

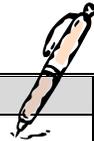
Diet Guidelines after Bariatric Surgery

- London Health Sciences Centre – University Hospital, London
- Toronto East Health Network - Michael Garron Hospital, Toronto
- St. Michael's Hospital, Toronto

Adapted from *Eating for Health Before and After Bariatric Surgery* Developed by the Registered Dietitians of the Toronto Western Hospital Bariatric Surgery Program (01/17).

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Recovery Guidelines at a Glance



Diet Phase	Start Date	Length of Time
Fluids		1-2 days (in hospital)
Liquid Diet		2 weeks
Pureed Diet		2 weeks
Soft Diet		5 weeks

Important!

Drink plenty of fluids after surgery. Dehydration is a major health concern that can be prevented.

- **Sip slowly** on clear fluids (low-calorie, non-caffeinated, non-carbonated) throughout the day
- Aim for a **total** of at least **6 to 8 cups (1500 to 2000mL) clear fluids** each day throughout your recovery: water, diluted juice, broth, herbal tea
- Be sure to include at least **3 to 4 cups (750 to 1000mL)** of your fluid as **water**
- Have **water nearby at all times**. Keep a glass of water at your bedside during sleep time. Carry a water bottle when going out
- Flavour water with lemon or lime wedges, cucumber slices, mint leaves, or low-calorie flavour crystals for a variety of tastes.

Supplies You Will Need

Protein Supplements

Why do you need protein supplements?

Protein is important for building muscle and healing after surgery. After surgery, the size of your new stomach pouch will be much smaller. It will make it hard for you to eat all the protein you need. So, it is important for you to take protein supplements for at least the **first 4 weeks after surgery**.

There are 2 types of protein supplements:

1. Protein powders
2. Protein shakes

1. Protein powders

The best protein powders are made from milk (whey), soy, or egg. These come in plain or a variety of different flavours.

You can add plain powders to hot or cold foods. Try adding it to oatmeal, cream of wheat, cream soups, yogurt, mashed potatoes, pureed vegetables or fruit. You can also make your own shake by adding protein powder to milk or water. **Do not mix them with juice.**

To make your own shakes blend protein powder with 1% or skim milk, or low-fat, no-sugar-added yogurt, and 1/4 cup of fruit. Try adding flavourings, extracts, and artificial sweeteners for extra flavour. **Do not add sugar, honey, juice, or sweetened syrups.**

What should you look for in protein powder?

30 grams of protein powder should have:

- 20 to 30g of protein
- Less than 5g of carbohydrate

Make your own strawberry banana shake:

1 scoop	protein powder
½ cup	skim milk, frozen into ice cubes
½ cup	plain, low-fat yogurt
4 whole	frozen strawberries (unsweetened)
2-inch piece	banana
½ teaspoon	vanilla
1 package	artificial sweetener (optional)

Place all ingredients in a blender and blend until smooth.

Try this recipe with ¼ cup chopped, frozen, unsweetened peaches in place of the strawberries and banana.

2. Protein shakes

Pre-made shakes are also available in ready-to-drink containers.

What should you look for in a pre-made protein shake?

Each serving should have:

- 15 to 40g of protein
- Less than 5g of carbohydrate (subtract fibre)

Drink some protein shake 1-2 times daily. These can either be protein shakes you have made yourself using protein powder or protein shakes that are pre-made. **Do this for at least the first month after surgery.** Protein shakes are necessary until you are able to eat enough high-protein food. After the first month, your Registered Dietitian will tell you how many shakes you need and when to stop taking them.

Vitamin and Mineral Supplements

Supplements are recommended for the rest of your life after a bariatric surgery. Key supplements include:

1. **Multivitamin with minerals**
2. **Calcium with vitamin D**
 - a. **Extra vitamin D may also be needed**
3. **Vitamin B₁₂**

Choose chewable or liquid forms for the first 1-2 months.

Multivitamin-mineral Supplements

Why do you need to take multivitamin-minerals?

Two top reasons include:

1. Your stomach pouch is very small. It does not allow you to eat enough food to get all of the vitamins and minerals you need
2. Vitamins and minerals are not being absorbed as well as they were before surgery.

Taking a multivitamin will help prevent common deficiencies after weight loss surgery. Vitamin deficiencies left undetected may have serious effects on your:

- Coordination
- Eyesight
- Sense of taste
- Memory
- Mood
- Metabolism
- Bone strength



All bariatric surgeries will make it harder for your body to absorb nutrients. This includes the gastric sleeve surgery. It is important for you to have your blood work done so your bariatric team can make sure you do not have a deficiency.

