



Laparoscopic and Open Roux-en Y Gastric Bypass

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BARIATRIC INTRUCTIONS

INTRODUCTION

Congratulations!!! By scheduling Gastric Bypass surgery with Advanced Weight Loss Solutions you have taken the first step toward losing weight and improving your health. This booklet contains information about your hospital stay, your diet after surgery, and discharge instructions.

John Bock, M.S., R.D., C.N.S.D. Clinical Coordinator and Dietitian will work closely with your surgeons and will educate you further about the contents of this booklet.

If you are a smoker, we have asked you to quit smoking at least one month prior to your surgery. Smoking greatly increases the risk of pneumonia and other respiratory problems after surgery. Thus, it is imperative that all patients are smoke-free before surgery.

BEFORE SURGERY

Preoperative Diet

Two to three weeks prior to surgery, you will need to start a liquid diet, which is high in protein, and low in carbohydrate. The majority of obese patients have a fatty liver and a pad of fat covering the top of the stomach. Losing weight prior to surgery is **mandatory**. This means if you are not compliant with your diet and have not lost weight, your surgery will be cancelled.

Testing

Approximately one week before surgery you will have pre-admission testing. Tests include blood work, a chest x-ray, and an EKG. We will request that you have an ultrasound of the gallbladder prior to surgery. If the ultrasound shows gallstones or gallbladder disease, we will discuss treatment options with you.

DAY OF SURGERY

The nurses in the Ambulatory Care Center will complete your pre-admission paperwork and will get you ready to be taken down to the operating room. You will wait on a stretcher in the “pre-operative holding area”. Nurses, physicians, and anesthesiologists will ask you numerous questions and will tell you what to expect in the operating room. An IV will be started.

Family and friends can wait in the surgical waiting area on the first floor of the A Building. Surgery lasts about three hours for most laparoscopic and open cases.

It is recommended that your family and/or friends bring a book, magazine, or a hobby to keep them occupied during your surgery. Please encourage them to eat breakfast/lunch after you are taken to the operating room.

YOUR HOSPITAL STAY

When you wake up from your surgery, you will already be in the recovery room. Once your breathing is normal, you will be taken to the Intensive Care Unit.

If you have been diagnosed with sleep apnea (through a sleep study) you may remain on a ventilator (breathing machine) overnight or until you are breathing well on your own. If you use a C-PAP machine at home, you will need to bring it with you to use in the hospital.

TUBES AND DRAINS

Once you are asleep in the operating room, a catheter is placed in your bladder and a tube is placed through your nose and into your stomach. The tube in your nose and the catheter (urine drain) will stay in until the day after your surgery. You may have a sore throat from the tube in your nose and the breathing tube used during surgery. The soreness will go away in a day or two. You will also have an abdominal drain placed around your new pouch. They will be removed once the upper GI is done and you are discharged.

ACTIVITY AND CIRCULATION

Activity is a **very important** part of your recovery and weight loss process. Activity helps prevent pneumonia, blood clots, constipation, and increases weight loss. For these reasons, your exercise program will start while you are in the hospital. You will get out of bed and sit in a chair the evening of your surgery. Later that same evening, you will start walking in the hall. Although you will be very sore when you start to get up after surgery, it is the best way to help with your recovery and prevent blood clots.

Compressions hose (SCD's) are plastic sleeves that wrap around your legs and will gently squeeze your legs to help circulation to your legs and feet. These help prevent blood clots and will be used during surgery and for the first few days after surgery.

BREATHING EXERCISES

You will be provided with an "Incentive Spirometer". The nurse will show you how to use it. It is very important for you to take about ten breaths into your spirometer every hour to help prevent pneumonia, lung collapse, and other breathing problems. Coughing and deep breathing are also excellent ways of preventing respiratory problems. Holding a pillow to your incision during coughing will help discomfort.

If you have asthma, please bring your inhalers with you to the hospital the day of surgery.

DIET

In order to give your stomach pouch time to heal after surgery, your diet will be as follows.

- Day of surgery: no food or drink
- Day 1 after surgery: ice chips (after the upper GI is completed), advance to sugar free liquids prior to discharge
- Week 1: Clear liquids – 100% juices, broth, water, and Sugar Free Jell-O.
- Week 2: Full liquids - Milk products, creamed soups, custard, and pudding.
- Week 3: "Mushy" foods – Blenderized diet.

Your diet will advance during your office visits as tolerated. The blenderized diet will be discussed in detail later in this booklet.

UPPER GI

On the day after your surgery, you will have an Upper Gastrointestinal Fluoroscopy (Upper GI). A clear liquid will be given through your nasogastric tube and x-rays will be taken. This test will verify that your staple line is holding together and that your intestines are free of leaks. To relieve discomfort, ask your nurse for a pain medication before your Upper GI.

DISCHARGE INSTRUCTIONS

You should go home within three to five days after your surgery, unless your surgeon tells you that he plans to extend your hospital stay, or if you have serious health problems which might require additional time in the hospital. Occasionally, your surgeon might discharge you on the second day after surgery if you are doing very well and are ready to go home.

If you have any questions or concerns once you are at home you can reach the Clinical Coordinator, John Bock at 609-585-1400.

ACTIVITY

Exercise is **the key** to continued success after Gastric Bypass surgery. You should be walking 2 miles or one hour per day within two months.

If you have joint problems or arthritis and cannot walk without difficulty, swimming is an excellent alternative. Your surgeon will tell you when it is okay for you to swim (usually 2-4 weeks after surgery). Some patients prefer bicycling, aerobics, and other forms of exercise. These should be discussed with your surgeon prior to starting. Once you are at home, you may use the stairs as tolerated.

ACTIVITY RESTRICTIONS

To allow your body to heal properly and to decrease the risk of getting a hernia, you must adhere to the following rules:

- No lifting anything over ten pounds for one month
- No lifting or holding babies, children, or animals for one month
- No heavy housework (vacuuming, mopping, lifting heavy laundry baskets, etc.) for one month
- No driving for two weeks
- No sexual intercourse for one month

CARE OF YOUR INCISION LINES

If you have an open Gastric Bypass procedure, your incision will extend straight down the middle of your abdomen, from below your breastbone to above your belly button. You will be discharged from the hospital with skin staples in your incision (staple line). The staples will be taken out during your first follow-up visit. Laparoscopic cases will likely have band-aids along the incision sites.

