

# Gastric Sleeve, Gastric Bypass, and Duodenal Switch Diet Manual



Weight Loss Surgery  
and Wellness Center

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READING HOSPITAL

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## Weight Loss Surgery Pre-Operative Diet

- The purpose of the pre-op diet is to shrink your liver. The liver and stomach are close to each other in the body. When your liver is large, it makes it hard for the surgeon to safely operate on your stomach.
- Consume **800 calories or less daily** to help shrink your liver prior to surgery.
- You should be consuming **at least 60 grams** of protein each day. You must consume **3 protein shakes per day**. This will give you 200-350 calories to spare for other options.
- Start taking 2 teaspoons Benefiber® daily.
- Make sure to stay well hydrated. Your goal is to drink at least 64 ounces of total fluids per day.
- You will need to follow this Pre-op diet for **10 days** prior to your surgery date, unless instructed otherwise by your surgeon.

	Allowed	Not Allowed
<b>Protein Supplements</b>	<b>3 protein supplements per day:</b> 150-200 calories each * see the list of approved protein supplements given to you by your dietitian or see the guidelines below. Protein Supplement Guidelines: <ul style="list-style-type: none"> <li>• Less than 200 calories per serving</li> <li>• Less than 5g sugar per serving</li> <li>• More than 15g protein per serving</li> <li>• Caffeine free</li> </ul>	Protein supplements that do not follow the guidelines
<b>Beverages</b>	Water: 0 calories Decaf Coffee/Tea: 5-10 calories Sugar-Free Beverages: 0-10 calories (examples: Crystal Light®, Fruit2O®, Propel® water, Vitamin Water Zero®, Mio®)	Juices, Soda (Diet or Regular) Caffeinated Drinks, Carbonated Drinks, Alcohol

Optional foods are listed below. You can have 200-350 calories of these optional foods.  
Please use food labels for accurate calorie count.

Food Groups	Allowed	Not Allowed
<b>Fruits &amp; Vegetables</b>	NO FRUITS NO VEGETABLES	All Fruits, Vegetables, Fruit Juices/smoothies, Juicing fruits, Vegetables & Applesauce
<b>Dairy Products</b>	Skim or 1% Milk: 90-120 calories <b>Limit: no more than 1 cup per day</b> Milk Alternatives: Lactaid®, Fairlife Milk®, Unsweetened Soymilk and unsweetened Nut Milk: 25-110 calories <b>Limit: no more than 1 cup per day</b> Non-fat yogurt: 80-120 calories <b>Limit: no more than 2 yogurts per day</b> (examples: Dannon® Light & Fit, Chobani Zero Sugar®, Oikos Triple Zero®, Two Good®)	All Others Oatmilk Yogurt with fruit pieces
<b>Soups</b>	Broth or Bouillon: 10-20 calories	All Others & Tomato Soup
<b>Sugar Substitutes</b>	Equal®, Splenda®, Sweet N Low®, Stevia®, Swerve®, Monk Fruit®	Honey, agave, brown sugar, maple syrup, sugar
<b>Others</b>	Sugar-Free Ice Pops: 15-30 calories Sugar-Free Gelatin: 10-20 calories Low-Fat Sugar-Free Pudding: 60-80 calories: 1 premade cup or ¼ sugar free pudding powder prepared with ½ cup fat free milk <b>Limit: no more than 1 serving per day</b>	All Others (no sugar free candies)

\* If you take medicine to help control your blood sugars, the surgeons will work with you to adjust your dose during the pre-op liquid diet and after surgery. To help limit episodes of low blood glucose levels, the goal is to maintain your blood glucose levels between 100-150 mg/dL.

# Pre-Operative Diet: Sample Menu



Meals	Foods	Calories
Breakfast	Protein Supplement	<200 calories
Morning Snack	1 non-fat yogurt	80-120 calories *refer to labels
Lunch	Protein Supplement	<200 calories
Afternoon Snack	2 cups low sodium broth	20 calories *refer to labels
Dinner	Protein Supplement	<200 calories
Evening Snack	Sugar Free Ice Pop Sugar Free Gelatin	10-20 calories 15-30 calories *refer to labels
<p>Total Calories: 125-190 calories not including protein supplements</p> <p><b>* Make sure to add in the calories of your protein supplements to your total calories consumed. Your maximum calorie intake during this time is 800 calories.</b></p>		

**Midnight before surgery:** Do not eat or drink anything after midnight prior to surgery. Medications may be taken with a sip of clear liquid.

# Tips for Success

We are here to guide you every step of the way and want you to be successful. Please follow the instructions you've been given and use this guide as another tool to maximize your health benefits after surgery.



