

NUTRITIONAL GUIDELINES

AFTER ADJUSTABLE GASTRIC BANDING
OR SLEEVE GASTRECTOMY SURGERY



South Miami Hospital

The Weight-loss Surgery Program at South Miami Hospital Welcomes You

We are committed to providing you with quality care to help you meet your nutritional needs.

Nutrition plays an important role in your well-being, and we are here to help you. You will be seen by a registered dietitian before and after your surgery.

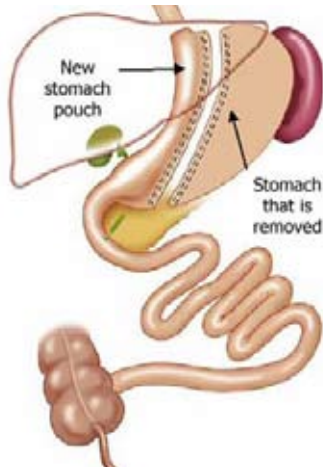
The registered dietitian will explain the nutrition therapy ordered by your physician so you can reach your goals of feeling and looking your best.

A complimentary follow-up session with the dietitian is also provided. Support group meetings are held at South Miami Hospital to help you stay motivated and to answer any questions you may have.

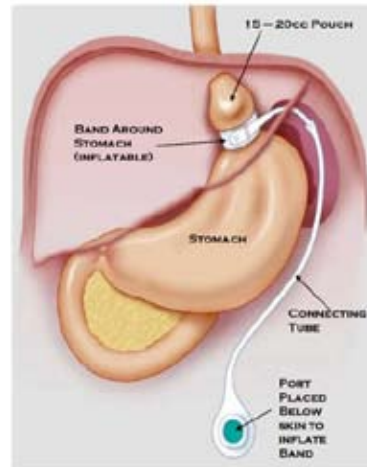
If at any time during your stay or upon discharge you have a question or concern, feel free to call your dietitian. We will be glad to help you.

“Because We Care”

SLEEVE GASTRECTOMY



LAPAROSCOPIC ADJUSTABLE GASTRIC BANDING



Patient Name

Dietitian

Contact Number

Date

Bariatric Surgery Nutrition Therapy for Adjustable Gastric Banding or Sleeve Gastrectomy

Nutritional Goals

Follow these guidelines after you are discharged from the hospital. Your surgeon will advise you when to advance your diet.

Avoid vomiting.

- Eat slowly, taking small bites.
- Sip drinks.
- Do not use a straw to drink.
- Do not drink carbonated beverages.

Drink enough fluids.

You can only drink or eat small amounts. Be sure to get enough liquids.

- Consume a minimum of 48-64 ounces of total fluids per day.
- To get an adequate amount of fluids each day, sip small amounts of water or sugar-free noncarbonated drinks.

Eat enough foods with protein.

Protein helps your body to heal. It also maintains muscle.

- Drink high-protein, low-sugar, and low-fat supplement every day.
- Consume sugar-free yogurt or pudding each day during full liquid stage to increase protein intake.

Do not stretch the stomach.

You had surgery to make your stomach smaller. Making the right eating and drinking choices will keep the stomach from stretching.

- Eat two to four tablespoons at each meal as tolerated.
- Eat three small meals and two to three small snacks a day as tolerated.
- Sip drinks in small amounts.

Get enough vitamins and minerals.

After surgery, you eat less. This means you do not get as many vitamins and minerals as you used to. After surgery, your body also does not use the vitamins and minerals as well as it did before the surgery.

- Take two bariatric chewable multivitamin pills each day.
- Take calcium supplements and any other supplements indicated by your doctor.

Clear Liquid Diet after Bariatric Surgery

Sugar-free, No Concentrated Sweets

Up to two to four ounces every hour.

Examples:

- Water
- Sugar-free gelatin
- Crystal Light®
- Clear broth
- Sugar-free Popsicles®
- Decaffeinated coffee or tea



IMPORTANT: Avoid gulping liquids.

