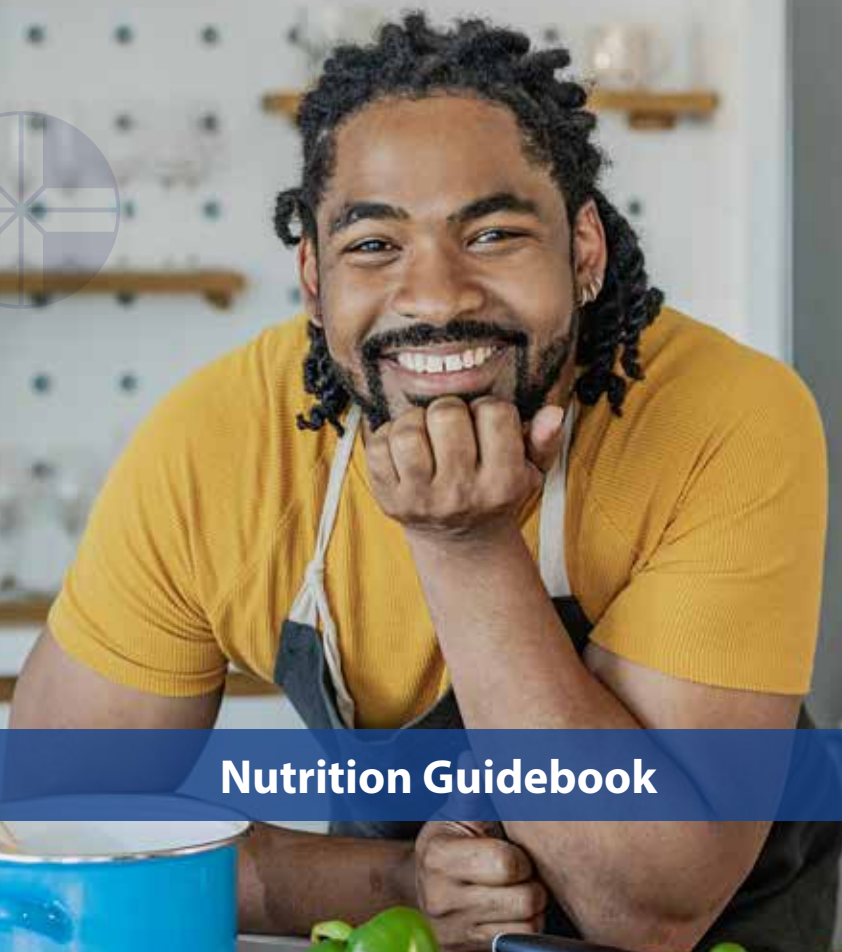




SELF REGIONAL
HEALTHCARE

BARIATRIC SERVICES



Nutrition Guidebook





After Bariatric Surgery, maintaining good nutrition and staying active are key components to achieving lasting success.



Welcome

Welcome to Self Regional Healthcare's Bariatric & Metabolic Surgery Program

We are thrilled to be part of your health journey here at Self Regional Healthcare's Bariatric Services. Bariatric surgery has been shown to be one of the most effective strategies for achieving sustainable, long-term weight loss. Additionally, studies demonstrate that this type of weight reduction can significantly improve chronic conditions such as type 2 diabetes, high blood pressure, high cholesterol, and obstructive sleep apnea, while also enhancing your overall quality of life. Maintaining good nutrition and staying active are key components to achieving lasting success after surgery. ***Remember, this procedure is a tool to support your health goals — not a quick solution.*** It's a lifelong commitment to adopting healthier eating patterns and staying physically active. As part of this commitment, you'll learn to recognize and respond to your body's hunger and fullness signals. Our team is here to support you every step of the way as you work towards long-term health and wellness!

Our comprehensive bariatric lifestyle and nutrition plan is specifically designed to support you in achieving healthy and sustained weight loss following surgery. This guide will walk you through each phase of your nutritional journey, including the pre-operative, liver-shrinking diet, post-operative dietary stages, and the essential vitamin supplementation required after your procedure. For more health and wellness tips, be sure to reference your general nutrition education guide.





Your Path to Success

Your path to success includes working closely with our dedicated dietitians through one-on-one consultations and group classes to build skills in areas such as:

- Creating balanced, nutritious meals
- Recognizing and responding to hunger and fullness cues
- Reading and understanding food labels and ingredient lists
- Managing portions and accurately measuring servings
- Practicing mindful and intentional eating habits
- Prioritizing healthy eating as part of your daily routine



What to Expect After Surgery

Post-surgery life will involve adjustments to your eating habits and lifestyle, which may include:

- Carefully measuring portions for meals and snacks
- Consuming smaller quantities of food
- Minimizing sugary drinks and high-calorie sweets
- Committing to a lifelong vitamin and supplement regimen
- Increasing physical activity and movement
- Embracing continuous lifestyle and behavior changes to support your health

While seeing the number on the scale drop is rewarding, we encourage you to focus on non-scale victories—those meaningful improvements in your quality of life that go beyond weight loss. Here are a few examples:

- Enjoying more active playtime with children or grandchildren
- Traveling comfortably without the need for a seat belt extender
- Reducing or eliminating the need for certain medications
- Climbing stairs without feeling winded
- Shopping for clothes confidently, without limitations on style or size

