

**ROUX-EN-Y GASTRIC BYPASS SURGERY
NUTRITION GUIDELINES**



14 DAYS PRIOR TO SURGERY

It will be important to start on your pre-surgical VLCD **14 days before surgery** in order to help shrink your liver, potentially speed surgery time, and help your recovery after surgery. For gastric bypass patients, you will be on the 14 day pre-surgical VLCD for 12 days. On the 13th day (or day before surgery) you will start the bowel preparation. During the bowel prep, you will not be using any protein shakes, only clear liquids.

14 day Pre-Surgical VLCD

Start Date: _____

Guidelines:

End Date: _____

- ✓ 800 or less calories per day
- ✓ 60-80 grams of protein
- ✓ Less than 80 grams of carbohydrates
- ✓ Consume 64 ounces of water per day. You may also drink artificially sweetened beverages with no caffeine, no carbonation and no sugar (i.e. Crystal Light®, decaf tea)
- ✓ You may also have 2 cups of chicken broth and 1 cup of sugar free Jell-O® and 1-2 sugar free popsicles.
- ✓ Avoid consuming any other food or beverages during this time.

Protein Shake Options:

- 6 Medifast® Products (shakes, soups, puddings, eggs or oatmeals) per day
- 2 Slim Fast® High Protein shakes and 3 Atkins Advantage® shakes per day
- Other: _____
- *If you have diabetes and are taking medication for your blood glucose, you should contact the doctor who prescribes your medication BEFORE starting the VLCD for instruction on possibly adjusting your medications.*

Bowel Prep Clear Liquid Diet

Start Date: _____

Follow the instructions from the nurse regarding your bowel preparation. During this time, you will not be consuming any protein supplements, only the clear liquids listed below. Refrain from eating or drinking anything the night before surgery starting at midnight.

End Date: _____

No protein shakes during this time.

Clear Liquid Options

- Water
- Crystal Light®, Fruit 2 O®, Minute Maid Light®
- Decaffeinated tea (hot or iced)
- Decaffeinated coffee
- Chicken broth, beef broth, vegetable broth or bouillon
- Sugar-free Popsicles®
- Sugar-free Jell-O®
- Isopure® or Protein Blitz®

Note: Do not consume any juice or drinks sweetened with sugar during this time.

If you have any questions or if you are unsure about any of the guidelines listed above, please call the office at 866-922-4LWB (4592) or email the dietitian at logs@lifeweigh.com.

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Start Date: _____

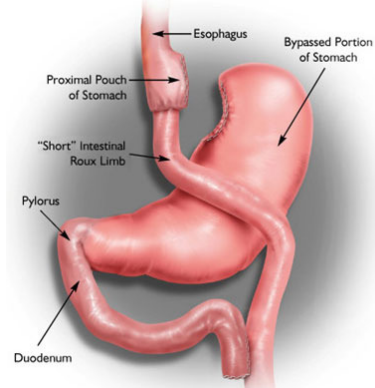
End Date: _____

Stage 1 Diet

Follow for the first **1 week** after surgery

Liquids Only

- The initial stomach pouch capacity is usually 1 to 2 ounces.
- A medicine cup (1 ounce or 30 ml) is recommended for slow sipping.
- Sip 1 ounce (30 ml) over 10 minutes.
- **Stop sipping if you feel fullness, pain, or nausea.**
- Adequate protein intake is important for proper healing of your incisions and new stomach pouch. Protein is equally important for the prevention of hair loss and maintaining muscle mass during weight loss. During the Stage 1 diet, you will be drinking small amounts of liquids throughout the day. Therefore, it is important to choose liquids high in protein.
- Be sure to consume **60- 80 grams of protein everyday**. To achieve this amount of protein, you will need to use a protein beverage.
- **Please consult with your Registered Dietitian for more selections or if you experience any intolerances.**
- To prevent dehydration, try to sip at least 48 to 64 ounces of **total fluids** each day. Devise a system to track the quantities of fluids you are drinking each day. A good method of tracking is to write it on a dry erase board in the kitchen or keep track on a food log.
- Continue to take your multivitamin containing iron, vitamin B complex, and calcium citrate supplements.



