



Roadmap to your success

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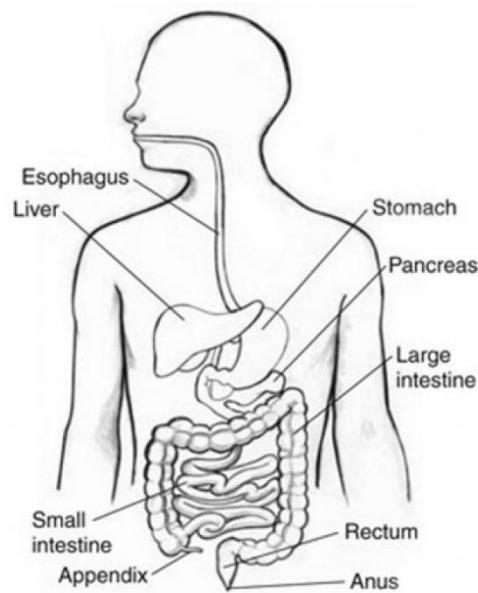
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Weight Loss surgery overview

The Digestive Process

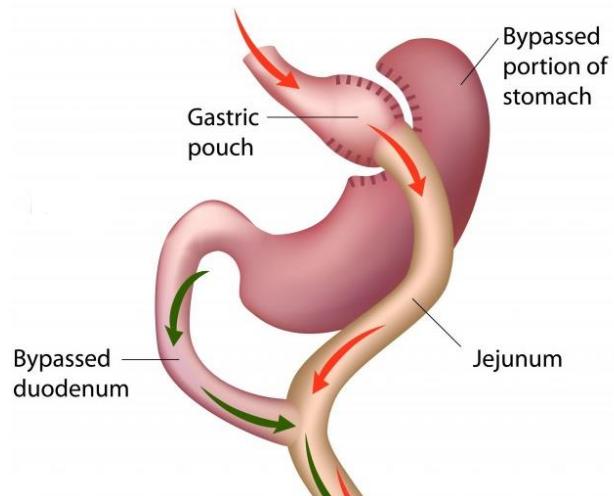
The Normal Stomach

To better understand how weight loss surgery works, it is helpful to know how the normal digestive process works. As food moves along the digestive tract, special digestive juices and enzymes arrive at the right place at the right time to digest and absorb calories and nutrients. After we chew and swallow our food, it moves down the esophagus to the stomach, where a strong acid and powerful enzymes continue the digestive process. The stomach, which is about the size of a football, can hold about four pints of food at one time.



Roux-en-Y Gastric Bypass (RYGB) (pronounced roo-en-why)

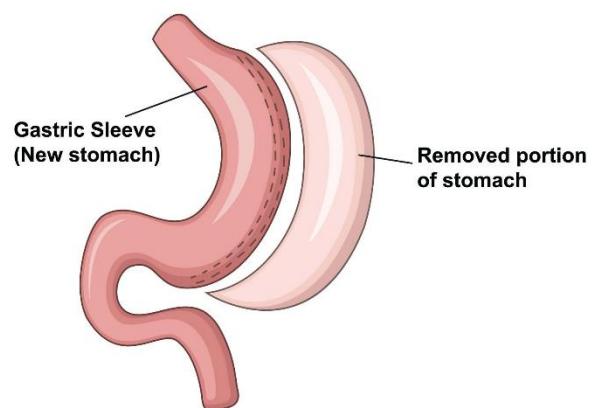
A procedure in which the stomach and intestines are divided and rearranged to make a new small stomach (known as a *pouch*) and bypass part of the stomach and the intestines. Initially after the surgery, you'll eat very small portions.



Laparoscopic Sleeve Gastrectomy (LSG)

A procedure in which up to 70 percent of your stomach is removed.

The *pylorus*, which regulates the entry of food into the intestine, is not removed, and food enters the intestine normally. Initially after the surgery, you'll feel less hungry and eat a lot less.



