

Diet Guidelines for AFTER Bariatric Surgery



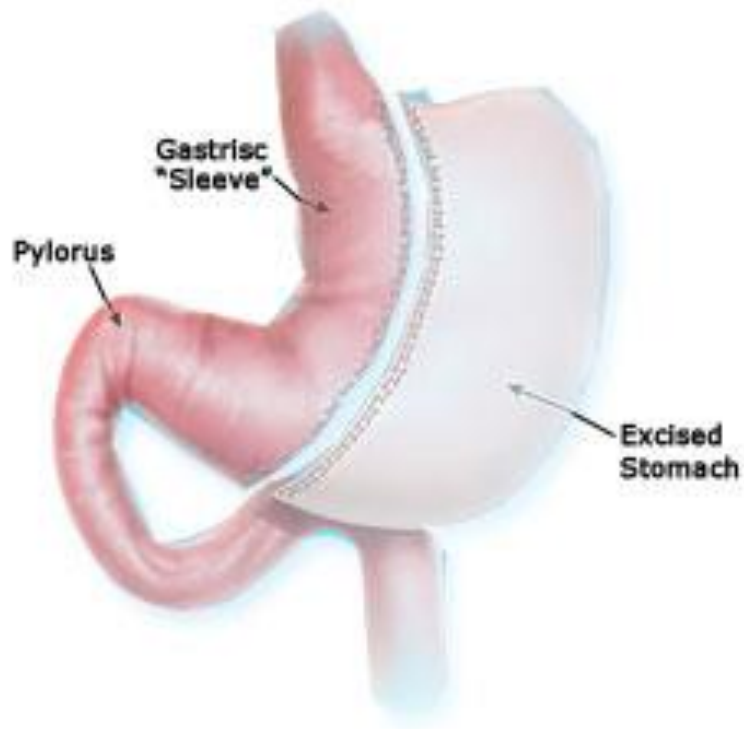
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Purpose of These Diet Guidelines:

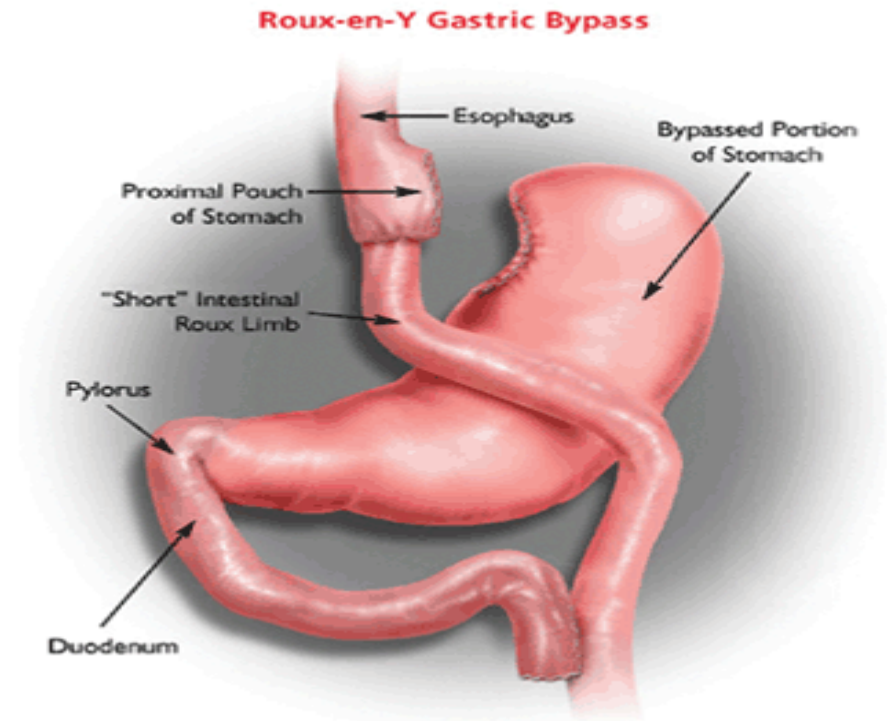


- Allow healing of the stomach
- Prevent dehydration (drinking 48-64 oz fluid/day)
- Keep your muscles healthy (meeting your daily protein goal)
- Control unwanted side effects (nausea, vomiting, pain, constipation, gas etc.)
- Make sure you are meeting national guidelines for vitamins/minerals
- Lose weight and keep weight off long-term after surgery

