipation</p>	<ul style="list-style-type: none"> <li>• Drink 64 ounces of fluids per day.</li> <li>• Fruits, fruit juices, vegetables and foods higher in fiber (if tolerated) may help reduce the occurrence of constipation.</li> <li>• Exercise regularly as directed by your surgeon.</li> </ul>
<p>Dumping Syndrome* <i>(after Gastric Bypass)*</i></p>	<ul style="list-style-type: none"> <li>• Avoid simple sugars, concentrated sweets, sweetened beverages, and high fat greasy foods.</li> <li>• Avoid drinking liquids 30 minutes before meals, during meals, and for 30-60 minutes after meals.</li> <li>• Lie down immediately when symptoms start.</li> </ul>
<p>Bloating and Excess Gas</p>	<ul style="list-style-type: none"> <li>• Sip liquids slowly.</li> <li>• Avoid carbonated beverages.</li> <li>• Beans/Legumes: use products that prevent gas formation</li> <li>• Lactose intolerance: use lactose free products or lactase pills.</li> <li>• Limit or avoid excess sugar alcohols. (Sugar alcohols are found in many low-sugar or "sugar-free" foods)</li> </ul>
<p>Lactose Intolerance* <i>(after Gastric Bypass)*</i></p>	<ul style="list-style-type: none"> <li>• Try lactose-free milk such as Dairy Ease, Lactaid or unsweetened soy, almond, or coconut milk.</li> <li>• Use lactase enzyme tablets before consuming dairy products.</li> </ul>
<p>Hair Loss</p>	<ul style="list-style-type: none"> <li>• Consume adequate protein.</li> <li>• Take supplements and multivitamins as instructed.</li> <li>• Additional supplements: biotin and zinc as prescribed by your surgeon.</li> </ul>

## Dumping Syndrome (after Gastric Bypass)

“Dumping syndrome” may occur after gastric bypass when foods and beverages high in sugar pass very rapidly from the stomach pouch into the small intestine. Dumping is usually caused by consuming concentrated sweets (foods or liquids high in sugars), but may also be caused by overeating, consuming liquids with meals, and consuming foods high in fat.

### ***Symptoms of Dumping Syndrome:***

- Nausea, sometimes vomiting
- Faintness/flushing feeling
- Fullness
- Severe stomach cramping
- Weakness
- Sweating
- Rapid Heart Beat/ heart palpitations
- Diarrhea

### **Concentrated Sweets To AVOID:**

Concentrated sweets should be avoided after surgery. Foods and beverages that contain concentrated sweets are filled with “empty” calories in the form of sugar. “Empty” calories from concentrated sweets provide your body with calories but very little if any nutrients. Concentrated sweets do not contain large amounts of vital nutrients such as vitamins, minerals, protein, and fiber. Eating foods that contain essential nutrients that you need after surgery will help your body to recover and heal as you are losing weight after surgery. Also, consuming concentrated sweets and sugary liquids may cause inadequate weight loss after surgery or even weight gain. Artificial sweetener (sugar substitutes) such as sucralose (Splenda®), Saccharine (Sweet & Low®), and Aspartame (Equal®) may be used after surgery.

*Cakes*  
*Pies*  
*Cookies*  
*Doughnuts*  
*Chocolates*  
*Candies*  
*Ice Cream, frozen yogurt*  
*Sherbet/sorbet*  
*Puddings (regular)*  
*Jell-O (regular)*  
*Pastries/Pop Tarts*  
*Sweetened milk (chocolate/strawberry)*  
*Sugar coated cereals*  
*Sugar gum*

*Sweetened beverages*  
*Lemonade*  
*Regular Kool-Aid*  
*Regular soft drinks*  
*Sweetened Iced tea*  
*Sweetened coffee/cappuccino*  
*Fruit punch*  
*Popsicles*  
*100% Fruit Juices (un-diluted)*  
*Canned fruits (in syrup)*  
*Dried Fruits*  
*Jams & Jellies*  
*Table Sugar (white), Brown Sugar*  
*Molasses, Honey*

# Vitamin and Mineral Supplements: Gastric Sleeve Gastric Bypass

You will be required to take vitamin and mineral supplements **for the rest of your life** after bariatric surgery to prevent vitamin and mineral deficiencies. You will be eating smaller amounts of food, as well as absorbing fewer nutrients due to mal-absorption following gastric bypass surgery.

## ★ You will be required to take the following:

- Multivitamin and Mineral Supplements
- Calcium Citrate (+ Vitamin D)
- Iron
- Vitamin B-12
- Others (as recommended by your surgeon)

## These supplements can be taken as follows:

- For at least the first 2 months after surgery: **chewable or crushed**
- After 2 months: may take tablet or capsule form if desired.