How much should you take?

Type of supplement	What it should contain	How often you take it
Pill	100% Daily Recommended Intake of all vitamins and minerals 18mg of iron 8-15mg of zinc 1mg of copper	Take 2 every day.

What should your multivitamin-mineral contain?

Look for an adult type multivitamin-mineral. It can be hard to find a multivitamin-mineral that has enough iron. Try looking in the prenatal section or at types for women. Prenatal vitamins are safe for men and women. If you are having trouble finding the right multivitamin-mineral, ask your Registered Dietitian for a list of appropriate brands.

Things to remember when taking your multivitamin-mineral:

- Both vitamins can be taken at the same time
- **Do not take multivitamin-minerals with your calcium supplement.** They can block each other from being absorbed
- Chewable multivitamin-mineral supplements will not contain enough iron, but this is alright because you are only using them short-term.



You will need to take multivitamin-mineral supplements every day for the rest of your life.

Calcium and Vitamin D

Why do you need to take calcium and vitamin D?

Calcium and vitamin D work together to keep your bones healthy and strong. If you do not get enough, you are at a high risk for bone loss, bone fractures, and osteoporosis (low bone density).

Your multivitamin-mineral supplements will not give you enough calcium or vitamin D. You will need to take calcium with vitamin D supplements 2 times a day.

Two popular forms of calcium include:

1. **Calcium citrate**, which is more easily absorbed after gastric bypass surgery.
 - a. Take with or without meals or snacks.
2. **Calcium carbonate**, which may not be absorbed as easily.
 - a. Be sure to take with food to promote greater absorption.

How much should you take?

Choose one of these options:

Type of supplement	Calcium dosage	How often you take it
Pill or chewable	500mg to 600mg	Take 1 pill 2 times a day
Pill	300mg	Take 2 pills 2 times a day
Vitamin D dosage		
	2000 I.U. to 3000 I.U.	Take with calcium



After surgery, you will need to take calcium with vitamin D supplements for the rest of your life. Your body can only absorb about 500mg of calcium at a time. Any extra you take would go to waste.

Vitamin B12

Why do you need to take vitamin B12?

Vitamin B12 has many functions in your body including:

- Energy metabolism
- Red blood cell production
- Nervous system function

Your multivitamin-mineral supplements do not have enough B12 so you need to take extra B12 supplements.

How much should you take?

Choose one of these options:

Type of supplement	Dosage	How often you take it
Chewable	350mcg to 500mcg	Every day
Sublingual (melts on your tongue) strip or pill	1000mcg	Every other day
Liquid	1000mcg to 1200mcg	Every other day

Planning your supplement schedule

Not all vitamins can be taken together because your body will not be able to absorb them well enough.

Suggestion:

- Take your 2 multivitamin-minerals together
- Take your Calcium with vitamin D pills 2 hours apart from the multivitamin-mineral
- Take your vitamin B₁₂ with your other supplements

Supplement Schedule Example

Breakfast (9am):	2 Multivitamin-minerals + 1 Vitamin B₁₂
Lunch (Noon):	1 Calcium with Vitamin D
Dinner (5pm):	1 Calcium with Vitamin D



Use a pillbox to help you organize your supplements. Keep two sets of supplements, one at home and one at work.

Diet In-hospital

Day 0 (day of surgery): Clear Fluids

Start this diet when you wake up after surgery. It is important to begin sipping fluids to make sure your digestive system is working properly.

Slowly sip **1 Tbsp (15mL) of clear fluid** every 15 minutes. 15mL of fluid is **half a medicine cup**.

The fluids you can have include:

- Broth
- Diluted fruit juice (to dilute juice use equal parts juice and water)
- No sugar added gelatin
- Water

You will also be getting IV (intravenous) fluid during this time to make sure you get enough fluid.

Day 1-2 after surgery: Fluids

Your medical team will choose a clear or full fluid diet for you; follow it until you go back home.

Slowly sip **2 Tbsp (30mL) of fluid** every 15 minutes. 30mL of fluid is a **full medicine cup**.

You MAY receive:

- Broth or cream soup
- Diluted fruit juice (to dilute juice use equal parts juice and water)
- Hot cereal, to be diluted with milk
- Low-sugar supplement drink
- Milk, 1%
- Low sugar pudding, yogurt

You will also be getting IV (intravenous) fluid during this time to make sure you get enough fluid.

Let the staff know right away if you receive a tray including solid food or a carbonated beverage.

Diet at Home

Weeks 1 and 2: Liquid diet

Start this diet when you leave the hospital. Follow it for 2 weeks after surgery.