What
exercise
routine
should I
be
following?



The American Heart Association Recommendations for Physical Activity in Adults

For Overall Cardiovascular Health:

At least **30 minutes** of *moderate-intensity* aerobic activity



At least **5 days** per week for a total of **150 minutes**

OR

At least **25 minutes** of *vigorous* aerobic activity



At least **3 days** per week for a total of **75 minutes**

or a *combination* of the two

AND

Moderate to **HIGH INTENSITY** muscle-strengthening activity



At least **2 days** per week for additional health benefits



For Lowering Blood Pressure and Cholesterol:

An average of **40 minutes** of *moderate- to vigorous-intensity* aerobic activity



3 or 4 days per week



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Learn more at heart.org/ActivityRecommendations.

Tobacco

Patients should stop smoking eight weeks prior to surgery and permanently avoid all tobacco products (e.g., cigarettes, cigars, chewing tobacco, hookah, e-cigarettes, and marijuana).

Question: Why do I have to quit smoking or using tobacco before surgery?

Answer: Smoking or chewing tobacco leads to decreased blood supply to your body's tissues and delays healing. (Haskins & Amdur, 2014). Smoking harms every organ in the body and is been linked to:

- Blood clots (the largest cause of death after bariatric surgery)
- Marginal ulcers after gastric bypass
- Heart disease
- Stroke
- Chronic obstructive pulmonary (lung) disease
- Increased risk for hip fracture
- Cataracts
- Cancer of the mouth, throat, esophagus, larynx (voice box), stomach, pancreas, bladder, cervix, and kidney

For additional information call Tobacco Free Florida at 877-822-6669

Alcohol

Question: Can I drink alcohol after surgery?

Answer: Alcohol is not recommended after bariatric surgery. Alcohol contains calories but minimal nutrition and will work against your weight loss goal. For example, wine contains twice the calories per ounce than regular soda does. The absorption of alcohol changes with gastric bypass and gastric sleeve because an enzyme in the stomach which usually begins to digest alcohol is absent or greatly reduced.

Alcohol may also be absorbed more quickly into the body after gastric bypass or gastric sleeve. The absorbed alcohol will be more potent, and studies have demonstrated that obesity surgery patients reach a higher alcohol level and maintain the higher levels for a longer period than others. In some patients, alcohol use can increase and lead to alcohol dependence. For all of these reasons, it is recommended to avoid alcohol after bariatric surgery. (American College of Surgeons, 2011)

Caffeine – A Little Can Be Too Much

Caffeine is a stimulant and is naturally found in more than 60 plants, including cocoa, tea and coffee. Caffeine is also added to soft drinks and is often a component of many over-the-counter medications and dietary supplements including certain protein powders and drinks. Caffeine temporarily speeds up the body's heart rate, boosts energy and is often used to "fight fatigue". Caffeine acts as a diuretic, which means loss of fluids. As a result, caffeine can leave you feeling thirsty if used as your main source of fluid intake.

It is best to AVOID caffeine 1 month before surgery and at least 3 months after surgery.

Question: Why is fluid intake important?

Answer: Dehydration is the most common reason for readmission to the hospital. Dehydration occurs when your body does not get enough fluid to keep it functioning at its best. Your body also requires fluid to burn its stored fat calories for energy. Carry a bottle of water with you all day, especially when you are away from home. Remind yourself to drink even if you don't feel thirsty. Drinking 64 ounces of fluid is a good daily goal. You can tell if you're getting enough fluid is if you're making clear, light-colored urine 5-10 times per day. Signs of dehydration can be thirst, headache, hard stools or dizziness upon sitting or standing up. You should contact your surgeon's office if you are unable to drink enough fluid to stay hydrated.