Sleeve Gastrectomy



Gastric Bypass



After Surgery Diet Overview

Week	Food Progression
Days 1-2 *	Clear Liquids In hospital and at home for 48 hours total
Day 3 to 14	Full Liquids for 2 weeks (<i>Start protein shakes</i>)
Week 3	Pureed (Blended) Protein Foods 1 week
Week 4	Pureed (Blended) Protein Foods (<i>with optional blended fruit/veggie</i>) 1 week
Weeks 5-6	Mushy/Soft Diet 2 weeks
Week 7	Regular Healthy Diet (as tolerated) Lifelong

* Or as your surgeon recommends

Clear Liquids: First 48 hours (2 days)

- ☐ Water
- ☐ Broth
 - ☐ Beef, chicken vegetable
- ☐ Sugar-free beverages
 - ☐ Crystal Light, Wyler's, Propel Zero, Powerade Zero, Gatorade Zero, 0 calorie flavored water, MIO)
- ☐ Sugar-free ice pops
- ☐ Sugar-free gelatin
- ☐ Decaffeinated coffee or tea
- ☐ Clear Protein Drinks
 - ☐ Premier Clear, Isopure, Protein20



NO carbonated beverages
(Carbonated beverages contain air and can cause gas, which is harmful to your stomach)



* pictures are for illustration purposes only

Clear Liquids: First 48 hours (2 days)

- Start sipping 1 to 2 ounces of clear liquids **every hour.**
- Continue increasing slowly to **1 to 2 ounces every 15 minutes. Goal: 48-64oz daily**
- Take small sips and drink slowly.
- Avoid gulping. It can cause pain, nausea and vomiting.
- Avoid using straws and chewing gum - may cause gas pains.

Full Liquids: Day 3 to 14

- Start sipping Whey Protein Isolate shakes
- Protein Goal:
 - Begin with 1 protein shake in a day, then slowly increase to 2-3 protein shakes in a day.
 - Your dietitian (RD) will tell you your daily protein goal.
- **Fluid Goal** (full and clear liquids): Sip 4 to 8 ounces ($\frac{1}{2}$ to 1 cup) per hour to reach a total of 48-64oz (6-8 cups) daily.
 - Remember to stop when you are “almost” full/ satisfied.
 - Sip slowly and do not force fluids!

You must keep track of how much fluid you're drinking to be reviewed at your first post-op visit (1 week after surgery).

Full Liquids: Day 3 to 14

Examples of full liquids

■ Protein Shakes (whey protein isolate)

- Can be mixed with water or milk options below

■ Milk:

- Fat-free and 1% only
- Unsweetened Soy or Almond milk
- Fat-free Lactaid milk

■ Strained low-fat/low sodium cream soups or tomato soup

■ Low-fat, low-sugar yogurt

- No fruits, seeds or chunks
- Look for *Light*, *Non-fat* on the label

■ Sugar-free pudding

- Ready to eat or prepared with fat-free milk



1%



* pictures are for illustration purposes only

Example day: Full Liquids Diet

TIME	ITEM AND AMOUNT
7-8am	4-6 ounces decaf coffee/ tea*
8-9:30am	4-6 ounces low fat, smooth yogurt*
9:30am-10:30am	4-8 ounces water or Crystal light*
10:30-11:30am	4-8 ounces protein shake *
11:30-12:00pm	4-8 ounces water or Crystal light*
12-1:30pm	4 -6 ounces strained, low-fat cream soup*
1:30-2:00pm	4-8 ounces water or Crystal light*
2-3:00pm	4-8 ounces protein shake *
3:00-4:00pm	4-8 ounces water or Crystal light*
4-5pm	4-8 oz Propel*
5-6:30pm	4-6 ounces strained, low-fat cream soup*
6:30-7:00pm	4-8 ounces water or Crystal light*
7-8:00pm	4-8 ounces protein shake *
8-9pm	4-6 ounces low fat, smooth yogurt*
9-10pm	4-8 oz Propel*
TOTAL	64 + OUNCES (8 CUPS) OF FLUID

** You can have any liquids from week 1 or 2.*

Protein Powders

Your body needs protein for healing.
If you do not take in enough protein you will have a hard time losing weight.
Protein helps prevent muscle and hair loss.