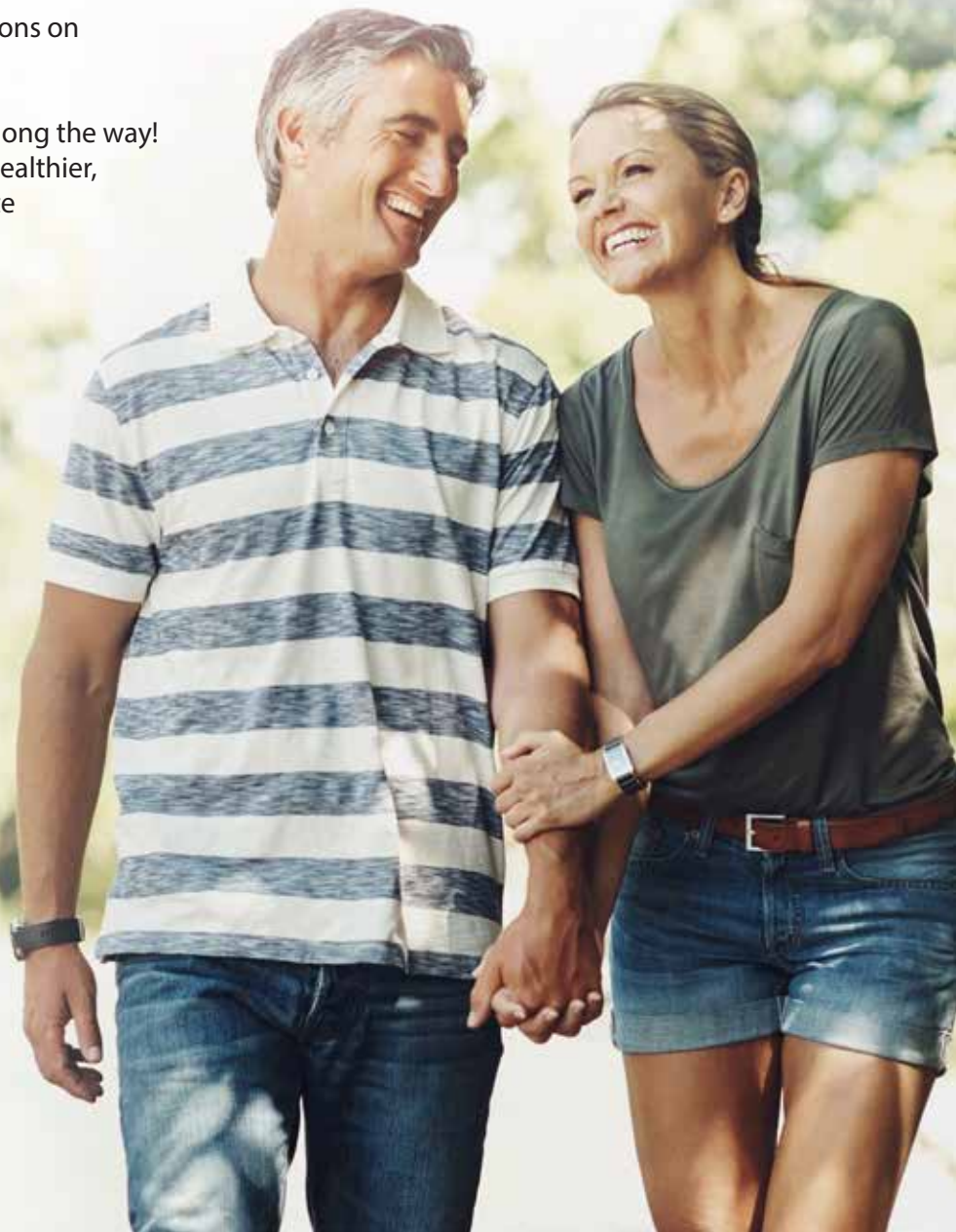
We can't wait to celebrate your non-scale victories along the way! Together, we are here to support your journey to a healthier, more fulfilling life. Take a moment to reflect and write down three personal goals that you are excited to achieve.

Goals:

1. _____

2. _____

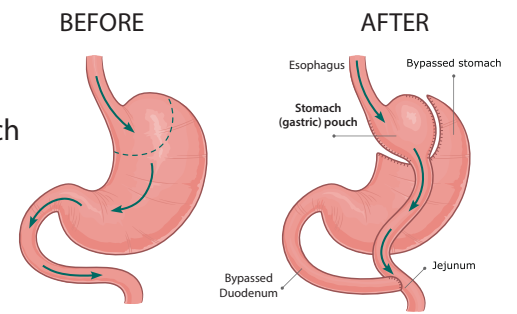
3. _____



Bariatric Surgery Options

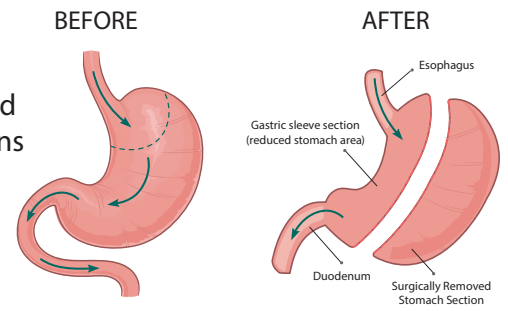
Gastric Bypass Surgery: Roux-en-Y (RYGB)

The Roux-en-Y Gastric Bypass is a procedure in which the stomach is divided and stapled to create a smaller stomach pouch, about the size of an egg. This new stomach is then connected to a portion of the small intestine, allowing food to bypass a significant segment of the digestive tract. By creating a smaller stomach, the surgery restricts the amount of food you can eat, making you feel full after consuming just a small amount. In addition, the bypassing of part of the intestines reduces the absorption of nutrients and calories, a process known as malabsorption, which can support long-term weight loss and maintenance.



