



Care That's All Around You.

A Guide for Nutrition and
Lifestyle After Surgery



METAMOR[™]
a metabolic institute



Pennington Biomedical
Research Center
Louisiana State University



Our Lady
of the Lake
Health



(225) 330-0497
metamorinstitute.org

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METAMOR INSTITUTE AND OUR LADY OF THE LAKE BARIATRIC SURGERY PROGRAM

We are proud to offer our surgical weight loss options through a partnership with the world-renowned Pennington Biomedical Research Center in the new Metamor Institute. Metamor is uniquely focused on the advanced treatment of obesity and diabetes, and is the first institute in the nation to offer an integrated and multidisciplinary approach to caring for individuals who suffer from these devastating diseases in a single facility. Our team utilizes a variety of treatment approaches including lifestyle interventions, drug and combination therapies, and surgical procedures performed in state-of-the-art facilities at Our Lady of the Lake Regional Medical Center. Your surgery will be at Our Lady of the Lake or Our Lady of the Lake Ascension.

Our Lady of the Lake and Our Lady of the Lake Ascension are Comprehensive Centers with the Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program (MBSAQIP), a joint program of the American College of Surgeons (ACS) and the American Society for Metabolic and Bariatric Surgery (ASMBS). This verifies that the bariatric surgery program meets the highest standards for patient safety and quality of care.

A woman with dark, wavy hair is shown from the chest up, wearing a vertically striped, long-sleeved button-down shirt. The image is overlaid with a semi-transparent purple filter. A white rounded rectangle with a black border is centered in the lower half of the image, containing the text.

WEIGHT LOSS SURGERY EXPECTATIONS



Weight loss is one of the many great benefits of bariatric surgery! Bariatric surgery is a tool to assist you in weight loss; it is not a cure for obesity. You should have realistic expectations for the surgery.

Current evidence indicates that weight loss after surgery occurs for three reasons:

- Restriction of food that the stomach can hold
- Malabsorption of certain nutrients
- And, most importantly, a change to metabolic hormones

Weight loss is considered successful when a person loses 50 percent of their excess body weight.

Depending on the procedure, you may continue to lose weight for up to two years after surgery. It is important to know that even if you do not reach your ideal weight, many physical, medical, and emotional health benefits are significant.

Plateaus

Plateaus are temporary stalls in weight loss and are a normal part of your weight loss journey. It is important to recognize when and if you have hit a plateau. To overcome your plateau: determine if and why you may have gotten off track, mix up your diet and exercise routine, reassess your protein and hydration intake, and evaluate your sleep patterns. We also suggest you meet with a dietitian at the clinic.

Improvement of Obesity-related Illnesses

Many conditions such as diabetes, sleep apnea, or hypertension will improve with significant weight loss. The improvement response varies from person to person.

The health benefits of losing weight are countless. Most people may find improvement in shortness of breath, circulation, mobility, joint pain, back pain, and arthritic conditions. This depends on how much weight is lost and the nature of the condition.

Success After Bariatric Surgery

To enjoy all the health benefits weight loss surgery has to offer, you must be committed to making changes to your daily eating habits and develop a healthy lifestyle which includes regular physical activity, mental health, and a commitment to follow up with your bariatric surgery team.

Nutrition

Weight loss surgery will change the way you eat and how much you can eat. Meals that may have seemed small in the past will quickly make you full. You will find that you need to eat small amounts slowly, chew well, and choose foods that are nutritious. Use caution as you adjust to eating with your smaller stomach. You should expect to continue vitamin supplementation for a lifetime.

Pregnancy

Weight loss can often improve weight-associated causes for infertility such as polycystic ovarian syndrome or insulin resistance. Bariatric surgery is effective in achieving significant weight loss and has been shown to improve fertility in many studies. For some, this may be a reason for having bariatric surgery. Due to nutritional concerns and proper fetal development, pregnancy is not recommended during the rapid weight loss phase. Discuss your specific situation with your doctors and avoid pregnancy for 18 months following surgery or until your weight becomes stable.

PRESURGICAL DIET

Begin 2 Weeks Before Your Surgery Date

Pre-operative weight loss is desirable to decrease the risk of complications during weight loss surgery. It is very important that you adhere to the pre-surgical diet. If you find yourself struggling with the guidelines, please call the office for support and guidance.

■ Start on this meal plan 2 weeks prior to surgery.

You should expect to lose at least 5 pounds, but up to 20 pounds over the 2-week period (the more weight loss the better). You may experience strong hunger in the first 2-3 days, but this will subside after 3+ days. Most patients are motivated to kickstart their weight loss.

Diet guidelines

- Low Calorie, 800 calories per day
- At least 60 grams of protein per day
- Protein meal replacement shakes

THE DAY BEFORE SURGERY:

- Drink full and clear liquids only. Do not eat any vegetables or soft or solid foods. Disregarding this could postpone surgery and increase your risk.
- Drink lots of water (64 ounces) until 11 p.m., then nothing to drink after 11 p.m.
- You will be given instructions regarding medications before surgery.

What to include in your diet:**• Meal Replacements / Protein supplements:**

- 3-5 meal replacement shakes per day
- Whey protein with at least 15 grams of protein per serving (plant-based options available if whey intolerant)

• Soups:

- Bouillon, broths, and low-fat cream soups
- Avoid soups containing noodles, rice and meat.

• Milk and Dairy:

- Skim or 1% milk, Almond, Soy, Lactaid or Fairlife
- Light yogurt, Nonfat Greek yogurt
- No ice cream!

• Other

- Sugar free pudding, sugar free Jell-O, sugar free popsicles
- Vegetable juice

• Beverages:

- Should be sugar free and calorie free
- Aim for at least 64 ounces of water/fluids per day
- Unsweet iced tea or coffee (decaffeinated preferred)
- Crystal Light, sugar free Kool-Aid, sugar free water flavorings
- No carbonated beverages, no alcohol, no fruit juices

• Non-Starchy Vegetables:

- You may have 1-4 cups of non-starchy vegetables per day to satisfy hunger.
- Broccoli, carrots, cauliflower, cucumbers (pickles are okay), green beans, lettuce, peppers, spinach, squash, tomatoes


Patients with Diabetes:

We recommend consuming 15-20 grams of carbohydrates per meal. Be sure to monitor your blood sugars and contact your doctor if necessary.

Liquids containing carbohydrates:

Milk, yogurt, fruit smoothies, V8 juice, cream soups

If you have any questions, please contact our office at (225) 330-0497.

The background is a soft-focus photograph of a light-colored dog, possibly a Weimaraner, lying down. In the foreground, there is a bunch of lemons with green leaves on a wooden surface. The entire image is overlaid with a semi-transparent purple filter. A white rounded rectangle is centered on the page, containing the title text.

YOUR GUIDE TO NUTRITION AFTER WEIGHT LOSS SURGERY



Bariatric surgery is your **TOOL** to assist in weight loss. To make the tool work most effectively, changes in your eating habits and development of a healthy lifestyle is necessary. Start **NOW** to develop healthy habits prior to surgery and plan to make healthy behaviors a life-time commitment.