## Multivitamin and Mineral Supplements:

- **Chewable Bariatric Multivitamin and Mineral Supplements:** *(at least the first 2 months)*

★ Choose **ONE** of the following:

- 1. Bariatric Fusion™** (5 flavors): Chew 1 tablet 4 times daily or 2 tablets twice daily. If you take Bariatric Fusion™, you do not need to take additional multivitamins, Iron, Vitamin B-12, etc. unless directed by your surgeon. (Take with food: Take 2 at Breakfast, 2 at Dinner).  
**If you have GASTRIC BYPASS, you will be required to take 500-600 mg Calcium Citrate +D daily.**  
(Example: Take Calcium at Lunch). (See calcium citrate + D choices)
- 2. Optisource™** (chewable citrus flavor): Chew 1 tablet 4 times daily or 2 tablets twice daily. If you take Optisource™, you do not need to take additional multivitamins, Iron, Vitamin B-12, etc. unless directed by your surgeon. (Take with food: Take 2 at Breakfast, 2 at Dinner).  
**If you have GASTRIC BYPASS, you will be required to take 500-600 mg Calcium Citrate +D daily.**  
(Example: Take Calcium at Lunch). (See calcium citrate + D choices)
- 3. OPURITY® BYPASS & SLEEVE OPTIMIZED** (chewable orange berry flavor): Chew 1 daily. If you take OPURITY®, you do not need to take additional multivitamins, Iron, Vitamin B-12, etc. unless directed by your surgeon, but you will need to take additional calcium citrate + vitamin D.  
**If you take OPURITY®, you will be required to take 500-600 mg Calcium Citrate +D twice daily.**  
(Example: Take OPURITY at Breakfast; Take Calcium at Lunch & Dinner) (See calcium citrate + D choices)
- 4. Bariatric Advantage®:** Complete chewable Multi-formula Multivitamin: (orange/berry flavor): Chew 2 tablets daily (Take with food: Take 1 at Breakfast, 1 at Dinner). If you take Bariatric Advantage® complete chewable Multi-formula multivitamin, **you will also be required to take Calcium Citrate +D, Iron, Vitamin B-12, and Vitamin C.**



# Vitamin and Mineral Supplements:      Gastric Sleeve Gastric Bypass

## **Calcium Citrate + Vitamin D:** 1200-1500 mg daily (total from diet and supplements)

- Do NOT take with Iron supplement. Take at least 2 hours apart.
- For best absorption, do NOT take calcium in doses higher than 600 mg at one time.
- Take Calcium in doses of 500-600 mg at a time. (see below)

### • **Chewable Calcium Citrate + Vitamin D: (chewable for at least the first 2 months)**

- Bariatric Advantage® chewable Calcium Citrate + D Lozenges
  - 4 flavors: cinnamon, mint, wild cherry, and chocolate
  - 1 chewable lozenge = 500 mg calcium citrate +D
- Bariatric Advantage® 250 mg Calcium Citrate +D “Chewy Bites”
  - 4 flavors: lemon, chocolate, raspberry, and caramel
  - 1 chewy bite = 250 mg calcium citrate + D
  - 2 chewy bites = 500 mg calcium citrate + D
- Bariatric Advantage® 500 mg Calcium Citrate +D “Chewy Bites”
  - 4 flavors: caramel, chocolate, chocolate peanut butter, tropical orange
  - 1 chewy bite = 500 mg calcium citrate + D
- OPURITY®: chewable calcium citrate + D tablets
  - 1 flavor: orange
  - 1 chewable tablet = 300 mg calcium citrate + D
  - 2 chewable tablets = 600 mg calcium citrate + D
- UPCal D®: calcium citrate + D Unflavored Powder
  - Unflavored powdered calcium citrate + D to add to liquids, soft foods
  - 500 mg calcium citrate + D per serving/scoop
  - Available in container or individual packets =500 mg calcium citrate + D
- Celebrate® : chewable calcium citrate + D (Celebrate® Bariatric chewable vitamins)
  - Various chewable flavors: 250-500 mg calcium citrate + D per chewable
  - Available at [www.celebratevitamins.com](http://www.celebratevitamins.com)

### • **Calcium Citrate + D (pill/capsule form): (after 2 months)**

- Example: Citracal® (or generic brand) (doses range from 200-600mg calcium/serving)
- Do NOT Take with Iron supplements. Take at least 2 hours apart.
- For best absorption, do NOT take calcium in doses higher than 600 mg at one time.
- Take Calcium in doses of 500-600 mg at a time.

## **Vitamin Schedule Examples:** (Take vitamin and mineral supplements as directed by surgeon)

- Breakfast:       **Bariatric Fusion® or OPTISOURCE®:** 2 chewable tablets
- Lunch:             **GASTRIC BYPASS only: Calcium Citrate + Vitamin D (500-600 mg dose)**
- Dinner:           **Bariatric Fusion® or OPTISOURCE®:** 2 chewable tablets
- Bedtime:          *Other: based on surgeon’s recommendations*

- Breakfast:       **OPURITY™:** 1 chewable tablet
- Lunch:             Calcium Citrate + Vitamin D (500-600 mg chewable)
- Dinner:           Calcium Citrate + Vitamin D (500-600 mg chewable)
- Bedtime:          *Other: based on surgeon’s recommendations*

- Breakfast:       **Adult Complete Multivitamin/Mineral Supplement:** 1 chewable/crushed
- Calcium Citrate + Vitamin D (500-600 mg chewable)
- Lunch:             Vitamin B-12
- Calcium Citrate + Vitamin D (500-600 mg chewable)
- Snack:             Iron Supplement + Vitamin C (may be taken between meals or before bed)
- Dinner:           **Adult Complete Multivitamin/Mineral Supplement:** 1 chewable/crushed
- Calcium Citrate + Vitamin D (500-600 mg chewable)- *(if needed to meet recommendation)*
- Bedtime:          Iron Supplement *or Other: (based on surgeon’s recommendations)*



# Vitamin and Mineral Supplements: Gastric Sleeve Gastric Bypass

**If you do NOT take the chewable bariatric vitamin and mineral supplements,**

★ You will be required to take the following:

- Multivitamin and Mineral Supplements: 2 tablets daily
- Calcium Citrate (+ Vitamin D): 1200-1500 mg daily
- Iron: (as recommended by your surgeon)
- Vitamin B-12: (as recommended by your surgeon)
- Other: (as recommended by your surgeon)

**These supplements can be taken as follows:**

- For at least the first 2 months after surgery: **chewable or crushed**
- After 2 months: may take tablet or capsule form if desired.