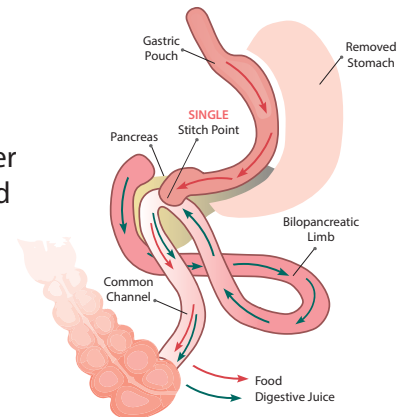
Vertical Sleeve Gastrectomy: "The Sleeve"

The Vertical Sleeve Gastrectomy, commonly referred to as "The Sleeve," involves removing approximately 70-80% of the stomach, resulting in a smaller, tube-shaped stomach that limits food intake. The portion of the stomach that is removed contains a hormone called ghrelin, which signals hunger to the brain. Removing this part of the stomach may help reduce hunger signals and cravings. Unlike other procedures, this surgery does not involve rerouting the intestines, so there is no malabsorption. The procedure is permanent and offers significant restriction to aid in weight loss.



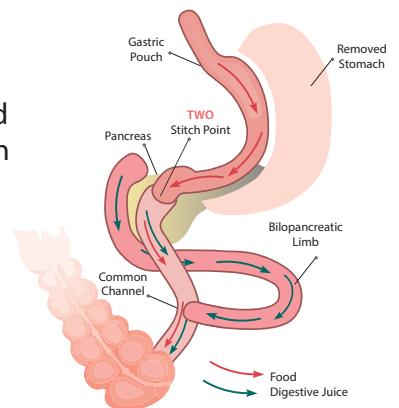
Single Anastomosis Duodenoileal Bypass with Sleeve (SADI-S)

The SADI-S is a comprehensive procedure that combines elements of both the restrictive sleeve and the malabsorptive bypass. It starts with a sleeve gastrectomy to create a smaller stomach pouch, similar to the Vertical Sleeve Gastrectomy. The stomach is then connected to a single loop of small intestine, which results in fewer calories and nutrients being absorbed as food bypasses a section of the digestive tract. This procedure can result in substantial weight loss and provides benefits from both restriction and malabsorption.



Duodenal Switch (DS)

The Duodenal Switch is a more complex procedure that also begins with a sleeve gastrectomy, removing a large portion of the stomach. However, it goes a step further by rerouting the intestines in a way that bypasses most of the small intestine. This procedure involves two separate connections: one to the sleeve-shaped stomach and the other to the lower portion of the intestines, which significantly reduces the absorption of calories and nutrients. The Duodenal Switch provides one of the highest levels of weight loss potential but carries increased risks and a longer recovery time due to the complexity of the surgery.



Revision Surgery

For patients who have previously undergone bariatric surgery and are experiencing complications or insufficient results, revision surgery may be an option. Revision procedures are tailored to each patient's unique situation and health status. It's important to discuss with your surgeon to see if you are a candidate, as not all patients qualify, and insurance coverage for revisions varies. Decisions for revision surgery are made on an individualized basis to ensure the best possible outcomes.

9 Healthy Habits to Start Today

1. Prioritize Protein in Every Meal

Incorporate high-quality proteins like eggs, lean chicken or turkey, fish, Greek yogurt, tofu, and edamame to help stabilize hunger and maintain muscle mass.

Ideas to Try:

- Add scrambled eggs to breakfast.
- Include grilled chicken with your salads.
- Choose Greek yogurt as a snack.

2. Stick to a Regular Eating Schedule

Eating consistently throughout the day helps regulate blood sugar and prevents extreme hunger. Aim to eat every 3-4 hours to keep energy levels steady.

Ideas to Try:

- Pack small snacks, such as nuts or a protein bar, for busy days.
- Set a reminder to have a meal or snack if you tend to skip meals.

3. Cut Back on Added Sugars

Too much added sugar can spike blood sugar and disrupt hunger hormones. Start with small changes, like reducing the sugar in your coffee or cutting back on sugary drinks.

Ideas to Try:

- Gradually reduce the amount of sugar you add to foods and beverages.
- Swap soda for sparkling water or reduce your serving size.

4. Minimize Processed and Inflammatory Foods

Highly processed foods can promote inflammation and disrupt hormonal balance. Replace chips, cookies, and processed snacks with nutrient-dense options like fruits, vegetables, and whole grains.

Ideas to Try:

- Choose fresh or frozen vegetables instead of packaged snacks.
- Opt for whole-grain bread instead of white bread products.

5. Boost Your Fiber Intake

Fiber helps promote feelings of fullness and stabilizes blood sugar levels. Include a variety of fiber-rich foods such as fruits, vegetables, legumes, and whole grains.

Ideas to Try:

- Start your day with oatmeal topped with fresh berries.
- Add a side of roasted vegetables or a sweet potato to your dinner.

6. Increase Omega-3 Fatty Acids

Omega-3 fatty acids support heart health and help reduce inflammation. Incorporate sources like salmon, walnuts, flaxseeds, and avocados into your diet.

Ideas to Try:

- Use olive oil as a dressing or cooking base.
- Top salads with nuts or seeds for added crunch and nutrients.



7. Move More Throughout the Day

Physical activity improves insulin sensitivity and helps your body use energy more efficiently. Small changes can make a big impact.

Ideas to Try:

- Take the stairs instead of the elevator.
- Park further away and walk a little more.
- Do simple exercises, like squats, while brushing your teeth.

8. Prioritize Quality Sleep

Lack of sleep can disrupt hunger hormones and increase cravings. Aim for 7-8 hours of quality sleep each night.

Ideas to Try:

- Reduce screen time before bed to wind down.
- Get outside during the day to support a healthy sleep-wake cycle.
- Avoid caffeine in the late afternoon and evening.

9. Manage Stress Effectively

High stress can lead to overeating and hormonal imbalances. Find simple ways to relax and reduce stress levels throughout your day.

Ideas to Try:

- Practice deep breathing or meditation.
- Listen to calming music or light a soothing candle.
- Engage in prayer, mindfulness, or journaling.