CLEAR LIQUID CHOICES:

- Water
- Crystal Light®, Fruit 2 O®, Propel®, Minute Maid Light®
- Decaffeinated tea (hot or iced)
- Fruit juice should be 100% juice diluted 50:50 with water to help prevent dumping syndrome. Initially, apple, white grape and white cranberry juices are the easiest to tolerate. It is recommended to avoid citrus juices at this time.
- Decaffeinated coffee
- Chicken broth, beef broth, vegetable broth or bouillon
- Sugar-free Popsicles® or Sugar-free Jell-O®

Additional ideas and recipes for use on the Stage 1 diet can be found on our website (www.lifeweigh.com) under "Patient Portal".

LIQUID PROTEIN CHOICES:

Milk Products	Protein(g)	Protein Shakes	Protein(g)	Protein Powders	Protein (g)
Non-fat (skim)/1%	8g / 8 oz	Medifast® shakes or puddings	10-14g / packet	100% whey protein powder (any brand)	~20g pro/scoop
Lactaid, fat-free	8g / 8 oz	Slim Fast® High Protein/Atkins® Advantage, Myoplex® AdvantEDGE Carb Control	15g-17g / 11 oz	Unjury® (www.unjury.com)	20g pro/ packet
Soy milk (plain), low-fat or fat-free	8g / 8 oz	Slim Fast® Low-Carb, Myoplex® Lite	20g / 11 oz	Beneprotein® (www.walgreens.com)	6g pro/ scoop
Fortified milk (blend ¼ cup non-fat dry milk powder with 8 oz (1 cup) skim	20g / 8 oz	Muscle Milk® Light, Myoplex Carb Control	25g / 11 oz	Isopure® Fruit-flavored clear protein beverage)	40g pro / 20 oz bottle
				Protein Blitz® (fruit-flavored beverage)	30g pro / 20 oz bottle

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Stage 1 Diet

Follow for the first **1 week** after surgery

1. Begin each hour with 3 ounces of a protein beverage, milk, or fortified milk. Consume approximately 3 ounces over 30 minutes.
2. After you finish your protein beverage, you may sip non-carbonated, non-caloric, non-caffeinated beverages such as: water, Crystal Light®, Fruit 2 O®, Propel®, Minute Maid Light®, or decaffeinated tea. You may also choose from any of the clear liquids listed on the previous page.
3. Important note: 1 ounce of fluid should be consumed over 10 minutes.
4. Do not exceed a total of 6 ounces in an hour.
5. Aim for a total of 48-64 ounces of liquids per day.
6. **DO NOT FORCE FLUIDS.** It is important to stop sipping if you feel full.
7. **Aim for 60-80 grams of protein everyday.**



1 medicine cup = 1 ounce.
Sip 1 ounce over 10
minute's time.

SAMPLE MENU: This will provide approximately 75 grams of protein and 64 oz of liquids

8:00am	3 ounces protein beverage 1 ounce decaffeinated tea	4:00pm	3 ounces skim milk 2 ounces decaffeinated tea
9:00 am	3 ounces fortified milk 1 ounce water or diluted juice	5:00 pm	3 ounces protein beverage 1 ounce Crystal Light® or diluted juice
10:00am	3 ounces protein beverage 2 ounces water or diluted juice	6:00pm	3 ounces protein beverage 1 ounce Crystal Light® or diluted juice
11:00am	3 ounces plain soy milk 2 ounces water or diluted juice	7:00pm	3 ounces skim milk 1 ounces water or diluted juice
Noon	3 ounces protein beverage 1 ounce chicken broth	8:00pm	3 ounces fortified milk 1 ounce chicken broth
1:00 pm	3 ounces protein beverage 2 ounces water or diluted juice	9:00 pm	3 ounces skim milk 1 ounce chicken broth
2:00 pm	3 ounces fortified milk 2 ounces water or diluted juice	10:00 pm	3 ounces protein beverage 1 ounce sugar-free Jell-O®
3:00 pm	3 ounces protein beverage 1 ounce Crystal Light® or diluted juice		

Tip: In order to keep track of your protein and fluid intake, it may be helpful to keep “food logs” of everything you drink during the first week. At your first appointment after surgery, your dietitian will ask you how many ounces you are drinking and how many grams of protein you are consuming per day.