You will need to:

1. Start taking your chewable vitamin and mineral supplements once you are tolerating your liquid diet
2. Start taking your protein supplements 1-2 times every day
3. Drink 3 to 4 cups (750 to 1000mL) of water every day
4. Eat/drink only the liquid foods and drinks listed below.

How should you eat?

- **Eat slowly.** Your meals should take 30 to 40 minutes
- Begin with 1 tablespoon (15mL) every 5 minutes
- STOP eating if you feel any discomfort or pain
- Keep water nearby and slowly sip it throughout the day.

What foods can I eat?

Type of food	Foods you can eat
Fruit and vegetable	Tomato Juice Unsweetened apple sauce
Grain and starch	Cream of wheat , thinned with milk Oatmeal (less than 10 grams of sugar), thinned
Soup	All smooth-texture soups (e.g. blended, cream, strained)
Beverages	Sugar-free clear fluids Water
Desserts and sweets	No-sugar-added pudding
Protein sources	Protein powder, Protein shakes Milk or Lactose-free milk (skim or 1%) Natural/Plain soy beverage Cottage cheese, low-fat Yogurt with no-sugar-added

Example Liquid Diet - Day 1

	Name of food	What is in it	
Breakfast	Oatmeal	¼ cup (60mL) ¼ cup (60mL) 1 tbsp (15mL)	Oatmeal Milk Protein powder
	Yogurt	1 small container	Low-fat, no-sugar-added yogurt
Morning snack	Protein shake	½ (120mL) - 1 cup (250mL)	Protein shake
Lunch	Cream of mushroom soup	¼ cup (60mL) 1 tbsp (15mL)	Strained cream of mushroom soup Protein powder
	Applesauce	¼ cup (60mL)	Applesauce
Afternoon snack	Protein shake	½ cup (120mL) – 1 cup (250mL)	Protein shake
Dinner	Cottage cheese	¼ cup (60mL)	Low-fat cottage cheese
	Yogurt	1 small container 1 tbsp (15mL)	No-sugar-added yogurt Protein powder
Evening snack	Protein shake	½ cup (120mL)	Protein shake

Example Liquid Diet - Day 2

	Name of food	What is in it	
Breakfast	Strawberry Vanilla Shake	1 scoop 1 cup (250mL) 1 tsp (5mL) ½ packet ½ cup (120mL)	Unflavoured protein powder Skim milk Vanilla extract Strawberry flavoured sugar-free drink crystals Crushed ice
	Yogurt	1 small container	Low-fat, no-sugar-added yogurt
Morning snack	Protein shake	½ (120mL) – 1 cup (250mL)	Protein shake
Lunch	Cottage cheese	¼ cup (60mL)	Low-fat cottage cheese
	Yogurt	¼ cup (60mL)	Low-fat plain yogurt
	Tomato juice	¼ cup (60mL)	Tomato juice
Afternoon snack	Protein shake	½ cup (120mL) – 1 cup (250mL)	Protein shake
Dinner	Cream of chicken soup	¼ cup (60mL) 1 Tbsp (15mL)	Strained cream of chicken soup Protein powder
	Applesauce	¼ cup (60mL)	Unsweetened applesauce
Evening snack	Protein shake	½ cup (120mL)	Protein shake

Weeks 3 and 4: Pureed Diet

Moving slowly from a liquid diet to a regular diet is an important step. Eating this way allows your stomach pouch to slowly adjust to regular food.

Use a blender or food processor to puree your food, or buy baby food. You can still enjoy all the foods from the liquid diet during this time. **If you have problems with pureed food, go back to liquids for about 12 hours, then try again.**

Follow this diet for **2 weeks**.

You will need to:

1. Continue taking your chewable vitamin and mineral supplements
2. Continue taking your protein supplements
3. Drink 4 to 6 cups (1000 to 1500mL) of calorie-free fluid each day
4. Eat/drink only the pureed foods and drinks listed below.

How much protein will you need?

- Drink 2 protein shakes a day
- Add unflavoured protein powder to your food whenever possible.

How should you eat?

- **Eat slowly.** Your meals should take 30 to 45 minutes
- **Separate your liquids and solids.** STOP drinking 30 minutes before a meal. Wait 30 minutes after eating to start drinking again
- Choose food from all food groups. Make sure everything is pureed or blended
- Do not worry if you cannot finish your meals
- Stop eating if you feel any discomfort or pain.

What foods can I eat?

