

Nutrition manual



This page intentionally left blank



Salem Health Bariatric Surgery Center

Nutrition manual

Bring this manual to each appointment. You will write and add material to it at each visit.

This manual belongs to:

Salem Health Bariatric Surgery Center
875 Oak St. SE, Building C
Suite 4010
Salem, OR 97301



Phone: 503-814-5286

Fax: 503-814-5469

Email: bariatric.surgery@salemhealth.org

salemhealth.org/bariatric







The best way to contact a dietitian is by sending a message through MyChart or by calling the clinic. Learn more about MyChart at salemhealth.org/mychart.



Make one small improvement each day.
Whether it's a good habit you're cultivating,
a new skill you're learning or a positive change
in any aspect of your life, small changes can
add up to huge transformations.



Table of Contents

	Healthy Habits: Getting ready for bariatric surgery and creating healthful habits	6
	Eating for the health of it	6
	Food labels 101 — How to read one	8
	Plan your portions	9
	Food groups	10
	My meal plan	14
	Getting started with meal planning	15
	Getting started: Healthy grocery list items	16
	Start now	17
	Pre-Surgery Plan	18
	Pre-surgery full liquid diet	19
	Pre-surgery liquid diet	21
	Pre-op full liquid menu	22
	Post-Surgery Plan	23
	Weeks 1–2: Liquid diet	24
	Weeks 2–4: Very soft foods	26
	Weeks 4–6: Soft foods	30
	Week 6 and beyond: Regular texture foods	33
	Special concerns and what to do	40
	Food Lists	45
	Vitamin A rich foods	46
	Foods high in vitamin B1 (thiamine)	47
	Folate (B9) rich foods	48
	Vitamin B12 foods	49
	Vitamin C rich foods	50
	Calcium content of foods	51
	Copper rich foods	53
	Vitamin D rich foods	54
	High-iron foods	55
	Potassium rich foods	56
	Zinc foods	57
	Foods high in fiber	58
	Protein content of foods	59
	Additional resources for success	61
	Bariatric plate method	62
	Flavor infused water ideas	63
	Caffeine content	65
	Smart snacking tips	66
	Personal letter	70
	Health resources: web and social media links	72

Getting ready for weight loss surgery

Eating for the health of it

Living healthy before any surgery helps healing and recovery after surgery. Following the guidelines below before your weight loss surgery will provide a glimpse of your life after you fully recover from surgery. Remember, weight loss surgery is only one of the many tools you will use to eat healthy and live actively for the rest of your life.

How to practice mindful eating

Eat slowly

Eating slowly prevents nausea and vomiting after surgery. It's also an excellent strategy in learning to taste the food we eat so we're naturally satisfied with a smaller amount (people who eat quickly tend to overeat).

- Use a knife, fork and spoon to eat and put utensils down between bites. If eating a sandwich or other “finger food” such as a fresh apple, return the food to your plate between bites.
- Chew food into an applesauce-like consistency before swallowing.
- Allow 20 to 30 minutes for a meal and 10 to 15 minutes for a snack.
- A good habit to start now is to stop eating before you are full. After surgery, it will be important not to overfill your pouch (new, smaller stomach) by eating too much.
- An important habit for bariatric surgery is to separate drinking fluids from meals. You can drink up until your first bite of solid food, but once you

start eating, our recommendation is to practice not drinking any fluids during your 20 to 30 minute meal or for another 30 minutes after a meal.

Where to eat

Eat at a dining table. Limiting where we eat (not in a car, at a desk, in front of a TV, in bed, standing in the kitchen, walking in a shopping mall, etc.), usually limits how often and how much we eat. If we eat while watching TV, scrolling on our phones, in bed, or standing in the kitchen, then we're cued to eat in those places.

Meal planning

- Set time aside to prep meals and snacks.
- Enjoy breakfast within one hour of waking.
- The sooner we eat after waking, the sooner our bodies ability to burn calories “wakes up.”
- Set a meal timer for 20 to 30 minutes for meals and 10 to 15 minutes for snacks.

Plan several meals at a time, then make a shopping list. That way, whether it's breakfast at home or packing a lunch and snacks for work — the food you need will be on hand when you need it.



Avoid keeping food in your home that will tempt you to over indulge. If other family members want candy or chips, for example, then they need to buy it and eat it elsewhere. You're not depriving them, but rather modeling a healthy lifestyle that will help them, too. If you struggle with this, at first, keep a single portion of the food and add a protein source with it. For example, a two-inch, single cut slice of cheesecake from the bakery with a $\frac{1}{4}$ cup of almonds.

Eat before grocery shopping. An empty stomach causes impulse buying and eating at the store. Only buy foods on your meal plan. Eating healthy is not about will power. It's about planning and creating the environment (at home, work, etc.) that supports our goals. *If we don't buy it now, then we can't eat it later!*

When preparing meals at home, don't eat while cooking. This encourages mindless eating and grazing behaviors. When the meal is ready, keep the prepared food on the counter, stove or in the oven — rather than in serving bowls on the table.

Consider using a smaller (8-inch) plate, bowl, cup and utensils. Eat from your plate only (e.g. don't finish other people's uneaten food, not even one bite). *We can throw it in — or we can throw it out.* We eat with our eyes first. Try a toddler plate or indulge in buying smaller dishes. Use baby or toddler utensils for all meals and snacks to decrease your portions without feeling deprived.

What if I'm hungry?

If you've just eaten, wait 20 minutes to see if you're really hungry. It takes that long for the brain to get the *full* message from the stomach.

If you're hungry, ask yourself, "What am I hungry for?" If you eat when you're not hungry, you'll still be hungry when you're done eating. It's important to get in touch with what's eating you and nourish that. Maybe what you really need is a nap, a drink of water (sometimes we're just thirsty), or talk with a friend or rock out to your favorite music. Be prepared with alternatives for those times when you're hungry for food.

- Try rating your hunger on a scale from 1 to 10. 1 is starving and 10 is so full you feel sick. Then eat when it's about 3 or 4; stop eating when it's about 7 or 8 so you don't overeat.



- Keep a journal or log meals on an app — such as Baritastic or MyFitnessPal — and include meal times. See page 72 for more information.
- If there's a pattern to your hunger (e.g. same time for two to three days in a row), talk to your dietitian about revising your meal plan. Honor your hunger so you're in control of it, rather than letting it control you and your food choices.



Food labels 101 – How to read one

Food labels 101 – How to read one

Serving size: How much is considered a single serving of the food item? Remember, if you eat more than one portion, you will be consuming more calories, fat, protein, carbs, etc. than is listed on the label.

Total fat: Look for foods low in trans and saturated fats. Try consuming low-fat foods: 5–6 grams of total fats per serving. Avoid deep fried or heavily breaded foods.

Total carbohydrates: Foods high in fiber can be beneficial to a healthy diet and can help lower blood cholesterol and glucose levels. A carbohydrate’s job is to give us energy and is important for brain and body function.



- If you have diabetes and are counting carbs, only look at the “total carbs”. One carb serving is 11 to 20 grams, but to make this an easier tool, use the following exchange: 15g of carbohydrates = 1 carb count. Women can have up to 3 carb servings per meal. Men can have up to 4 carb servings per meal.

- If you like to enjoy a snack, 2 hours after a meal it is okay to have a 0 to 1 carb serving at that time. This practice helps maintain healthy blood sugar levels.

Protein: Add a serving of protein at each meal and snack. Lean proteins are the best choices. See the food list in the back of this manual for ideas.

Step 1:
Look at how many servings per container

Step 6:
Look at fat per serving and avoid trans fats!

Step 5:
Look at how many carbs per serving and look at fiber. Aim for 25–35 g fiber per day

Step 4:
Look at how many grams of protein per serving

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Step 2:
If using a food scale or measuring cups, this is the weight or volume for 1 serving

Step 3:
Look at calories for 1 serving

Step 7:
As a bariatric patient, always look at sugar, aim for <10 g per serving to avoid dumping

Plan your portions

Use an 8-inch plate to help guide your portions

NON-STARCHY VEGETABLES

- Asparagus
- Broccoli
- Brussels sprouts
- Cabbage (coleslaw)
- Cauliflower
- Cucumbers
- Dark leafy greens
- Eggplant
- Mushrooms
- Okra
- Pea pods
- Peppers
- Radishes
- Salad greens
- Tomatoes
- Zucchini

CARBOHYDRATES

- Corn
- Corn tortillas
- Fruit
- Berries
- Whole grains
- Winter squash
- Bean, lentils and peas
- Milk and yogurt

PROTEIN

- Chicken
- Eggs and cheese
- Fish: salmon, tuna, etc.
- Lean beef
- Nuts
- Nut butter
- Shrimp
- Tofu

FATS: All fats are high in calories, so keep the portion size small (less than 1 tablespoon in most cases).

EAT OFTEN

- Oil-based salad dressing: vinaigrette, oil and vinegar
- Oils: canola, olive, sunflower, peanut
- Avocado, olives, seeds, peanut or almond butter

SOMETIMES

- Low-fat creamy salad dressing like light ranch
- Oils: corn, soybean, safflower, sesame
- Mayonnaise

LIMIT

- Full-fat creamy salad dressing like ranch or blue cheese
- Butter, lard, coconut oil
- Margarine
- Cream

Your fist is a handy tool that is always with you. Place your fist on the outline to see how it compares to a measuring cup.

Place your fist here to compare

This fist = 1 cup

My fist = _____ cup(s)

Healthy Tip: Choose low-cost recipes and meals. Recipes with fewer ingredients are often cheaper and quick to make. One place to look for recipes is diabetesfoodhub.org.

Foods groups

Protein foods

Meat Every gram of protein contains 4 calories.



Each one ounce = 7 grams of *protein*, 3 to 10 grams of fat, 30 to 100 calories.

Eat about two, 3 ounce servings daily.

- These foods have no carbohydrate (or almost none), but usually have fat.
- Meat should be baked, broiled or grilled; no breaded and/or fried
- Remove skin from poultry.

◆ = higher-fat choices (limit these)

★ = also contains carbohydrates

Goal: Eat a serving of protein at EACH meal and snack

Examples of 3-ounce portions:

- Meat about the size of a deck of cards
- Chicken: 1/2 of whole breast or 1 leg + 1 thigh (no skin)
- 1 small pork chop or tenderloin
- 1 medium unbreaded fish fillet (about the size of a checkbook) ★
- 1 soy burger

Each food below is equal to approximately one ounce of meat or protein:

- 1 ounce low-fat cheese (6 grams of fat or less)
- 1/4 cup low-fat cottage cheese
- 3 tablespoons of fat-free cream cheese
- 1/4 cup water-packed tuna or salmon
- 1 ounce (1/4 cup) nuts (160-200 calories) ◆
- 1/2 cup quinoa ★
- 1 whole egg
- 1/4 cup egg substitute or 2 egg whites
- 1/2 cup cooked beans (red, refried, etc.) ★
- 1 tablespoon peanut butter ◆ (3.5 grams of protein)
- 2/3 cup edamame ★
- 3 to 4 ounces tofu
- 1 ounce (1/4 cup) soy nuts ★

Dairy group



Each serving = 11 to 20 grams of carbohydrates, 80 to 120 calories

◆ = also 5 grams of fat ★ = also contains 5 to 15 grams of protein

Goal: Eat two servings of calcium-rich foods daily

A complete list of calcium-rich foods can be found on page 51.

- | | | | |
|------------------------------|----------|------------------------|---|
| Milk: skim/1%/Kefir or soy ★ | 8 ounces | Frozen yogurt ◆ | 1/2 cup |
| Lactose free: skim/1% ★ | 8 ounces | Yogurt, plain nonfat ★ | 8 ounces |
| Ice cream, no sugar added | 1/2 cup | Yogurt, light ★ | (100 to 120 calories/6 ounces; 130 to 160 calories/8 ounces with no more than 12 to 14 grams of sugar for either) |
| Ice cream, reduced fat ◆ | 1/2 cup | | |

Carbohydrate foods

Servings per meal: **Breakfast 2 to 4 servings** **Lunch 2 to 4 servings**
Dinner 2 to 4 servings **Snacks 0 to 1 serving**

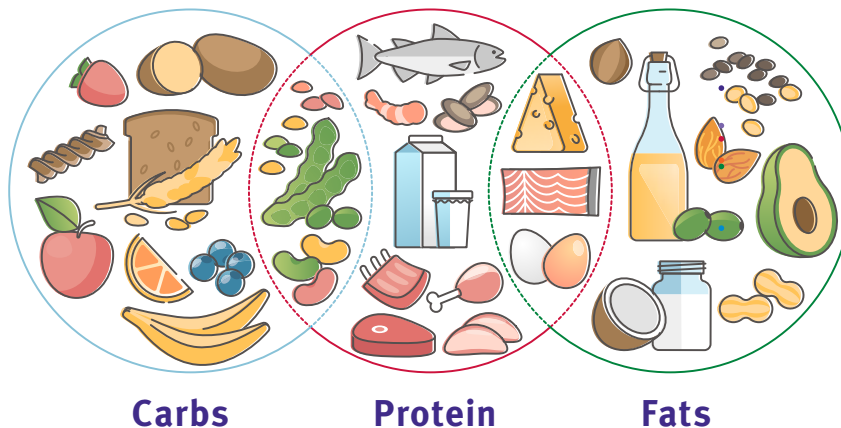
Starch/grain group Every gram of carbohydrates contains 4 calories.



