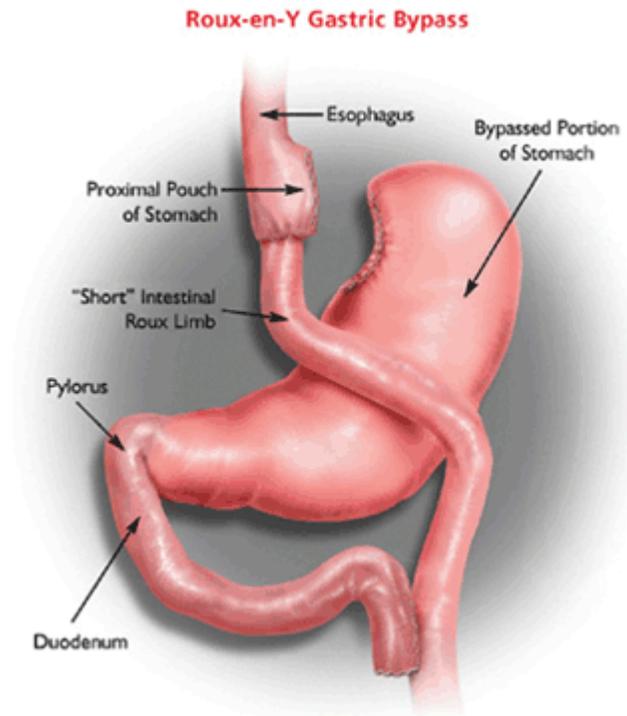


Roux-en-Y Gastric Bypass Nutritional Guidelines



Nutrition Staff:

Dietitian	Phone Number	Email Address	Fax Number
Despina Hyde, RD	212-263-8495	Despina.hyde@nyumc.org	212-263-3757
Shannon Carey, MS RD	212-263-1019	Shannon.carey@nyumc.org	212-263-3757

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

Product	Brand Name	Nutrition per Serving	Available	Drinks/Day
 2 scoops + 8 oz water	Bariatric Advantage High Protein Meal Replacement	150-160 calories 27gms protein 7gms total carbs 5gms fiber	Online Product Please see order attached order form.	6 per day
 1 packet + 9oz water	New Direction protein powder (kosher – dairy)	200 calories 27gms protein 10gms total carbs 0-5gms fiber	Medical Product (can only be purchased in our office)	5 per day
 11oz bottle	Carnation Instant Breakfast (kosher – dairy)	150 calories 12gms protein 16gms total carbs 2gms fiber	Supermarkets Drugstores Online	6 per day
 11 oz can	Slim Fast High Protein (kosher – dairy)	190 calories 15gms protein 24gms total carbs 5gms fiber	Supermarkets Drugstores Online	5 per day
 11oz can	Slim Fast Lower Carb (kosher – dairy)	180 calories 20gms protein 4gms total carbs 2gms fiber	Supermarkets Drugstores Online	5 per day
 14oz bottle	Muscle Milk Light (kosher – dairy) <i>Lactose Free</i>	160 calories 20gms protein 12gms total carbs 5gms fiber	Supermarkets Drugstores Online	5 per day
 8oz bottle	Glucerna Shake (kosher – dairy) <i>Lactose Free</i>	200 calories 10gms protein 27gms carbs 5gms fiber	Supermarkets Drugstores Online	5 per day
 1 scoop + 8oz fat free milk	Challenge Whey Kosher Protein Powder (Kof K) Cholov Yisroel Dairy	185 calories 16gms protein 14gms total carbs (with milk) 0gms fiber	Health Food Store Online	5 per day
 1 scoop + 8oz fat free milk	Naturemax Plus Soy Protein Power (kosher – soy)	190 calories 28gms protein 14gms total carbs (with milk) 0.5gms fiber	Health Food Store 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
 1 scoop + 8oz fat free milk	Unjury (not kosher)	180 calories 28gms protein 15gms total carbs (with milk)	www.unjury.com (800)517-5111	*Chicken soup flavor available
	Isopure Plus (not kosher) <i>Lactose Free</i>	60 calories 15gms protein 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 10 days After Surgery – Thin Liquid Diet

♥ **For the first 10 days after the surgery you will be on a thin liquid diet.**

Anything that is thin enough to be sipped through a straw is fine. For example, choose **caffeine-free** beverages like *Wyer'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*. No Jello. Avoid carbonated drinks as they may stretch your new pouch and cause gas. Drinking straws may cause gas too, and should be avoided.