Type of food	Foods you can eat	Foods you need to avoid
Fruit and vegetable	Tomato Juice Unsweetened apple sauce Cooked, pureed vegetables Cooked or canned, pureed fruit	Seeds and tough skins Dried fruit Raw fruits and vegetables
Grain and starch	Cream of wheat Oatmeal (less than 10 grams of sugar) Cold cereal (not sugar coated) soaked in milk until soft Soda crackers Melba toast	Bread Pasta Rice All other cereal
Soup	All soups, pureed	All other soups with chunks or pieces
Beverages	Sugar-free clear fluids Water Juice diluted in half with water Low-fat meat or vegetable broth Decaf tea or coffee	Carbonated beverages Caffeinated beverages Full-strength juice Alcohol
Desserts and sweets	No-sugar-added pudding Sugar-free Jell-O®	All other sweets
Protein sources	Protein powder and protein shakes Milk or Lactose free milk (skim or 1%) Natural/Plain soy beverage Cottage cheese No-sugar-added yogurt Fish (moist and mashed with a fork) Soft, poached egg Hummus Pureed chicken, beef, pork	Peanut butter Nuts and seeds Eggs (unless poached) Hard cheeses 2% or homogenized milk Cream

How to Make Your Own Pureed Food

Plan your pureed diet before your surgery. Make the foods and freeze them before surgery. That way, it will be ready for you when you need it.

You can buy pureed baby food, or try making your own pureed food. With the right equipment it is easy to make your own. The pureed diet is an important step and allows your stomach pouch to adjust to thicker food before it is ready for soft food.

What foods should you puree?

Vegetables and fruit are the easiest to puree. Poultry or fish is harder to puree.

How long can you keep your pureed food?

Frozen pureed fruits and vegetables can be kept for 6 to 8 months.

Frozen pureed meat and fish can be kept for 10 weeks.

What will you need?

1. Blender or food processor
2. Small containers with lids to store food
3. Use ice cube trays to freeze small amounts and transfer to a freezer bag once frozen
4. Label all food with the name and date they were made.

Type of food	How much liquid to add before blending	How long you need to blend it	How much you will have after
Fruits: 1/3 to 1/2 cup (75 to 120mL) cooked fruit	2 teaspoons (10 mL) water	15 to 45 seconds	1/3 to 1/2 cup (75mL to 120mL)
Vegetables: 3/4 cup (200mL) cooked vegetables	3 teaspoons (15 mL) vegetable liquid, broth or water	1 to 2 minutes	1/3 to 1/2 cup (75mL to 120mL)
Meat: 1/2 cup (120mL) cooked meat	4 tablespoons (60 mL) vegetable liquid, broth, or liquid that meat is cooked in	Until smooth	1/3 to 1/2 cup (75mL to 120mL)

Example Pureed Diet

	Name of food	What is in it	
Breakfast	Cream of wheat	¼ to 1/3 cup (60 –80mL) 2 to 4 tbsp (30 – 60mL)	Cream of wheat Milk
	Fruit	2 tbsp (30mL)	Pureed fruit
Morning snack	Protein shake	1 cup (250mL)	Protein shake
Lunch	Egg	1	Soft poached egg
	Melba toast®	1 to 2 pieces	Melba toast ®
Afternoon snack	Yogurt	1 small container	No-sugar-added yogurt
Dinner	Meat or fish	2 to 4 tbsp (30 – 60mL)	Pureed poultry or mashed fish
	Mashed potato	2 tbsp (30mL) 1 tbsp (15mL)	Mashed potato Unflavoured pure protein powder
	Carrots	2 tbsp (30mL)	Pureed carrots
Evening snack	Protein shake	1 cup (250mL)	Protein shake



Go back on the liquid diet for about 12 hours if:

- You have nausea, vomiting or abdominal pain.

If these problems continue for more than 12 hours call your bariatric health team or family doctor.

Weeks 5 to 9: Soft diet

Once you are tolerating pureed food well, you are ready to start eating soft food. You will need to use trial and error to figure out what foods will work for you, and what foods will not. **If you have problems with solid food, go back to pureed food for a few days and then try again.**

Your goals:

1. Continue taking your protein supplements. Your Registered Dietitian will tell you when to stop drinking them.
2. Drink 6 cups to 8 cups (1500 to 2000mL) of calorie-free fluid each day
3. Eat or drink only the foods and drinks listed below.

How much protein will you need?

- **60 to 80 grams** of protein every day

How should you eat?

- **Eat slowly.** Your meals should take at least 20 to 40 minutes
- **Separate your liquids and solids.** Stop drinking 30 minutes before a meal. Wait 30 minutes after a meal to start drinking again
- **Eat 3 meals and 2 to 3 small snacks per day.** You will slowly be able to eat more food at each meal
- **Cut food into pieces the size of a pea**
- Eat the high-protein foods first
- Stop eating before you feel full
- Stop eating if you feel any discomfort or pain
- Choose food from all food groups.