Full Liquid Diet after Bariatric Surgery

The Full Liquid Diet is composed of foods that are liquid or semi-liquid at room temperature. This diet is used as a transition between clear liquids and solid foods.

- The goal during this early post-operative period is to protect the small stomach.
- Liquids must be sugar-free, no concentrated sweets, low-fat and high-protein.
- Remember to keep hydrated with lots of water.
- Sip fluids, do not gulp.
- Continue with protein supplements.

Food Group	Recommended	Avoid
Milk	When tolerated – skim milk; powdered milk added to strained vegetable soups; Carnation Instant Breakfast®- No Sugar Added NOTE: Use low lactose or lactose-free milk products for lactose intolerance.	Cocoa mixes with sugar; ice cream; malted or chocolate milk; sweetened custard and pudding; sweetened, fruited or frozen yogurt; milkshakes
Meat and Meat Substitutes	Strained chicken, turkey or meat added to light cream soup or broth	All others, raw eggs
Vegetables and Fruits	Vegetable juice, diet pulp-free juice, Diet V8 Splash®.	All others
Fats and Oils (use sparingly)	Olive oil and canola oils.	All others
Soup	Chicken, beef or vegetable broth, strained and blended in a blender with above food items.	All others
Cereal or Starch	Strained, cooked hot cereals thinned with low-fat milk.	Cereals made with sugars, all others
Sweets and Desserts	Products that are sugar-free, light, no sugar added, unsweetened, low-fat or fat-free. Use sugar substitutes.	Sugar, high fructose corn syrup, maltose, dextrose, sorbitol, mannitol
Miscellaneous (as desired)	Mild spices and seasonings as tolerated, Crystal Light®, decaffeinated tea or coffee.	Sugar, alcohol, caffeine, chocolate, carbonated beverages

Sample Menu

Full Liquid Diet, No Concentrated Sweets, Low-Fat, High-Protein

Breakfast	Lunch	Dinner
<ul style="list-style-type: none"> • Protein shake • Morning snack – three ounce sugar-free, fat-free pudding 	<ul style="list-style-type: none"> • ½ cup of strained, chicken soup blended in a blender 	<ul style="list-style-type: none"> • ½ cup strained, cream of chicken soup blended in a blender • Afternoon snack – protein shake

Puréed Diet after Bariatric Surgery

- Minimum of approximately six cups of fluid per day.
- Drink one to two ounces at a time, as tolerated.
- Continue with protein supplementation.
- Focus on protein rich foods first.
- Drink as much fluid as possible between meals.
- Please remember to avoid those foods not allowed by your doctor.

Food Group	Recommended	Avoid
Milk	When tolerated – skim milk; powdered skim milk added to strained vegetable soups; Carnation Instant Breakfast® – No Sugar Added, plain or fruit flavored artificially sweetened yogurt.	Cocoa mixes with sugar; ice cream; malted or chocolate milk; sweetened custard and pudding; sweetened, fruited or frozen yogurt; milkshakes
Meat and Meat Substitutes	Strained chicken, turkey or meat added to light cream soup or broth, eggs cooked in artificially sweetened custard, baby food protein choices (chicken or turkey), puréed and strained bean soup and puréed tofu.	All others, raw eggs
Vegetables and Fruits	Vegetable juice, diet pulp-free juice, Diet V-8 Splash, puréed fruits/puréed vegetables.	All others
Fats and oils (Must be low-fat and used sparingly)	Margarine, mayonnaise, olive oil, vegetable oil .	All others
Soup	Chicken, beef or vegetable broth, strained and blended in a blender with above food items	All others
Cereal or Starch	If approved by your doctor: Strained, refined, cooked cereal thinned with milk, no-sugar-added cereals.	Cereals made with sugar; all others
Sweets and Desserts	If approved by your doctor: All sugar-free or no-added-sugar products such as gelatin, pudding, yogurt, ice cream, artificial sweeteners or sugar substitutes.	Sugar, maple syrup, maltose, dextrose, fructose, sorbitol, mannitol, sorghum