In order to prevent infection, it is imperative that you keep the staples and incision sites clean. You will do so by taking a shower each day and gently cleaning the staple line with soap on a soft washcloth. Once out of the shower, you should gently pat the incision sites dry. It is not necessary to use ointments and solutions on the staples.

Call the surgeons office if you notice any of the following:

- Redness, swelling or heat at your incision site
- Increased soreness or pain in your incision
- Fever (greater than 100°)
- Drainage from your incision

If these symptoms occur, you may have a wound infection, and it may be necessary for you to have your incision examined. You should call John or your surgeon's office if you suspect a wound infection.

Not all drainage is caused by an infection. More commonly is a problem called "seroma", or fluid collection under the incision. This condition is very common and does not usually require treatment. The seroma may drain small amounts or very large amounts.

If your incision does start to drain, you should do the following:

1. Look at your skin. Make sure it is not red. You can expect to have a small amount of redness around each staple and over the incision, but large areas of redness might require examination.
2. Check the drainage for odor and color. If it is a yellowish-red color, it is most likely a seroma. Thick brown drainage should be reported to your surgeon. Seroma drainage does not have an odor. Infected drainage usually has a bad odor.
3. If the drainage does not have an odor and is yellowish-red in color, you should wash the area and cover with a piece of gauze.
4. If you have any suspicions or questions about whether you have an infection, you should call John or your surgeon's office.

PREGNANCY

You **MUST** avoid getting pregnant for the first year after Gastric Bypass Surgery. Pregnancy would be very dangerous for you and for your baby during the first year after surgery and may result in birth defects. For this reason, you need to take precautions to prevent pregnancy. Rapid weight loss increases fertility, so you must be extra careful.

IRREGULAR MENSES

For women who still get their menstrual cycle (period), you should expect some short-term menstrual irregularities. It is not unusual for patients to have their cycle start early, even as soon as two weeks after the last cycle. Remember, this is only short-term and is caused by hormonal changes after surgery. You should be back on a regular cycle after the first month or so. Any long-term abnormal "female" bleeding should be reported to your gynecologist.

EMOTIONAL CHANGES

Be prepared for emotional ups and downs. Some, but not all, patients feel like they are on an "emotional roller coaster" after surgery. These feelings are completely normal and usually disappear. A follow-up visit with a psychiatrist or psychologist may be helpful during your post-op recovery period.

MEDICATIONS

You will be given prescriptions for nausea and pain medications as needed upon discharge.

Medications to Avoid

Do not use the following medications, as they may cause ulcers in your pouch:

Advil	Aspirin
Motrin	BC Powder
Ibuprophen	Pepto Bismol
Aleve	Excedrin

You should permanently avoid taking drugs that are classified as “non-steroidal anti-inflammatory drugs”, or NSAID’s. These greatly increase the risk of ulcer after Gastric Bypass surgery. If it is necessary for you to take one of these drugs, you should take Carafate to protect you stomach from ulcers; this is available only by prescription. Tylenol is an acceptable pain medication after Gastric Bypass.

Vitamins/Minerals

Because you will absorb vitamins differently after surgery, daily vitamin supplementation is required for the rest of your life.

Use the following chart to identify the daily required vitamins. Please obtain all vitamins prior to your surgery so they will be available to you as soon as you get home from the hospital. Use this book as reference in purchasing appropriate doses.

Tips

- To avoid nausea, do not take vitamins and minerals on an empty stomach, especially iron. If the iron causes nausea or stomach upset, you can try a less nauseating form of iron called “Slow Fe”.
- Do not take calcium and iron at the same time; take them at least four hours apart.
- Do NOT take vitamins and minerals with tea, coffee, or cola.

VITAMIN	FIRST MONTH	AFTER 1 MONTH
Multivitamin	2 chewable children’s vitamins per day	2 chewable children’s OR 1 adult multivitamin (non-chewable) per day
Calcium	3 extra strength Tums per day	3 extra strength Tums OR 2 Caltrate 600mg per day
Iron	Ferrous Sulfate 325 mg twice a day (for menstruating women only)	Ferrous Sulfate 325 twice a day (for menstruating women only)
Vitamin B12	Vitamin B12 500mcg tablet per day or one injection per month (must be prescribed by your surgeon)	Vitamin B12 500mcg tablet per day or one injection per month (must be prescribed by your surgeon)



REMEMBER!! STAYING ON THESE VITAMINS FOR THE REST OF YOUR LIFE IS A REQUIREMENT!!

TIPS FOR A SUCCESSFUL WEIGHT LOSS

- DURING THE FIRST MONTH, EAT ALL FOOD IN A BLENDED FORM. All food must be the consistency of applesauce before eating it.
- Eat at least 6 mini-meals per day, especially the first four weeks; small frequent meals are necessary to meet your nutritional needs. Many patients cannot consume the amounts listed on the sample menus at first. The important thing to remember is to do you best and to **concentrate on PROTEIN.**
- Eat an abundance of foods high in protein (such as milk, dairy products, legumes, and meat). Protein is very important for the healing of your pouch and staple line. **Hair loss** is one side effect of not eating enough protein. **The minimum protein requirement is 63 grams per day.**
- Eat and drink slowly. Do not use a straw. Drinking through a straw can overflow your pouch with liquid and air.
- Drink fluids $\frac{1}{2}$ - 1 hour **before** and at least 1 hour after meals. Drinking fluids immediately before, during or after meal times may cause bloating, low food intake, vomiting, or dumping syndrome. **Do not drink while eating.**
- Drink LOW CALORIE fluids such as water, sugar-free Kool-Aid, or Crystal Light beverages. Do NOT fill up on low calorie fluid without first meeting your food requirements. If water makes you nauseous, try drinking Crystal Light, diet Kool-Aid, or Crystal Light beverages. **NO CARBONATED BEVERAGES.**
- Do not drink more than 2 cups of coffee or tea a day. Drinking more than 2 cups can impair iron absorption and cause low blood iron and anemia.
- Do not drink alcoholic beverages, including beer wine and liquor. Alcohol affects your liver very quickly after surgery causing serious liver damage. Alcoholic beverages can cause weight gain and result in poor nutrition since they are high in calorie and low in nutrients. Do not eat sweets or drink sweetened beverages unless they are sweetened with sugar substitute.
- Do not chew sweetened chewing gum. If you chew sugar-free gum, make sure that you do not swallow it.
- Do NOT ever donate blood or you may develop low iron stores.
- Remember to take your vitamins and minerals every day.
- Exercise regularly. Work up to at least 30 minutes – 1 hour of exercise daily.