The role of weight loss surgery is to reduce the stomach's size, therefore reducing the amount of food you can eat and absorb. Due to the greatly reduced capacity of the stomach, and in certain procedures a portion of the small intestine being bypassed, it is difficult to get adequate nutrition through diet alone. Supplementing with vitamins, protein, and fluid are required to maintain health.

While results vary from patient to patient, in general:

- Your stomach capacity directly after surgery is only 1-2 ounces
- 6 months after surgery, most patients can consume 4 ounces or 1/2 cup per meal
- 1 year after surgery, most patients can consume up to 8 ounces or 1 cup per meal
- You should chew your food very well to avoid swallowing foods too large for your new stomach to digest. This will also prevent you from eating too fast during meals.
- It is important to maintain healthy eating habits and portion control for long-term to avoid weight regain.

You should follow the diet phases in this guide to allow the stomach to adjust gradually and heal properly.

HYDRATION

Due to the decreased stomach capacity, it is easy to become dehydrated. Dehydration is one of the most common reasons for readmission to the hospital after surgery. Know the signs of dehydration. You should sip on liquids throughout the day even when you are not feeling thirsty.

Hydration is essential!

Daily fluid goal: 48-64 oz. per day

All fluids must be sugar free, carbonation free, caffeine free and calorie free. Water is always best.

**Other hydration options:**

Crystal Light, sugar free water flavoring, unsweet decaf tea, Powerade Zero, Propel Zero, sugar free Kool-Aid, Gatorade Zero, Mio

Avoid:

- All carbonated beverages, including “diet” or “zero” drinks
- All sugary beverages, including all fruit juices, punches, lemonades, sweet tea, regular Gatorade, Powerade, Propel, coconut water, etc.
- High fat dairy (such as whole or 2% milk)
- Caffeine (can dehydrate you and interfere with nutrient absorption)
- Alcoholic beverages
- Gulping and drinking quickly
- Drinking during meals (there’s not room for both!)
- Wait 15 minutes after drinking before eating foods
- Wait 30-45 minutes after eating before drinking liquids
- Remember to eat your calories, not drink them.



VITAMIN SUPPLEMENTATION

With bariatric surgeries, malabsorption will occur. You are, therefore, **REQUIRED** to supplement for a lifetime and continue to have routine lab work to prevent deficiencies.

Vitamin supplementation is recommended for a **lifetime**. We recommend starting your vitamins after your first visit at Metamor. Bariatric surgery reduces the size of the stomach, changing the amount of food you can eat, and can alter nutrient absorption. Nutrient deficiencies may occur. Therefore, we recommend the following vitamins to **prevent** deficiencies.

- Chewable vitamins may be recommended for the first 2-3 months for tolerance. You may switch to a capsule vitamin soon after or when recommended by your healthcare team.



- **Avoid gummy vitamins and patches** as they do not meet the recommended requirements.
- **Bariatric brand vitamins are preferred** as they are made specifically for you, patients who have had bariatric surgery!

Choose chewable or capsule Bariatric brand vitamins!

The appropriate bariatric vitamins are based on a variety of factors. Please consult with the Metamor dietitians to guide you in the selection of supplements.

*Take 500 mg of calcium citrate 3 times a day or 600 mg 2 times a day. Take calcium citrate 2 hours apart from your bariatric multivitamin.

PROTEIN

Protein comes from food sources such as meat, eggs, dairy, and beans. Due to the stomach size after surgery, it may be difficult to eat enough protein from food intake alone.

Protein supplements help you reach your goals by providing a condensed, high quality protein. Supplements are available in powder and liquid forms. As you can consume larger portions of protein foods, supplements will become less necessary.

In the first 1-3 months after surgery, a protein goal of 40-60 grams per day is reasonable.

Average Protein Goal

- Men = 80-100 grams per day
- Women = 60-80 grams per day

Protein needs vary according to your gender, height, activity level, type of surgery or medical needs. Ask your dietitian for your individualized protein goal.

***Your individual daily protein goal is:**

.....

Grams per day

GUIDELINES FOR SELECTING A PROTEIN SUPPLEMENT

- **Whey Protein Isolate:** Milk protein isolate or hydrolyzed whey protein
 - Whey protein is the best quality and form of protein.
 - Soy isolate or casein are also acceptable if there is a milk allergy.
 - Look for a “complete” protein. The label may say “all nine essential amino acids.”
- Low in carbohydrates: less than 5 grams per serving
- Low in fat: less than 3 grams per serving

Caution with these Protein Supplements:

- Whey protein **concentrates** are higher in lactose and are a poorly absorbed form of protein for after surgery. Some examples include: Premier Protein shakes, GNC Lean.
- **Collagen** based products are not complete proteins and will not actually provide the amount of protein on the label. Some examples include: Nu Whey, Promod, Prostat, Proteinex, Vital Proteins.

*Try starting with sample packs.

*Don't buy too much as taste changes can occur or you may become bored with your supplement

Talk to the Metamor team for protein suggestions.

CLEAR PROTEINS

Allowed on Phase 1 or clear liquid diet.

*It is not necessary to purchase these for phase 1 but they offer a good alternative to shakes during any diet phase.

- Dymatize Iso100 Clear
 - 40 grams of protein in 20 oz. bottle
 - Available at Walmart, GNC, dymatize.com
- Isopure 20 Gram Protein
 - 20 grams of protein in 16 oz. bottle
- Isopure Zero Carb
 - 40 grams of protein in 20 oz. bottle
 - Available at GNC, theisopurecompany.com
- Premier Protein Clear Protein Drink
 - 20 grams of protein in 16.9 oz. bottle
 - Available at Sam's, Walmart, Target
- Protein 20
- Gatorade Zero with protein



SHAKE / POWDER PROTEINS

Allowed on Phase 2 diet and beyond.