■ Look for this:

- **Whey protein isolate** needs to be the *first* ingredient listed.
 - **DON'T BUY** powders where the first ingredient is whey concentrate or a whey blend
- **20-30 grams (g) of protein** per scoop
- **Less than 5 g of sugar** per scoop

■ Review separate brochure for brand ideas

Supplement Facts		
Serving Size 1 scoop (22g)		
Servings Per Container about 41		
	Amount Per Serving	% Daily Value
Calories	80	
Calories from Fat	0	
Total Fat	0 g	0%*
Total Carbohydrate	0 g	0%*
Sugars	0 g	†
Protein	20 g	40%*
Calcium	10 mg	2%
Sodium	170 mg	7%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		
†Daily Value not established.		

Your Protein Needs after surgery:

Find your Height in Feet and Inches and follow the number next to your Height

Women

Height	Protein needs
5' 0"	55-70g
5' 1"	60-70g
5' 2"	60-75g
5' 3"	60-75g
5' 4"	65-80g
5' 5"	70-85g
5' 6"	70-90gr
5' 7"	75-90g
5' 8"	75-95g
5' 9"	80-100g
5' 10"	80-100g
5' 11"	85-105g
6' 0"	90-110g

Men

Height	Protein needs
5' 4"	65-80g
5' 5"	75-90g
5' 6"	80-95g
5' 7"	80-100g
5' 8"	85-105g
5' 9"	90-110g
5' 10"	90-115g
5' 11"	95-115g
6' 0"	100-120g
6' 1"	100-125g
6' 2"	105-130g
6' 3"	110-135g
6' 4"	110-140g

Week 3: PUREED PROTEIN

You **MUST** use a blender for this stage

- Eat no more than 2 oz. (1/4 cup) of blended, pourable protein 3 times/day
- Continue with protein shakes to meet your needs
- STOP eating when you are satisfied



Pourable Protein Examples

Blend the following protein foods with either broth, skim milk, water or fat free gravy:

- ☐ Scrambled egg
- ☐ Scrambled egg whites
- ☐ Beans (black, pinto, garbanzo)
- ☐ Tuna/chicken mixed with low-fat mayo
- ☐ Small curd Low Fat Cottage cheese
- ☐ Soft cooked chicken, turkey, fish cut into dime-sized pieces
- ☐ Blended cream soups

OR

- ☐ Low fat, sugar free yogurt (full liquids)
- ☐ Stage 1 baby food chicken, turkey, beef or ham (no fruits/veggies yet)



TIPS

Making Food Pureed

1. Cut food into small dime size pieces.
2. Place in a blender.
3. Add enough liquid (fat free broth, fat free gravy, skim milk, water) to cover the blades.
4. Blend until smooth and pourable.
5. Strain out any lumps, seeds or pieces of food.



Note: You may use Stage 1 or Stage 2 jars of baby food meats

Example day: Week 3 Pureed Protein

TIME	ITEM AND AMOUNT
7:00 AM	8 ounces decaf coffee
8:30 AM	1/4 cup egg beaters, soft scrambled and pureed with milk
10:00 AM	8 ounces water
11:00 AM	8 ounces protein shake
12:30 PM	1/4 cup (2 oz.) pureed canned tuna (in water) mashed with low fat mayo, pureed with liquid
2:00 PM	6 ounces crystal light
3:00 PM	4 ounces decaf tea
4:00 PM	8 ounces protein shake
5:00 PM	6 ounces water
6:30 PM	1/4 cup (2 ounces) pureed chicken
8:00 PM	1/2 cup sugar free jello
9:00 PM	8 ounces protein shake
TOTAL	95 grams of protein*



* You may not need this much protein; check your goals on page 11.

