

Nutrition Advancement Guide for Metabolic and Bariatric Surgery





Introduction

Congratulations, you are on your way to a new, improved you! Metabolic and bariatric surgery are tools to help you achieve sustained weight loss. The way you eat and the foods you choose will be crucial in achieving and maintaining lifelong health and weight management. This guide has been developed by the BayCare bariatric registered dietitians. It covers the initial period after surgery and expanding food choices. It's imperative to follow the eating and drinking instructions right from the start. In addition to using the guide to assist with sample menu ideas, recipes and daily goals, it's critical to follow up with scheduled in-office visits after surgery.

Your commitment to healthy living as well as the education and assistance available to you through your BayCare bariatric managers, physicians, registered dietitians, fitness specialists, psychologists and support group peers, are all critical elements in working to obtain your weight loss goals through surgery. We're committed to helping you succeed in your weight loss journey through support groups and postoperative care, and we wish you all the best!

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Eating Techniques to Modify Your Lifestyle

- Eat slowly, allow 20–30 minutes to eat a meal.
- Feel full? STOP eating at first sign. Focus on recognizing this feeling.
- Eat evenly spaced meals throughout the day. Avoid skipping meals and/or grazing on unplanned foods.
- Eat balanced meals, choosing foods from all food groups each day, including vegetables and fruits, whole grains, low-fat dairy and lean protein.
- Practice not drinking fluids with meals.
- Stay hydrated during the day, making water your top choice:
 - Avoid carbonation and find alternative replacements to sweetened beverages.
 - Reduce/stop caffeine intake.
 - Opt for no calorie/low-calorie fluids.
- Set yourself up for success and plan ahead:
 - Plan ahead for meals.
 - Self-monitor: Use a journal or electronic application to organize your food plan and intake each day.
 - Problem-solve potential challenging food situations in advance (party, late meeting, doctor’s appointment on lunch break, etc.) to ensure that you’re prepared and stay on track.
- Reduce/avoid concentrated sweets.
- Use low-fat cooking methods (grill, steam, poach, crock pot, roast).
- Honor your feelings: Find ways to comfort, nurture, distract and resolve your issues without using food. Recognize when you feel lonely, sad, bored, stressed, anxious or angry, and choose an activity like walking, swimming, knitting, painting, journaling or another activity to help you cope.
- Increase physical activity and reduce sedentary time.

Importance of Protein After Metabolic and Bariatric Surgery

After surgery, protein-containing foods should be carefully eaten with each meal. Protein is necessary for wound healing, preservation of lean body mass, hormone and enzyme regulation, and satiety (the feeling of being full). This table provides some common protein food sources and the amount of protein they provide. Use this to help track your daily protein goal and assist with meal planning.

Initial Goals

40–60g protein per day for both females and males after one to two weeks

Daily Goals*

Female: 60–80g protein per day

Male: 80–100g protein per day

*Unless otherwise directed by physician

| Food | Amount of Protein |
|--|-------------------|
| 1 oz fat-free or 1% milk | 1 grams |
| 1 oz low-fat yogurt | 1 grams |
| 1 oz Greek-style yogurt | 3 grams |
| ¼ cup part-skim ricotta cheese | 7 grams |
| ¼ cup low-fat cottage cheese | 5 grams |
| 1 oz reduced-fat cheese | 7 grams |
| ¼ cup beans (such as garbanzo, black, kidney, pinto, navy) | 3–5 grams |
| 2 oz tofu | 3–6 grams |
| Egg, large | 7 grams |
| 1 oz lean protein (meat, chicken, fish) | 7 grams |

Sleeve Gastrectomy

During a sleeve gastrectomy, a thin vertical sleeve of stomach is created using a stapling device. The stomach pouch (sleeve) is about the size of a banana. This procedure limits the amount of food you can eat at any given time and helps you feel full sooner. Your stomach needs to heal after surgery, so it's very important to stop eating and/or drinking at the first sign of fullness. This will help you avoid overeating, which can put excess pressure on the staple line and increase the risk for a leak.

Postsurgery Nutrition Advancement

Day of surgery: While in the hospital, your surgeon will initiate the timeline of your nutrition advancement.

Days 1–2 After Surgery (usually):

Bariatric Sugar-Free Clear Liquids

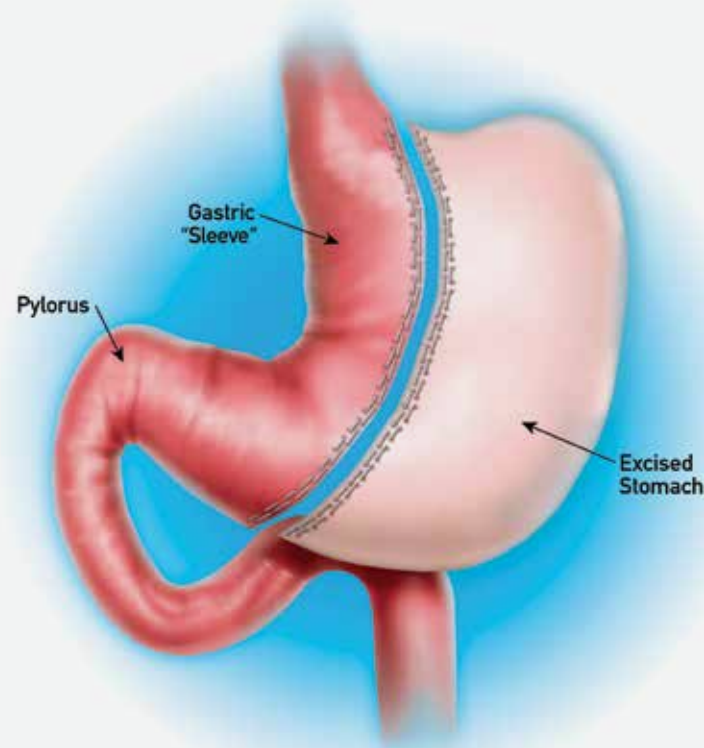
- Sip slowly on 1 oz of bariatric sugar-free clear liquids every 30–60 minutes, or as instructed.

Days 3–13 Bariatric High-Protein Liquids

- 3 cups (24 oz) high-protein liquids divided into “meals” (no more than ½ cup (4 oz) per “meal”)
- 3 cups (24 oz) bariatric sugar-free clear liquids (½–1 cup (4–8 oz) per hour) in between “meals”

Days 14–28: Bariatric Pureed/Blenderized

- Three planned meals not to exceed ¼–½ cup (2–4 oz), or as instructed
- At least 1 cup (8 oz) of bariatric high-protein supplement, divided into two to three portions
- Fluid goal: 6 cups (48 oz)



