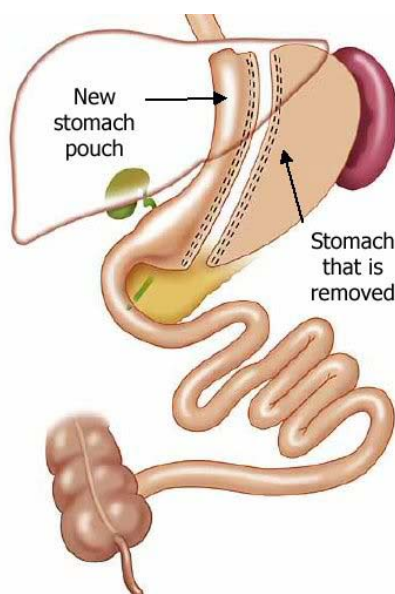


## Sleeve Gastrectomy Nutritional Guidelines



### Nutrition Staff:

| Dietitian            | Phone Number | Email Address                                                        | Fax Number   |
|----------------------|--------------|----------------------------------------------------------------------|--------------|
| Despina Hyde MS, RD  | 212-263-8495 | <a href="mailto:Despina.hyde@nyumc.org">Despina.hyde@nyumc.org</a>   | 212-263-3757 |
| Shannon Carey, MS RD | 212-263-1019 | <a href="mailto:Shannon.carey@nyumc.org">Shannon.carey@nyumc.org</a> | 212-263-3757 |

## Pre-Op Liquid Diet Instructions- Start 2 weeks before surgery

| Product                                                                                                            | Brand Name                                                                     | Nutrition per Serving                                                          | Available                                                   | Drinks/Day |
|--------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|--------------------------------------------------------------------------------|-------------------------------------------------------------|------------|
| <br>2 scoops + 8 oz water         | <b>Bariatric Advantage</b><br>High Protein Meal Replacement                    | 150-160 calories<br>27gms protein<br>7gms total carbs<br>5gms fiber            | Online Product<br><br>Please see order attached order form. | 6 per day  |
| <br>1 packet + 9oz water          | <b>New Direction</b><br>protein powder<br>(kosher – dairy)                     | 200 calories<br>27gms protein<br>10gms total carbs<br>0-5gms fiber             | Medical Product<br>(can only be purchased in our office)    | 5 per day  |
| <br>11oz bottle                   | <b>Carnation Instant Breakfast</b><br>(kosher – dairy)                         | 150 calories<br>12gms protein<br>16gms total carbs<br>2gms fiber               | Supermarkets<br>Drugstores<br>Online                        | 6 per day  |
| <br>11oz can                      | <b>Slim Fast High Protein</b><br>(kosher – dairy)                              | 190 calories<br>15gms protein<br>24gms total carbs<br>5gms fiber               | Supermarkets<br>Drugstores<br>Online                        | 5 per day  |
| <br>11oz can                      | <b>Slim Fast Lower Carb</b><br>(kosher – dairy)                                | 180 calories<br>20gms protein<br>4gms total carbs<br>2gms fiber                | Supermarkets<br>Drugstores<br>Online                        | 5 per day  |
| <br>14oz bottle                  | <b>Muscle Milk Light</b><br>(kosher – dairy)<br><i>Lactose Free</i>            | 160 calories<br>20gms protein<br>12gms total carbs<br>5gms fiber               | Supermarkets<br>Drugstores<br>Online                        | 5 per day  |
| <br>8oz bottle                  | <b>Glucerna Shake</b><br>(kosher – dairy)<br><i>Lactose Free</i>               | 200 calories<br>10gms protein<br>27gms carbs<br>5gms fiber                     | Supermarkets<br>Drugstores<br>Online                        | 5 per day  |
| <br>1 scoop + 8oz fat free milk | <b>Challenge Whey</b><br>Kosher Protein Powder (Kof K)<br>Cholov Yisroel Dairy | 185 calories<br>16gms protein<br>14gms total carbs (with milk)<br>0gms fiber   | Health Food Store<br>Online                                 | 5 per day  |
| <br>1 scoop + 8oz fat free milk | <b>Naturemax Plus</b><br>Soy Protein Power<br>(kosher – soy)                   | 190 calories<br>28gms protein<br>14gms total carbs (with milk)<br>0.5gms fiber | Health Food Store<br>Online                                 | 5 per day  |