- Go slow. It is important that you drink slowly when you start liquids after your surgery.
- Make sure to stay well hydrated. Your goal is to drink at least 64 ounces of your total fluids per day.
- You need to continue to chew well and eat slowly as you advance your diet after surgery.
- When you are in the puréed diet phase, be sure to blend foods with a blender or food processor. Smashing foods with a fork is not sufficient.
- Start taking Benefiber® every day after you are home from the hospital. Do not wait until you are suffering from constipation to start it. Start taking Benefiber® as directed during each post-op diet phase:
  - Clear Liquid phase- start taking 2 teaspoons Benefiber® daily in your water.
  - Full Liquid phase- increase Benefiber® to 4 teaspoons daily in your water.
  - Pureed phase- increase Benefiber® to 6 teaspoons daily in your water.
  - Soft food phase- increase your Benefiber® to 8 teaspoons daily in your water.
  - Unrestricted Textures- continue 8 teaspoons Benefiber® daily until 6 months after surgery.



Do not follow the directions on the Benefiber® bottle/packets where it says to only take 2 teaspoons per day. You can also start a stool softener like Colace®, 100 mg daily once you arrive home. It's important to make sure you are drinking 64 ounces of fluids along with Benefiber® to avoid further constipation.

## “Stick With It”

- Recovery is a little different for everyone and you will quickly find out what works for you.
- You may experience taste changes such as an increased sensitivity to sweet foods or flavors and may need to switch to unflavored, savory, or water-based protein supplements.
- Stick with the things that seem to work best for you – perhaps a particular beverage or a particular temperature of liquid or food.

## Call your doctor if you have:

- Pain in your upper back, legs, chest, left shoulder, or jaw line
- Trouble breathing
- Fever > 101° F., chills, or night sweats
- Pain, nausea, or vomiting after drinking or eating that does not go away
- Hiccups that won't go away
- Increased pain or bleeding at your incisions
- Redness at your incisions along with thick, cloudy or foul-smelling drainage
- Confusion, depression, or unusual fatigue
- Frequent, difficult, painful, or bloody urination
- Diarrhea that doesn't go away

Please call the office with any questions or concerns at: **484-628-5673**.

# Bariatric Clear Liquids

**Duration:** 2 days (day of discharge and day following discharge)

## Foods/Beverages Allowed:

- Water
- Crystal Light®
- Flavored, sugar free water (Fruit2O®, Propel®)
- Sugar-free Kool aid®
- Vitamin Water Zero®
- Decaffeinated coffee or tea (iced or hot)
- Low sodium & low-fat broth
- Sugar-Free Jell-O®



## What to avoid:

- Caffeine
- Carbonation – No Soda/Sparkling water
- Sugar
- Straws

## Instructions:

- Drink from 1 ounce medicine cups. Sip one medicine cup over 15 minutes.
- It is important for you to **sip** these liquids **slowly**.
- If you experience pressure in your chest while drinking, take a 20-minute break and then start drinking again but at a slower pace.
- **Do not use a straw.** It can make you feel bloated and gassy.
- **Start taking Benefiber® to help limit constipation. Mix 2 teaspoons of Benefiber® in your water daily.**

## Remember:

- Your pouch is swollen from surgery. Fluids will empty much easier when the swelling goes down.
- If you have trouble drinking plain water, try adding a slice of lemon or orange or try a sugar-free flavored water like Crystal Light® or Propel®.
- Don't use drinks that contain sugar. Even natural sugars, like the ones in juice, contain a lot of calories. They will slow your weight loss and may cause you to feel sick.
- Do not drink carbonated beverages (anything with bubbles) even if they are "flat." When you swallow "flat" soda, the trapped air bubbles are released in your pouch. This will cause pain and bloating.
- After discharge, you should continue to increase how much you are drinking until you reach 64 ounces (64 medicine cups) per day or an hourly goal of 4-6 ounces per hour.
- The recommended post-operative diet is to protect your pouch as it heals. Advancing to foods with more texture before the recommended time may result in complications like vomiting.

# Day 3-17

## Bariatric Full Liquids



**Duration:** 2 weeks

**Description:** A full liquid diet consists of foods that pour off a spoon like soup. This is the same as the Pre-Op diet.

### Instructions:

- Sip liquids slowly- 1 ounce sip every 10-15 minutes. Aim to drink 64 ounces of total fluids daily.
- Choose foods low in fat and sugar.
- Start protein supplements and track protein intake.
- **Increase Benefiber® to help limit constipation. Mix 4 teaspoons of Benefiber® in your water daily.**

### Protein Goals:

- Gastric Sleeve & Gastric Bypass: 60-90 grams protein per day
- Duodenal Switch: 90-120 grams protein per day

You may add unflavored protein powder to any liquids or foods you eat to help meet your protein goals.