Days 29–60: Bariatric Mechanical Soft Solids

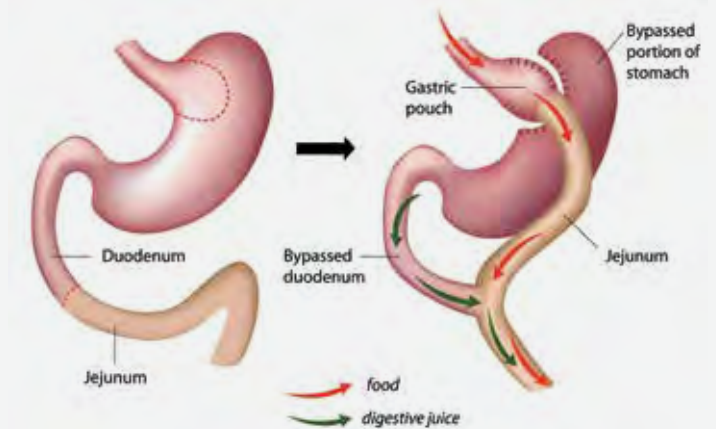
- Three to six planned meals
Volume per meal not to exceed ½ cup (4 oz)
- Fluid goal: 8 cups (64 oz)

Days 60+: Bariatric Solids

- Three to six planned meals not to exceed ½–¾ cup (4–6 oz), or as instructed
- Fluid goal: 8 cups (64 oz)

Gastric Bypass

Gastric bypass surgery results in a small stomach pouch and allows food to bypass part of the stomach and small intestine. While stapling creates a small stomach pouch, the remainder of the stomach isn't removed but is completely stapled shut and divided from the new stomach pouch. A portion of the small intestine is rerouted to connect to the small pouch of the stomach. Following your surgery, you'll feel full more quickly than when your stomach was its original size. Bypassing part of the stomach and intestine will also result in fewer calories and nutrients being absorbed. After surgery, the texture of your food will be advanced very slowly. It's important to follow the volume guidelines to initially not put pressure around the staple lines of the new pouch. Once healed, following volume guidelines for food and fluids is important to avoid prematurely stretching the new small pouch to a larger size. There will be very little acid produced in the new pouch, so you'll need to chew thoroughly to help aid the digestion process. The decreased absorption of nutrients can put you at risk for certain deficiencies. This makes vitamin/mineral supplementation very important.



Postsurgery Nutrition Advancement

Day of surgery: You won't be eating food or fluids by mouth immediately after your surgery. While in the hospital, your surgeon will initiate the timeline of your nutrition advancement.

Day 1–2 After Surgery (usually):

Bariatric Sugar-Free Clear Liquids

- Sip slowly on 1–2 oz of bariatric sugar-free clear liquids every hour.

Days 3–13: Bariatric High-Protein Liquids

- Three cups (24 oz) high-protein liquids divided into “meals” (no more than ½ cup (4 oz) per “meal”)
- Three cups (24 oz) bariatric sugar-free clear liquids (½–1 cup (4–8 oz) per hour) in between “meals”

Days 14–28: Bariatric Pureed/Blenderized

- Three planned meals not to exceed ¼–½ cup (2–4 oz)
- At least 1 cup (8 oz) of bariatric high-protein supplement
- Fluid goal: 6 cups (48 oz)

Days 29–60: Bariatric Mechanical Soft Solids

- Five to six planned meals not to exceed ½ cup (4 oz), or as instructed
- Fluid goal: 8 cups (64 oz)

Days 60+: Bariatric Solids

- Five to six planned meals every two to three hours not to exceed ½–¾ cup (4–6 oz), or as instructed
- Fluid goal: 8 cups (64 oz)

Dumping Syndrome

Dumping syndrome is caused by the rapid emptying of carbohydrates into the small bowel. Early dumping syndrome occurs within the first hour after eating of a meal. Late dumping occurs one to three hours after eating. Symptoms can include feeling weak or dizzy, experiencing rapid heart rate, abdominal cramping and/or flushed skin. Prevent dumping syndrome by following these behaviors:

1. **Eat small meals** (follow volume guidelines at meals and for fluids).
2. **Limit foods containing carbohydrates at meals.**
3. **Choose foods high in quality protein** at every planned eating time.
4. **Consume food slowly/chew thoroughly.**



Bariatric Sugar-Free Clear Liquids

Purpose

Clear liquids maintain vital body fluids and electrolytes while allowing your stomach to heal after surgery. Clear liquids are easily absorbed by the body and will provide limited amounts of energy, while reducing stimulation of the digestive system.

Reminders

- Start slowly. STOP BEFORE YOU FEEL FULL.
- The first day, you may only be able to tolerate 1–2 oz per hour.
- Slowly increase as tolerated up to 4 oz per hour.
- Sip slowly. Do NOT gulp your fluids.
- Avoid using straws (using a straw makes it difficult to control the amount consumed and could lead to gas due to air ingestion).
- Avoid chewing gum — if it is swallowed it can cause an obstruction.
- Juices and regular Gatorade® should be avoided; they're too high in sugar and calories.

Liquids to Choose

(noncarbonated, noncaffeinated sugar-free liquids as tolerated)

- Water (preferred liquid)
- Decaf coffee
- Decaf unsweet tea
- Sugar-free popsicle
- Sugar-free drink mixes (Crystal Light®)
- Diet Decaf Snapple®, Propel®, Powerade Zero®
- Gatorade Zero® (limit to 8 oz per day)
- Fat-free bouillon or broth
- Diet Ocean Spray® Juice Drink (choose 5 calories per serving)
- Decaffeinated herbal teas
- Sugar-free Jell-O® (limit one per day)

The goal during the early postoperative period is to protect the small stomach pouch. Only thin liquids can be tolerated at this time. To prevent nausea and vomiting, don't drink more than the recommended amounts.

Bariatric High-Protein Liquids

Begin Once Home from Hospital Through Day 13

Purpose

Full liquids are a step between clear liquids and puree texture. The intake of full liquids allows for more nutrients, specifically protein, for further healing of the stomach. Continuing the liquid texture will help to AVOID the risk of vomiting, which may occur if solid or even soft foods are eaten when there's still swelling present in the stomach.

Reminders

- Start slowly. STOP AT FIRST SIGN OF FULLNESS.
- Sip slowly. Listen to your body.
- Avoid using straws (using a straw makes it difficult to control the amount consumed and could lead to gas due to air ingestion).
- Avoid all carbonated beverages.

Daily Goals

- **Fluid goal:** At least 48 oz consisting of 24 oz (3 cups) from high-protein full liquid “meals” plus 24 oz (3 cups) from Sugar-Free Clear Liquids in between “meals”
- **Protein goal:** At least 40–60g of protein initially per day. Track your daily protein intake
- **Supplements:** Begin bariatric-formulated multi with iron once home from hospital, if not nauseated. If you aren't able to tolerate these by one week after surgery, contact your dietitian.
- Starting day three, as per your dietitian's recommendation, start your protein supplements.