Note: Some people experience a “bad taste” in the mouth during the first month after surgery. This is completely normal and is due to rapid weight loss and lower food intake: It will go away after a couple of weeks. Continue to concentrate on eating the proper amount of protein, 63 grams daily, and it will help the problem go away.

POSSIBLE PROBLEMS

As discussed in the office, there are risks to the Gastric Bypass surgery. Be aware of possible problems you need to report to your surgeon’s office. Some of your problems may be related to your diet.

Vomiting

Eating too fast, too much drinking with meals, or not pureeing your food properly may cause vomiting. Most patients will, at some point, vomit.

If you vomit, stop and think what may have caused it. For example, did you eat too fast? Did you eat too much? Did you eat solid food when you should have pureed it? If the answer is “no” or if you are unsure, call the nurse or your surgeon’s office.

Stomal Stenosis, which was discussed with you at your initial evaluation visit with the surgeon, is a tightening or “stricture” of the opening between your stomach and intestines. This problem usually manifests itself about four weeks after surgery.

When this occurs, patients experience vomiting after eating and sometimes after drinking. It is usually easily treated with an endoscopy (an outpatient procedure) but should be treated as soon as possible. If you experience the sensation of foods “sticking” call the nurse at your surgeon’s office. Have a food diary available for reference; this will help John help them determine the source of the vomiting.

Remember, the most common time for ‘stomal stenosis’ to occur is 4 weeks after surgery. You should report any problems with vomiting to the nurse at your surgeon’s office right away.

Ulcer

As was mentioned earlier in the booklet, ulcers are possible after Gastric Bypass surgery. They are usually treatable with anti-ulcer medication. If you experience severe nausea or pain with eating, call the nurse or your surgeon’s office.

Vitamin Deficiency

As discussed earlier in the booklet and at your consultation visit, vitamin supplementation is a requirement for the rest of your life. Serious problems can occur if you do not take your vitamins and minerals everyday. (See list)

Vitamin Deficiency	Result of Deficiency
Calcium Deficiency	weak and broken bones, collapsed spine
Iron Deficiency	anemia, fatigue, dizziness, inadequate blood store, low blood count
Vitamin B12 Deficiency	tingling of hands and feet, nerve damage, trouble walking, paralysis, pernicious anemia

Vitamin & mineral levels in your blood must be monitored at least yearly; your vitamin supplement doses may be adjusted by your surgeon if necessary. This is one of the reasons that you must return to see your surgeon and dietitian at least once a year for a follow-up visit.

Changes in Bowel Habits

Constipation after Gastric Bypass surgery is not uncommon, and is more likely to occur if you are taking iron. Because of possible problems with hemorrhoids, hernias, and intestinal blockages, it will be important for you to prevent constipation.

If you are taking iron, you will have more of a tendency to become constipated. It may be necessary to take a stool softener for the first month or so until you can drink more fluids and eat more fiber. Stool softeners (Colace) are available over the counter. Generic Colace is acceptable, and much more affordable. Do **not** take laxatives on a regular basis.

Other ways to help improve regularity include:

- Eat sugar-free applesauce, oatmeal, and/or unsweetened pureed prunes daily
- Sprinkle 1 tbsp raw Miller's Wheat Bran (found in health food stores) into shakes, applesauce, and hot cereal
- After 4 weeks, try baked potato with skin, whole grain breads, bran cereals with more than 3 grams of fiber per serving (such as Fiber One), and raw vegetables and legumes (dried beans)
- Drink lots of water
- Exercise regularly

If your problem is still not resolved, you may use Dulcolax suppository, Senokot-S, Lactulose, Fleets enema or Milk of Magnesia. If these do not work for you, call your surgeon's office.

Gas problems are also common after Gastric Bypass surgery. If you have gas pains at home, try simethicone drops, Bean-O, Phazyme, or Gas-X. If these problems continue, call the office for other suggestions.

Hair Loss

Hair loss after Gastric Bypass surgery is usually a direct result of not eating enough protein. Making sure you are eating adequate amounts of protein, 63 grams a day, will keep your hair healthy and prevent hair loss.

When you deprive your body of protein, it will cause damage to the hair root. About two months later, the hair breaks off as it grows through the scalp. Once you have caused the damage to the hair root, you cannot repair it. So, when you don't eat enough protein everyday, you WILL lose some hair. The hair will grow back, but it will take some time. Prevention of this unpleasant problem is very simple:

Eat your recommended amount of protein EVERYDAY! Keep a food diary everyday, add up the grams of protein you are eating each day, and make changes if you are not getting in the recommended 63 grams of protein.

If you are not able to eat enough food to give you 63 grams of protein each day, make substitutions. Drinking a high protein powder (listed in this booklet) mixed into milk, juice, or food will help you reach the protein requirements.

Remember, if you do not eat enough protein, you will have a problem with hair loss. It is completely preventable. So, remember to eat your protein!!!

Weight Gain

Gastric Bypass surgery will help you lose weight and keep it off if you follow the advice of this guide. It is not a “magic bullet” and can be beaten. If you follow some simple rules, you will lose the weight you wish to lose, and what is more important, you will keep it off!

You must avoid eating sugar and limit high fat food, which will slow weight loss and actually cause weight gain.

