

**Nutrition
Guidelines
for
Weight Loss Surgery**

Why should I follow these recommendations?

1. Help to prevent nutritional deficiencies that may result from a decreased intake of food, maldigestion and/or malabsorption of nutrients.
2. Help to achieve the maximum amount of weight loss.
3. Help to prevent nausea, vomiting, dehydration, hair loss, dumping syndrome and other potential side effects.

Getting Ready for Surgery...

It is a good idea to start making changes **before** surgery to help you prepare for your new lifestyle after surgery.

1. **Chew your food thoroughly.** This becomes very important after surgery. With the reduction in the size of your stomach and other changes in your anatomy you must be able to chew food to a liquid consistency before swallowing. Not chewing your food enough could result in pain, nausea and vomiting.
 - Start with smaller bites. Cut food into tiny pieces (i.e. pencil eraser-size) and/or use a small utensil (i.e. child's fork) to control bite size.
 - Chew each bite approximately **20 times or until liquid.**
2. **Practice eating slowly and stop eating when you feel full or comfortably satisfied.** After surgery, it is important to eat slowly in order to recognize your feeling of fullness and prevent intolerance. When you feel a **pressure in your upper stomach** area, this is your **new full feeling**. If you experience pain, you probably took one too many bites, or perhaps ate too quickly.
 - Sit down and focus on eating. Avoid activities (i.e. reading, watching TV, on computer) where you can become distracted. Practice mindful eating.
 - Savor each bite, noting its aroma, flavor and texture. Engaging all your senses can increase satisfaction and help prevent over eating.
 - Put your fork down between bites.
3. **Practice sipping beverages slowly and drink between meals.** Drinking too quickly, gulping and/or drinking too soon after eating solid food may cause pain, discomfort or other intolerances.
 - When you return home after surgery it may seem difficult to get fluids in initially because of inflammation. Aim for 4-8 oz of fluid over an hour.
 - Eventually you should be able to take 8 oz of fluid over 5-15 minutes.
 - Drinking fluids before the meal is OK.
 - **Avoid fluids during the meal.**
 - **Wait 30 minutes after the meal** is over before you resume drinking.
 - Straws, especially large straws, may introduce air into your stomach (like gulping) and cause bloating or discomfort.

4. **Drink adequate amounts of fluids to prevent dehydration.** Fluid needs are individual and some people may require more fluid to maintain adequate hydration than others. Your dietitian can help determine the amount of fluid that is best for you.
- **Aim for at least 64 ounces (oz) per day** unless you have been given a higher goal.
 - Increase your fluid intake if you are having **signs or symptoms of dehydration: decreased or dark urine, nausea, headache, dizziness, lack of energy, dry skin, dry mouth or a white coating on the tongue.**

5. **Wean off of beverages containing carbonation, caffeine, sugar and alcohol.**

Carbonation may cause abdominal discomfort and may stretch out your new stomach over time. Caffeine may irritate the stomach and increase your risk for an ulcer after surgery. Caffeine as well as alcohol may also contribute to dehydration. Beverages containing sugar and alcohol are high in calories and will hinder your weight loss. They may also cause Dumping Syndrome after the Gastric Bypass procedure. And last but not least, alcohol metabolism is altered and you may feel the effects more quickly.

- Water is a great beverage choice! If you are having trouble tolerating plain water, try adding a wedge of citrus fruit or sliced cucumbers.
- Sugar free or light beverages with less than 10 calories per serving are also appropriate.
- Try beverages sweetened with artificial or non-nutritive sweeteners.
- Try True Lemon/Lime/Orange® for touch of flavor without artificial sweetener.
- Switch to decaffeinated coffee and tea.
- Avoid ALL beverages with carbonation, even diet soda and sparkling water.
- If you choose to drink alcohol in moderation after surgery, please do not plan on driving.

6. **Read food labels.** Begin by identifying the amount of sugar, fat and protein in a particular food.

- **Sugar**

Food and beverages high in sugar will slow down the rate of weight loss and may even cause weight re-gain. For patients having Gastric Bypass surgery, food and beverages that are high in sugar may cause symptoms of flushing, dizziness, weakness, headache, nausea, vomiting, diarrhea and abdominal discomfort known as Dumping Syndrome.

