

Nutrition Guidelines for the Laparoscopic Sleeve Gastrectomy



- ♦ Pre-operative diet: begins 2 weeks before surgery
- ♦ Post operative diet: begins after surgery and lasts for life

Children's National Hospital Surgical Weight Loss Program

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Diet Summary



Pre-Operative Diet (before surgery)			
Diet	Time Period	Calories Per Day	Protein (g) Per Day
<u>Liquid Diet with Meal Replacement Shakes</u> Start Date: _____	2 Weeks Prior to Surgery	1,000	50-60

Post-Operative Diet (after surgery)				
Diet	Start Date (Approximate)	Duration (Approximate)	Protein (g) Per Day	Fluid (fl. oz.) Per Day
<u>Stage 1: Clear Liquids</u> Start Date: _____	After surgery	Duration of time in hospital	N/A	24-48
<u>Stage 2: Full Liquids</u> Start Date: _____	2-3 days after surgery	3 weeks	50-60	32-48 first 1-2 weeks At least 64 oz. thereafter
<u>Stage 3: Pureed</u> Start Date: _____	4 weeks after surgery	2 weeks or more (dependent on diet tolerance)	60	At least 64
<u>Stage 4: Soft</u> Start Date: _____	6 weeks after surgery	2 weeks or more (dependent on diet tolerance)	60	At least 64
<u>Stage 5: Regular Food for a Healthy Lifestyle</u> Start Date: _____	8 weeks after surgery	For life!	At least 60	At least 64

Pre-Op Diet



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When?

- Start 2 weeks before surgery date and continue every day until surgery.

What is my goal?

- Drink 5-7 shakes daily (depends on shake variety).
- Take in approximately 1,000 calories and at least 50-60 grams of protein each day.

Why?

- Helps to make your liver smaller to make surgery easier.
- Reduces surgery complications to make the process safer.
- Helps your body get ready for the smaller portions you need to eat after surgery.
- Helps build good habits for an easier transition to the post-op diets.

What may I consume?

- Meal replacement shakes (see page 5)
 - ⇒ Protein shakes that are less than 5g sugar per serving are a better choice. Best quality protein are “whey protein isolate” or “soy protein isolate”
- Sugar-free beverages
 - ⇒ Water, decaffeinated coffee or tea (plain or with sugar-free sweetener), diet iced tea, Crystal Light®, etc.
- Sugar-free gum
- Sugar-free popsicles limited to 30 calories per day (no milk-based popsicles)
- Low sodium broth (chicken, vegetable, beef, etc.)
- Non-starchy vegetables only at lunch and dinner times
 - ⇒ **Limit to 2 cups (about the size of a two fists) per day.**
 - ⇒ Examples of non-starchy vegetables: lettuce, cucumber, celery, tomatoes, broccoli, carrots, mushrooms, zucchini and green beans
 - ⇒ **Avoid** starchy vegetables: corn, peas, potatoes, beans/lentils, and soybeans

What else should I remember?

- You may use **small amounts** of low calorie condiments (1 tsp mustard & vinegar, 1 tbsp. salsa, for example).
- Fat-free salad dressing is okay, but **two tbsp. maximum per day.**
- If you want to choose a beverage with caffeine (such as coffee or tea), **limit to two – 8oz cups maximum per day.** Remember no added sugar, including honey, brown sugar and agave. You may use zero calorie sweeteners.

What must I avoid?

- Do **NOT** use any added fats (oil, butter, margarine, etc.).
- Avoid **ALL** alcoholic beverages – these hurt your liver and are high in calories.
- Do not eat any fruit, starches, meats or other solid food not listed on explanation above.

Meal Replacement Shakes



Product Name	Form	Flavors	Calories/ Serving	Protein/ Serving	Drinks Per Day
Premier Protein® \$\$\$	Pre-made bottles OR Powdered mix made w/ 6-8oz skim milk	Vanilla, Chocolate, Strawberry, Banana	160 (bottles) 180 (powder)	30	5-6
Slim-Fast® Advanced Nutrition (High Protein) \$\$\$	Pre-made bottles OR Powdered mix made w/ 8oz skim milk	Chocolate, French Vanilla, Strawberry, etc.	180 (bottles) 200 (powder)	20	5-6
MUSCLE MILK LIGHT® or GENUINE Non-Dairy \$\$	Pre-made bottles	Chocolate, Vanilla Crème, Cookies and Crème, Banana Crème, Strawberries and Crème	150+	25+	5-6
Atkins® Nutrition \$	Pre-made bottles	Cookies and Crème, Café Caramel, Dark Chocolate, French Vanilla, Milk Chocolate, etc.	160	15+	5-6
Ensure® High Protein \$\$\$	Pre-made bottles	Chocolate, Vanilla, Strawberry, Creamy Caramel	160	16	6-7
BOOST® Glucose Control (Okay for lactose intolerance) \$\$\$	Pre-made bottles	Chocolate, Vanilla	180	16	5
Glucerna® (Okay for lactose Intolerance) \$\$	Pre-made bottles	Chocolate, Vanilla, Strawberry, Butter Pecan, Chocolate Caramel	180	10	5-6
UNJURY® \$	Powdered Mix made with 8oz skim milk OR Pre-made bottles	Chocolate, Vanilla, Strawberry, Chicken Broth, Unflavored	180 (powder) 110 (bottles)	21 (powder) 20 (bottles)	6
Orgain® Clean Protein (Okay for lactose intolerance) \$\$\$	Pre-made bottles	Chocolate Fudge, Strawberries & Cream, Vanilla Bean, Café Mocha, Bananas & Cream	250	20	5-6