- **Bariatric Advantage High Protein Supplement Mix**
 - 20 grams of protein in 1 scoop/packet
 - Available at bariatricadvantage.com and the Metamor clinic
- **Celebrate Protein 20** (variety of flavors including unflavored)
 - 20 grams of protein in 1 scoop/packet
 - Available at celebratevitamins.com
- **Dymatize Iso100**
 - 25 grams of protein in 1 scoop
 - Available at Walmart, GNC, dymatize.com
- **GenePro** (available in unflavored)
 - 30 grams of protein in 1 scoop



- **Isopure Zero/Low Carb or Isopure Whey Protein Isolate** (unflavored)
 - 25 grams of protein in 1 scoop
 - Available at GNC, Vitamin Shoppe, theisopurecompany.com
- **Muscle Milk 100 Calorie** – ready to drink
 - 20 grams of protein in 12 oz.
 - Available at most grocery stores
- **Smoothie King Gladiator or Lean 1**
 - 45 grams of protein in 2 scoops
 - This is the only appropriate product from Smoothie King
- **Unjury** (variety of flavors including unflavored and chicken soup)
 - 20 grams of protein in 1 scoop/packet
 - Available for purchase at surgeon's office, unjury.com



RECIPES FOR PROTEIN SUPPLEMENTS



Morning Delight

- 1 cup skim milk/alternative
- 4 ice cubes
- 1 tsp nutmeg
- 1 tsp vanilla extract
- 1 scoop protein powder

Banana Cream

- 1 cup skim milk/alternative
- 4 ice cubes
- ½ frozen banana
- 1 scoop protein powder

Chocolate Chiller

- 1 cup skim milk/alternative
- 1 packet sugar free hot chocolate
- 1 scoop protein powder

Fruit Surprise

- ¼ cup skim milk/alternative
- ¾ cup sugar free beverage
- 1 scoop protein powder

Orangesicle

- 2 scoops vanilla protein powder
- 2 tsp sugar free orange water flavoring
- 12-16 oz. water

Cheesecake Pudding

- 1 cup plain Greek yogurt
- 1 scoop protein powder
- 1 package sugar free cheesecake pudding

High Protein Mousse

- 1 small sugar free pudding mix
- 6 oz. fat free cottage cheese
- 4 oz. light Cool Whip
- Blend cottage cheese until smooth
- Add pudding and mix well
- Empty into large bowl and fold in
- Cool Whip

POST SURGERY DIET PROGRESSION

	PHASE 1 Clear liquids	PHASE 2 Full liquids	PHASE 3 Soft	PHASE 4 Regular
Gastric Sleeve, RNY Bypass	1-2 Days	2 weeks	4 weeks	Start at 6-8 weeks

PHASE 1 – CLEAR LIQUIDS

First 2 days following surgery

Includes:

- Water
- Unsweet decaf tea
- Broth – any flavor; Low sodium
- Crystal Light, Sugar-free water flavorings
- Sugar free Jell-O
- Sugar free popsicles
- Clear protein supplements (see protein list)

Tips:

- Take small sips (no more than 2-3 ounces)
- Stop as soon as you feel full. Do not force anything.
- Small amounts of artificial sweeteners are okay.
- Stay hydrated!

PHASE 2 – FULL LIQUIDS

Follow for 2 weeks

Includes:

- All items from Phase 1
- Low fat cream soups, strained (avoid high starch soups like potato or corn) Cream of chicken, cream of mushroom
- Vegetable juice: V8, Diet V8 Splash
- Yogurt: Light, nonfat, plain, Greek (no fruit on bottom)
- Milk: Skim or 1%; Alternatives: soy, almond, Lactaid, Fairlife
- Sugar free pudding
- Phase 2 protein supplements and powders
- Start taking vitamin and mineral supplements!

Tips:

- Continue to take small sips (2-3 ounces) and stop at first sign of fullness
- Sip on water throughout the day
- Avoid all sweetened drinks, fruit juice, flavored milk, caffeine and carbonation
- Drink 1-2 ounces of protein supplement every hour
- Use unflavored protein powder or nonfat dry milk in foods to increase protein intake

SAMPLE MENU: PHASE 2

Breakfast	2-3 oz. light yogurt with unflavored protein powder
Mid-morning	2-3 oz. protein supplement
Lunch	2-3 oz. cream of chicken (strained) with unflavored protein powder
Mid-afternoon	2-3 oz. protein supplement
Dinner	3 oz. vegetable juice with unflavored protein powder
Evening snack	2-3 oz. sugar free pudding with protein powder

PHASE 3 – SOFT CONSISTENCY

Start on day 15, Follow for 4 weeks

Includes:

- All items from phases 1 and 2
- Eggs: Any style. May want to begin with soft cooked or poached. Egg substitutes.
- Fish/Seafood: canned tuna, salmon, crab
 - Shrimp, crawfish, and oysters are a bit chewy, so consider waiting a few weeks
- Chicken, Turkey: skinless; ground or chopped; cook tender (too dry may be difficult to swallow)
- Ground beef: Choose lower fat for better tolerance. Even ground beef may take a few months before you can eat this. You may want to start with ground turkey.
- Deli meats: low fat turkey, ham, chicken (no honey or BBQ flavors)
- Soft cheeses: Low/reduced fat cottage cheese, ricotta cheese, low fat shredded cheese, string cheese
- Tofu or soy-based products
- Beans: navy, red, white, low fat refried
- Black bean or lentil soups
- Small amounts of natural peanut butter (no sugar added)

- Well-cooked non-starchy vegetables
 - Avoid all potatoes, corn, green peas
- Soft fresh fruit, canned fruits (in natural juices only, no peelings or skin)
 - Caution with citrus if having reflux
- Small amounts of hot cereals: oatmeal or cream of wheat, preferably with protein powder mixed in (avoid grits)

Tips:

- Foods must be easy to mash with fork to be considered “soft”
- Meats should be tender
- Continue taking small bites, using smaller utensils, plates, bowls
- Eat slowly and chew foods thoroughly
- Try one new food at a time. If there is an issue, revert to previous phase.
- Always eat protein first, then cooked vegetables, then fruit
- Do not fry or add batter/breadcrumbs to foods
- Use minimal amounts of oils/condiments
- Can use small amounts of mustard, cooking spray, or light mayo to flavor foods
- Season as tolerated
- Do not eat and drink at the same time

SAMPLE MENU: PHASE 3

Breakfast	2 tablespoons scrambled egg, 2 oz. light yogurt
Mid-morning	2-3 oz. protein supplement
Lunch	1 oz. deli turkey, 1 oz. low fat cheese
Mid-afternoon	2-3 oz. protein supplement
Dinner	2-3 oz. baked fish
Evening snack	2-3 oz. protein supplement

SAMPLE MENU: PHASE 3

Breakfast	1 scrambled egg + shredded cheese
Mid-morning	2-3 oz. protein supplement
Lunch	2-3 oz. canned tuna
Mid-afternoon	2-3 oz. protein supplement
Dinner	2-3 oz. red beans
Evening snack	2-3 oz. protein supplement

PHASE 4 – REGULAR CONSISTENCY

Start at 6 weeks

Includes:

- All items from phases 1, 2, and 3
- Fresh vegetables, Salads (Avoid gas producing vegetables if causes discomfort- broccoli, cabbage, cauliflower, etc.)
- Fresh fruits
- Tender cuts of meat (tenderloin, etc.)