Eat moist, tender food. Food cooked in a slow cooker or crockpot like stew, chili, and curry is very well-tolerated because of its soft texture. Remember you can still eat all of the foods from the first 4 weeks.

In addition to the foods you have already been eating on the Pureed Diet, here is a list of foods that you can now start to incorporate into your Soft Food Diet:

- **Ground meat/poultry or diced meat/poultry cooked in a chili, stew, or curry**

- **Cheese** – all types in 30g or 1 inch cube portions

- **Legumes** - soft and cooked, in a sauce (e.g. beans, lentils, chick peas)

- **Eggs** - cooked with little or no fat (e.g. boiled eggs, scrambled eggs)

- **Well-cooked fruits and vegetables** (e.g. boiled broccoli, canned green beans or carrots, canned fruit, potato or sweet potato)

- **Soft fruits** (e.g. banana, cantaloupe, frozen berries – thawed, mango, watermelon)

- **Pita bread, tortilla wraps**

- **Bread**- thin sliced, well toasted

- **Cereal**- high-fibre, low-sugar

- **All soups**

- **Peanut, almond or cashew butter** (limit to 1 tbsp serving)

Type of food	Foods you can eat	Foods you need to avoid
Fruit and vegetable	Tomato Juice Unsweetened apple sauce Well-cooked fruits and vegetables	-
Grain and starch	Cream of wheat Oatmeal (less than 10 grams of sugar) Cold cereal (not sugar-coated) Soda crackers, Melba toast® Pita Bread, Tortilla Wraps Toasted Bread Potato or sweet potato	-
Soup	All soups	-
Beverages	Sugar-free clear fluids Water Low-fat meat or vegetable broth Decaf tea or coffee	Carbonated beverages Caffeinated beverages Full-strength juice Alcohol
Desserts and sweets	No-sugar-added pudding No-sugar-added ice cream Sugar-free Jell-O®	All other sweets
Protein sources	Peanut butter Milk (skim or 1%), Low-lactose milk Natural/Plain soy beverage Cottage cheese Low-fat cheese No-sugar-added yogurt Fish and minced meat Eggs (cooked with little or no fat) Legumes (beans, peas or lentils)	Whole-milk Cream



Record what you eat and drink in a food journal. Try new foods one at a time and write down how well you tolerate them. If eating a food does not go well the first time, wait a couple of weeks before trying it again.

Example Soft Diet – Day 1 (80 g of protein)

	Name of food	What is in it	
Breakfast	Ricotta cheese	¼ cup (60mL)	ricotta cheese
	Peaches	¼ cup (60mL)	diced, no sugar added canned peaches
	Bran flakes	1 tbsp (15mL) sprinkle	bran flakes cinnamon
Morning snack	Protein shake	½ cup (120mL)	protein shake
Lunch	Bean soup	½ cup (120mL)	bean soup
	Cheese string	1	cheese string
	Melba® toast	1 piece	Melba® toast
Afternoon snack	Yogurt	1 small container	no sugar added yogurt
Dinner	Chicken	2 oz (50g)	stewed chicken
	Mashed potato	¼ cup (60mL)	mashed potato
Evening snack	Tuna pita	¼ cup (60mL) 2 tsp (10mL) ¼ small	tuna light mayo whole wheat pita
	Protein shake	½ cup (120mL)	protein shake

Example Soft Diet – Day 2 (65 g of protein)

	Name of food	What is in it	
Breakfast	Omelette	1 whole 2 tbsp (30mL) 1 tbsp (15mL) ½ slice	Egg Diced ham Shredded low-fat cheese Toasted whole wheat bread (dry)
Morning snack	--	--	--
Lunch	Chili Fruit	½ cup (120mL) ¼ cup (60mL)	Chili Chopped, unsweetened canned or frozen fruit
Afternoon snack	Hummus Tortilla	2 tbsp (30mL) ¼ small	Hummus Whole wheat tortilla
Dinner	Fish Beans Mashed potatoes	3 oz (75g) ¼ cup (60mL) ¼ cup (60mL)	Baked fish Well-cooked green beans Mashed sweet or regular potato
Evening snack		1 cup (250mL)	Milk

Lifelong Healthy Eating: Week 10 and Beyond

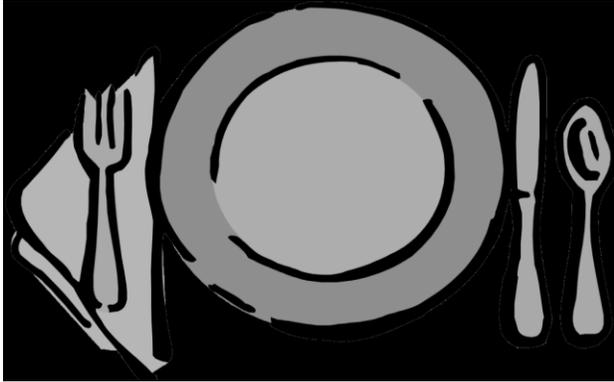
After the recovery process, you will need to adopt a healthy new way of eating. Having bariatric surgery is not enough to guarantee you will lose weight. There is always the chance of regaining weight.