The following foods must be avoided since the calories can add up very quickly:

Cheetos	Microwave popcorn
Doritos and Fritos	Onion rings
Regular fast food	Peanuts
French fries	Pork rinds
Fried food	Potato chips
Corn Chips	Nabs

Ask your dietitian about substitutions, such as fat-free crackers and low fat cheese. You must also avoid all foods cooked in lard, bacon grease, Crisco, butter or margarine. Try using spices, seasonings, Molly McButter, Butter Buds or “I Can’t Believe It’s Not Butter Spray” to season foods. Herbs, spices, vinegar, salsa, mustard and other condiments low in fat and sugar may also be used.

Dumping Syndrome

Dumping Syndrome is severe diarrhea, nausea, light-headedness, and stomach cramps. Dumping Syndrome is caused by eating and drinking at the same time and by eating sweets or foods high in sugar. Do NOT drink fluids with your meals for at least four weeks after surgery and NEVER eat sweets.

The following foods must be avoided for the rest of your life (unless it is sugar-free):

Cake	Molasses	Candy bars	Pastries	Candy
Pies	Chewing Gum	Pudding	Cookies	Sugar
Custard	Sugar Coated Cereals	Granola	Sweet rolls	Honey
Ice Cream	Sweetened fruit	Jam & Jelly	Syrup	
Sweetened Condensed Milk				

DO NOT DRINK: Regular soft drinks, regular fruit drinks, Mystics, sweetened seltzer water, Ensure, Gatorade, Ultra Slim Fast or any sweetened beverages (unless sweetened with saccharin, aspartame, or nutrasweet).

Reading Food Labels

DO NOT EAT foods that have added SUGAR. Read the ingredient list to make your food choices. If you see any of the following sugars in the first 3 ingredients, do **NOT** eat that food.

Watch for These Sugars	
brown sugar	levulose
confectioner's sugar	maltose
corn syrup	mannitol
corn sweeteners	maple syrup
dextrose	maple sugar
fructose	molasses
fruit sugar	raw sugar
glucose	sorbitol
granulated sugar	sorghum
honey	sucrose
invert sugar	turbinado sugar
lactose	xylitol

Vanilla ice cream is an example of a food that would **not** be a good choice because sugar is listed as the 3rd ingredient as shown below:

Vanilla Ice Cream: Ingredients: Milk, Cream, **Sugar**, Dessert Solids, **Corn Syrup**, Stabilizers/Emulsifiers and Artificial Flavor.

Beech-Nut Stage 1 Chiquita Banana baby food is a GOOD example of a food that does NOT contain added sugar.

Beech-Nut Stage 1 Chiquita Bananas: Ingredients: Chiquita bananas, water, citric acid, and 27ascorbic acid (Vitamin C).

Many people are misled by the "Nutrition Facts" label because it lists grams of sugar. This number includes both natural sugars (such as those found in fruit and milk) and added sugars (see list). Only avoid those foods that have sugar listed as one of the first 3 ingredients. To show what we mean, the following is the "Nutrition Facts" label for Beech-Nut Stage 1 Chiquita Bananas. Remember, sugar is NOT listed as one of the first 3 ingredients. Even though there are 12 grams of sugar in the bananas, it is OK to eat them (they will not give you dumping syndrome).

**BEECH-NUT STAGE 1
Chiquita Bananas**

Nutrition Facts

Serving Size 1 jar

Amount per serving

Calories 110

Calories from fat 0

Total Fat 0g

Total Carb 24g

Sodium 0mg

Fiber 1g

Potassium 280mg

Sugars 12g

Protein 0g

Food products made with Sucralose (Splenda), NutraSweet (Equal) and Saccharin (Sweet N' Low) can be eaten. Be sure that you do not fill up on diet products without first meeting your nutritional needs.

FOLLOW-UP

Your surgeon will need to see you at least yearly for the rest of your life. If you move or change phone numbers, let your surgeon's office know.

Once you are discharged, you must return for a follow-up at the following intervals (each appointment is important to ensure you are eating well, maintaining adequate nutrition, keeping weight off, and staying healthy.)

- 1 weeks after surgery
- 2 weeks after surgery
- 1 month after surgery
- 2 months after surgery
- 6 months after surgery
- 1 year after surgery
- Every year thereafter

We will send you yearly reminders for your annual check up, but it will be your responsibility to schedule the check ups. Sometimes patients find it helpful to note when the appointments will be due on a calendar.

It is imperative that you attend all of your follow-up appointments. Be sure to bring a food diary with you. We want to help you lose weight and keep it off, while improving health and fitness.

Each visit to the surgeon will consist of evaluation by the dietitian, occasional blood work and a visit with your surgeon. If you have any concerns or questions between scheduled visits, please call our office.

PUREED DIET (THE FIRST 4 WEEKS)

For safe weight loss, you need to eat a healthy, well-balanced diet. The normal stomach usually holds 40 oz or 5 cups of fluid. During your surgery, staples will be put into your stomach to make it the size of a small egg; your new stomach “pouch” will hold about 2 oz or ¼ cup.

It takes about 4 weeks for the staple line in your stomach to heal. In order to prevent “breakdown of the staple line”, everything you eat must be blended to the consistency of applesauce for four weeks.

Eating blended food for the first month will be a challenge for you. Stick to it and be creative! Buy or borrow a blender or a food processor if you do not own one. Keep in mind: if you can blend it, you can eat it (except for junk foods and foods with sugar).

Tip: Freeze foods in ice cube trays and store in Zip lock bags. When ready to eat, microwave frozen cubes.

Instructions for Blending Foods

1. Cut foods into small pieces about the size of your thumb nail.
2. Place food in a blender or food processor.
3. Add enough liquid to cover the blades (broth, juice, milk).
4. Blend until smooth like applesauce.
5. Strain out the lumps, seeds, or pieces of food.
6. Use spices to add flavor to blended foods.
7. Enjoy!

FOOD GROUPS

A healthy, well-balanced diet should include food from the following food groups everyday. All foods listed are equal to one serving from that group.

The 5 food groups are:

1. Protein (6 servings per day; or 50 grams for women and 63 grams for men.)
2. Vegetables (2 servings per day)
3. Fruits (2 servings per day)
4. Starches (2 servings per day)
5. Fats (3 servings per day)

PROTEIN GROUP: 6 Servings Per Day

Protein is important for wound healing and healthy hair.

