Why do I need to follow a special diet?

After surgery, the functioning part of your stomach will be significantly reduced. Because of this small size, you will have to make several important dietary changes. This handout provides specific dietary recommendations that must be followed for 2-3 weeks after surgery. After this time, your Registered Dietitian will instruct you on the Phase II diet (Soft/Low Fiber). It is highly recommended that you keep a food journal the first few weeks to help adapt to your diet and to ensure you meet your protein goals.

Consistency & Serving Size

For 2-3 weeks, the connection or “staple line” between your stomach pouch/sleeve and the intestine will be swollen because of the surgery. This is another reason you need to eat pureed foods—foods with the consistency of small curd cottage cheese, baby food or applesauce.

- “Mashing” certain foods or “chewing very well” does not produce the correct consistency; your food must be pureed/blenderized
- This diet allows your staple line to heal and minimizes the chances of food particles lodging in your stomach opening

Other acceptable pureed foods include: plain and/or drinkable yogurt or kefir, small curd cottage cheese, melted cheese, refried beans, plain instant oatmeal, cream of wheat, grits, farina, scrambled egg, creamy nut butters, liver sausage, hummus, sugar-free pudding, stage I baby foods.

Tip: To save time and to avoid wasting food, many people puree food and then pour it into ice cube trays, let it freeze and then place in plastic bags. When it is time to eat, simply microwave a few cubes and you have a quick meal.

- Each meal should contain no more than 4 ounces (½ cup) of food. Most patients tolerate between 2-4 ounces (¼ to ½ cup) of food per meal during the first few weeks following surgery
- Because your stomach is reduced in size, you will need to eat 4-6 small meals each day. You will need to spend ~30-45 minutes eating each meal.

Tip: Many patients find using a baby spoon as well as putting down your utensil between bites helps them to slow down while eating.
In order to consume the right amount of carbohydrates and protein to meet your weight loss goals, it is important to always read your food labels. You should read both the nutrition facts, that includes grams of carbohydrates, grams of protein, grams of fat, etc., as well as looking at the ingredient lists to check for added sugars.

Use the food label when you plan your meals, cook, shop and when eating out or grabbing a snack.

**Carbohydrates**

Watch your total carbohydrate intake. A meal should contain no more than 30g of carbs; a snack or liquid should contain no more than 15g or carbs.

When reading the food labels to determine carbohydrate content, look at the number listed for total carbohydrate. This includes carbohydrates from natural sugar, starches, fiber and added sugar.

**Avoid Sources of Concentrated Sweets**

- Desserts (cakes, cookies, pies, candy, candy bars, pastries, muffins)
- Ice cream, sherbert, frozen yogurt, frozen ice, jello (unless sugar free)
- Sweetened breads and cereals
- Carbonated beverages, sweet tea, some sports drinks, fruit punch, juice
- Sweetened milk, such as chocolate milk and milkshakes
- Sweetened canned, frozen and dried fruits
- Maple syrup, honey, sugar (limit to 1 teaspoon)
- Sweetened gum

Stevia and Monkfruit in the Raw are the preferred choices for alternative sweeteners after surgery. Herbs and spices may also be used to enhance flavor.
Role of Protein for the Bariatric Patient

Protein is undeniably the most important nutrient in the bariatric diet (protein = “of first importance”). Protein provides many important benefits to the bariatric patient for both healthy weight loss and weight maintenance.

- Aids in proper wound healing after surgery
- Helps to keep your hair, skin, bones and nails healthy
- Helps to boost immune function
- Helps your body burn fat instead of muscle for a healthier weight loss
- Supports your metabolism to aid in weight loss
- Helps support energy levels and brain functioning
- Curbs your hunger between meals

At least four out of your six meals daily must contain protein. Although fruits and vegetables are important for good nutrition, during the first few weeks of surgery it is more important to eat higher protein-containing foods.