Follow a healthy diet for the rest of your life.

You will need to:

1. Continue taking your vitamin and mineral supplements
2. Drink 6 to 8 cups (1500 to 2000mL) of low-calorie fluids each day
3. Aim to eat 60 to 80 grams of protein every day.

How Should I Eat?



Eat your food in this order:

1) **Protein first**

Eating the protein portion of your meal first helps you to get enough protein even if you are too full to finish the entire meal.

Your body needs 60 to 80 grams of protein each day. Because of the small amount of food you are eating, it is important to make sure half (50%) of the food you eat is protein.

Choose a good source of protein at every meal and snack.

2) **Vegetables/fruit second**

3) **Grain/starch third.**

- **Give yourself time.**
Set aside 30 to 45 minutes to eat each meal. Aim to chew your food 20 to 30 times for each bite and put your fork down in between each bite. Slow down, relax, and enjoy your food.
- **Get friends and family on board.**
Explain to them why you need to eat slowly, so they do not urge you to eat faster.
- **Take small bites.**
Remember to cut your food into small bites. You may also find it easier to use smaller plates and bowls to keep your portion sizes small.

- **Enjoy your food.**
Eat slowly and savour the taste of your food. Practise mindful eating.
- **Stop when you are full.**
Let your body, not the portion, tell you when you are full. Do not try to clean your plate. After surgery, over-eating, even a small amount, can cause vomiting and discomfort.
- **Eat 3 meals a day and 1 to 2 snacks a day.**
Do not graze. Eat only at set meal or snack times. Grazing or picking at food in between meals can slow down your weight loss and may stop you from reaching your goal.
- **Make every bite worth it.**
You are not eating very much, so make every bite count. Choose the best and most nutritious foods possible.

High Protein Foods

Use the following chart to help guide your food choices in order to maximize your protein intake. Have one of the following foods as part of each meal and snack.

Goal: 60 – 80 grams each day		
Protein Source	Amount	Protein (grams)
Meat and Chicken:		
Beef (Roast or steak)	¼ cup diced	11
Beef (Hamburger – lean)	¼ cup crumbled	9
Chicken	¼ cup diced	10
Turkey	¼ cup diced	10
Pork	¼ cup diced	10
Deli ham	¼ cup chopped	6
Deli turkey breast	¼ cup chopped	6
Fish:		
Salmon (Filet or canned)	¼ cup flaked	9
Smoked salmon or lox	¼ cup chopped	6
Tuna (Fresh or canned)	¼ cup flaked	10
Fish (all other varieties)	¼ cup flaked	9
Shrimp	¼ cup	8
Scallops	¼ cup	8

Protein Source	Amount	Protein (grams)
Meat Alternatives:		
Peanut butter	1 Tbsp	4
Chickpeas	¼ cup	4
Kidney beans	¼ cup	5
Lentils	¼ cup	5
Baked beans (Canned)	¼ cup	3
Bean or split pea soup	½ cup	9
Chili	½ cup	9
Hummus	¼ cup	5
Edamame (Soybeans)	¼ cup	6
Tofu (Soft)	¼ cup	3
Tofu (Firm)	¼ cup	5
Textured vegetable protein	¼ cup dry	12
Meatless ground meat	1/3 cup	10
Egg, whole	1	6
Egg, yolk only	1	3
Egg, white only	1	3
Milk and Milk Alternatives:		
Milk (Skim, 1%)	½ cup	4
Soy beverage, plain	½ cup	3
Yogurt, regular, (Plain or flavoured)	100 g (1/3 cup)	4
Yogurt, low fat (Plain or flavoured)	100 g (1/3 cup)	4
Greek yogurt (Plain)	100 g (1/3 cup)	8
Cheddar cheese	1" cube (30 g)	7
Cheese slices, processed, regular	1 slice	3
Cheese slices, processed, light	1 slice	4
Mozzarella, regular	1" cube (30 g)	6
Mozzarella, light	1" cube (30 g)	7
Mini Babybel, regular	1 serving (20 g)	4
Mini Babybel, light	1 serving (20 g)	6
Laughing Cow cheese wedge, regular	1 serving (16 g)	5
Laughing Cow cheese wedge, light	1 serving (16 g)	6
Black Diamond cheese strings	1 string (21 g)	6

Protein Source	Amount	Protein (grams)
Cottage cheese, 1%, or 2%	½ cup	8
Ricotta cheese, whole or part-skim	¼ cup	7
Skim milk powder	2 Tbsp	5

How should I drink?