Each serving = 11 to 20 grams of carbohydrates, 80 to 100 calories ♦ = also 5 grams of fat

Bagel, mini	1 ounce	Pasta, cooked	1/3 cup
Bread	1 ounce slice	Peas, cooked	1/2 cup
Cereal, cooked	1/2 cup	Popcorn, light ♦ or plain	3 cups
Cereal, dry, 6 grams of sugar or less	about 3/4 cup (check label)	Potato, cooked	2 ounces
Corn, cooked	1/2 cup or 6" ear	Potatoes, mashed	1/2 cup
Crackers ♦ 3 grams or more fiber	5 medium	Potatoes, hash browns ♦	1/2 cup
Dried beans, cooked	1/2 cup	Pretzels	3/4 ounce
English muffin	1/2 whole	Quinoa	1/3 cup
Graham crackers	1 1/2 whole	Rice, cooked	1/3 cup
Hamburger or hot dog bun	1/2 each	Squash, winter, cooked	1 cup
Lima beans, cooked	2/3 cup	Tortilla, corn	1
Muffin, small ♦	1 ounce	Tortilla, 6 inches, flour ♦	1
Pancake, 6"	1	Waffle, frozen ♦	1
		Yam or sweet potato	2 ounces or 1/2 cup

Macronutrients



Fruit group



Each serving = 11 to 20 grams of carbohydrates, 60 to 80 calories

Choose unsweetened fresh or frozen fruit. *If you use **canned fruit**, choose fruit canned in juice or extra-light syrup: $\frac{1}{2}$ cup = one serving*

Goal: Eat 2 fruit servings/day Serving size for fruit juice is $\frac{1}{3}$ to $\frac{1}{2}$ cup.

Apple	1 small or 4 ounces	Orange	1 medium
Banana	$\frac{1}{2}$ large or 4 ounces	Peach	1 medium
Black or blueberries	$\frac{3}{4}$ cup	Pear	1 medium
Cantaloupe	$\frac{1}{4}$ small or 1 cup	Pineapple, fresh	$\frac{3}{4}$ cup
Cherries	12	Plums, fresh	2 small
Grapefruit	$\frac{1}{2}$ medium	Prunes, dried	3 medium
Grapes	15 small	Raisins	2 tablespoons
Kiwi	1 large	Raspberries	1 cup
Mango	$\frac{1}{2}$ medium	Strawberries, whole	1 cup
Nectarine	1 medium	Watermelon	1 cup

Vegetables



These vegetables are non-starchy and **low in carbohydrates** (2 to 5 grams per serving) and calories (20 to 30 calories per serving) and may be eaten freely.

Goal: Eat 3 or more servings daily ($\frac{1}{2}$ cup vegetables or 1 cup salad)

(Corn, peas, potatoes and beans are in the starch/bread/carbohydrate group).

Artichoke	Cucumbers	Radishes
Asparagus	Green beans	Salad greens
Beets	Greens (kale, turnip greens, etc.)	Spinach
Broccoli	Jicama	Tomatoes; 4 ounces tomato or vegetable juice
Brussels sprouts	Lettuce (dark green is best)	Turnips
Cabbage	Mushrooms	Zucchini or summer squash
Carrots	Onions	
Cauliflower	Pea pods or snow peas	
Celery	Peppers	

Fat foods Every gram of fat contains 9 calories.



1 serving = 5 grams fat; each food listed is one serving.

♥ = mono and polyunsaturated fats (heart healthy)

■ = Saturated fats (limit)

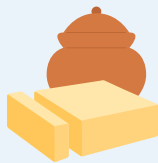
Goal: Enjoy fat-rich foods at each meal, but be mindful of the portion size.

Avocado ♥	2 tablespoons	Oil (corn, soy, sunflower) ♥	1 teaspoon
Butter ■	1 teaspoon	Oil (canola, olive) ♥	1 teaspoon
Cream cheese ■	1 tablespoon	Nuts ♥	¼ cup
Cream cheese, light/whipped ■	2 tablespoons	Peanut butter, nut butter ♥	1 tablespoon
Gravy ■	2 tablespoons	Salad dressing, regular	1 tablespoon
Margarine, regular	1 teaspoon	Salad dressing, light	2 tablespoons
Margarine, light tub	1 tablespoon	Sour cream, regular/IMO ■	2 tablespoons
Mayo, regular	1 teaspoon	Sour cream, light ■	3 tablespoons
Mayo, light	1 tablespoon	Sunflower seeds ♥	1 tablespoon
Olives	8 black or 10 green		

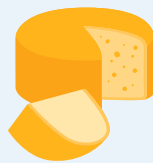
Saturated fat



FATTY MEAT



BUTTER



CHEESE



MILK, CREAM



COCONUT OIL



CHOCOLATE

**Unsaturated fat
Heart Healthy**



FATTY FISH



AVOCADO



PLANT OILS



PEANUT BUTTER



NUTS



SEEDS

My meal plan

Include daily: from carbohydrate foods; **2 fruit servings** and **2 dairy/calcium rich servings**; **3 or more vegetable servings**; and a **serving of meat/protein at each meal/snack.**

Timing: Meals 4 to 5 hours apart, lasting 20 to 30 minutes. **Snacks:** 2 hours after meals, lasting 10 to 15 minutes. Do your best to avoid grazing (eating between meals and snacks).

	Food group	Example	Now practice your own plan
First meal	2 to 4 servings carbohydrate 0 to 2 ounces protein 0 to 1 serving vegetable 0 to 1 serving fat	<ul style="list-style-type: none"> • 1 slice whole wheat toast (one carbohydrate serving) • 1 whole egg • 8 ounces skim milk (one carbohydrate serving) 	
First snack	1 serving carbohydrate 1 serving veg/protein	<ul style="list-style-type: none"> • Nonfat, no sugar added Greek yogurt (6 ounces) (one carbohydrate serving) 	
Second meal	2 to 4 servings carbohydrate 2 to 3 ounces protein 1 to 2 servings vegetable 0 to 1 serving fat	<ul style="list-style-type: none"> • 1 to 2 cups spinach salad (with tomato, egg white, low-fat cheese) • 2 tablespoons low-fat dressing on side (dip fork into dressing, then salad) • ½ cup peas (one carbohydrate serving) • Whole grain dinner roll (one carbohydrate serving) 	
Second snack	1 serving carbohydrate 1 serving vegetable/protein	<ul style="list-style-type: none"> • Fresh apple (one carbohydrate serving) • Mozzarella string cheese 	
Third meal	2 to 4 servings carbohydrate 2 to 3 ounces protein 1 to 2 servings vegetable 0 to 1 serving fat	<ul style="list-style-type: none"> • ⅔ cup pasta with ½ cup red pasta sauce (3 carbohydrate servings) • 2 small meatballs • ½ cup green beans with 1 teaspoon olive oil • Green salad with lemon 	
Third snack (before sleep)	1 serving carbohydrate 1 serving vegetable/protein	<ul style="list-style-type: none"> • ¾ cup blueberries (fresh or frozen, 1 carbohydrate serving) • Or cucumber/tomato for veggie • ¼ cup cottage cheese 	

Getting started with meal planning

1) Bean and cheese burrito: 1 small whole wheat flour or corn tortilla, $\frac{1}{4}$ cup low-fat refried beans, $\frac{1}{2}$ ounce (2 tablespoons shredded) cheese, salsa as desired. Cover with moist napkin and microwave for 1 minute. (180 to 200 calories)

2) Pasta with meat sauce: 1 ounce dry pasta ($\frac{1}{2}$ cup cooked) with $\frac{1}{4}$ cup jarred tomato sauce or 1 to 2 teaspoons olive oil, 2 ounces cooked shrimp or leftover beef, poultry or fish, 1 tablespoon parmesan cheese. (180 to 260 calories)

3) Salad: 1 cup lettuce or mixed greens with 2 to 3 slices (2 to 3 ounces) lean meat, poultry or fish with lite dressing. (200 to 250 calories)

4) Soup or chili: 1 cup of bean or lentil soup or 1 cup chili (from grocery or small Wendy's) and $\frac{1}{2}$ to 1 serving of whole wheat crackers (250 to 300 calories)

5) Sandwich: PB & J on whole wheat crackers or toasted thin whole wheat bread (using 2 tablespoons peanut butter and 1 tablespoon sugar-free jelly) with $\frac{1}{2}$ cup or small piece of fruit (360 to 380 calories) or 2 to 3 ounces lean luncheon meat on 2 slices of thin whole wheat bread with 1 tablespoon Lite Miracle Whip OR lite mayo and 1 small piece of fruit. (300 to 320 calories)

6) Frozen pizza: Small, single, low calorie servings (e.g. Lean Cuisine, DiGiorno, South Beach or Amy's brands) and ensure adequate protein earlier in the day or consider adding 1 to 2 ounces of cooked shrimp, poultry or meat to pizza or meal. (350 to 400 calories)

7) $\frac{1}{2}$ to $\frac{3}{4}$ cup canned or frozen cooked corn mixed with $\frac{1}{3}$ avocado and 2 to 3 ounces of cooked shrimp and lite salad dressing. (250 to 300 calories)

8) 1 egg poached or fried in nonstick skillet over toast with butter or margarine; piece of fruit, $\frac{1}{2}$ cup unsweetened applesauce or fruit cocktail. (280 calories)

9) $\frac{1}{3}$ to $\frac{1}{2}$ cup couscous (ideally whole wheat) cooked (takes 3 minutes after adding boiled chicken broth or water) with $\frac{1}{4}$ cup peas (cooked in broth or water). Add 2 to 3 ounces of cooked shrimp or scallops (or leftover chicken, pork or beef), garlic and or onion powder and/or chives or low-fat salad dressing. (200 to 275 calories)

10) Bagels and Lox: Add 2 ounces of smoked salmon to $\frac{1}{2}$ toasted bagel with lite cream cheese. Add cucumber, lemon, dill or capers if desired; add small side salad with low-fat dressing. (300 to 350 calories)

11) $\frac{3}{4}$ cup frozen succotash cooked in microwave with 2 to 3 ounces of chopped ham, turkey or chicken; 1 teaspoon of low-fat margarine. (200 to 250 calories)

12) One "Boca Burger" on two slices of thin toast and 1 slice of melted, low-fat cheese, ketchup, mustard, if desired. (220 to 240 calories)



Getting started: Healthy grocery list items

Dairy

Milk: skim, 1%
 Lactose-free, skim, 1%
 Soy milk, 100 calories/8 ounces
 Yogurt, light (Swiss 120 calories or less/6 ounces;
 Greek 100 calories or less/5.3 ounces; “smooth”
 yogurt only for full liquid diet)
 Dry milk powder
 Hot cocoa, no sugar added
 Lifeway Kefir

Fruit/Vegetable

Fresh vegetables in season
 Ready-to-eat salad mixes
 100% V8 or tomato juice (not vegetable/fruit
 blends)
 Fresh fruits in season
 Canned, in extra light syrup or juice, including
 individual packs of peaches, applesauce, pears, etc.
 Frozen fruits and vegetables
 Unsweetened applesauce

Grains

Breakfast cereal (6 grams sugar or less/serving)
 Sandwich bread (whole grain preferred)
 Crackers (3 grams or more fiber)
 Bread sticks
 Pretzels
 English Muffins, whole grain
 Pasta, whole wheat preferable

Meat/Protein

Chicken breast, no skin
 Chicken tenderloin, no skin, no breading
 White turkey meat, no skin
 White fish
 Tuna or salmon packed in water
 Lean deli meat (ham, chicken, turkey)
 Cottage cheese, low-fat or reduced-fat
 Ricotta cheese (nice spread for toast)
 Cheese: mozzarella, string, reduced fat (6 grams fat
 or less/ounce)
 Egg substitute/eggs
 Peanut butter (regular, not low-fat, not low-sugar)
 Light tofu
 Soy cheese

Other

Soups, 100 calories or less/8 ounces
 Broth or bouillon
 Crystal Light
 Kool Aid, sugar-free
 Gelatin, sugar-free
 Decaf coffee, tea
 Frozen dinners (Healthy Choice, Lean Cuisine, etc.)
 Salad dressing, reduced-fat
 Mayonnaise, reduced-fat
 Sour cream, reduced-fat or fat-free
 Margarine, light, (e.g. Smart Balance Light, I Can't
 Believe It's Not Butter Light)
 Cooking spray, e.g. Pam (be careful how much!)
 Monk fruit (natural zero calorie)
 Truvia/stevia or Splenda (artificial)

Start now

My responsibilities to help me reach my surgery goal

1. Nutrition goals to practice now:

- Include 2 servings of fruit and calcium rich foods and 3 or more servings of vegetables per day. Have a serving of protein at each meal/snack. Fluid goals are 48 to 100 ounces per day.
- Enjoy meals every four to five hours, allowing 20 to 30 minutes per each meal. Have breakfast within an hour of waking.
- Two hours after meals, enjoy a snack (if physically hungry or next meal is greater than 5 hours later); allow 10 to 15 minutes for snacks.

2. Please bring your binder, nutrition manual and food journal to every appointment!

3. Weigh and measure your foods. Use a food scale and measuring cups/spoons.

4. No alcohol, caffeine, carbonation, tobacco, marijuana, smoking, vaping, or second-hand smoke of any kind. Please inform our bariatric team if you are struggling with this, so we can help.

5. Start taking a multivitamin/mineral supplement daily with a meal. It should contain at least 18 mg of iron.

- Check with your dietitian before taking “Silver”, “Men’s” or other varieties — these do not contain iron.
- No gummy vitamins because these typically do not contain iron either.
- If instructed, take: 500 milligrams of calcium citrate twice daily, separate from any iron-containing vitamins.

6. Additional supplements may be recommended based off your lab values.

- You will need a lifelong bariatric multivitamin and calcium supplements after surgery. This is for safety and health maintenance and is non-negotiable.
- If you have problems obtaining supplements, please inform your dietitian so we can help you.
- Do your best to take the recommended supplements daily. Now is the time to treat nutrient deficiencies. After surgery, it can be difficult to normalize nutrient levels due to malabsorption.

7. Cost of vitamin and mineral supplements needed daily is about \$30 per month. Protein supplements for the first 3 months after surgery is \$70 to \$80 per month in addition to the supplement cost.

8. Personal letter (a letter you write to yourself about your goals and vision one year after surgery). A template can be found on page 70.

- Submit through MyChart OR bring to pre-op appointment OR via mail.
- This letter will be returned to you at your one year post-op appointment. Patients enjoy seeing how far they’ve come within a year after surgery!

9. Recommend purchasing: baby spoon/toddler silverware; kid size or smaller dessert bowls, 8-ounce cups, and an eight-inch diameter or smaller plate. Using a kitchen timer creates mindful cues for meal timing.

10. Women will need two forms of birth control up to 18 to 24 months after surgery. If you have any additional questions, please contact our clinic nurse.