Remember:

- Continue drinking at least 48 ounces of water throughout the day
- Try one new food at a time in case it does not agree with you
- Advance slower if you feel more comfortable, your body may require more time to adjust. You can always go back to a previous diet phase if necessary
- Always eat protein first
- Stop at the first sign of fullness
- Chew very well

Non-starchy vegetables: Artichokes, beets, broccoli, Brussels sprouts, cabbage, carrots, cauliflower, cucumber, eggplant, greens, green beans, mushrooms, onions, peppers, spinach, squash, tomatoes

SAMPLE MENU: PHASE 4

Breakfast	1 boiled egg, 2 oz. Greek yogurt
Mid-morning	2-3 oz. protein supplement
Lunch	2 oz. grilled chicken, 1-2 oz. fresh baby spinach
Mid-afternoon	2-3 oz. protein supplement
Dinner	1 small meatball, 1-2 oz. fresh pineapple
Evening snack	2-3 oz. sugar free pudding, with protein powder

GROCERY LIST

Suggested items to purchase for the first 2 weeks after surgery:

- Protein supplements (refer to list)
- Vitamin and mineral supplements (refer to list)
- Broth – beef, chicken, vegetable; low sodium if desired
- Sugar free gelatin
- Sugar free popsicles (must be less than 15 calories per serving)
- Sugar free, non-carbonated, zero-calorie beverages (Crystal Light, decaf unsweet tea, sugar free water flavorings, Propel Zero)
- Cream soups, low fat (NO POTATO OR CORN)
- Skim or 1% milk, or milk alternative, such as Fairlife, Lactaid, or almond
- Yogurt (light or plain, nonfat Greek)
- Sugar free pudding
- Vegetable juice (V8)
- Cup with top, child sized utensils, small plates/bowls

COMMON PROBLEM FOODS

Every patient is different, but the following are common problem foods:

- Tough meats, especially red meats. These require a lot of chewing and are difficult to digest even after grinding.
- Dry meats
- Shrimp, crawfish, or oysters because they are chewier
- Fibrous vegetables such as corn, asparagus, celery
- Citrus fruits, acidic foods (mainly for sleeve patients who have reflux)
- Fruit membranes/peels
- Nuts or seeds
- Milk/Lactose – a common food intolerance that patients may develop. Milk alternatives such as soy, almond, Lactaid or Fairlife are acceptable.

DUMPING SYNDROME

Dumping syndrome is a common side effect that can happen after any of the procedures, but particularly gastric bypass and duodenal switch. Symptoms can range from mild to severe. Dumping usually occurs due to poor food choices, most commonly after eating refined sugars (high fructose corn syrup) or starchy carbohydrates. It can also happen with dairy products, fatty and fried foods. These foods rapidly move through your smaller stomach and into the small intestine which triggers the symptoms below:

- Early dumping occurs 30-60 minutes after eating and can last up to 60 minutes. Symptoms include sweating, flushing, light-headedness, increased heart rate, palpitations, desire to lie down, upper abdominal fullness, nausea, diarrhea, cramping, and active audible bowels sounds.
- Late dumping occurs 1-3 hours after eating. Symptoms are related to low blood sugar which include sweating, shakiness, loss of concentration, hunger, and fainting or passing out.

Foods that may cause dumping syndrome and should be avoided:

- High fat foods – greasy or fried foods (these are empty calories!). Avoid large amounts of nut butters.
- Ice cream, sherbet (high fat/high sugar)
- High starch/carbohydrate foods *
 - Bread - Potatoes - Pastries
 - Rice - Corn - Cakes
 - Pasta - Peas - Cookies
 - Popcorn - Crackers

* Avoid until weight goal is reached, then add in healthy amounts and choose whole grain. Always eat protein first.

Note: Just because you can tolerate a food that is off the diet progression does not mean it is okay to eat it!

Dumping syndrome reinforces the need to make better food choices, but everyone should avoid high fat/high starch/concentrated sugar foods/drinks, even if you have no adverse effects.

FOODS TO DELAY

- **Red meats** (beef, pork, lamb)

These are usually easier tolerated 6-8 months after surgery. Choose leaner cuts (filet, tenderloin). Chew very well before swallowing. Ground beef can sometimes take a while to tolerate.

- **High starch foods** (bread, rice, pasta, crackers, potatoes)

These foods tend to swell and cause discomfort. They may also limit or stall weight loss. They are better tolerated 6-8 months after surgery, but we recommend adding these in after goal weight is reached. Once you do add in, choose one meal a day to eat them and choose whole wheat, whole grain.

- **Sweets and sugars** (fruit juice, candy, ice cream, BBQ sauces)

These frequently cause “dumping syndrome”, but even if there are no adverse effects, avoid including these in your meal plan as they lead to unhealthy habits. Substitute fruit instead for sweet snacks.

- **Foods and beverages that are high in added sugars must be eliminated from your diet for life.**
- **Fats** (fried foods, salad dressings, mayo, butter, high fat meats/cheeses/dairy) High fat foods are known to cause “dumping syndrome”, but even without issues these items are high in calories. Large amounts of these may lead to unhealthy eating habits. Use only small amounts when cooking or preparing foods, choose light condiments, substitute mustard for mayonnaise or use low fat mayo. Avoid all fried foods, even in small amounts. **Items should contain no more than 5 grams of fat per serving.**

DRINKS TO DELAY

- **Alcohol**

Alcohol consumption is not recommended in the first year post-op. Reserve for special occasions, drink responsibly, and avoid sugary drinks. Keep in mind that your tolerance of alcohol consumption will be significantly lower than pre-op.

- **Beverages**

Avoid all carbonated and sugary drinks (this includes carbonated water). Sugary drinks include flavored milk, fruit juices/blends, Kool-aid, sweetened tea, coffee sweetened with real sugar or honey. Opt for sugar free, carbonation free, calorie free beverages. Sugar substitutes are fine. Water is best!

- **Sugar alcohols** (mannitol, xylitol, and sorbitol)

Sweeteners used in many sugar free products including protein supplements. They may cause diarrhea, cramping, or bloating. If you are experiencing these symptoms, check your food label to make sure your product doesn't contain these.

BEHAVIOR MODIFICATION

Every Day

- Keep a food journal to track your protein and hydration goals.
- Set up a time schedule for meals and snacks.
- Keep a log of exercise, weight, and lifestyle goals.
- Avoid snacking/grazing while preparing your meals.
- Use smaller plates (such as a salad plate) to maintain smaller portions.
- Sip liquids slowly and throughout the day.
- Chew foods very well and eat slowly.
- Stop eating when you feel satisfied, listen to your body cues.

Mindful Eating

- Respect your mealtimes. Make it a point to stop and eat during the day. Try not to rush. Do not skip meals.
- Get to know your physical signs of hunger and determine the difference between head hunger vs. stomach hunger. Identify times when you are eating out of boredom.
- Get your senses involved. Look at the color of your food, smell the aroma, and listen to the sounds of cooking. Chew slowly and taste all the different flavors.
- Put your utensils down between bites.
- Think of food as fuel. Your body needs food to function. Fill your body with more good fuel than bad fuel, read nutrition labels and choose wisely.
- For more information about mindful eating for bariatric surgery, visit amihungry.com.

At the Grocery Store

- Plan meals prior to grocery shopping.
- Do not shop on an empty stomach.
- Decrease frequency of food shopping; choose one day a week to shop.
- Prepare a shopping list and stick to it.
- Use online grocery stores or curbside pickup to help you stick to your list.