Vegan shake and protein powder varieties can be found in-stores and online.

- Vega® protein smoothie
- Orgain® Organic Protein plant-based powder and ready to drink shakes
- Shakeology® vegan varieties
- ALOHA® organic protein powder

Shake Tips



- ◇ Patients may **NOT** add fruit/fruit juices OR yogurt to his/her protein shakes.
- ◇ Patient may add flavor extracts and sugar-free syrups.
- ◇ Powdered mixes can be prepared with non-fat/skim milk, lactose-free or unsweetened plant-based milk alternatives (soy, almond, cashew, etc.):

	<u>Calories/Serving</u>	<u>Grams Protein/Serving</u>
Body Fortress® Whey Isolate	170	30
Pure Protein® Powder	140	25
Blue Bonnet® Powder	125	26
Unjury® Protein Isolate	90	20
Nectar® Protein Powder	100	23
GNC® Pro Performance 100% Soy Isolate	130	25
GNC® Lean Shake 25	200	25
GNC® Zero Carb Isopure	100	25
Premier Protein® Whey Powder	180	30
Muscle Milk® Light	100	15
VegaOne®	170	20
All-In-One Shake® Designer Whey	110	20
Orgain® Plant-Based	150	21
Orgain® Whey	140	21

Here are some ideas to add variety:

Strawberry Lemonade:

Mix 1 scoop Strawberry protein powder in 8oz of sugar-free lemonade

Dreamsicle:

Mix 1 scoop Vanilla protein powder in 8oz of Sugar-Free Tang® or Orange Crystal Light®

Protein Pina Colada:

Mix 1 scoop Vanilla protein powder, 8oz skim milk, 2 drops McCormick® Imitation Pineapple Extract, 2 drops McCormick® Imitation Coconut Extract – adjust to taste

Root Beer Float:

Mix 1 scoop Vanilla protein powder, 8oz skim milk, McCormick® Root Beer Concentrate or DaVinci® Root Beer syrup to taste.

Hot Chocolate:

Mix 1 scoop Chocolate protein powder in 8oz warm skim milk

Café Mocha (warm, iced or frozen):

Mix 1 scoop Chocolate protein powder, 4oz skim milk, 4oz decaf coffee.

List of possible flavorings. This list is not all-inclusive and additional flavors can be found at stores.

McCormick® Extracts:

Baker's Imitation Vanilla
Imitation Almond Extract
Imitation Coconut Extract
Imitation Vanilla Butter & Nut Flavor
Pure Almond Extract
Pure Peppermint Extract
Cinnamon Extract
Imitation Banana Extract
Pure Vanilla Extract

Sugar-free Syrup (Davinci® or Torani® brand):

Almond
Banana
Blueberry
Butterscotch
Caramel
Cherry
Chocolate

Cinnamon
Coconut
Cookie Dough
Peach
White Chocolate
Dulce de Leche
Peanut Butter
Peppermint Patti
Pineapple

**Please discuss any options not listed with a registered dietitian prior to consuming.*

Stage 1+

Post-Op Reminders:

What should I remember for after surgery?

- **Take your multivitamin** as prescribed by the doctor.
 - ⇒ No whole pills should be taken in the first 2 weeks; talk to your doctor about any medication that cannot be crushed or given in liquid form.
 - ⇒ Take multivitamins (MVLs) daily once discharged from the hospital. Serving size will depend on the individual products.
 - ⇒ Chewable and liquid vitamins are best absorbed, ideally for the first 3-6 months. Capsules are better absorbed than tablets.
 - ⇒ Take MVLs with food (except dairy) to help absorption
 - ⇒ Do NOT take vitamins in gummy form. Gummies do NOT have all the vitamins and minerals you need
 - ⇒ Options for complete multivitamins that include iron are Women's One a Day®, Nature Made® Prenatal Multi and Alive® Prenatal multivitamin. Take these with two additional calcium citrate per day
 - ⇒ **Other supplements may be added depending on clinical course as determined by medical team**
- **DO NOT** consume beverages (or anything at all!) with a straw for as long as possible
 - ⇒ You want to avoid using a straw because it forces air into your stomach, making you feel uncomfortably full, and cause a lot of stomach and intestinal pain
- **DO NOT** consume any carbonated beverages for as long as possible
 - ⇒ Carbonation can cause the stomach to expand and can cause pain
- **DO NOT** chew gum for as long as possible
- ***Drink protein-containing liquids first before pudding or yogurt***
- Continue to **avoid high-fat and high-sugar foods**
 - ⇒ You want to avoid sugary beverages because they could cause cramps, diarrhea and other uncomfortable symptoms. You may have beverages sweetened with a sugar-free sweetener like Truvia®, Splenda®, etc.
- Take your time through diet phases and try not to rush, both for recovery and for weight loss. Patience will bring greater success!
- **Start light physical activity such as walking (see pgs. 20-21 for more info)**
- Listen to your body! **If you start to feel full from liquids or food, STOP!**