Understanding Your Hunger Hormones: How Bariatric Surgery Can Help

Bariatric surgery doesn't just change the size of your stomach—it can also affect your body's hunger-regulating hormones, making it easier to manage your appetite and feel full. Two key hormones play a major role in hunger regulation: Ghrelin and Leptin. Ghrelin is often referred to as the "hunger hormone" because it signals your brain when it's time to eat. On the flip side, Leptin is known as the "satiety hormone," which tells your brain that you're full and satisfied.

In individuals with obesity, these hormones often become imbalanced, leading to increased hunger and decreased feelings of fullness. Bariatric surgery can help restore this balance temporarily, giving you a jumpstart on your weight loss journey. However, to sustain these benefits long-term, it's essential to adopt healthy dietary and lifestyle habits even before surgery.

Setting Goals for Success

Start by choosing one goal from the list above that you feel ready to work on. Establishing healthy habits now will help set the foundation for lifelong success—both before and after your surgery.

Goals: _____

Preoperative Diet

Nutrition Guide

Getting Ready for Surgery: The Preoperative Diet

Starting 10 days before your surgery, you will begin a specialized preoperative diet to:

1. Reduce the size of your liver
2. Prepare your body for surgery
3. Help you transition to a healthier lifestyle and mindset



What to Include: Days 1-9

- Two balanced, portioned meals per day (see “Portioned Meal Requirements” below)
- One approved protein shake daily (pre-made or homemade—see requirements below)
- 1-2 approved snacks per day (see list below)
 - Note: One snack may include a serving of fruit
 - A protein shake can be used as a snack (which may result in more than one protein shake daily)
- Unlimited non-starchy vegetables (see examples below)
- At least 64 ounces of non-carbonated, decaffeinated, and unsweetened fluids daily

Protein Shake Guidelines:

Approved protein shakes should meet the following criteria:

- Fewer than 300 calories per serving
- Added fiber is recommended but not required
- 20-30 grams of protein per serving
- Less than 7 grams of added sugar

{ I will start this diet on: _____ }

Portion Requirements for a Pre-Op Meal

A portioned meal should include:

- 4 ounces of lean protein (examples: chicken, turkey, lean beef, fish, seafood, eggs, or tofu)
- Unlimited non-starchy vegetables (e.g., broccoli, green beans, cauliflower, etc.)
 - Excludes: peas, corn, and potatoes
- 1-2 tablespoons of a healthy fat (e.g., olive oil, vegetable oil, light salad dressing, avocado, nuts, or seeds)

Approved Condiments:

You can use the following condiments to enhance your meals:

- Low sodium soy sauce
- Vinegars (any type)
- Lemon juice
- Coconut aminos
- All herbs and spices

For additional support or if you have any questions, contact your Bariatric Services team. Remember, this diet is a crucial step in your surgical journey—your commitment now sets the foundation for your long-term success!

When selecting a snack, please choose from the approved list below.

You are encouraged to have 1-2 snacks daily:

- Protein shake (pre-approved options, pre-made or homemade)
- Hard-boiled eggs (1-2)
- Raw vegetables with 1-2 tbsp. of hummus
- Plain greek yogurt (5 oz. container)
- Deli turkey (3 oz.)
- Shelled edamame (1/2 cup)
- Cottage cheese (1/2 cup serving)
- Tuna (1 can or pouch)
- Smoked salmon (3 oz.)
- Cheese stick (1 serving)
- Low sodium jerky (3 oz.)

Fruit Options:

You may choose one of your snacks to include a serving of fruit. Below are standard fruit portions:

- Melon (1 cup diced)
- Orange (1 medium)
- Berries (1/2 cup)
- Mango (1/2 small or 1/2 cup)
- Peach (1 medium)
- Apple (1 small)

5-Day Sample Meal Plan for Days 1-9

Day 1

- Breakfast: protein shake
- Snack: clementine
- Lunch: shrimp stir fry (4 oz. shrimp, 1 cup mixed vegetables, 1 tbsp. olive oil, low sodium soy sauce)
- Snack: 1 hard-boiled egg
- Dinner: turkey meatballs (4 oz. ground turkey, 1 cup zucchini noodles, 1-2 tbsp. olive oil)

Day 2

- Breakfast: 2-egg omelet with spinach and tomatoes
- Snack: 1/2 cup berries
- Lunch: protein shake
- Snack: string cheese with sliced cucumbers
- Dinner: chicken burrito bowl (4 oz. shredded chicken, salsa, sautéed peppers and onions, taco seasoning)

Day 3

- Breakfast: protein shake
- Snack: 3 oz. deli turkey
- Lunch: salmon salad (4 oz. salmon, spring mix, cucumber, carrots, tomatoes, 2 tbsp. light dressing)
- Snack: 1 small apple
- Dinner: baked chicken (4 oz.) with roasted zucchini

Day 4

- Breakfast: 2 scrambled eggs with sautéed spinach
- Snack: protein shake
- Lunch: bell pepper "sandwich" with 4 oz. tuna
- Snack: 3 oz. low sodium jerky
- Dinner: protein shake

Day 5

- Breakfast: protein shake
- Snack: 1 peach
- Lunch: protein shake
- Snack: 1 cheese stick
- Dinner: 4 oz. salmon with soy-glazed green beans



Day 10: The Day Before Your Surgery

On the day before surgery, it is essential to follow a strict liquid-only diet. This helps prepare your body and ensures a safer surgical procedure. Your intake for the day should include:

- 64 ounces or more of approved clear liquids
- No solid foods are permitted

Approved Liquids:

- Water/Ice
- Approved protein shakes (3-4 servings) or protein water
- Non-carbonated beverages
- Crystal Light, True Lemon, diet iced teas
- Hint Water, Propel Water, Vitamin Water Zero
- Gatorade Zero, Powerade Zero
- Decaffeinated coffee or tea
- Broth (chicken, beef, shrimp, vegetable, or bone broth)
- Low-sugar popsicles and water ice

{ I will begin this pre-operative diet on: _____ }

Postoperative Diet

Diet Progression

After your surgery, you will gradually transition through several dietary stages to allow for safe healing and optimal results. Your bariatric care team will provide you with a personalized calendar that outlines when to start each phase based on your surgery date. We recommend using this guide to fill in your start dates for each stage:

{ I will begin this diet stage on: _____ }

Why is a Gradual Diet Advancement Important?