**Multivitamin and Mineral Supplements:** 2 daily: 1 tablet twice a daily

- 2 daily: Take 1 tablet twice daily. (Take with food: Take 1 at Breakfast, 1 at Dinner).
- The first 2 months after surgery: chewable/crushed; After 2 months: may take capsule/ tablet form.
- A complete formula multivitamin & mineral supplement should provide 100% daily value of at least 2/3 of nutrients: (Includes Iron, Folic Acid, Vitamin B-12), and Selenium and Zinc.
- Example: Adult complete one-a-day multivitamin & mineral supplement. Example: Centrum (with iron).

**Calcium Citrate + Vitamin D:** 1200-1500 mg daily (total from diet and supplements)

- Do NOT take with Iron supplement. Take at least 2 hours apart.
- For best absorption, do NOT take calcium in doses higher than 600 mg at one time.
- Take Calcium in doses of 500-600 mg at a time. (see Calcium Citrate + D choices-page 22)

**Iron:** once daily or as directed by your surgeon.

- Take with food. (Example: take with afternoon snack or with Dinner).
- Do NOT take with Calcium supplement. Take at least 2 hours apart.
- Bariatric Advantage® chewable Iron: 29 mg (*passion fruit flavor*), or 18 mg (*strawberry flavor*) doses
- 325 mg ferrous sulfate daily, or 150 mg Niferex daily
  - 150 mg iFerrex + 250 mg Vitamin C twice daily (as directed by your surgeon).

**Vitamin B-12:** (sublingual): 500 mcg daily or 1000 mcg weekly (as directed by your surgeon)

- Example: Bariatric Advantage® sublingual B-12 (1000 mcg): weekly or as directed by surgeon.
- Over the counter: Sublingual Vitamin B-12: 500 mcg daily or 1000 mcg weekly (as per surgeon).

**Vitamin C:** 500 mg daily (as directed by your surgeon)

- Note: Vitamin C is often taken with Iron to help with Iron absorption

**Other:** (as directed by your surgeon)

- Thiamine: 100 mg daily
- Zinc: 25-50 mg daily

# Vitamin and Mineral Supplements: Lap-Band

You will be required to take vitamin and mineral supplements **for the rest of your life** after lap-band surgery. You are eating much less food, and it will be more difficult to get the proper nutrition each day.

## ★ You will be required to take the following:

- Multivitamin and Mineral Supplements: 2 tablets daily
- Calcium Citrate + Vitamin D): 1200-1500 mg daily
- Other: (as recommended by your surgeon)

## These supplements can be taken as follows:

- For at least the first 2 months after surgery: **chewable or crushed**
- After 2 months: may take tablet or capsule form if desired.

## Multivitamin and Mineral Supplements:

- **Chewable Bariatric Multivitamin and Mineral Supplements:** *(at least the first 2 months)*

★ Choose ONE of the following:

### 1. Vita-Band™ chewable: (berry and watermelon flavors): 2 chewable tablets daily

Vita-band™ is a chewable Bariatric Multivitamin and Mineral Supplement that is designed specifically for lap-band patients. If you take Vita-Band™, you do not need to take additional multivitamins, Iron, Vitamin B-12, or other vitamin supplements unless directed by your surgeon, **but you will be required to take additional calcium daily (~500 mg Calcium Citrate+ D daily).**

Vita-Band™ provides 600 mg calcium in the daily dose of 2 tablets daily.

Example: Take Vita-Band™ at Breakfast and Dinner; Take Calcium at Lunch.

### 2. Multivitamin & Mineral Supplement (Crushed/chewable): 2 tablets daily:

- 2 daily: Take 1 tablet twice daily. (Take with food: Take 1 at Breakfast, 1 at Dinner).
- The first 2 months after surgery: chewable/crushed; After 2 months: may take capsule/ tablet form.
- A complete formula multivitamin & mineral supplement should provide 100% daily value of at least 2/3 of nutrients: (Includes Iron, Folic Acid, Vitamin B-12), and Selenium and Zinc
- Example: Adult complete one-a-day multivitamin & mineral supplement. Example: Centrum (with iron).
- **If you take a complete Multivitamin and Mineral Supplement twice daily, you will need to take additional Calcium Citrate + D daily. (~500-600 mg Calcium Citrate + D doses).**  
-Calcium recommendation: total of 1200-1500mg calcium citrate + D daily from diet and supplements.