♥ **Include AT LEAST, but not limited to, 2 protein shakes per day.** You should opt for a high protein shake *Ensure High Protein*, *Slim Fast Lower Carb*, *World Wide Pure Protein*, *Herbalife*, *Shaklee* or prepare your own. To prepare your own, blend one scoop of a protein powder such as *Designer Whey Protein* or *Unjury* into 4 oz of liquid (preferably milk) with some ice. *Carnation Instant Breakfast*, *ALBA mix*, *Weight Watcher* shake mix can be used as well.

♥ **Limit fluid intake to sips at a time.** Sip your fluid 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 will be chewed or crushed for the first three weeks after surgery.** You are advised to take a multivitamin supplement after surgery due to your low caloric and nutrient intake. Take 2 chewable children's multivitamins (i.e. *Flintstones*). Or take an adult liquid or chewable multivitamin each day (i.e. *Centrum* adult multivitamin chewable or liquid, *Maxi Health* chewable multivitamins (*kosher*) or *Freeda Monocaps* multivitamin (*kosher and vegetarian*) in chewable or liquid form. Start taking a chewable calcium: *Tums 400* or (chew 1 with breakfast, 1 with lunch and 1 with dinner). Take calcium 3 times/day.

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

POSTOPERATIVE VITAMIN SUPPLEMENTATION: RNY GASTRIC BYPASS

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

Calcium & Vitamin D: 1500-2000 mg/day calcium & 1200-1600 IU vitamin D	
	<ul style="list-style-type: none"> • Begin on day 1 after hospital discharge
What to look for:	<ul style="list-style-type: none"> • Choose a brand that contains <i>calcium citrate</i> and <i>vitamin D3 (cholecalciferol)</i>. • Choose chewable form.
Tips:	<ul style="list-style-type: none"> • Take 3x/day; split into 500–600 mg calcium doses evenly throughout day for optimal absorption. • Do not combine calcium with iron containing supplements. • Also include calcium-containing low fat dairy beverages/foods in diet; up to 3 servings daily.
Brands:	<p><i>Wait one month before starting all creamy/chewy bites</i></p> <ul style="list-style-type: none"> • Chewable Caltrate 600-D Calcium with Vitamin D (3/day) • Chewable OS Cal 500 + D (3/day) • Calcet Citrate Creamy Bites (3/day) • Bariatric Advantage Calcium Citrate Chewy Bite (3/day)
Food with Calcium & Vit D:	<ul style="list-style-type: none"> • Dairy products, broccoli, kale, collards, calcium fortified foods, canned fish with bones.
In case of deficiency:	<ul style="list-style-type: none"> • 50,000 IU/WEEK Vitamin D2 orally/intramuscularly for 8 weeks

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

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

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

Sample Liquid Diet

(Day 2- Day 10 after surgery)

MORNING IDEAS

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

AFTERNOON IDEAS

1 cup protein shake
½ cup vegetable juice or water
½ cup “Cream” of tomato soup (tomato soup with skim milk-no chunks)

EVENING IDEAS

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

REMINDER!

- Try to consume at least 2 high protein shakes (*Slim Fast Lower Carb*, *Muscle Milk Light*, *Pure Protein*, *Myoplex Lite*, 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* or *Isopure*) to make a protein smoothie.
- HINT: The first two 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.

Second 10 days after Surgery - Puree/Soft Diet

*You can begin eating pureed foods after your 10 days of liquids is completed.

* From this point on you will begin to avoid drinking with meals. Remember to 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 an 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.

Food Group	Food Choices
HIGH PROTEIN CHOICES → Meat, Poultry, Fish, Nuts, Beans and Eggs	Chopped up soft poached eggs or scrambled eggs. Blenderized meat or poultry and flaked fish cooked very soft and moist, blenderized tuna salad with no added vegetables. Very soft meatloaf (blended), fork mashed gefilte fish and silken tofu. Non fat refried beans, hummus, creamy peanut butter
HIGH PROTEIN CHOICES → Milk, Cheese and Yogurt	Low fat or non fat cottage cheese or ricotta cheese, sugar free custards and puddings, non-fat unsweetened / sugar free yogurt
Vegetable	Any vegetable (except corn) cooked soft and blended or mashed with the back of a fork. Make sure broccoli and cauliflower are cooked very well
Fruit	Unsweetened applesauce, pureed canned/jarred peaches and peas in their own juice (not syrup), any fruit pureed with out the skin, mashed ripe banana
Bread, Cereal, Pasta and Rice	Hot cereal – unsweetened oatmeal, cream of wheat, grits or mashed potatoes with out skin
Fats and Oils	Limit all
Miscellaneous	Blended soups (no chunks of vegetables or meat) – limit cream soups. Try <i>Healthy Choice</i> , <i>Progresso Lite</i> and <i>Healthy Request</i> , egg drop soup and miso soup
Liquids (Do not drink during meals. Try and drink at least 8 (8oz) cups of fluid per day)	No carbonation. Flat diet soda, skim milk or <i>Skim Plus</i> , <i>Crystal Light</i> , <i>nutrasweet Kool – Aid</i> , coffee, tea, all broths, any sugar free beverages, diet Snapple and water!