Stage 1: Clear Liquid Diet



When?

- Starting the day after surgery – this will be given while still in the hospital

What are my goals?

- Stay hydrated: try to drink 6 to 8 cups of sugar-free, clear liquids (those you can see through)
- Aim to drink only 1 cup (8 ounces) every hour; **sip on 1-2 oz. every 15-30 minutes**

Why?

- Your stomach is much smaller than before and cannot handle large amounts of anything at once. Drinking enough liquids keeps you hydrated and may help you recover faster and is required in order to be discharged from the hospital.

What can I eat/drink?

- Liquids provided on your tray in the hospital:
 - ⇒ Water, Crystal Light® (no tea flavors), sugar-free Kool-Aid® and other sugar-free flavored options
 - ⇒ Sugar-free flavored water (i.e. Propel®, Fruit2O®, Sobe Lifewater®)
 - ⇒ Decaffeinated tea and coffee (plain or with sugar-free sweetener)
 - ⇒ Exclude caffeine at least for first 2 months after surgery to prevent dehydration)
 - ⇒ Clear broth or bouillon soup
 - ⇒ Sugar-free Jell-O®
 - ⇒ Frozen fruit ice made with sugar-free beverages (example: Crystal Light®)
 - ⇒ Sugar-free popsicles

Stage 2: Full Liquid Diet



When?

- Start 2-3 days after surgery and continue for approximately 3 weeks

What are my goals?

- Drink 2-3 shakes daily (to help meet 300-500 calories and 20-90 grams of protein daily depending on the shake) to give your body the extremely important nutrition it needs.
- Fluids: 24-48 oz./day for the first 1-2 weeks and at least 64 oz./day thereafter
- 1 week after surgery: aim for at least 40 grams of protein per day and at least 24 ounces of water.
- 2 weeks after surgery: aim for 80 grams of protein per day and 48 ounces of water.
- Look for lemonade color urination 3 x/day to ensure taking in enough fluid

What foods can I eat?

- Any clear liquids (see previous page for examples)
- Any high protein meal replacement shake from Pre-Op diet (see page 5)
- These foods are okay to eat at 2 ounces at a time, but aim for shakes first:
 - ⇒ nonfat/light plain or vanilla yogurt (aim for Greek style yogurt for more protein)
 - ⇒ sugar-free pudding
 - ⇒ You want to avoid having more than 2 ounces of yogurt or pudding at a time because your stomach cannot comfortably handle more than this and you could get sick

Tips:

- If you are having difficulty drinking 2-3 shakes a day, try sipping on 1/4-1/2 bottle several times during the day, as this will help you meet your fluid and protein goals.
- You may have ice chips or 1 ounce of water every 15 minutes, which will help keep you hydrated.
- Tired of the same shakes? Try another brand or flavor!
- Tired of drinking? Try 2 ounces of non-fat plain or vanilla Greek yogurt, or sugar-free pudding with added protein powder.
- Tired of cold liquids? Try warmed low-sodium chicken, beef or vegetable broth. UNJURY® has great high protein broth options.

Stage 3+

Post Op Reminders:

What should I remember as I start eating food?

- **Eat protein first!** This will help your body keep as much muscle as possible. After eating protein, move on to vegetables, then fruits, and lastly starches.
- **Chew slowly and thoroughly** for every meal and snack.
- **Stop when you feel full.** If ignored, vomiting will likely follow and you may stretch out your remaining stomach.
- **Drink enough water** and sugar free fluids: 8-12 glasses per day.
- Do not drink liquids within 30 minutes before or after eating food.
 - ⇒ **Follow the 30/30/30 rule:**
 - *Drink fluids 30 minutes before a meal.
 - *Take 30 minutes to eat a meal.
 - *Drink fluids 30 minutes after a meal.
- **Sip, don't gulp beverages.** This helps give your body time to absorb the beverage and decreases the intake of air.
- **Do not** drink any alcohol.
- **Do not** use a straw.
- If you want to season your food, choose finely ground herbs and spices and other low-sodium options.
- **Exercise** is important for long-term weight loss and maintenance. Walk for exercise several times per day for the first 6 weeks following surgery, then begin gradually increasing intensity of the exercise.