- ✓ **Avoid high sugar foods** such as sweets, candy, fruit drinks and sodas.
- ✓ Limit foods that contain sugar in the first 3 ingredients on the food label.
- ✓ Aim for **no more than 15 grams of sugar per serving.**

- **Sugar alcohols**

Sugar alcohols are sometimes used in foods to provide a sweet taste without the calories of sugar. You may find sugar alcohol in sugar free foods such as sugar-free candies, cookies, ice cream and chewing gum. You may even find sugar alcohol in foods not labeled sugar free such as protein bars. If a product contains sugar alcohol the type (i.e. sorbitol, xylitol, mannitol, maltitol, starch hydrolysates, etc.) will be included on the list of ingredients and the amount will be included on the nutrition facts label. **Limit sugar alcohol to less than 10 grams per serving** as greater amounts may lead to cramping, abdominal pain, excess gas and/or diarrhea.

- **Fat**

Food and beverages high in fat are high in calories and like sugar will slow down the rate of weight loss and may even cause weight re-gain. High fat intake may also cause symptoms of intolerance or Dumping Syndrome.

- ✓ Avoid obviously high fat foods such as fried foods; fast food; snack chips; high fat meats like bacon, sausage, hot dogs, bologna, pepperoni and wings; cream soups and sauces like Alfredo; whole milk, ice cream; donuts; cakes; cookies; and pastries.
- ✓ Choose foods that are labeled “light”, “low fat” or “fat free”.
- ✓ When looking at a food label...Choose foods with 5% or less of the Daily Value (DV) for total fat. Avoid foods with 20% or more of the Daily Value for total fat. These would be considered a high fat foods.
- ✓ Choose lean cuts of meat. Lean cuts include round, chuck, sirloin and tenderloin and meats that are greater than 90% lean.

- **Protein**

Protein is important for wound healing, immune function and maintaining muscle mass. Needs are individual but ranges of **60-80 grams or 80-100 grams per day** are often suggested. Your dietitian can help determine the amount of protein that is best for you. Protein should be consumed first at each meal, then vegetables and fruits, then whole grains.

- ✓ Eat protein with each meal.
- ✓ Eat protein foods first. Take 2-3 bites of protein followed by a bite of vegetable or fruit and then a bite of starch/whole grains.
- ✓ Avoid dry meats, they are usually not tolerated well.

7. Explore, purchase and begin taking protein supplements (see handout).

- Choose supplements with:
 - **At least 20-30 grams of protein per serving.**
 - **Less than 5 grams of sugar per serving.**
 - **Less than or equal to 200 calories.**
- Please account for the additional calories of any fluids or foods mixed or blended in (i.e. fruit, yogurt, peanut butter, milk, etc).
- Choose whey protein isolate over whey protein concentrate and milk protein concentrate if you are lactose intolerant or feel symptoms of gas, bloating or are having loose bowel movements after surgery. Whey protein isolate is absorbed well and has no lactose or milk sugar.
- Avoid and/or limit products with collagen (not a complete protein).
- If you mix protein powder with skim or 1% milk you will get an additional 8 grams of protein per 8 oz.

8. **Explore, purchase and begin taking vitamin and mineral supplements.**

Vitamins and minerals are not only important for good health but also for maximum weight loss and long-term weight maintenance.

- **Begin taking a multivitamin (MVI) now if you do not already.** Look for a MVI that contains 100% Daily Value for iron (18mg), folic acid (400mcg), thiamine (1.5mg) and copper (2mg).
- Vitamins and minerals are absorbed differently after surgery therefore **daily supplementation is needed for the rest of your life.** See surgery specific handout for recommendations after surgery.

9. **Include physical activity in your daily routine.** Exercise is recommended as a life-long habit and is known to improve over-all health, mood and sense of well-being as well as maximize weight loss. And, a more toned body before surgery can help reduce excess skin after surgery. The American College of Sports Medicine recommends:

- **30-60 minutes of moderate aerobic activity at least 5 days a week.** One continuous session or multiple shorter sessions of exercise can achieve the same goal.
- **Strength training 2-3 days a week.** Use a variety of exercises and equipment to work each major muscle group.
- Before beginning any exercise routine, please consult with your doctor to make sure it is safe for you to exercise.

10. **Establish support.** Social support is associated with increased weight loss after weight loss surgery.