Phase 1

Full liquid diet

(When you get home, follow this for the first 1-2 weeks)

1. You will stay on the full liquid diet for 1-2 weeks, unless directed otherwise by Dr. Chebli.
2. DRINK LIQUIDS SLOWLY!
3. Take your prescribed multi-vitamin/mineral supplements and calcium as instructed. (Refer to page titled “Vitamin and Mineral Supplements” for a list of suggested supplements)

THE GOAL: 80 grams of protein each day and 64 oz of total fluid

Many commercial proteins are available, please try a variety to see which ones you like best. The brands here are listed as suggestions. **We do NOT endorse any specific brand.** The market changes on a regular basis and products continue to come out that are fantastic.



Premier Protein/Equate/Ensure Max all have 30g protein per 11oz serving. If you drink 3 of them daily along with 5 cups of other fluids, than you will meet your daily fluid and protein requirements!



Ensure Max
Unjury
Equate (Walmart) brand high performance protein shake
Muscle Milk



Phase 2

Puree diet

(this phase lasts 3-6 weeks)

1. After 1-2 weeks on the Full Liquid diet, you will be able to SLOWLY add foods of a thicker consistency.
2. Remember to always eat PROTEIN FIRST at each meal. You need a minimum of 80 grams of protein each day.
3. Keep yourself hydrated! Drink 6-8 cups of water and low calorie beverages between meals. Choose low sodium and caffeine free products to prevent dehydration.
4. Continue to keep track of the kind and amount of protein you eat every day.

Important Tips:

1. Add non-fat powdered milk (3 Tablespoons=4g protein) or GENEPRO (1 scoop = 30g protein) protein powder to your foods to boost the protein amount.
2. Try one new food at a time. If you feel nauseated or experience gas or bloating after eating, then you are not ready for this food. Wait a few days before trying this food again.

These foods do NOT need to be pureed

Food/Beverage	Portion	Grams of Protein
Fat free plain Greek yogurt	4 oz	9g
Cottage cheese: fat free, 1%, 2%	1/4 cup	7g
Ricotta cheese: fat free, part skim	1/4 cup	7g
Baby food: stage 1 or 2 <u>meat or poultry only</u>	2 oz	6-7g
Egg, scrambled until small curds are formed but are soft and not runny	1	7g



Puree food ideas

Below are some ideas you can use in the Puree Diet.

Aim for a meal plan with at least 80 grams of protein and 6-8 cups of fluid per day.

Portions may vary with EACH INDIVIDUAL due to preferences etc. Work with the dietitian to come up with a personalized plan that suites you.

Breakfast Ideas:

Non fat plain yogurt (Greek or non Greek) – can be flavored with cinnamon, decaf instant coffee crystals, sugar free jelly, sugar free pancake syrup etc

Protein Shake of choice (make a shake with powdered protein and unsweetened almond milk for a twist!)

Mashed up scrambled eggs

Mashed up egg/tuna/chicken salad (remember, you don't have to eat breakfast foods for breakfast!)

Other meal ideas:

Any protein that is soft and blended or mashed up well with a fork

Overcooked veggies mashed up

Protein shake

Strained soup (broth based is preferred)

Many companies have high protein soup (Bariatric fusion, Unjury etc)

Ricotta cheese

There are many good resources to help fuel some more ideas:

Fresh Start Bariatric Cookbook: Healthy Recipes to Enjoy Favorite Foods After Weight-Loss Surgery by Sarah Kent

Phase 3

Soft foods

(this phase can last for about 3 weeks)

1. After the Puree Diet, you can slowly add foods that are soft in consistency. Soft foods can be cut easily with a fork.
2. For better portion control, use smaller plates and baby spoons and forks. Stop eating when you feel full.
3. Keep yourself hydrated! Drink 6-8 cups of water and low calorie beverages between your meals. **Don't drink with your meals. Wait 30 minutes before and 30 minutes after meals to resume liquids.**

The following are examples of foods from each food group that can be included on the Soft Diet.