*Congratulations!
You have a surgery date!*

Pre-surgery liquid meal
plan and preoperative class
information



Pre-surgery full liquid diet

A temporary, medically supervised diet meant to shrink your liver

When you're about two weeks away from surgery, the next step to prepare is to stop eating solid foods. All the energy and protein you eat will come only from liquids.

This is a low-carbohydrate and low-calorie nutrition plan that helps shrink your liver, preparing you for surgery and lowering risks related to surgery.

General guidelines

You will consume three liquid meals (*breakfast, lunch and dinner*) and three liquid snacks (*midmorning, midafternoon and evening*).

All liquids need to be free of caffeine, carbonation and sugar.

- Your daily goal is 60 to 80 grams of protein spread throughout the day over these three liquid meals and snacks.
- If you chew gum, find an alternative now (such as sugar-free mints). Sugarless gum causes more air to be swallowed and creates gas in the intestine. This could be very uncomfortable after surgery. Also, post-surgery, gum that's accidentally swallowed could cause a blockage.
- We do not recommend using a blender, making your own smoothies, or smooth soups as it changes the nutrition profile and can produce gas.
- If a straw helps you drink more liquid, drink slowly. If using a straw gives you gas, stop using a straw.

Your daily goal is to drink at least 48 to 64 ounces of liquid every day to avoid dehydration. It's possible to drink too much liquid; no more than 128 ounces per day is advised for most people.

Examples of approved clear liquids
Water
Water infused with lime, cucumber, etc.
Crystal Light®, sugar-free Kool-Aid® (makes great popsicles, too)
Sugar-free popsicles
Sugar-free lemonade
Sugar-free, decaf iced tea (sweeten with sugar substitute such as stevia)
Sugar-free gelatin
Decaffeinated tea or coffee
V8 low sodium tomato juice
Broth
Gatorade Zero
Propel Zero



Examples of approved full liquids These contain calories, energy and protein. Typically, you can't "see through" these	Protein (grams)*
8 ounces skim/soy/1% milk	8
Lactose-free, nonfat, 1% milk	8
Smooth, nonfat, no-sugar yogurt (e.g. Yoplait blue label, plain nonfat Greek yogurt)	5 to 18
Smooth soups, 8 ounces (box brands: Pacific, Imagine)	5
Egg substitute, ¼ cup (liquid only, not cooked)	6
8 ounces protein supplement (Ex: Unjury, Premier brands. See list provided at pre-op class for more ideas)	20
6 ounces, no sugar added hot cocoa (make with 6 ounces skim/1%/lactose-free or soy milk for 6 to 9 more grams of protein)	2
Sugar-free pudding (made with skim milk)	4
Sugar-free Fudgsicle (one)	2
Lifeway Kefir	11

* Information on label

Soup recipe for the liquid nutrition plan

Use skim/1% milk, soy or lactose-free skim/1% milk when making soups for added protein. Other smooth, ready-to-heat soups (that don't need added water or milk) – such as squash – are also allowed.

- Soups that aren't *smooth* are not recommended now or after surgery.
- *For your safety, do not blend any soups* (e.g. beef barley) to make it smooth.



Pre-surgery liquid diet

	Sample menu: Pre-surgery liquid diet	Protein (grams)	Fluid (ounces)
Breakfast	Decaffeinated coffee with ½ cup of skim/1%/lactose-free or soy milk and sugar substitute	4	8
	6 ounces smooth non-Greek yogurt	5	
Snack	Protein supplement with: 8 ounces skim/1%/lactose-free or soy milk	23 8	11 8
Lunch	8 ounces soup 8 ounces infused water	2 0	8 8
Snack	Protein supplement with: 8 ounces skim/1%/lactose-free or soy milk	23 8	11 8
Dinner	8 ounces soup 6 ounces water	2	8 6
Snack	6 ounces no sugar added hot cocoa (make with 6 ounces skim/1%/lactose-free or soy milk)	8	6
TOTAL		83 grams	82 ounces

Protein is better absorbed if taken throughout the day (20 to 30 grams is better absorbed than 45 to 60 grams at one time). Try adding small amounts of unflavored protein powder to sugar-free gelatin, sugar-free pudding, soup or broth. If adding to a hot food item, add only if the temperature is below 140°F to avoid the protein powder curdling.

You'll know you're drinking enough liquid if your urine is straw colored. If it's the color of apple juice, you need more liquid (even if you're drinking 64 ounces). In hot weather or after high-intensity exercise, you may need to drink more than your usual amount. Limit *total* fluid intake (**includes both clear and full liquids**) to no more than 128 ounces (1 gallon) per day.

If you have diabetes, check your blood glucose in the morning (before eating) and at least two hours before or after your last liquid meal for accurate testing. Contact the doctor who prescribed your medications to see if they need to make possible adjustments while on the liquid meal plan.

A low blood glucose level is less than 70 mg/dL. Always contact your health provider if your blood sugar runs low for safety reasons.

Other pre-surgery responsibilities

1. Complete a daily *Post Surgery Food and Activity Journal* (download at salemhealth.org/bariatric — Click Resources — then scroll to the bottom and click on "Pre-and post-surgery food and activity journal" to download.)

- Make sure you are getting 60 to 80 grams of protein and 48 to 64 ounces of liquid.
- No more than 128 ounces of liquid daily.
- Record your protein intake in the "Pro g" column.

2. Order your bariatric vitamins at least one week before surgery (order at Procarenow.com — or call 877-822-5808).

Please start taking your bariatric vitamins ONLY when instructed by your dietitian. Taking bariatric supplements prior to surgery is dangerous and can harm your body.

Pre-op full liquid menu

Breakfast



+



+



Snack



+



(Milk: optional)

Lunch



+



Snack



+



(Milk: optional)

Dinner



+



Snack



+



Post-Surgery Plans

Post bariatric surgery
meal plans, diet advancement
and guidelines



Post-Surgery Plan

Weeks 1–2: Full liquid diet

What will I eat when I get home?

- Your **post-surgery liquid diet** is the same as your pre-surgery liquid diet. Remember, your daily goal is 48 to 64 ounces of sugar-free, no caffeine, non-carbonated liquids. Track all protein and fluid intake amounts and times by either writing it down or recording in a food tracker app. Bring this information to your post-op nutrition appointments.

★ The first week after surgery, **liquids are more important than protein**. When you get home from the hospital, and until your first appointment with the surgeon after surgery:

1. Start each day by drinking 30 ounces of **clear** liquids (see page 19).
2. If you reach 30 ounces, you can have full liquids (see page 20).
3. Your goal is to drink a minimum of 48 ounces of liquids daily (clear + full liquids).

- **To prevent nausea**, sip beverages slowly. If water feels too heavy on your stomach, try infusing it with a sugar-free flavoring or drinking broth or herbal tea.
- **Be cautious with straws**. Most people do best not using a straw. If it helps you drink more liquid, then drink slowly; if you get gas, then stop using one.
- To be sure you are getting enough fluid and protein, make an appointment with yourself to **drink your meals and snacks at scheduled times** (7:30 a.m. for breakfast; 10 a.m. for morning snacks, etc.). Your hunger mechanism may take a while to *wake up* — so you can't rely on when you feel hungry to eat.

- **Don't chew gum — even sugarless gum**. Air is swallowed when chewing gum and this will cause more gas in your intestine, which can be very uncomfortable. Swallowing gum may put you at risk for a blockage.
- **Avoid using blenders**; these also add air and cause gas.

Supplements

All supplements and medications must be crushed, chewable or liquid for one month after surgery. No gummy or children's vitamins. **When advised by your dietitian**, you will start taking one bariatric chewable multivitamin daily.

It's **dangerous** and unhealthy if you do not take your supplements **daily** or if you take them inconsistently. You're at higher risk for nutrient deficiencies after bariatric surgery. It can take years for a deficiency to show up on blood work. Prevention by consistently taking vitamins and minerals is the best practice for your health. Please communicate with us if you are struggling to purchase or maintain consistency with your supplements. We are here to support you and keep you safe!

SAMPLE LIQUID DIET - WEEK 1

7:30 - 10 a.m.	16 oz Crystal Light
10 a.m. - 12 p.m.	8 oz herbal tea + 8 oz broth
★ 30 oz of clear liquids met! You can now add in full liquids.	
12:30 p.m.	8 oz soup + 4 oz milk (4 g protein) + water
2:30 p.m.	11 oz protein shake (30 g protein) + 4 oz milk (4 g protein) + water
6:00 p.m.	5.3 oz Greek yogurt (15 g protein) + water
8:00 p.m.	No sugar added hot chocolate (2 g protein) w/ 8 oz milk (8 g protein)
TOTAL: 67+ fl oz and 63 g protein	

Week 2 post-surgery liquid diet: Sample menu with supplements

Now that you are drinking 48-64 ounces of liquid, it is time to work on getting 60-80 grams of protein every day. Use the sample full liquid diet below to help meet your fluid and protein goals.

	Post-surgery liquids	Protein (grams)	Fluid (ounces)
Breakfast	8 ounces water 5.3 ounces smooth Greek yogurt One chewable bariatric multivitamin (<i>starting one week after surgery</i>)	12	8
Snack	8 ounces skim/1%/soy/lactose-free milk 1 scoop protein powder	8 20	8
Lunch	8 ounces broth Sugar-free pudding	4	8
Snack	8 ounces skim/1%/soy/lactose-free milk 1 scoop protein powder	8 20	8
Dinner	8 ounces infused water 4 ounces soup		8 4
Snack	6 ounces no sugar added hot cocoa (make with 6 ounces skim/1%/lactose-free or soy milk)	8	6
TOTAL		80 grams	50 ounces

If you have diabetes, check your blood glucose regularly as directed by your primary care provider. If your blood glucose is low (≤ 70 mg/dL) and you're still taking diabetes medication, contact the doctor who prescribed your diabetes medication to see if it can be adjusted.



Other responsibilities: Weeks 1 and 2

1. **Complete a Post-Surgery Food and Activity Journal daily** (download at saalemhealth.org/bariatric – Click Resources – then scroll to the bottom and click on "Pre-and post-surgery food and activity journal" to download) to ensure you're getting at least 60 grams of protein and 48 to 64 ounces of liquid. No more than 128 ounces of liquid daily.
2. **Walk 20 to 30 minutes/day** (five-minute sessions in the house is OK).

Weeks 2–4: Very soft foods

After being on liquids for two weeks after surgery, starting _____, you are ready for **very soft foods** if you are drinking 48 to 64 ounces of liquid daily and getting 60 to 80 grams of protein daily. Your new stomach, often called a pouch, is still tender, somewhat swollen and healing. Therefore, any food you eat must be easy to digest. If you try to eat solid food, you could cause a blockage (causing vomiting) or worse.

Over the next two weeks, you will add **very soft foods** to your diet. Your dietitian will provide you with a list of options (see separate list provided during your appointment). You may season these allowed foods with cinnamon, garlic powder, onion powder, tabasco (if tolerated), or ground pepper. You may add one new food per day and continue to

drink full and clear liquids. However, you'll now get protein and energy from very soft foods as well.

You may no longer drink fluids with your meals.

Taking fluids and food together will cause weight gain and stretch your pouch. This could hurt and/or make you vomit. You may drink until the time of your first meal or snack. Then, you may resume drinking *allowed/recommended* beverages 30 minutes *after you finish eating*. If a straw helps you drink more liquid, drink slowly. If using a straw gives you gas, stop using a straw.

Visualize your new stomach. *Your new stomach is small:* it can hold 1 to 2 ounces if you've had a gastric bypass, and 2 to 3 ounces for a sleeve gastrectomy (compared to 40 to 60 ounces before surgery).



Respect your new stomach by:

1. **Taking small, thumbnail-sized bites** of food.
2. **Chewing well.** Get in the habit of chewing each bite until your food becomes the consistency of applesauce before swallowing.
3. **Eating slowly.** Try setting a timer for 20 to 30 minutes for a meal and 10 to 15 minutes for a snack. Eat at a table or place where you cannot accidentally overeat due to distractions.
4. **Stop eating before you're full.** You will be *satisfied* before you feel full. See the Healthy Habits section of this manual (pages 6, 7) for more tips on *how* to eat.

Use a salad plate or small bowl, rather than a dinner plate and regular size bowl, for your meals and an iced teaspoon or infant spoon.

Be mindful of reading food labels.

- An 8 ounce glass of 100% fruit juice has more calories (and sugar) than a 12 ounce regular cola. Sugar, even naturally occurring sugar in 100% fruit juice, can cause Dumping Syndrome (see page 42 for more information).
- Read food labels to be sure there is no more than 10 grams of added sugar. *Check the ingredient label for these words that mean sugar:*
 - ▶ Sugar
 - ▶ Brown sugar
 - ▶ Honey
 - ▶ Molasses
 - ▶ Agave
 - ▶ Maple syrup

- ▶ Corn syrup
- ▶ High fructose corn syrup
- ▶ Sucrose
- ▶ Glucose
- ▶ Sorbitol, mannitol or xylitol

! *These foods are high in added sugar and fat, which can cause dumping:*

- ▶ Ice cream
- ▶ Sherbet, sorbet
- ▶ Frozen yogurt
- ▶ Frozen ice, frozen fruit bars
- ▶ Sweetened juice drink, fruit punch
- ▶ Chocolate milk
- ▶ Regular gelatin

Remember to drink 48 to 64 ounces of sugar-free, no caffeine, and non-carbonated liquid and to eat 60 to 80 grams of protein DAILY. Drink no more than 128 ounces of total fluids, daily. Try adding small amounts of unflavored protein powder to sugar-free gelatin, sugar-free pudding, soup or broth. If adding to a hot food item, add only if the temperature is below 140°F to avoid the protein powder curdling.



Here’s a sample menu, including a bariatric multivitamin, for your **very soft food** diet. It’s always OK to eat less than the amount shown. Weigh and measure your food to make sure you don’t eat more than amount shown on your **very soft foods** list.