Dining Out

- Look up the restaurant menu ahead of time and choose your meal.
- Select foods that you can tolerate.
- Select items with the least amount of fat and calories.
- Ask for gravy, sauces, or salad dressings on the side so you can control the amount.
- Share an entrée or ask for a to-go box when your meal arrives so you can portion before eating.
- Order an appetizer or side dish to limit portion size.
- Request food be prepared without butter or margarine.
- Ask if you can order “off the menu”; for example, request broiled fish or baked chicken
- Choose restaurants that are known for offering low-fat, low-calorie meals.
- Skip the buffets.
- Select foods that are steamed, garden fresh, broiled, baked, roasted, poached, lightly sautéed or stir-fried.

Food Journaling and Calorie/Protein Counting

- Baritastic app
- Get to Goal
- Calorie King app/website
- Lose It app
- My Fitness Pal app/website
- My Plate Calorie Counter app
- Nutritionix app

BARIATRIC RECIPE WEBSITES

My Bariatric Solutions

www.mybariatricsolutions.com/recipes

Bariatric Eating

www.bariatriceating.com/blogs/recipes

Barilife Recipes

www.barilife.com/blog/categories/bariatric-recipes

Celebrate Vitamins

www.celebratevitamins.com/blogs/recipes

BARIATRIC BOOKS, & COOKBOOKS

Cooking for Weight Loss Surgery Patients

by Dick Stucki

The High-Protein Cookbook

More than 150 healthy and irresistibly good low-carb dishes that can be on the table in thirty minutes or less by Linda West Eckhardt, Katherine West Defoyd

COMPLAINTS	CAUSE	TREATMENT
Dehydration	<ul style="list-style-type: none"> • Can happen quickly due to decreased stomach capacity after surgery • Vomiting or diarrhea • Excessive sweating <p>Signs of Dehydration:</p> <ul style="list-style-type: none"> • Dark color urine • Light-headed/dizzy • Dry mouth and skin • Thirst • Headache • Fatigue • Muscle cramps 	<ul style="list-style-type: none"> • Aim for 48-64 oz water or 6-8 cups or 3-4 standard bottles of water EVERY DAY • Sip on water throughout the day • Do not wait until you're thirsty to drink water • Refrain from caffeine • Start drinking as soon as you wake up <p>Call the office if you think you may be dehydrated!</p>
Constipation	<ul style="list-style-type: none"> • Lack of fluids • Change of diet • May also be related to medications 	<ul style="list-style-type: none"> • Stool Softener • Proper hydration • Increased activity/exercise • Avoid laxative unless prescribed
Diarrhea	<ul style="list-style-type: none"> • Eating high fat foods • Drinking high fat drinks (ex: whole milk) • Eating/drinking items with sugar alcohols • Food intolerance (ex: milk/lactose) 	<ul style="list-style-type: none"> • Avoid high fat foods and beverages • Avoid sugar alcohols (sorbitol, xylitol, mannitol) • Stay hydrated • Contact MD if continues
Vomiting	<ul style="list-style-type: none"> • Eating too fast • Eating too much • Not chewing well • Introducing new food too soon • Eating high fat, sugar, or starch items 	<ul style="list-style-type: none"> • Stop eating and allow stomach to rest • Go back to previous diet phase • Stay hydrated • Contact MD *especially if unable to keep down liquids or vitamins
Dumping Syndrome	<ul style="list-style-type: none"> • Drinking sugary drinks • Eating sugary or starchy food • Eating fried or greasy food • Drinking with meals • Eating too fast 	<ul style="list-style-type: none"> • Experiment with new foods carefully • Always eat protein first • Try new foods at home or in private (in case of adverse effect) • Avoid high sugar, starch and fat food items and drinks
Fatigue	<ul style="list-style-type: none"> • Body is adjusting to drastic calorie reduction • Healing from major surgery 	<ul style="list-style-type: none"> • Aim for proper hydration • Aim to meet minimum protein goals • Continue vitamin and mineral supplements • Exercise can boost energy



BARIATRIC FRIENDLY FOOD LIST

**This list provides suggestions
of bariatric friendly foods. It is
not an exhaustive list.**



Choose low fat, proteins and dairy.

POULTRY				
Portion	GMS	Protein	GMS Fat	Calories
CHICKEN				
Chicken without skin, roasted:				
Breast	1 (3 oz)	27	3	142
Drumstick	1 (1½ oz)	13	3	76
Thigh	1 (¾ oz)	14	6	109
Chicken, Canned	3 oz	21	3	113
Chicken, deli meats				
Hickory smokes, Louis Rich	1 oz	5	1	30
Oven roasted deluxe, Louis Rich	1 oz	5	1	29
Oven roasted, Oscar Mayer	1 oz	5	1	50
Smoked, Oscar Mayer	1 oz	5	0.5	26
TURKEY				
Dark meat without skin, roasted	3 oz	25	6	160
Light meat without skin, roasted	3 oz	26	3	135
Ground, cooked	3 oz	20	11	188
Turkey, deli meats				
Turkey salami	1 oz	4	4	53
Turkey breast, honey roasted, Louis Rich	2 oz	10	1.5	70
Turkey breast, oven roasted	1 slice (¾ oz)	5	0.5	21
Turkey breast, smoked	1 slice (¾ oz)	4	0.5	20
Turkey ham, honey cured, Louis Rich	1 slice (¾ oz)	4	1	25
Turkey pastrami	2 slices (2 oz)	10	4	80
Turkey bologna, Louis Rich	1 slice (1 oz)	3	5	60

BEEF, VEAL AND GAME

Food	Portion	GMS Protein	GMS Fat	Calories
BEEF				
Brisket, lean, braised	3 oz	26	9	187
Chuck, roast, braised	3 oz	22	24	311
Corned beef, cured, cooked	3 oz	15	16	215
Flank, braised	3 oz	24	11	203
Ground, extra lean, broiled	3 oz	21	14	219
Ground, lean, broiled	3 oz	21	16	233
Ground, regular, broiled	3 oz	21	18	248
Rib-eye, broiled	3 oz	21	19	263
Prime-rib, broiled	3 oz	17	31	354
Short ribs, braised	3 oz	19	36	404
Round, bottom, roasted	3 oz	22	14	223
Round, eye of, roasted	3 oz	23	12	207
Round, top, braised	3 oz	29	11	223
Shank, cross cuts, simmered	3 oz	26	13	225
T-bone, broiled	3 oz	21	18	255
Tenderloin, boiled	3 oz	21	19	260
Top sirloin, broiled	3 oz	24	15	230
Liver, braised	3 oz	21	4	138
Thin-sliced lunch meat	5 slices (3/4 oz)	6	1	37
Pastrami, Oscar Mayer	1 slice (1/2 oz)	3	0.5	16
Bologna, Oscar Mayer	1 slice (1 oz)	3	8	90
Salami, beef and port	1 slice (3/4 oz)	3	5	57
Low fat frankfurter, beef	1 frank (1½ oz)	7	16	180
VEAL				
Ground, broiled	3 oz	21	7	147
Leg, top round, braised	3 oz	24	5	176
Loin, braised	3 oz	26	15	243
Shoulder, braised	3 oz	27	9	195
Sirloin, braised	3 oz	27	11	216
Liver, braised	3 oz	19	6	141
GAME				
Duck, without skin	3 oz	20	10	172
Venison	3 oz	26	3	135
Bison, roasted	3 oz	24	1	123