Food Group	Recommended	Avoid
Miscellaneous (as desired)	Salt, mild herbs and spices as tolerated, liquid nutritional supplements as prescribed, protein or skim milk powder, Crystal Light®, decaffeinated coffee or tea.	Sugar, all others

Sample Menu

Sugar-Free, No Concentrated Sweets, Low-Fat, High-Protein

Breakfast	Lunch	Dinner
<ul style="list-style-type: none"> • ¼ cup scrambled eggs or egg substitute • ½ cup skim milk with no-sugar-added cocoa mix 	<ul style="list-style-type: none"> • ¼-½ cup strained, puréed chicken soup (about three tablespoons) • Salt and pepper • 1 cube of unsweetened gelatin 	<ul style="list-style-type: none"> • ¼ cup strained, puréed bean soup • ½ cup skim milk

Soft Diet after Bariatric Surgery

- Initially, you will consume only very soft foods approved by your doctor.
- You will start one new food at a time.
- Eventually, you will be able to eat all foods, with the exception of any individual intolerance.
- Remember to consult your doctor before adding any new food.
- Chew all foods about 30 times before swallowing.
- IMPORTANT: Fluids should be consumed 30-60 minutes before and after meals.

Food Groups	Recommended	Avoid
Milk and Milk Products	When tolerated – skim milk; added to soups; low-fat soft cheese; plain or fruit-flavored, artificially sweetened yogurt.	Cocoa mixes; ice cream; malted or chocolate milk; sweetened custard and pudding, sweetened, fruited or frozen yogurt, milkshakes, cream, whipped cream, ice milk and whole milk Others not allowed by your doctor
Meats and Meat Substitutes	Small amounts of scrambled, soft-boiled eggs or egg salad, low-fat cottage cheese, soft tofu, well cooked beans or lentils. With doctor's approval (about one month after surgery) – fish, chicken, turkey, shellfish, lean tender meats, soft or mild assorted cheeses.	All fatty meats, fried meats, fried or raw eggs and green beans Others not allowed by your doctor
Soups	Soups made with recommended foods.	Prepared with heavy cream or high-fat ingredients

Food Groups	Recommended	Avoid
Fats and Oils (Must be low-fat and used sparingly)	When tolerated – olive oil, margarine, vegetable oils, salad dressings, sour cream, smooth peanut butter and cream cheese.	Nuts, seeds, low-fat dressing or mayonnaise Others not allowed by your doctor
Vegetables and Fruits	With doctor approval: Initially need to be well cooked or soft.	Raw fruits; any fruits to which sugar has been added; fresh or dried fruits, canned or frozen fruits in syrup, fruit juices Others not allowed by your doctor
Breads and Grains	With doctor approval: Very small amounts of crackers, melba toast, pasta, breads, potatoes, unsweetened cereals, English muffins.	Sugar-coated cereals; popcorn; chips; donuts; sweet rolls; coarse cereals (bran); breads made with nuts, seeds or dried fruits Others not allowed by your doctor
Sweets and Desserts	With doctor approval: Small amounts of sugar-free foods like jelly, gelatin, pudding, yogurt or frozen yogurt.	All sweets and desserts made with chocolate or dried fruits, sugar, honey, molasses; donuts, marshmallows, Popsicles®, cakes, pies, cookies, jellies, jams, gelatin made with sugar, high sugar desserts, sherbet, ice cream, fried pastries Others not allowed by your doctor
Beverages	With doctor approval: Sugar-free, non-carbonated drink or drink mixes, decaffeinated tea and coffee, water.	Regular soft drinks, sugared drink mixes, regular lemonade, Kool-Aid®, Gatorade®, sweetened ice tea or any other sweetened beverage, alcohol Others not allowed by your doctor
Miscellaneous	Salt, pepper, mildly flavored sauces and gravies, strongly flavored seasonings as tolerated.	Sugar, caffeine, extremely spicy foods or fried or salty snacks