Very soft foods	Protein (g)
2 scrambled egg whites	7
1/4 cup egg substitute (no raw eggs, please)	7
1/4 cup cottage cheese, low-fat	7
1/4 cup cooked hot cereal (oatmeal, cream of wheat, etc.) made with nonfat/1%/soy milk	4
1/4 cup tofu	3
1/4 cup plain, fresh mashed sweet potato made with nonfat/1%/soy milks	2
1/4 cup plain, fresh mashed white potato made with nonfat/1%/soy milks (no: skin, butter, sour cream, bacon)	2
1/4 cup no sugar added applesauce	0
1/4 to 1/3 banana	0

High protein liquids	Protein (g)
6 ounces nonfat, no sugar added, smooth Greek yogurt	12
6 ounces nonfat, no sugar added, smooth Swiss yogurt	5
1/2 cup tomato soup made with skim milk	5
1 cup kefir (Lifeway brand)	11
1 cup nonfat/1%/soy milk	4
1/2 cup sugar-free pudding made with skim milk	4
1 tablespoon nonfat dry milk	3

Add one new food per day.

Do not use Brown Sugar Splenda or Domino Light. Both have sugar.

Protein is necessary for proper healing of your incision and your new stomach. Protein is also needed to prevent loss of muscle and is your first line of defense against hair loss. You must continue to get 60 to 80 grams of protein and 48 to 64 ounces of fluids daily.



If you have diabetes, check your blood glucose regularly as directed by your primary care provider. If your blood glucose is low (≤ 70 mg/dL) and you are still taking diabetes medication, contact the doctor who prescribed your diabetes medication to see if it can be adjusted.

	Very soft foods	Protein (grams)	Fluid (ounces)
7:30 a.m.	8 ounces decaf coffee		8
8 a.m.	1/4 cup old fashioned oatmeal made with 4 ounces of nonfat/1%/soy milk One bariatric calcium citrate chewable	6 to 9 500 mg	
9 a.m.	8 ounces of tomato juice		8
10 a.m.	Protein supplement in 8 ounces nonfat/1% or soy milk	26 to 29	8
Noon	2 tablespoons (1 ounce) low-fat cottage cheese One bariatric chewable multivitamin	3	
1 p.m.	8 ounces of water		8
2 p.m.	6 ounces of no sugar added hot cocoa made with nonfat/1%/soy milk	8 to 11	6
3:30 p.m.	8 ounces of protein supplement	20	8
5 p.m.	2 scrambled egg whites or 1/4 cup of egg substitute One bariatric calcium citrate chewable	7 500 mg	
7 p.m.	8 ounces nonfat/1%/soy milk	6 to 9	8
TOTAL		76 to 88 grams	54 ounces

Other responsibilities

1. Complete a *Food and Activity Journal* daily

(download at salemhealth.org/bariatric. Click Resources – then scroll to the bottom and click on "Pre-and post-surgery food and activity journal" to download.) – OR bring your own food record in a phone app or personal notebook – to ensure you are getting at least 60 grams of protein and 48 to 64 ounces of liquids. No more than 128 ounces of total liquids daily.

2. All supplements and medications must be crushed, chewable or liquid for one month after surgery. No gummy vitamins.

- One bariatric chewable multivitamin daily.
Recommended: procarenow.com/products/bariatric-multivitamin

- You need 1,000 to 1,200 mg calcium *citrate* and 800 IU vitamin D daily *in addition* to what's in your multivitamin and foods you eat and drink.

This is usually one 500 mg bariatric calcium citrate chewable/lozenge, TWICE a day. *Most chewables from the store are not calcium citrate.* No gummy calcium. (Do not take both doses of calcium citrate together. It will not absorb properly). Recommended: salemhealth.org/calcium-citrate

Check the back of your supplement bottle(s), under supplement facts. Be sure to review the serving sizes for your specific supplements for accurate dosages.

Weeks 4–6: Soft foods

You may eat soft, easy-to-chew foods, such as white chicken and cooked fruits and vegetables (canned in light syrup or juice) starting _____.

- Always *weigh and/or measure* your serving of food onto your small plate or into your small bowl. It's okay to eat less if you are satisfied.
- Continue to drink liquids (48 to 64 ounces per day) separately from your meals. No more than 128 ounces of liquid daily.
- You may drink up to the time you eat and you may resume drinking allowed/recommended beverages *30 minutes after you finish eating*.
- If a straw helps you drink more liquid, drink slowly. If using a straw gives you gas, stop using a straw.
- Do not drink any beverages with your meals.
- See the Healthy Habits section for more info on how to eat.

Take small, **thumbnail-sized bites of food** and **chew well**. Chew until applesauce consistency. This will help you to **eat slowly** and to **stop eating** when you are *satisfied*. You'll feel satisfied before you are full. Even one more teaspoon of food can make you nauseous.

As you are able, you *may* eat up to 1 ½ to 2 *measured* ounces of food at a time. You can start by adding one new food per day, e.g. ½ an ounce (1 tablespoon) of cooked vegetable. The next day add ½ ounce (1 tablespoon) of fruit. *Always eat your protein food first* to make sure you get enough protein per day. Start thinking of protein-plus-vegetable as your model for meal planning.

It is not recommended to reheat or overcook foods as they can become too dry. For some people, dry foods are hard to tolerate and this can increase the risk of foods getting stuck. You can add broth or fluid to foods if you think they might be too dry to tolerate.



Here's a sample menu for your **soft foods** diet with your vitamin, mineral and protein supplements:

	Soft foods	Protein (grams)	Fluid (ounces)
7:30 a.m.	1 ounce mozzarella cheese (Ex.: string cheese, 6 grams fat/ounce or less) Calcium citrate with vitamin D	7	
8:30 a.m.	8 ounces of water		8
9:30 a.m.	Protein supplement with 8 ounces nonfat/1%/soy milk	26 to 29	8
10:30 a.m.	12 ounces of water		12
Noon	1 ounce (2 tablespoons) tuna mixed with 1 tablespoon cottage cheese 1 to 2 tablespoons (½ to 1 ounce) canned peaches (light syrup/no sugar added) One bariatric chewable multivitamin	7 2	
1 p.m.	8 ounces unsweetened decaf iced tea		8
Mid-afternoon	2 tablespoons ricotta cheese and ¼ banana	5	
5:30 p.m.	1 ounce chicken tenderloin, no skin 2 tablespoons of cooked carrots Calcium citrate with vitamin D	7	
6:30 p.m.	8 ounces nonfat/1%/soy milk	6 to 9	8
8 p.m.	8 ounces Lifeway Kefir	11	8
TOTAL		71 to 77 grams	52 ounces



Other responsibilities

1. Complete a *Food and Activity Journal* daily

(download at salemhealth.org/bariatric — Click Resources — then scroll to the bottom and click on "Pre-and post-surgery food and activity journal" to download) — OR bring your own food record in a phone app or personal notebook — to ensure sure you are getting at least 60 grams of protein and 48 to 64 ounces of liquid. No more than 128 ounces of liquid daily.

2. Physical activity 5 to 6 days per week, 20 to 30 minutes daily. (For example: it's OK to break this up into 10 to 15 minutes, twice a day.)

3. Supplements: You may now swallow your medications and supplements. Although you no longer need to take them in crushed, chewable or liquid form, you may continue to do so if you prefer. No gummy vitamins or gummy calcium.

- One bariatric multivitamin daily. Recommended: procarenow.com/products/bariatric-multivitamin/

- You need 1,000 to 1,200 mg calcium citrate and 800 IU vitamin D daily *in addition* to what's in your multivitamin and foods you eat and drink. **See the "supplement facts" label on your supplement packaging for proper dosages.** This is usually 2 tablets of calcium citrate twice a day or one calcium citrate chewable/lozenge two times per day. *Most chewables in the store are **not** calcium citrate.* No gummy calcium.

4. Do your lab tests the week before your next appointment (6 weeks post-op appointment).

5. Never smoke, vape, drink wine, beer or mixed drinks. Avoid exposure to heavy smokers.



Week 6 and beyond: Regular texture foods

Starting _____ you may add high fiber foods such as fresh fruits and raw vegetables and high fiber (whole grain) breads and cereals to your diet.

- Review the Grocery List (page 16) for suggestions of what to buy at the supermarket.
- You may drink up to the time you eat and resume drinking *allowed/recommended* beverages 30 minutes after you finish eating.
- If a straw helps you drink more liquid, drink slowly. If using a straw gives you gas, stop using a straw.
- Continue logging meals/snacks in a food record. Note which foods are well tolerated or made you feel ill.

Try no more than one new food per day; add another food to another meal the next day and so on.

- Eat slowly (20 to 30 minutes for a meal, 10 to 15 minutes for a snack) and eat at the table only. Eat at **specified times** (grazing and missing meals will affect your long-term health and weight loss). Record meal and snack times in your food record.
- Take small, thumbnail-sized bites of food and chew well. Your food should have the consistency of applesauce before swallowing. This will help you to eat slowly and to stop eating when you are satisfied.
- Stop eating before you are full. The size of the opening of your stomach is about the same as a straw.

- Your mouth now has to do what your stomach did before surgery: grind food. Before swallowing, your food should feel like applesauce.

This diet is very similar to “My Meal Plan” before your surgery (check the sample menu you wrote at that time). The difference is the amount of food you eat at one time now will be less than before your surgery and your beverages are between meals only.



You may season food with herbs, spices, garlic powder, onion powder, Tabasco (if tolerated), ground pepper, salt, Mrs. Dash, lemon or lime juice.

Allow 20 to 30 minutes for a meal, 10 to 15 minutes for a snack so there is “downtime” for your metabolism to digest, absorb and process nutrients.

Keep your nutrition guidelines card provided in your wallet for easy reference when shopping.

Using the Food Groups section (starting on page 10) as your guide, here are some additional tips for foods you may now choose:

Lean meat/protein

- Eat these first at each meal or snack.
- The fewer legs the better! Fish is leaner than chicken, which is leaner than beef, pork, or lamb. Lean cuts of beef include round, flat iron, flank, sirloin and tenderloin.
- Lean pork or lamb includes tenderloin, loin chops and leg.

- The leanest poultry is white meat from the breast with no skin.
- Low-fat dairy products such as string cheese or skim/1% milk (less than 6 grams of total fat per serving).
- **Ground poultry can have as much or more fat as ground beef** because it may include dark meat and skin.
- Choose ground turkey breast or ground chicken breast, not just ground turkey or ground chicken. Ask your dietitian for tips for healthy cooking for ways to cook lean protein.

Frozen meals/dinners

Choose ones that have 6 grams fat or less and 300 calories or less for the whole meal. Ones that are mostly protein and low-calorie vegetables are best.



At this point you will only be able to eat about $\frac{1}{3}$ of the frozen meal. Also, for meatless options, look in the freezer section for Morningstar brand soy substitutes for chicken, ground meat and sausage links.

1 serving of protein = 1 ounce; your goal eventually is to eat 8 to 10 servings per day.

Vegetables

(1 serving = $\frac{1}{4}$ to $\frac{1}{2}$ cup cooked or $\frac{1}{2}$ cup of vegetable juice)

- Eat 3 or more servings/day (e.g. use raw vegetables to dip in salsa).
- Use no more than one serving of fat (see page 13) for green salads (e.g. one tablespoon regular salad dressing or 2 tablespoons of light dressing).
- If you dip your empty fork into your dressing first, it will last to the last bite (*with some left over!*).

Carbohydrates

Fruit

1 serving is about $\frac{1}{4}$ to $\frac{1}{2}$ cup of canned fruit (in juice or light syrup) or half a piece of fresh fruit.

- Have a couple of servings of fruit daily.
- If you choose fruit cups or canned fruit, it is recommended to choose those in 100% fruit juice or with no sugar added.

Dairy

1 serving is equal to 1 cup nonfat or 1% milk, 1 cup nonfat lactose-free milk or 1 cup soy milk; 5.3 to 6 ounces of yogurt (about 100 calories or less for either Swiss or Greek).

- A 4 ounce carton of yogurt should have no more than 70 calories.
- Eat no more than 2 servings per day.

Grains/Starchy vegetables

1 serving equals $\frac{1}{4}$ to $\frac{1}{2}$ cup mashed (white or sweet) potato; one two-ounce baked potato (with skin), $\frac{1}{4}$ to $\frac{1}{2}$ cup of hot cereal; 1 slice of whole wheat toast (bread usually not tolerated).

- You may eat up to 2 to 3 servings per day (one per meal) *after* you've eaten enough protein, vegetables and fruit.

- It may be a few more months before you can eat foods from this group regularly.

Fats

- Be mindful of how many servings of fat you are consuming throughout the day. Spread out your servings of fat-rich foods throughout all your meals and snacks.
- Low fat options are less than 5 or 6 grams of total fat per serving.

General food tips

Use your first year after surgery to develop eating habits and a physical activity routine that will set you up for long-term success.



Your goal is 60 to 80 grams of protein daily and 48 to 64 ounces of liquid daily.

- No more than 128 ounces of liquid daily.
- The best way to know you are getting enough liquid is if your urine is straw colored. If it's the color of apple juice, you need more liquid (even if you're drinking 64 ounces).
- Measure/weigh your food. Eat on smaller dishes with baby or toddler sized utensils.
- Track your meals, snacks and fluids in a food journal or food tracking app.

Foods such as dry, tough meat, doughy bread, fibrous fruits or vegetables, and high-sugar or high-fat foods may not be tolerated, but this varies among individuals.