Milk & Dairy

- 1 cup skim or 1% milk
- 1 cup Lactaid milk (for those who experience gas or diarrhea from regular milk)
- 1 packet Sugar-free Carnation Instant Breakfast
- 1 cup Sugar-free yogurt
- 1 cup Silk (Lactose-free) 1% fat Soy Beverage

Meat & Meat Alternatives (blenderized)

- 2.5 oz jar strained baby food meats (plain)
- 1 oz blenderized meats such as chicken, turkey, beef, fish, veal, and venison
- 1 oz canned salmon or tuna (packed in water)
- ¼ cup egg substitute
- ¼ cup small curd cottage cheese
- 1 oz cheese (melt cheese or mix in warm foods)
- 2 Tbsp. creamy peanut butter (subtract 2 Fat servings and check sugar content)
- 1/3 cup beans (navy, kidney, pinto, lentils, chickpeas, black-eyed peas, bean soup, split pea soup)
- 1/3 scoop Designer Protein or any other equivalent sugar-free protein powder

*** Refer to High Protein Tips for More Ideas**

VEGETABLE GROUP: 2 Servings Per Day

Vegetables are a good source of vitamins, minerals, and fiber.

- 1/2 cup Vegetable juice (V-8, Tomato, Carrot)
- 1/3 cup blended vegetables, examples include:

Beets	Spinach	Zucchini
Carrots	Broccoli	Cabbage
Green Beans	Greens	Cauliflower

FRUIT GROUP: 2 Servings Per Day

Fruits are a good source of vitamins, minerals, and fiber.

- ½ cup unsweetened 100% juice
- 1/3 cup blended, unsweetened canned, frozen or fresh fruits. Eat fruits canned in water or fruit juice only. Do NOT eat fruits in syrup or light syrup.

STARCH GROUP: 2 Servings Per Day

Starches are a good source of carbohydrates, vitamins, minerals, and fiber.

Soups:

1 cup of blended soup

Cereal:

½ cup cooked cereal (unsweetened cream of wheat, oatmeal, and grits)

Note: It is not necessary to blend these, as long as they are not lumpy and the texture resembles applesauce.

Starchy Vegetables:

1/3 cup blended corn, potatoes, lima beans, squash, peas, or yams.

FAT GROUP: 2 servings Per Day

Fats are essential for healthy skin. Fats may be easily mixed with vegetables, meats, and starches.

1 tsp margarine

1 Tbsp sour cream

1 Tbsp salad dressing

1 tsp canola or olive oil

1 tsp mayonnaise

1 tsp canola/corn oil

Blend foods together to increase flavor and nutrient content (remember, you may not be able to eat all of it at one time).

- 1/3 cup canned fruit blended in 1/4 cup small curd cottage cheese = 1 fruit and 1 protein (add sugar substitute to sweeten)
- 2.5 oz jar strained baby food meats blended with 1 cup soup = 1 protein and 1 starch
- 1 ounce cheese melted into 1/3 cup blended vegetable = 1 protein and 1 vegetable

Food Diary

After being discharged, keep a food diary everyday until your first follow-up visit. After that, you need to keep a three day food diary prior to each office visit and bring it with you to the follow-up visit.

Record the following information:

1. Time
2. Type of food (example: baked chicken without skin)
3. Amount eaten (example: ½ breast or ½ cup)
4. How food was prepared (example: baked with broth). Be sure to include any butter, oil, grease, or margarine that was added to the food.

Please remember to bring these records with you for the dietitian to review.

SAMPLE MENUS

- In order to meet the Gastric Bypass daily requirements, start eating early (around 7am) and eat a meal every 3 hours
- Make up your own menus to include blended foods you enjoy.
- Keep in mind that you need 6 Proteins, 3 Fats, 2 Starches, 2 Fruits, and 2 Vegetables each day.

Again, PROTEIN is the most important food group to concentrate on. The minimum protein requirement is 63 grams per day.

SAMPLE DAY 1

BLENDERIZED

MEAL 1	7:00 AM	½ cup cooked oatmeal ½ cup blended bananas 2 tsp. Margarine	1 starch 1 fruit 2 fat
MEAL 2	10:00 AM	1 cup skim milk or 1% milk mixed With sugar-free Carnation Instant Breakfast	2 proteins
MEAL 3	1:00 PM	1/2 cup sugar-free yogurt 1/3 cup blended fruit	1 protein 1 fruit
MEAL 4	4:00 PM	1/3 cup blended carrots 1 tsp. Margarine 1/2 cup V-8 juice	1 vegetable 1 fat 1 vegetable
MEAL 5	7:00 PM	2.5 oz jar baby food chicken blended With 1 cup chicken noodle soup	1 protein 1 starch

MEAL 6	10:00 PM	1 envelope sugar-free hot cocoa Mixed with 6 oz skim milk or 8 oz skim milk, ½ scoop protein powder ½ cup frozen berries and Equal	2 proteins 2 proteins 1 fruit
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SAMPLE DAY 2 BLENDERIZED

MEAL 1 AND 2	7:00 AM	Sugar-free peach milkshake *1/4 cup cottage cheese *1/2 cup blended peaches *4 oz skim milk	1 fruit 1/2 protein 1 protein
MEAL 3	10:00 AM	1/2 cup grits 1 tsp. Margarine	1 starch 1 fat
MEAL 4	1:00 PM	1/2 cup unsweetened fruit	1 fruit
MEAL 5	4:00 PM	1/3 cup whipped potatoes 2 tsp. Margarine 1/3 cup blended green beans	1 starch 1 fat 1 vegetable
MEAL 6 AND 7	7:00 PM	1 scoop Designer Protein Next Nutrition mixed with 8 oz skim milk	3 ½ protein
MEAL 8	10:00 PM	1/3 cup blended broccoli 1 oz melted cheese	1 vegetable 1 protein

SAMPLE DAY 3 BLENDERIZED

MEAL 1	8:00 AM	½ cup oatmeal 1 tsp. Margarine ½ cup applesauce	1 starch 1 fat 1 fruit
MEAL 2	10:00 AM	½ cup double chocolate pudding (see recipe in booklet)	1 protein
MEAL 3	1:00 PM	½ cup Brunswick Stew, pureed ½ cup tomatoes, pureed	1 protein 1 starch 1 vegetable
MEAL 4	3:00 PM	7 oz strawberry banana shake (see recipe in booklet)	2 protein 1 fruit
MEAL 5	6:00 PM	1/2 cup pizza soup 1/3 blended spinach with 1 tsp. Margarine	1 protein 1 vegetable 1 fat

MEAL 6	9:00 PM	1/2 cup custard (see recipe in booklet)	1 protein
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Note: At first you will not be able to eat as much food as listed in the menus. Focus on obtaining adequate protein: 6 servings/day from meat and milk groups: 63 grams of protein per day.

