

Empower Weight Management Class 3

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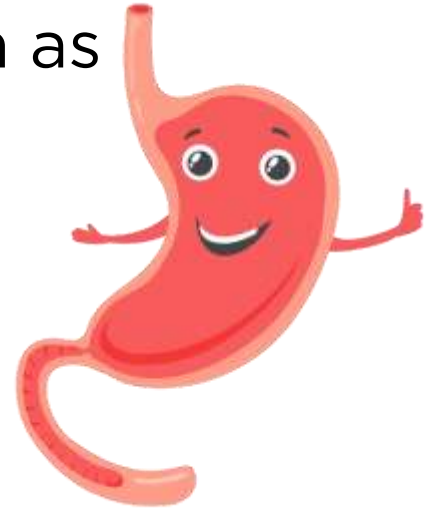


Presentation Overview

- Dietary Guidelines After Surgery
- Portions- How Much Should You Eat?
- Diet Principles After Surgery
- Vitamin & Mineral Supplements

A Staged, Progressive Diet...

- Allows for better tolerance of food and fluids and reduces episodes of GI discomfort
- Decreases risks for complications such as blockages or leaks
- Allows time for healing



Dietary Guidelines - First 3 Days

CLEAR LIQUIDS 48-64 OUNCES



Food Group	Fluids Recommended
CLEAR FLUIDS *NO carbonation, caffeine or alcohol*	Water, sugar free flavored waters (Crystal light), broths, Gatorade Zero, or sugar free popsicles and gelatin Decaf coffee / tea (no cream or sugar, sugar substitute ok)
PROTEIN FLUIDS 2 servings per day	Clear protein drinks (<i>Premier Clear, BiPro, Protein 2o, Gatorade Protein Water</i>) Bone broth
CARBOHYDRATE FLUIDS 2-3 servings per day *3 per day (diabetes)	Diluted Gatorade, Powerade, or apple, grape, or cranberry juice (half water), Low sugar Gatorade (G2), Unflavored coconut water



Refer to page 11 in the nutrition guide



Start your **B1 (Thiamine)** this week for ***30 days**



Dietary Guidelines – Day 4-14 Post-op

FULL LIQUID DIET

Food Group	Foods Recommended
PROTEIN	Low sugar or plain yogurt, liquid protein shakes, lactose free milk (low fat/skim/soy), blended lentil or split pea soup, homemade smoothies
VEGETABLES / FRUITS	Blended tomato, butternut squash, or vegetables soup Unsweetened applesauce Vegetable juice (no pulp)
STARCH / OTHER	Sugar free pudding Cream of wheat, cream of rice, grits (thinned) Low sugar instant oatmeal (thinned)



Refer to page 12 in the nutrition guide



Start your chewable or liquid **multivitamin and B12** this week



Dietary Guidelines - Week 3

SEMI-SOLID DIET

Food Group	Foods Recommended
PROTEIN	Low fat refried beans, soft scrambled egg, mashed boiled egg w/ low fat mayo, cottage cheese, ricotta cheese, tofu, smooth nut butter
VEGETABLES / FRUITS	Pureed soft fruit (no skin) Pureed vegetables or riced cauliflower Banana
STARCH / OTHER	Hummus, avocado, mashed potatoes or yams *You may add mild seasoning to your food (NO SPICY)



Refer to page 13 in the nutrition guide



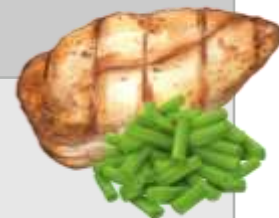
Start your chewable or liquid **calcium citrate** this week



Dietary Guidelines – Week 4

SOFT TEXTURE DIET

Food Group	Foods Recommended
PROTEIN	Soft, tender cooked chicken or turkey (no skin), flaky fish (tuna, salmon, cod, etc.), canned chicken/tuna, deli turkey or ham Low fat cheese
VEGETABLES / FRUITS	Frozen fruit (thawed/blended), frozen vegetables (cooked) canned fruit (no syrup), canned vegetables Limit starchy vegetables (potatoes, peas, corn)
CAFFEINE	You may introduce caffeinated coffee and tea. Limit to 300-400mg per day. Avoid high calorie creamers and added sugar.