Here is a sample menu for your **regular texture** diet including Bariatric supplements:

Regular texture diet menu — 6 weeks to 3 months	Protein (grams)	Fluid (ounces)
1/2 cup old fashioned oats made with 8 ounces of nonfat/1%/soy milk	8	
1 tablespoon of raisins		
Calcium citrate with vitamin D	500 mg	
12 ounces of water		12
Protein supplement with 8 ounces nonfat/1%/soy milk	26 to 29	8
1 to 2 ounces of grilled chicken on green salad with 1 to 2 teaspoons of low-fat vinaigrette dressing	7 to 14	
One bariatric multivitamin		
16 ounces of infused water		16

Continued on the next page

Regular texture diet menu — 6 weeks to 3 months	Protein (grams)	Fluid (ounces)
½ cup of Greek yogurt ¼ cup of melon	6	
8 ounces nonfat/soy/1% milk with no sugar added cocoa	8	8
1 to 2 ounces of baked sole or other whitefish ¼ to ½ cup of carrots Calcium citrate with vitamin D	7 to 14	
8 ounces of Lifeway Kefir	11	8
TOTAL	72 to 79 grams	53 ounces

Regular texture diet menu — 3 months to 6 months	Protein (grams)	Fluid (ounces)
3 oz egg white omelet 1 slice low fat cheese Calcium citrate with vitamin D	9 6 ½	
10 oz decaf coffee with 2 oz vanilla protein shake as creamer	5	12
3 oz Oikos Triple Zero Greek yogurt	8	
12 oz Crystal Light		12
2–3 oz chicken (skinless, non-breaded) ¼ cup broccoli One ProCare Bariatric multivitamin	14 to 21	
10 oz herbal tea		10
Meat and cheese roll-up: 2 slices of turkey breast 1 slice low fat cheese	6 6	
16 oz water		16
2-3 oz salmon ¼ cup green beans Calcium citrate with vitamin D	14 to 21 ½	
TOTAL	68 to 72 grams	50

Continued on the next page

Continued from the previous page

Regular texture diet menu — 6 months to 12 months	Protein (grams)	Fluid (ounces)
3 oz spinach and feta cheese omelet 2 oz orange slices Calcium citrate with vitamin D	15 ½	
10 oz decaf coffee with 2 oz vanilla protein shake as creamer	5	12
5 oz Oikos Triple Zero Greek yogurt 1 oz blueberries	15	
12 oz Crystal Light		12
½ Turkey sandwich: 1 slice Dave’s Killer thin-sliced whole grain bread 2 slices deli turkey meat 1 slice mozzarella cheese sliced tomato lettuce 1 tsp. light mayo One ProCare Bariatric multivitamin	3 6 6	
10 oz herbal tea		10
4 oz Tuna Creations pouch 1 oz wheat crackers	12 2	
16 oz water		16
3 oz pork chop 1 oz spinach ½ sweet potato Calcium citrate with vitamin D	18 ½	
TOTAL	82	50

You may be able to eat a little more once you are past the one year mark. The amount you will be able to eat varies from person to person and day to day.

Other responsibilities

1. **Complete a *Food and Activity Journal*** (additional copies can be found at salemhealth.org/bariatric. Click Resources — then scroll to the bottom and click on “Pre-and post-surgery food and activity journal” to download.) — OR bring your own food record in a phone app or personal notebook — periodically to check yourself: Am I getting 60 to 80 grams of protein and 48 to 64 ounces of liquid daily — and no more than 128 ounces of total fluids per day?
2. Work up to 3 to 4 hours per week of *planned* exercise (at least 180 minutes per week).
3. Supplements:
 - One capsule of a bariatric multivitamin, daily. No gummy vitamins.
 - 500 to 600 mg calcium citrate, TWICE per day, containing 800 IU vitamin D3 daily.
 - ▶ This is usually 2 tablets of calcium citrate twice a day — OR 1 calcium citrate chewable/lozenge 2 times per day.
 - ▶ *Most chewables in the store are **not** calcium citrate. No gummy calcium.*
4. **Never** smoke or vape — or drink wine, beer or mixed drinks. Avoid heavy smoke exposure.

The rest of your life

You’ve just begun your after-surgery journey. We want to see you at each of your appointments to continue adding to your toolbox.

1. Continue taking daily bariatric supplements.
2. Track your food and fluid intake for two days before future appointments. Bring these food logs to your appointment with you.
3. Continue to have three meals a day regularly. Please have one to three snacks throughout the day at least two hours after meals if physically hungry or if your next meal is going to be more than 5 hours later.
4. Continue to engage in physical activity daily.
5. For optimal nutrition, have the majority of your protein come from whole foods. Limit protein from liquid supplements.

If we expect perfection, we will fail.
If we persist, we will succeed.

It's Not Just What You Eat, But Why

By Michelle May, M.D.

Many people have the mistaken belief that their problems with food are caused by what and how much they eat. Those are important, but they only tell part of the story. In fact, what you eat and how much you eat are strongly affected by *why* you're eating in the first place.

The Am I Hungry?® Mindful Eating Cycle will help you see how each decision you make can affect your other choices.



©MMXIV, Michelle May, M.D. www.AmIHungry.com

From *Eat What You Love, Love What You Eat*

As you review the Mindful Eating Cycle, ask yourself the following questions to help you recognize and better understand how you make conscious or subconscious decisions about eating. More important, use these questions to discover possible steps you can take to become more mindful about your decisions.

Why? Why do I eat?

- Why do I think I eat?
- Am I aware of any situations or emotions that trigger me to want to eat when I'm not hungry? Examples: Mealtimes, social events, certain

people, stress, boredom, buffets, getting ready to start a diet...

- Have I tried a lot of diets? Did they work for me long term? Why or why not? What happened?

When? When do I feel like eating?

- How often do I feel like eating?
- Can I tell if I'm hungry?
- How could I redirect my attention away from food until I'm hungry?
- What could I do to cope better with my emotional triggers for eating? Examples: Manage stress better; tell someone how I really feel; find a hobby; treat myself to a hot bath; ask for more help around the house...

What? What do I eat?

- What do I eat in a typical day? Would a food diary for a few days help?
- Do I restrict myself from eating certain foods—then later give-in and overeat those foods?
- What health issues do I need to be aware of when deciding what to eat? Examples: High blood pressure, high cholesterol, family history of diabetes.
- What kind of beverages do I drink?
- What types of foods do I feel like eating when I'm eating for emotional reasons? Why?
- Are there any areas of my diet that I could improve right now?
- What specific change would I like to make at this time?
- What kind of foods could I keep on hand to eat when I'm hungry?

How? How do I eat?

- Do I eat while I'm distracted? Examples: Watching T.V.; reading; driving; working; talking...
- Do I eat fast?
- Do I really taste my food?
- Do I eat differently in private than I

do in public?

How Much? How much do I eat?

- How do I typically feel when I'm done eating? Do I like that feeling?
- Do I usually clean my plate?
- If I'm not hungry when I start eating, how do I know when to stop?
- What situations or emotions trigger me to overeat?
- What could I do to address those triggers more effectively? Examples: Order less food; ask for a to-go container; get up from the table; turn off the TV; etc....

Where? Where do I invest fuel I eat?

- Am I physically active?
- Do I watch too much TV or spend too much free time in front of computer?
- Do I exercise? What do I like to do?
- What else do I do with my energy? Examples: Play with my children; work on my hobbies; volunteer; travel; spend time with friends...
- Is there anything else I'd like to do with my energy that I'm not doing now? What are my goals for my relationships, my career, and my life?

The first step to changing the way you eat is awareness. As you become more mindful of each decision point in your Mindful Eating Cycle, you'll discover small changes that can make a big difference in why, when, what, how, and how much you eat and where you invest your energy.



Michelle May, M.D. is a recovered yoyo dieter and the award-winning author of *Eat What You Love, Love What You Eat: A Mindful Eating Program to Break Your Eat-Repent-Repeat Cycle*. Download chapter 1: <http://amihungry.com/chapter1>

Special concerns and what to do



Bad breath is most common immediately after surgery when you can't eat much carbohydrate-rich food. Without carbohydrate, body fat breaks down incompletely into ketones, which cause bad breath.

- Increase your fluid intake (even if you're already drinking 48 to 64 ounces daily).
- Brush your tongue when you brush your teeth.
- Chew fresh parsley (*if you are six weeks or more post-surgery*) or try sugar-free breath mints.



Burping/hiccups usually resolves after three months.

- Do not drink carbonated beverages.
- Chew with your mouth closed (and chew 30 times!) and do not talk with food in your mouth.
- Eat slowly and avoid gas-forming foods (fried food, cream sauces, kidney beans or similar, broccoli, cauliflower, cabbage and Brussels sprouts).
- Walking after eating helps, too.

Constipation is straining to have a bowel movement or no bowel movement in three days. Increase fluid intake (even if you're already drinking 48 to 64 ounces daily).

- Include whole wheat bread, bran cereals and raw fruits and vegetables if you're six weeks or more post-surgery.
- Add 1 to 2 tablespoons of raw bran (available in bulk food or baking aisles of the supermarket) to foods you are already eating.
- You can also try unsweetened applesauce, unsweetened pureed prunes (dried prunes may

be too fibrous even after you are eating a **regular texture diet**) or 4 ounces of prune juice diluted with 4 ounces of water.

Ask your dietitian for other ways to increase fiber in your diet. Make sure to talk with our nurse (available at 503-814-5286) before taking any medicine such as laxatives.

Dehydration (loss of body fluids) may occur if vomiting or diarrhea is frequent.

Prevent dehydration by drinking at least 48 to 64 ounces daily of water or allowed beverages.

You're getting enough liquid if your urine is the color of straw. If it's the color of apple juice, you need more liquid (even if you're drinking 64 ounces).

Diarrhea is frequent (more than once a day) and liquid bowel movements. There can be many causes.

- If you're drinking more milk than you usually do, try soy milk or nonfat lactose-free milk or use Lactaid™ tablets (can be purchased at the drug store without a prescription) at meals.
- If you've been eating/drinking sweets, see "dumping syndrome" on the next page.
- One of the many reasons not to eat fried or greasy foods or drink alcohol is they can cause diarrhea.
- Allow 20 to 30 minutes for a meal and 10 to 15 minutes for a snack (see page 6 for "How to practice mindful eating").
- *Measure* allowed amounts of food onto your small plate.
- Only drink liquids before eating or 30 minutes after finishing a meal or snack.

- Add raw bran (available in bulk food or baking aisles of the supermarket) to cereal, yogurt, etc. to add fiber to your diet.

If none of these tips help, call 503-814-5286.

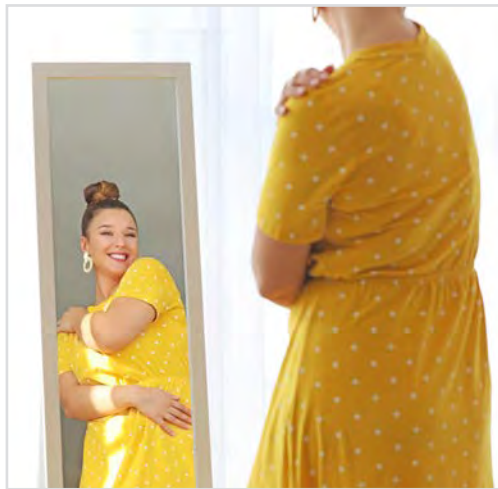
Dry, cotton mouth may be a sign of dehydration (see previous page). Biotene brand toothpaste or mouth rinse (available at the drug store) may help.

Dumping syndrome is caused by eating sweet foods and/or drinking sweet beverages after gastric bypass surgery. Symptoms can also be triggered by foods high in fat, oil or grease (Example: regular ice cream). Food passes too quickly from the stomach into the small intestine causing diarrhea, nausea, uncomfortable fullness, cramping, sweating, weakness and fast heart rate.

- You can prevent dumping syndrome by not eating sweet foods or drinking sweet liquids.
- You can drink up until the first bite of solid food, but then wait 30 minutes after eating to start drinking again.

Foaming/frothing may be related to drinking with meals, eating too much at one time or eating too quickly. See page 6 for tips to eat slowly. Measure allowed amounts of food onto your plate and chew each bite 30 times. Stop eating when you are satisfied, before you feel full.

Stuck food — *DO NOT EAT OR DRINK ANYTHING, INCLUDING WATER, UNTIL THE FOOD PASSES OR COMES UP.*



- This may take several hours. Call the office at **503-814-5286**.
- Drinking any liquid, even clear liquid, or eating will only make it worse.
- Walking as much as you can will help the food move.

Once the food has passed or come up:

1. Drink clear liquids only for 24 hours (see page 19).
2. Then full liquids for 24 hours (just like your **post-surgery liquid diet** starting on page 20).
3. Then **very soft foods** (pages 26–29) for 24 hours. Then **soft foods** (pages 30–32) for 24 hours, if you had already started that.
4. Then **regular texture foods** (pages 33–39), if you had progressed to that.

Gas may increase after surgery and usually returns to pre-surgery levels after three months. In the meantime, do not drink carbonated beverages, chew gum or use straws.

- Do not drink any liquids with meals or snacks and do not eat or drink any sweet foods.
- Chew each bite of food 30 times with your mouth closed and do not talk with food in your mouth.
- Take 20 to 30 minutes to eat a meal and 10 to 15 minutes to eat a snack.
- Don't skip meals.
- Nonfat, sugar-free (100 calories per 6 to 8 ounces) Swiss or (less than 100 calories per 5.3 ounces) Greek yogurt daily may reduce gas formation.

Avoid gas forming foods such as:

- Fried food
- Cream sauces
- Kidney beans or similar
- Broccoli and cauliflower
- Cabbage and Brussels sprouts

Gas-X or Beano, available without a prescription at the drug store, may help.

- If you're drinking more milk than you usually do, try soy milk or nonfat lactose-free milk or use Lactaid™ tablets (available at the drug store without a prescription).
- Eating fresh parsley helps reduce odor. Chlorophyll capsules from the health food store or Devrom (devrom.com, available without a prescription at the drug store), can also help with odor problems.

Glucose tolerance test is a test you should *NEVER* have. If a health care provider orders this for you — explain that, as a gastric bypass patient, it will give you dumping syndrome (see above). Your health care provider is also welcome to call our office at 503-814-5286.

Hair loss may occur due to hormonal changes associated with weight loss. As weight loss slows, hair loss slows as well and hair grows back. However, hair loss due to “normal” balding (which may coincide with weight loss) will not grow back.

- The best prevention is to eat at least 60 grams of protein daily as soon as possible after surgery — and to take all your vitamin and mineral supplements as recommended.
 - ▶ Standard supplements are:
 - ◆ One bariatric multivitamin daily and 1,200 mg calcium citrate with 800 IU Vitamin D daily.
 - ◆ Other supplements as lab tests indicate.