Note: Times are provided as examples. We know different people keep very different schedules.

SAMPLE DAY 4 BLENDERIZED

MEAL 1	6:00 AM	1 scoop Iron Man Protein Powder ½ cup low fat milk	2 protein
MEAL 2	8:00 AM	½ cup applesauce	1 fruit
MEAL 3	11:00 AM	¼ cup tuna salad (see recipe In booklet)	1 protein 1 fat
MEAL 4	1:00 PM	½ cup whipped sweet potato with 1 tsp. Margarine ½ cup pureed beets	1 starch 1 fat 1 vegetable
MEAL 5	4:00 PM	1 pudding pop (see recipe in booklet)	1 protein
MEAL 6	6:00 PM	¼ cup spaghetti sauce with meat in blender with 1/2 cup noodles 1/2 cup pureed string beans	1 protein 1 starch 1 vegetable
MEAL 7	9:00 PM	½ cup banana/peanut butter shake	1 protein

SAMPLE DAY 5 BLENDERIZED

MEAL 1	9:00 AM	½ cup cream of wheat 1 tsp. Margarine	1 starch 1 fat
MEAL 2	11:00 AM	½ cup pineapple/lime salad	½ protein

MEAL 3	1:00 PM	1/4 -1/3 cup salmon and egg salad	1 protein
MEAL 4	3:00 PM	1/2 cup baby food plums 1 cup yogurt with NutraSweet	1 fruit 1 protein
MEAL 5	5:00 PM	1/4 cup hummus 1/2 cup pureed broccoli	1/2 protein 1 vegetable
MEAL 6	7:00 PM	1/4 cup pureed beef stew 1/2 cup pureed carrots 1/2 cup pureed potato	1 protein 1 vegetable 1 starch
MEAL 7	9:00 PM	1/2 pina colada shake	1 protein 1/2 fruit
MEAL 8	11:00 PM	1/2 pina colada shake	1 protein 1/2 fruit

HIGH PROTEIN TIPS

Low protein intake can result in infection, delayed wound healing, loss of muscle tone, and hair loss. It is very important, therefore, to eat adequate protein everyday. The Recommended Daily Allowance (RDA) or Daily Value (DV) for adults aged 25-50 is about 63 grams protein/day.

The following list provides examples of high protein food sources. Foods considered to be high in fat are marked with an asterisk (*) and should be eaten less frequently.

DAIRY PRODUCTS	PROTEIN (gms)
Note: 1 cup = 8 fluid ounces	
4 oz nonfat Light n' Lively or Richfood cottage cheese	13
1 cup cultured nonfat buttermilk	9
1 cup skim or 1% milk	8
1 cup 2% milk*	8
1 cup skim or 1% Lactaid milk or Dairy Ease milk (lactose intolerant)	8
1 cup silk (lactose-free soy beverage)	6
8 oz Columbo Slender Spoonfuls Yogurt (with NutraSweet)	8
4.4 oz Dannon Light Yogurt (with NutraSweet)	5
6 oz Yoplait fat-free Light Yogurt (with NutraSweet)	5

VEGETARIAN BASED PROTEINS	PROTEIN (gms)
Note: 4 oz = 1/2 cup	
4 oz refried beans	7 to 10
1 patty Green Giant Frozen Vegetarian Burger	7 to 19
4 oz cooked black beans	11
4 oz cooked soybeans	10
4 oz cooked garbanzo beans or chick peas	10
1 serving Taco Bell pintos and cheese	9
4 oz butter beans or lima beans	9
4 oz cooked lentils	8
4 oz tofu (soybean curd) *	8
4 oz kidney beans, black eyed peas, or pinto beans	7
1 tbsp. peanut butter* (limit 2 tbsp./day)	4
1 slice Veggie cheese (soy based)	4
4 oz Richfood low fat ricotta cheese	8
1 oz hard cheese*	7
1 slice Weight Watchers Light Sharp Cheese	5
1 slice Healthy Choice fat-free slice cheese	5
1 slice Bordon fat-free Sharp Cheese	5
1 slice Kraft-Free singles	5
1 slice Bordon Lite Line Slice Cheese	4
1 slice Veggie Cheese Slice (made from soy)	4

DAIRY BASED BEVERAGE POWDERS	PROTEIN (gms)
Note: 1 cup = 8 fluid ounces	
1 envelope Carnation Instant Breakfast, sugar-free with 8 oz skim or 1% milk	12
1 envelope Weight Watchers Hot Cocoa Mix with 8 oz skim or 1% milk	12
1 envelope Carnation sugar-free Hot Cocoa Mix with 8 oz skim or 1% milk	12
1 envelope Weight Watchers Chocolate fudge Shake Mix with 4 oz skim or 1% milk	10
1 envelope Weight Watchers Orange Sherbet Shake Mix with 4 oz skim	10
1 scoop Designer Protein by Next Nutrition, Inc. with 8 oz skim milk or 1% milk	26

Helpful Hint: If you experience bloating, gases, and/or diarrhea after eating dairy products, chew Lactaid or Dairy-Ease enzyme tablets along with those foods. When mixing milk with powders, use lactose-reduced milk products such as Dairy-Ease and Lactaid 100.