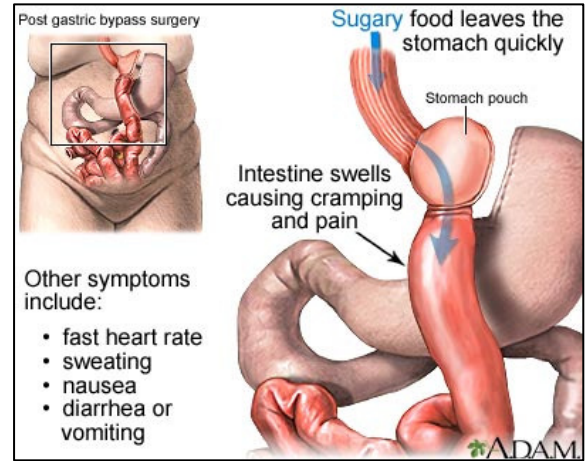
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DUMPING SYNDROME

Dumping syndrome is an unpleasant condition common after gastric bypass surgery. It can be any combination of severe cramps, diarrhea, sweating, nausea, vomiting, light-headedness, and heart palpitations (rapid heart rate). It can mimic the flu but typically lasts no longer than a couple of hours.

To avoid dumping syndrome, do not eat and drink at the same time, avoid sweets as much as possible, and only eat until you are satisfied. These guidelines are permanent.



Avoid the following foods unless you are certain that they are sugar-free:

Cake	Molasses	Chewing gum
Jell-O®	Candy	Pastries
Pies	Syrup	Cookies
Pudding	Custard	Jam and jelly
Sweetened fruit	Honey	Sweet rolls
Sugar	Granola	Sugar-coated cereals
Ice cream	Chocolate	Sweetened condensed milk

Avoid the following beverages:

Regular soft drinks	Ultra Slim Fast
Regular fruit juice	Sports drinks
Regular fruit drinks	Any sugar-sweetened beverage
Ensure/Boost®	Alcohol

You may use products artificially sweetened with NutraSweet® or Equal® (aspartame), Sweet 'N Low® (saccharin), or Splenda® (sucralose).

Never eat foods that have added sugar. Read the list of ingredients. If any of the following are among the first three ingredients, do not eat that food.

Brown <u>sugar</u>	Levulose	Confectioner's <u>sugar</u>	Invert <u>sugar</u>
Raw <u>sugar</u>	Corn <u>sweeteners</u>	Honey	Sucrose
Corn <u>syrup</u>	Maple <u>sugar</u>	Dextrose	Brown rice <u>syrup</u>
Maple <u>syrup</u>	Fructose	Molasses	Turbinado <u>sugar</u>
Fruit <u>sugar</u>	Maltose	Glucose	Sorghum <u>syrup</u>

For example, do not use this food because a form of sugar is listed as the one of the first three ingredients:

Vanilla Ice Cream

Ingredients: milk, cream, sugar, dessert solids, corn syrup, stabilizers, emulsifiers and artificial flavor

Use caution with sugar alcohols such as **sorbitol**, **mannitol** and **xylitol**. These are common additives to sugar-free and low-sugar products. Sugar alcohols may slightly raise blood sugar levels and do contain calories. Sugar alcohols should be limited for the best weight loss possible. A laxative effect with sugar alcohols has also been known to occur.

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STAGE 2 DIET

Start Date: _____

After 1 full week on the Stage 1 Diet,
progress to the Stage 2 Diet for 2 weeks

End Date: _____

LIQUIDS AND PUREED SOLIDS

- This stage consists of liquids with an introduction of blended or pureed foods. All blended or pureed foods should be the consistency of applesauce and should not contain pieces or chunks of food. Foods do need to be blended or pureed; foods that are merely cut into small pieces are not acceptable.
- **Continue to sip and eat slowly.** It should take approximately 30-45 minutes to eat ½ cup of food. It should take approximately 30 minutes to sip 6-8 ounces of liquid. **Stop sipping and eating when you feel full.**
- **Be precise with measuring.** Food portions need to be limited to ½ cup to help prevent vomiting. Use measuring spoons and cups. Use baby plates, bowls and utensils as well.
- Eat 6 times a day, consuming protein 1st at each meal. This is necessary to better meet nutritional needs. Most people have pureed meals and liquid protein snacks.
- **Consume 60-80 grams of protein everyday.**
- Avoid drinking 30 minutes before, after and during meals.
- Select a **variety** of foods as tolerated. Consuming a variety of foods will ensure adequate and appropriate nutrient intake for energy and continued healing of your incisions.
- Blend all foods until applesauce-like consistency. Tips on how to blend foods:
 - Cut food into very small pieces.
 - Place food into a blender or food processor or use the Magic Bullet®.
 - Add a liquid such as broth, juice, milk or tomato juice, V8, soup, light mayo.
 - Blend or puree food until a smooth-consistency is obtained; chunks should not be present.
 - Strain foods that do not blend completely.
- A small amount of healthy fat (i.e. oil or margarine) may be used to cook or flavor your pureed foods.
- Be aware of how pureed food feels in your mouth. In the future, this is how well you should always chew your food before swallowing.
- Continue to drink a minimum of 48-64 ounces of water between meals and snacks each day to prevent dehydration.
- Continue to take your multivitamin with iron, B complex and calcium citrate supplements unless otherwise indicated.