- Unjury® unflavored protein powder. Purchase online at [unjury.com](http://unjury.com)
- Zero Carb Isopure® unflavored protein powder. Purchase online at [amazon.com](http://amazon.com) or instore at GNC or Vitamin Shoppe
- Bariatric Fusion® unflavored protein powder. Purchase online at [bariatricfusion.com](http://bariatricfusion.com)

### Tips for Success

**Start taking one of the vitamin options below that pertains to your weight loss surgery 10 days after surgery:**

### Gastric Sleeve & Gastric Bypass:

- Option 1:** Bariatric Fusion® Complete Chewable Multivitamin Tablets: 2 chews in the morning, 2 chews in the evening.
- Option 2:** BariLife® Complete Multivitamin Powder: 1 scoop with 8-10 ounces of fluids in the morning, 1 scoop with 8-10 ounces of fluid in the evening.
- Option 3:** Bariatric Fusion One a Day Capsule with Bariatric Fusion® Calcium Citrate Chews: 1 capsule in the morning, 1 calcium chew in the afternoon, 1 calcium chew in the evening.

## Duodenal Switch:

- Option 1:** 3 scoops of Barilife® Complete Multivitamin Powder daily: 1 scoop in the morning, 1 scoop in the afternoon, and 1 scoop in the evening.
- Option 2:** 2 scoops of Barilife® Complete Multivitamin Powder: 1 scoop in the morning, 1 scoop in the evening PLUS 500 mg Calcium Citrate.
- Option 3:** Bariatric Fusion® chewable Multi-ADEK Vitamin- take 2 chews in the morning and 2 chews in the evening and 1,000 mg Calcium Citrate (in divided doses) PLUS 100 mg Vitamin B1.

## Examples:

Foods Allowed	Amount of Protein per 1/2 cup (4 oz)
Skim or 1% Milk	4 grams
Fairlife® Milk	6.5 grams
Soy Milk (unsweetened)	4 grams
Almond Milk (unsweetened)	0 grams
Non-fat greek yogurt or light blended yogurt (no chunks of fruit or "fruit on the bottom")	4-10 grams
Low-Fat, Sugar Free Pudding	2 grams
Protein Supplement	refer to protein supplement label
Sugar free, decaffeinated beverages	0 grams
Broth	0 grams
Sugar Free Jell-O® or Popsicles	0 grams



# Full Liquids: Sample Menu

Meals	Foods	Protein
Breakfast	Protein Supplement	Refer to protein supplement label
Morning Snack	4 oz non-fat yogurt	9 grams
Lunch	Protein Supplement	Refer to protein supplement label
Afternoon Snack	1/2 cup low-sodium broth	0.5 grams
Dinner	Protein Supplement	Refer to protein supplement label
Evening Snack	1/2 cup Low-Fat, Sugar-Free Pudding	2 grams
<b>Total Protein: 12.5 grams not including protein supplements</b>		
* Make sure to include the grams of protein from your protein supplements to your total grams of protein consumed.		

# Day 18-32

## Bariatric Puréed Foods

**Duration:** 2 weeks

**Description:** Stage 1 or Stage 2 baby food OR blend (purée) your own food with a blender or food processor.



### Instructions for Blending Foods:

**Step 1:** Cook the food you want to eat such as chicken or vegetables. Steaming your vegetables works best.

- Choose healthy low-fat food options to blend like poultry, fish, eggs, non-starchy vegetables, fruit, soups

**Step 2:** Cut all food into small pieces.

**Step 3:** Add your food to the blender or small food processor.

**Step 4:** Add liquid to help you reach your desired consistency. Avoid adding water to food. It will make it taste bland. You may try these types of liquids when blending:

- Broth
- Fat-free gravy
- Skim or 1% milk or milk alternatives
- Light mayonnaise
- Tomato or vegetable juice

**Step 5:** Puree until smooth and thin in texture. It should resemble an “applesauce” or “smooth yogurt” like consistency. You may use salt free herbs and spices to help flavor your foods.

**Step 6:** You can also freeze your puréed food in ice cube trays and freeze it for another meal. Each ice cube is about two tablespoons.

### Tips for Success

#### Continue tracking protein intake. Protein Goals:

- Gastric Sleeve & Gastric Bypass: 60-90 grams protein per day
- Duodenal Switch: 90-120 grams protein per day
- Eat your proteins first to help reach your protein goal.

## Do not drink beverages with your meals.

- Stop drinking liquids, 10 minutes before your meal and wait 30 minutes after your meal until drinking fluids again.

## Fluid goal: 64 ounces daily in between meals.

- This includes all sugar-free liquids, not just water.
- Continue to take slow, small sips every 15 minutes.
- **Increase Benefiber® to help limit constipation. Mix 6 teaspoons of Benefiber® in your water daily.**

## Maximum volume per meal should be ¼ to ½ cup (or 2-4 ounces) at this time.

- Use measuring cups, child-sized utensils, and small plates to aid with volume control.