Liquid Choices

Don't use very hot water when using protein powders - heat water to 140 degrees or less, as texture can be affected. All of the items listed on Sugar-Free Clear Liquids PLUS:

- Fat-free milk or 1%
- Lactaid® Fat-Free or Lactaid Lowfat 1% milk if lactose intolerant
- Soy or almond milk, unsweetened
- Plain or flavored fat-free yogurt (under 100 calories) (no fruit chunks, no skins, no seeds)
- Plain or flavored fat-free Greek yogurt; (may add artificial sweeteners)
- Sugar-free pudding made with protein powder
- Low sodium 100% vegetable juices (V-8®) or tomato juice (limit to 8 oz per day)

For approved soups, see recipes in this booklet. For store-bought protein powder, look for supplements in powder or liquid form that contain all of the following:

1. At least 15 grams of protein (**whey protein isolate preferred**) per 8 oz (1cup) serving
2. Less than 20 grams total carbohydrate per 8 oz serving including milk. When choosing a protein powder, be sure to include the carbohydrate grams from the liquid that will be mixed with the powder. For example: 8 oz milk = 12g carbohydrate
3. Less than 5 grams total fat and sugar per 8 oz serving

| Measuring Guide | | | |
|-----------------|-------|-----|-------|
| | fl oz | ml | tbsps |
| 1 cup | 8 | 240 | 16 |
| 1/2 cup | 4 | 120 | 8 |
| 1/4 cup | 2 | 60 | 4 |
| 1/8 cup | 1 | 30 | 2 |
| 1 teaspoon | 1/6 | 5 | 1 |

Bariatric High-Protein Liquids

Serving size up to 4 oz

Mint Chocolate Shake

Yield: 1 cup Protein per cup: 25–27 grams

- 4–6 oz skim milk
- ½ cup crushed ice
- 1 scoop chocolate protein powder
- 1 drop peppermint extract

Mix protein powder into milk, and place in blender. Add ice and peppermint extract. Blend for 10–15 seconds, until a smooth consistency is reached. Variations: Instead of peppermint, add PB 2 (powdered peanut butter).

High-Protein Strawberry Lemonade

Yield: 3 cups Protein per cup: 11 grams

- 24 oz cold water
- 1 single serve “On the Go” packets Crystal Light Lemonade
- 1.5 scoops strawberry protein powder

Measure 24 oz of cold water in a shaker container. Add Crystal Light packets and shake to dissolve. Add protein powder and shake until dissolved. Before serving, shake again as protein powder will pool at the bottom. Serve over ice.

Chocolate Peanut Butter Supplement

Yield: 1 cup Protein per cup: 30 grams

- 1 scoop chocolate protein powder
- 6–8 oz fat-free cold milk
- 1 Tbsp PB 2 powder
- 1 Tbsp chocolate fudge sugar-free pudding powder

Shake in shaker bottle or blend in blender until smooth.

High-Protein Jell-O

Protein content may vary with different brands and the grams in recipe based on 2g for flavored and 20g for unflavored

- 1 (4 serving) box sugar-free (SF) flavored Jell-O
- 1 cup boiling water
- 1 cup cold water
- 2 scoops unflavored protein powder

Follow package directions for dissolving the Jell-O in 1 cup boiling water. After dissolving, set aside to cool for 3–5 minutes. In a different bowl, measure 1 cup cold water. Add two scoops of unflavored protein powder to cold water, one scoop at a time, stirring slowly to dissolve. Stir into dissolved gelatin. Chill quickly. The protein will settle to create a smooth cloud at the bottom. The taste is unchanged.

High-Protein Fruit Punch

Yield: 3 cups Protein per cup: 20 grams

- 24 oz cold water
- 1 single serve “On the Go” packet of Crystal Light Fruit Punch
- 3 scoops unflavored protein powder

Measure 24 oz of cold water in a shaker container. Add Crystal Light packets. Shake until dissolved. Add protein powder and shake until dissolved. Store in refrigerator and serve over ice.

High-Protein Chocolate Milk

Yield: 1 cup Protein per cup: 30 grams

- 1 cup skim milk
- 1 scoop chocolate protein powder
- 1 tsp. vanilla extract

Mix all ingredients in a blender or shaker bottle. Store in a cooler or refrigerator.

Pumpkin Spice Smoothie

Yield: 1 cup Protein per cup: 27 grams

- 1 scoop protein powder
- 6–8 oz light vanilla soy milk
- ½ tsp. pumpkin pie spice
- Dash ground nutmeg

Combine all ingredients in a blender or shaker bottle and shake until smooth. Add ice if needed.

High-Protein Cheesecake Yogurt

Yield: 1 cup Protein per cup: 26 grams

- ½ scoop protein powder
- 8 oz fat-free, Greek-style yogurt, plain
- 1 Tbsp sugar-free, cheesecake-flavored dry pudding mix
- 1 Tbsp sugar-free, strawberry gelatin dry powder

Combine all ingredients in a bowl and chill.

Creamy Chicken Soup

Yield: 2 cups Protein per cup: 17 grams

- 4 oz fat-free, Greek-style yogurt, plain
- 2 cups chicken broth
- 1 clove garlic, minced
- 1 scoop chicken soup flavored protein powder
- Dry seasonings or herbs to taste

Spray bottom of saucepan with cooking spray. Sauté garlic for one minute. Add chicken broth and warm over medium heat, ensuring temperature doesn't go above 140 degrees. Remove from heat and mix in yogurt and protein powder.

High-Protein Pudding

Yield: 2 cups Protein per cup: 28 grams

- 1 pkg sugar-free instant pudding
- 2 cups fat-free milk
- 2 scoops unflavored protein powder

Add two scoops of unflavored protein powder to two cups cold milk and stir. Add instant pudding and mix.

Protein Fudgesicle

Yield: 6 Protein per one fudgesicle: 10 grams

- 1 box, dry sugar-free instant pudding powder, 4 serving package, not cooked
- 2 cups of cold skim milk
- 2 scoops unflavored protein powder

Mix the protein powder with milk by shaking. Put the dry sugar-free instant pudding into a bowl and add the protein powder plus milk mixture to the dry pudding. Mix for two minutes. Pour into six small paper cups (3 oz per cup). Place popsicle stick in center of each cup. Place cups in freezer for at least four hours.

Coffee Lovers Delight-Chocolate/Vanilla

Yield: 1 cup Protein per cup: 29 grams

- 1 cup skim milk
- 1 scoop vanilla or chocolate protein powder
- 1 Tbsp decaf instant coffee or make 1 oz strong decaf coffee
- ½ tsp. vanilla extract

Use shaker bottle to combine or blend all in blender.



Sample Menu: Bariatric High-Protein Liquids

Sleeve and Bypass

| TIME | FOOD | LIQUID | PROTEIN |
|--------------|--|---|-----------------|
| 7am | | 4–8 oz Herbal tea or decaffeinated coffee, sip slowly | 0 grams |
| 8am | 4 oz Protein supplement, (see recipes) made with low-fat milk + whey protein isolate | 4 oz | 14 grams |
| 9am | | 4–8 oz Water | 0 grams |
| 10am | 4 oz High-protein chocolate milk (see recipe) | 4 oz | 15 grams |
| 11am | | 4–8 oz Water or low-sugar cranberry juice | 0 grams |
| 12pm | 4 oz Creamy chicken soup (see recipe), strained | 4 oz | 8 grams |
| 2pm | | 4–8 oz Water or other noncarbonated, caffeine-free beverage | 0 grams |
| 3pm | 4 oz High-protein Jell-O (see recipe) | 4 oz | 10 grams |
| 4pm | | 8 oz Decaffeinated tea or coffee with low-fat milk | 2 grams |
| 7pm | 4 oz Fat-free, plain Greek yogurt (may use non-calorie sweetner to taste) | | 10 grams |
| 8pm | | 4–8 oz Water or noncarbonated, caffeine-free beverage | 0 grams |
| 9pm | | 4 oz Sugar-free popsicle | 0 grams |
| Total | | 48–68 oz | 59 grams |



Bariatric Puree/Blenderized

Serving size up to 4 oz

Follow on days 14–28

Purpose

This texture promotes tolerance of a gradual increase in gastric residue. Protein supplements are used to compliment dietary protein intake.