### OTHER OPTIONS (to be used for protein supplementation or to help meet protein needs)

| Product                                                                                                            | Brand Name                                                 | Nutrition per Serving                                          | Available                                                           | Comments                       |
|--------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------|----------------------------------------------------------------|---------------------------------------------------------------------|--------------------------------|
| <br>1 scoop + 8oz fat free milk | <b>Unjury</b><br>(not kosher)                              | 180 calories<br>28gms protein<br>15gms total carbs (with milk) | <a href="http://www.unjury.com">www.unjury.com</a><br>(800)517-5111 | *Chicken soup flavor available |
|                                 | <b>Isopure Plus</b><br>(not kosher)<br><i>Lactose Free</i> | 60 calories<br>15gms protein<br>0gms total carbs               | GNC                                                                 | *Clear, fruit flavored drink   |

## More Pre-op Diet Instructions

You will have 1000 calories per day and at least 50 grams of protein. No more than 35 grams of fat daily. Most of the calories, protein and fat in your diet will come from the shakes.

### **Additional Permitted Beverages:**

- You may also drink sugar free beverages throughout the day. Water, diet soda, diet ice tea, crystal light, diet lemonade, diet Snapple and the like are unlimited. Limit caffeinated beverages as they will make it more difficult to stay hydrated. **Limit coffee and diet soda to 2 cups daily.** Caffeine free is OK. You may have skim milk and artificial sweetener in coffee.
- **NO ALCOHOLIC BEVERAGES ALLOWED** during this time as it also impacts your liver adversely.

### **Additional Permitted Snacks:**

- Sugar Free Gum, Sugar Free Popsicles and Sugar Free gelatin are permitted. **Limit to 30 calories per day.**
- Low sodium broth (i.e. Herb Ox or bouillon cubes).
- Vegetables (raw or cooked) steamed, boiled, grilled or in a soup. **Limit 2 cups daily.**
- Permitted vegetables include lettuce, spinach, cucumber, onion, tomato, broccoli, cauliflower, carrots, mushroom, zucchini, string beans, okra, cabbage, asparagus, Brussels sprouts and peppers.
- **No corn, peas, potatoes, or beans-too many calories.**
  - Mustard, salsa, vinegar are permitted in small amounts.
  - Limit fat free dressing to 2 tablespoons daily.
  - **NO** added fats, oils, butter, margarine, mayonnaise, etc.

**Compliance to this pre-op diet is mandatory.** This is to help shrink or “de-fat” your liver. Shrinkage of the liver makes the surgery significantly safer and easier.

## First 2 Weeks after Surgery – Thin Liquid Diet (Week 1 and 2)

♥ **For the first 2 weeks after the surgery you will be on a thin liquid diet.**

Anything that is thin enough to be sipped through a straw is permitted. However, do not use a straw to drink as it may cause gas and discomfort. Choose **caffeine-free** beverages like *Wyler's Light*, diet ice tea, *Crystal Light*, broth, skim milk, sugar free hot chocolate, tomato juice, tomato soup, water, V8 vegetable juice, *Vitamin Water*, decaf coffee/tea, ices, *Propel*, diluted juice, *V8 Splash*. Avoid carbonated drinks as they may cause vomiting or gas.

♥ **Include AT LEAST, but not limited to, 3 protein shakes per day.** You may have a pre-made shake such as *Slim Fast*, *Carnation Instant Breakfast*, *Muscle Milk Light*, *Naturemax Plus*, *Isopure* or prepare your own. To prepare your own, blend one scoop of a protein powder such as *Unjury* or *Isopure Protein Powder* into 4 oz of liquid (preferably milk) with some ice. *Carnation Instant Breakfast*, *ALBA mix*, *Weight Watcher* shake mix can be used as well. For the first several days, consider diluting protein shakes with water or milk to avoid risk of vomiting or pain.

♥ **Limit fluid intake to sips at a time.** Sip your fluids slowly all day long. Do not gulp. HINT: Drink fluid as if you were drinking hot tea. This will prevent your pouch from stretching, and prevent nausea/vomiting. It may take 1 hour to drink 8 ounces of fluid.

♥ **Adequate hydration prevents dehydration and constipation.** Have a goal of consuming 6-8, eight oz glasses of fluid per day.

♥ **All medications must be crushed or in liquid form for at least 2 weeks.** You are advised to take a chewable or liquid multivitamin supplement daily due to your low caloric and nutrient intake. Examples: ***Centrum Adult Multivitamin***, ***Flintstones Children Multivitamin*** (take two), ***Maxi Health*** chewable multivitamins (kosher) or ***Freeda Monocaps*** multivitamin (kosher and vegetarian) in chewable or liquid form. It is also recommended that you take a chewable calcium with vitamin D supplement daily (i.e. ***Twin Labs Calcium Citrate Wafers***, ***Calcet***, ***Maxi Health*** Chewable Calcium (kosher).