## Eat slowly and stop eating as soon as you feel full.

### Some common indicators of feeling full may be:

- Nausea
- Pressure or fullness in the center of your abdomen just below your ribcage
- Pain in your shoulder or chest
- Hiccups, sneezes, or a runny nose



## Protein Content of Foods:

Suggested Foods	Portion	Protein Content
Stage 2 Baby Food Meat	1/4 cup	10 grams
Low-fat, cottage cheese (small curd)	1/4 cup	7 grams
Low-fat, ricotta cheese	1/4 cup	7 grams
Puréed egg/egg substitutes/poached egg/soft boiled egg	1 egg or 1/4 cup	7 grams
Puréed fish, tuna, poultry, veal, pork, or beef	1 oz	7 grams
Light Yogurt or 0% Fat Greek Yogurt (vanilla or plain)	1/4 cup	2-4 grams
Smooth-textured whipped potatoes or cauliflower mashed potatoes	1/4 cup	1.5 grams
Low-fat, sugar-free pudding	1/4 cup	1 grams
Stages 1 and 2 baby food vegetables	1/4 cup	0.5 grams
Puréed cooked vegetables	1/4 cup	0-1 grams
Applesauce (no sugar added)	1/4 cup	0 grams
Stages 1 and 2 baby food fruit	1/4 cup	0 grams
Puréed Bananas or other fruits without seeds	1/4 cup	0 grams

# Puréed Foods: Sample Menu

These are just examples. You may not be able to eat this amount of food at one time. Remember, stop eating as soon as you feel full.

	Day 1	Day 2	Day 3
<b>Meal 1</b> 8:00 a.m.	½ cup ricotta bake (see recipe)	1 egg puréed 1 oz low-fat cheese (melted into egg)	Smoothie: 1 scoop protein powder 4 oz fat-free milk (or milk alternative) ½ banana (puréed)
9:00 a.m. to 12:50 p.m.	Sip clear liquids, 8 oz per hour If needed: drink ½ to 1 protein supplement.	Sip clear liquids, 8 oz per hour If needed: drink ½ to 1 protein supplement.	Sip clear liquids, 8 oz per hour If needed: drink ½ to 1 protein supplement.
<b>Meal 2</b> 1:00 p.m.	¼ cup puréed ham ¼ cup puréed vegetables	1/3 cup puréed chili with seasonings/herbs added to taste, 1 oz low fat cheese (melted into chili)	¼ cup puréed chicken or tuna salad (made with low-fat mayo), ¼ cup unsweetened applesauce
2:00 p.m. to 5:50 p.m.	Sip clear liquids, 8 oz per hour If needed: drink ½ to 1 protein supplement.	Sip clear liquids, 8 oz per hour If needed: drink ½ to 1 protein supplement.	Sip clear liquids, 8 oz per hour If needed: drink ½ to 1 protein supplement.
<b>Meal 3</b> 6:00 p.m.	¼ cup puréed chicken, 2 tablespoons mashed sweet potato	¼ cup puréed roast beef 2 tablespoons puréed cauliflower, 1 tbsp fat- free gravy	Breakfast for dinner – 1 poached egg ¼ cup ricotta cheese
7:00 p.m. to 10:00 p.m.	Sip clear liquids, 8 oz per hour If needed: drink ½ to 1 protein supplement.	Sip clear liquids, 8 oz per hour If needed: drink ½ to 1 protein supplement.	Sip clear liquids, 8 oz per hour If needed: drink ½ to 1 protein supplement.

If you're physically hungry in between meals or if you need help meeting your protein goals, you can eat 1-2 high protein snacks daily as needed.

## Puréed Snack Samples:

- 1/3 cup small curd cottage cheese and 2 tablespoons puréed cantaloupe
- ½ cup or less 0% fat Greek yogurt
- ½ cup or less puréed tuna salad or puréed egg salad (made with low fat mayo)
- 1/3 cup fat-free refried beans with 1-ounce low fat cheese (melted into beans)
- ½ cup or less ricotta cheese with dash vanilla extract and 1 packet sugar substitute
- ½-1 Protein supplement

# Puréed Diet Recipes

Check out the Baritastic App for more recipe ideas!

## Ricotta Bake

- 8 ounces part-skim ricotta cheese
- ½ cup grated parmesan cheese
- 1 large egg, beaten
- 1 teaspoon Italian seasoning
- ½ cup marinara sauce
- ½ cup shredded low fat mozzarella cheese

**Directions:** Mix ricotta cheese, parmesan cheese, beaten egg, and seasonings together. Place in a 2-cup dish or four half-cup ramekins. Pour marinara on top and sprinkle with mozzarella cheese. Bake in the oven at 450° F for 20-25 minutes until bubbly.

**Servings:** Makes four, 4 ounce servings **Calories:** 180 calories per serving **Protein:** 13 grams per serving

## Tuna Salad

- 1 can tuna fish in water (drained)
- 2 tablespoons reduced-fat mayonnaise
- 2 tablespoons fat-free sour cream
- 2 tablespoons fat-free cream cheese
- 1 tablespoon lemon juice
- ¼ teaspoon pepper
- 2 tablespoons finely chopped parsley

**Directions:** In a blender or food processor, combine all ingredients except parsley. Blend until smooth. Add parsley and pulse just until combined.