- Supports safe internal healing
- Helps reintroduce the stomach to various food textures
- Minimizes side effects such as nausea or discomfort
- Preserves lean muscle mass during weight loss
- Maximizes the benefits of surgery without compromising nutrition
- Reduces the risk of nutrient deficiencies

The following sections will provide a detailed explanation of each diet stage. It is crucial to adhere to these guidelines for the recommended duration to avoid complications or gastrointestinal discomfort. Your dietitian will guide you if any modifications to the plan are needed based on your individual progress and needs.

Diet Progression After Bariatric Surgery

Adhering to the recommended diet stages is crucial for your recovery and long-term success. Follow each stage closely to allow your body to heal properly and to establish healthy habits.

Days 1-2 Post-Op	Stage 1		Clear Liquids
Days 3-7 Post-Op	Stage 2		Full Liquids
Days 8-17 Post-Op.....	Stage 3		Pureed Foods
Days 18-38 Post-Op	Stage 4		Mechanically Soft Foods
Day 39 and beyond.....	Stage 5		Regular Textures



Stage 1: Clear Liquids

Days 1-2 After Surgery

During the first two days following your procedure, your primary focus is to stay hydrated and provide your body with basic nutrition while allowing your stomach to heal. Solid foods are not recommended at this stage due to your stomach's limited capacity and the need for minimal irritation.

{ Start Date for Stage 1: _____ }

Approved Clear Liquids:

- Plain water or ice chips
- Low-calorie flavored water (such as Crystal Light, True Lemon)
- Infused waters (Hint Water, Propel Water, Vitamin Water Zero)
- Electrolyte beverages (Gatorade Zero, Powerade Zero)
- Decaffeinated coffee or herbal tea
- Broth (chicken, beef, vegetable, shrimp, or bone broth)
- Clear protein waters or liquid protein supplements



Daily Hydration Goals:

- Aim for 48-64 ounces of fluids each day.
- To maintain hydration, sip 4-6 ounces of liquids every hour, breaking it down to 1 ounce every 15 minutes.

Important Reminders

- Take small, slow sips.
- Sip consistently throughout the day.
- Stop drinking if you start to feel full or uncomfortable.
- Avoid caffeinated or carbonated beverages.
- Do not use straws or chew gum as these can introduce excess air into your stomach, causing discomfort.

Stay on track, listen to your body, and prioritize your healing as you transition through each diet stage. We're here to support you every step of the way!



Stage 2: Full Liquids

Days 3-7 (5 Days) After Surgery

During Stage 2, maintaining proper hydration is crucial. Avoid any solid foods, and ensure that all items you consume can be easily sipped. Consider adding water, nonfat or unsweetened milk, or broth to create a smoother consistency for your meals. Protein shakes will be essential to help you meet your daily protein targets. Keep in mind that the sample menu provided below is just for inspiration—you don't need to follow it exactly. Ideally, aim to have an approved liquid, food, or protein shake every 2-3 hours to support your recovery.

{ I will begin this diet stage on: _____ }

Approved Liquids and Foods for Stage 2:

- All clear fluids listed under Stage 1 of your post-op plan
- Approved protein shakes (either store-bought or homemade)
Refer to guidelines below for recommended shake requirements.
- Non-fat or skim milk (including lactose-free options)
- Unsweetened non-dairy or plant-based milks
- Thinned-out kefir (probiotic-rich option)
- Low-fat strained soups (cream-based or tomato; ensure no solid pieces)
- Thinned-out cream of wheat or cream of rice cereal
- Unsweetened applesauce (smooth consistency)
- Sugar-free gelatin



Daily Goals

- Fluid Intake: 48-64 ounces of total fluids per day
- Protein Intake:
 - 60-80 grams for patients with sleeve or bypass surgeries
 - 90-125 grams for patients with duodenal switch (DS) or single anastomosis duodeno-ileostomy (SADI)

Supplement Guidelines:

- Multivitamins and Calcium:
Begin taking your chewable, liquid, or crushable multivitamin and calcium supplements on Day 3 post-surgery.

Consult your bariatric team regarding when to incorporate additional supplements as needed.

Sample Meal Schedule:

Time	Measurement	Item
8 – 9 a.m.	4–6 fluid oz.	Herbal tea
9 – 10 a.m.	Varies	Approved protein shake
10 – 11 a.m.	4–6 fluid oz.	Gatorade Zero
11 – 12 p.m.	4–6 fluid oz.	Unsweetened applesauce
12 – 1 p.m.	4–6 fluid oz.	Water or unsweetened tea
1 – 2 p.m.	4–6 fluid oz.	Thin, strained tomato soup
2 – 3 p.m.	Varies	Approved protein shake
3 – 4 p.m.	4–6 fluid oz.	Chicken bone broth
4 – 5 p.m.	4–6 fluid oz.	Thinned cream of wheat
5 – 6 p.m.	4–6 fluid oz.	Unsweetened, flavored water
6 – 7 p.m.	Varies	Approved protein shake
7 – 8 p.m.	4–6 fluid oz.	Sugar-free/no added sugar popsicle
8 p.m. or later	4–6 fluid oz.	Water or herbal tea

Helpful Tips to Remember:

- Stay Hydrated: Sip small amounts consistently throughout the day.
- Avoid: Chewing gum, using straws, caffeine, and carbonated beverages, as these can interfere with your recovery.
- Start Slow: Gradually incorporate each approved item and listen to your body.