Sample Menu

Soft Diet, Sugar-Free, No Concentrated Sweets, Low-Fat, High-Protein

Breakfast	Lunch	Dinner
<ul style="list-style-type: none"> • One scrambled egg or egg substitute sprinkled with cheese • ½ slice of toast* 	<ul style="list-style-type: none"> • ½ cup low-fat cottage cheese • ½ cup of fruit flavored, artificially sweetened yogurt 	<ul style="list-style-type: none"> • 1 to 2 ounces Tofu in a cup of bean soup OR • Split pea soup OR • Fat-free refried beans

*When approved by your doctor

Regular Diet*

Sugar-Free, No Concentrated Sweets, Low-Fat, High-Protein

- As you expand your diet, try small amounts of new food at a time.
- It is important to consume healthy, balanced meals with a minimum of three meals per day and two to three snacks as tolerated.

Sample Menu

Breakfast	Lunch	Dinner
<ul style="list-style-type: none"> • ¼ medium banana • Two scrambled egg whites • ½ slice toasted bread • 1 teaspoon margarine 	<ul style="list-style-type: none"> • 2-ounce broiled chicken breast • ¼ cup boiled carrots • ¼ cup pasta salad • 1 teaspoon olive oil 	<ul style="list-style-type: none"> • 2-ounce baked or broiled white fish • ¼ cup pinto beans • ½ dinner roll

* Start a "regular" diet when approved by your doctor.

Recommendations for Vitamin and Mineral Supplementation for Adjustable Gastric Banding and Sleeve Gastrectomy

Many patients who have had adjustable gastric banding or sleeve gastrectomy experience deficiencies in Iron, Folate, Vitamin B12 and Calcium. A chewable bariatric multivitamin and mineral supplement should be started immediately after discharge from the hospital. You should ask your doctor about Vitamin B12 injections, nasal spray or sublingual tablets.

Vitamin B12	Multivitamin / Mineral Supplementation	Iron	Calcium
<p>Types of Supplements</p> <ul style="list-style-type: none"> • Sublingual Tablet 1000 mcg. daily. • Injections of 1000 mg./ month. • Nasal spray once a week. <p>Supplement as directed by your surgeon.</p>	<p>Two chewable bariatric multivitamins during the first three months following surgery.</p> <p>One bariatric multivitamin a day.</p> <p>May require lifelong supplementation</p>	<p>Amount in adult multivitamin/mineral.</p> <p>Recommend 18-27 mg. if needed a day.</p> <p>Supplement as directed by your surgeon.</p> <p>Do not combine calcium with iron-containing supplements.</p> <p>Vitamin C may enhance absorption of some iron sources.</p>	<p>Choose a brand that contains calcium citrate with vitamin D.</p> <p>Recommend 1,500-1,700 mg. a day.</p> <p>Do not combine calcium with iron-containing supplements.</p> <p>Split 500-600 mg. doses. Be mindful of serving size on supplement label.</p> <p>Wait more than two hours after taking multivitamin or iron supplement.</p>