Meat Group (7 grams protein per serving)

2 Tbsps. (1 ounce) cooked lean meats: fish, ground turkey, lean ground beef (moist meats are tolerated best, beef is usually least tolerated)
2 Tbsps. (1 ounce) water packed tuna or chicken
 $\frac{1}{4}$ cup egg substitute or 1 egg scrambled
 $\frac{1}{4}$ cup fat free or 1% cottage cheese
1 oz. (1 slice) low fat mild cheese
 $\frac{1}{4}$ cup tofu (3.5 grams of protein)
1 oz. lean meatballs

Milk Group (8 grams protein per serving)

1 cup fat free or 1% milk
6 oz Greek plain non-fat yogurt, no fruit pieces (15g protein)
1 cup sugar free pudding made with fat free or 1% milk
1 cup low fat cream soup made with milk (no tomato, no mushroom or corn pieces)
 $\frac{1}{2}$ cup cottage or ricotta cheese (low fat) (13g protein)

Vegetable Group (2 grams protein per serving)

$\frac{1}{2}$ cup soft cooked NON-STARCHY* veggies (no skins or seeds)
*(no peas, corn, or potato)

Important Tips:

1. All foods should be cooked without added fats. Bake, grill, broil, or poach meats. You may season meats with herbs and spices instead of fats.
2. Moist meats are tolerated better at this phase. Add chicken or beef broths, fat free gravies and low fat cream soups to moisten meats. Finely dice meats and chew well.
3. Add 1-2 Tbsps. of a new food at a time, if you feel nauseated or bloating after eating then you are not ready for this food.

Wait a few days before trying this food again. Everyone progresses differently. Listen to your body

Phase 4

Regular diet

1. This is the last stage of the diet progression. Continue to add new foods in slowly. Raw fruits and vegetables can be added in as tolerated. You may want to avoid the skin and membranes on fruit. Citrus fruits can be added back into diet as tolerated.
2. Follow a lower fat diet and avoid simple sugars for life. Your protein goal remains at 60-80 grams each day. For successful weight loss, caloric intake may range between 800-1200 calories each day. Try to keep your total carbs to 50g or less daily. Ask your registered dietitian how many calories are appropriate for you.
3. Continue to take your prescribed supplements for life.
4. Keep yourself hydrated! Always include 6-8 cups of water and low calorie beverages daily.

Surgery Supplement Guidelines

Supplements will be a part of your routine for life. This doesn't mean you have to stay on the same one forever! Feel free to try different brands because there are many great options on the market. **We often get samples from various companies but please remember, we don't endorse any brands or products.** We offer suggestions based on availability at that time.

Multi-Vitamin with Minerals

- Avoid products geared toward children (they have more sugar and don't have as much of the good stuff that you need)
- Aim for products that are chewable (avoid gummy), liquid or powder that can be dissolved in liquid
- Keep in mind that many vitamins require a multidose (meaning that you may need to take 3 or 4 servings per day). This will be stated on the nutrition facts label of the supplement.
- Some multi-vitamins include calcium, but many do not. If they do include calcium, it's not generally enough. Depending on your age/gender, you may need 1000-1200mg of calcium daily.
- Some important things to look for in a multi vitamin: B12 (at least 350-500 mcg per serving), thiamine/B1 (12-50 mg daily), zinc (8-11mg daily), copper (1mg/day)

The guidelines are driven from the ASMBS (American Association of Metabolic and Bariatric Surgery) as well as your personal history.

Bariatric Fusion

Celebrate Vitamins

Bariatric Advantage

Opurity

Kirkland and other retailers house brands

*****You need to take supplements for the rest of your life. Blood work will determine if you need to take any additional vitamins, minerals or supplements.**

Optional supplements: Biotin (30-1000mcg daily), Papaya Enzyme (dosage varies), Miralax if you experience constipation

Commercial Protein Supplements

Whey based protein powders	Vegetarian protein powders
Unjury	Tone it Up
GenePro	Vega One
BioPro	PureLean Ultra
IsoPure	BodyLogix Vegan Protein
Pure Protein	PlantFusion
Orgain Clean Whey	Vega Sport protein
Huli	NitroFusion (plantfusion)
GNC brand	Garden of Life protein powder Raw protein
Publix GreenWise whey	Orgain
EAS	KOS
Met-Rx	Health Warrior Super food
Body Fortress	

Question: Can I take all of my protein in one dose?