*Be proud of yourself for how great you are doing!
You'll reach your goal and it will all be worth it!*



Stage 3: Pureed Diet



When?

- Start ~ 4 weeks after surgery and continue for approximately 2 weeks.

What are my goals?

- Start eating foods that are the same texture as applesauce (pureed foods).
 - ⇒ May buy pureed baby foods.
- Your stomach needs to slowly work its way back to solid foods.
- Your intestines need to slowly adjust back to digesting solid foods with fiber.
- Eat enough protein (60 grams) and drink enough fluids (8 cups minimum).
- Continue with daily exercise, at least 30 minutes total.
- Take supplements daily.
- Continue to avoid straws, chewing gum and carbonated/bubbly beverages which may cause stomach to re-expand or cause painful gas.

What foods can I eat for protein?

- All meal replacement shakes are still allowed (pages 5).
- 3 Tbsp. Pureed chicken (no skin), pureed turkey (no skin), flaky white fish, or soft tofu.
- 3 Tbsp. Canned chicken, tuna or other fish mashed with a fork.
- 2 scrambled egg whites (or ½ cup cooked egg substitute such as Egg Beaters®).
- ¼ cup Tofu, mashed
- ¼ cup Pureed fat free beans and lentils, canned fat free refried beans, hummus.
- 4 oz. Cream soups – MUST be labeled 98% fat free (you can add protein powder or Beneprotein® supplement).
- ¼ cup 1% cottage cheese or part skim ricotta cheese.
- ½ cup Skim or fat free milk (dairy, Lactaid®, or plant-based).
- 3 Tbsp. Non-fat yogurt WITHOUT chunks (no fruit on the bottom yogurt, for example)

What can I have AFTER eating protein foods first?

- All food and beverages from Stage 1 and Stage 2 are still allowed.
- **PUREED** vegetables: carrots, green beans, beets, acorn squash, butternut squash, sweet potato, and peas, for example (2 Tbsp.)
 - ⇒ These MUST be pureed in a blender or food processor at home or purchased as canned or jarred purees.
- No sugar-added applesauce or pearsauce (2 Tbsp.).
- Mashed banana (½).
- Cream of wheat or oatmeal made with skim/fat free-milk (3 Tbsp.) and added protein powder or Beneprotein® (1 scoop).

Stage 3: Sample Puree Meal Plan



Goal = 1000 calories per day and 80-120g protein

8:00 am	2 scrambled egg whites made with 1 Tbsp. of skim milk
9:00 am	1 chewable multivitamin with 2-4 ounces of liquid (except dairy)
10:00 am	3 Tbsp. of cottage cheese or low fat Greek yogurt, plain or vanilla
11:00 am	8 ounces water or sugar-free beverage (Sip slowly; have 2 ounces every 15 min.)
12:00 pm Noon	3 Tbsp. of pureed canned chicken 2 Tbsp. pureed green beans
1:00 pm	8 ounces water (Sip slowly; have 2 ounces every 15 min.)
2:00 pm	4 ounces of meal replacement OR pureed, strained 98% fat free cream soup with 1 scoop added protein powder
3:00 pm	8 ounces water or sugar-free beverage (Sip slowly; have 2 ounces every 15 min.)
4:00 pm	8 ounces water (Sip slowly; have 2 ounces every 15 min.)
5:00 pm	8 ounces water (Sip slowly; have 2 ounces every 15 min.)
6:00 pm	3 Tbsp. cod fish mashed with fork 2 Tbsp. of pureed canned carrots
7:00 pm	8 ounces water (Sip slowly; have 2 ounces every 15 min.) 1 chewable multivitamin
8:00 pm	8 ounces water (Sip slowly; have 2 ounces every 15 min.)
9:00 pm	8 ounces water (Sip slowly; have 2 ounces every 15 min.)

Stage 4: Soft Diet



When?

- Start 6 weeks after surgery and continue for approximately 2 weeks

What are my goals?

- Introduce soft foods from the list below, cut into small pieces.
- Eat 4-5 small meals daily.
- 30 minutes outside of meal times, sip on fluids of 2 ounces at a time.
- Continue to focus on high protein foods first.
- Gradually increase exercise intensity, for at least 30 minutes daily.
- Continue to take supplements daily.

What foods can I eat?

- All foods from Stage 1, 2 and 3 (especially the high protein foods).
- Lean cuts of meats (skinless chicken, skinless turkey, pork, and beef) cooked until very tender
- Water-packed tuna or other fish and seafood (not fried!).
- 1% cottage cheese, part skim ricotta cheese, and low-fat cheese (mozzarella string cheese, The Laughing Cow®, Babybel®).
- Beans, lentils, and peas (must be cooked until soft).
- Low-fat, low sodium deli meats.
- Cooked non-starchy vegetables without peels or seeds.
- Cold cereal soaked in milk until soggy.
- Canned fruit packed in water (not in syrup or juice), applesauce, pearsauce, bananas, other soft fruits.