## Amounts of Protein in Common Foods Eaten during Phase 1 Diet

<table>
<thead>
<tr>
<th>Food</th>
<th>Protein (g)</th>
<th>Serving Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pureed Poultry/Beef/Fish/Pork</td>
<td>7</td>
<td>1 oz (cooked)</td>
</tr>
<tr>
<td>Plain scrambled egg with yolk</td>
<td>6</td>
<td>1 egg</td>
</tr>
<tr>
<td>Egg, white only</td>
<td>3.2</td>
<td>1 egg white</td>
</tr>
<tr>
<td>Melted cheese</td>
<td>4-8</td>
<td>1 oz (1 slice)</td>
</tr>
<tr>
<td>Milk (2%, 1%, skim)</td>
<td>8</td>
<td>8 oz (1 cup)</td>
</tr>
<tr>
<td>Fairlife Milk (2%, 1%, skim)</td>
<td>13</td>
<td>8 oz (1 cup)</td>
</tr>
<tr>
<td>Cottage cheese, small curd</td>
<td>8</td>
<td>2 oz (1/4 cup)</td>
</tr>
<tr>
<td>Greek yogurt, plain</td>
<td>18</td>
<td>6 oz</td>
</tr>
<tr>
<td>Nonfat powdered milk</td>
<td>8</td>
<td>2.5 Tbsp.</td>
</tr>
<tr>
<td>Creamy Peanut Butter</td>
<td>7</td>
<td>2 Tbsp.</td>
</tr>
<tr>
<td>Creamy Almond Butter</td>
<td>6</td>
<td>2 Tbsp.</td>
</tr>
<tr>
<td>PB2 (original)</td>
<td>5</td>
<td>2 Tbsp.</td>
</tr>
<tr>
<td>Refried Beans</td>
<td>6</td>
<td>1/2 cup (cooked)</td>
</tr>
<tr>
<td>Tofu, silken or soft</td>
<td>10</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Liver Sausage</td>
<td>4</td>
<td>1 oz</td>
</tr>
<tr>
<td>Hummus</td>
<td>3</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Sugar-free pudding</td>
<td>3</td>
<td>1/2 cup</td>
</tr>
<tr>
<td>Oatmeal</td>
<td>3</td>
<td>1/2 cup</td>
</tr>
</tbody>
</table>
PHASE 1 DIET: Key Nutrition Components

Some Examples of Recommended Protein Drinks and Powders

Protein Drinks:
- **Atkins Lift** (clear juice flavors) - 20g Protein, 2g Carb, 0g fat (16.9 oz)
- **Atkins Shake** - 15g protein, 5g carb, 9g fat (11 oz)
- **Pure Protein** - 35g protein, 1-4g carb, 1g fat (1 can, 11oz)
- **Isopure** (clear juice flavors) - 40g protein, 0g carb, 0g fat (20 oz)
- **Designer Protein Whey** - 18g protein, 3g carb, 1g fat (10.9 oz)
- **EAS AdvantEDGE** - 15g protein, 5g carb, 2.5g fat (11 oz)
- **Muscle Milk** - 320 cal, 34g protein, 15g fat, 13g carb (17 oz)
- **Lean Shake Burn** - 170 kcal, 25g protein, fat 6g, 8g carb (14 oz)
- **Optimum Nutrition Protein Water** (clear juice flavors) - 90cal, 20g protein, 0g fat, 2g carb (16 oz)
- **Premier Protein** - 160 cal, 30g protein, 3g fat, 4g carb (11 oz)
- **Core Power Light** - 150 cal, Protein 20g, 3.5g fat, 13g carb (11.5 oz)

Protein Powders
- **Carb Solutions** - 20g protein, 4g carb, 2g fat (2 scoops)
- **Designer Whey Protein** (unflavored or flavored) - 20g protein, 2g carb, 2g fat (1 scoop)
- **Aria Women’s Wellness Protein Whey and Soy** - 15g protein, 5g carb, 1g fat (2 scoops)
- **Designer Protein Lite** (whey/soy) - 20g protein, 10g carb, 0g fat (2 scoops)
- **EAS AdvantEDGE** (milk protein) - 15g protein, 2g carb, 0g fat (22g)
- **Unjury** (whey) - 100 cal, 21g protein, 0g fat, 4g carb (1 scoop)
- **Optimum Nutrition Gold Standard Whey** - 120 cal, 24g protein, 1g fat, 3g carb (1 scoop)
- **Only Protein** - 105 cal, 18g protein, 1.5g fat, 4g carb (1 scoop)