Answer: Protein should be eaten at every meal and snack throughout the day. It is not known if there are additional benefits to having more than 30 grams of protein at once. Protein is a nutrient that helps you feel fuller for longer. If you try to include proteins in each meals or snacks, you're less likely to feel hungry when it's not time to eat.

Question: What happens if I don't take in enough protein?

Answer: The body needs additional protein during the period of rapid weight loss to maintain your muscle mass. Protein is also required to have a healthy metabolism. If you don't provide enough protein in your diet, the body will take its protein from your muscles and you can become weak.

Hints to add variety to your protein drinks:

- Flavor extracts or spices that do not contain sugar can be added to protein drinks for flavor. Examples: vanilla or almond extract, cinnamon or nutmeg.
- Sugar-free cocoa powder can be added to provide a chocolate flavor.
- Add GenePro (protein powder) to drinks, soups, shakes, salad dressings, yogurt, cottage cheese, eggs, low fat gravies, taco seasoning and many more!
- MIO flavoring (<http://www.makeitmio.com>)
- Instant decaffeinated coffee crystals can be added to drinks or yogurt for a flavor change.
- Sugar-free Tang can be added to vanilla drinks to create an orange creamsicle flavor or try adding to an unflavored protein drink.
- Sugar Free Kool-Aid or Crystal Light powder can be used to flavor protein drinks
- Sugar-free syrups can be added to flavor protein drinks
- If a drink tastes too thick or too sweet try adding more fat free milk (unsweetened almond or soy milk) or water.
- Mixing with milk provides additional protein and calcium.
- Try freezing your protein drinking after preparing. This can be consumed with a spoon as a frozen treat. Also can be made into “popsicles”.
- Try adding ice to the prepared protein drink and blenderize to make a slushy.
- Try mixing your protein powder with plain or sugar-free vanilla yogurt.
- Try mixing protein powder into sugar-free gelatin (before it is set).

Checklist:

- _____Purchase supplements:
- _____Protein Supplements – try to have a variety of ones you like
- _____Multivitamin/mineral supplement
- _____Any other foods and beverages you will need during the liquid and blenderized phases of the diet
- _____Baby Spoon, Cocktail Fork, Shrimp fork (Helps you to take small bites)
- _____Small Decorative Plates (Helps control portions and increases the eye appeal of the meal)
- _____Mini food processor/food chopper

Resources:

The following websites are highly recommended:

www.bariatriceating.com

www.obesityhelp.com

These books may be helpful:

Exodus from Obesity – The Guide to Long-Term Success After Weight Loss Surgery by Paula F. Peck, RN

Eating Well after Weight Loss Surgery
by Patt Levine and Michele Bontempo-Saray

Websites for calculating calorie and protein intake: www.fitday.com
www.sparkpeople.com

BEHAVIOR CHANGE

Prior to having surgery

It is important that you commit to a new healthy lifestyle. Modify or develop proper eating behaviors is vital to be prepared for the changes in the new digestive process after surgery, as well as to ensure long-term weight loss. Your bariatric dietitian will be available to assist you in making these necessary changes.