- Involve family and friends in appointments before and after surgery. They can provide encouragement and help you achieve your goals for a healthier lifestyle.
- Multiple studies show support group attendance after weight loss surgery is associated with greater post-operative weight loss. **Johns Hopkins Bayview Medical Center offers Virtual Bariatric Support Group twice a month.** Support groups are open to both pre and post-operative patients.
 - When:
 - 1st Wednesday of the month from 12-1 pm
 - 2nd Thursday of the month from 5-6 pm
 - Sign up:
 - Johns Hopkins Center for Bariatric Surgery website to receive secure Zoom link.
<https://www.hopkinsmedicine.org/bariatrics/support-groups.html>
- Remember to see health care providers regularly.

Before Your Surgery...

Suggest weight loss before your surgery to improve surgical outcomes. Excess body weight and a fatty liver increase surgical risk during upper abdominal laparoscopic surgery. Make healthy food choices and avoid that “last hurrah” before surgery. Two weeks prior to surgery follow the structured low calorie and low carbohydrate diet below to reduce the size of your liver. This will allow your surgeon better access to your stomach and potentially decrease the risk of complications. (See separate handout on 2 Week Preoperative Diet as well)

2 Week Preoperative Diet

Meal/Snack	Food Choice/Protein Shake
Breakfast	Protein Shake
Snack	Fruit (serving= 1 cup melons or berries OR 1/2 cup of all other fruit)
Lunch	Protein Shake
Snack	Protein Shake OR 6 ounces Light Greek yogurt
Dinner	3-6 ounces lean protein AND 1 cup cooked non-starchy vegetable OR 2 cups garden salad with 2 tablespoons light dressing
Snack (optional)	Protein Shake

In addition to the above meal plan, drink water and other sugar free fluid for a minimum of 64 ounces a day

Within 24 Hours of Surgery

Day before Surgery- Full Liquid Diet (See page 7 for Full Liquid Diet). **Clear liquid after midnight.**

2 hours prior to Surgery- STOP drinking ALL Liquids

Following Your Surgery...

In the Hospital

- Start Slowly Sipping on Clear Liquids provided
- Fluid Goal before discharge from the hospital- 4 to 8 oz over 2 hours

Remember:

- Sip and Do Not Gulp. Suggest avoiding straws. Swallowing air may cause abdominal discomfort.
- Drink Slowly. If you feel increasing fullness or pressure under your breast bone, slow down.
- You will receive IV fluids to help with hydration while in the hospital but IV fluids will be discontinued when you are discharged to home.

Full Liquid Diet: Post-op Week 1

Goals:

- **60-80 grams of protein per day** or more if recommended (at least 2-3 protein supplements per day).
- **Aim for 64 ounces (oz) of fluid per day** or more if recommended by your provider.
 - Drink Early and Often! It will probably take an hour to drink 8 oz. Drinking is an ALL DAY job. It is nearly impossible to play catch up with your fluids if you do not start early.
 - Protein supplements can account for 50% of your fluid goal.
- Keep logs recording ounces of fluid and grams of protein consumed.

Recommended Liquid and Semi-liquids:

- Water
- Broth
- Sugar-free fruit drinks
- Sugar-free popsicles and sugar-free Italian ice
- Decaffeinated tea and decaffeinated coffee
- Diluted fruit juice (maximum of 4 ounces juice per day, diluted with 4 ounces water)
- 1% or skim milk
- Protein supplements
- Low-fat/light or 100 calorie yogurt (plain or flavored yogurt without fruit chunks or seeds, Greek is preferred)
- Low fat or Fat free cottage cheese (no fruit added)
- Ricotta cheese made with skim milk
- Sugar-free gelatin
- Sugar-free, low fat pudding

Sample Full Liquid Meal Plan (Week 1)

7:00	am	8 oz fluid such as decaffeinated coffee
8:00	am	2 tbsp semi-liquid such as fat free plain Greek yogurt
8:30	am	8 oz fluid such as a sugar-free fruit flavored beverage
9:00	am	2 tbsp semi-liquid such as sugar-free pudding
10:00	am	8-12 oz protein supplement
12:00	pm	2 tbsp semi-liquid such as sugar-free gelatin
1:00	pm	8 oz fluid such as water with lemon
2:00	pm	8-12 oz protein supplement
4:00	pm	8 oz fluid such as decaffeinated sugar-free iced tea
6:00	pm	2 tbsp fat free cottage cheese
8:00	pm	8-12 oz protein supplement made with 1% or skim milk