**\* YOU WILL COME BACK IN 7-10 DAYS AFTER SURGERY FOR A CHECK UP.**

## Sample Liquid Diet –First 2 Weeks after Surgery

DRINK THROUGHOUT THE DAY! STAY HYDRATED! Goal is 6-8 cups fluids daily.

### MORNING IDEAS

1 cup protein shake  
1 cup *Propel* **or** tea **or** coffee

### AFTERNOON IDEAS

½ cup protein shake  
1 cup vegetable juice **or** water  
1 cup of tomato soup

### EVENING IDEAS

½ cup protein shake  
1 cup *Crystal Light* **or** *Wyler's Light*  
1 cup broth  
1 diet ice pop

### REMINDER!

- Try to consume at least 3 protein shakes (*Slim Fast*, *Muscle Milk Light*, *Carnation Instant Breakfast* etc.) every day! They will help give you energy and protein. It will help promote wound healing and help preserve muscle.
- Shake idea: take 4 oz milk, crushed ice, and blend with 1 scoop protein powder (i.e. *Unjury Whey Protein Powder*) to make a protein smoothie.

HINT: The first 2 weeks are the most challenging! It is suggested that you avoid watching TV during this time due to the large number of food commercials. Choose other activities such as reading books, knitting, writing, using the Internet, talking on the telephone, etc., to help keep your mind off of food.

## POSTOPERATIVE VITAMIN SUPPLEMENTATION: SLEEVE GASTRECTOMY

| <b>Multivitamin:</b><br>200% of Daily Value of at least 2/3 of nutrients |                                                                                                                                                                                                                                                                                      |
|--------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                          | <ul style="list-style-type: none"> <li>• Begin on day 1 after hospital discharge</li> </ul>                                                                                                                                                                                          |
| <b>What to look for:</b>                                                 | <ul style="list-style-type: none"> <li>• “Complete Formula” containing the RDA for iron and zinc.</li> <li>• Choose chewable or liquid form. Avoid time-released supplements and enteric coating.</li> <li>• Children’s formulas are ok if they are listed as “Complete.”</li> </ul> |
| <b>Tips:</b>                                                             | <ul style="list-style-type: none"> <li>• May be taken with food.</li> <li>• Do not mix multivitamin containing iron with calcium supplement (take at least 2 hr apart).</li> <li>• Take 2-3 doses day; spread out doses.</li> </ul>                                                  |
| <b>Brands:</b>                                                           | <ul style="list-style-type: none"> <li>• Centrum Chewable Multivitamins (2/day)</li> <li>• Flintstones Complete Multivitamins (2/day)</li> <li>• Bariatric Advantage VitaBand Multivitamin (3/day)</li> <li>• Maxi Health Chewable (Kosher - 3/day)</li> </ul>                       |
| <b>Foods:</b>                                                            | <ul style="list-style-type: none"> <li>• Choose a variety of foods including fruits, vegetables, lean protein and whole grains, to optimize nutrition status.</li> </ul>                                                                                                             |

| <b>Calcium &amp; Vitamin D:</b><br>1000-1500 mg/day calcium & 400-800 IU vitamin D |                                                                                                                                                                                                                                                                                                                                  |
|------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                    | <ul style="list-style-type: none"> <li>• Begin on day 1 after hospital discharge</li> </ul>                                                                                                                                                                                                                                      |
| <b>What to look for:</b>                                                           | <ul style="list-style-type: none"> <li>• Choose a brand that contains <i>calcium citrate</i> and <i>vitamin D3 (cholecalciferol)</i>.</li> <li>• Choose chewable form.</li> </ul>                                                                                                                                                |
| <b>Tips:</b>                                                                       | <ul style="list-style-type: none"> <li>• Take 2x/day; split into 500–600 mg calcium doses evenly throughout day for optimal absorption.</li> <li>• Do not combine calcium with iron containing supplements.</li> <li>• Also include calcium-containing low fat dairy beverages/foods in diet; up to 3 servings daily.</li> </ul> |
| <b>Brands:</b>                                                                     | <ul style="list-style-type: none"> <li>• Chewable Caltrate 600-D Calcium with Vitamin D (2/day)</li> <li>• Chewable OS Cal 500 + D (2/day)</li> <li>• Calcet Citrate Creamy Bites (2/day)</li> <li>• Bariatric Advantage Calcium Citrate Chewy Bite (2/day)</li> </ul>                                                           |
| <b>Food with Calcium &amp; Vit D:</b>                                              | <ul style="list-style-type: none"> <li>• Dairy products, broccoli, kale, collards, calcium fortified foods, canned fish with bones.</li> </ul>                                                                                                                                                                                   |
| <b>In case of deficiency:</b>                                                      | <ul style="list-style-type: none"> <li>• 50,000 IU/WEEK Vitamin D2 orally/intramuscularly for 8 weeks</li> </ul>                                                                                                                                                                                                                 |