CLEAR LIQUID CHOICES:

These can be enjoyed between meals

- Water
- Crystal Light®, Fruit 2 O®, Propel®, Minute Maid Light®
- Decaffeinated tea (hot or iced)
- Decaffeinated coffee
- Chicken broth, beef broth, vegetable broth or bouillon
- Sugar-free Popsicles®
- Sugar-free Jell-O®

STAGE 2 DIET

After 1 full week on the Stage 1 Diet, progress to the Stage 2 Diet for 2 weeks

1. Choose Protein foods first:

- Non-fat (skim) or 1% milk
- Lactaid®, fat-free or low-fat
- Low-fat or fat-free plain soy milk
- Fortified milk (blend ¼ cup non-fat dry milk powder with 8 oz skim or 1% milk)
- Protein beverages: Slim Fast® Low Carb, Atkins Advantage®, Medifast® shakes or puddings (look for protein beverages made with whey or soy protein isolates which contain ~15 grams of protein and less than 5 grams of sugar per serving)
- Low-fat/light yogurt (plain, vanilla, or creamy varieties, do not choose “Fruit on the Bottom” varieties)
- Greek yogurt (Oikos®, Fage®, Chopani®)
- Baby foods: stage 1 or 2 meats
- Blended, cooked egg or egg substitute (i.e. Egg Beaters®)
- Blended, low-fat cottage cheese
- Blended, water-packed tuna or chicken
- Blended, cooked lean meat such as chicken, moist fish, pork, turkey, beef, or veal
- Blended well-cooked lentils (kidney beans, pinto beans, black beans)
- Blended bean soups
- Blended chili

Measurements

1 medicine cup = 1 ounce

2 Tablespoons = 1 ounce

4 Tablespoons = ¼ cup

8 Tablespoons = ½ cup

4 ounces = ½ cup

2. Fruits and Vegetables next:

Vegetables

- 100% vegetable juice (tomato, V-8®, carrot)
- Blended, cooked vegetables (homemade or baby food): green beans, carrots, tomatoes, zucchini, well-cooked and blended red or green peppers
- Note: avoid corn, celery, cabbage, cauliflower, broccoli, and Brussels sprouts since they may cause abdominal bloating.

Fruit

- 100% fruit juice, diluted 50:50 with water
- Unsweetened applesauce
- Unsweetened, blended fruit (homemade or baby food), dilute as needed to achieve applesauce-like consistency: bananas, peaches, plums, nectarines, mango, diluted as needed
- Note: avoid strained fruit desserts (i.e. pie fillings) and fruits with skins, seeds, and pulp

3. Starches / Grains last:

- Blended, low-fat soup
- Sugar-free pudding
- Blended, cooked cereal (cream of wheat or rice, oatmeal) made with skim milk
- Blended, starchy vegetables such as mashed potatoes, sweet potatoes, yams, peas, winter squash (acorn, butternut or pumpkin)

½ cup = 4 ounces
or 4 medicine cups



Protein



Protein



Vegetables/
Fruits



Starches
(if any room)

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**STAGE 2 DIET
IDEAS FOR BLENDED MEALS**

- Blend cooked chicken with chicken broth and a touch of V8® juice or tomato juice.
- Blend canned tuna with light mayo and relish. Add black pepper to taste.
- Blend cooked Egg Beaters® with tomato juice.
- Blend cottage cheese with canned peaches.
- Blend canned black beans with chicken broth and cilantro.
- Blend any vanilla protein beverage with decaffeinated coffee to create your own “Frappuccino”.
- Blend oatmeal, skim milk and 1 scoop protein powder. Add cinnamon to taste.
- Blended tuna casserole: tuna, lemon juice, hot milk and hot water blended together.
- Blended meatloaf: blend 2 oz lean ground sirloin with ¾ cup beef broth, ½ small potato and 2 tablespoons cooked carrots.
- High protein hot cocoa (from the cookbook *Bariatric Innovations* by Dawn Boxell, RD): 8 oz very warm skim milk, 1 package sugar-free hot cocoa mix and ¼ cup non-fat dry milk powder blended until smooth.