Special Considerations

1. **Eat slowly, chew well and avoid distractions.** Take small bites. Chew your food about 30 times. Allow about half an hour for each meal. Set your fork down between bites.
2. **No drinking while eating.** Stop drinking fluids about 30 minutes prior to and after meals.
3. **Sip fluids at all times.** Minimum of four to six ounces every hour.
4. **Make protein priority.** Eat the protein first.
5. **Drink protein supplements as instructed.**
6. **Avoid sweets, sugars and high-fat selections.** They are high in calories and may promote weight gain.
7. **Avoid high-calorie liquids.** They will defeat the purpose of the operation and prevent weight loss.
8. **Stop eating when you feel satisfied.** Do not take the next bite. If you ignore that sign, you will overeat and the stomach will expand. This will cause physical pain. If you continue to eat, you will vomit.
9. **Avoid carbonated drinks.** This will prevent discomfort and the stretching of your new stomach.
10. **Avoid drinking through straws to prevent swallowing air, which may lead to bloating.**
11. **Avoid high-fiber foods.** High-fiber foods such as coconut, orange pulp and fresh fruits and vegetables may cause an obstruction during the first few months after your surgery. You may introduce them slowly into your diet four months after surgery.
12. **Use caution with milk.** Some patients may develop lactose intolerance, making it difficult to drink milk. Drink smaller amounts or use lactose-free products.
13. **Start a hobby.** Never eat out of boredom.
14. **You should eat breakfast within one hour of waking to jump-start your metabolism.**
15. **Add "new" foods one at a time.** If you do not tolerate a food or drink, wait about one week to try it again. If you continue to have problems, avoid it.
16. **Remember to drink water.**
17. **Increase your activity, with doctor approval.** Try a sport. Take long walks.
18. **Participate in a behavioral modification program.**
19. **Follow up with your surgeon and dietitian.**

Bariatric Liquid Protein Supplements

Recipes for making high-protein supplements at home.

High-Protein Milk

In a blender mix:

- 1 cup skim milk
- 2 scoops (1 ounce) Carb Solutions or other protein powder
- Sugar substitute
- Vanilla or flavoring

This recipe provides:

- 190 calories
- 28 grams protein
- 2 grams fat
- 1 gram fiber

Variations:

- Chocolate milk: Add unsweetened cocoa powder to the recipe before mixing.
- Hot chocolate, heat the chocolate milk. Sip slowly.

High-Protein Fruit Punch

In a blender mix:

- 6 ounces sugar-free powdered fruit
- Drink, such as Crystal Light® or
- Sugar-free Kool Aid®
- 2 scoops (1 ounce) protein powder
- 4 ice cubes

This recipe provides:

- 110 calories
- 20 grams protein
- 4 grams carbohydrates
- 2 grams fat

High-Protein Cream Soup

Mix:

- Cup nonfat dry milk powder
- 1 teaspoon chicken or beef bouillon
- 3 tablespoons protein powder
- Add enough hot water to equal 1 cup.
- Mix well.
- Eat soup when it is lukewarm.

This recipe provides:

- 200 calories
- 24 grams protein
- 20 grams carbohydrates
- 2 grams fat

Do not choose any of the following supplements. They are too high in carbohydrates:

- Regular Carnation Instant Breakfast®
- Ensure®
- Slim-Fast®
- Boost®

Suggested Recipes or Foods

These are some examples of sugar-free, low-fat, high-protein recipes.

High-protein blended shake 30-40 grams of protein

8 oz. skim milk

1 pkg. Carnation Instant Breakfast® – No Sugar Added

1 scoop protein powder, such as Designer Protein®

Choose any of the following to add flavor:

- Flavor extracts (vanilla, etc.)
- Instant decaffeinated coffee
- Fat-free, sugar-free frozen yogurt or ice cream (adds about 3 grams protein for a ½ cup)
- Low-fat peanut butter (adds 9 grams protein for 2 tablespoons)

Diet pudding (Sugar-free instant mix) 4 grams of protein per serving

Made with fat-free milk

Brand names*: Royal®, Jell-O®

Low-fat, sugar-free yogurt 6-8 grams of protein per container

Brand names*: Dannon Light®, Breyers Light®, Yoplait Light®

Blenderized low-fat soups 4-8 grams of protein per serving

Made with skim milk or powdered milk

Brand names*: Healthy Choice®, Progresso Light®, Pritikin®

No-sugar-added hot cocoa mix 10-12 grams of protein per serving

Made with fat-free milk

Brand names*: No-Sugar-Added Carnation® or Swiss Miss®

* Brand names are only mentioned for the sole purpose of illustration or clarification. It was not intended, by any means, as an endorsement of any of the products.

Source: The American Dietetic Association, Nutrition Care Manual 2008
American Society for Metabolic and Bariatric Surgery Nutritional Guidelines 2008



South Miami Hospital