| <b>Iron:</b><br>36-45mg/day   |                                                                                                                                                                                                                     |
|-------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>What to look for:</b>      | <ul style="list-style-type: none"> <li>• Low risk patients may meet iron requirements by taking 2 complete multivitamins/day.</li> <li>• Higher risk patients may be prescribed additional iron by MD.</li> </ul>   |
| <b>Tips:</b>                  | <ul style="list-style-type: none"> <li>• Vitamin C may enhance iron absorption.</li> <li>• Calcium supplements, dairy foods, coffee or tea inhibit absorption – do not take within 2 hrs of these items.</li> </ul> |
| <b>Brands:</b>                | <ul style="list-style-type: none"> <li>• Slow Fe (1/day)</li> <li>• Vitron C (1/day)</li> <li>• Maxi Health Maxi Liquid Gentle Iron (kosher – 1/day)</li> </ul>                                                     |
| <b>Food with Iron:</b>        | <ul style="list-style-type: none"> <li>• Beef, tofu, mussels, clams, organ meats, black beans, chick peas, spinach, canned tuna/salmon</li> </ul>                                                                   |
| <b>In case of deficiency:</b> | <ul style="list-style-type: none"> <li>• ≤300mg/day (given in 3-4 doses throughout the day on empty stomach)</li> </ul>                                                                                             |

| <b>Vitamin B12:</b><br>500 mcg |                                                                                                                                                                                               |
|--------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Tips:</b>                   | <ul style="list-style-type: none"> <li>• May be taken with multivitamin.</li> <li>• Supplements in crystalline form are best absorbed.</li> </ul>                                             |
| <b>Brands:</b>                 | <ul style="list-style-type: none"> <li>• Nature's Bounty Natural B-12 Sublingual Vitamin</li> <li>• Nature Made Vitamin B-12 tablets</li> <li>• Maxi Health B-12 Lozenges (kosher)</li> </ul> |
| <b>Food with B12:</b>          | <ul style="list-style-type: none"> <li>• Beef, trout, liver, clams, tuna, yogurt, fortified breakfast cereal</li> </ul>                                                                       |
| <b>In case of deficiency:</b>  | <ul style="list-style-type: none"> <li>• 1000 mcg/week IM for 8 weeks</li> <li>• After 8 weeks continue with 1000 mcg/month IM or 350-500 mcg/day orally</li> </ul>                           |

**\*\*\*NOTE: Have bloodwork monitored annually by your surgeon or dietitian to assess nutrition status \*\*\***

## Second 2 Weeks after Surgery – Puree Diet (Week 3 and 4)

\*You can begin eating pureed foods after your first 2 weeks of liquids is completed.

\* From this point on you should begin to avoid drinking with meals as this may predispose you to vomiting. It is recommended that you stop drinking 30 minutes before your meal and wait 30 minutes after your meal to drink.

\*Focus on a balanced healthy diet with an emphasis on protein and nutrient rich foods. Sample food ideas are below.

\*To puree food, cut food into small pieces (size of a pencil eraser) and then cook. Drain the fluid and set it aside. Blend the food and liquid (can be juice or broth, too) in a blender/food processor. Blend until applesauce consistency. Strain any lumps or pieces. Use spices to flavor food. Final consistency should be smooth.  
**Baby food works too.**

### EASY PUREED IDEAS

|                                                                                           |                                                                                                                                                                                                                                                                            |
|-------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>HIGH PROTEIN CHOICES→</b><br>Fish, Chicken, Meat, Beans, Soy                           | Cooked pureed protein such as: flakey, fork mashed fish (tilapia, flounder). Tuna fish or egg salad fork mashed or blended well with low fat mayo (no added vegetables.) Silken tofu, non fat refried beans, hummus, split pea soup. Blended chicken or blended meatballs. |
| <b>HIGH PROTEIN CHOICES→</b><br>Milk, Cheese, Yogurt<br><i>Choose 1% or non-fat dairy</i> | Low fat milk, low fat/sugar free yogurt. Ricotta cheese, cottage cheese. Sugar free pudding.                                                                                                                                                                               |
| Fruits & Vegetables                                                                       | Baby food fruits and vegetables, pureed canned fruits and vegetables, low fat creamed spinach, applesauce, pureed squash.                                                                                                                                                  |
| Grains, Cereal                                                                            | Cream of wheat or farina, mashed potatoes (limit). Runny oatmeal.                                                                                                                                                                                                          |
| Fats and Oils                                                                             | Limit all!                                                                                                                                                                                                                                                                 |
| Beverages<br>8 (8oz) cups/day                                                             | Low or no calories drinks like <i>diet Snapple, crystal lite</i> , water, broth, sugar free ice pops, sugar free Jell-O, tea, sugar free <i>Kool Aid, Fruit 2 0, Propel</i> . Avoid carbonation!                                                                           |

❖ Shakes (i.e. Slim Fast) may be used as a meal replacement.