- One to two fish oil capsules daily may help (each containing 220 milligrams DHA, docosahexaenoic acid).
- Other supplements have been suggested, but none has been scientifically proven to change hair loss associated with surgery.
- If you decide to take biotin, take no more than 5000 micrograms daily.
- DO NOT TAKE hair, skin or nails formulas. They contain other vitamins that — when taken with your bariatric multivitamin — can be toxic.
- Some people have found Nioxin brand shampoo to be helpful.

Nausea/vomiting/foaming are the most common complaints the first few months after weight loss surgery.

- Ginger tea may help reduce nausea.
- Liquids other than plain water (decaf teas, soup, flavored/infused waters) may be better tolerated.
- Try sipping small amounts of warm, room temperature or cold liquids (whatever feels best) frequently.

Vomiting may often be “spitting up” (food not mixed with stomach juices) what feels “stuck.” It may be caused by:

1. Eating too quickly — Allow 10 to 15 minutes for a snack and at least 20 to 30 minutes for a meal.
2. Drinking liquids while eating — Drink liquids only before starting to eat and 30 minutes after *finishing* eating.
3. Eating more than your pouch can comfortably hold — Eat only *measured* amounts of food. You should know how much food is on your (smaller) plate.

- ▶ *Stop eating when you are satisfied* — that’s before you’re full — even if you can’t finish the measured amount of food on your smaller plate.
- ▶ Learn to respect what your body is telling you; even one extra bite can cause pain/nausea/vomiting.

4. Not chewing enough — Your new, smaller stomach has less capacity to grind food into small particles. Chew each bite 30 times so it has the consistency of applesauce before swallowing.

If you vomit:

1. Drink clear liquids only for 24 hours (see page 19).
2. Then full liquids for 24 hours (just like your **pre-surgery liquid diet** starting on page 20).
3. Then **very soft foods** (pages 26–29) for 24 hours.
4. Then **soft foods** (pages 30–32) for 24 hours, if you had already started that.
5. Then **regular texture foods** (pages 33–39), if you had progressed to that.

Sometimes vomiting occurs after trying a new food. Add only one new food per day, preferably with foods you are already tolerating (not on an empty stomach). If you can’t tolerate a new food, wait a few days and try that food again.

If nausea/vomiting gets worse and/or continues for more than 24 hours, call the Bariatric Surgery Center at 503-814-5286.

Pregnancy is usually not a problem by 18 months after surgery. Until then use two forms of birth control.

- When you do become pregnant, call us at 503-814-5286 so we can coordinate care with your pregnancy provider.
- Do not have a glucose tolerance test which can cause dumping syndrome.

Food Lists

References to treat and prevent common nutrient deficiencies



Vitamin A rich foods

Why you need vitamin A

- Bone development
- Growth hormone synthesis
- Night vision
- Reproduction
- Skin

Additional information

Deficiencies

- Eye damage
- Skin disorders

Symptoms of toxicity

- Dizziness
- Headache
- Mental disturbances
- Nausea
- Skin damage
- Vomiting

Food sources:

- Apricot
- Broccoli
- Cantaloupe
- Carrots
- Cheese
- Cod and halibut fish oil
- Cream
- Kidney
- Liver
- Milk
- Most dark-green leafy vegetables
- Pink grapefruit
- Pumpkin
- Spinach
- Sweet potato
- Winter squash



CARROTS



PAPAYA



MEAT



EGGS & CHEESE



SQUASH



BROCCOLI



FISH



MANGOES



SWEET POTATO



APRICOTS



PEACHES



MELON



SPINACH



PEPPERS

Foods high in vitamin B1 (thiamine)



PORK



TROUT



BROWN RICE



BLACK BEANS



ACORN SQUASH



SUNFLOWER SEEDS



WHOLE GRAIN BREAD



GREEN PEAS



PLAIN GREEK YOGURT



LENTILS



PECANS



OATMEAL

Folate (B9) rich foods

Folate is found in small amounts in many foods.

Average folic acid intake should be about 100 micrograms per day. Good sources of folate include:



BREAKFAST CEREALS
fortified with folic acid



BROCCOLI



BRUSSELS SPROUTS



CHICKPEAS & KIDNEY BEANS



DARK GREEN LEAFY VEGETABLES
trunip greens, spinach, romaine lettuce, asparagus



EGGS



LEAFY GREEN VEGETABLES
cabbage, kale, spring greens



PEANUTS



PEAS



SEAFOOD



SUNFLOWER SEEDS



WHOLE GRAINS

Vitamin B12 foods

Vitamin B12 helps make DNA and healthy blood cells. Vitamin B12 helps to keep your nerves and brain healthy. If you don't get enough vitamin B12 from the foods you eat, it can cause tingling and numbness in fingers and toes, or you may feel tired or confused.

Vitamin B12 in foods

Eating vitamin B12 foods is important for a healthy lifestyle. The following foods are good sources of vitamin B12:

- Chicken
- Beef
- Fish
- Dairy foods
- Eggs
- Fortified foods, like cereal, non-dairy milks and soy products
 - ▶ Fortified means that certain nutrients, such as vitamin B12, are added to the food.
 - ▶ If you are vegetarian or vegan, fortified foods are good sources of vitamin B12. Always check the product label to make sure the food is fortified with vitamin B12.

Vitamin B12 Foods	Serving	B12 (mcg)
Foods from animals		
Clams	3 ounces	84.1
Liver, beef	3 ounces	60
Beef (various cuts)	3 ounces	5-7
Trout (rainbow, wild)	3 ounces	5.4
Salmon (canned or fresh)	3 ounces	3-5
Tuna (canned)	3 ounces	2.5
Milk: 2%, 1 % or fat-free	1 cup	1.2 – 1.4
Cottage cheese	1 cup	1.1 – 1.5
Yogurt	6 ounces (¾ cup)	1.0 – 1.3
Swiss cheese	1 ounce or about 1 slice	0.9
Turkey	3 ounces	0.8
Egg	1 large	0.6
Chicken breast	3 ounces	0.3
Foods from plants		
Breakfast cereal (fortified)	1 cup	6
Meatless chicken, meatballs or sausage	2 ½ ounces	1.0 – 3.8
Meatless luncheon slices	3 slices	3
Soy burger	2 ½ ounces	1.8
Nutritional yeast (fortified)	1 teaspoon	1.5
Non-dairy milks, fortified: almond, soy, oat or rice	1 cup	1

Vitamin C rich foods

- Green chile peppers 242 milligrams
- Bell pepper 121 milligrams
- Guava 114 milligrams
- Kale 60 milligrams
- Kiwi 46 milligrams
- Brussels sprouts 43 milligrams
- Broccoli 45 milligrams
- Papaya 30 milligrams
- Cauliflower 24 milligrams
- Pineapple 24 milligrams

***mg per 100 g**



GREEN CHILE PEPPERS
242 mg



GUAVA
228 mg



RED PEPPER
150 mg



PARSLEY
150 mg



KIWI
93 mg



BROCCOLI
90 mg



GREEN PEPPERS
80 mg



LEMON
77 mg



CHILLI SAUCE
75 mg



STRAWBERRIES
60 mg



ORANGE
53 mg



CAULIFLOWER
45 mg



CABBAGE
44 mg



MANGO
36 mg



BLACKBERRIES
21 mg



POTATO
20 mg

Calcium content of foods

Food	Serving	Calcium (mcg)
High calcium (200 milligrams or more)		
Cereal bar, calcium fortified	1 each	300
Cereal, calcium fortified	½ cup	200-670
Cheese: cheddar, mozzarella, muenster	1 ounce	205
Cheese: provolone, jack, Swiss	1 ounce	220
Cheese: ricotta, part-skim	½ cup	335
Eggnog, non-alcoholic	1 cup	330
Fish, sardines, drained	3 ounces	325
Milk, buttermilk	1 cup	285
Milk, dry solids	¼ cup	210
Milk, evaporated	1 cup	660
Milk, nonfat	1 cup	305
Milk, reduced fat	1 cup	285
Milk, whole	1 cup	275
Soy or rice milk, calcium fortified	1 cup	300 to 370
Tofu, fortified w/calcium sulfate or lactate	¼ cup	215
Yogurt, fruit or plain	8 ounces	275 to 450

Food	Serving	Calcium (mcg)
Moderate calcium (50 to 200 milligrams)		
Almonds	1 ounce	75
Bagel, enriched, 4"	1 each	80
Beans, white, canned	½ cup	95
Biscuit, 2 ½"	1 each	140
Cheese, American	1 ounce	160
Cheese, blue or feta	1 ounce	145
Cheese, parmesan	2 tablespoons	
Chocolate	1 ½ ounce bar	85
Clams, canned	3 ounces	80
Cottage cheese, low-fat (1%)	½ cup	80
Crab, canned	3 ounces	85
Cream of wheat, regular	½ cup	60
Dried beans and peas	½ cup	50 to 100
English muffin	1 each	95
Figs, dried	5 each	135
Fish, halibut	3 ounces	50
Fish, perch	3 ounces	115

Continued on the next page



Continued from the previous page

Food	Serving	Calcium (mcg)
Fish, salmon, canned w/bones	3 ounces	180
Frozen yogurt or ice milk	½ cup	105
Greens, beet	½ cup	80
Greens, collards	½ cup	135
Greens, mustard	½ cup	50
Greens, turnip or bok choy	½ cup	100
Hummus	½ cup	65
Ice cream, light	½ cup	110
Ice cream, regular	½ cup	85
Instant breakfast drink, prep w/water	1 cup	105 to 250
Kale, frozen	½ cup	90
Kale, raw	1 cup raw	90
Oatmeal	½ cup	85
Oatmeal: instant, fortified, prepared w/water	1 packet	110
Okra	½ cup	90
Orange	1 each	50
Orange juice, calcium fortified	½ cup	175 to 200
Oysters	3 ounces	80
Pudding, made with milk	½ cup	155
Roll, hamburger or hotdog	1 each	60
Soy milk, not fortified	1 cup	60
Soybeans	½ cup	130
Spinach	½ cup	135
Sweet potato, baked w/skin	1 medium	55
Tortillas, 6" flour	2 each	80

Food	Serving	Calcium (mcg)
Veggie or soy patty	1 each	85
Waffles, 4" frozen	1 each	100
Lower calcium (less than 50 milligrams)		
Blackberries	½ cup	20
Bread, whole grain and white	1 slice	30 to 35
Broccoli	½ cup	30
Brussels sprouts	½ cup	30
Cabbage, Chinese, raw	½ cup	35
Cheese, cream	1 ounce	20
Egg substitute, liquid	¼ cup	35
Egg, whole	1 large	25
Green beans	½ cup	25
Kiwi	1 medium	25
Lentils	½ cup	20
Muffin	2 ounces	20
Nuts, most varieties	1 ounce	30
Peas, green, frozen	½ cup	20
Seeds, sunflower	1 ounce	20
Sherbet	½ cup	40
Shrimp	3 ounces	30
Sour cream	2 tablespoons	30
Spinach, raw	1 cup	30
Squash	½ cup	25
Tangerine	1 each	30
Tofu, unfortified	½ cup	20

Copper rich foods

Copper is found in highest amounts in protein foods like organ meats, shellfish, fish, nuts and seeds as well as whole grains and chocolate. The absorption of copper in the body will increase if the diet contains less copper, and decrease if the body has enough copper.

- Avocados
- Beans
- Beef liver
- Beet greens
- Boiled soybeans
- Cashews
- Chickpeas
- Crab
- Dark unsweetened chocolate
- Liver
- Lobster
- Millet
- Other leafy greens
- Other nuts and seeds
- Oysters
- Potatoes
- Salmon
- Sardines and herrings
- Sesame seeds
- Shiitake mushrooms
- Spinach
- Spirulina
- Sprouts
- Sunflower seeds
- Sweet potatoes
- Tofu
- Turnip greens
- White mushrooms
- Whole wheat pasta



AVOCADOS



BEANS



CASHEWS



DARK UNSWEETENED CHOCOLATE



LEAFY GREENS



POTATOES



SALMON



SPROUTS



SUNFLOWER SEEDS



SWEET POTATOES



TOFU



WHOLE WHEAT PASTA

Vitamin D rich foods

Getting enough vitamin D is important for a healthy lifestyle. Vitamin D, when taken with calcium, helps make your bones and teeth strong. Vitamin D helps your body fight germs and keep your muscles and nerves working well. If you don't have enough vitamin D, it can increase your risk of bone fractures, osteoporosis, or muscle weakness. Vitamin D may be especially important if you have heart disease, diabetes and cancer.

How much vitamin D do you need?

The amount of vitamin D your body needs each day is measured in International Units (IU) or micrograms (mcg).

- Men and women (19 to 70 years): 600 IU each day or 15 mcg each day
- Men and women (71 years and older): 800 IU each day or 20 mcg each day

Talk to your primary care provider about measuring the vitamin D level in your blood to see if you need a supplement.

Vitamin D in foods

- Fatty fish like salmon
- Fortified foods, like milk or orange juice
- Fortified means that certain nutrients, such as vitamin D, have been added to the food.

Vitamin D supplements

You may need a vitamin D supplement if any of the following describes you:

- Vegan
- Adults age 70 and older
- Patient with kidney disease
- Person whose body cannot absorb fat

If you are taking medications, vitamin D could interact with some of them. Let your primary care provider know if you are taking any dietary supplements.



Foods High in Vitamin D	Serving	D (mcg)
Trout (rainbow)	3 ounces	16.2
Fish oil (cod liver)	1 teaspoon	11.3
Salmon (sockeye)	3 ounces	11.1
Mushrooms (exposed to ultraviolet light, as noted on the product label)	½ cup	7.9
Sardines (canned in oil)	3 ounces	4.1
Tuna (canned)	3 ounces	3.9
Orange juice (fortified)	1 cup	3.4
Flatfish (flounder and sole)	3 ounces	3.0
Milk (fortified: nonfat, 1% or 2%, or fat-free)	1 cup	2.9
Soymilk (fortified)	1 cup	2.9
Non-dairy milk (fortified: almond or rice)	1 cup	2.4
Yogurt (fortified)	6 ounces	2.0

* A three ounce serving size is about the same size as a deck of cards.