New Eating behaviors:

1. Eat slowly. Take 30 minutes to eat one meal
2. Take smaller bites
3. Chew food to a toothpaste consistency (25-30 chews) before swallowing
4. Stop drinking fluids with your meals. Wait 30 minutes after your meal to begin drinking again
5. Choose sugar-free, non-carbonated, non-alcoholic, non-caffeinated drinks
6. Avoid drinking from a straw, and avoid chewing gum
7. Sip fluids. Do not gulp
8. Choose high protein, low calorie, low-fat, and low sugar foods
9. Use saucer size plates to reduce portions and junior size utensils to eat slower

After having surgery

Foods will be gradually reintroduced into your diet to allow your pouch to heal properly, avoid food intolerance, and avoid nausea or vomiting. The bariatric diet follows a low calorie, low-fat, low sugar, and high protein. Since food intake will be reduced, you will need to take daily vitamins and minerals lifelong to avoid nutrient deficiencies. Your lab tests will be done at 2 months, 6 months, one year, and annually thereafter to ensure you are receiving adequate vitamins and minerals in your diet. If you are deficient in certain nutrients, Dr. Chebli will recommend additional supplements.

Protein

It is essential that your body receives enough protein for healthy recovery, preserve lean muscle tissues, and prevent hair loss. Examples of protein-rich foods are lean turkey, chicken, fish, egg whites, tofu, beans, legumes, cheese, nuts, yogurts, and milk. Your protein goal should be between 80-100 grams daily. Because you are now eating smaller portions, you will need to supplement with protein drinks for the first three to six months to help you reach this goal.

Foods That May be Difficult to Tolerate after Weight Loss Surgery

Meat & Meat Substitutes	Steak Hamburger Pork chops Fried or fatty meat, poultry or fish
Starches	Bran, bran cereals Granola Popcorn Whole-grain or white bread (non-toasted) Whole-grain cereals Soups with vegetable or noodles Bread Rice Pasta
Vegetables	Fibrous vegetables (dried beans, peas, celery, corn, cabbage) Raw vegetables Mushrooms
Fruits	Dried fruits Coconut Orange and grapefruit membranes Skins (peel all fruit)
Miscellaneous	Carbonated beverages Highly seasoned and spice food Nuts Pickles Seeds, *Sweets (mostly after bypass surgery) Candy Desserts Jam/jelly Sweetened fruit juice Sweetened beverages Other sweets
Sweets should NOT be part of your diet if you want to reach your weight loss goal followed by weight maintenance	

SWEETENERS AND SUGAR

You should not consume any foods or beverages made with sugar.

The following artificial sweeteners /sugar substitutes are acceptable:

- Aspartame (Equal®, NatraTaste®),
- Acesulfame-K (Sweet One®),
- Saccharin (Sweet 'N Low®, Sugar Twin®),
- Sucratose (Splenda®),
- Stevia (Truvia™, Pure Via™, SweetLeaf®, Stevia in the Raw)

The following is a list of sugar alcohols that manufacturers use instead of sugar. Note that most of them end in “ol” but not all do. These sugar alcohols could cause stomach pain, gas and diarrhea. If you see any sugar alcohol listed among the first three ingredients, test that product at home. If you experience any discomfort, you should eliminate that product from your diet.

arabitol	Glycerol (glycerin)	lactitol	ribitol	dulcitol
Hydrogenated starch (hydrolysate)		maltitol	sorbitol	erythritol
iditol	mannitol	threitol	glycol	isomalt
polyglycitol	xylitol			

The following are some foods/beverages that are high in added sugar and should be eliminated from your diet, especially for gastric bypass patients:

Baked goods, cakes, cookies, pies, donuts, pastries, etc.	Gelatin (sugared)	Sherbet
canned fruit in syrup	Gelato	Soft drinks (sugared)
Honey	Sorbet	Cereal
Sweetened condensed milk	Chocolate milk	Ice cream
Custard	Jam and jelly (sugared)	Italian ice
Maple syrup	Yogurt, sugared	Syrup (e.g. pancake)
Yogurt, fruit on the bottom	Frozen yogurt (sugared)	Tapioca pudding
Popsicles (sugared)	Gatorade®/POWERADE®	Dried fruits
		Drink mixes (sugared)
		Marmalade
		Fruit drinks (sugared)
		Pudding (sugared)