Pureed Diet: Post-op Weeks 2, 3 and 4

Goals:

- **60-80 grams of protein per day** or more if recommended (at least 2-3 protein supplements per day).
- **Eat protein foods first**, followed by vegetables, fruits then grains.
- **64 oz of fluid per day** (including protein drinks) **sipped between meals**. Avoid fluids during meals and wait 30 minutes after eating to resume drinking fluids.
- **Foods blended or mashed to liquid/baby food consistency.**
- Avoid spicy foods as well as very hot or very cold foods since they may cause discomfort.
- Try only 1 new food at a meal so that you know what you can tolerate.

Food	Choose	Avoid
Protein	<p>2 Tbsp (1oz) provides 6-7 grams of protein</p> <p><i>Blended</i> Lean Beef, Pork, Poultry, Fish, Shrimp, Lobster, Crab, Imitation Crab/Lobster, Tuna fish in water</p> <p>1 Egg (scrambled), egg substitute</p> <p>2 Tbsp provides 3-4 grams protein</p> <p>Cottage and Ricotta Cheese (fat-free, skim milk or 1%)</p> <p>Greek yogurt (fat-free, plain or light without seeds or chunks)</p> <p>Tofu (soft)</p> <p>Cheese, fat-free or low fat (1 slice or 1 oz provides 6-7 grams protein)</p> <p>Milk, 1% or skim (8 oz provides 8 grams of protein)</p>	<p>High fat meats</p> <p>Proteins cooked in oil, fat and butter</p> <p>Peanut butter and other Nut butters</p> <p>Cheese or yogurt made from whole milk</p> <p>Whole or 2% Milk</p>
<p>Produce</p> <p><i>Tip: Add Protein Powder</i></p>	<p>Vegetables</p> <p>Soft, tender varieties, <i>cooked and blended or mashed with a fork</i></p> <p>Fruits</p> <p>Mashed banana, No sugar added applesauce, blended canned peaches or pears in 100% juice, blended fresh fruit without seeds or skins and baby food fruit</p>	<p>Salad; Raw; Tough varieties with fibrous stalks, seeds, skins or hulls; Cooked in butter or oil</p> <p>Tough varieties Seeds, skins, hulls Fruit in heavy or light syrup</p>

Food	Choose	Avoid
Grains and Starches <i>Tip:</i> Add Protein Powder	Hot cereal (oatmeal, grits, cream of wheat) Mashed white or sweet potatoes Blended/mashed beans (refried beans, hummus)	Pasta and noodles Rice Bread and bread products All additional starchy foods not listed in the choose category Grains prepared with added butter or oil
Soups <i>Tip:</i> Add Protein Powder	Broth, bouillon Blended- Vegetable soup, Reduced fat cream soup, Bean soup or Egg drop soup	Rich, high fat cream soups or soups with chunks or noodles
Beverages	Water Decaffeinated, non-carbonated beverages with less than 10 calories per 8 oz serving such as coffee, tea, Crystal Light®, Mio®, Propel Zero®, Fruit 2O®, Vitamin Water Zero®, True Lemon/Lime/Orange®	All soda or other Carbonated drinks Caffeinated coffee/ tea Chocolate milk Sweetened condensed milk 2% or whole milk
Miscellaneous	Light yogurt, sugar-free gelatin, sugar-free popsicles, sugar-free pudding and custard, sugar- free/low fat ice cream and sherbet, light or low fat mayonnaise	All others

Instructions for Pureeing Foods:

Buy or borrow a blender or food processor if you do not own one.

1. Cut food into small pieces about the size of your thumbnail.
2. Place food in the blender.
3. Add enough liquid (broth, fat free gravy, fat free yogurt, tomato sauce, etc.) to cover the blades.
4. Blend until smooth like applesauce.
5. Strain out the lumps, seeds, or pieces of food.
6. Use herbs and spices (avoid spicy ones) to flavor food.
7. Enjoy!

Tip: Use ice cube trays.

- Each cube holds about 1 ounce.
- This will help you to control portion sizes and estimate protein.
- Each cube is about 7 grams of protein if you're putting pureed lean beef, poultry or pork in the trays.
- Try preparing your favorite healthy recipe, blend and freeze in the trays.