Vegan Protein Powders
- **Garden of Life** - RAW Organic Protein (flavored/unflavored) - 22g protein, 2g carb, 2.5g fat (1 scoop)
- **Aloha** (pea/pumpkin seed/hemp seed) - 150 cal, 18g protein, 10g carb, 4.5g fat (2 scoops)
- **Vega One** (Pea/hemp) - 160 cal, 20g protein, 10g carb, 6g fat (1 scoop)

Things to remember when buying protein supplements:
- **15g of protein or more**
- **Less than 15g of carbohydrate per serving**
- **5g or less fat per serving (can be slightly higher if contains nut butter)**
- **Approximately 150-200 calories per serving**
PHASE 1 DIET: Key Nutrition Components

**Fluids**

Fluids are important to prevent dehydration. You should drink a minimum of (4) 8-oz glasses of water throughout the day between your meals. If you drink liquids with your meals, you will become overly full and may vomit. Sip on liquids very slowly. *Remember, wait 30 minutes before each meal and 30 minutes after each meal before drinking fluids again.*

**Recommended beverages:**

- Water (add lemon, lime or cucumber, if desired)
- Milk, Lactose-free Milk such as Almond Plus, Soy, Hemp, Goat
- Unsweetened iced tea
- Herbal teas
- Coffee or tea without sugar, or with stevia*
- Water with sugar-free flavor enhancers (preferably stevia, monkfruit in the raw)

**What to avoid:**

**Carbonated beverages**—pop/soda, seltzer, ginger ale: these beverages produce gas, which may cause stomach fullness, belching and discomfort. *Avoid these altogether after surgery!*

**High sugar beverages**—juice, punch, Kool-Aid, sweet tea: these beverages are too high in sugar and may cause dumping syndrome. Also, these drinks are very high in calories and may slow your weight loss.

**Alcoholic beverages**—It is recommended that you abstain from drinking alcohol for at least 3-6 months after surgery.

**Healthy Eating Tips**

During the first 4-6 weeks after surgery, you may experience fullness after eating very small amounts of food. You may not even feel hungry, but you must eat a minimum of four meals daily. Because you will be eating such small amounts of food, it is crucial that you select foods with the highest nutritional value. You should aim to have a well balanced, protein-rich, low-sugar diet. It is highly recommended to keep a food journal in these early weeks following surgery. This can help you track your protein intake and learn more about the protein content of different foods, and will be a helpful tool as you begin your weight loss journey.
PHASE 1 DIET: Key Nutrition Components

Vitamins

After bariatric surgery, you will begin a lifelong regimen of vitamin supplementation. Because you are consuming smaller amounts of food after surgery, and, with certain procedures, your body absorbs less nutrients after surgery, it is essential to be 100% compliant with your vitamin regimen to prevent any deficiencies. When selecting your vitamin and minerals, we strongly recommend supplements containing the USP Verified Mark. For more information on the USP Verified Mark please visit:


Below is a list of the standard vitamins that you will be required to consume after surgery. Please note that your regimen may differ slightly depending on your lab values; you will work closely with your Registered Dietitian to develop the best vitamin regimen for you after surgery.

**Sleeve & RYGB**
- Daily Multivitamin
- Vitamin B Complex-50
- Calcium Citrate with D—1200mg
- Dry Vitamin D—10,000 IU (RYGB only)
- Biotin 5,000-10,000 mcg (optional)

**Duodenal Switch (DS)**
- Daily Multivitamin
- Vitamin B Complex-50
- Calcium Citrate with D—1200mg
- Dry Vitamin A—10,000 IU
- Dry Vitamin D—10,000 IU
- Biotin 5,000-10,000 mcg (optional)

**Hospital Stay:** The staff at the hospital will be working diligently to provide you with appropriate care and nutrition during your hospital stay. While you may order pureed foods off the main menu, you should be provided with a special menu entitled “Bariatric Pureed Diet”.