**Servings:** Makes four, 4 ounce servings **Calories:** 155 calories per serving **Protein:** 23 grams per serving

## Shepherd's Pie

- ½ medium diced yellow onion
- ½ pound ground beef or turkey
- 8 ounces canned peas and carrots, drained
- ½ bag frozen cauliflower florets
- 4 ounce low-fat cream of mushroom soup
- 2-3 Laughing Cow® wedges
- 1/3 cup shredded low-fat cheddar cheese

**Directions:** Preheat oven to 350°F. Boil small pot of water. Sauté onions for about 2 minutes. Add ground beef/turkey. Drain if necessary and blend. Drop cauliflower florets into boiling water. When cauliflower florets are tender than drain. Add Laughing Cow® wedges while florets are still hot. Add peas and carrots and soup and blend together. Place your ramekins on baking sheet and ladle ¼ cup meat and veggie mixture. Bake for 15 minutes.

**Servings:** Makes six, 4 ounce servings **Calories:** 126 calories per serving **Protein:** 12 grams per serving

# Days 33-47

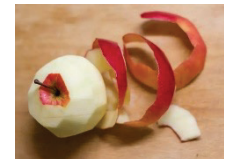
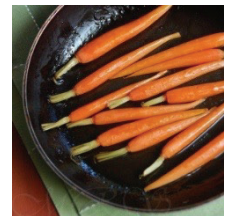
## Soft Foods

**Duration:** 2 weeks



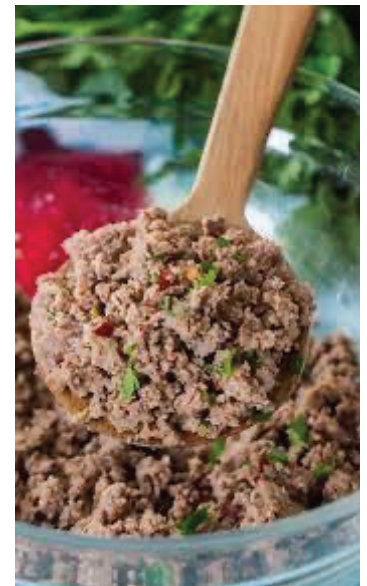
**Description:** Cooked foods that are soft, tender, and moist.

- **Maximum volume per meal should not exceed 1/2 cup at this time.**
- Cut food into small pieces similar to the size of a fingernail or the tip of a pencil eraser.
- Chew food thoroughly (20 chews each bite).
  - Avoid solid pieces of meat.
- Options of protein include ground or shredded meats (chicken, turkey, lean ground beef), fish, eggs, low fat refried beans, nut butter, and low-fat cheese.
- You may add broth, low fat mayo, or fat-free gravy to meats for additional moisture.
- You can include tender cooked non-starchy vegetables (no raw vegetables, no salads). Fiber from vegetables helps to promote regular bowel movements and to increase your feeling of fullness.
  - Examples of cooked non-starchy vegetables includes broccoli & cauliflower florets, peppers, green beans, Brussel sprouts, zucchini, cooked spinach, etc.
  - Avoid any tough, stringy vegetables such as: corn, celery, asparagus, and cauliflower/broccoli stems.
  - You may choose low sodium canned vegetables.
    - Rinse these under water
- You can include fruit to help increase fiber.  
Fruits you can have during this phase are:
  - Canned fruits in water or natural juice
  - Fresh fruit **without** seeds or skin like:
    - Peeled and cored apples or pears
    - Banana
    - Melon
  - Avoid fruit with seeds or skins like: Berries, grapes, kiwi, cherries, oranges, etc.
- Limit high fiber carbohydrates/starches to 2 tablespoons. Choose high fiber carbohydrates/starches like, oatmeal (1/4 cup to 1/3 cup cooked), sweet potatoes, or squash.
- Avoid pasta, rice, soft and toasted breads, cold cereal, and crackers as these expand in the stomach and may cause discomfort.
- Focus on eating protein and cooked vegetables first because they provide more nutritional value than starches.
- Continue to drink 64 ounces of fluids daily in between meals.
- **Increase Benefiber® to help limit constipation. Mix 8 teaspoons of Benefiber® in your water daily.**
- Continue tracking your protein intake.
- Cook with olive oil, avocado oil, or cooking spray. Limit the use of butter.
- Limit excess fat intake. Large amount of fat may result in more frequent bowel movements.



## Protein Content of Soft Foods

Suggested Foods	Portion	Protein Content
Low-fat cheese	2 tbsp	7 grams
Finely ground meats	1 oz	7 grams
Flaked fish (haddock, tilapia, tuna)	1 oz	7 grams
Eggs	1 egg	7 grams
Egg Substitutes	1/4 cup	7 grams
Baked Potato or Sweet Potato (no skin)	1/4 cup	1.5 grams
Oatmeal	1/4 cup	1.5 grams
Acorn or Butternut squash	1/4 cup	1.5 grams
Cooked vegetables	1/4 cup	0.5 grams





# Soft Diet Sample Menu

These are just examples. You may not be able to eat this amount of food at one time. Remember, stop eating as soon as you feel full.