Approved Protein Shake Guidelines:

For the best nutritional support during this stage, choose protein shakes that meet the following criteria:

- Less than 300 calories per serving
- Contains 20-30 grams of protein per serving
- Less than 7 grams of added sugar
- Fiber content is an added bonus!

Stage 3: Pureed Foods

Days 8-17 (10 Days) After Surgery

Note: During this stage, all foods must have a smooth, pureed consistency—similar to the texture of yogurt. You can either purchase naturally pureed foods, use baby food, or blend your own. Each person's tolerance to food quantity may vary, and the portion sizes provided are guidelines to get started.

{ I will begin this diet stage on: _____ }

Approved Foods and Liquids:

Continue with foods from the previous stages and add the following pureed options:

- Smooth yogurt (Greek, non-fat, or 1%)
- Small curd cottage cheese (non-fat or 1%)
- Mashed banana
- Pureed soups (strained if necessary)
- Pureed mashed potatoes or sweet potatoes
- Mashed avocado
- Fat-Free refried beans
- Pureed beans or chili
- Pureed tuna or canned chicken/salmon
- Pureed scrambled eggs



Daily Goals

- Stay Hydrated: Aim for 48-64 ounces of fluids daily by sipping on 8 ounces every hour.
- Separate Eating and Drinking: Begin separating your food and fluid intake by 30 minutes.
- Meal Frequency: Try to have 3 small meals a day.
 - Each meal should consist of ¼ to ½ cup (2-4 ounces) of food.



(Stage 3: Pureed Foods continued)

Protein Intake

To ensure you meet your protein goals, consider 1-2 protein shakes daily:

- Sleeve and Bypass Patients: 60-80 grams of protein per day
- DS and SADI Patients: 90-125 grams of protein per day

Vitamins & Minerals

- Continue taking your prescribed vitamin and mineral supplements to support your health.

Important Reminders

- Eat Slowly: Take small bites and chew each bite thoroughly.
- Pace Your Meals: Aim to spend 20-30 minutes per meal.
- Pay Attention to Fullness Signals: Stop eating when you sense fullness, which can show up as:
 - Pressure in your stomach
 - Burping or hiccups
 - A runny nose
- Keep a Food Journal: Tracking your intake can be beneficial for meeting your daily fluid and protein goals.

Stage 3 Sample Menu – Pureed Food

Breakfast:	1/4 to 1/2 cup fat-free ricotta cheese mixed with 1-2 tablespoons unsweetened apple sauce and a sprinkle of cinnamon OR 1/4 cup scrambled egg with 2 tablespoons mashed potato
Snack:	Protein shake
Lunch:	1/4 to 1/2 cup pureed tuna and cannellini beans
Snack:	Protein shake
Dinner:	1/4 to 1/2 cup pureed chili

Food Source Comparisons(oz.)

1 oz. VEGETABLES OR FRUIT

1 oz. vegetables, pureed (green beans, carrots) OR 1 oz. fruit, pureed (mashed banana, unsweetened applesauce)

1-3 oz. PROTEIN

1-3 oz. protein, pureed (chicken, eggs, tuna, ground turkey, tofu, beans)



Stage 4: Mechanically Soft and Fork-tender Foods

Days 18-38 (3 weeks) After Surgery

Note: At this stage, you may now incorporate soft, cooked foods into your diet. While there is no need to puree these items, they should be tender enough to be easily cut using a fork.

{ I will begin this diet stage on: _____ }

Approved Foods and Liquids:

- Eggs (any style)
- Tuna or chicken salad
- Soft, flaky fish
- Seafood (crab, shrimp, scallops)
- Lean ground meats (turkey, chicken, pork, beef, bison, lamb)
- Soft-cooked vegetables
- Soft, skinless fruits or fruit cup in water or canned in 100% fruit juice
- Beans, lentils, peas
- Potato, sweet potato, butternut squash
- Chili
- Stews



Daily Goals

- Stay Hydrated: Aim for 48-64 ounces of fluids daily by sipping 8 ounces every hour.
- Maintain Timing: Keep a 30-minute window between eating and drinking.
- Stick to 3 Small Meals: Each meal should consist of 1/4 to 1/2 cup portions (about 2-4 ounces).
- Prioritize Protein: Ensure you're meeting your daily protein goals, focusing on getting nutrients from solid foods as much as possible. Use protein shakes as a supplement if needed and gradually transition away from them as you meet your protein requirements through whole foods.
- Continue Vitamin and Mineral Support: Take your recommended vitamins and supplements as directed.

Important Reminders

- Take Small Bites: Eat slowly and mindfully, aiming for 15-20 chews per bite.
- Practice the 30/30 Rule: Wait 30 minutes before and after meals to consume fluids.
- Pay Attention to Your Body: Listen to your body's fullness cues.
- Prioritize Protein: Start your meal with protein, and only include starchy foods if you have room at the end.



Stage 4 Sample Menu

MENU A

Breakfast:	1-3 ounces scrambled eggs with 1 ounce potato
Lunch:	1-3 ounces chicken salad with 1 ounce raspberries
Dinner:	1-3 ounces ground turkey with tomato sauce and 1-ounce steamed spinach

MENU B

Breakfast:	1-3 ounces Greek yogurt with 1 ounce blueberries
Lunch:	1/4 to 1/2 cup chili
Dinner:	1-3 ounces salmon with 1 ounce butternut squash

*Include protein shakes as a snack in-between meals

Stage 5: Unrestricted Textures

Days 39 and Beyond: Lifelong Nutrition

At this stage in your journey, you can gradually reintroduce a variety of food textures back into your diet. We suggest introducing only one new food at a time to monitor how your body responds. Adding too many new foods at once can make it challenging to identify any that may cause discomfort or intolerance.