Sample Puree Diet

(Second 10 days after surgery)

BREAKFAST

2 chopped poached eggs

or

3 oz cottage cheese

or

Protein Shake

LUNCH

2-3 oz moist tuna (use reduced fat mayo), 1-2 tbsp. pureed peaches

or

2-3 oz silken tofu, 1-2 tablespoons pureed broccoli

or

Protein Shake

DINNER

2-3 oz flaky, moist fish, 1-2 tablespoons pureed vegetables

or

2-3oz blended meatloaf (soft, moist), 1-2 tablespoons pureed cauliflower

****NOTE:** You can always replace a meal with a shake.

Bypass Basics

THE POST –OP DIET:

- ❖ For the first 10 days after surgery you will be on a liquid diet.
- ❖ For the second 10 days after surgery you will be on a pureed diet.
- ❖ Meals should 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 can cause the “Dumping Syndrome”
- ❖ 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 few Tablespoons right after surgery. 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.

More Bypass Basics

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.
- ❖ 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 maintenance of weight loss. 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.

Dumping Syndrome

The “Dumping Syndrome” occurs when food passes rapidly from the stomach into the small intestine. Dumping can be provoked by: **ingestion of concentrated sweets, overeating and consuming liquids with meals.** The partially digested food in the small intestine draws water out of the blood vessels from the body into the small intestine, thereby causing the following symptoms: nausea, fullness, cramping, diarrhea, weakness, sweating and a rapid heart rate. The following foods and beverages should be avoided.

Foods to Avoid

Sugar free and artificial sweeteners are ok

Ice cream	Regular soft drinks
Chocolate milk	Lemonade
Pudding	Kool aid
Sweetened, fruited or frozen yogurt	Sugared ice tea
Dried fruits	Snapple fruit drinks
Canned or frozen fruits in syrup	Table sugar
Fruit juice	Honey
Sugar coated cereal	Candy
Doughnut	Regular Jell – O
Popsicles	Sugar gum
Cakes	Molasses
Pies	Syrups
Cookies	Sherbet/Sorbet

Should this syndrome occur, it usually passes within 15 – 20 minutes but can last 4-6 hours. Drink lots of water or take Imodium AD or Pepto – Bismol and wait for symptoms to pass.

Diet Progression after Gastric Bypass

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.
- **Day 2 – Day 10 Post – Op:** Progress from Clears to No concentrated sweets liquid diet. Try to consume 2oz of fluid every hour.
- **Second 10 Days Post – Op:** Puree/soft high protein diet (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 60 grams of protein daily.
- **3 Weeks Post – Op:** Firm tofu, and seafood, thinly sliced deli turkey or ham, boiled dark meat chicken (cut up into small pieces) in broth, crisp toast and crackers, beans and peas, and well cooked pasta. The goal is 75 grams protein per day. A high protein diet may prevent hair loss.
- **2 Months Post – Op:** White meat chicken (no skin), soft cooked vegetables, soft fruits (watermelon, honeydew, peaches, plums). 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 fruit and then preferably whole grains.*

Nutritional Supplements

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

First 3 Weeks after Surgery: All pills must be chewed or crushed!

- ❖ Chewable Multi – Vitamin (chewable children’s): *Flinstones Complete* or *Centrum Jr.* with iron (chew 1 in the AM and 1 in the PM). 2/day.
- ❖ Chewable Calcium: *Tums* or *Calcet Creamy Bites* 1200mg per day (chew 1 with breakfast, 1 with lunch and 1 with dinner). 3/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*-in the clear glass bottle, *Ultra Pure Protein*) Have 1 shake per day as a meal replacement.