FISH				
Food	Portion	GMS Protein	GMS Fat	Calories
Bass, striped baked	3 oz	19	3	105
Bluefish, baked	3 oz	22	5	135
Carp, baked	3 oz	19	6	138
Catfish, breaded, frozen, Mrs. Paul's baked	3 oz	15	11	194
Catfish, baked	3 oz	16	4	99
Clams, steamed	3 oz	22	2	126
Cod, baked	3 oz	19	1	89
Crab cakes, baked	3 oz	12	5	93
Crab, canned	3 oz	17	1	84
Crab, king, steamed	3 oz	17	1	82
Crab, blue, steamed	3 oz	17	2	87
Crawfish, steamed or boiled	3 oz	20	1	97
Grouper, baked	3 oz	21	1	100
Haddock, baked	3 oz	21	1	95
Halibut, baked	3 oz	23	3	119
Herring, baked	3 oz	10	20	172
Lobster, steamed	3 oz	17	1	83
Mackerel, baked	3 oz	20	5	134
Mullet, baked	3 oz	21	4	127
Mussels, steamed	3 oz	20	4	147
Oysters, raw	6 med	6	2	58
Perch, baked	3 oz	21	2	103
Salmon, baked	3 oz	22	2	127
Salmon, canned	3 oz	17	5	118
Scallops, raw	6 lg or 14 sml	14	1	75
Shrimp, canned	3 oz	20	2	109
Shrimp, steamed or boiled	3 oz (15 lg)	18	1	84
Snapper, baked	3 oz	22	2	109
Trout, baked	3 oz	23	7	162
Trout, rainbow, baked	3 oz	22	4	129
Tuna, canned spring water	3 oz	22	1	99

DIARY

Food	Portion	GMS Protein	GMS Fat	Calories
CHEESE				
American	1 oz	6	9	106
Blue	1 oz	6	8	100
Brie	1 oz	6	8	95
Camembert	1 oz	6	7	85
Cheddar	1 oz	7	9	114
Cheddar, low-sodium	1 oz	7	9	110
Colby	1 oz	7	9	112
Edam	1 oz	7	8	101
Feta	1 oz	6	4	5
Gouda	1 oz	7	8	101
Gruyere	1 oz	9	9	117
Havarti	1 oz	6	11	121
Jalapeno	1 oz	5	8	90
Monterey Jack	1 oz	7	9	106
Mozzarella	1 oz	6	6	80
Mozzarella, part skin	1 oz	7	5	72
Muenster	1 oz	7	9	104
Neufchatel	1 oz	3	7	74
Parmesan, grated	1 tbs	2	2	23
Pimiento	1 oz	6	9	106
Provolone	1 oz	7	8	100
Ricotta, part skin	1/4 c	7	5	80
Ricotta, whole milk	1/4 c	7	8	108
Romano	1 oz	9	8	110
Roquefort	1 oz	6	9	105
Swiss	1 oz	7	7	95
Velveeta	1 oz	5	6	84
Cottage cheese				
Creamed	1/4 c	7	3	58
Low-fat, 1%	1/4 c	7	0.5	41
Low-fat, 2%	1/4 c	8	2	51
Cream Cheese	1 oz (2 tbs)	2	10	99
Cream cheese, light	1 oz (2 tbs)	1	1	31
Custard	1/2 c	7	7	148

DIARY				
Food	Portion	GMS Protein	GMS Fat	Calories
EGG				
Fried	1	6	7	91
Boiled	1	6	5	75
Scrambled	1	7	8	101
Poached	1	6	5	74
Egg beaters	1/4 c	5	0	25
MILK PRODUCTS				
Milk				
Whole	1 c	8	8	150
2%	1 c	8	5	119
1%	1 c	8	3	102
Skim	1 c	8	0	90
Buttermilk, low-fat	1 c	8	2	99
Soy, low-fat	1 c	7	5	79
Lactaid, 1%	1 c	8	3	102
Lactaid, skim	1 c	8	0.5	86
Pudding, Chocolate	1/2 c	4	5	176
Pudding, vanilla	1/2 c	4	4	168
YOGURT				
Custard style, Yoplait	6 oz	7	4	183
Low-fat, Yoplait	6 oz	8	3	208
Fruits flavor, Yoplait	6 oz	8	3	190
Low-fat, Dannon	6 oz	11	4	140
Skim, Yoplait, fruit flavors	6 oz	7	0	150
Whole milk	6 oz	8	7	139

MISCELLANEOUS

Food	Portion	GMS Protein	GMS Fat	Calories
LAMB				
Ground, broiled	3 oz	21	17	243
Leg, roasted	3 oz	22	11	193
Loin, roasted	3 oz	20	21	265
Shoulder, roasted	3 oz	20	17	239
Peanut Butter	2 tbs	8	16	188
Pizza, cheese	1/8 of a 12-in	8	3	140
Pizza, pepperoni	1/8 of a 12-in	10	5	184
Soups, Campbell's, prepared with water				
Black Bean	1 c	10	3	206
Beef noodle	1 c	4	2	63
Chicken and stars	1 c	3	2	55
Chicken noodle	1 c	3	2	61
Chicken rice	1 c	2	2	55
Clam chowder	1 c	22	22	66
Cream of asparagus	1 c	2	4	81
Cream of celery	1 c	2	6	90
Cream of chicken	1 c	3	7	107
Cream of mushroom	1 c	2	6	96
Cream of onion	1 c	2	5	97
Cream of shrimp	1 c	2	6	88
Creamy broccoli	1 c	2	2	69
Creamy spinach	1 c	1	6	88
Green pea	1 c	8	2	151
Tomato	1 c	2	1	85
Vegetable	1 c	6	2	79
Soy meat				
Harvest burger	3 oz	18	10	140
Morningstar Farm breakfast patty	2 patties (2½ oz)	15	12	190
Vegetarian burger, Worthington	1/2 c (3¾ oz)	22	3	140

NUTS

Eat nuts sparingly. They are healthy but high in calories.