# Vitamin and Mineral Supplements: Lap-Band

## **Calcium Citrate + Vitamin D:** 1200-1500 mg daily (total from diet and supplements)

- Do NOT take with Iron supplement. Take at least 2 hours apart.
- For best absorption, do NOT take calcium in doses higher than 600 mg at one time.
- Take Calcium in doses of 500-600 mg at a time. (see below)

### • **Chewable Calcium Citrate + Vitamin D: (chewable for at least the first 2 months)**

- Bariatric Advantage® chewable Calcium Citrate + D Lozenges
  - 4 flavors: cinnamon, mint, wild cherry, and chocolate
  - 1 chewable lozenge = 500 mg calcium citrate +D
- Bariatric Advantage® 250 mg Calcium Citrate +D “Chewy Bites”
  - 4 flavors: lemon, chocolate, raspberry, and caramel
  - 1 chewy bite = 250 mg calcium citrate + D
  - 2 chewy bites = 500 mg calcium citrate + D
- Bariatric Advantage® 500 mg Calcium Citrate +D “Chewy Bites”
  - 4 flavors: caramel, chocolate, chocolate peanut butter, tropical orange
  - 1 chewy bite = 500 mg calcium citrate + D
- OPURITY®: chewable calcium citrate + D tablets
  - 1 flavor: orange
  - 1 chewable tablet = 300 mg calcium citrate + D
  - 2 chewable tablets = 600 mg calcium citrate + D
- UPCal D®: calcium citrate + D Unflavored Powder
  - Unflavored powdered calcium citrate + D to add to liquids, soft foods
  - 500 mg calcium citrate + D per serving/scoop
  - Available in container or individual packets =500 mg calcium citrate + D
- Celebrate® : chewable calcium citrate + D (Celebrate® Bariatric chewable vitamins)
  - Various chewable flavors: 250-500 mg calcium citrate + D per chewable
  - Available at [www.celebratevitamins.com](http://www.celebratevitamins.com)

### • **Calcium Citrate + D (pill/capsule form): (after 2 months)**

- Example: Citracal® (or generic brand) Doses range from 200-600 mg calcium/serving.
- Do NOT Take with Iron supplements. Take at least 2 hours apart.
- For best absorption, do NOT take calcium in doses higher than 600 mg at one time.
- Take Calcium in doses of 500-600 mg at a time.

## **Vitamin Schedule Examples:** (Take vitamin and mineral supplements as directed by surgeon)

- Breakfast:  **Vita-Band®:** 1 chewable
- Lunch:  Calcium Citrate + Vitamin D (500-600 mg chewable)
- Dinner:  **Vita-Band®:** 1 chewable
- Bedtime:  *Other: based on surgeon’s recommendations*

- Breakfast:  **Adult Complete Multivitamin/Mineral Supplement:** 1 chewable/crushed
- Lunch:  Calcium Citrate + Vitamin D (500-600 mg chewable)
- Dinner:  **Adult Complete Multivitamin/Mineral Supplement:** 1 chewable/crushed
- Bedtime:  *Other: based on surgeon’s recommendations*

# Protein Content of Foods

ITEM	Amount	Protein Grams
<b>Milk and Dairy Products:</b>		
Milk, skim	1 cup	8
"Double strength milk"= 1 cup milk + 1/3 dry milk powder	1 cup	16
Non-fat dry milk powder		
Cheese	1/3 cup	8
-Cottage Cheese	1 ounce	7
-Ricotta Cheese	1/4 cup	7
Yogurt	1/4 cup	7
Greek Yogurt	6 ounces (2/3 cup)	8
	6 ounces	16
<b>Animal Protein: (Meat, Fish, Eggs, Poultry)</b>		
Eggs	1 egg, or 2 egg whites	7
Egg substitute (Egg beaters)	1/4 cup	7
Meats: -Beef, Pork, Ham, Lamb, venison, game meat	1 ounce	7
Poultry: -Chicken, turkey, cornish hen, duck, goose	1 ounce	7
Fish: (salmon, cod, tilapia, haddock, trout, etc.)	1 ounce	7
-Seafood: crab, shrimp, lobster, scallops, clams	1 ounce	7
-Tuna fish (canned in water)	1 ounce	7
<b>Plant Protein:</b>		
Lentils: brown, green, or yellow	1/2 cup	7
Beans: black, lima, navy, pinto, great northern, kidney, garbanzo (chick peas), white	1/2 cup	7
-Baked Beans	1/3 cup	7
-Refried beans, low fat	1/2 cup	7
-Green beans	1/2 cup	2
Peas: blacked eyed peas, and split peas	1/2 cup	7
<b>Nuts, seeds, Peanut Butter:</b>		
Nuts, seeds	1 ounce	7
Peanut Butter	2 Tbsp	8
<b>Soy Protein:</b>		
Soy milk	1 cup	7
Soy burger/veggie burger	1 ounce	3
Soybeans, cooked	1/4 cup	7
Soy nuts	1/4 cup	17
Miso	1/4 cup	16
Tempeh	1/4 cup	7
Tofu (soybean curd)	4 ounces (1/2 cup)	7
<b>Breads, Grains, Cereals, Starches:</b>		
Bread (1 ounce)	1 ounce (1 slice)	3
Crackers	6	3
Cereal, cooked	1/2	3
Cereal, unsweetened, ready to eat	3/4 cup	3
Pasta, or Rice	1/3 cup	3
Potatoes	1/2 cup	3
<b>Vegetables: (Non-Starchy)</b>		
-Green beans, broccoli, carrots, cucumbers, peppers, tomatoes, spinach, squash, etc.	1/2 cup (cooked)	2
	1 cup (raw)	2
<b>Fruits:</b>		
		0

# Daily Food and Exercise Journal

Write down ALL foods and liquids consumed. Use one page per day.

Date: \_\_\_\_\_ Name: \_\_\_\_\_ DOB: \_\_\_\_\_

Time	Amount (tsp, Tbsp, ounces, cups)	Food/Condiment/Supplement (be specific--methods of preparation or cooking, added condiments, and brands, etc.)	Protein Is this a good source of Protein?
Time	Amount	Breakfast	Yes or No?
Time	Amount	Lunch	Yes or No?
Time	Amount	Dinner	Yes or No?
Time	Amount	Snack(s)	Yes or No?
Time	Amount	Beverages (liquids)	

Exercise/Activity	Type (Description)	How Long?
Yes or No?		
Yes or No?		
<b>Pedometer</b>	<b># of Steps (or miles) per day</b>	
Yes or No?		