POULTRY	PROTEIN (gms)
5 oz package Shady Brook Farms Zesty Italian Style	28

Fresh Turkey Breast Cutlets	
5 oz package Shady Brook Farms Country Mustard Dill	28
Fresh Turkey Breast Cutlets	
3 oz can Swanson White Chicken in Water	20
7.5 oz Luck's Chicken with Dumplings	17
7.5 oz Luck's Brunswick stew with Chicken	10
1 oz cooked chicken or turkey (without skin)	7

SEAFOOD/FISH	PROTEIN (gms)
Note: 2 oz = 1/3 of a 6 oz can	
2 oz solid, white tuna in spring water	14
2 oz chunk, light tuna in spring water	12
2 oz pink salmon, canned in spring water	11
1 oz of 1/4 cup fresh, frozen, or canned fish	7
1 oz fresh or canned shrimp, clams, or crab	7

OTHER MEATS	PROTEIN (gms)
1 oz lean beef (round, sirloin, flank steak, tenderloin)	7
1 oz lean pork (fresh ham, boiled ham, tenderloin)	7
1 oz lean veal (chops, roast)	7
1 oz venison or wild game	7

EGGS/ EGG SUBSTITUTES	PROTEIN (gms)
Note: 1/4 cup = 2 oz	
1 large egg* (limit to 3/week)	7
1/4 cup Fleischmann's Egg Beater's with Cheese	7
1/4 cup second Nature Real Egg Product	6
1/4 cup Fleischmann's Egg Beater's	6

PROCESSED MEATS/ COLD CUTS	PROTEIN (gms)
1 Healthy Choice Jumbo Frank (97% fat-free)	8
1 Hormel Light & Lean Frank (97% fat-free)	5
1 slice Healthy Choice Baked Ham (97% fat-free)	4
1 slice deli-thin cold cut any brand (97% fat-free)	2

Helpful Hint: Look for cold cuts that are between 95-99% fat-free. The protein grams will vary. Try Healthy Choice, Hillshire Farms, Louis Rich, or Oscar Meyer Healthy Favorites.

SOUPS/STEWES	PROTEIN (gms)
8 OZ Weight Watchers Beef Stew	14
1/2 cup Campbell's Healthy Request Split Pea with Ham Soup	11
7.5 oz Weight Watchers Vegetable Beef Soup	9
7.5 oz Weight Watchers Chicken Noodle Soup	8
1/2 can Campbell's Chicken Noodle Soup	7
1/2 can Old El Paso fat-free refried beans	6
1/2 cup Progresso Green Split Pea Soup	5

FROZEN ENTREES

There are numerous frozen entrees from which to choose. The following brand names are suggested:

- Healthy Choice
- Budget Gourmet Light/Healthy
- Lean Cuisine
- Weight Watchers

Helpful Hint: Aim for less than 10 grams of fat per entrée.

PROTEIN POWDERS AND SUPPLEMENTS

The following protein powders are high in protein and sugar-free.

BRAND NAME	PROTEIN (gms per scoop)
Designer Protein	17.5-18.5
Equate (Wal-Mart brand)	17
Iron Man	15
Met-Rx	38 gms/packet*
ProMax Protein Powder	25

*One packet is to be mixed in 16 ounces of fluid. For other protein powders, one scoop is mixed in 2-4 ounces of fluid.

These protein powders can be found in GNC stores, health food stores, grocery stores, pharmacies, Sam's Club, and WalMart.

There are other sugar-free protein powders; these are just a few available. Read the label carefully of any protein powder you purchase.

What else can I do with Protein Powder?

- Add any flavor or protein powder to skim or 1% milk. Each ounce of milk has 1 gram of protein.
- Add vanilla flavored protein powder to orange juice or flattened diet orange soda for a dreamsicle or creamsicle flavor. Let soda sit open to flatten so the carbonation is not uncomfortable.
- Add vanilla flavored protein powder to “no added sugar” cranberry or cherry juice.
- Add vanilla flavored protein powder to flattened diet root beer for a “brown cow”.
- Natural flavored protein powder has little flavor and can be added to most soups, stews, and even whipped potatoes.
- Chocolate flavored protein powder can be added to sugar-free hot chocolate or milk.
- Add vanilla or chocolate protein powder along with the milk to instant sugar-free pudding.
- Tip: add almond, hazelnut, or other nut extract to shakes made with protein powder.

Other ways to supplement protein

- Use evaporated skim milk in place of other liquid milk for 2.4 grams of protein per ounce instead of the 1.0-gram protein/ounce of liquid milk. This works well in soups, puddings, and other milk dishes.
- Add 1/3 cup of powdered skim milk (8 grams of protein) to 1 cup of skim or low-fat milk to make a protein fortified milk with twice the protein: 2 grams per ounce instead of 1 gram per ounce.
- Add 1 ounce (1/4-1/3 c.) of grated cheese to a soup, whipped potatoes, grits, or beans; it adds 6 grams of protein.
- Add one package of sugar-free Carnation Instant Breakfast to one cup of milk. It adds 4.5 grams of protein.

Helpful Hint: Try taking Lactaid or Dairy-Ease tablets when eating foods containing milk if you have difficulty digesting milk and milk products. Or, use lactose reduced or lactose-free milk.

Recipes

Please keep in mind that what appeals to one person may not be another individuals “cup of tea.” Our hope is that you will find some of these recipes helpful.

Simple Shake

1 envelope sugar-free Carnation Instant Breakfast
6 ounces skim milk
¼ cup non-fat cottage cheese
artificial sweetener to taste
vanilla or other flavored extract to taste
several ice cubes

Put everything in a blender and blend until smooth.

Protein 17 grams

Simple Egg Nog

6 ounces skim milk
12 ounces egg substitute
artificial sweetener, rum/vanilla extracts to taste
several ice cubes

Put everything in a blender and blend until smooth.

Protein 12 grams

Chocolate Shake

4 ounces of milk
1 scoop chocolate protein powder
1-2 tsp. Sugar-free, non-fat creamer. Try hazelnut, swiss chocolate, amaretto, or other flavor.

Mix well in shaker cup or blender.

Protein: 18-23 grams depending on the protein powder used.