Sample Pureed Meal Plan (Weeks 2, 3 and 4)

7:00 am 8 oz fluid such as decaffeinated coffee

8:00 am 8-12 oz protein supplement

9:30 am 8 oz fluid such as water

10:30 am 2-4 tbsp protein food such as 100 calorie vanilla Greek yogurt

11:30 am 8 oz fluid such sugar-free fruit flavored beverage

12:30 pm 2-4 tbsp protein food such as Ricotta cheese (made with skim milk) mixed
with 1-2 tbsp tomato sauce

2:00 pm 8 oz fluid such as sugar-free fruit flavored beverage

3:00 pm 8-12 oz protein supplement

4:00 pm 2 tbsp protein food such as 1% low fat cottage cheese
2 tbsp blended or baby food peaches

5:00 pm 8 oz fluid such as water with lemon

6:00 pm 2 tbsp protein food such as blended chicken
2 tbsp blended green beans
1-2 tbsp mashed potatoes with 1 tbsp fat-free gravy

7:30 pm 8-12 oz protein supplement

8:30 pm 8 oz fluid such as water with lime

Soft Diet: Post-op Weeks 5, 6, 7 and 8

Goals:

- **60-80 grams of protein per day** or more if recommended. Decrease protein supplements as protein foods increase.
- **Eat protein foods first**, followed by vegetables, fruits then grains.
- **64 oz of fluid per day** (including protein drinks) **sipped between meals**. Avoid fluids during meals and wait 30 minutes after meals to resume drinking fluids.
- **All foods must be soft or cooked to a soft consistency. Chew all foods well.**
- Try only **1** new food at a sitting so that you know what you can tolerate.

Food	Choose	Avoid
Protein	<p>1 oz provides 6-7 grams of protein</p> <p>Ground or finely chopped Lean Beef, Pork, Poultry, Fish, Shrimp, Lobster, Crab, Imitation Crab/Lobster, Tuna in water</p> <p>Lean deli meats</p> <p>Egg and egg substitute</p> <p>2 Tbsp provides 3-4 grams protein</p> <p>Cottage/Ricotta Cheese (fat-free, skim milk, 1%)</p> <p>Greek yogurt (fat-free, plain, light or 100 calorie)</p> <p>Tofu (soft)</p> <p>Cheese, fat-free or low fat (1 slice or 1 oz provides 6-7 grams protein)</p> <p>Milk, 1% or skim (8 oz provides 8 grams of protein)</p>	<p>High fat meats</p> <p>Tough, dry meats</p> <p>Proteins cooked in oil, fat and butter</p> <p>Peanut butter and other Nut butters</p> <p>Cheese or yogurt made from whole milk</p> <p>Whole or 2% Milk</p>
Produce	<p>Vegetables</p> <p>Tender varieties, cooked until soft</p> <p>Fruits</p> <p>Melon, Banana, No Sugar Added Applesauce, canned peaches and pears in 100% juice and other soft fruit without seeds, skins or hulls</p>	<p>Salad; Raw; Tough varieties with fibrous stalks seeds, skins or hulls (peas, corn); Cooked in butter or oil</p> <p>Tough varieties, Seeds, skins, hulls and membranes like fresh oranges Fruit in heavy or light syrup</p>

Food	Choose	Avoid
Grains and Starches	Hot cereal (oatmeal, grits, cream of wheat) Mashed white or sweet potatoes Beans, hummus Toast, crackers without seeds, hard pretzels Rice, pasta and noodles (wait until week 7,8)	Soft bread Bagels All additional starchy foods not listed in the choose category Grains prepared with added butter or oil
Soups	Broth, bouillon Reduced fat cream soups Egg drop soup	Rich, high fat cream soups
Beverages	Water Decaffeinated, non-carbonated beverages with less than 10 calories per 8 oz serving such as coffee, tea, Crystal Light®, Mio®, Propel Zero®, Fruit 2O®, Vitamin Water Zero®, True Lemon/Lime/Orange®	All soda or other Carbonated drinks Caffeinated coffee/ tea Chocolate milk Sweetened condensed milk 2% or whole milk
Miscellaneous	Light yogurt, sugar-free gelatin, sugar-free popsicles, sugar-free pudding and custard, sugar-free/low fat ice cream and sherbet, light or low fat mayonnaise	All others