# Bariatric Protein Supplements

## Read labels and look for supplements with:

- At least 15 grams (g) of protein per 8-ounce (1 cup) serving
- Less than 20 grams Total Carbohydrate per 8-ounce serving
- Less than 5 grams fat per 8-ounce serving

### ⇒ Powders: (mix with skim milk or water)

NAME	Serving	Protein (grams)	Calories	Carbs (grams)	Sugar (grams)	Fat (grams)	Lactose-free
Bariatric Fusion® Meal Replacement	1 serving	27	150	8	<1	2	<input checked="" type="checkbox"/>
Beneprotein™ (unflavored)	1 scoop	6	32	0	0		<input checked="" type="checkbox"/>
Geni-Soy® (natural flavor)	1 scoop	25	x				<input checked="" type="checkbox"/>
INSPIRE whey protein powder	1 scoop	20	92-106	1-2	0-1	0-1	<input checked="" type="checkbox"/>
Nectar™ (various fruity flavors)	1 scoop	23-24	90	0	0	0	<input checked="" type="checkbox"/>
NO SUGAR ADDED Carnation® Instant Breakfast Essentials™ (light blue box)	1 packet mixed with 1cup skim milk*	13	150	24	19* *12 grams sugars	0	
Non-fat dry milk powder	1/3 cup	8	80	12	12	0	
PURE Unflavored whey protein	1 scoop	20	92	0	0	0	<input checked="" type="checkbox"/>
UNJURY™ (unflavored, flavored varieties chicken soup & cheese flavor)	1 scoop	20-21	80-100	0-4	0-4	0	<input checked="" type="checkbox"/>

### ⇒ Liquids: (ready to drink)

NAME	Serving	Protein (grams)	Calories	Carbs (grams)	Sugar (grams)	Fat (grams)	Lactose-free
CytoSport® WHEY PROTEIN ISOLATE- (fruity flavors)	1 container (16.9 ounces)	32	130	1	0	0	<input checked="" type="checkbox"/>
Double Strength Milk = (1 cup skim + 1/3 cup non-fat dry milk powder)	1 cup (8 ounces)	16	150	24	24*	0	
EAS® AdvantEDGE® CarbControl™ (various flavors)	1 container (11 ounces)	17	110	2-4	0	3	
Ensure® Active High Protein (various flavors)	1 container (14 ounces)	25	210	23	5	2.5	<input checked="" type="checkbox"/>
GNC Total Lean™ Lean Shake™ (various flavors)	1 container (14 ounces)	25	170	6	2	6	<input checked="" type="checkbox"/>
Isopure Zero Carb (fruity flavors)	1 glass bottle (20 ounces)	40	160	0	0	0	<input checked="" type="checkbox"/>
Muscle Milk® Light (various flavors)	1 container (14 ounces)	20	160	20	0	4.5	<input checked="" type="checkbox"/>
NO SUGAR ADDED Carnation® Instant Breakfast Essentials™	1 container (11 ounces)	13	150	16	12*	5	
Non-fat, plain Soy milk	1 cup (8 ounces)	6	70	10	9	0	<input checked="" type="checkbox"/>
Premier Protein® Shake (various flavors)	1 container (11 ounces)	30	160	5	1	3	
Skim milk (non-fat milk)	1 cup (8 ounces)	8	90	12	12*	0	

\*natural sugars in skim milk

# Where to Purchase Bariatric Supplements?

## Protein Supplements:

UPMC Hamot Bariatric Surgery and Weight Management Center

- Bariatric Fusion® Meal Replacement & sample “variety pack”
- INSPIRE protein powder (various flavors): (also available at [www.bariatriceating.com](http://www.bariatriceating.com))
- PURE unflavored protein powder (also available at [www.bariatriceating.com](http://www.bariatriceating.com))
- UNJURY™ protein powder: chocolate splendor & chicken soup flavor

Grocery stores, drug stores, Wal-Mart/Sam’s Club, etc.

- EAS® AdvantEDGE® Carb Control™, EAS® 100% Whey protein powder
- Ensure® Active High Protein, Muscle Milk® Light, Geni-Soy®, Designer Whey™
- GNC Total Lean™ Shake (GNC)
- No Sugar Added Carnation® Instant Breakfast Essentials™ (light blue box/container)
- Premier Protein® at Sam’s Club, Walmart, grocery stores, etc. ([www.premiernutrition.com](http://www.premiernutrition.com))

Vitamin Shoppe® ([www.vitaminshoppe.com](http://www.vitaminshoppe.com)), GNC (General Nutrition Center), Vitamin World (Millcreek Mall)

- EAS® AdvantEDGE® Carb Control™, EAS® 100% Whey protein powder
- CytoSport® whey protein isolate (fruit flavors) – Vitamin Shoppe®
- Isopure Zero Carb (fruit flavors) – Vitamin Shoppe®, GNC.
- Nectar™ fruit flavored whey protein powder –Vitamin Shoppe®

On-line or directly via the company/manufacturer:

