



## **Empower Weight Management Class 3**

Kerry Johnson, RD  
Cheryl Engle, RD





# Presentation Overview

- Dietary Guidelines After Surgery
- Portions- How Much Should You Eat?
- General Rules & Behavior Modification
- Vitamins & Minerals



# A Staged, Progressive Diet...

- Allows for better tolerance of food
- Prevents intestinal blockage
- Allows you to heal



# Dietary Guidelines – Week 1

- Week 1 – Clear Liquids
  - **Fluid Goal: 48-64oz per day (6-8 cups)** Choose non-carbonated, non-caffeinated, sugar-free or low sugar beverages; no alcohol.

## **Fluid Options:**

- Water
- Sugar-free flavored water (e.g. Crystal Light® or Mio®)
- Propel Zero®/Vitamin Water Zero®
- Broth (vegetable, beef, chicken)
- Strained miso soup
- Gatorade Zero®, Powerade Zero®
- Lite apple, grape, cranberry juice
- Decaffeinated coffee/tea (no creamer but sugar substitute OK)
- Unflavored coconut water
- Sugar-free popsicles and gelatin

## **Protein Options:**

- Clear Protein Drinks (such as Premier Clear®, BiPro®, Protein2o®, Isopure®)
- Bone broth
  - (2) 8oz servings/day recommended

## **Carbohydrate Options (energy):**

- Diluted Gatorade® (half Gatorade®/half water)
- Low sugar Gatorade® (G2®)
- Diluted Powerade®
- Diluted juice: apple, grape, or cranberry (half water, half juice)
- (2-3) 8oz servings/day recommended



# Dietary Guidelines - Week 2

- Week 2 - Full Liquids
  - Soups (tomato, butternut squash; puree split pea, vegetable or lentil)
  - Lite yogurt (no fruit chunks), plain non-fat yogurt, low fat Greek yogurt
  - Cream of wheat / Instant low-sugar oatmeal (thinned)
  - Lactose-free milk or plain soy milk (avoid vanilla/chocolate)
  - Vegetable juice
  - Sugar free pudding
  - Homemade fruit smoothies made with ingredients from this list (may use applesauce, pureed peaches/pears, or banana to make smoothies (no store bought or Jamba Juice®))
  - Unsweetened applesauce
  - Protein Shakes (<200 kcals, 20+gm protein, <7gm sugar) 1-2svg/day are suggested



# Dietary Guidelines - Week 3

- Week 3 - Puree Diet
  - Eggs (egg salad consistency mixed with low fat mayo, mustard, yogurt or mashed avocado); poached or soft scrambled
  - Low-fat refried beans
  - Mashed potatoes/yams
  - Low-fat cottage cheese
  - Pureed vegetables
  - Pureed fruits (no seeds), mashed banana
  - Smooth peanut butter/almond butter (1-2 Tbsp)
  - Lentil soup
  - Soft tofu
  - Hummus
  - Avocado (1-2 Tbsp)



# Dietary Guidelines - Week 4

- Week 4 - Soft Diet
  - Water-packed canned chicken or tuna (moistened)
  - Soft, tender chicken, turkey or fish
  - Deli turkey or ham
  - Water or juice-packed canned or frozen fruits (no seeds)
  - Canned or frozen vegetables
- Note: Chew well, add one new food at a time and advance as tolerated.
- Caffeinated coffee/tea may be reintroduced, limiting caffeine to 300-400mg/day. Avoid high calorie creamers/flavorings.