3 Weeks After Surgery: You may start swallowing pills.

- ❖ Adult Multi – Vitamin: *Centrum with Iron, Geritol Complete*, or *GNC Ultra Mega* (may need to broken in half) once daily
- ❖ Calcium: 1200mg Calcium Citrate (i.e.: *Citrical with Vitamin D, 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. 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 60 – 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.*)

Estimating Your Protein Intake

Your average protein intake for the first 3 weeks after surgery is about 60 grams per day. After 3 weeks it increases to 75 grams.

- ❖ Every 1-ounce of protein (meat, poultry, fish, cheese) will have about 7 grams of protein. (i.e. 2 ounce of tuna fish has about 14 grams of protein in it).
- ❖ An ounce looks like a thin deli slice of turkey or cheese or 1 prepackaged wrapped slice of cheese.
- ❖ An ounce looks like the size of a small matchbook or the size of a thumb.
- ❖ A cup of milk or yogurt has about 8 gram of protein in it.
- ❖ An egg has about 7 grams of protein.
- ❖ ½ cup cottage cheese has 14 grams of protein.
- ❖ Read your food labels to help estimate the protein content of other foods.

IMPORTANT REMINDERS!

- * Keep in mind that your diet needs to be low fat, low calorie, sugar free and portion controlled for the rest of your life. This is the commitment you must make to achieve maximal weight loss.
- * If you experience increased hunger in the first 2 weeks, drink more calorie rich drinks (i.e. protein shakes, milk). Do NOT advance your diet prematurely as you will increase your chances vomiting. You are on a thin pureed diet to help promote healing.
- * If you experience excess gas make sure you are not using drinking straws as it promotes swallowing excessive air. 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. Talk to the MD or RD about products such as *Phillip's Milk of Magnesia*, *Colace* or *Benefiber* to help with constipation.
- * 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.

TOP TIPS FOR SUCCESS

- ✓ **Chew food well (until it is pureed).**
 - Try cutting up food into small pieces (the size of a pencil eraser).
 - Liquefy food in mouth before swallowing (chew food 15 times before you swallow).
 - Put your fork down between bites (count to 60 before you take another bite).
 - Try using cocktail forks or baby utensils to help take small bites.

- ✓ **Watch your portion sizes at meals.**
 - The less food you put in front of you, the less you will eat.
 - Use saucer plate for meals or buy small Tupperware for portion control.

- ✓ **Stop eating when you feel comfortable satisfied.**
 - It takes 20 minutes for your brain to identify that your stomach is full. When you feel a pressure in your upper stomach area, this is your new full feeling. If it is painful, you probably took one too many bites! **DO NOT OVEREAT!**
 - Eat slowly to recognize this feeling.
 - Keep a timer on your table when eating. Set it for 20 minutes. This visual will be a constant reminder to **SLOW DOWN!**

- ✓ **Only eat when hungry.**

- ✓ **Drink adequate fluids to prevent dehydration.**
 - Aim for 48-64 oz (6-8 cups) of fluid a day.
 - Do not drink and eat at the same time. Stop drinking 30 minutes before your meal then wait 30 minutes after a meal to resume drinking.
 - For the first week post-op your stomach is swollen and it may take 30-60 minutes to drink a cup of liquid. Keep sipping all day to help prevent dehydration; it gets easier as the weeks pass. Soon it will only take 5-15 minutes to finish a cup. Beverages must be sipped, no gulping!
 - Try sippy cups or sports top water bottle to slow you down, keep fluids with you all day long and keep sipping.
 - Avoid setting a glass at your place setting. It is too tempting to drink if there is a beverage at your meal.

-Increase your fluid intake if any of the following signs are present: dark urine, headache, dizziness, confusion, a white coating on the tongue. And call your doctor.

- ✓ **Avoid carbonated beverages and beverages containing sugar.**
 - The bubbles may cause irritation and gas.
 - Choose sugar free/calorie free, non carbonated drinks such as: Crystal Light, Fruit 2O, Diet Snapple, Light Minute Mais, etc...
 - Limit caffeinated beverages to no more than 16 oz a day.
 - Caffeine can irritate the lining of the stomach and may increase your risk of developing ulcers after surgery.
 - Wean off carbonated and caffeinated beverages before surgery to help prevent withdrawals.

- ✓ **Avoid alcohol beverages.**

Alcohol, beer and wine, in excess, can cause weight gain and result in poor nutrition since they are high in calories and low in nutrients. Alcohol may be absorbed more quickly than before due to your small stomach. You may feel the effects of the alcohol after consuming a small amount.