	Day 1	Day 2	Day 3
<b>Meal 1</b> 8:00 a.m.	1 scrambled egg, ¼ cup honey dew	¼ cup Greek vanilla yogurt ¼ cup cantaloupe	1 protein pancake (see recipe), 1 tablespoon sugar free syrup
9:00 a.m. to 12:50 p.m.	Sip clear liquids, 8 oz per hour If needed: drink ½ to 1 protein supplement.	Sip clear liquids, 8 oz per hour If needed: drink ½ to 1 protein supplement.	Sip clear liquids, 8 oz per hour If needed: drink ½ to 1 protein supplement.
<b>Meal 2</b> 1:00 p.m.	1 slice of low-fat cheese melted over ¼ cup zucchini noodles, 2 tbsp marinara sauce, ¼ cup lean ground turkey	1/3 cup tuna salad (made with low-fat mayo) 1 slice low-fat cheese	1/3 cup chicken salad (made with low-fat mayo) 1 oz low fat mozzarella cheese,
2:00 p.m. to 5:50 p.m.	Sip clear liquids, 8 oz per hour If needed: drink ½ to 1 protein supplement.	Sip clear liquids, 8 oz per hour If needed: drink ½ to 1 protein supplement.	Sip clear liquids, 8 oz per hour If needed: drink ½ to 1 protein supplement.
<b>Meal 3</b> 6:00 p.m.	¼ cup flaked fish, 2 tablespoons of a baked potato (soft-no skin), 1 tbsp light sour cream	¼ cup meat loaf, ¼ cup cooked green beans	¼ cup lean ground turkey, 2 tbsp low-fat cheese melted, ¼ cup cooked tomatoes or sweet peppers
7:00 p.m. to 10:00 p.m.	Sip clear liquids, 8 oz per hour If needed: drink ½ to 1 protein supplement.	Sip clear liquids, 8 oz per hour If needed: drink ½ to 1 protein supplement.	Sip clear liquids, 8 oz per hour If needed: drink ½ to 1 protein supplement.

If you're physically hungry in between meals or if you need help meeting your protein goals, you can eat 1-2 high protein snacks daily as needed.

## Soft Snack Samples:

- 3 ounce peeled and cored apple slices with 1 tablespoon smooth peanut butter
- 1 string cheese
- 1 hardboiled egg or soft-boiled egg (cooked for 5-7 minutes for soft boiled egg)
- 1/3 cup cooked vegetables with 2 tablespoon hummas
- 1/3 cup melon (honey dew or cantaloupe) with 1 Laughing Cow® cheese wedge
- ½ cup or less high protein yogurt
- 1/3 cup tuna salad or diced egg salad (made with light mayo)
- ½-1 Protein supplement

# Soft Diet Recipes

Check out the Baritastic App for more recipe ideas!

## Protein Pancakes

- ½ cup old fashioned oats
- ½ cup low-fat cottage cheese
- 4 egg whites
- 1 teaspoon vanilla extract
- ½ teaspoon cinnamon

**Directions:** Blend all ingredients together in a blender or food processor. Spray skillet with cooking spray and warm to medium heat on stovetop. Top with banana and/or nut butter.

**Servings:** Makes four servings **Calories:** 75 calories per serving **Protein:** 8 grams per serving

## Tender Pulled Chicken

- 4 boneless, skinless chicken breasts
- 1 jar Salsa Verde
- ½ cup low-fat shredded mozzarella

**Directions:** Add ½ salsa to your slow cooker. Place chicken breasts in slow cooker and top with remaining salsa. Cook on high for 4-6 hours or on low for 8-10 hours. Remove chicken and pull with fork until shredded.

**Servings:** Makes eight servings **Calories:** 180 calories per serving **Protein:** 21 grams per serving

## Teriyaki Salmon

- Cooking spray
- 2 tablespoons low-sodium teriyaki sauce
- Four - 4 oz salmon fillets
- Canned pineapple tidbits in natural juice or water

**Directions:** Preheat the oven to 450oF. Lightly coat a large shallow baking pan with cooking spray. Place teriyaki sauce in small bowl. Drain pineapple. Place salmon and drained pineapple in the baking pan and brush them with the teriyaki sauce. Bake uncovered for 10- 12 minutes or until the fish is cooked thorough. Serve each piece of salmon with pineapple tidbits and extra sauce from the pan on top.

**Servings:** Makes four servings **Calories:** 128 calories per serving **Protein:** 21.5 grams per serving

# Day 48

## Unrestricted Textures



- If you tolerate soft solids for 2 weeks, you can slowly advance your diet to regular textures.
- Try one new food at a time.
- Chew food well and eat slowly.