❖ Blended soups can also be a meal. Blend any soup in blender/food processor and serve. May wish to add broth to thin out soup.

## **Sample Puree Diet – Second 2 Weeks after Surgery**

**(No crunchy raw fruits or vegetables. Food should be fork mashed or blended.) Pick ONE item from each suggested meal.**

### **Breakfast ideas:**

1. scrambled eggs (1-2 eggs)
2. yogurt (6 ounces)
3. cottage cheese (1/2 cup)
4. farina, cream of wheat (made with milk- ½ cup)
5. applesauce (1/2 cup)
6. protein shake (10 ounces)

**Note: All serving sizes are estimated at ½ cup to 1 cup per meal. Stop as soon as you feel full or uncomfortable in any way.**

### **Lunch and Dinner ideas:**

1. tuna fish (fork mashed with mayo, no celery)
2. cottage cheese or yogurt and pureed fruit
3. soft white fish with mashed potato
4. eggs with or without cheese
5. egg salad with low fat mayo
6. pureed chicken with mashed potato
7. soup (lentil, pureed vegetable soup, creamed soup)
8. tofu with pureed or soft mashed veggies
9. baby food

*For people who do not want to do any preparing, all canned and jarred baby foods are acceptable. Choose ones low in sugar and higher in protein (meat and chicken.) All foods can be eaten (low in sugar) as long as they are put into a blender and the final consistency is puree.*

## Easy Mushy/Pureed High Protein Recipes

The following recipes were created by Judi Lynch, MA.

1. **Sweet Ricotta Cheese:** Part Skim Ricotta Cheese, Splenda, Cinnamon and Choice of flavored extract like Vanilla or Almond.
2. **Noodle-less Lasagna:** Part Skim Ricotta Cheese, Ragu, Low fat Mozzarella and Parmesan Cheese. Microwave one minute.
3. **Burrito-less Burrito:** Refried beans, Taco Sauce or Smooth Salsa, Low Fat Cheddar Cheese. Microwave 1 minute. Top with tablespoon of Low Fat Sour Cream.
4. **Deviled Egg Salad:** 1-2 Hard Boiled Eggs, Low Fat Mayonnaise, Low Fat Vegetable Cream Cheese. Mush well with Fork. Must be moist!
5. **Protein Shake:** Scoop of Protein Powder (i.e. Body Fortress Premium Whey Protein Powder, 8 Ounces Skim or 1% Milk. Shake or Blend with ice.
6. **Protein Pudding:** In a blender put 2 ¼ cups of Skim or 1% milk, 1 package of Sugar Free/Fat Free Instant Pudding and 3 scoops of protein powder. Divide into 3 servings and enjoy as a meal.

**Note: All serving sizes are estimated at ½ cup to 1 cup per meal.**

For more recipes check out the book “**Eating Well After Weight Loss Surgery**” by Patt Levine and Michele Bontempo-Saray and “**Recipes for Life after Weight-Loss Surgery**” by Margaret M. Furtado... great cookbooks for patients who had weight loss surgery. Look for these books at [www.amazon.com](http://www.amazon.com) or [www.half.com](http://www.half.com) or at your local library or bookstore.

## **Sleeve Gastrectomy Nutrition Rules**

- ❖ You will be on a high protein liquid diet for the first two weeks after surgery to allow for proper healing. Then you will progress to puree for the following four weeks. Every few weeks after that you will slowly wean yourself on to solid foods.
- ❖ Meals should always include protein first, then fruits and vegetables, and then whole grains. Protein will help preserve lean muscle and help promote wound healing.
- ❖ Protein rich foods usually come from animal products (chicken, fish, eggs, cheese, yogurt, etc). Beans, nuts (peanut butter) and tofu and also great sources of protein.
- ❖ Avoid concentrated sugars; they are high in calorie and will slow down weight loss.
- ❖ Limit fats; they can lead to nausea and weight gain.
- ❖ Eat 3 small nutrient dense meals daily.