You may also find that you can begin transitioning away from protein shakes, focusing instead on meeting your protein needs through solid foods. While carbohydrates such as breads, rice, and pasta can be included in moderation, remember to prioritize your protein intake along with non-starchy vegetables. Only incorporate these carbohydrate-rich foods if you still feel hungry after eating your primary protein and vegetable portions. This approach will help you continue supporting your health and wellness goals over the long term.

{ I will begin this diet stage on: _____ }

Approved Liquids and Foods:

In addition to foods from previous stages, you may now include:

- Lean poultry and meats (chicken, turkey, lean beef, etc.)
- Low-sodium turkey or other deli meats
- Hard cheeses (cheddar, Swiss, etc.)
- Raw fruits and vegetables
- Nuts and seeds
- Unsweetened nut butters (peanut, almond, etc.)
- Caffeinated beverages (in moderation)
- Bread, rice, and pasta (in small quantities)

Daily Goals

- Aim for 48-64 ounces of fluid each day by sipping 8 ounces hourly.
- Maintain the 30-minute separation between eating and drinking.
- Focus on 3 balanced meals per day with 1-2 high-protein snacks in between. Always eat your protein first to ensure you're meeting your daily needs.
- Continue to take your recommended vitamin and mineral supplements regularly.

Stage 5 Sample Menu

Breakfast:	Egg omelet with sauteed peppers and onions
Snack:	Protein shake OR Greek yogurt with berries
Lunch:	Lettuce wrap with turkey and avocado/cheese
Snack:	Apple slices with 2 tablespoons nut butter OR carrots with hummus
Dinner:	Pesto chicken with spaghetti squash, sauteed spinach, and cherry tomatoes

Foods & Beverages to Avoid:

- Overcooked meats and fish (can be hard to digest)
- High-calorie or high-sugar drinks (such as sodas and juices)
- Carbonated beverages (can cause bloating)
- Alcohol (consult your healthcare provider for specific recommendations)

Important Reminders

- When reintroducing raw fruits and vegetables, start with softer options like bananas and cantaloupe. Gradually progress to more fibrous options like broccoli or green beans.
- Portions will remain smaller during the first few months post-surgery. Be mindful that foods such as bread, rice, and pasta can expand in the stomach, leading to early fullness and potential discomfort.
- Be cautious with snack foods like chips, pretzels, and crackers. These are considered "slider foods" and may not leave you feeling full, making it easy to overconsume them.

Protein Reference Guide

The following portions provide an estimate of the amount of protein in each type of food. Keep in mind that individual servings may vary, and the listed portions are simply to illustrate the protein content in a specific quantity. Your actual intake might differ based on your nutritional needs and tolerance.

FOOD	PORTION	AMOUNT OF PROTEIN
Crabmeat	1 oz.	6 g
Egg or egg whites	1 egg or 2 whites	6-7 g
Fish (haddock, tilapia, salmon)	1 oz.	7 g
Lean ground meat	1 oz.	7 g
Scallops	2 large or 5 small	5 g
Tuna (canned in water)	¼ cup	7 g
Almonds	1/4 cup	6 g
Beans or lentils	¼ cup	4 g
Edamame, cooked	¼ cup	4 g
Hummus	1 tbsp.	1 g
Tofu	¼ cup	5 g
Peanut Butter	2 tbsp.	7 g
Chia seeds	1 tbsp.	3 g
Hemp seeds	1 tbsp.	3 g
Cottage cheese	½ cup	12 g
Cheddar cheese	1 oz.	6-7 g
Non-fat milk	1 cup	8 g
Almond milk	1 cup	1 g
Greek yogurt	5 oz.	11-15 g
Light yogurt	4-5 oz.	4-11 g
Kefir	1 cup	11 g





*After your surgery,
it's essential to maintain
your health by taking
daily vitamin and
mineral supplements.*

Vitamin and Mineral Requirements

After your surgery, it's essential to maintain your health by taking daily vitamin and mineral supplements. This is a lifelong commitment, as your body's ability to absorb certain nutrients may be altered due to the changes in your digestive system.

In the weeks immediately following your procedure, we recommend using chewable or liquid multivitamins. As your body adapts, you may be able to transition to pill form, depending on your tolerance.

You have options for supplements: over-the-counter varieties available at local pharmacies or bariatric-specific vitamins, which are formulated to meet the unique needs of post-surgery patients. While bariatric-specific vitamins may require fewer pills, they often need to be ordered online. For guidance on choosing the best supplements for you, please consult with your dietitian.

Nutritional Guidelines for Patients Post-VSG and RYGB

1. Complete Multivitamin/Mineral Supplement

- Take as directed on the label. Ensure it is not in gummy form, as these do not meet the nutrient needs.

2. Thiamine (Vitamin B1)

- Minimum of 12 mg daily
- Often included in a multivitamin—check the label to confirm.
- If additional supplementation is needed, a B-Complex vitamin is recommended.

3. Calcium

- Total intake of 1,200-1,500 mg daily from a combination of food and supplements.
- Divide into 500-600 mg doses throughout the day, spaced at least 2 hours apart for optimal absorption.
- Select a calcium supplement that also includes Vitamin D, and if possible, magnesium.
- Calcium Citrate: Can be taken with or without food.
- Calcium Carbonate: Best absorbed when taken with a meal.
- Separate calcium intake from any iron-containing supplements by at least 2 hours.

4. Vitamin D3

- Aim for 3,000 IU daily, or follow your healthcare provider's recommendations based on your individual needs.

5. Vitamin B12

- Daily dosage of 350-500 mcg
- Opt for a sublingual (under-the-tongue) or nasal spray form for better absorption.
- Alternatively, you may receive a monthly injection (1,000 mcg) from your primary care provider.

6. Iron

- Aim for a total daily intake of 18-65 mg, including any iron found in your multivitamin.
- Take alongside 250 mg of Vitamin C to enhance absorption.
- Separate from calcium supplements by at least 2 hours.