### Tips for Success:

- Start to wean off protein supplements and aim for protein from solid foods.
- Continue tracking protein.
  - Protein goals:
    - Gastric Sleeve & Gastric Bypass: 60-90 grams protein per day
    - Duodenal Switch: 90-120 grams protein per day
- A protein bar can be used as a meal replacement to help meet your protein needs as well as to help maintain satiety. Please follow the criteria below when choosing a protein bar.
  - Less than 200 calories per serving
  - Less than 8 grams sugar per serving
  - At least 10 grams protein or more per serving
- You may not feel hungry, but it's important to avoid skipping meals. Eat 3 or more high protein meals each day. Check out the Baritastic app for more recipe ideas!
- Drink 64 ounces of clear liquids daily in between meals.
- 6 months after surgery, you can start to decrease taking Benefiber® as needed. Your fiber goal is 25-35g daily to help promote regular bowel movements.
- Avoid alcohol for the first 6 months and limit alcohol thereafter.
- Avoid caffeine for the first 3 months after surgery and limit to 8-12 ounces daily thereafter.
- Avoid carbonated drinks for the first 12 months after surgery and use caution thereafter.
- Avoid sipping through a straw for the first 3 months after surgery and use caution thereafter.
- Increase activity towards goal of 300 minutes per week (60 minutes, 5 days per week).
- Continue taking your bariatric vitamins lifelong. If you can no longer tolerate your vitamins, please contact the office to speak to a dietitian for alternate vitamin options.
- Remember to complete your scheduled blood work. Routine blood work is vital to maintaining good health.

# Unrestricted Textures Sample Menu

These are just examples. You may not be able to eat this amount of food at one time. Remember, stop eating as soon as you feel full.

	Foods	Protein Content
<b>Meal 1</b> 8:00 a.m.	½ cup high protein yogurt	20 grams
9:00 a.m. to 12:50 p.m.	Sip clear liquids, 8 oz per hour	0 grams
<b>Meal 2</b> 1:00 p.m.	1/3 cup chicken salad (made with light mayo) 1 oz low fat mozzarella cheese 1 lettuce leaf	17 grams 7 grams 0.3 grams
2:00 p.m. to 5:50 p.m.	Sip clear liquids, 8 oz per hour	0 grams
<b>Meal 3</b> 6:00 p.m.	1/3 cup salmon ¼ cup green beans	16 grams 0.5 grams
7:00 p.m. to 10:00 p.m.	Sip clear liquids, 8 oz per hour	0 grams

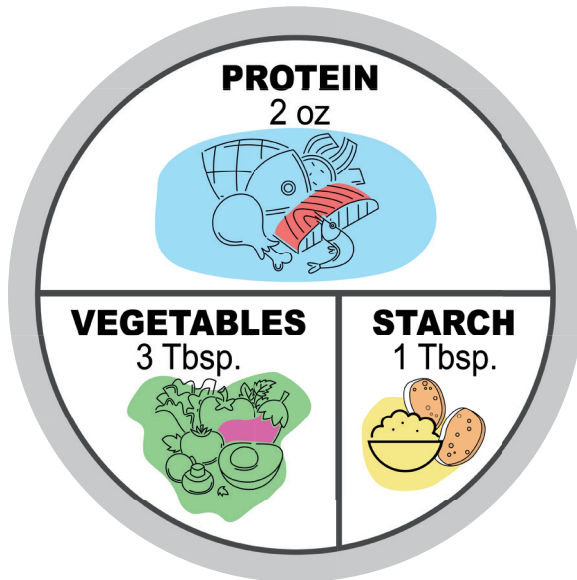
If you're physically hungry in between meals or if you need help meeting your protein goals, you can eat 1-2 high protein snacks daily as needed.

## Snack Samples:

- ¼ cup baby carrots with ¼ cup nonfat Greek yogurt mixed with 1 tablespoon Ranch powder
- ¼ cup nuts and 1 low fat string cheese
- ¼ cup nonfat Greek yogurt and ¼ cup blueberries
- 1/3 cup chicken salad (made with light mayo) on 1/3 stalk of celery
- 1 low fat Baby Bell® cheese and ¼ cup grapes
- ¼ cup cottage cheese and ¼ cup peaches