### **IMPORTANT EATING BEHAVIORS:**

- ❖ Eat slowly – it should take ½ hour for each meal!
- ❖ Chew slowly and thoroughly – at least 25 times!
- ❖ Remember the stomach can only hold a small amount of food at each meal. Eventually it can hold about ½ to 1 cup per meal. (After 6 months a ½ sandwich could be a meal. After 1 year a Lean cuisine sized entrée can be a meal.)
- ❖ Stop eating when you feel full-if ignored, vomiting will follow.

# **Sleeve Gastrectomy Nutrition Rules**

## **PREVENTING FOOD INTOLERANCES:**

- ❖ Introduce new foods one at a time in order to rule out intolerance. If a food is not tolerated, take it out of your diet for a week and reintroduce it one week later.
- ❖ If you cannot tolerate dairy, substitute Lactaid for milk. You may need to take Lactase pills with dairy to help digest the lactose.

## **FLUIDS:**

- ❖ Drink at least 6 – 8 cups (8oz) of fluid per day to prevent dehydration and constipation. You can carry a water bottle around with you.
- ❖ Restrict fluid intake at meals to allow room for solid foods. Stop drinking liquids 30 minutes before meals and resume 30 minutes after meals.

## **SUPPLEMENTS:**

- ❖ Set up a schedule for supplements (refer to supplement form) and medications; remember to take Calcium with meals and separate from Iron supplements.

## **PHYSICAL ACTIVITY:**

- ❖ *Exercise!* This is the key to long term weight loss and maintenance. Walking should be the main exercise for the first 6 weeks. After 6 weeks, more strenuous exercises can be added. After 6 weeks, weight lifting or using weights in your aerobic exercise is encouraged as it helps build muscle.

# **Diet Progression after Gastrectomy**

This is a general guideline on when to add in various foods. Individual tolerance of certain foods will vary.

- **Day 1 Post – op:** Nothing by mouth. Ice chips allowed.
- **Day 2:** Advance to clear liquid diet.
- **First Two Weeks Post – Op (week 1 and 2):** Progress from Clears to thin liquid high protein diet. For the first several days, consider diluting protein shakes with additional water or skim milk to avoid risk of vomiting or pain
- **Second 2 Weeks (week 3 and 4) Post – Op:** Puree/Soft high protein foods (see attached sheet). Try and consume 4 – 6 oz of fluids every hour. Start the habit of eating protein first and avoiding drinking with your meals. Your goal is 40-50 grams of protein daily.
- **Week 5-6 Weeks Post – Op:** Soft solids. Soft-cooked vegetables, moist preparation cooked meats, soft cooked noodles, and canned fruits. Some examples are tofu, fish and seafood, thinly sliced deli turkey or ham, boiled chicken (cut up into small pieces) in broth, beans and peas, and well cooked pasta. The goal is 75 grams protein per day. A high protein diet may prevent hair loss.
- **7 Weeks Post – Op:** Poultry (no skin), soft cooked vegetables, soft fruits (watermelon, honeydew, peaches, plums), crisp toast and crackers. Moist grounds meat in red sauce.
- **3 Months Post – Op:** Rice, soft bread, lean ground meat and turkey, duck.
- **4 Months Post – OP:** Veal, crunchy fruits and vegetables including salads.
- **6 Months Post – OP:** Beef and pork (choose poultry and fish more often in view of lower fat content).

*\*\*\* The diet should always be high in protein and low in refined carbohydrates. Protein first, then vegetables, then fruits, and then preferably whole grains.*

## NUTRITION SUPPLEMENTS:

You will require vitamin and mineral supplements in order to prevent deficiencies. Remember, you are eating much less food, as well as the possibility of absorbing fewer nutrients, and therefore require supplemental vitamins, minerals and protein.

### First 4 Weeks after Surgery: All pills must be chewed or crushed!

- ❖ Chewable Multi – Vitamin (chewable children's): *Flinstone Complete* or *Centrum Chewable* with iron (chew 1 in the AM and 1 in the PM). 2/day.
- ❖ Chewable Calcium: *Tums* or *Calcet Creamy Bites* equaling 2000 mg per day (chew 1 with breakfast, 1 with lunch, 1 with dinner, 1 with snack). 4/day.
- ❖ Protein Shake: Make protein shake by choosing a protein powder (i.e.: *Designer Protein*, *GNC Challenge 95*, *Unjury Whey Protein*). \*1 scoop powder equals about 20 grams protein and 100 calories. Blend 1 scoop of protein powder with ½ cup milk, ice and 2 tsp. fruit. Premade shakes are also available (i.e.: *Isopure*, *Ultra Pure Protein*) Have 3 shakes per day as a meal replacement while on liquid diet.