Banana/Peanut Butter Shake

6 ounces of milk or artificially sweetened vanilla yogurt
1 tbsp. Creamy peanut butter
1/4-1/2 banana
artificial sweetener to taste

Put everything in a blender and blend until smooth.

Protein: 9 grams

Hint: Place shakes in a cup with a top (shaker top.) Enough for one meal can be poured out. Refrigerate the rest until ready to drink. Take cup out, shake well, pour, and enjoy.

Strawberry/Chocolate Shake

4 ounces plain yogurt or milk
1 scoop chocolate flavored protein powder
1/4-1/2 cup strawberries, fresh or frozen, no sugar added
artificial sweetener to taste

Put everything in a blender and blend until smooth.

Protein: 9-12 grams depending on the type of protein powder

Strawberry/Banana Shake

4 ounces of sugar-free vanilla or plain yogurt or skim milk
1 scoop of vanilla or natural-flavored protein powder
1/4-1/2 cup strawberries, fresh or frozen, no sugar added
1/2 banana
artificial sweetener to taste

Put everything in a blender and blend until smooth.

Protein: 9-12 grams depending on protein powder

Hint: Try these same basic shakes with other fruits such as peaches, pineapples, raspberries, or blueberries.

Peanut Butter/Chocolate Shake

4 ounces of skim milk, sugar-free vanilla or plain yogurt
1 tbsp creamy peanut butter
1 scoop chocolate flavored protein powder

Put everything in a blender and blend until smooth.

Protein: 11-14 grams depending on protein powder

Pina Colada Shake

8 ounces milk, buttermilk, or plain yogurt
1 package vanilla sugar-free Carnation Instant Breakfast
1/2 cup crushed pineapple in its own juice
1/2 tsp coconut extract
1/2 tsp rum extract

Mix until smooth in blender or food processor.

Protein: Makes 2 servings, 6.5 grams of protein in each

Variation: for additional protein, Pina Colada Shake may be made using 1 scoop of vanilla protein powder.

Protein: 11-14 grams depending on powder

Double Chocolate Pudding I

1 package sugar-free instant pudding
2 cups milk
4 scoops chocolate protein powder

Mix well with spoon, wire whisk, or in blender. Chill 1 hour or longer.

Protein: Makes 4, 1/2 cup servings for 19-23 grams protein each, depending on powder

Double Chocolate Pudding II

1 package sugar-free instant pudding
2 cups milk
2 packages chocolate sugar-free instant breakfast

Mix well with spoon, wire whisk, or in blender. Chill 1 hour or longer.

Protein: Makes 4, 1/2 cup servings for 6 grams of protein each

Super Milk Pudding

1 package sugar-free instant pudding mix
2 cups evaporated skim milk or 2 cups milk fortified with 2/3 cup of powdered skim milk

Mix well with spoon, wire whisk, or in blender. Chill 1 hour or longer.

Protein: Makes 4, 1/2 cup servings for 10.5 grams protein each with evaporated skim milk or 9 grams each with fortified skim milk

Custard

1/4 cup egg substitute
1/4 cup milk, try evaporated skim or fortified
nutmeg, cinnamon, artificial sweetener to taste

Mix all together with whisk or fork. Microwave on medium-high for 1 minute
(microwaves do vary so time may need to be adjusted)

Protein: 10-13 grams depending on milk used

Pudding Pop

Mix up sugar-free instant pudding mix with milk and pour into Popsicle molds and freeze.

Protein: 4 grams per 4 ounce Popsicle. Higher if made from one of the pudding recipes above.

Omelet

1/4 cup egg substitute
1/4 cup milk, try evaporated or fortified
1-2 tbsp grated cheese
grated onion, black pepper to taste

Mix all ingredients together with whisk or fork. Microwave on medium-high for 1 minute
(microwaves do vary so time may need to be adjusted)

Protein: 11-14 grams depending on milk used and amount of cheese

Pizza Soup

1 can tomato soup
1 can evaporated skim milk
2 ounces (1/2 cup) grated mozzarella cheese
Italian seasoning to taste

Heat soup and milk, stirring frequently just until beginning to boil. Remove from burner and stir in cheese and seasoning. (soup and milk can be heated in microwave).

Protein: 9 grams in 1/2 cup

Cream of Tomato Soup

1 can tomato soup
1 cup milk
1/2 cup cottage cheese

Place soup, milk, and cottage cheese in blender and puree. Heat until beginning to boil.

Protein: 5 grams in 1/2 cup

Egg Drop Soup

1/2 cup chicken broth
1/4 cup egg substitute
pepper, soy sauce as desired

Heat broth until just boiling, then whisk in egg substitute and add seasoning.

Protein: 8 grams

Pineapple/Lime Salad

1 package diet lime gelatin
1/2 cup cottage cheese
1/2 cup pineapple in its own juices

Place pineapple and cottage cheese in blender and puree. Heat water to boil. Dissolve gelatin in one cup boiling water. Add 1 cup cold water or pineapple juice. Stir in pineapple and cottage cheese. Chill for one hour or longer.

Protein: Makes 4 servings, 4 grams protein each

Egg Salad

1 egg, hard cooked
1 tbsp light mayonnaise or light salad dressing
mustard, cumin, black pepper to taste

Place ingredients in blender and puree.

Protein: 7 grams

Tuna or Salmon Salad

1/4 cup tuna or salmon packed in water, drained
1 tbsp light mayonnaise or light salad dressing
diced onion, lemon, dill or cumin to taste

Place ingredients in blender and puree.

Protein: Makes 3 servings at 7 grams each

Pineapple and Cottage Cheese Salad

1/2 cup cottage cheese
1/2 cup crushed pineapple in its own juices
artificial sweetener if desired

Place ingredients in blender or food processor and puree. Try with peaches, tomatoes, or other fruits.

Protein: 7 grams in 1/2 cup

Hummus

1 16 ounce can chick peas (garbonza beans), drained
1 or more cloves of garlic
1 tsp salt
1 tbsp lemon juice
1/2 cup Tahini (optional)

Place ingredients in blender and puree. If desired, add some parsley, cilantro, or cumin.

Protein: 1/4 cup provides 4 grams