Week 4: Pureed Protein + Pureed Vegetable or Fruit



1. Eat $\frac{1}{4}$ cup or 2 ounces of pureed protein



2. Once you can eat $\frac{1}{4}$ cup pureed protein you can add $\frac{1}{4}$ cup pureed fruit or vegetable



Continue to drink protein shakes between or to replace meals to help meet protein needs.

Example day: Week 4 Pureed Protein + Optional Pureed Fruit/Veggie

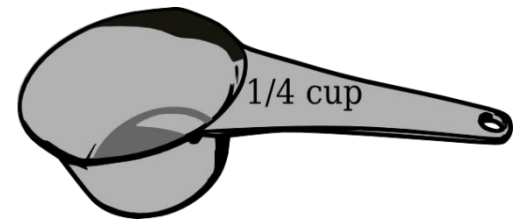
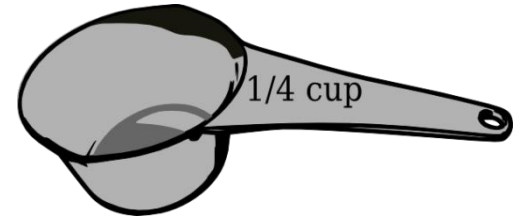


TIME	ITEM AND AMOUNT
7:00 AM	8 ounces decaf coffee
8:30 AM	1/4 cup egg beaters, soft scrambled and pureed with milk + ¼ cup applesauce (unsweetened)
10:00 AM	8 ounces water
11:00 AM	8 ounces protein shake
12:30 PM	1/4 cup (2 oz.) canned tuna (in water) with low fat mayo, pureed with liquid + ¼ cup cooked and blended cauliflower
2:00 PM	6 ounces crystal light
3:00 PM	4 ounces decaf tea
4:00 PM	8 ounces protein shake
5:00 PM	6 ounces water
6:30 PM	1/4 cup (2 ounces) pureed chicken + ¼ cup mashed potatoes (thinned w/ milk)
8:00 PM	1/2 cup sugar free jello
9:00 PM	8 ounces protein shake
TOTAL	95 grams of protein*

* You may not need this much protein; check your goals on page 11.

Weeks 5-6: Soft Foods (mushy)

- Foods you can easily mash with your fork
- Your goal is to eat 3 meals per day with 4 ounces or ½ cup per meal:
 - Eat ¼ cup or 2 ounces of soft protein
 - If you have room eat ¼ cup or 2 ounces of cooked vegetables or soft fruits.



Continue to drink protein shakes between or to replace meals to help meet protein needs.

Week 5-6: Soft Foods (mushy)

Protein Foods (Eat First)	Other Foods
<ul style="list-style-type: none">• Finely chopped/canned tuna, salmon (mix with low fat mayo)• Finely chopped veggie “burger”• Flaky, moist fish• Moist, Lean (93% or higher) ground beef, turkey, chicken	<ul style="list-style-type: none">• Steamed vegetables that are soft and mushy• Boiled or mashed potato, sweet potato, (without butter)
<ul style="list-style-type: none">• Low Fat cottage and ricotta cheese• Low Fat or Fat Free cheese• Low Fat, Sugar free yogurt	<ul style="list-style-type: none">• Soft, ripe fruits without the skin/seeds, for example:<ul style="list-style-type: none">• applesauce• ripe bananas, mango, melon• canned fruit in its own juice
<ul style="list-style-type: none">• Eggs: scrambled soft, soft boiled• Finely chopped cooked egg (mix with low fat mayo)• Egg substitute, scrambled• Beans, whole or fat free refried• Hummus• Tofu or soy cheese	<ul style="list-style-type: none">• Cooked cereal without sugar , for example:<ul style="list-style-type: none">• Cream of wheat, cream of rice, farina <p><u>TIP: Add protein powder to make it a protein food</u></p>