### 4 Weeks after Surgery: You may start swallowing pills.

- ❖ Adult Multi – Vitamin: *Centrum with Iron*, *Geritol Complete*, or *GNC Ultra Mega* (may need to be broken in half) once daily
- ❖ Calcium: 1800mg Calcium Citrate (i.e.: *Citrical with Vitamin D*, [www.Vitalady.com](http://www.Vitalady.com) brand). You can only absorb 500mg of calcium at a time. Take throughout the day. Example: take a calcium supplement with each meal and one with a snack. If you are taking thyroid medication, take separately.
- ❖ Iron: As prescribed by your doctor if needed. Take on an empty stomach (i.e. first thing in the morning and/or before bed). Take with vitamin C to increase absorption (chewable). **Do not take with milk, calcium supplements, coffee, tea or antacids!**
- ❖ Protein Shake: If unable to consume 50 – 70 grams of protein / day from diet, then protein supplement may be indicated (protein bar or shake).

*(Labs will be followed and other supplements may be prescribed as needed.)*

## **IMPORTANT REMINDERS!**

- ✓ **Each meal should be centered around a protein rich food (i.e. egg, chicken, fish). Always eat your protein first, then vegetable and fruits. Save your starches (rice, cereal, bread, pasta, potatoes) for last. You should limit starches.**
- ✓ **If you experience increased hunger in the first 2 weeks, drink more calorie rich drinks (i.e. *Slim Fast*, milk). Do NOT advance your diet prematurely. You are on a liquid diet to help promote healing.**
- ✓ **If you experience excess gas make sure you are not using drinking straws as it promotes swallowing excessive gas. Other possible causes of gas include Lactose Intolerance, high consumption of sugar free foods, excess dietary fiber, and calcium carbonate. Make the appropriate changes if needed. For example, try *Dairy Care*, lactaid milk or soy milk if you are lactose intolerant. Talk to the MD or RD about products such as *GasX*, *Mylanta* or *Beano* to help reduce gas.**
- ✓ **If you experience constipation, increase fluid, dietary fiber and physical activity as medically feasible. Fiber rich foods include beans, oatmeal, fruits, whole grain breads and high fiber cereals. Add fiber slowly into your diet to avoid stomach upset. Increase your fluid intake as you increase your fiber intake.**
- ✓ **It is recommended that you keep a food journal. This will help you keep track of your eating habits. Bring the food journal to your nutrition follow up visits to review your progress with the nutritionist.**
- ✓ **It is very common to hit a weight loss plateau (weight loss stops for a period of time). Most people will experience one or more plateaus during their weight loss journey. This is NORMAL!!! Your body is becoming more adjusted to consuming fewer calories. At this time review your diet and your eating behaviors. Are you eating protein first? Are you limiting your fats and starches? Are you consuming “soft calorie” foods (i.e. ice cream)? Are you drinking at your meals? Review the original guidelines in this packet and adhere to them. Meet with your nutritionist to review your diet.**

## Protein Rich Foods

| <b>Food Name</b>            | <b>Portion</b> | <b>Calories</b> | <b>Protein Grams</b> |
|-----------------------------|----------------|-----------------|----------------------|
| Beans Cnd, Baked            | 1/2 cup        | 123             | 7                    |
| Beans, Kidney, Cnd          | 1/2 cup        | 112             | 8                    |
| Beef Eye of Round           | 3oz            | 143             | 21                   |
| Cheese, American Fat Free   | 1oz            | 40              | 6                    |
| Cottage Cheese 1%           | 1/2 cup        | 82              | 14                   |
| Reg Cottage Cheese          | 1/2 cup        | 109             | 13                   |
| Grated Parmesan Cheese      | 1/4 cup        | 128             | 12                   |
| Mozzarella Cheese part skim | 1oz            | 78              | 8                    |
| Ricotta Cheese part skim    | 1/4 cup        | 90              | 8                    |
| Skinless Chicken Breast     | 3oz            | 138             | 26                   |
| Skinless Chicken Leg        | 3oz            | 162             | 21                   |
| Baked Cod                   | 3oz            | 89              | 21                   |
| Steamed Crab                | 3oz            | 82              | 17                   |
| Egg                         | 1              | 78              | 6                    |
| Baked Flounder              | 3oz            | 62              | 21                   |
| Baked Halibut               | 3oz            | 119             | 21                   |
| Ham Lean                    | 3oz            | 133             | 21                   |
| Ground Beef                 | 3oz            | 169             | 21                   |
| Lobster, Steamed            | 3oz            | 77              | 16                   |
| Skim Milk                   | 1 cup          | 86              | 8                    |
| Skim Milk Plus              | 1 cup          | 120             | 11                   |
| Chick Peas                  | 1/2 cup        | 134             | 7                    |
| Pork Tenderloin             | 3oz            | 139             | 21                   |
| Baked Salmon                | 3oz            | 155             | 21                   |
| Steamed Shrimp              | 3oz            | 84              | 18                   |
| Soybeans                    | 1/2 cup        | 149             | 14.3                 |
|                             |                |                 |                      |
|                             |                |                 |                      |
| <b>Food Name</b>            | <b>Portion</b> | <b>Calories</b> | <b>Protein Grams</b> |