Food	Portion	GMS Protein	GMS Fat	Calories
Almonds, dry roasted	1 oz	6	15	168
Cashews, dry roasted	1 oz	5	13	161
Filberts (hazelnuts), dry roasted	1 oz	3	19	188
Macahamia nuts, dry roasted	1 oz	2	31	200
Mixed nuts, dry roasted, Fisher	1 oz	6	15	170
Peanuts, dry roasted	1 oz	7	14	162
Peanuts, boiled	1 oz	5	8	116
Pecans, raw	1 oz	2	19	190
Pecans, dry roasted	1 oz	2	18	187
Pine nuts, pignolia, dried	1 oz	7	14	146
Pistachios, dry roasted	1 oz	4	15	172
Pumkin seeds, roasted	1 oz	9	12	148
Safflower seed kernels, dried	1 oz	5	1	147
Sesame seeds, kernels, dried	1 tbs	2	4	47
Soybean nuts, dry roasted	1/2 c	34	19	387
Sunflower seeds, dry roasted	1 oz	6	14	165
Walnuts, dried	1 oz	7	16	172
Walnuts, raw	1 oz	4	18	180

PORK

Food	Portion	GMS Protein	GMS Fat	Calories
Bacon, cooked	3 strips	6	9	161
Bacon, Canadian, grilled	2 slices	11	4	89
Bacon, Canadian-style, Oscar Mayer	1 slice (1 oz)	4	1	25
Ham, honey ham, Oscar Myer	3 oz	16	3	105
Lean, roasted	3 oz	21	6	100
Canned	3 oz	17	13	200
Ham, deviled	3 oz	12	18	284
Pork chop	3 oz	25	23	196
Pork, center loin	3 oz	21	19	182
Picnic, roasted	3 oz	20	22	210
Boston blade, roasted	3 oz	19	21	227
Liver, braised	3 oz	22	4	162

PORK

Food	Portion	GMS Protein	GMS Fat	Calories
Pork, deli meats				
Cured ham, Oscar Mayer	1 slice (3/4 oz)	4	0.5	21
Smoked, Oscar Mayer	1 slice (3/4 oz)	3	1	22
Salami	1 slice (3/4 oz)	5	7	82
Frankfurter, pork and beef, Oscar Mayer	1 frank (1½ oz)	51	31	44

BEANS

Food	Portion	GMS Protein	GMS Fat	Calories
Baked beans, canned	1/2 c	6	1	130
Beans, refried, canned	1/2 c	8	2	135
Black beans, boiled	1/2 c	8	0.5	114
Black-eyed peas, frozen, boiled	1/2 c	7	0.6	112
Butter beans, canned	1/2 c	6	0.3	81
Chickpeas (garbanzo beans), canned	1/2 c	6	2	143
dried, boiled	1/2 c	14	0.4	105
Green beans, fesh boiled	1/2c	1	0.2	22
Canned	1/2 c	1	0.1	13
Frozen	1/2 c	1	0.1	18
Hummus, canned	1/2 c	6	10	210
Kidney beans, dried, boiled	1/2 c	15	0.9	112
Canned	1/2 c	13	0.9	108
Lima beans, dried, boiled	1/2 c	7	0.3	108
Canned	1/2 c	6	0.2	145
Navy beans, fresh or frozen, boiled	1/2 c	8	13	130
Canned	1/2 c	9	1	145
Peas, green, fresh, raw	1/2 c	4	0.3	58
Fresh, boiled	1/2 c	4	0.2	67
Canned	1/2 c	4	0.3	59
Frozen, boiled	1/2 c	4	0.2	63
Pinto beans, dried, boiled	1/2 c	7	1	117
Canned	1/2 c	6	1	93

VEGETABLES				
Food	Portion	GMS Protein	GMS Fat	Calories
Artichoke hearts	1/2 c	1.9	0.1	37
Asparagus	1/2 c	2.3	0.3	22
Beets	1/2 c	0.9	0	26
Broccoli, fresh, raw	1/2 c chopped	1.3	0.2	12
Frozen, chopped, boiled	1/2 c	2.9	0.1	25
Cabbage, red/green, raw	1/2 c shredded	0.5	0.1	10
Cabbage, boiled	1/2 c shredded	0.8	0.2	16
Carrots, fresh, raw	1 medium	0.7	0.1	31
Frozen, boiled	1/2 c slices	0.9	0.1	26
Cauliflower, fresh, raw	1/2 c pieces	1	0.1	12
Frozen, boiled	1/2 c pieces	1.5	0.2	17
Collard greens, frozen, boiled	1/2 c	3	0.4	31
Corn, yellow, fresh, boiled	1/2 c	3	1	89
Yellow, canned	1/2 c	3	1	66
Yellow, frozen, on the cob	1 small ear	3	0.5	90
Cucumber, raw, sliced	1/2 c	0.3	0.1	7
Eggplant, fresh, boiled	1/2 c	0.4	0.1	13
Endive, raw, chopped	1/2 c	0.3	0.1	4
Lettuce, iceberg, raw	1 leaf	0	0	3
Mixed vegetables, canned	1/2 c	2	0.2	39
Frozen, boiled	1/2 c	3	0.1	54
Mushrooms, raw, boiled	1/2 c	0.7	0.2	9
Canned	1/2 c	1.5	0.2	19
Mustard Greens, fresh, boiled	1/2 c	1.6	0.2	11
Frozen, boiled	1/2 c	1.7	0.2	14
Okra, fresh, boiled	1/2 c	2	0.1	25
Frozen, boiled	1/2 c	2	0.3	34
Onions, fresh, raw	1/2 c	2	0.1	30
Fresh, boiled	1/2 c	1.4	0.2	47
Peppers, green fresh, raw	1/2 c chopped	0.4	0.1	13
Frozen, boiled	1/2 c chopped	0.6	0.1	19

VEGETABLES

Food	Portion	GMS Protein	GMS Fat	Calories
Potatoes, raw				
<i>Potatoes- avoid or delay- see page 25</i>	1 small	2	0.1	88
Baked	1 small	5	0.2	220
Canned	4 oz	1.3	0.2	54
Mashed from granules	1/2 c	2	5	114
Spinach, fresh, raw	1/2 c chopped	1	0.1	6
Fresh, boiled	1/2 c	3	0.2	21
Frozen, boiled	1/2 c	3	0.2	27
Squash, crookneck, fresh raw	1/2 c	1	0.1	13
Fresh, boiled	1/2 c	1	0.3	18
Canned	1/2 c	1	0.1	14
Frozen, boiled	1/2 c	1	0.2	24
Squash, zucchini, fresh, raw	1/2 c	1	0.1	9
Fresh, boiled	1/2 c	1	0.1	14
Frozen, boiled	1/2 c	1	0.2	19
Sweet Potato, fresh, baked	1 small	2	0.1	118
Fresh, boiled	1/2 c mashed	3	0.5	172
Canned	1/2 c pieces	2	0.2	91
Tomato, fresh, raw	1 medium	1	0.4	26
Stewed, canned	1/2 c	1	0.2	34
Turnip, fresh, boiled	1/2 c cubed	1	0.1	14
Frozen, boiled	1/2 c	2	0.2	23
Turnip Greens, fresh, boiled	1/2 c chopped	1	0.2	15
Canned	1/2 c	1.6	0.4	17
Frozen, boiled	1/2 c	3	0.4	24



EXERCISE



The day you come home from the hospital you can begin walking.