Refer to page 14 in the nutrition guide

Dietary Guidelines – Week 5

SOLID TEXTURE DIET

Food Group	Foods Recommended
PROTEIN	Low fat ground beef Deli roast beef Plant based burgers and whole beans (black, pinto, chickpea, etc)
VEGETABLES / FRUITS	Soft cooked fresh vegetables Fresh fruit (NO PEELS) Lettuce (romaine, baby spinach, spring blend), may use low fat dressing ❖AVOID all other raw vegetables at this time!



Refer to page 15 in the nutrition guide

Remember to chew well, take small bites, and eat slowly!

Dietary Guidelines - Week 6 **AND BEYOND**

Food Group	Foods Recommended
Week 6	Shrimp, crab, lobster Lean pork, steak as tolerated Nuts & seeds (peanuts, almonds, sunflower seeds, etc.) Quinoa (1-2 tbsp. cooked), Rolled or steel cut oats (cooked)
Week 8-12	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 Small amounts of whole grains



Refer to page 16 in the nutrition guide



Foods to Avoid for 3 Months

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



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



Portion Guidelines

Time frame from surgery	Suggested portions for meals
0-3 months	1/3 cup (3 ounces)
3-6 months	1/2 cup (4 ounces)
6-9 months	3/4 cup (6 ounces)
9-12 months	1 cup (8 ounces)
12 months and beyond	NO MORE THAN 1-1.5 cups, 1-2 protein snacks (depending on protein goals and activity level)



Diet Principles After Surgery



- Drink 48-64 ounces of unsweet non-carbonated liquids. **AVOID ALCOHOL.**



- Avoid drinking and eating together. Resume drinking 30 minutes after eating.



- Chew foods well and eat slowly. Take 20-30 minutes to finish a meal.



- Don't skip meals! Eat 3 meals a day, and maybe 1-2 snacks to meet protein needs.



- Follow suggested portion guidelines.

Diet Principles After Surgery Cont.



- Take vitamin and mineral supplements daily.



- Avoid starchy carbs like bread and rice for the first 3 months. This can cause discomfort and limit your intake of protein, fruits, and vegetables.



- Use of straws or gum may introduce more air into your stomach, causing bloating and GI discomfort. You may need to avoid for the first 2-3 months after surgery.



Vitamin and Mineral Supplements

Why do I need to take vitamins?

- The volume of food you eat is restricted and absorption is reduced. Vitamin & mineral supplementation is required life long after surgery.
- It is recommended to take a chewable or liquid form the first 1-3 months after surgery. You may then transition to a swallow form.

Multivitamin with Iron	B12	Calcium Citrate/*Carbonate
<p>Options:</p> <ul style="list-style-type: none">• Children's chewable complete multivitamin (Target or Walmart brand)• Bariatric vitamin with iron and B12 (Procure Health 45, Celebrate One, Bariatric Advantage Ultra Solo) <p>NO GUMMY OR FLINTSTONE VITAMINS!</p>	<ul style="list-style-type: none">• 500mcg per day• Included in the bariatric vitamins	<ul style="list-style-type: none">• 500-600mg 2x per day• Post menopausal women need 3x per day• Take 2 hours apart from multivitamin with iron <p>*Must take calcium carbonate with meals</p>

Goals for the Month:

- Begin reducing portions of starchy carbs (e.g. bread, rice/ pasta, tortillas, etc.) to no more than 1 serving per meal.
- Down size to salad size plate (~7-9")
- Wean-off carbonated, caffeinated, sweetened, and alcoholic beverages.
- Practice separating eating and drinking by 30 minutes.
- Research vitamin-mineral supplements (adequacy, taste reviews, availability, and cost).