Reminders

- Use a food processor or blender to blend items to an applesauce consistency. You may want to use small or baby-sized spoons to help with small bites.
- Ensure each meal has protein and always eat protein first, at least 2–3 oz at each meal.
- If you aren't able to reach your protein goals, don't start the puree vegetables or fruits.
- Ensure that your food is as moist as possible. Moisten food with broth, skim milk, lemon juice, tomato juice, plain tomato sauce, ketchup, mustard, low-sodium soy sauce, light mayonnaise, light salad dressing, fat-free gravy or vinegar.
- May add small amounts of light margarine or spray butter, light mayonnaise, fat-free sour cream, fat-free salad dressing or fat-free gravy as a condiment. Use sparingly.
- Season with fresh pureed herbs.
- Try one new food at a time — if a food isn't tolerated, wait at least a week before you try again.
- Allow 20–30 minutes to finish your meal.

Daily Goals

- **Fluid goal:** At least 48 oz. Avoid drinking fluids with your meals and for 30 minutes after meals.
- **Protein goal:** Females: 60–80 grams/day; males: 80–100 grams/day
- **Amounts:** Eat three pureed meals per day. Volume per meal: ¼ cup to ½ cup as tolerated depending on your surgery. To ensure you meet your protein goals, plan on consuming at least 8 oz (divided into two to three portions) per day from your bariatric protein supplement recipe of choice.
- **Supplements:** Continue taking your daily chewable or liquid vitamin/mineral supplements.

Foods and Liquids to Choose

All of the items listed on Sugar-Free Clear Liquids Plus high-protein liquids PLUS:

- Lean beef/pork/fish (blenderized or pureed or baby food)
- Skinless chicken or turkey (blenderized or pureed)
- Water-packed tuna or salmon, or canned chicken (blenderized)
- Low-fat soft cheese (< 5grams fat/serving), ex: Babybel® Light or Laughing Cow® light wedges
- Lite or plain fat-free yogurt (no fruit pieces)
- Fat-free Greek yogurt — plain or vanilla (no fruit pieces)
- 1% or low-fat cottage cheese/and or part-skim ricotta cheese
- Soft scrambled eggs, scrambled egg substitutes or pureed hard-boiled egg with light mayo
- Plain or low-fat cheese egg omelet
- Blenderized cream of wheat, cream of rice, oatmeal, Malt O' Meal® made with low-fat milk. Add protein powder.
- Beans (mashed/blenderized), or canned vegetarian refried beans
- Single ingredient baby food. Add protein powder as needed.

How to Puree Foods

1. Cut all foods into ¾ inch pieces or smaller, if necessary.
2. Place a small amount of liquid in the blender or food processor. Liquids that can be used include broth, enriched milks, water, fat-free gravy and tomato juice. Place liquids in the blender before solids.
3. Fill the blender to about ¼ or ½ of total capacity with ¾ inch pieces.
4. Place cover firmly on the blender before starting the motor. Rest your hand on the cover while using the blender.
5. Blend the foods for about three seconds then check the consistency. Repeat until desired consistency. If the mixture is too thick, add more liquid gradually and continue to blend. Food may be strained through a wire mesh strainer to eliminate chunks. Remember, the longer foods are processed, the more evenly textured they become.
6. It's helpful to freeze portions in ice cube trays which equal 1 oz, which work well for storing pureed food portions. Once cubes have frozen, remove and store in a freezer Ziploc bag for easy access.

“If you meet your protein needs, start introducing pureed vegetables and fruits.”



Bariatric Pureed/Blenderized

Serving size up to 4 oz

Note grams of sugar on labels: No more than 10 grams per serving, preferably under 5 grams

Greek High-Protein Berry-Licious Supplement

Yield: 3 cups Protein per cup: 25 grams

- 1 cup nonfat milk or low-fat, low-sugar soy milk
- 1 cup fresh or frozen blueberries, raspberries, strawberries, etc.
- 2 scoops or 2 oz protein powder supplement
- 7 oz plain Greek yogurt
- 1 Tbsp sugar-free vanilla syrup
- At least 1 cup crushed ice

Add to food processor or blender. Cover and puree.

Note: The ice makes the supplement thicker, but if you add the ice, it won't keep in the refrigerator.

Orange Berry Smoothie

Yield: 1 cup Protein per cup: 26 grams

- 1 scoop vanilla protein powder
- ¼ cup vanilla Greek-style yogurt
- ¼ cup Trop50 orange juice
- ¼ cup ice
- ¼ cup frozen raspberries

In a blender, combine the ice, raspberries and orange juice. Mix protein powder into yogurt and spoon into blender. Blend for 10–15 seconds, until a smooth consistency is reached. Variations: Experiment with other low-sugar yogurt flavors like peach, key lime, lemon, strawberry and raspberry. May substitute ¼ cup small frozen bananas, blueberries, peaches or blackberries for raspberries.

Cottage Cheese and Fruit

Yield: 1 cup Protein per cup: 25 grams

- 1 cup 1% cottage cheese
- ½ cup canned fruit in juice

Add to food processor or blender. Cover and puree.

Garden Tomato Soup

Yield: 1 cup Protein per cup: 24g

- 1 packet or 1 scoop unflavored protein powder
- 1 cup reduced-sodium creamy tomato soup

Measure soup and pour into a microwave-safe bowl. Place in microwave and heat liquid until it reaches 140° F. Mix in protein powder and stir until well blended.

Tomato Crab Soup

Yield: 3 cups Protein per cup: 18 grams

- 8 oz can tomato sauce
- 14 oz can Italian diced tomatoes with oregano, basil and garlic
- 6 oz can fancy white or imitation crabmeat
- 8 oz milk

Combine all ingredients in the order listed in a medium saucepan over medium heat. Bring slowly to a rolling boil. Using a whisk, stir until all the crabmeat is broken up in the soup. Turn heat to low and simmer for two minutes longer. Puree.

Frozen Fruit Smoothie

Yield: 2 cups Protein per cup: 30 grams

- ½ cup frozen banana slices
- 1 cup fresh or frozen blueberries
- 1 cup soy milk, low-sugar or 1 cup nonfat milk
- 2 scoops protein powder supplement
- 2 springs of fresh pureed mint (optional)

In a blender, combine the banana, berries, mint, milk and protein powder mix. Blend for 10–15 seconds until smooth consistency is reached. If desired add crushed ice, but it won't keep in the refrigerator.

Souper Easy Mexican Bean Soup

Yield: 3 cups Protein per cup: 28 grams

- 1 medium onion, chopped
- 2 cloves garlic, minced
- 16 oz can kidney beans, drained
- 16 oz can chick peas, drained
- 16 oz can fat-free refried beans
- 14 oz can Mexican style stewed tomatoes or diced tomatoes, not drained

Spray bottom of large sauce pan with cooking spray. Sauté onion and garlic for three to five minutes. Add remainder of ingredients, stirring until combined. If soup needs to be thinned out, stir in a little vegetable or chicken broth. Blend in a food processor for pureed texture.