Six weeks after surgery, you may begin strenuous exercise such as swimming, jogging, cycling, and aerobics. These activities will help tone your body as you lose weight.

Tips for Exercising

Wear comfortable and non-restricting clothes. Choose something specifically designed for exercise.

- Set up a pleasant and comfortable area in your home just for exercising.
- Listen to music.
- Choose a specific day and time of the day for exercise and stick to a routine.
- Walk outdoors or consider walking the perimeter of a shopping mall indoors.
- Have an exercise partner to motivate you.
- Consider hiring a personal trainer to get you started.

Starting a Walking Program

Leave time in your schedule to follow a walking program that will work for you. Keep the following in mind as you plan your program:

- Choose a safe place to walk.
- Find a partner or group to walk with you on the same schedule and at the same speed.
- Wear shoes with proper arch support, a firm heel, and thick flexible soles that will cushion your feet and absorb shock.
- For extra warmth in the winter, wear a knit cap.
- To stay cool in the summer, wear a baseball hat or visor.
- Do light stretching after your warm-up and cool-down.
- Walk at least 4 to 5 times per week.
- Set goals and rewards. For example, participate in a fun walk or walk continuously for 30 minutes.
- Keep track of your progress with a walking journal, log, or app.
- The more you walk, the better you may feel, and the more calories you may burn.

Experts recommend 30 minutes of moderate intensity physical activity on most, if not all, days of the week. If you cannot do 30 minutes at a time, try walking for shorter amounts and gradually increase time.

For workout recommendations, please visit our website.

A SAMPLE WALKING PROGRAM

Taking the First Steps

Walking correctly is very important. Walk with your chin up and your shoulders held slightly back. Walk so that the heel of our foot touches the ground first. Roll your weight forward. Walk with your toes pointed forward. Swing your arms as you walk.

	WARM-UP	FAST-WALK	COOL-DOWN	TOTAL
	Walk slowly	Walk briskly	Walk slowly	
WEEK 1	5 minutes	5 minutes	5 minutes	15 minutes
WEEK 2	6 minutes	6 minutes	6 minutes	18 minutes
WEEK 3	7 minutes	7 minutes	7 minutes	21 minutes
WEEK 4	8 minutes	8 minutes	8 minutes	24 minutes
WEEK 5	9 minutes	9 minutes	9 minutes	27 minutes
WEEK 6	10 minutes	10 minutes	10 minutes	30 minutes
WEEK 7	11 minutes	11 minutes	11 minutes	33 minutes
WEEK 8	12 minutes	12 minutes	12 minutes	36 minutes
WEEK 9 AND BEYOND	13 minutes	13 minutes	13 minutes	39 minutes





**TRACKING YOUR
PROGRESS**



MONTH	CURRENT WEIGHT	CHANGE IN WEIGHT
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		
13		
14		
15		
16		
17		
18		
19		
20		
21		
22		
23		
24		

Weight before surgery:

.....
lb

AFTERCARE & SUPPORT

Follow-Up Appointments

You will be required to schedule a follow-up appointment with your bariatric provider at the following intervals. Use the chart to fill in your scheduled appointments.

TIMELINE	WHAT TO EXPECT	PROVIDER	APPOINTMENT DATE/TIME
Pre-op	Lab work, pictures, and body composition		
1 Week			
1 Month			
3 Months			
6 Months	Lab work, pictures, and body composition		
9 Months			
1 Year	Lab work, pictures, and body composition		
18 Months			
2 Years	Lab work, pictures, and body composition		
Annually thereafter during your surgical month	Lab work, pictures, and body composition		

Vitamin and Protein Store

We have a Vitamin and Protein store located at Metamor Institute. Products are available for purchase during store hours

Monday-Thursday 8:30 AM-4:30 PM

Friday 8:30 AM -1:00 PM.

Support Group

We are now offering two options for weight loss surgery patients:

- **A live virtual support group** is offered the first Thursday of each month at 6 PM. You'll have the opportunity to participate in new topics each month, ask questions, share your experiences and talk with others.
- **A private Facebook support group.** Only members of this group can see what is posted and who is a member. We encourage you to share ideas and tips, before and after pictures, and encouragement to others.
Access code: MetamorWay

Studies have shown that those who attend support groups have a better chance of reaching and maintaining their long-term goals. The effects of weight loss surgery can be overwhelming, but you don't have to go through it alone.

HELPFUL LINKS FOR HEALTH, OBESITY, & WEIGHT LOSS SURGERY:

- Metamor Institute: metamorinstitute.org
- Our Lady of the Lake: ololrnc.com
- American Diabetes Association: www.diabetes.org
- Academy of Nutrition and Dietetics: www.eatright.org
- American Heart Association: www.americanheart.org
- American Medical Association: www.ama-assn.org
- American Obesity Association: www.obesity.org
- Bariatric Support Centers International: bsciresourcecenter.com
- NHLBI, Obesity Guidelines: www.nhlbi.nih.gov
- Obesity Action Coalition (OAC): www.obesityaction.org
- Shape Up America: www.shapeup.org
- Weight-control Information Network:
 - www.niddk.nih.gov/health-information/communication-programs/win
- American Society for Metabolic and Bariatric Surgery: www.asmb.org
- Am I Hungry?: amihungry.com



BMI Postoperative Diet

SLEEVE/BYPASS CHEAT SHEET

FLUIDS

48-64 ounces every day
(Do not drink with meals)

Zero calorie, no sugar liquids are allowed.

Avoid

- Carbonated sodas or water
- Sugary drinks (sweet tea)
- Large amounts of caffeine
- Alcohol

DIET PROGRESSION

(after surgery)

Phase 1: Clear Liquids (Day 1-2)

Phase 2: Full Liquids (Week 1&2)

Phase 3: Soft Foods (Week 3-6)

Phase 4: Regular Diet (for life)

See booklet for more info
on each stage.

Chew 20+ times for each bite.

STOP WHEN YOU FEEL FULL

VITAMINS/MINERALS

Every day for the rest of your life!

Multivitamin w/ Iron

- Take Daily

Calcium Citrate w/ Vit D3

- 3 times per day (500mg each)
- Take 2 hours apart from iron

Vitamin B12

- Take Daily

PROTEIN

Always eat protein first!
(Your protein goal was given
during your appt)

Helps prevent fatigue, hair loss,
and helps maintain muscle mass.

Whey protein isolate is the best
quality and form.

QR CODES



Sign Up for Our Newsletter



Private Facebook support group
Access code: MetamorWay



Our website



Our Facebook page



To sign up for OAC
(Obesity Action Coalition)



Our YouTube channel



METAMORTM
a metabolic institute



**Pennington Biomedical
Research Center**
Louisiana State University



**Our Lady
of the Lake
Health**

Obesity is a lifelong, chronic, multi-factorial disease, and maintenance is key. Your Metamor team is here to help you in this journey.

Should you have any questions or needs to help you stay on track, please contact us for assistance.

(225) 330-0497

METAMORINSTITUTE.ORG