What drinks can I have?

- Water or sugar-free/artificially sweetened flavored water
- Sugar-free Kool-Aid®, Crystal Light®, Mio®, etc.
- Low-fat or fat-free (skim) white milk or Lactaid
- Unsweetened non-dairy milk (almond, soy, etc.)
- Coffee or tea without sugar or honey (sugar-free sweeteners allowed)

What drinks should I avoid?

- Full-fat dairy products or coconut milk
- Chocolate or strawberry milk
- All carbonated/bubbly beverages
- All alcohol, wine, beer
- Anything with added sugar or honey in it

Stage 4: Soft Diet

continued



What foods should I avoid?

- **"Sticky" Foods**
 - ⇒ Soft bread (it can make a dough ball that could get caught in your stomach)
 - ⇒ Spaghetti and other pasta
 - ⇒ Rice
 - ⇒ Macaroni and cheese
 - ⇒ High-fat cheese, or any type of melted cheese
 - ⇒ Raisins, prunes and other dried fruits
- **Crunchy Foods**
 - ⇒ Granola and other cereals with nuts
 - ⇒ Raw vegetables, salad
 - ⇒ Nuts and seeds
 - ⇒ Popcorn
 - ⇒ Chips
- **Tough Foods**
 - ⇒ Tough or chewy meat or jerky
 - ⇒ Any candy or sweets that require a lot of chewing
- **High-Fat Foods**
 - ⇒ Butter, margarine and oil
 - ⇒ Regular mayonnaise, sour cream, and cream cheese
 - ⇒ Ice cream, cakes, cookies, pies, and other desserts
 - ⇒ Bacon, sausage and luncheon meats
 - ⇒ Gravy and salad dressing (except fat-free and sugar-free)
- **Foods with seeds, peels, or husks**
 - ⇒ Strawberries and other berries
 - ⇒ Corn (unless pureed)

What else should I remember?

- Take 30 minutes to eat each meal, chew slowly and thoroughly.
- At meals, always consume the protein first!
- Remember the 30/30/30 rule when drinking fluids
- Aim for at least 64 ounces (8 cups) of fluids daily. Sip, don't gulp!
- Stop eating or drinking when you are full.
- Do not chew gum, which can create air in your stomach or be dangerous if swallowed.

Stage 4: Sample Soft Diet Meal Plan



8:00 am	Plain non-fat Greek yogurt with canned peaches packed in water (½ cup total)
9:00 am	1 chewable multivitamin with 2-4 ounces of liquid (except dairy)
10:00 am	¼ - ½ cup of black beans
11:00 am	8 ounces water or sugar-free beverage (Sip slowly; have 2 ounces every 15 min.)
12:00 pm Noon	3 Tbsp. of soft cooked chicken 2 Tbsp. canned beets
1:00 pm	8 ounces water (Sip slowly; have 2 ounces every 15 min.)
2:00 pm	8 ounces of 98% fat free cream soup with added protein powder
3:00 pm	8 ounces water or sugar-free beverage (Sip slowly; have 2 ounces every 15 min.)
4:00 pm	8 ounces water (Sip slowly; have 2 ounces every 15 min.)
5:00 pm	8 ounces water (Sip slowly; have 2 ounces every 15 min.)
6:00 pm	3-8 medium (2 ounces) steamed shrimp ½ cup steamed broccoli 1 chewable multivitamin
7:00 pm	8 ounces water (Sip slowly; have 2 ounces every 15 min.)
8:00 pm	8 ounces water (Sip slowly; have 2 ounces every 15 min.)
9:00 pm	8 ounces water (Sip slowly; have 2 ounces every 15 min.)

Stage 5: Regular Foods for a Healthy Lifestyle



When?

- Start approximately 8 weeks after surgery and maintain throughout the rest of your life.

What are my goals?

- Eat 4-5 small meals daily. Eat slowly and chew well. Don't skip breakfast.
- Your meals should be high in protein and vegetables, and low in fat.
- Stop eating when you feel satisfied. Overeating also stretches the pouch and may make losing weight more difficult.
- Exercise daily for at least 60 minutes.
- Stay hydrated with 8 or more glasses of water per day.
- Introduce new foods one at a time. If a food is not tolerated, remove it from your diet for a week and reintroduce it at least one week later.
- You may experience temporary lactose intolerance. Try substituting dairy or regular cow's milk products with lactose-reduced milk (e.g. Lactaid®), non-dairy milk (soy, almond, etc.), or take Lactaid pills with dairy.
- Take your vitamins every day

What foods can I eat?

- Include a lean protein at every meal. At meals, always eat protein first. Continue to use meal replacement shakes
- Eat a variety of non-starchy vegetables, fruits and whole grains, in this order after the protein
- Use healthier cooking methods:
 - ⇒ Choose baking, broiling, steaming, or grilling.
 - ⇒ Avoid deep frying, breading, and cooking in animal fats or too much oil

What foods should I limit?