Sample day: Week 5-6 Soft (mushy) Foods

TIME	ITEM AND AMOUNT
7:00 AM	6 ounces decaf coffee
8:30 AM	1 soft scrambled egg and ¼ banana
10:00 AM	6 ounces water
11:00 AM	6-8 ounce protein shake
11:30 AM	4 ounces of water
12:30 AM	¼ cup cottage cheese and ¼ cup unsweetened fruit cocktail
2:00 PM	4 ounces sugar free jello
3:00 PM	8 ounces decaf tea
4:00 PM	6-8 ounce protein shake
5:00 PM	8 ounces Fruit 2-O or other no-calorie beverage
6:30 PM	2 oz. canned tuna mixed with low fat mayo and ¼ cup soft cooked zucchini
7:30 PM	8 ounces water
8:30 PM	½ cup sugar free pudding made with skim milk
9:00	6-8 ounce protein shake (if needed)
9:30 PM	4 ounces skim milk



Week 7 & Beyond: Life-long guidelines (regular)

- You may **advance to regular food textures** as tolerated.
 - Regular texture protein (chicken, turkey, meat)
 - Raw/crunchy vegetables and fruit (salads)
 - Avoid thick skins of some veg and fruit
- **Protein foods first AND with all meals**
 - Choose fruit/veggie before starches
- Eat breakfast, lunch and dinner. **You can use protein shakes as meals.**
- At this time your meals should be between ½ cup and 1 cup each
- Eat slowly and chew well:
 - Chew each bite 20 times
 - Chew until applesauce texture
- All foods must be moist (Use low-fat gravies, low-fat milk, water, or broths to add moisture)



Week 7 & Beyond: Life-long guidelines (regular)

	 Best Choices	 Avoid
Meats (Protein food)	<ul style="list-style-type: none">• Moistly cooked chicken, turkey, fish, pork and meat. Chew to puree• Finely chopped tuna, salmon, chicken (mix w/ low fat mayo)	<ul style="list-style-type: none">• Scrapple, bacon, sausage, hotdogs• Salami, bologna• Tough beef and pork
Dairy (Protein food)	<ul style="list-style-type: none">• Low Fat cottage or ricotta cheese• Low Fat or fat free cheeses• Low Fat, sugar free yogurt and Greek yogurt (Light)• Skim or 1% milk, sugar free almond milk, soy milk, rice milk	<ul style="list-style-type: none">• 2% or whole milk• Ice cream/ice milk/frozen yogurt• Whipped cream• Whole fat, high sugar yogurt• Regular cheese
Other Protein foods	<ul style="list-style-type: none">• Eggs/Egg Substitute• Beans: whole or fat-free refried• Hummus• Veggie burger and other meat substitutes / Tofu• Protein bars (at least 15 g of protein and less than 9 g of sugar)	<ul style="list-style-type: none">• Limit peanut butter to 1 Tablespoon/day• Nuts

Week 7 & Beyond: Life-long guidelines (regular)

	 Best Choices	 Avoid
Vegetables (Cooked or Raw)	<ul style="list-style-type: none"> • Fresh, frozen or canned • Carrots, spinach, lettuce, green beans, kale, eggplant, broccoli, cauliflower, tips of asparagus, zucchini, squash, sweet peppers, tomatoes, mushrooms, etc. 	<ul style="list-style-type: none"> • Corn, raw celery, raw cabbage or stalk of asparagus • Veggies with skins, seeds or are stringy or fibrous
Fruits (Cooked or Raw)	<ul style="list-style-type: none"> • Fresh, frozen or canned • Peeled apples, pears, peaches, plums, nectarines, melon, banana, berries, mango, pineapple, watermelon, cherries, etc. 	<ul style="list-style-type: none"> • Cores, seeds, and skins of fruits • Membranes of oranges or grapefruits • Coconut (too high in fat)
Cereals (Meet protein needs first)	<ul style="list-style-type: none"> • Dried cereal without added sugar (moisten with small amount of milk) ex: cheerios, bran flakes, special K • Cooked cereal ex: cream of wheat, cream of rice, oatmeal 	<ul style="list-style-type: none"> • Cereals with dried fruit • Cereals with added sugars (10 grams or more of sugar) • Granola