- Bariatric Fusion® Meal Replacement: [www.bariatricfusion.com](http://www.bariatricfusion.com) or 1-866-250-0602
- INSPIRE protein powders & PURE unflavored protein powder: [www.bariatriceating.com](http://www.bariatriceating.com)
- Nectar™ protein powder: [www.si03.com](http://www.si03.com) (1-866-333-7403) or [www.bariatricadvantage.com](http://www.bariatricadvantage.com), Vitamin Shoppe®
- Revival® Soy protein powder: [www.revivalsoy.com](http://www.revivalsoy.com) or 1-800-revival (1-800-738-4825)
- UNJURY™ protein powder: [www.UNJURY.com](http://www.UNJURY.com) or 1-800-517-5111

## Bariatric Vitamins and Supplements:

Bariatric Fusion™ (chewable multivitamin/mineral supplement for after Gastric Bypass/Gastric Sleeve surgery)

- UPMC Hamot Bariatric Surgery and Weight Management Center
- [www.bariatricfusion.com](http://www.bariatricfusion.com) or 1-866-250-0602

Bariatric Advantage® (chewable multivitamin/mineral supplements for after Gastric Bypass/Gastric Sleeve surgery)

- UPMC Hamot Bariatric Surgery Center : (Bariatric Advantage® Calcium Citrate “Chewy Bites”)
- [www.bariatricadvantage.com](http://www.bariatricadvantage.com) or 1-800-898-6888

OPTISOURCE™ (chewable multivitamin/mineral supplement for after Gastric Bypass/Gastric Sleeve surgery)

- Walgreens ([www.walgreens.com](http://www.walgreens.com))
- [www.nestlenutritionstore.com](http://www.nestlenutritionstore.com)

OPURITY® BYPASS & SLEEVE OPTIMIZED (chewable multivitamin/mineral supplement for after Gastric Bypass/ Sleeve surgery)

- UPMC Hamot Bariatric Surgery and Weight Management Center
- [www.opurity.com](http://www.opurity.com) or [www.unjury.com](http://www.unjury.com) or 1-800-517-5111

Vita-Band™ (chewable multivitamin/mineral supplement for after Lap-Band surgery)

- [www.bariatricadvantage.com](http://www.bariatricadvantage.com) or 1-800-898-6888

## Calcium Citrate: (chewable & powder form)

Bariatric Advantage® Calcium Citrate Lozenges & Bariatric Advantage Calcium Citrate “Chewy Bites”

- UPMC Hamot Bariatric Surgery and Weight Management Center: (Calcium Citrate “Chewy Bites”)
- [www.bariatricadvantage.com](http://www.bariatricadvantage.com) or 1-800-898-6888 : (Calcium Citrate Lozenges & “Chewy Bites”)

OPURITY® (orange flavored calcium citrate chewable tablets): @ [www.opurity.com](http://www.opurity.com)

- UPMC Hamot Bariatric Surgery and Weight Management Center

UPCal D® (unflavored calcium citrate powder-to add to liquids/soft foods)

- [www.globalhp.com](http://www.globalhp.com) (1-800-638-2870); or [www.sq1med.com](http://www.sq1med.com) (1-877-306-1217)

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**MedCare Equipment Company:** (formerly called Great Lakes Home Healthcare Services)

**NOTE: some bariatric products may be available, please call for availability:**

- |                  |                       |                |
|------------------|-----------------------|----------------|
| ○ Erie, PA:      | 1700 Peach Street     | (800) 503-5554 |
| ○ Meadville, PA: | 303 Chestnut Street   | (814) 337-6900 |
| ○ Bradford, PA:  | 195 East Main Street  | (814) 362-8141 |
| ○ Jamestown, NY: | 512 West Third Street | (716) 664-5092 |



# Bariatric Liquid Protein Supplements

## Recipes for Making High-Protein Supplements at Home

### “Double Strength Milk”

<p><b>Instructions:</b> Mix: 1 cup skim milk 1/3 cup non-fat dry milk powder</p>	<p><b>This recipe provides:</b></p> <ul style="list-style-type: none"> <li>• ~170 calories</li> <li>• <b>16 grams protein</b></li> <li>• 0 grams fat</li> </ul>
<p><b>Variations:</b></p> <ul style="list-style-type: none"> <li>• Chocolate milk: Add unsweetened cocoa powder to the recipe before mixing</li> <li>• Hot chocolate: Heat the chocolate milk. Sip slowly.</li> <li>• Add flavored sugar-free syrup or extract to flavor. (almond, mint, cherry, etc.)</li> </ul>	

### **No Sugar Added Carnation® Instant Breakfast Shake**

*(Prepared with 1 cup skim milk or 1 cup “Double Strength Milk”)*

<p><b>Instructions:</b> Mix: 1 cup skim milk 1 powder packet <i>No Sugar Added Carnation® Instant Breakfast</i> (Chocolate, Vanilla, or Strawberry)</p>	<p><b>This recipe provides:</b></p> <ul style="list-style-type: none"> <li>• 150 calories</li> <li>• <b>13 grams protein</b></li> <li>• 0 grams fat</li> <li>• 4 grams fiber</li> </ul>
<p><b>Instructions:</b> Mix: 1 cup “<i>Double Strength Milk</i>” (see recipe above) 1 powder packet <i>No Sugar Added Carnation® Instant Breakfast</i> (Chocolate, Vanilla, or Strawberry)</p>	<p><b>This recipe provides:</b></p> <ul style="list-style-type: none"> <li>• ~230 calories</li> <li>• <b>21 grams protein</b></li> <li>• 0 grams fat</li> <li>• 4 grams fiber</li> </ul>
<p><b>Variations:</b></p> <ul style="list-style-type: none"> <li>• Blend with ice for a thicker shake consistency. Do not use a straw.</li> <li>• Add flavored sugar-free syrup or extract to flavor (almond, mint, cherry, etc.)</li> </ul>	