Sample Soft Diet Meal Plan (Weeks 5, 6, 7 and 8)

7:00 am 8 oz fluid such as decaffeinated coffee

8:00 am 2 oz protein food such as an omelet (1 scrambled egg with 1 slice light cheese and 1-2 tbsp cooked vegetables)

9:00 am 8 oz fluid such as water with an orange wedge

10:00 am 8-12 ounces protein supplement

1:00 pm 1-2 oz protein food such as tuna with low fat mayonnaise
2 saltine crackers
2-4 oz canned/ diced pears in 100% Juice

2:00 pm 8 oz fluid such as water with lemon

3:30 pm 8-12 oz protein supplement

5:00 pm 8 oz fluid such as decaffeinated sugar-free iced tea

6:00 pm 1 ½ -2 oz protein food such as chopped chicken breast (moist, tender)
2 tbsp cooked green beans
1-2 tbsp mashed potatoes with 1 tbsp fat-free gravy

7:30 pm 8 oz fluid such as a sugar-free flavored water

8:00 pm 1/2 cup melon

Regular Diet: Beginning at Post-op Week 9

- **60-80 grams of protein per day** or more if recommended. Decrease protein supplements as protein foods increase. Remember-Moist tender meats tend to be better tolerated.
- **64 oz of fluid per day.** Continue to avoid fluids during meals and wait 30 minutes after meals to resume drinking fluids.
- **Begin to add raw vegetables** such as lettuce and carrots but continue to avoid foods with tough skins and large seeds such as cucumbers.
- **Take your time at meals and chew very well to help increase your tolerance to these foods.** Eventually you should be able to enjoy a wider variety of fresh fruits and vegetables, breads and other grains.
- **Keep food records of your tolerance and intake. Remember that food intolerance is very individual.**

Three months following your surgery, you should be increasing the variety in your diet and attempting to eat foods from all of the food groups. The following chart is a guide to help you develop healthy eating patterns.

Suggested Daily Intake based on Food Groups

Food Group	Food Choices	Serving Size	Number of Servings	Grams Protein	Grams Carb
Meat, Poultry, Fish, Eggs	Examples include lean beef, pork, ham, veal, chicken, turkey, fish, tuna fish, crab, shrimp, lobster, scallops, mussels, Canadian bacon, eggs, egg whites, firm tofu	1 oz ¼ cup	6-7	36-49	0
Vegetables	Examples include carrots, green beans, tomatoes, spinach and other greens, zucchini, yellow squash, beets, onions, peppers, broccoli, cauliflower, asparagus, cabbage, eggplant	½ cup	2-3	4-6	10-15
Fruits	Examples include apples, applesauce, plums, pears, peaches, nectarines, grapes, tangerines, cherries, berries, bananas	½ cup	2-3	0	30-45
Grain, Starchy Vegetables	Examples include rice, potatoes, sweet potatoes, noodles, pasta, bread, crackers, pretzels, cereals, peas, corn, beans, chick peas, lentils, soybeans	½ cup	3-4	6-12	45-60
Dairy	Examples include skim/1% milk, Light yogurt, Greek style yogurt, cottage/ricotta cheese, low fat/fat free cheese, low fat soy milk	8 oz ½ cup	2-3	10-25	10-25
Fats/Oils	Butter, margarine, mayonnaise, salad dressing	1 Tbsp	1-2	0	0
Total				56-92	95-145

Sample Regular Diet Meal Plan (Weeks 9 and after)

Before Breakfast 6-8 oz Water

Breakfast

1 egg scrambled with 1 slice of fat free cheese
½ slice whole grain toast with low fat margarine
½ banana

30 minutes After Breakfast – 8-16 oz sugar-free flavored beverage

Mid-Morning Snack

½ cup sliced apple
1 ounce low-fat string cheese

30 minutes after snack - 16 oz water or other approved beverage – sipped throughout the day

Lunch

½ cup (4 ounces) tuna in water with 1 Tbsp low fat mayonnaise on 1 slice whole grain bread
3 slices fresh tomato and ½ cup fresh lettuce
½ cup fresh cantaloupe

30 minutes after lunch- 8 oz decaffeinated sugar-free iced tea

Mid-Afternoon Snack

½ cup plain, low-fat Greek yogurt with ½ cup berries

30 minutes after snack - 16 oz water or other approved beverage – sipped throughout the day

Dinner

2-4 oz baked fish
½ cup steamed broccoli with lemon
½ cup baked sweet potato with 1 tsp low fat margarine/butter

Evening Snack

8 oz skim or 1% milk or soy milk

The above information is provided as a **general guide**.