- Any foods may be eaten in moderation and in small amounts.
- "Sometimes" foods are foods that are high in calories, fat and sugar, and should be limited to one serving per week or less, best as possible.
- Some examples are:
 - ⇒ 1 cupcake, brownie, cookie, 1 cup of ice cream, slice of cake or other dessert
 - ⇒ 1 serving of potato chips or white crackers
 - ⇒ 1 piece of fried chicken or fish
 - ⇒ Restaurant meals
 - ⇒ Cheesy foods
 - ⇒ Fatty or oily foods

How much food can I eat?

The following list is of single servings of foods:



- **Whole Grains, Breads and Cereals**

Daily Recommendation: 3-4 servings a day

- ⇒ 1 ounce bread (for example. 1 slice bread, 1/4 large bagel, 1/2 English muffin, 1 mini bagel, 1/2 hot dog, hamburger or Kaiser roll, or a 6-inch corn tortilla)
- ⇒ 1/2 cup cooked rice, pasta, noodles
- ⇒ 1 cup soup
- ⇒ 3/4 to 1 cup cold cereal
- ⇒ 1 frozen waffle
- ⇒ 1/2 cup cooked cereal, unflavored

- **Dairy**

Daily Recommendation: 3 servings a day

- ⇒ 1 cup = 8 oz. low-fat or skim milk, or plant-based milk (i.e. soy, almond, etc.)
- ⇒ 3/4 to 1 cup light, plain or vanilla yogurt or yogurt made with artificial sweetener
- ⇒ 1.5-2 oz. natural cheese
- ⇒ 1/2 cup cottage cheese
- ⇒ 1/2 cup pudding, fat-free, low sugar

- **Fruits**

Daily Recommendation: 3-4 (1 1/2-2 cups) a day

- ⇒ 1 small piece fresh fruit (4 ounces—tennis ball size)
- ⇒ 1/2-3/4 cup berries or diced fruit
- ⇒ 1 1/4 cup strawberries
- ⇒ 1/2 large banana
- ⇒ 2 tbsp. (~1/4 cup) dried fruit
- ⇒ 1/2 cup applesauce or pearsauce, no sugar added



- **Vegetables and Dried Beans**

Daily Recommendation: 5-6 servings (2 1/2-3 cups) a day

- ⇒ 1/2 cup cooked or raw non-starchy vegetables
- ⇒ 1 cup leafy greens
- ⇒ 1/2 cup jarred pasta sauce
- ⇒ 1/2 cup corn, green peas, cooked dried beans or lentils (not green beans)
- ⇒ 1/2 cup mashed potatoes
- ⇒ 1/3 cup sweet potatoes, baked beans
- ⇒ 1 small (~3 oz.) baked potato

*Remember that corn, beans, potatoes, and green peas are starchy vegetables and should be considered part of the grains group

- **Protein**

Daily Recommendation: 5-6.5 oz. equivalents a day

- ⇒ 2 oz. lean meat
- ⇒ 1 egg or 2 egg whites
- ⇒ 1/4 cup (1/2 ounce) nuts or seeds
- ⇒ 1 tbsp. nut or seed butters
- ⇒ 1/4 cup cooked beans

Healthy Lifestyle: Sample Meal Plan



8:00 am	1 hard-boiled egg 1 cup of strawberries
9:00 am	1 chewable multivitamin 8 ounces of liquid
10:00 am	1 cup of Greek yogurt ½ cup of blueberries
11:00 am	8 ounces water or sugar-free beverage
12:00 pm Noon	3 oz. of grilled chicken on ½ mini whole-wheat pita bread Cucumber slices, carrot sticks, and celery sticks with hummus 1 chewable calcium supplement
1:00 pm	8 ounces water
2:00 pm	Handful of raw almonds (unsalted) 1 Babybel® cheese or low-fat cheese stick
3:00 pm	8 ounces water or sugar-free beverage
5:00 pm	8 ounces water
6:00 pm	3 oz. of baked or steamed salmon 1 cup of mixed vegetables (broccoli, sugar snap peas, and bell peppers stir-fry with olive oil spray) ½ cup of brown rice 1 chewable multivitamin
7:00 pm	8 ounces water
8:00 pm	8 ounces water
9:00 pm	8 ounces water

Healthy Lifestyle

continued



What else should I remember?