### **High-Protein UNJURY™ Shake**

<p><b>Instructions:</b> Mix: 1 cup skim milk 1 scoop UNJURY™ protein powder (Chocolate, Vanilla, Strawberry, Unflavored)</p>	<p><b>This recipe provides:</b></p> <ul style="list-style-type: none"> <li>• ~180 calories</li> <li>• <b>28 grams protein</b></li> <li>• 0 grams fat</li> <li>• 0 grams fiber</li> </ul>
<p><b>Variations:</b></p> <ul style="list-style-type: none"> <li>• Blend with ice for a thicker consistency. Do not use a straw.</li> <li>• Add flavored sugar-free syrup or extract to flavor (almond, mint, orange, etc.)</li> </ul>	

# Bariatric Liquid Protein Supplements

## Recipes for Making High-Protein Supplements at Home

### High-Protein Cream Soup or Broth *(unflavored protein powder)*

**Instructions:**

- Mix an *unflavored protein powder* in 1 cup (8 ounces) in warm broth, low-fat strained cream soup, or a warm beverage. (not hotter than 130°F)

**Suggestions:**

- UNJURY™ *unflavored protein powder*
- Beneprotein™ *unflavored protein powder*
- Pure™ *unflavored whey protein powder*

**Note: Do NOT use in hot liquids -use only warm liquids-130°F or less.**  
Texture can be affected if the liquid is too hot.

### High-Protein Fruit Punch (UNJURY™) and (Nectar™)

**UNJURY™**

Mix:

- 1 cup sugar-free powdered fruit drink:  
*(Crystal Light or Sugar-free Kool-Aid)*
- 1 scoop UNJURY™ *Unflavored protein powder*

**This recipe provides:**

- ~80 calories
- **20 grams protein**
- 0 grams carbohydrate
- 0 grams fat

**Nectar™**

Mix: 1 cup water

- 1 scoop **Nectar™** *fruit flavored protein powder: (lemonade, twisted cherry, strawberry-kiwi, apple, fuzzy navel, or Caribbean cooler)*

**This recipe provides:**

- ~90 calories
- **~24 grams protein**
- 0 grams fat
- 0 grams carbohydrate

**Variations:** Blend with ice cubes for a “Slushie”. Do not use a straw.

### High-Protein Jell-O (UNJURY™)

**Instructions:**

- Follow package directions for dissolving Sugar-free Jell-O in 1 cup of boiling water. After dissolving, set aside to cool for 3-5 minutes.
- In different bowl, measure 1 cup water. Add 2 scoops of *Unflavored UNJURY™* to cold water, one scoop at a time, stirring slowly to dissolve.
- Stir UNJURY™ mixed in cold water into dissolved Jell-O. Chill quickly.
- The protein will settle somewhat to create a smooth cloud at the bottom. The taste is unchanged.

**This recipe provides approximately:** ( per ½ cup serving )

- 45 calories
- **10 grams protein**

**Note:** This recipe was provided from [www.UNJURY.com](http://www.UNJURY.com)

# High Protein Recipes

## High Protein Jell-O “Jigglers” (UNJURY™)

### Instructions:

- Use Sugar-Free Jell-O Gelatin 4-servings box.
- Boil  $\frac{3}{4}$  cup of water. Stir boiling water into gelatin, stirring until completely dissolved. Cool for 5 minutes.
- Measure  $\frac{1}{2}$  cup of room temperature water.
- Mix 2 scoops UNJURY™ (Unflavored or Vanilla flavor) slowly into water.
- The resulting solution will be thick. Add to cooled down Jell-O. Mix well.
- Refrigerate until firm.
- The protein might settle toward the bottom, but the taste is unchanged.

### Variations:

- Unflavored UNJURY™ in any flavor of sugar-free Jell-O
- Vanilla UNJURY™ in any flavor sugar-free Jell-O (results in a creamy taste)

**This recipe provides approximately: 40 grams protein** (for entire recipe)

**Note:** This recipe was provided from [www.UNJURY.com](http://www.UNJURY.com)

## High-Protein Jell-O “Knox Blocks”

### Ingredients:

3 small boxes of Sugar-Free Jell-O  
4 envelopes **Knox gelatin**  
4 cups boiling water

### Instructions:

- Mix all dry ingredients in a 13 X 9 cake pan.
- Add 2 cups of boiling water and stir until Jell-O & gelatin are dissolved.
- Stir well. Refrigerate until firm. Cut into cubes.
- The protein will settle somewhat to create a smooth cloud at the bottom. The taste is unchanged.

**1 envelope Knox = 6 grams protein** One 13 X 9 pan = **24 grams protein**

## High-Protein Yogurt

**Instructions:** Mix protein powder in 1 cup of non-fat yogurt.

### Suggestions:

- Unflavored protein powder (UNJURY™ or Beneprotein™) in any flavor yogurt.
- Flavored protein powder (Chocolate UNJURY™ or Strawberry UNJURY™) in plain or vanilla flavored non-fat yogurt.
- Fruit flavored protein powder (Nectar™) in plain or flavored non-fat yogurt.

# High Protein Recipes

## High-Protein Yogurt Smoothie

**Ingredients:**

- 4 ounces skim milk
- non-fat or low-fat, low-sugar yogurt (6-8 ounces)
- protein powder

**Instructions:**

- In blender, blend skim milk, yogurt and protein powder until smooth.