Important Reminder

Always inform your healthcare team about any supplements you are taking. Certain vitamins and minerals can interact with medications and may require adjustments to your treatment plan.



Nutrition Guidelines for DS and SADI Procedures

Option 1:

1. High ADEK Bariatric Multivitamin

- Follow the manufacturer's recommended dosage for your specific product.

2. Calcium with Vitamin D

- Aim for 1,800 – 2,400 mg per day, divided into doses no greater than 600 mg each.

Tip:

- Calcium citrate can be taken with or without food.
- Calcium carbonate should be taken with food to optimize absorption.

3. Iron

- Recommended dosage: 45 – 65 mg daily.
- Note: The iron included in your multivitamin can count toward this total amount.

4. Additional Supplements

- Adjustments may be recommended based on lab results and healthcare provider guidance.

Option 2:

1. Multivitamin with Iron

- Take 2 times the standard adult dose.
- Important: Gummies are not recommended as they may lack essential nutrients.

2. Dry (Water-Miscible) Vitamin A

- 10,000 international units (3,000 mcg) daily

3. Dry (Water-Miscible) Vitamin D

- 3,000 international units (75 mcg) daily

4. Vitamin K

- 300 mcg daily
- Caution: If you are on blood thinners like Coumadin, discuss this with your doctor as it may affect medication effectiveness.

5. Calcium with Vitamin D

- 1,800 – 2,400 mg daily, divided into doses of no more than 600 mg at a time

Tip:

- Calcium citrate can be taken with or without food.
- Calcium carbonate should be taken with food.

6. Vitamin B12

- 350 – 500 mcg sublingual daily, or receive a monthly B12 injection from your healthcare provider

7. Thiamin (Vitamin B1)

- 12 mg daily from your multivitamin or a separate B-complex supplement

8. Iron

- 45 – 65 mg daily
- Important: Separate iron and calcium supplements by at least 2 hours for optimal absorption.

9. Additional Supplements

- Additional needs may be determined based on lab results and consultation with your healthcare provider.

Important Reminder

Always inform your healthcare provider about your supplement regimen, as some vitamins and minerals may interact with medications you are taking. Adjustments may be necessary based on your individual health needs and lab work results.

At Self Regional Healthcare, we believe in making your health journey as easy as possible.

Here are some practical tips for incorporating vitamins into your daily routine:

Practical Tips ...

Vitamin Supplementation

Establish a routine that fits your lifestyle.

Taking multiple vitamins can sometimes feel overwhelming, but there's no need to take them all at once.

Find a schedule that aligns with your daily habits and stick with it.

Be mindful of vitamin interactions.

Certain vitamins, like Iron and Calcium, shouldn't be taken together because your body can't absorb them simultaneously. Make sure to take these at least two hours apart. If your multivitamin includes iron, take it separately from any calcium supplements.

Space out your calcium intake.

Calcium is best absorbed in smaller doses, 2-3 times throughout the day. Aim to space each dose at least four hours apart. For example: 500 mg at 8 a.m., 12 p.m., and 6 p.m.

Experiencing vitamin discomfort?

If a particular vitamin is causing stomach discomfort, try taking it with or right after a meal. If the issue persists, consult with your dietitian to explore alternative forms or options that may work better for you.



Common Challenges After Bariatric Surgery

At Self Regional Healthcare, we understand that adjusting to life after bariatric surgery can be challenging. While these hurdles may have existed before surgery, addressing them is key to your long-term success. Making mindful, gradual changes to your eating habits will support your journey toward a healthier lifestyle.

Common Post-Surgery Challenges:

- Eating too quickly or taking large bites: Not chewing food thoroughly can lead to discomfort and digestive issues.
- Eating while distracted: Mindless eating often results in overeating, which may cause discomfort, nausea, and stretching of your stomach pouch.
- Grazing or frequent snacking: Continually eating small portions throughout the day can prevent weight loss and cause unwanted calorie intake.
- Consuming high-calorie soft foods and beverages (“slider foods”): These can slip past your pouch, causing you to take in more calories than you realize.
- Emotional or stress eating: Using food to cope with emotions can hinder your progress.
- Ignoring symptoms of dumping syndrome: Continuing to eat certain foods that cause negative symptoms can be harmful.
- Staying stuck in a “diet” mentality: Focusing on short-term restrictions instead of making sustainable lifestyle changes can limit your success.
- Not getting enough protein and nutrient-dense foods: Meeting your protein and nutritional needs is crucial for maintaining muscle mass and overall health.

If you’re experiencing any of these challenges, our team of dietitians is here to provide one-on-one support. Reach out to schedule a private consultation to help you overcome these obstacles and stay on track for a successful, healthy life after surgery.

What to purchase before surgery?

Must Haves:

- Vitamins
- Protein shakes
- Food scale
- Measuring cups
- Measuring spoons

Bonuses:

- Reusable water bottle
- Pill case for vitamins
- Portioned containers and bags
- Small silverware
- Popsicle molds
- Lightweights for wrist and ankles
- Crockpot, pressure cooker, air fryer

Lifestyle Reminders

- Postpone pregnancy (12-18 months)
- Avoid alcohol (6-12 months)
- No NSAIDs (non-steroidal anti-inflammatory drugs such as Advil, Motrin, Ibuprofen, Aleve, Naproxen, etc.) without approval
- Quit nicotine/tobacco (4 weeks pre-op)
- Join post-op support groups
- Regular follow-ups with bariatric team





160 Academy Avenue
Greenwood, S.C. 29646
Office: (864) 725-4911
Fax: (864) 223-4026

selfregional.org

QSF-MKT-SMG-0032, Revision level 0, 1/05/2024, Current

SELF REGIONAL

HEALTHCARE

BARIATRIC SERVICES