- Keeping the weight off is in your hands! Avoid weight regain using the following tips:
 - ⇒ **If you start eating too much, you can expand your stomach.**
 - ⇒ **If you do not exercise, you increase your chances of gaining weight.**
 - ⇒ **If you start adding in empty calories like soda, juice, fried foods, snack-foods and sweets, you will most likely gain weight back!**
 - ⇒ **Buy spices, herbs, chilies, and no-sugar hot sauce to flavor food in a healthy way.**
 - ⇒ **Check out your local library or go online for low calorie cookbooks and easy recipes.**
 - ⇒ **Avoid mindless eating** – when using computer, TV or multitasking.
 - ⇒ **Assess** your feelings for **emotional eating** – are you really hungry or are you thirsty, bored, stressed, or sad?
 - ⇒ **Sit down to eat at the table, take smaller bites and chew thoroughly.**
 - ⇒ **Stop eating BEFORE you are full**, it takes time for your brain to catch up.
 - ⇒ Plan your meals ahead of time and do not skip any meals; **striving to eat every 3-4 hours. Don't skip breakfast!**
 - ⇒ **Eat protein at every meal (first)** – aim for at least 60 grams of protein every day.
 - ⇒ **Drink plenty of water** (at least 64 ounces or 8 cups every day). Limit caffeine – it can make you dehydrated.
 - ⇒ **Use an app** – If you are eating out, look up the calories in your food choices first and **have the restaurant box up half of your meal before even bringing it to the table.**
 - ⇒ **Eat off of saucers or small plates.** You are more likely to fill up a bigger plate with more food.
 - ⇒ **Write down EVERYTHING you eat.** You'll be surprised how quickly it adds up.
 - ⇒ **Track your exercise and make it fun!** Walk with family or friends, try a new sport, go hiking, try a dance class, etc.

Physical Activity Guidelines in the Hospital and Week 1



Day 1 – Surgery

- Out of bed and up to bathroom, may walk to hallway
- Goal of walking 3-5 times a day
- Try to **not** use your abdominal muscles for 6 weeks after surgery to assist with healing.
- Ways to help prevent abdominal activation as follows:
 - ⇒ Roll to your side then push up with your arms when leaving bed
 - ⇒ Push/pull yourself with your arms on arm rests of chairs when sitting upright from a reclined position
 - ⇒ Ensure hips are all the way to the back edge of the chair to avoid discomfort

Day 2 through 6 after surgery

- Walk full lap in hallway or household distance, goal of walking 3 to 5 times a day.
- Gradually increase your walking tolerance for a total of 30 minutes a day, provide breaks to rest as needed.

Post-Op Physical Activity Guidelines for Home



Week 2 - Week 4 after surgery

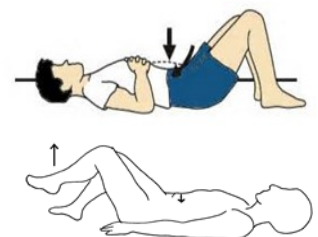
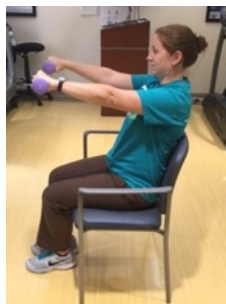
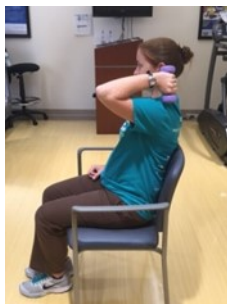
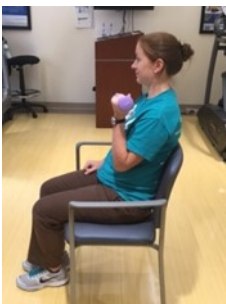
- Walk 3-5 times a day:
 - ⇒ Slowly increase intensity and distance, but try not to exceed medium level (5/10).
 - ⇒ Do not increase intensity/pace and distance at the same time.
- Reclined seated exercise bike OK for cardio exercise but should not replace walking.
- At 2-3 weeks, after first post-op visit with doctor, begin exercise for chest and arms:
 - ⇒ Perform exercise in seated position to avoid abdominal activation.
 - ⇒ Do not hold breath during exercise to avoid increased abdominal pressure.

Week 5 - Week 6 after surgery

- Continue following above guidelines for walking, advancing from a medium to heavy intensity level (7/10) for 30-60 minutes a day.
- At 6 weeks, begin exercise for abdominal activation and strength.

Week 7 & onward

- If cleared by doctor, it is appropriate to return to all types of physical activity.
- Goal: 60+ minutes every day of moderate to heavy exercise.
- * **It is important to follow nutrition guidelines with exercise and be aware of signs of dehydration or over-exertion with exercise including: dizziness, dry mouth, increased fatigue, rapid heart rate, confusion.**
- Arm Exercises: Bicep curls, Tricep extension, Arm raises to shoulder height forward/side
 - ⇒ Low weight, High Repetitions (# of times repeated = 15-20)



Beginner Core Exercise and Muscle Activation:

- Lay flat as shown in picture or sit in a chair.
- Take a deep breath in, and as you breathe out gently pull your belly button towards your spine and feeling a muscle contraction below your "belt line".
- Advance exercise by marching one leg (as shown) or lifting one arm during abdominal muscle contraction.