High iron foods

Iron helps carry oxygen throughout your body. If you are not eating enough iron-rich foods in your diet, you may feel tired and run down.

Tips for adding iron to your eating plan

- Iron from meat, fish and poultry is better absorbed than iron from plants.
- Include foods high in Vitamin C such as citrus juice and fruits, melons, dark green leafy vegetables and potatoes with your meals. This may help your body absorb more iron.

- Eat enriched or fortified grain products.
- Limit coffee and tea at meal times so as not to decrease iron absorption.
- Some cereals contain 18 milligrams iron per serving (i.e., total, 100% Bran Flakes, GrapeNuts and Product 19). Having $\frac{3}{4}$ cup of your preference will ensure your daily iron intake.



Foods recommended	Serving	Iron (mg)
Cereal, 100% iron-fortified ready-to-eat	$\frac{3}{4}$ cup	18
Grits, instant	$\frac{1}{2}$ cup	7.1
Cream of wheat	$\frac{1}{2}$ cup	5.2
Oatmeal, instant	$\frac{1}{2}$ cup	5
Soybeans, cooked	$\frac{1}{2}$ cup	4.4
White beans, canned	$\frac{1}{2}$ cup	3.9
Lentils	$\frac{1}{2}$ cup	3.3
Rice, white	$\frac{1}{3}$ cup	3
Spinach	$\frac{1}{2}$ cup cooked, 1 cup raw	3
Beef tenderloin	3 ounces	3

Foods recommended	Serving	Iron (mg)
Beans, baked	$\frac{1}{3}$ cup	3
Vegetable or soy burger	1 patty	2.0
Soy milk	1 cup (8 ounces)	2.7
Chickpeas	$\frac{1}{2}$ cup	2.5
Beans, kidney	$\frac{1}{2}$ cup	2.5
Sardines	3 ounces	2.5
Tofu	$\frac{1}{2}$ cup	2
Nuts: almonds or pistachios	$\frac{1}{4}$ cup	1.3
Brussels sprouts, cooked	$\frac{1}{2}$ cup	1

Potassium rich foods



Foods recommended	Serving	Potassium (mg)
Baked potato, with skin	1 medium	925
White beans, canned	½ cup	595
Avocado	½ fruit	487
Fish: halibut, tuna, cod, snapper	3 oz	480
Swiss chard	½ cup, cooked	480
Banana	1 medium	425
Spinach	½ cup, cooked	420
Papaya	1 small	391
Milk: fat free, low-fat, whole, buttermilk	1 cup (8 oz)	350–380
Lima beans	½ cup	353
Artichoke, cooked	1 medium	343
Soy milk	1 cup (8 oz)	287

Foods recommended	Serving	Potassium (mg)
Tomato or vegetable juice	½ cup (4 oz)	275
Dates	5 pieces	270
Raisins	¼ cup (2 oz)	270
Potato, boiled	½ cup	255
Brussels sprouts	½ cup	250
Turkey	3 oz	250
Sunflower or pumpkin seeds	1 oz	240
Yogurt	½ cup (8 oz)	238
Orange	1 fruit	237
Broccoli	½ cup	230
Cantaloupe	½ cup	215
Nuts: almonds, peanuts, hazelnuts, Brazil, cashew, mixed	1 oz	200
Tuna fish, canned	3 oz	200

Zinc rich foods

Zinc helps your body fight germs and helps make protein to repair your body. If you don't get enough zinc from the foods you eat, it can cause hair loss, problems with wound healing, and loss of taste. Zinc is especially important during pregnancy.

Zinc in foods

Most people can get enough zinc by eating the following:

- Red meat
- Poultry
- Fortified breakfast cereals
 - ▶ Fortified means that certain nutrients, such as zinc, are added to the food.
- Beans
- Nuts
- Whole grains

Foods high in zinc	Serving	Zinc (mg)
Oysters (cooked)	3 ounces	52
Beef (chuck)	3 ounces	9.7
Beef (ground)	3 ounces	5.3
Peanuts, roasted	1/2 cup	4.7
Breakfast cereal (fortified)	3/4 cup	3.8
Turkey (lean, ground)	3 ounces	3.2
Baked beans (canned)	1/2 cup	2.9
Pork chop or loin	3 ounces	2.9
Pumpkin and squash seed kernels	1/4 cup	2.5
Chicken (dark meat)	3 ounces	2.4
Oatmeal (cooked)	1 cup	2.3
Cashews (dry roasted)	1/4 cup	1.9
Sunflower seeds	1/4 cup	1.7
Nuts (mixed)	1/4 cup	1.7
Yogurt (low-fat)	6 ounces	1.5
Chickpeas or garbanzo beans	1/2 cup	1.3
Swiss cheese	1 ounce or about 1 slice	1.2



Foods high in fiber

How Much Do You Need?

The daily recommendations for most healthy adults:

- Men ages 50 years and younger: 38 grams fiber per day
- Men ages 51 years and older: 30 grams fiber per day
- Women ages 50 years and younger: 25 grams fiber per day
- Women ages 51 years and older: 21 grams fiber per day



Foods high in fiber	Serving	Fiber (g)
Bran cereal	1/3 cup	8.6
Cooked kidney beans	1/2 cup	7.9
Cooked lentils	1/2 cup	7.8
Cooked black beans	1/2 cup	7.6
Canned chickpeas	1/2 cup	5.3
Baked beans	1/2 cup	5.2
Pear	1	5.1
Soybeans	1/2 cup	5.1
Quinoa	1/2 cup	5
Baked sweet potato, with skin	1 medium	4.8
Baked potato, with skin	1 medium	4.4
Cooked frozen green peas	1/2 cup	4.4
Bulgur	1/2 cup	4.1
Cooked frozen mixed vegetables	1/2 cup	4
Raspberries	1/2 cup	4
Blackberries	1/2 cup	3.8
Almonds	1 ounce	3.5
Cooked frozen spinach	1/2 cup	3.5
Vegetable or soy patty	1 each	3.4
Apple	1 medium	3.3
Dried dates	5 pieces	3.3

Protein content of foods

Foods	Serving	Protein (g)
High protein (more than 4 grams)		
Bacon	2 slice	6
Bagel, 4": egg, raisin, or onion	1 each	9
Beans: lima, kidney, baked or garbanzo, canned	½ cup	6 to 7
Beans: white, navy or great northern, canned	½ cup	9
Beef, ground sirloin	1 ounce	9
Beef, top round	1 ounce	10
Cereal, breakfast, higher protein	½ cup	4 to 6
Cheese, most types	1 ounce	7
Cheese, cottage, low-fat	½ cup	15.5
Cheese, parmesan	2 tablespoon	4
Cheese, ricotta	½ cup	14
Chicken breast	1 ounce	9
Dried beans and peas	½ cup	6 to 9
Egg substitute	¼ cup	7.5
Egg, whole or hard boiled, large	1 each	6
Fish, fillet or steak	1 ounce	6.5 to 7.5
Frankfurter, beef or pork	1 each	6

Foods	Serving	Protein (g)
Ice cream	½ cup	3 to 4
Lamb	1 ounce	8
Lentils	½ cup	9
Lunch meat: ham, turkey, chicken	1 ounce	3 to 4
Milk, all types	1 cup	8
Milk, evaporated, canned	½ cup	8.5
Milk, nonfat dry solids	⅓ cup	8
Muffin, English	1 each	5
Nuts: cashews, walnuts, mixed	1 ounce	4 to 5
Nuts: peanuts, pistachios, almonds	1 ounce	6
Peanut butter	2 tablespoons	8
Pork tenderloin	1 ounce	9
Pudding, prepared w/milk	½ cup	4.5
Roll, hamburger or hotdog	1 each	4
Sardines	1 ounce	7
Sausage, patty	1 ounce	5
Seeds, pumpkin	1 ounce	9.5
Seeds, sunflower	1 ounce	5.5
Shellfish or crab	1 ounce	5.5

Continued on the next page



Continued from the previous page

Foods	Serving	Protein (g)
Soy milk	1 cup	8 to 11
Soybeans	½ cup	14
Tofu, firm	¼ cup	5
Tuna, canned, drained	1 ounce	7
Turkey	1 ounce	8
Veggie or soy patty	1 each	11
Yogurt	8 ounces	8 to 13
Low protein (3 grams or less)		
Beans, green or yellow	½ cup	1
Beets	½ cup	1.5
Bread, pita, 4"	1 each	2.5
Bread: white, rye, white	1 slice	2.5
Broccoli	½ cup	2
Brussels sprouts	½ cup	2
Cauliflower	½ cup	2
Cereal, bran or wheat	½ cup	2 to 3
Cheese, cream	1 ounce	2
Corn	½ cup	2
Cream of wheat	½ cup	3
Cream, light or half-and-half	2 tablespoons	1
Greens: collard, beet, mustard and kale	½ cup	2
Muffin	2 ounces	3
Mushrooms, canned	½ cup	1.5
Oatmeal	½ cup	3
Pancake or waffle, 4"	1 each	2
Peas, green, canned	½ cup	3.5
Potato, baked w/skin	1 medium	3
Rice, white or brown	½ cup	2.5

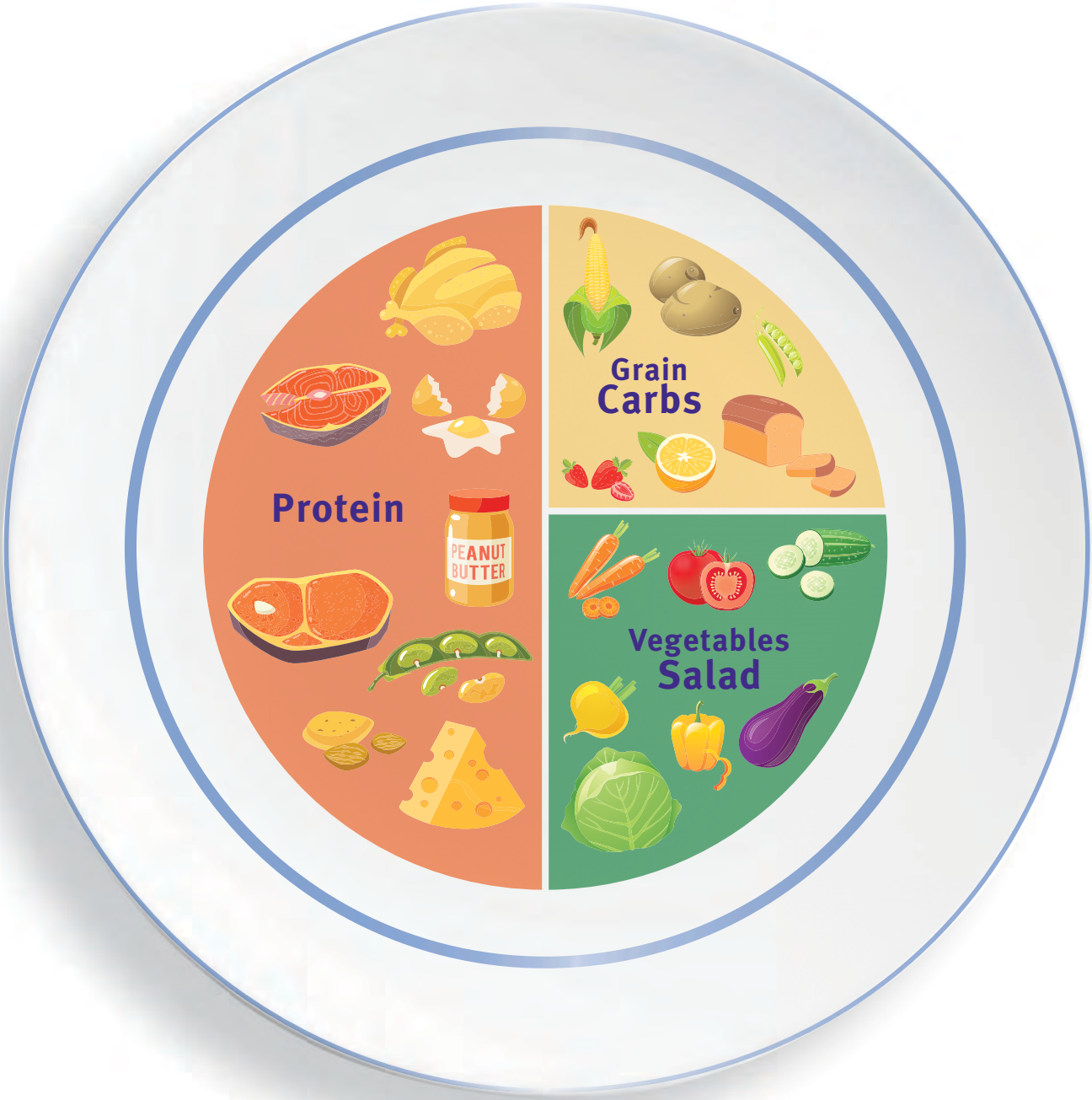
Foods	Serving	Protein (g)
Rice, wild	½ cup	3.5
Sour cream	½ cup	2.5
Spaghetti, whole wheat	½ cup	3.5
Spinach	½ cup	3
Squash	½ cup	1.5
Tomato sauce	½ cup	2
Tortilla, flour	1 each	2.5
Yogurt, frozen	½ cup	3
Fats and oils	1 tablespoon	0
Fruit and fruit juices not previously listed	1 piece or ½ cup	<1
Vegetables and vegetable juice not previously listed	½ cup	1 to 2

Vegetarian protein	Serving	Protein (g)
Tempeh	1 cup	31
Edamame	1 cup	29
Seitan	3 ounces	21
Lentils	1 cup	18
Beans	1 cup	15
Veggie burger	1 patty	13
Tofu	4 ounces	10
Peas	1 cup	8
Quinoa	1 cup	8
TVP	½ cup	8
Nut butters	2 tablespoons	8
Soy milk	1 cup	7
Seeds	¼ cup	6
Soy yogurt	1 cup	6
Nuts	¼ cup	4

Additional Resources



Bariatric plate method with 8-inch plate





Give Them More
of the
Good Stuff!

