

**SLEEVE GASTRECTOMY PROCEDURE
NUTRITION GUIDELINES**



Start Date: _____

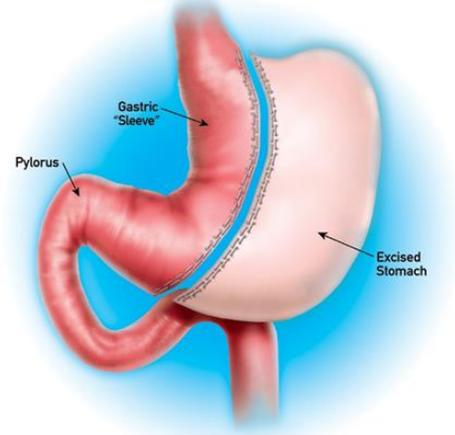
End Date: _____

STAGE 1 DIET

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

Liquids Only

- Sip 1 ounce (30 ml) over 15 minutes.
- To prevent you from swallowing air, we recommend that you take a small sip, blow air out through your nose and then swallow. Also, avoid using straws or chewing gum.
- **Stop sipping if you feel fullness, pain, or nausea.**
- Adequate protein intake is important for proper healing of your incisions and new stomach pouch. Protein is equally important for the prevention of hair loss and maintaining muscle mass during weight loss. During the Stage 1 diet, you will be drinking small amounts of liquids throughout the day. Therefore, it is important to choose liquids high in protein.
- Be sure to consume **60- 80 grams of protein everyday.**
- **Please consult with your Registered Dietitian for more selections or if you experience any intolerances.**
- To prevent dehydration, try to sip at least 48 to 64 ounces of **total fluids** each day. Devise a system to track the quantities of fluids you are drinking each day.
- You may restart your vitamins **1 week** after surgery (when you start on stage 2).



CLEAR LIQUID CHOICES:

- Water
- Crystal Light®, Fruit 2 O®, Propel®
- Minute Maid Light,® or other **diet or “light”** juices– avoid diet *citrus* juices as they are hard to tolerate during this stage (and continue to avoid regular juice from now on due to high sugar content)
- Decaffeinated tea (hot or iced), decaffeinated coffee
- Chicken broth, beef broth, vegetable broth or bouillon
- Sugar-free Popsicles®, Sugar-free Jell-O®

LIQUID PROTEIN CHOICES:

<i>Protein Shakes</i>	<i>Protein (g)</i>	<i>Protein Powders</i>	<i>Protein (g)</i>
Slim Fast® Advanced, Myoplex® Lite, Lean Shake (GNC), Six Star Pro Nutrition Protein shake	20g per 11 oz	100% whey or soy protein powder (any brand)- you may blend with <i>frozen fruit</i> . <i>Bariatric Fusion Meal Replacement Powder</i>	~20-25g protein/scoop Mix this scoop with 8oz milk and you'll add 8g more protein
Muscle Milk® Light, Myoplex® Lite, Myoplex Carb Control, Premier Nutrition shake, Pure Protein shake, Ensure Max 30g, Oh Yeah! Protein shake	25g-32g per 11-14 oz	Unjury® (order at www.unjury.com)	20g protein per packet
Milk Fairlife Fat free milk	13g in 1 cup	Isopure® Fruit-flavored clear protein beverage) (<i>Found at GNC or the Vitamin Shoppe</i>) <i>Atkins™ Lift clear protein beverage (grocery) or Premier Clear (Sam's Club)</i>	40g pro / 20 oz bottle 20g protein per 17oz

Recipes for use on the Stage 1 diet can be found on our website (www.lifeweigh.com) under "Patient Info".

Note: To meet your protein goal, be sure to consume protein shakes containing at least 20g protein per 11 ounces.

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STAGE 1 DIET

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

1. Alternate each hour you are awake with 6 ounces of a protein beverage (protein shake, milk, protein powder mixed with milk, etc) or 6 ounces of clear liquids (water, Crystal Light®, Fruit 2 O®, Propel®, Minute Maid Light®, or decaffeinated tea). You may also choose from any of the protein beverages or clear liquids listed on the previous page.
2. Important note: 1 ounce of fluid should be consumed over 10 minutes
3. Do not exceed a total of 6 ounces in an hour.
4. Aim for a total of 48-64 ounces of liquids per day.
6. **DO NOT FORCE FLUIDS.** It is important to stop sipping if you feel full.
7. **Aim for 60-80 grams of protein everyday.**



1 medicine cup = 1 ounce.
Sip 1 ounce over 10 -15 minutes.

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

8:00am	4-6 ounces protein beverage	3:00 pm	<i>break</i>
9:00 am	4-6 ounces clear liquids	4:00pm	4-6 ounces protein beverage
10:00am	4-6 ounces protein beverage	5:00 pm	4-6 ounces clear liquids
11:00am	4-6 ounces clear liquids	6:00pm	4-6 ounces protein beverage
Noon	4-6 ounces protein beverage	7:00pm	4-6 ounces clear liquids
1:00 pm	4-6 ounces clear liquids	8:00pm	4-6 ounces protein beverage
2:00 pm	4-6 ounces protein beverage	9:00 pm	4-6 ounces clear liquids