High-Protein Oatmeal

Yield: 1 cup Protein per cup: 30 grams

- 1 cup skim milk
- ½ cup instant oatmeal
- 1 scoop protein powder
- Splenda or sugar substitute to taste, optional
- Cinnamon to taste

Mix the milk and oatmeal and cook on low heat; do not boil. Allow to cool slightly and stir in protein powder. Place mixture into blender, blend until smooth and thin (add additional milk as needed). Add cinnamon and Splenda to taste.

Blended Chicken with Tomato and Feta

Yield: 1 cup Protein per cup: 32 grams

- ½ cup cooked chicken meat or 1 jar strained meat
- 3–4 Tbsp hot chicken broth
- 2 Tbsp tomato paste or sauce
- 1 Tbsp reduced-fat feta cheese
- Fresh basil or sprinkle of dry basil

Place all ingredients together in a blender or food processor. Cover and process on low speed until smooth.

Egg Drop Soup

Yield: 1 cup Protein per cup: 27g

- 1 packet or 1 scoop of Chicken Soup Flavor protein powder
- 1 medium egg
- 1 cup water

Whisk the egg in a bowl. Set aside. Measure water into a microwave-safe mug. Place water in microwave and heat until simmering. Using a fork, slowly mix the whisked egg into the water until the egg forms a stringy consistency. Let the water and egg mixture cool to 140° F. Once the water and egg mixture has cooled, slowly whisk in chicken soup protein powder until well combined.

Turkey Chili

Yield: 1 cup Protein per cup: 44g

- 1 scoop unflavored protein powder (may substitute Santa Fe Chili protein powder)
- 1 cup turkey chili with no beans

Measure chili and place in a microwave-safe bowl. Place in microwave and heat until liquid reaches 140°F. Add protein powder and stir until well mixed.



Sample Menu: Bariatric Pureed/Blenderized

Sleeve and Bypass

Up to 4 oz of measured food

Males: 3 oz of protein and 1 oz of fruit and vegetables per meal

Females: 2 oz of protein and 2 oz of fruit and vegetables per meal

| TIME | FOOD | LIQUID | PROTEIN |
|--------------|--|---|-----------------|
| 7am | | 8 oz Herbal tea or decaffeinated coffee with milk, sip slowly | 0 grams |
| 8am | 4 oz Frozen high-protein fruit smoothie (see recipe) | 4 oz | 13 grams |
| 9am | | 8 oz Water or any noncarbonated, caffeine-free beverage | 0 grams |
| 10am | 4 oz High-protein supplement (patient choice) | | 12 grams |
| 11am | | 8 oz Water or Crystal Light | 0 grams |
| 12pm | 2 oz (¼ cup) Pureed chicken or tuna + 2 oz pureed vegetables | | 15 grams |
| 1pm | | 8 oz Calorie-free, noncarbonated, caffeine-free beverage | 0 grams |
| 3pm* | 4 oz High-protein pudding (see recipe)* | | 14 grams |
| 4pm | | 8 oz Calorie-free, noncarbonated caffeine-free beverage | 0 grams |
| 6pm | 4 oz Souper Easy Mexican Bean Soup pureed or 4 oz Tomato Crab soup (see recipes), pureed with 1–2 oz puree vegetable | 4 oz | 8 grams |
| 7pm | | 8 oz Decaffeinated coffee with milk or tea | 0 grams |
| 8pm* | 2 oz (¼ cup) 1% cottage cheese or part-skim ricotta cheese + ¼ cup puree peaches* | | 7 grams |
| 10pm | | Sugar-free popsicle (4 oz) | 0 grams |
| | | 8 oz of herbal tea | |
| Total | | 64 oz | 57 grams |

*Optional
Follow your dietitian's recommendations.

Bariatric Mechanical Soft Solids

Serving size up to 4 oz

Follow on days 29–60 after surgery

Purpose

Soft solids are texture modified and will pass easily from the gastric pouch. Making proper food choices will assist with weight loss while helping to avoid complications of nausea, vomiting, blockage or stretching of the stomach.

Reminders:

- Try only one new food at a time. Choose foods that can be mashed with a fork and aren't too fibrous.
- All food should be eaten slowly and chewed very well. Take very small bites. Swallow and wait to feel the food go through.
- Always eat protein first: 2–3 oz per meal. Meats should be tender and moist.
- Some individuals may not tolerate certain foods. Common foods that aren't tolerated include red meat, raw or crunchy foods, and chicken or turkey that's dry or tough.
- Continue to take at least 20–30 minutes to finish meals.



Daily Goals:

- **Fluid goal:** At least 64 oz of sugar-free, noncarbonated, caffeine-free liquids. Water is preferred. Don't drink fluids during meals.
- **Protein goal:** Females: 60–80 grams/day; males: 80–100 grams/day or per your RD's recommendations
- **Amounts**
 - **Gastric sleeve/bypass:** Four to six planned meals/eating times; each meal **up to a volume** of 4 oz (1/2 cup)
- **Supplements:** Continue daily vitamin/mineral supplementation

Foods to Choose

All of the items listed on sugar-free clear liquids, high-protein full liquids and pureed/blenderized PLUS:

- Ground and chopped tender cuts of meats, poultry and meat alternatives like tofu
- Beef and pork only if tolerated
- Fish (not fried)
- Canned or cooked vegetables and fruit
- Soft, cooked vegetables (able to be mashed if needed)
- Spinach, greens, zucchini, yellow squash, cauliflower, acorn or butternut squash, green beans, potatoes (sweet or regular). Limit potatoes to 1 oz, three times per week.
- Light canned fruit (in juice or water, not heavy syrup), no sugar added
- Soft fruit, no skins
- Refried beans with no added fat
- Eggs; must be prepared low-fat, hard-cooked, scrambled or hard-boiled

Bariatric Mechanical Soft Solids

Serving size up to 4 oz

Lentil Soup

Yield: 6 cups Protein per 4 oz: 10 grams

- 1 Tbsp extra virgin olive oil
- 1 cup diced carrot
- ¾ cup diced yellow onion
- 1 cup diced celery
- 2 cloves fresh garlic, chopped
- 2 bay leaves
- 1 Tbsp low sodium soy sauce
- ½ tsp. black pepper
- 1 tsp. dried oregano
- 1 tsp. dried thyme
- 1 can (14 oz.) plum tomatoes, drained
- 2 cups green lentils*, soaked for 30 minutes
- 4 ½ cups water
- Water or low sodium vegetable broth (optional)
- 6 sprigs fresh thyme

In a 3-quart soup pot over medium high heat, heat the oil. Add the carrot, onion, celery, garlic, bay leaves, soy sauce, pepper, oregano and dried thyme, and cook until the carrots begin to soften. Break apart tomatoes by crushing them with your hands, then add them to the pot. Drain the lentils and add them to the pot. Add the water and bring to a boil. Reduce the heat to a soft boil, cover partially, and cook for 20 minutes, until the lentils become soft throughout. If a thinner consistency is desired, add additional water or low sodium vegetable broth in small amounts at a time. Remove the bay leaves prior to serving. Garnish with thyme sprigs and serve in soup bowls.

