

ROUX-EN-Y GASTRIC BYPASS SURGERY NUTRITION GUIDELINES

Start Date: _____

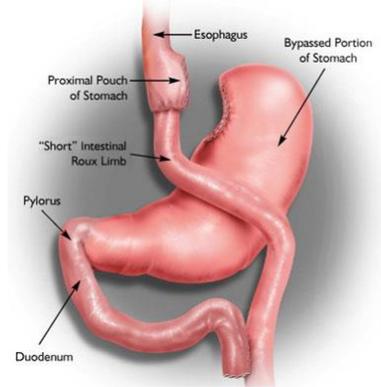
End Date: _____

Stage 1 Diet

Follow for the first 1 week after surgery

Liquids Only

- A medicine cup (1 ounce or 30 ml) is recommended for slow sipping. **Sip 1 ounce (30 ml) over 15 minutes (each 1/3 of the medicine cup should take 5 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.
- You will start on your vitamins 1 week after surgery (when starting on Stage 2). See attached page for vitamin information.



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, no cream
- Chicken broth, beef broth, vegetable broth or bouillon
- Sugar-free Popsicles® or Sugar-free Jell-O®
- **LIQUID PROTEIN CHOICES:**

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

Protein Shakes	Protein (g)	Protein Powders	Protein (g)
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 frozen fruit. Bariatric Fusion Meal Replacement Powder	~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, Ensure Max Oh Yeah! Protein shake	25g-32g per 11-14 oz	Unjury® (order at www.unjury.com) Isopure® Fruit-flavored clear protein beverage) (Found at GNC or the Vitamin Shoppe)	20g protein per packet 40g pro / 20 oz bottle
Milk Fairlife fat free milk	13g for 1 cup	Atkins™ Lift clear protein beverage (grocery) or Premier Clear (Sam's Club)	20g protein per 17oz

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

To prevent dumping syndrome, all fluids, including protein shakes, should not contain more than 10g sugar per serving.

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®, Mio® water enhancer, Fruit 2 O®, Propel®, decaffeinated tea or chicken/vegetable broth). 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 15 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.
5. **DO NOT FORCE FLUIDS.** It is important to stop sipping if you feel full.
6. **Aim for 60-80 grams of protein everyday.**



1 medicine cup = 1 ounce.
Sip 1 ounce over 15
minute's time.

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

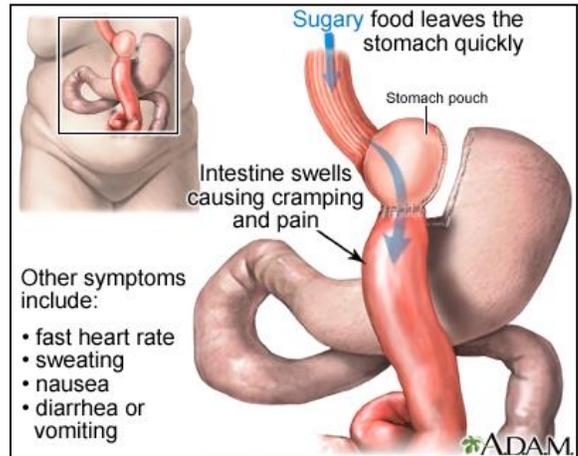
Tip: In order to keep track of your protein and fluid intake, it may be helpful to keep “food logs” of everything you drink during the first week. At your first appointment after surgery, your dietitian will ask you how many ounces you are drinking and how many grams of protein you are consuming per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

ROUX-EN-Y GASTRIC BYPASS SURGERY NUTRITION GUIDELINES

DUMPING SYNDROME

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

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



Avoid the following foods unless you are certain that they are

sugar-free:

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

Avoid the following beverages:

Regular soft drinks	Regular Slim Fast or High carb shakes
Regular fruit juice	Sports drinks
Regular fruit drinks	Any sugar-sweetened beverage

Ensure/Boost®

Alcohol

Do not consume foods or beverages with more than 10g sugar per serving because of the risk of dumping syndrome.

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

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

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

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

Vanilla Ice Cream

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

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

ROUX-EN-Y GASTRIC BYPASS SURGERY NUTRITION GUIDELINES

STAGE 2 DIET

Start Date: _____

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

End Date: _____

LIQUIDS AND PUREED SOLIDS

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

CLEAR LIQUID CHOICES:

These can be enjoyed between meals

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

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

STAGE 2 DIET

1. Choose Protein foods first

- Greek Yogurt (non-fat, 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)
- Soft cooked eggs
- Blended low-fat cottage cheese
- Blended water-packed tuna or chicken- blend with chicken broth, light mayo or any broth- based soup
- Blended cooked lean meat such as chicken, moist fish, pork, turkey, lean beef
- Blended well-cooked lentils (kidney beans, pinto beans, black beans)
- Fat free refried beans – combine with a little melted 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.

<u>Measurements</u>	
1 medicine cup	= 1 ounce
2 Tablespoons	= 1 ounce
4 Tablespoons	= ¼ cup
8 Tablespoons	= ½ cup
4 ounces	= ½ cup

B
l
e
n
d
e
d
F
o
o
d
s

2. Fruits and Vegetables next:

Vegetables

- Blended, cooked vegetables (homemade or baby food): green beans, carrots, zucchini, squash
 - Note: Some vegetables tend to be more gassy. If any of the following are causing extra gas pains, reduce the amount you are eating them: cooked and blended celery, cabbage, cauliflower, broccoli, and Brussels sprouts

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 and pulp

3. Starches / Grains last:

- Blended, low-fat soup (add your own chicken, meat or beans and blend – this will count as a protein!)
- 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

**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.

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

**STAGE 2 DIET
IDEAS FOR BLENDED MEALS**

- Blend cooked chicken with chicken broth and a touch of V8® juice or tomato juice.
- Blend canned tuna with light mayo and relish. Add black pepper to taste.
- Blend cooked Eggs with tomato juice/V8®.
- Blend cottage cheese with canned peaches.
- Blend canned black beans with chicken broth and cilantro.
- Blend any vanilla protein beverage with decaffeinated coffee to create your own “Frappuccino”.
- Blend oatmeal, skim milk and 1 scoop protein powder. Add cinnamon to taste.
- Blended tuna casserole: tuna, lemon juice, hot milk and hot water blended together.
- Blended meatloaf: blend 2 oz lean ground turkey 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 eggs
- 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 mashed 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

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.

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

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