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

**SLEEVE GASTRECTOMY PROCEDURE
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STAGE 2 DIET

Start Date: _____

End Date: _____

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

Liquids and Pureed Foods

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

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STAGE 2 DIET

1. Choose Protein foods first:

- Greek Yogurt (2% or skim, low-sugar): Dannon® Light and Fit® Greek, Yoplait® Greek 100 calories, Oikos Triple Zero Greek, Chobani Simply 100 or any plain 0% fat Greek yogurt (add Splenda® or blended fruit to sweeten) or Chobani reduced sugar 2%, Siggis yogurts
- Blended, mushy cooked eggs
- Blended low-fat cottage cheese
- Blended water-packed tuna or chicken- blend with chicken broth, light mayo or your favorite broth-based or tomato-based soup
- Blended cooked lean meat such as chicken, moist fish, pork, turkey, beef, or veal
- Blended well-cooked lentils (kidney beans, pinto beans, black beans)
- Fat free refried beans – mix with a sprinkle of cheese
- Blended bean soups, blended chili
 - Note: If beans and chili cause excessive gas, wait until Stage 3 to reintroduce beans and lentils.
- Low-fat ricotta cheese – mix with a little spaghetti sauce/pasta sauce (watch sugar content)
- Soft silken tofu- as part of a smoothie or with a sprinkle of parmesan cheese
- Power Pak Protein Pudding from GNC (30g protein) or add whey protein powder to any sugar free pudding.

Measurements

1 medicine cup = 1 ounce
2 Tablespoons = 1 ounce
4 Tablespoons = ¼ cup
8 Tablespoons = ½ cup
4 ounces = ½ cup

2. Fruits and Vegetables next:

Vegetables

- Blended, cooked vegetables (homemade or baby food): green beans, carrots, tomatoes, zucchini, well-cooked and blended red or green peppers
 - Note: Gassy vegetables such as celery, cabbage, cauliflower, broccoli, and Brussels sprouts may not be as well tolerated on this diet stage.

Fruit

- Unsweetened applesauce
- Unsweetened, blended fruit (homemade or baby food), dilute as needed to achieve applesauce-like consistency: bananas, peaches, plums, apples, pears, mango
 - Note: avoid strained fruit desserts (i.e. pie fillings) and fruits with skin, seeds, and pulp

3. Starches / Grains last:

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

**½ cup = 4 ounces
or 4 medicine cups**



Protein



Protein



Vegetables/
Fruits



Starches
(if any room)

Tip: If you have 100% whey or soy protein powder, add it to yogurt, oatmeal or pudding to boost the protein content of your foods.

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STAGE 2 DIET

Ideas for Blended Meals

- Blend cooked chicken with chicken broth.
- Blend canned tuna with light mayo and relish. Add black pepper to taste.
- Blend cottage cheese with canned peaches.
- Blend canned black beans with chicken broth and cilantro.
- Blend any vanilla protein beverage with decaffeinated coffee to create your own “Frappuccino”.
- Blend oatmeal, skim milk and 1 scoop protein powder. Add cinnamon to taste.
- Blended tuna casserole: blend tuna, lemon juice, hot milk and hot water.
- Blended meatloaf: blend 2 oz lean ground sirloin with ¾ cup beef broth, ½ small potato and 2 tablespoons cooked carrots.
- High protein hot cocoa: 8 oz very warm skim milk, 1 package sugar-free hot cocoa mix and ¼ cup non-fat dry milk powder blended until smooth.

**STAGE 2 DIET
SAMPLE MENU**

Breakfast 8:00 am

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

} ½ cup total

9:00-9:30 am sip on fluids

Snack 10:00 am

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

11:00-11:30 am sip on fluids

} ½ Premier Nutrition protein shake = 15g protein

Lunch 12:00 noon

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

} ½ cup total

1:30-2:30 pm sip on fluids

Snack 3:00 pm

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

4:30-5:30 pm sip on fluids

} ½ Premier Nutrition protein shake = 15g protein

Dinner 6:00 pm

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

} ½ cup total

7:00-7:30 pm sip on fluids

Snack 8:00 pm

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

8:30 pm-bed time sip on fluids

} ½ Premier Nutrition protein shake = 15g protein

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Remember: 60-80g protein is the goal.

Note:

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

Note: Please blend all foods on this list to a pureed/applesauce-like consistency

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

Food	Portion Size (cooked or prepared)	Approximate Protein Content (grams)
Beef, pork, chicken, turkey, fish	1 ounce (2 tbsp)	7
Cheese, hard (low-fat)	1 ounce	7
Tuna fish	1 ounce	7
Shrimp, lobster	1 ounce	6
Egg	1	6
Egg substitutes	¼ cup	6
Lentils	½ cup	9
Lima beans	½ cup	7
Red kidney beans	½ cup	8
Edamame (soybeans)	½ cup	14
Tofu, firm	¼ cup	10
Vegetarian burgers (i.e. Boca Burger®)	1 ounce (½ patty)	5
Refried beans (fat-free)	½ cup	6
Chili with beans (drained)	½ cup	10
Natural peanut butter	2 tbsp	7
Milk: skim/fat-free, 1%, or fat-free Lactaid®	8 ounces (1 cup)	8
Soy milk (plain, fat-free)	8 ounces	7
Light yogurt (fat-free, sugar-free)	6 ounce container	5
Greek style yogurt (plain, fat-free) (brands: Oikos®, Fage®, Chopani®)	5 ounce container	13
Cottage cheese (fat-free or low-fat)	½ cup	14
Sugar-free pudding, made with milk	½ cup	4
Protein Shakes	1 container	10-25g protein