**Lentils need to be soaked for at least 30 minutes to help remove the phytates that might impede absorption of iron.*

Easy Baby Vegetable Beef Stew (crock pot)

Yield: 7 ½ cups Protein per 4 oz: 18 grams

- 1/3 cup whole wheat flour
- 1 tsp. kosher salt
- 1 tsp. paprika
- ¼ tsp. black pepper
- ¼ tsp. dried thyme
- 2 ½ pounds lean beef, cut into 1 inch cubes[^]
- 2 Tbsp extra virgin olive oil
- 1 package (16 oz) baby carrots
- 1 ¾ cups low-fat, low-sodium beef broth
- ¾ cup red wine
- 3 Tbsp tomato paste, no salt added
- 1 bay leaf
- 2 cloves garlic, chopped
- 1 piece fresh ginger, peeled
- 1 package, 8 oz sliced mushrooms

Combine the flour, salt, paprika, pepper and thyme in a large zip top bag and shake well. Add the beef cubes to the bag and toss until the meat is coated. Heat the oil in a large skillet over medium high heat. Add the beef to the skillet and brown on all sides. Remove the beef from the skillet and add to the slow cooker; top with the onions and carrots. Add the broth, wine and tomato paste to the skillet to deglaze, and pour the juices into the slow cooker. Add the bay leaf, garlic and ginger. Cook on the low setting for six hours. Add the mushrooms and cook for one to two more hours or until the meat is tender. Discard the bay leaf before serving.

[^]May substitute with lean poultry or beans

BBQ Turkey or Beef Meatballs

Yield: 12–4 oz meatballs Protein per meatball: 10 grams

- 1 pound lean ground turkey or beef
- 1 cup chopped onion
- 3 Tbsp liquid egg substitute
- ¼ cup low-fat milk
- ¼ cup whole wheat bread crumbs
- 1 tsp. kosher salt
- ¼ tsp. black pepper
- 2 Tbsp extra virgin olive oil
- 2 cans (8 oz) tomato sauce
- ¼ cup brown sugar substitute (Surkin Gold) (suitable in cooking applications)
- 2 Tbsp vinegar
- 1 tsp. garlic powder

Combine the meat, onion, egg substitute, milk, bread crumbs, salt and pepper in a bowl. Mix thoroughly and shape into 12 meatballs. In a medium size bowl, combine the tomato sauce, brown sugar substitute, vinegar and garlic powder. Pour over the meatballs. Simmer over low heat for 10–15 minutes, turning frequently, until the meatballs are well glazed and are cooked through. (If opting to take this recipe to a party, pour all ingredients into slow cooker instead of simmering. Cook on low setting for four to six hours.)

Zesty Crock Pot Chicken

Yield: 3 cups Protein per 4 oz: 22 grams

- 1 whole chicken, cut up, skin removed
- 1 package Good Seasonings Zesty Italian Dressing mix (powder only)
- ½ cup white wine (alcohol will cook out)

Place chicken in crock pot and sprinkle with seasoning mix over chicken. Pour white wine on top. Cook on low for approximately six hours.

Slow-Cooked Boneless White Chicken Chili

Yield: 6 cups Protein per 4 oz: 16 grams

- 1 pound skinless chicken thighs
- 1 pound dry Great Northern White beans, rinsed
- 6 cups low-fat, low-sodium chicken broth
- 2 Tbsp tomato paste
- 1 medium green bell pepper, cored and diced, about ¾ cup
- 1 large medium yellow onion, diced, about 1 ½ cups
- 3 cloves fresh garlic, chopped
- 1 jalapeño pepper, minced (optional)
- 1 Tbsp dry oregano (optional)
- 2–3 tsp. ground cumin
- 2 tsp. paprika (optional)
- 1 Tbsp chili powder (optional)
- ½ tsp. cayenne pepper (optional)
- Fresh cilantro sprigs and low fat sour cream (optional)

Rinse chicken and pat dry with paper towels. Place the beans in slow cooker, along with broth and tomato paste. Stir to dissolve the tomato paste and add the chicken, bell pepper, onion, garlic, jalapeno pepper, oregano, cumin, paprika, chili powder and cayenne pepper (if using). Cook on high for 10 hours. Serve in bowls with sprig of cilantro and 1 Tbsp sour cream.

Tuna Salad

Yield: 1.5 cups Protein per 4 oz: 19 grams

- 9 oz can tuna, in water, drained
- ¼ cup part-skim ricotta cheese
- 2 Tbsp light mayonnaise
- 2 Tbsp red wine vinegar
- 1 Tbsp no sugar added sweet pickle relish
- 2 cloves garlic, finely chopped
- 1 chopped green onion
- 1 cup peeled and chopped cucumbers
- ½ tsp. salt
- ¼ tsp. pepper

Combine all ingredients and mix well.



Sample Menu: Bariatric Mechanical Soft Solids

Sleeve and Bypass

Up to 4 oz of measured food

Males: 3 oz of protein and 1 oz of fruit and vegetables per meal

Females: 2 oz of protein and 2 oz of fruit and vegetables per meal

| TIME | FOOD | LIQUID | PROTEIN |
|--------------|--|---|-----------------|
| 7am | | 8 oz Decaffeinated tea or coffee, sip slowly | 0 grams |
| 8am | 4 oz Greek high-protein Berry-Licious supplement | 4 oz | 11 grams |
| 9am | | 8 oz Water | 0 grams |
| 10am* | 1 oz reduced-fat cheese with soft scrambled egg | | 14 grams |
| 11am | | 4 oz Fat-free or 1% milk or low-sugar soy milk | 4 grams |
| 12pm | 2-3 oz (¼ cup) tuna mixed with 1 Tbsp lite mayo and 1-2 oz soft cooked carrots | | 14 grams |
| 1pm | | 8 oz Decaffeinated, non-carbonated beverage | 0 grams |
| 3pm* | ¼ cup 1 % cottage cheese + ¼ cup unsweetened fruit in juice | | 7 grams |
| 5pm | | 8 oz Sugar-free lemonade | 0 grams |
| 6pm | 4 oz (½ cup) Slow-Cooked White Chicken Chili (see recipe) | | 16 grams |
| 7pm | | 8 oz Decaffeinated caffeine-free, non-carbonated beverage | 0 grams |
| 8pm | 4 oz high-protein supplement | | 12 grams |
| 9pm | | 1 Sugar-free popsicle (4 oz) | 0 grams |
| | | 8 oz of Herbal Tea | |
| Total | | 64 oz | 78 grams |

*Follow your dietitian's recommendations.



Bariatric Solids

Two Months After Surgery

Purpose

Once the healing process is complete, bariatric solid texture foods can be introduced. Individual tolerance is likely to vary.

Reminders:

- All meals need to include a good source of lean protein (less than 10g of fat in 3.5 oz)
- Introduce new foods one at a time.
- Chew foods well.
- Choose lean protein sources, vegetables, fruits, whole grains (3g of fiber per serving) and low-fat dairy foods.
- Gradually add raw items as tolerated. This may take several months or longer.
- Avoid very fibrous raw fruits and vegetables like celery, pineapple, corn, lima beans and coconut.
- Avoid skins and membranes on foods such as apples, grapes, oranges, etc.

Daily Goals:

- **Fluid goal:** At least 64 oz of water
- Liquids can be consumed up until meal time, but you should wait at least 30 minutes to consume fluids after eating.