- Keep drinks separate**
 Do not drink anything 30 minutes before a meal. Wait 30 minutes after a meal before you start drinking again. Drinking may push the food through your pouch too quickly. It will allow you to eat more at each meal.
- Drink slowly**
 Sip your drinks; do not “gulp” them. Pay attention to how you are feeling.
- Drink often**
 Sip throughout the day. Always keep a water bottle with you to avoid becoming dehydrated.

Avoid these:

- Carbonated beverages**
 When you drink carbonated beverages you risk stretching your pouch.
- High-calorie beverages**
 Beverages like fruit juice, chocolate milk, and specialty coffees are generally low in nutritional value and high in sugar. Liquids can pass quickly through your stomach pouch so they do not make you feel full, even though they are giving you a lot of calories.
- Too many alcoholic drinks**
 Alcoholic drinks are high in calories. You may also feel the effects of alcohol faster than you did before the surgery. Drinking alcohol in the first 6 months after surgery can increase your risk of ulcers.



*After surgery you should avoid alcohol for at least 6 months.
 Drinking alcohol after surgery can increase your risk of developing an ulcer.*

Nutrition Complications after Surgery

	Why does this happen?	What can you do?
<p>Nausea Vomiting Stomach Pain</p>	<p>Eating too much</p> <p>Eating too fast</p> <p>Not chewing enough</p> <p>Eating foods that are too dry or too tough</p> <p>Taking bites that are too large</p> <p>Eating and drinking at the same time</p> <p>Swallowing air</p> <p>Dehydration</p>	<ul style="list-style-type: none"> • Measure your food. • Put your fork down between bites • Time your meals. • Chew your food 20 to 30 times for each bite. • Add a gravy or sauce to moisten your food. • Cut food into the size of a pencil eraser. • Keep liquids and solids separate; avoid drinking during meal or snack times • Stop drinking before eating time • Wait 30 minutes once finished eating before drinking again. • Do not drink carbonated beverages • Do not use a straw • Do not chew gum. • Drink 6 to 8 cups of low-calorie fluid everyday • Keep track of how much you drink in your food journal.
<p>Dehydration You may notice:</p> <ul style="list-style-type: none"> • Thirst • Dry mouth, lips, eyes, skin • Headache 	<p>It is difficult to drink enough water and other clear fluids with the small size of your new stomach pouch.</p>	<ul style="list-style-type: none"> • Sip water and other low-calorie fluids ALL DAY long • Try to drink 6 to 8 cups (1500 to 2000mL) of fluid every day

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Dehydration <ul style="list-style-type: none"> • Dizziness • Irritable or tired • Not urinating very often • Dark-coloured urine 		<ul style="list-style-type: none"> • Drink out of the same container or bottle to help you track how much fluid you are getting • Suck on ice chips or a sugar-free popsicle; these count as fluid, too.
Food Intolerance <ul style="list-style-type: none"> • Pain or pressure in stomach • Food feels stuck 	Your digestive system was changed by surgery.	<ul style="list-style-type: none"> • Stay away from the food item for a while longer • Discuss with your dietitian.
Lactose Intolerance You may notice: <ul style="list-style-type: none"> • Cramping and stomach pain • Bloating and gas • Diarrhea 	You are not breaking down lactose, the natural sugar in milk products, due to the surgery. This may improve in time.	<ul style="list-style-type: none"> • Avoid milk. Try lactose-free milk or soy beverage • Yogurt and cheese may not cause any problems • Take Lactaid® pills or drops (an enzyme supplement) right before you have milk products.
Diarrhea <ul style="list-style-type: none"> • Soft or liquid stool may occur for a few months after surgery 	Your body is getting used to digesting food in a new way.	<ul style="list-style-type: none"> • Eat fewer products containing sugar alcohol sweeteners (words ending in “-ol”) like sorbitol, mannitol, xylitol • Reduce caffeine intake • Avoid lactose-containing products (milk and milk products); try lactose-free milk or soy beverage • Eat foods with soluble fibre (applesauce, banana, oatmeal) or take a fibre supplement.
Diarrhea	You may have dumping syndrome.	<ul style="list-style-type: none"> • Avoid high-fat and high-sugar foods: baked goods, candy, cookies, fruit drinks, ice cream, fries, and other fried foods