**STAGE 2 DIET
SAMPLE MENU**

Breakfast 8:00 am

4 Tablespoons (2 ounces) blended Egg Beaters®
2 Tablespoons (1 ounce) applesauce
2 Tablespoons (1 ounce) cream of wheat (should be a smooth, thin consistency)

9:00-9:30 am sip on fluids

Snack 10:00 am

6-8 ounces (¾ cup – 1 cup) protein beverage – this should take 30-40 minutes to sip

11:00-11:30 am sip on fluids

Lunch 12:00 noon

4 Tablespoons (2 ounce) blended tuna with low-fat mayonnaise
4 Tablespoons (2 ounce) blended carrots

1:30-2:30 pm sip on fluids

Snack 3:00 pm

6-8 ounces (¾ cup – 1 cup) protein beverage – this should take 30-40 minutes to sip

4:30-5:30 pm sip on fluids

Dinner 6:00 pm

4 Tablespoons (2 ounce) blended chicken (blended with chicken broth)
2 Tablespoons (1 ounce) blended green beans (well-cooked)
2 Tablespoons (1 ounce) blended mashed potatoes

7:00-7:30 pm sip on fluids

Snack 8:00 pm

6-8 ounces (¾ cup – 1 cup) protein beverage – this should take 30-40 minutes to sip

8:30 pm-bed time sip on fluids

Effective date 12012008

LifeWeigh Bariatrics
866-922-4LWB (4592)
www.lifeweigh.com

Note:

This is a guide only. It is important to eat slowly and to stop if you feel full.

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**PROTEIN-RICH FOOD SOURCES
CONSUME 60- 80 GRAMS PER DAY**

Food	Portion Size (ready to eat)	Protein (grams)	Calories
Poultry, Beef, and Pork			
Chicken, white meat (grilled, baked, broiled), no skin	1 ounce	7g	35
Chicken, dark meat (leg, thigh, wing), no skin	1 ounce	8g	60
Beef (lean ground sirloin)	1 ounce	9g	50
Pork (leanest: pork tenderloin)	1 ounce	8g	50
Canadian Bacon	1 ounce	7g	50
Deli meats (turkey, chicken, lean roast beef, lean ham)	1 ounce	5g	30-40
Turkey, ground (85% fat)	1 ounce	8g	70
Turkey, ground (97% fat free)	1 ounce	6g	30
Milk/Cheese/Dairy Products			
Milk: skim/fat-free, 1% or fat-free Lactaid®	8 ounces	8g	90-110
Soy milk (plain, fat-free)	8 ounces	6g	70
Kefir (low-fat)	8 ounces	14g	180
Light yogurt (fat-free, sugar-free)	6 oz container	5g	60-90
Greek style yogurt (fat-free) (e.g. Oikos®, Fage®, Chophani®)	5 oz container	13g	80-90
Light Cheese Sticks	1 stick	5-8g	60-90
Shredded cheese (low-fat)	¼ cup	7g	80
Cottage cheese (fat-free or low-fat)	½ cup	14-15g	80-100
Ricotta cheese (part-skim)	¼ cup	7g	90
Eggs			
Egg	1	6g	75
Egg white (no yolk)	1	4g	20
Egg substitutes	¼ cup	6g	30
Fish			
White fish (cod, tilapia, orange roughy)	1 ounce	6-7g	30-35
Salmon	1 ounce	6g	60
Tuna fish (packed in water)	1 ounce	7g	35
Shrimp, lobster	1 ounce	6g	30
Beans and Lentils			
Lentils	½ cup	9g	100
Beans (kidney, navy, black beans, lima etc.)	½ cup	7g	100
Refried beans (fat-free), Hummus	½ cup	6g	100
Chili with beans (drained)	½ cup	10g	150
Soy Products			
Edamame (soybeans)	½ cup	11g	125
Tofu, firm	2 ounces	9g	80
Tofu, soft-silken	½ cup	7g	70
Veggie Burgers (Boca Burgers, Morningstar Farms)	2-4 oz patties	10-17g	140-210
Soy crumbles (such as Boca® Ground Burger)	2 ounces	13g	60
Nuts *high in fat, watch portion sizes			
Natural peanut butter	2 tbsp	8g	210
Natural peanut butter, reduced fat	2 tbsp	9g	200
Almond butter	2 tbsp	3g	200
Peanuts, Almonds	¼ cup	8-9	200
Walnuts, Cashews	¼ cup	4g	160
Pistachios	¼ cup	6g	170