**Suggestions:**

- Unflavored protein powder (UNJURY™ or Beneprotein™) in any flavor yogurt.
- Flavored protein powder (Chocolate UNJURY™ or Strawberry UNJURY™) in plain or vanilla flavored non-fat yogurt.
- Fruit flavored protein powder (Nectar™) in plain or flavored non-fat yogurt.

## High-Protein Sugar-free Pudding (UNJURY™)

**Instructions:**

- Use Jell-O Sugar Free Instant Pudding powder 4 serving package
- Add 2 scoops *Unflavored* UNJURY™ powder to 2 cups cold skim milk.
- Mix thoroughly the dry UNJURY™ in the milk by shaking or stirring.
- The follow pudding package directions by putting the Jell-O Sugar Free Instant (not cooked) Dry Pudding Mix into a bowl.
- Pour in the previously-mixed UNJURY™-plus-milk. Mix, Chill and Enjoy!

**Suggestions:**

- Unflavored UNJURY™ in any flavor of pudding mix
- Strawberry Sorbet UNJURY™ in Vanilla pudding mix
- Chocolate UNJURY™ in Chocolate pudding mix

**This recipe provides approximately:** (per ½ cup serving)

- 100 calories
- **14 grams protein**

**Note:** This recipe was provided from [www.UNJURY.com](http://www.UNJURY.com)

## High-Protein Cottage Cheese

**Instructions:** Mix protein powder in ½ cup of non-fat/low-fat cottage cheese.

**Suggestions:**

- Unflavored protein powder (UNJURY™ or Beneprotein™)
- Flavored protein powder (Chocolate, Vanilla, Strawberry, etc.)
- Fruit flavored protein powder (Nectar™) in plain or flavored non-fat yogurt.

# High Protein Recipes

## High-Protein Cottage Cheese “Mousse”

### Ingredients:

- 1 large container cottage cheese (non-fat)
- 8 oz. Cool Whip FREE (fat-free)
- 1 packet Sugar-free Jell-O *or* Sugar-free Pudding (any flavor)
- NOTE: may add flavored Protein powder such as chocolate, vanilla, or fruit flavored NECTAR protein powder instead of using Sugar-free Jell-O or Sugar-free Pudding. Adding protein powder increases protein.

### Instructions:

- Blend cottage cheese in blender until smooth.
- Pour cottage cheese mixture into bowl, and add Sugar-free Jell-O, Sugar-free pudding, or flavored protein powder
- Stir well. Fold in Cool Whip Free (fat-free). Refrigerate for 1 hour.

### Suggestions:

- Try various flavors of Sugar-free Jell-O or Pudding (lemon, pistachio, lime, raspberry, cheesecake, banana, etc.)
- Add sugar-free syrups or extracts for creative flavoring ideas.
- Fruit flavored protein powder (**NECTAR**)

**Note:** ½ cup = approximately 14 grams protein

If protein powder is used, this will increase protein

# UNJURY™ “Chicken Soup flavor” Recipes:

## High-Protein UNJURY™ Chicken Soup

PHASE I

<p><b>Instructions:</b>          Mix:          1 scoop UNJURY™ <i>Chicken Soup</i>  <i>flavor</i> protein powder          1 cup (8 ounces) warm water          (not hotter than 130°F)          Stir and ENJOY!</p>	<p><b>This recipe provides:</b></p> <ul style="list-style-type: none"> <li>• ~90 calories</li> <li>• <b>21 grams protein</b></li> <li>• 1 gram carbohydrate</li> <li>• 0 grams fat</li> </ul> <p>(tastes like chicken broth)</p>
<p><b>Instructions:</b>          Mix:          1 scoop UNJURY™ <i>Chicken Soup</i>  <i>flavor</i> protein powder          1 cup (8 ounces) skim milk          (not hotter than 130°F)          Stir and ENJOY!</p>	<p><b>This recipe provides:</b></p> <ul style="list-style-type: none"> <li>• ~180 calories</li> <li>• <b>29 grams protein</b></li> <li>• 13 grams carbohydrate</li> <li>• 0 grams fat</li> </ul> <p>(tastes like cream of chicken soup)</p>
<p><b>NOTE:</b> Don't use hot water-use only warm water-130°F or less.          If hot water is used texture can be affected.</p>	

## Use UNJURY™ Chicken Soup to blend (puree) foods

PHASE II

<p><b>Instructions:</b></p> <ul style="list-style-type: none"> <li>• Use UNJURY™ <i>Chicken Soup</i> <i>flavor</i> protein instead of water when blending vegetables or chicken. (meats).</li> </ul>
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## High-Protein Mashed Potatoes

PHASE II

<p><b>Instructions:</b></p> <ul style="list-style-type: none"> <li>• Mix UNJURY™ <i>Chicken Soup</i> <i>flavor</i> protein powder according to the directions and use in place of water or milk when making mashed potatoes.</li> </ul>
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## High-Protein Gravy or Sauce

PHASE III and IV

<p><b>Instructions:</b></p> <ul style="list-style-type: none"> <li>• Use UNJURY™ <i>Chicken Soup</i> <i>flavor</i> protein powder to moisten soft vegetables and/or soft cooked chicken.</li> </ul>
<p><b>Suggestions:</b></p> <ul style="list-style-type: none"> <li>• Mix UNJURY™ <i>Chicken Soup</i> <i>flavor</i> protein powder as directed then pour over vegetables or soft cooked chicken when serving.</li> </ul>