|                            |         |     |      |
|----------------------------|---------|-----|------|
| Soymilk                    | 1 cup   | 89  | 12.8 |
| Soynuts                    | 1/4 cup | 202 | 15   |
| Sirloin Steak              | 3oz     | 166 | 26   |
| Baked Swordfish            | 3oz     | 132 | 21   |
| Tempeh                     | 1/2 cup | 165 | 15.7 |
| Texturized Soy Protein     | 1/2 cup | 59  | 11   |
| Tofu                       | 1/2 cup | 94  | 10   |
| Tuna                       | 3oz     | 111 | 25   |
| Turkey Breast              | 3oz     | 105 | 21   |
| Veal Loin                  | 3oz     | 149 | 21   |
| Veal Leg (top round)       | 3oz     | 128 | 21   |
| Yogurt (sugar free) frozen | 1/2 cup | 80  | 7    |
| Yogurt, Fruit (fat free)   | 1 cup   | 120 | 11   |
| Yogurt w/o fruit, (lowfat) | 1 cup   | 194 | 11   |

### **Nutritional Quiz:**

You must complete the nutritional quiz provided to you in this packet and return it to the office prior to or on the day of your pre-surgical testing.

You may drop off the quiz at the front desk or you can fax it to the office at: (212) 263 – 3757.

### **Notes:**

## NYU LANGONE WEIGHT MANAGEMENT PROGRAM

**Patient Name:** \_\_\_\_\_

**Date Of Birth:** \_\_\_\_\_

### QUIZ – Sleeve Gastrectomy

1. This surgery for obesity will require me to have periodic follow up visits with my physician for the rest of my life. TRUE or FALSE
2. List 3 items you will be able to consume for the first 2 weeks after your surgery.  
1. \_\_\_\_\_ 2. \_\_\_\_\_ 3. \_\_\_\_\_
3. List 3 examples of foods that would be appropriate starting on the 4<sup>th</sup> week after your surgery? \_\_\_\_\_
4. Briefly explain why you shouldn't drink and eat at the same time after your surgery. \_\_\_\_\_  
\_\_\_\_\_
5. How long do you have to avoid beverages before and after your meal?
  - a. 5 minutes before and 20 minutes after
  - b. 10 minutes and 10 minutes after
  - c. 30 minutes before and 30 minutes after
6. How much food can your stomach eventually hold at each meal after your surgery?
  - a. 1-2 tablespoons per sitting
  - b. ½ - 1 cup food per sitting
  - c. 3 cups per sitting
7. How much fluid should you consume daily?
  - a. 1-2 cups
  - b. 3-5 cups
  - c. 6-8 cup
8. List 2 important eating behaviors that will be important after surgery to prevent vomiting and/or discomfort? 1. \_\_\_\_\_ 2. \_\_\_\_\_

9. How long should it take you to consume a meal? \_\_\_\_\_
10. If I continue to consume high calorie foods and or beverages (i.e. cookies, ice cream juices)  
I will still lose weight easily after this surgery. TRUE or FALSE
11. A protein rich diet is important because it will promote wound healing after surgery and it  
will help preserve lean muscle mass. TRUE or FALSE
12. What foods below are high protein choices?
- A. eggs, turkey, milk
  - B. pasta, rice, bread
  - C. apples, carrots, spinach
13. What type of diet should be followed 2 weeks before your surgery? Why? \_\_\_\_\_  
\_\_\_\_\_
14. After surgery, I will be discharged from the hospital
- a. the same day
  - b. the next day
  - c. three days after surgery
15. When is your first office visit after the surgery? \_\_\_\_\_
16. After surgery, how often should blood work be monitored by your dietitian to assess nutrition  
status? \_\_\_\_\_
17. After surgery, weight loss is a guarantee and I will never regain weight.  
TRUE or FALSE

For Office Use Only

Reviewed by: \_\_\_\_\_ via: \_\_\_\_\_ date: \_\_\_\_\_