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Diarrhea		<ul style="list-style-type: none"> • Read the ingredients on labels and avoid products listing sugar (glucose, fructose, sucrose, syrup) in the first 3 ingredients.
Constipation <ul style="list-style-type: none"> • Stool is dry, hard, and difficult or painful to pass • You are not truly constipated if you simply do not have a bowel movement for 1 to 2 days. 	You may be: <ul style="list-style-type: none"> • Not drinking enough fluids • Eating less fibre • Taking pain medication. 	<ul style="list-style-type: none"> • Drink more water • Start your day by sipping warm water • Do more physical activity – walk more • Slowly, add fibre to your diet: bran cereal, vegetables, fruit, legumes (beans, lentils), whole grain bread.
Low blood sugar After eating, you may feel: <ul style="list-style-type: none"> • Anxious or nervous • Cold and clammy • Confused • Dizzy • Weak or shaky 	You may have eaten too much, or not enough, sugar or carbohydrate.	<ul style="list-style-type: none"> • Eat balanced meals on time – no meal skipping • Have protein with each meal and snack; eat protein first • Choose carbohydrate-foods that are higher in fibre and low in sugar • Avoid high-sugar foods and drinks • Avoid alcohol • *Always test your blood sugar first if you think you have low blood sugar • Treat low sugar only when it is below 4 mmol/L with: <ul style="list-style-type: none"> ○ ¾ cup (175mL) juice OR ○ 4 dextrose tablets • Wait 15 minutes, then test blood sugar again

	Why does this happen?	What can you do?
Low blood sugar		<ul style="list-style-type: none"> • Treat low sugar again only if it is still below 4 mmol/L • Eat a snack including protein and carbohydrate <ul style="list-style-type: none"> ○ Peanut butter with apple ○ Cheese with Melba toast® ○ Greek yogurt with fruit
Gas and Bloating	<p>You are digesting foods differently. You may be swallowing air when you eat and drink.</p>	<ul style="list-style-type: none"> • Eat slowly • Do not use straws • Do not chew gum • Eat protein with carbohydrate food • Avoid the food causing the gas.
Dumping Syndrome <ul style="list-style-type: none"> • Diarrhea • Dizziness • Fast heart beat • Flushing • Stomach cramping and pain • Sweating • Upset stomach 	<p>You are sensitive to the fat and sugar content of certain foods and beverages.</p>	<ul style="list-style-type: none"> • Avoid high-fat and high-sugar foods: baked goods, candy, cookies, fruit drinks, ice cream, fries, fried foods • Read the ingredients on labels and avoid products listing sugar (glucose, fructose, sucrose, syrup) in the first 3 ingredients • Aim for less than 10 grams of sugar per serving • Choose foods with less than 10% Daily Value of fat • Be sure not to drink while eating; wait 30 minutes.
Hair Loss	<p>This is common between 4 to 9 months after surgery, usually due to quick weight loss.</p> <p>Hair regrowth may start around 8 to 9 months after surgery.</p>	<ul style="list-style-type: none"> • Be sure to eat at least 60 grams of protein each day • Take all of your vitamin and mineral supplements every day • Complete your blood work on time so your bariatric team can help you manage deficiencies.

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Vitamin and Mineral Deficiency	<p>You are not getting enough vitamins and minerals because you are eating much less.</p> <p>Your digestive system has been changed and absorbs less nutrition.</p>	<ul style="list-style-type: none"> • Eat a variety of healthy foods • Take your supplements every day, for a life-time: <ul style="list-style-type: none"> ○ Multivitamin-mineral ○ Calcium with vitamin D ○ Extra vitamin D may also be needed ○ Vitamin B₁₂ • Other supplements may be recommended by your doctor or dietitian.



Remember: Your weight loss will vary depending on your commitment and ability to maintain a healthy diet and lifestyle.

Smartphone Applications

My Fitness Pal

This free calorie counter has over 2 million foods to help you track your diet. You will need to create an account to use this application.

Lose It!

This free application allows you to track your food and daily activity. The database contains food from restaurants and grocery stores.

Baritastic

This free application has multiple tools, including nutrition and exercise trackers, recipe ideas, and food timer. You will need to create an account to use this application.

Eating Mindfully: Eat, Drink & Be Mindful Spark People

This application will help you eat mindfully. You can track your hunger level before and after meals. This application has a diet and fitness tracker. To download this application, you must pay a fee.

Eat Slowly

This free application uses a meal timer to help you slow down your eating and enjoy the taste of the food you eat.