Supportive Tips for Families and Patients



Getting ready for surgery and adjusting to life after surgery isn't always easy, but with the right support, it is manageable. Our goal is to help set our families up for a new, healthy life – physically and emotionally – after surgery. Some tips for accomplishing this are below.

Pre-Surgery

- The time before surgery can be filled with a lot of worry and stress. Remember to practice good self-care and work on using coping skills. Some ideas include talking with friends/family, listening to music, trying meditation (Stop, Breathe and Think, Smiling Mind, MindShift, and Headspace are all good free apps for this), or taking a walk. Make sure you get plenty of sleep as well.
- The pre-op diet is hard! Family and friends can help by coming up with different ways to keep you distracted. Avoid having any tempting foods in the house and find a fun and relaxing activity (see above) for use during meal times. Remind yourself you can do it! Have a family member be a cheerleader, or better yet have one do the diet with you.
- Find/be an exercise partner. We are finding that family and friend support for exercise (encouragement – not nagging - and doing exercise together) may be associated with better lifestyle changes and weight loss following surgery.

Post-Surgery

- Immediately after surgery, make sure there are family and friends available to help with pain management and encouragement.
- Keep working on self-care skills.
- Family and friends can help make adjustments to social activities that before were centered around food – after surgery, patients won't be able to eat much, so social activities should be expanded to new and different experiences .
- Provide guidance to extended family on how to meet new dietary needs without making anyone feel different or bad.
- Keep an eye out for any changes in mood or eating. If you notice increased feelings of sadness or worry, are experiencing difficulty controlling how much/what you eat, or increased substance use, please get in touch with our team immediately so we can provide help and support.

Bariatric Surgery Blogs

For extra support



- **Bariatric Surgery Source**

<http://www.bariatric-surgery-source.com/adolescent-bariatric-surgery.html>

- **Bariatric Pal**

<http://www.bariatricpal.com/forum/412-teens/>

- **Obesity Control Center**








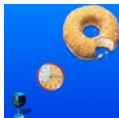

<https://obesitycontrolcenter.com/blog/2015/04/08/teenage-bariatric-surgery-why-how/>

- **Obesity Action Coalition**

<http://www.obesityaction.org/>

Applications

Apps can make it easier to track your food, calories, vitamins, and exercise! Here are a few that we think are useful:

MyFitnessPal Food and calorie tracker, share data with friends 	eaTracker Recipe analyzer and food and activity tracker 	Lose It! Food, exercise, hydration, sleep, and measurement tracker 
SparkPeople Food and exercise tracker, you earn points for healthy behaviors 	Bariatric IQ Check which foods are allowed at each stage post-op 	CRON-o-meter Food and exercise tracker, red/green nutrient trackers, barcode scanner 
BariatricPal Forums, support groups, and recipes 	Bariatric Timer Sends notifications when it is ok to eat or drink next 	Baritastic Food tracker, eat/drink timer forums, and vitamin reminders 

Disclaimer: We cannot guarantee the information you receive via these sites and you should always rely on your own medical team for medical advice. However, if you find it helpful to connect with others across the country, these sites might be helpful.

Websites



Websites can provide so many useful articles, tips, recipes, and support.

Here are a few that we think are useful:

Children's National Medical Center FAQ about Bariatric Surgery

- <http://childrensnational.org/departments/bariatric-surgery-program/resources-for-families>

Aim for a Healthy Weight

- http://www.nhlbi.nih.gov/files/docs/public/heart/aim_hwt.pdf
- 44 page booklet with tips on healthy weight loss, food substitutions, healthy cooking methods, and healthy holidays
- Sample reduced-calorie meal plans: Asian, Mexican, Southern, etc.

MyPlate Daily Checklist

- <http://www.choosemyplate.gov/MyPlate-Daily-Checklist>
- Checklist of appropriate food groups, sorted by child's age

What to Expect with Bariatric Surgery

- <http://my.clevelandclinic.org/services/bariatric-and-metabolic-institute/patient-education-and-videos>
- Videos and podcasts explaining bariatric surgery and what to expect

Bariatric Cookery

- <http://www.bariatriccookery.com>
- Recipes for pureed, soft and lifestyle stages after surgery

BariatricPal

- <http://www.bariatricpal.com/>
- Forums for support, questions, discussion, and recipes

Follow Up



- You will be scheduled to follow up with your surgeon or nurse practitioner 2-3 weeks after surgery.
- After that appointment, you will need to follow up with the team **at 3 months, 6 months, 9 months, 18 months, 2 years, 3 years, 4 years, and 5 years after surgery.**
- We also require you follow up with the I.D.E.A.L. Weight Management Clinic. It is easy to backslide into old habits. Being involved with the I.D.E.A.L. Clinic can help keep you accountable to your new lifestyle and focused on healthy choices.

Important Contacts

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Bariatric Clinic Fax Number: 202-476-4174

I.D.E.A.L. Clinic Phone Number: 202-476-7200

I.D.E.A.L. Clinic Fax Number: 202-476-3386