Drink Water Your Way

Make It Tasty

Try adding one of these to your water:

- ◆ Fresh ice.
- ◆ A splash of 100% fruit juice. It could be left over from fruit canned in 100% juice.
- ◆ Fresh fruits, veggies or herbs that have been torn, cut or mashed to release their flavor.
- ◆ Frozen fruits, vegetables, juice or herbs:
 - frozen berry pieces
 - make ice with pieces frozen into it
 - freeze mashed fruit in an ice cube tray
 - freeze 100% fruit juice



Water helps keep your
body temperature normal



Make it Easy

- ◆ Try a reusable bottle - choose one that is easy to carry, easy to fill, easy to keep clean and seals tightly.
- ◆ Add ice to your water bottle for cold water while you are out and about.
- ◆ Keep water handy and cold in the refrigerator so it is an easy choice.



Make It Special

- ◆ Choose an attractive or unusual container or glass.
- ◆ Serve with a fancy straw.
- ◆ Add a garnish to each glass - try a citrus slice over the edge, a single piece of fruit, or a cucumber slice.



Choosing water
at home and out
will save money
and lower
calories!

Flavored Water Basics

Flavor Options

Try these flavors or make up your own!

For 1 quart (4 cups) of water:

Cucumber	½ cucumber	Cut into thin slices; leave the skin on for color.
Citrus	lemon, lime, orange or grapefruit - ½ small fruit or ¼ grapefruit	Leave the skin on; slice thinly in whole circles or quarter wedges.
Herbs	mint, basil or rosemary	10 small leaves or a small sprig. Tear or crush the leaves.
Apple Cinnamon	½ cinnamon stick and ½ apple	Leave the apple skin on for color; core can be left or removed. Slice into thin slices or circles.
Strawberry and Kiwi	3 to 4 strawberries and ½ kiwi	Peel the kiwi; slice both fruits into thin slices.

1. Slice, tear, or mash the fruit to release the most flavor.
2. Refrigerate for several hours or overnight to allow the most flavoring.
3. Use within 2 days for best quality.

Flavored Ice

Don't let oranges, grapefruit, lemons and/or limes go to waste. Squeeze their juice into a bowl, mix with water and pour into ice trays to make flavorful ice.

Keep It Safe

- ❁ Wash all fresh fruits, veggies and herbs by scrubbing or rubbing gently under running water.
- ❁ Do not mix batches of flavored water. Use it up, clean the container, then make a fresh batch.
- ❁ Keep water cold after fruits or veggies are added. Make an amount you can use within 2 days.

Caffeine content

Our recommendation is that all beverages need to be caffeine free two weeks before surgery and for six months after surgery due to caffeine being an irritant to the stomach. After that, our recommendation for caffeine is the equivalent to one to two cups of coffee.

Coffee vs. tea



Coffee drinks	Size in oz. (ml)	Caffeine (mg)
Brewed	8 (237)	96
Brewed, decaf	8 (237)	2
Espresso	1 (30)	64
Espresso, decaf	1 (30)	0
Instant	8 (237)	62
Instant, decaf	8 (237)	2
Teas	Size in oz. (ml)	Caffeine (mg)
Brewed black	8 (237)	47
Brewed black, decaf	8 (237)	2
Brewed green	8 (237)	28
Ready-to-drink, bottled	8 (237)	19

Sodas	Size in oz. (ml)	Caffeine (mg)
Citrus (most brands)	8 (237)	0
Cola	8 (237)	22
Root beer (most brands)	8 (237)	0
Energy drinks	Size in oz. (ml)	Caffeine (mg)
Energy drink	8 (237)	71.9
Energy shot	2 (60)	215

Eat Right

Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics



Smart Snacking Tips for Adults and Teens

Snacks can fit into a healthy eating plan and provide an energy boost between meals, if they're planned right. Choosing nutritious foods from the MyPlate food groups can help increase variety and reduce sources of empty calories and added sugars.

Find the right snack for your eating style and activity level. Keeping snacks to 200 calories or less can be a reasonable goal for most people. Adults and teens who are more active, or eat smaller meals throughout the day may want to aim for 200 to 300 calories per snack.



Make snacking a smart habit by:

- **Snacking only when you're hungry.**
Eating out of boredom or for emotional reasons can lead to weight gain. Rate your hunger before reaching for a snack and avoid mindless eating.
- **Having snacks planned and portioned out ahead of time.**
Fixing snacks in advance, like washed and cut-up fruits and vegetables, air-popped popcorn, and low-fat cheese, can save time later on.
- **Practicing food safety.**
Keep perishable foods refrigerated or in a cooler bag with ice packs to help reduce the risk of food poisoning.

Make snacking simple by choosing different fruits and vegetables, depending on what is in season or on sale. Fresh, frozen, canned, or dried are all good options. Compare labels to limit items high in sodium, saturated fat and added sugars.

Keep your snacking lively by including snacks that contain grains, especially whole grains, lean protein and healthy fats. Some examples include fat-free yogurt with fruit, whole-grain crackers with low-fat cheese, or raw veggies with hummus.

Eating different combinations of foods can be very satisfying and help to curb hunger. Snacks that include fruit can also satisfy a craving for something sweet.

Ways to make your own convenient and ready-to-eat snacks at home:

- Make your own trail mix by combining whole grain cereals, unsalted nuts or seeds and dried fruit. (Tip: portion into ¼ cup servings)
- Blend your own smoothie by adding 1 cup fat-free milk and frozen fruit to a blender.
- Mix 3 cups air-popped popcorn with grated cheese or dried spices.
- Bake vegetable chips, like kale or beets.
- Roast chickpeas (or garbanzo beans) and season with spices.
- Make a dip using low-fat cottage cheese or Greek yogurt for raw vegetables.
- Mash an avocado with salsa and eat with whole-grain tortilla chips or spread on a whole wheat tortilla, sprinkle with low-fat cheese, then roll it up and enjoy.
- Cut up fruit to make kebobs and serve with low-fat yogurt dip.
- Slice a medium apple and eat with 1 tablespoon of peanut, almond, or sunflower seed butter.
- Mix equal amounts of fat-free plain or flavored yogurt with 100% fruit juice, then pour into paper cups and freeze for a tasty treat.
- Top graham crackers with nut or seed butter or dunk them in low-fat vanilla yogurt.
- Cut a whole wheat pita into wedges and serve with 2 tablespoons of hummus or bean dip.
- Make a veggie pizza by topping a whole wheat English muffin or pita with 2 tablespoons tomato sauce, ½ cup diced fresh veggies, and 1 ounce low-fat mozzarella cheese.
- Create a scrumptious yogurt parfait by layering 6 ounces of fat-free yogurt with ½ cup fresh or frozen fruit, then sprinkle ¼ cup (or less) low-fat granola on top.
- Prepare instant oatmeal using fat-free milk, 1 tablespoon maple syrup, a sprinkle of cinnamon, and ¼ cup dried fruit.
- Dress up a salad with a hard cooked egg or edamame, tomato, and 2 tablespoons reduced-fat dressing.
- Whip up a quesadilla in the microwave using a whole wheat tortilla, ¼ cup black beans, 1-2 tablespoons low-fat cheese and 1 ounce of salsa.
- Build veggie skewers with cherry or grape tomatoes and cubes of low-fat cheese or cooked tortellini and lean luncheon meat.
- Make a tuna apple sandwich by combining a 5-6 ounce can of tuna packed in water (drained), 1 small apple (peeled and sliced into chunks), 1 tablespoon light mayo, then spread it on 2 slices of whole wheat bread.

For a referral to a registered dietitian nutritionist and for additional food and nutrition information, visit www.eatright.org.

Academy of Nutrition and Dietetics

The Academy of Nutrition and Dietetics is the world's largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.

This tip sheet is provided by:



Healthy Snacking Suggestions

Snacks with 10-20 grams of carbohydrates with a low-fat protein:

- 1 small fruit (apple, orange, peach, pear) or ½ cup unsweetened applesauce or fruit canned in extra-light syrup or 1 cup berries and non-fat to low-fat cottage cheese
- Low sugar/high protein granola bar (check the label)
- 4-6 oz. light, plain, or Greek yogurt (check the label for carbohydrates and fat levels)
- 1/3 cup hummus + vegetables (peppers, carrots, celery, cucumber, cauliflower, ...)
- 1 oz. whole wheat crackers or 10-15 baked tortilla chips or 1 slice whole grain bread or 1 tortilla (6 inch) + lean meat or tuna salad or salmon spread or 1 oz. low-fat cheese or 1 Tbsp. peanut butter or 1 hard-boiled egg.
- ½ cup sugar-free pudding or low-fat fudge bar (check labels)
- 6 oz. no sugar added hot cocoa made with nonfat, 1%, or soy milk
- Snack kabob with cubes of low-fat cheese and ~15 grapes on pretzel sticks
- 3 cups air-popped popcorn sprinkled with 2 Tbsp. grated parmesan cheese
- 1 oz. serving of sun chips with cottage cheese (check label)

Considerations when Snacking:

Including a snack as part of a healthy meal plan may help meet nutritional needs, prevent hunger between meals/overeating, and offer blood glucose control.

Monitor portions by counting carbohydrates and calories within your recommended levels.

A carbohydrate with a low-fat protein is a great combination for a snack.

Snacks with less than 5 grams of carbohydrates:

- 4 oz. vegetable juice/raw vegetables/ ¼ cup salsa
- 2 Tbsp. nuts
- Sugar-free gelatin or popsicle

Mix and match snacks

Choose one of these	and maybe one of these
(Each = 1 ounce protein)	
1/4 cup ricotta or cottage cheese	1/2 cup (light) canned fruit
1/4 cup tuna	6 unsalted crackers
2 tablespoons grated low-fat (6 grams fat or less per ounce) cheese	1 ounce (baby) bagel
1 ounce turkey, lean ham or lean beef	One 6" corn or whole wheat tortilla
1 tablespoon peanut butter	Small piece of fresh fruit
1 ounce string cheese, Laughing Cow Light, Babybel Light low-fat (6 grams fat or less per ounce) cheddar or Swiss	1 slice whole wheat toast
6 ounces nonfat, no sugar added (100 calorie/6 ounce) Swiss or Greek yogurt	3 graham crackers
1 egg or 1/4 cup egg substitute	
6 ounces no sugar, added hot cocoa (made with nonfat or 1% milk)	
8 ounce nonfat, soy or 1% milk	

Other

- 1/4 to 1/2 English muffin
- 2 tablespoons light cream cheese (one fat serving)
- 2 teaspoons diet jelly (free)
- 1 teaspoon margarine (one fat serving)
- 1 tablespoon light mayo (one fat serving)

Personal letter

Write a letter to yourself for the journey you are about to take. You've already done a lot of planning and preparation. Have you forgotten anything? What are you concerned about?

- How do you see yourself three months after surgery?
- Two years after surgery?
- What will you be doing?
- Who will be with you?

Include in this letter what you will be saying “goodbye” to — places, people, food, habits — (maybe temporarily, maybe permanently) and what you will be saying “hello” to. Please submit your personal letter either by mail to your dietitian at address listed below, via My Chart or bring to the clinic at an upcoming appointment.

Salem Hospital Bariatric Surgery Center
P.O. Box 14001
890 Oak St SE
Bldg C Suite 4010
Salem, Oregon 97309-5014

Use as much paper as you need.

Dear

Date:

Lined writing area for the personal letter.

Continued on the next page

Continued from the previous page

A large yellow rectangular area with horizontal blue lines, serving as a writing space. The lines are evenly spaced and extend across the width of the page.

Health resources

Academy of Nutrition and Dietetics

eatright.org
kidseatright.org

American Diabetes Association

diabetes.org

American Heart Association

heart.org

American Society for Metabolic and Bariatric Surgery

asmbs.org

MOVE! Weight Management Program

move.va.gov

National Institute of Diabetes and Digestive and Kidney Diseases

niddk.nih.gov

U.S. Department of Agriculture

nutrition.gov

Protein resources

Premier Protein Nutrition Company

premierprotein.com/recipes

UNJURY Protein

unjury.com/resources/recipes

Free smartphone apps to record food intake and exercise



Baritastic

baritastic.com



MyFitnessPal

myfitnesspal.com

Social media

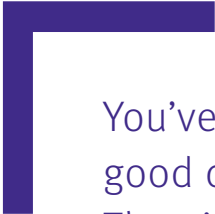
@thesleeveddietitian on Instagram/TikTok

@bariatric.meal.prep on Instagram

Our Sleeved Life Podcast on Spotify/Apple/YouTube

BariNation Podcast on Spotify/Apple/Google

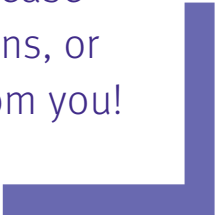
You've reached the end of your manual—
and the beginning of the rest of your life
as a healthier, more active you!



You've learned a lot and made lots of
good changes. Keep up the good work!
There's still much to learn and discover.

Studies show that people who keep
their follow-up appointments and
participate in a support group (in-
person or online) regularly achieve and
maintain the most weight loss and enjoy
good health.

Let us continue to be your guides and
allow us to learn from you, too. Please
contact us with questions, concerns, or
suggestions. We'd love to hear from you!



Salem Health
Bariatric Surgery Center

875 Oak St. SE, Building C

Suite 4010

Salem, OR 97301

Phone: 503-814-5286

Fax: 503-814-5469

salemhealth.org/bariatric



C Salem Health
Bariatric Surgery Center

875 Oak St. SE, Suite 5040
Salem, OR 97301
503-814-5286

★ Emergency room entrance —
all hours

▶ Parking entrance

i Visitor information

🚌 City bus stop

 **NO SMOKING ALLOWED ON CAMPUS**

🚗 Patient parking

P Patient/visitor parking garage

♿ Handicap parking

🩺 Lab draw station



Salem Health Bariatric Surgery Center
875 Oak St. SE, Building C
Suite 4010
Salem, OR 97301



Phone: 503-814-5286

Fax: 503-814-5469

Bariatric.Surgery@salemhealth.org

salemhealth.org/bariatric

NOTE: The best way to contact a dietitian is by sending them a message via MyChart or by calling the clinic.