# Dietary Guidelines – Week 5

- Week 5 – Bariatric Solid Diet
  - Low fat ground beef and lean deli roast beef
  - Whole beans: black, kidney, navy, soy, pinto, etc.
  - Soft cooked vegetables: including carrots, squash, spinach, green beans, cauliflower, etc. Avoid tough skins, woody stems
  - Fresh fruits (peeled): apple, pear, peach, nectarine, banana
  - Low fat cheese (string cheese, Baby Bell's, Laughing Cow wedges)
  - Lettuce (romaine, spring blend, or spinach w/ vinaigrette dressing)





# Dietary Guidelines – Week 6 & Beyond

- Week 6 – Regular diet, introduce as tolerated:
  - Crab, shrimp, lobster
  - Lean pork, beef/steak – as tolerated
  - Seeds & Nuts – pumpkin, almonds, peanuts, cashews, etc. (1-2 Tbsp.)
  - Quinoa (1-2 Tbsp. cooked)
  - Regular milk (skim or low fat as tolerated)
- Between 8-12 weeks post-op: you may gradually begin to reintroduce raw fruits and vegetables with peels and seeds back into your diet as tolerated.
- After 3 months:
  - Spices such as cayenne pepper, tabasco and hot sauce as tolerated



# Foods to Avoid for 3 Months

- Bread
- Pasta
- Rice
- Tortillas
- Dry Cereal
- Popcorn
- Waffles
- Pancakes
- Muffins
- Bagels
- Crackers
- Granola bars

After 3 months, you may **gradually** reintroduce **whole grains**, but in **very small** portions!



# Guidelines for Portion Control

Time frame from surgery	Suggested Portion for Meals
First 3 months	1/3 cup
Months 3-6	1/2 cup
Months 6-9	3/4 cup
Months 9-12	1 cup
12 months and beyond	NO MORE THAN 1-1.5 cups with 1-2 small high protein snacks (depending on protein goal and activity level)



# General Rules After Surgery

- Consume about 1/3 cup of food per meal for the first 3 months.
- Chew all food until it becomes pureed & EAT SLOWLY.
- It should take 20-30 minutes to finish a meal.
- Introduce solid foods gradually- one new food at a time.
- Avoid eating & drinking at the same time as this may cause vomiting, stretch your pouch, or wash foods through your pouch – referred to as the “30 Minute Rule”.
- Do not skip meals.
- Concentrate your diet on proteins & healthy carbohydrates.



# General Rules After Surgery Cont.

- Avoid bread, pasta, rice, tortillas, dry cereals, popcorn, waffles/pancakes, muffins, bagels, crackers, and granola bars for 3 months. Forms a gummy, pasty ball in your tiny stomach & may cause pain, nausea, and/or vomiting.
- Drink 48-64 oz of fluid daily to prevent dehydration.
- Take your chewable/liquid multi-vitamin with mineral supplements daily.
- Avoid alcohol and carbonated beverages.
- No straws allowed or chewing gum for 2-3 months. Use of straws and/or gum chewing may introduce air into your stomach, causing bloating and GI discomfort



# Vitamin & Mineral Supplements

- Since the volume of food you eat is restricted, vitamin- mineral supplementation is required as follows:
  - Chewable/liquid multi-vitamin with minerals and iron to meet 200% of RDA
    - Bariatric Vitamins (examples include Celebrate, Bariatric Advantage or Procure Health)
    - Store Brand Vitamins (Equate Children's multivitamin (MVI) Complete or Target brand Kids' MVI complete) 2 servings daily
  - **No Gummy Vitamins!!!**
  - Vitamin B12 - 500mcg/day (sublingual/quick dissolve)
  - Chewable/liquid Calcium Citrate with Vitamin D 1200-1500 mg/day (take 500-600 mg 2-3 times per day)
  - **Iron and calcium supplements should be taken at least 2 hours apart.**
- Note: You may begin your multi-vitamin & B12 after the first week. Calcium Citrate supplements may be started after 3 weeks.



# Goals for the Month:

- Continue tracking your foods; bring food records to class.
- Keep portions of bread, rice and pasta to no more than 1 serving per meal.
- Wean-off carbonated, caffeinated, and alcoholic beverages.
- Start a multi-vitamin to practice compliance with daily vitamins.
- **Continue practicing the “30 Minute Rule”.**