# What your plate should look like after surgery:

## First 3 months post-op

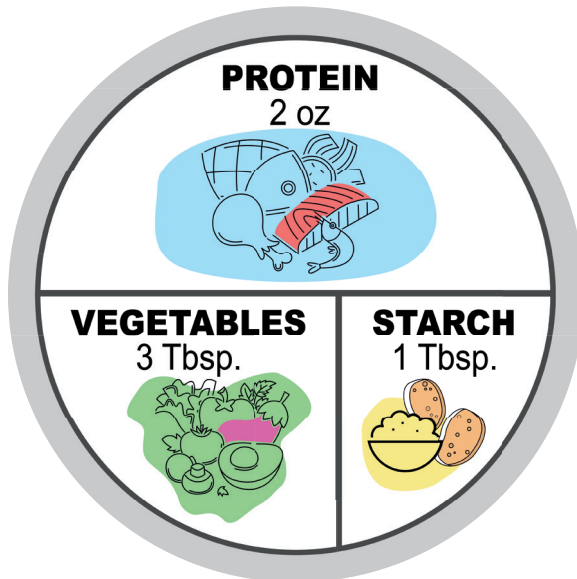


Calories per day  
Up to 600

Volume per meal  
1/4 - 1/2 cup



## 3-6 months post-op



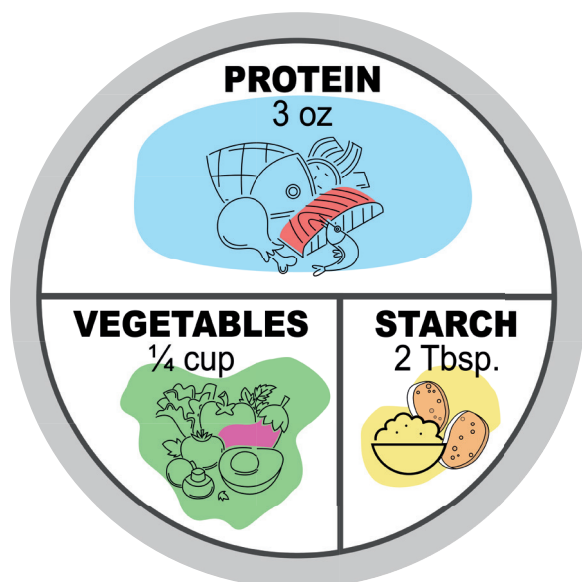
Calories per day  
600 - 800

Volume per meal  
1/2 cup



# What your plate should look like after surgery:

## 6-12 months post-op

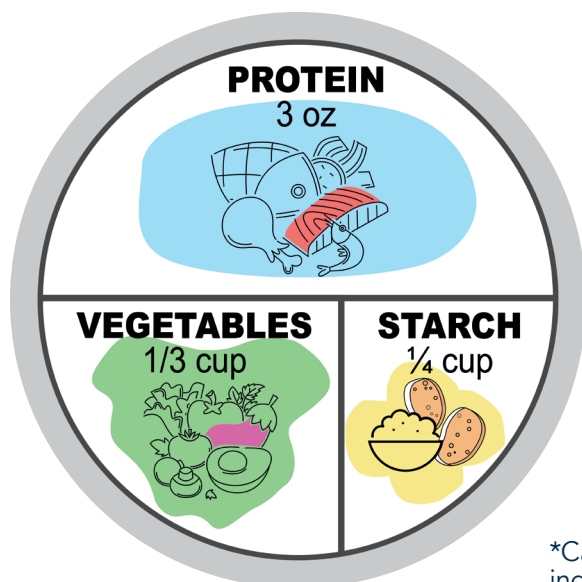


**Calories per day**  
800 or less

**Volume per meal**  
1/2 - 3/4 cup



## 1 year and beyond



**Calories per day**  
1000 or less

Maximum

**Volume per meal**  
1 cup max



\*Calories may need to be adjusted for your individual needs. Please contact your dietitian for any nutritional questions.

## Long-Term Success After Bariatric Surgery:

- Track your calories and protein. It is essential to your success.
  - Use tracking applications on your mobile devices to help you through your weight loss journey such as Baritastic®. Enter code 85673 to connect with the Weight Loss Surgery & Wellness Center!
- Plan your meals. Have food ingredients for your healthy meals on hand and know what you're going to eat when it's time for a meal. Scrounging the fridge and pantry can increase your likelihood of mindless snacking.
- Eat protein first to help increase feeling of fullness and to promote healing.
- Include non-starchy vegetables second to help increase fiber and promote fullness.
- Limit calorie dense foods like chips, pretzels, cookies, ice cream, candy. Aim for whole grains to increase fiber and help to promote fullness.
- Eliminate sugary, high calorie beverages. If you prefer a flavored beverage, try a sugar-free flavored water or a water flavoring that can be added to your beverage. Drink beverages that are 10 calories or less, caffeine-free, sugar-free, & carbonation free.
- Use Tylenol for mild pain. **DO NOT TAKE ANY ANTI-INFLAMMATORY PAIN MEDICATIONS** (i.e. Ibuprofen®, Advil®, Motrin®, Naprosyn®, Aleve®, Celebrex®, Bextra®)
- Get involved with our support group to help achieve lasting success! Check out support group dates and register. Registration is required: <https://reading.towerhealth.org/classes-events/search-results-detail/?eventId=70c7b7be-1023-4dea-a10b-a05899653869> or call 484-628-4357.

## Notes:

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# Weight Loss Surgery and Wellness Center

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