Advancing to a Regular Diet should be achieved with the aid of a Registered Dietitian. Please make an appointment to develop a healthy meal plan to ensure adequate nutrient intake and maximize your weight loss.

Possible Nutrition Related Problems that may occur post-op:

- **Dehydration:** Signs of dehydration include dark urine, nausea, headache, dizziness, lethargy and/or a white coating on the tongue. These can occur if you are not drinking adequate amounts of fluid each day. Strive for at least 64 oz a day.
- **Decreased appetite:** It is very common to not feel hungry right after surgery. You need to eat based on a schedule and not physical symptoms of hunger. Refer to nutrient guidelines and suggested meal plans to ensure that you get proper nutrition and prevent deficiencies.
- **Nausea or vomiting:** Usually caused by eating too fast, eating too much, not chewing well, drinking with or too soon after your meals or advancing your diet too soon. If you do not believe nausea or vomiting is food related, call your surgeon's office.
- **Bad taste in mouth and taste changes:** This is common right after the surgery and may be caused for many reasons. If related to medication given around surgery or decreased intake after surgery it should resolve after a couple weeks. Some people experience ongoing taste changes because of the surgical procedure. Discuss problem solving tips with your dietitian.
- **Constipation:** May occur within the first few weeks after surgery. Medication, decreased fluid intake, a low fiber diet and calcium and iron supplementation can contribute towards constipation. Stool softeners, physical activity, adequate fluid intake and increasing fiber intake through texture appropriate fruits, vegetables and whole grains as the diet progresses can help promote bowel regularity.
- **Increased gas:** This is also common after the surgery, especially during the first few weeks. If you have gas pains, try simethicone drops (Gas X[®]). Deverom[®] may also help with the odor. Gas can be a sign of lactose intolerance.
- **Trouble tolerating dairy products or lactose intolerance:** Milk and other dairy products may cause cramping, bloating, excessive gas and/or diarrhea. If these problems occur, try taking a lactase enzyme when drinking or eating dairy. Lactaid 100[®] milk, fat free fairlife milk, soy milk or almond milk may also be better tolerated.
- **Hair loss:** When hair loss occurs in the first few months after surgery it is usually due to the surgery and rapid weight loss and will typically resolve on its own. Make sure you are taking in adequate protein and the recommended vitamins and minerals to prevent hair loss related to nutrient deficiencies.
- **Pregnancy:** This must be avoided for the first 18 months following surgery. Pregnancy during this time could cause complications and deficiencies for you and your baby and may result in birth defects. For this reason you need to take precautions to prevent pregnancy, even if you had problems getting pregnant in the past. Rapid weight loss increases fertility so you must be very careful.

Test Your Understanding

How many grams of protein are needed each day? _____

How much fluid is needed each day? _____

What are 3 things that can increase your risk of nausea and vomiting?

What vitamin and minerals will you need to take for a *lifetime*?

Your Dietitian is an important member of your support team. We recommend regular visits to ensure your diet is well tolerated and meets your nutritional needs. Schedule your nutrition appointment by calling Access Services at (410) 550-7728.

Recommended Dietitian Visits:

- ✓ 2 - 4 weeks post-op
- ✓ 3 months post-op
- ✓ 6 months post-op
- ✓ 1 year post-op
- ✓ Once a year after first year or more frequently as needed

Reasons for follow-up between routine visits with Your Dietitian:

Poor tolerance to food or supplements
Inability to advance your diet (e.g. nausea, vomiting, chest pain)
Hair loss
Feeling overly-tired
Sudden change in menstrual periods
Craving ice or dirt
Feeling short-of-breath with exercise (new-onset)

Dietitian: _____

**For more information, please contact the Johns Hopkins Bayview Medical Center
Clinical Nutrition Department at 410-550-1549.**

To schedule an appointment with a Registered Dietitian, call 410-550-7728.

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