- **Protein goal:** Females: 60–80 grams; Males: 80–100 grams or per bariatric dietitian recommendations

Amounts

- **Gastric Sleeve/Bypass:** Goal of five to six planned meals/eating times; 4–6 oz per meal

- **Supplements:** Continue lifelong vitamin/mineral supplementation

Foods to Avoid

To avoid gastric irritation, outlet obstructions, intolerance, delayed wound healing or altering your weight loss efforts, it's recommended to avoid or delay introduction of the following foods:

- Sugar, sugar-containing foods, concentrated sweets and fruit juice
- Carbonated beverages
- Caffeine
- High-fat foods
- Soft doughy breads, pasta, rice, rolls
- Tough, dry meats
- Nuts, popcorn
- Alcohol

Advancing Volume After Two Months

As your appetite increases, increase the amount of food that you eat in one sitting by ½ ounce (1 tablespoon). As the volume of your meals increase, decrease the number of meals/snacks consumed in a day from three to four meals. If you can't finish a meal within 20–30 minutes, don't try to eat it an hour or two later. Once you're comfortably full, stop eating. Don't try to finish the remaining meal. Wait until the next meal to eat.

The following measurement amounts and daily calories are general guidelines. Each individual may have different needs within the time frames described. Contact your dietitian with any questions or concerns.

| Post-Op Time Frame | Total Amount of Food per Meal | Total Calories per Day |
|------------------------------------|--------------------------------------|-------------------------|
| 2–6 months | Up to 4 oz. (1/2 cup) food | Approximately 600–800 |
| 6–12 months | ½ cup to 1 cup | Approximately 800–1000 |
| 12–18 months | 1 cup to 1 ¼ cup | Approximately 1000–1200 |
| 18 months and beyond (maintenance) | No more than 1 ¼ to 1 ½ cup per meal | Approximately 1200–1500 |



Recipes

Bariatric Solids

Serving size up to 4 oz

Fruity Chicken Salad

Yield: 3 cups Protein per 4 oz: 8 grams

- 5 or 6 oz can chunk white chicken
- 1 cup diced, peeled and cored apple
- ¼ cup quartered grapes
- 1 peeled kiwi, diced
- ¼ cup plain nonfat yogurt or Greek yogurt
- 2 Tbsp low-fat mayonnaise
- ½ tsp. curry powder

Combine all ingredients and mix well. Eat alone or with whole grain crackers.

Mini Healthy Meatloaves

Yield: 8 meatloaves Protein per loaf: 14 grams

- ½ cup part-skim ricotta cheese
- 1 egg
- 3 Tbsp low-sugar catsup
- 2 Tbsp chopped onion
- 2 Tbsp chopped green pepper
- 1 oz dry oatmeal or 1 oz whole wheat crackers, crushed
- ½ tsp. garlic powder or garlic salt
- ½ tsp. pepper
- 1 pound lean ground beef or ground turkey

In a large bowl, combine all ingredients except ground meat and mix well. Add the meat and mix until combined. Divide mixture evenly between eight standard (2.5") muffin cups. Bake at 375 degrees for 20–25 minutes. Let stand five minutes before serving.

Salmon Patties

Yield: 2 Protein per patty: 8 grams

- 2.6 oz package of flake salmon
- 1 large egg
- 2 Tbsp Italian bread crumbs
- Salt and pepper to taste/Italian season

Mix ingredients together and drop by large spoonfuls onto skillet coated with non stick cooking spray. Cook on medium heat until golden brown about, 8–10 minutes.

Mock “Fried” Chicken Bites

Yield: 12 oz Protein per 4 oz: 30 grams

- 1 pound boneless, skinless chicken breast tenderloins
- 1 cup low-fat buttermilk
- 2 cups whole wheat panko crumbs
- 3 Tbsp grated parmesan or Romano cheese

Preheat oven to 350 degrees. Cut each chicken tenderloin into bite-sized pieces. Salt and pepper chicken pieces. Place chicken pieces into a bowl and pour buttermilk over. Let sit for 10 minutes. While chicken is marinating, pour whole wheat panko crumbs into a separate bowl. Take each chicken piece out of buttermilk and coat in the crumbs. Repeat for the rest of the chicken. Lay breaded chicken pieces on a baking sheet coated in nonstick cooking spray and sprinkle grated cheese on top. Bake 15–20 minutes. If desired, turn oven to low broil for one to two minutes to toast top of chicken bites.

Baked Cod

Yield: 12 oz Protein per 4 oz: 26 grams

- Cooking spray
- 4 - 4 oz cod fillets
- 1 Tbsp extra virgin olive oil
- 1 lemon, cut into four wedges
- 2 tsp. Old Bay (lower sodium) seasoning

Preheat oven to 350 degrees. Lightly coat four squares of aluminum foil with cooking spray. Place a cod fillet on each piece of foil and drizzle each fillet with the olive oil. Squeeze a lemon wedge over each fillet, and sprinkle each with ½ tsp. Old Bay. Wrap the foil around the fish and place in the oven; bake until the fish is cooked through, about 10 minutes.

Bariatric Solids

Serving size up to 4 oz

Asian Chicken Wrap (3 oz chicken + ¼ cup vegetables)

Yield: 4 wraps Protein per wrap: 29 grams

- 1 Tbsp peanut oil
- 1 Tbsp toasted sesame oil
- 1 Tbsp rice vinegar
- 1 Tbsp low-sodium soy sauce
- 1 tsp. garlic-chili sauce
- 1 tsp. fresh grated ginger
- ½ tsp. orange zest (grated orange peel)
- 4 - 4 oz boneless, skinless chicken breast halves
- 1 cup fresh mint leaves, coarsely chopped
- 1 cup fresh baby spinach leaves, stems removed
- ½ cup cilantro springs
- ½ cup bean sprouts
- 8 whole Boston lettuce leaves
- 1 lime, cut into eight wedges

In a small bowl, combine the peanut oil, sesame oil, vinegar, soy sauce, garlic-chili sauce, ginger, orange zest and garlic and stir vigorously with a wire whisk. Reserve two tablespoons of the mixture and place the rest in a zipper type plastic bag along with the chicken and marinate in the refrigerator for one hour, turning once or twice. Remove the chicken from the bag and discard the marinade. Coat a medium skillet with nonstick spray and heat over medium high heat. Add the chicken to the pan and cook for six minutes on each side. Remove the chicken from the pan and let stand while preparing the filling. In a medium mixing bowl, combine the mint, spinach, cilantro and bean sprouts. Add the reserved oil mixture and gently toss, just enough to expose all the surface area to the dressing, being careful not to break down the leafy structure. Slice the chicken into thin strips. Place one sliced chicken breast atop one stacked lettuce leaf, then top with the spinach mixture and wrap.

Spaghetti Squash with Meat Sauce

Yield: 4 cups Protein per 4 oz: 9 grams

- 1 medium-sized spaghetti squash
- 8 oz lean ground meat
- 4 oz fresh mushrooms, sautéed lightly in butter spray or any other veggies you like such as onions, green peppers, broccoli
- 1½ cups tomato sauce or your favorite spaghetti sauce
- 2 oz parmesan cheese, grated

Preheat oven to 375 degrees. Using a sharp knife, carefully slice squash in half lengthwise and remove seeds. Bake split side down for 35 minutes (don't overcook). Remove from oven. Separate strands of spaghetti squash using a fork. It should separate easily if cooked. If too hard, put back in oven for another five minutes. When done, remove the squash and place in a bowl. While squash is baking, brown ground beef until cooked. Season if you desire with salt and pepper and oregano. Add cooked vegetables and tomato sauce, stirring together. Assemble in layers; half of meat sauce, then half of the squash, and repeat. Top with grated cheese. Bake in oven until warm and cheese is lightly browned.