**What to expect?**

**Day 1 after surgery:** You will receive a small amount of water and/or Bariatric Clear Liquid Diet (items included on this diet are broth, sugar-free jello, popsicles, & flavored water

**Day 2 after surgery:** You will receive the Bariatric Pureed diet. You may also drink your protein drink.

**Other tips for the hospital stay:**

- You will receive a white tray ticket, which should state “Gastric Bypass” or “Bariatric”, which will identify that you are being served the correct diet
- You should receive sugar substitute packets rather than white sugar packets
- If your nurse gives you juice, DO NOT drink it! This is a TEST!
- When in doubt, ask to speak with a dietitian

**Note:**
- You must crush your medications and vitamins for the first 2-3 weeks following surgery
- Obtain a chewable multivitamin; it is okay to hold off on additional vitamins until your 1st post-op visit
PHASE 1 DIET: Key Nutrition Components

Practice Mindful Eating

Most patients experience an uncomfortable of “tight” feeling under their breastbone on the lower left rib cage after they have eaten. This is where your stomach is located, and you are just experiencing stomach fullness. Remember to eat very slowly and to be aware of your body’s signal that is full. Once you feel full, even if you have not eaten 2-4 ounces of food, stop eating.

Medical Problems

There are two medical problems that you may experience:

1. **Vomiting**—vomiting usually occurs because:
   - You have eaten too much
   - You have eaten too fast
   - Your food was not pureed well enough

If vomiting occurs, avoid the above situations. Try something bland and/or light at your next meal. Remember, you may tolerate a particular food one day, but not the next. Always try food items again even if you have not tolerated them before.

2. **Constipation**—may occur because you have decreased food intake, you have been on pain medications and you are on a low fiber diet.
   - To prevent constipation, drink plenty of fluids between meals

When to seek immediate help

Contact your surgeon directly if you have any of the following problems:

- You are having uncontrollable vomiting
- There is blood in the vomited food or beverage
- No food will go down
- You are experiencing sudden abdominal pain

Stay hydrated!

- Every morning, fill a 16-32 oz water bottle and aim to finish it by the end of the day
- Drink your protein shake! Sipping on your protein drink throughout the day counts towards your fluid needs
- "Drink an extra 8 oz water for every 8 oz caffeinated beverage (limit coffee/tea to 16 oz or less per day)"
Important Contact Information

General Surgery Resident-On-Call
Call 773-702-1000

Surgeons
Dr. Alverdy 773-702-4876 jalverdy@surgery.bsd.uchicago.edu
Dr. Hussain 773-702-5348 mhussain@surgery.bsd.uchicago.edu
Dr. Prachand 773-834-8360 vprachand@surgery.bsd.uchicago.edu

Nurse Practitioner
Angela Willis, RN, APN 773-926-9140 awillis@surgery.bsd.uchicago.edu

Dietitians
Ashley McGinn 773-834-8939 Ashley.mcginn@uchospitals.edu
Jessica Schultz 773-795-5949 Jessica.schultz@uchospitals.edu

To schedule your post-op follow up clinic visits:
Call 773-834-3524
Sample Menu

Phase 1 Pureed Diet

**Breakfast/Meal #1**
1/2 cup scrambled eggs

**Snack #1**
1/2 cup small curd cottage cheese

**Lunch**
1/2 cup refried beans with 1 oz melted cheese

**Snack #2**
4-6 ounces plain Greek yogurt

**Dinner**
3 ounces pureed chicken
1 ounce pureed veggies

**Snack #3**
Sugar free pudding (chocolate)

**Throughout the day:**
Premier Protein Shake or other high protein/low carb shake

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<table>
<thead>
<tr>
<th>Protein</th>
<th>Carbs</th>
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<tbody>
<tr>
<td>110g</td>
<td>40g</td>
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