- ✓ **Read food labels.**
 - Food choices should be no sugar added and low in fat.
 - Foods that are high in sugar and fat may cause diarrhea and abdominal discomfort or cause “Dumping Syndrome”.
 - These poor food choices can slow down the rate of weight loss and may even cause weight regain.
 - Avoid concentrated sugar. (It’s high in calories and leaves you hungry for more!)
 - Keep sugar out of the first 3 ingredients no the food label.
 - The following ingredients are also known as sugar and commonly found on food labels: dextrose, high fructose corn syrup, glucose, sucrose molasses and honey.
 - Artificial sweeteners such as NutraSweet/*Equal*, saccharine/*Sweet & Low* and sucralose/*Splenda* are acceptable to use.
 - Watch out for foods containing sugar alcohol such as sorbitol. Large amount of sugar alcohol found in sugar-free candies, cookies, or ice cream may lead to cramping, abdominal pain, excess gas or diarrhea.

- ✓ **Limit high fat foods.**

Low fat is 3 grams or less per serving on a food label.

✓ **Protein is the most important nutrient you need to consume after surgery.**

-You need at least 60-80 grams of protein a day.

-Protein should be consumed first at each meal, then vegetables and fruits, then “whole” grains.

-You may drink a protein supplement if you are not able to consume adequate amounts of protein.

-Look for drinks made with whey protein isolate (this is absorbed well).

-Strive for a protein shake with at least 20 grams of protein per serving.

-Mix with skim or 1% milk for an additional 8 grams of protein per serving.

-Aim for a product with less than 3 grams of sugar per serving.

✓ **Exercise!**

-Aim for at least 30 minutes every day.

-Exercise helps maintain long term weight loss.

-The first 6 weeks, walking should be used as the primary exercise.

-After 6 weeks, try introducing strength exercises.

-Always speak to your doctor if you have never exercised.

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.

NYU LANGONE WEIGHT MANAGEMENT PROGRAM

Patient Name: _____ **Date Of Birth:** _____

Surgery Date: _____

QUIZ - Gastric Bypass

1. This surgery for obesity will require me to have periodic follow up visits with my physician and nutritionist for the rest of my life. TRUE or FALSE

2. List 3 items you will be able to consume for the first 10 days after your surgery.
1. _____ 2. _____ 3. _____

3. List 3 items you will be able to consume for the second 10 days after your surgery. _____

4. When can you eat solid foods after surgery? _____

5. Briefly explain why you can't drink and eat at the same time after your surgery.

6. How long do you have to avoid beverages before and after your meal?
 - a. 5 minutes
 - b. 10 minutes
 - c. at least 30 minutes

7. What foods may cause dumping after surgery and must be avoided?

8. What are some signs that may indicate dumping syndrome? _____

9. How much food can your stomach hold at each meal immediately (first 3 weeks) after your surgery?
 - a. 1-3 tablespoons per sitting

- b. ½ - 1 cup food per sitting
- c. 2 cups per sitting

10. How much fluid should you consume daily?

- a. 1-2 cups
- b. 3-5 cups
- c. 6-8 cup

11. List 2 important eating behaviors that will be important after surgery to prevent vomiting?

1. _____ 2. _____

12. How long should it take you to consume a meal? _____

13. 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

14. List some foods that are high in protein.

1. _____ 2. _____ 3. _____

15. I will require vitamin and mineral supplementation every day for the rest of my life after the gastric bypass. TRUE or FALSE

16. List the supplements that you will be required to take for the first 3 weeks after surgery?

1. _____ 2. _____ 3. _____

Then, after the first 3 weeks you will have to take....

1. _____ 2. _____ 3. _____

17. How do you prepare a protein shake? _____

18. Your goal of protein after the first 3 weeks is :

- a. 40 grams
- b. 60 grams
- c. 75 grams

19. Why is it important to consume your protein first?

20. What type of diet should be followed 2 weeks before your surgery? Why?

21. I will have to have my blood tested regularly to prevent serious nutrient deficiencies. I may have to take additional supplements as instructed by my RD and/or MD if needed. TRUE or FALSE

22. After surgery, I will be discharged from the hospital

- a. 2 days after surgery
- b. 3 days after surgery
- c. 1 week after surgery

23. When is your first office visit after surgery? _____

24. After surgery, weight loss is a guarantee and I will never regain weight.

TRUE or FALSE

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Reviewed by: _____ **via:** _____ **date:** _____