Turkey Breast and Apple Cracker Stack

Yield: 3 Protein per assembled cracker: 5 grams

- 2 oz maple honey turkey breast or your preference, thin sliced
- ¼ cucumber, sliced
- ½ Granny Smith apple, thinly sliced and peeled

Layer the apple, turkey and cucumber and serve. For added flavor, spread mustard onto each wedge.

Honey Mustard Turkey or Ham Roll Ups

Yield: 8 roll ups Protein per roll up: 4 grams

- 2 tsp Dijon mustard
- 2 tsp honey
- ¼ lb or 8 slices of turkey breast or ham slices, thinly sliced
- 2 large red leaf lettuce leaves, spines removed
- ¼ large English cucumber, seeded and cut into 3 inch long sticks
- ¼ large red pepper sliced
- 8 basil leaves

In a small bowl, mix together the mustard and honey. Lay a slice of turkey or ham on a plate or cutting board. Spread a ½ tsp of the honey mustard mixture widthwise along the meat about 2 inches from the end of the slice. Place a piece of lettuce on top, then a couple of sticks of cucumber and slice of red pepper. Top with a basil leaf and roll it all up in the turkey or ham slice.

Pork Tenderloin Medallions with Spanish Smoked Paprika

Yield: 4 medallions Protein per medallion: 25 grams

- 1 lb pork tenderloin roast
- 1 Tbsp olive oil
- 2 Tbsp Worcestershire sauce
- 1 tsp olive oil
- 1 tsp Spanish smoked paprika
- 1/8 tsp ground white pepper
- 2 tsp light butter or margarine

Trim off any excess fat from the pork tenderloin and cut into four medallions. In a medium mixing bowl, combine the oil, Worcestershire sauce, paprika and white pepper. Place the pork in the bowl with the marinade and turn it a few times to coat the medallions evenly. In a nonstick skillet, heat butter or margarine over medium high heat. Lay the pork medallions in the pan and cook four to six minutes, until browned on the first side. Turn and cook an additional four to six minutes, until the second side is browned.

Spinach and Swiss Frittata

Yield: 8 wedges Protein per wedge: 9 grams

- 8 large eggs
- 2 tsp olive oil
- 1 small red onion, sliced (approximately 1 cup)
- 2 cups chopped, cooked spinach
- ¼ tsp salt and freshly ground pepper
- ½ cup shredded reduced-fat Swiss cheese (or light cheddar cheese)

Separate four of the eggs, putting the whites into a medium sized bowl, discarding the yolks. Add the four whole eggs and add 2 Tbsp water to the whites and whisk well for a minute. In a medium ovenproof nonstick skillet, heat oil over medium heat. Add onion and cook until it softens and edges are lightly brown, about five minutes. Add the cooked spinach and cook for another two minutes. Season with salt and pepper to taste. Pour the egg mixture over the vegetables in the skillet covering them evenly. Reduce the heat to medium low, cover and let cook until the egg mixture has set around the edges, about eight minutes. Sprinkle with cheese. Place skillet under a preheated broiler, two inches from the heat until the surface is set and golden brown, one to two minutes. Don't overcook!

Turkey Omelet

Yield: 1 omelet Protein: 21 grams

- ¼ cup Eggbeaters or egg substitute or 1 whole egg
- 2 slices turkey deli meat
- 1 tbs Parmesan cheese

Add 1 tsp olive oil to skillet and heat to medium. Dice turkey slices into small pieces, cook on low until they start to brown slightly. Pour egg mixture on top of turkey. Sprinkle cheese over the top and cook until eggs set. Flip and fold in half. Optional: Add cooked veggies to this, such as tomatoes, onions, spinach, etc.



Sample Menu: Bariatric Solids

Sleeve and Bypass

| TIME | FOOD | LIQUID | PROTEIN |
|--------------|---|--|--------------------|
| 7am | 4-8 oz protein supplement | 4-8 oz Herbal tea | 12 grams |
| 8am | | 8 oz Decaffeinated coffee or tea | 0 grams |
| 9am | Turkey omelet | | 21 grams |
| 10am | | 8 oz Caffeine-free, noncarbonated beverage | 0 grams |
| 10am | | 4-8 oz Herbal tea. | 0 grams |
| 12:30pm | 1 honey mustard turkey roll-up, 4 oz lentil soup | 4 oz | 12 grams |
| 2pm | | 8 oz Sugar-free lemonade | 0 grams |
| 4pm | | 8 oz Caffeine-free, noncarbonated beverage | 0 grams |
| 5pm | 3 oz tender pork loin or 3 oz moist fish, ¼ cup green beans | | 21 grams |
| 6pm | | 8 oz Beverage | 0 grams |
| 8pm | | 8 oz Water | 0 grams |
| 9pm* | 4 oz Greek yogurt | | 10 grams |
| Total | | 64 oz | 76-85 grams |

*Follow your dietitian's recommendations.

Resources and References

Cookbooks

Culinary Classics: Essentials of Cooking for the Gastric Bypass Patient — David Fouts
Eating Well After Weight Loss Surgery — Patt Levine, et al
Recipes for Life after Weight-Loss Surgery — Margaret Furtado
The Complete Idiot's Guide to Eating Well after Weight Loss Surgery — Margaret Furtado
Cook Wise with Chef Dave — David Fouts
400 Calorie Fix Cookbook — Liz Vaccariello

General Books

The Emotional First+Aid Kit — Cynthia L. Alexander
Eat It Up! — Connie Stapleton
Dying to Change: My Really Heavy Life Story — Katie Jay
Weight Loss Surgery: Finding the Thin Person Hiding Inside You — Barbara Thompson
The Doctor's Guide to Weight Loss Surgery: How to Make the Decision That Could Save Your Life — Louis Flancbaum
Weight Loss Surgery for Dummies — Martha Kurian, et al
The Real Skinny of Weight Loss Surgery: An Indispensable Guide to What You Can Really Expect — Julie Janeway, et al

Websites

We recommend reliable and reputable sources of information. You may find these websites helpful.

ObesityHelp.com: Weight loss surgery peer support and information
Bariatric-Surgery.info: Information about weight loss surgery
ObesityAction.org: Obesity Action Coalition
NLM.NIH.gov/MedlinePlus/WeightLossSurgery.html-Medline Plus: Weight loss surgery education
Obesity.org: The American Obesity Association
BariatricEating.com: One patient's experience, recipes and product links
EatRight.org: The American Dietetic Association
VerticalSleeveTalk.com: gastric sleeve peer support
MyTalk.com: Gastric bypass peer support
SparkPeople.com: Meal and fitness planning/journaling, recipes, articles, support
MyFitnessPal.com: Meal planning/journaling
Unjury.com
Active at Any Size: win.niddk.nih.gov/publications/active
Livestrong.com
Fitday.com
Baritastic.com