Week 7 & Beyond: Life-long guidelines (regular)

	 Best Choices	 Avoid
Grains/Breads - Meet protein needs first - Eat less often than vegetables and fruit	<ul style="list-style-type: none"> • Well toasted, thin-sliced breads • English muffins or bagel thins • Whole grain pita bread • 6 inch whole grain tortilla wraps • Whole grain crackers 	<ul style="list-style-type: none"> • untoasted bread • Bagels, soft pretzels • Breads with nuts and raisins • Sweet breads, pastries or donuts • Pancakes, waffles, biscuits
Other Starches Meet protein needs first	<ul style="list-style-type: none"> • Boiled, mashed or baked potatoes/ sweet potatoes, winter squashes, pumpkin 	<ul style="list-style-type: none"> • Potato skins • Pasta or noodles • Rice
Sweets/Sugars	<ul style="list-style-type: none"> • Sugar free products (Jell-O, popsicles, syrup, jellies, jams) • Stevia, sucralose (Splenda), aspartame (Equal) 	<ul style="list-style-type: none"> • Candy, chocolate, cakes, cookies, brownies • Regular syrup, honey, jam, jelly
Fats	<ul style="list-style-type: none"> • Cooking Spray • Reduced fat spreads • Olive or canola oil (very little) • Fat free or low fat salad dressing, mayo, cream cheese or sour cream 	<ul style="list-style-type: none"> • Full fat salad dressing, mayo, cream cheese, or sour cream • Fried foods • Fast food (pizza, burgers, nuggets, fries, etc.)
Beverages	<ul style="list-style-type: none"> • Water, skim or 1% Milk, unsweetened soy or almond milk • Decaf coffee or tea • Non-carbonated diet drinks 	<ul style="list-style-type: none"> • Carbonated drinks, • Energy drinks • Whole or 2% milk • Fruit juice, smoothies • Alcohol

Sample Menus “Regular” Diet

Meal	ITEM AND AMOUNT
Breakfast	1 hard boiled egg ¼ cup oatmeal (cooked)
Lunch	2-3 ounces tuna with 2 teaspoons light mayo With sliced tomato and lettuce on the side
Dinner	2-3 ounces broiled flounder ¼ cup sweet potato
Snacks	1 ounce low fat mozzarella cheese 1 Protein (20-30 g protein) shake

Protein: 72 grams

Meal	ITEM AND AMOUNT
Breakfast	1 container low-sugar, low-fat yogurt 1 slice low-sodium ham
Lunch	2-3 ounces chicken breast ¼ cup zucchini squash
Dinner	2-3 ounces turkey chili ¼ cup cooked broccoli 1 tsp low fat margarine
Snacks	1 Protein (20-30 g protein) shake

Protein: 66 grams

Remember: 1 ounce of protein food ~ 7 g protein

Dumping Syndrome:

A feeling of fullness and cramping which can lead to nausea, diarrhea, flushing or sweating and lightheadedness.

More common after gastric bypass than sleeve

- **Avoid:**

- High-fat foods
- High-sugar foods
- Drinking while eating





Reactive Hypoglycemia:

A drop in blood sugar levels within a few hours of eating a high carbohydrate (sugar) meal.

■ Prevention:

- ☐ Include a high protein food with each meal/snack
- ☐ Include high fiber foods with most meals.
- ☐ Limit or avoid starchy foods (pasta, rice, bread, cereal, tortillas, crackers) and sweets

Words that mean “Sugar”



Brown sugar	Fructose	Agave Nectar
High Fructose Corn Syrup	Evaporated cane juice	Fruit juice concentrate
Brown rice, Corn syrup	Confectioner's Sugar	Sucrose
Cane Syrup/Juice	Maple Syrup	Invert sugar
Honey	Maltose	Molasses
Dextrose	Sugar/Turbinado Sugar	Malt Syrup

Nutrition Facts Label

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

→ **INGREDIENTS:** ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMIN MONONITRATE [VITAMIN B₁], RIBOFLAVIN [VITAMIN B₂], FOLIC ACID), CORN SYRUP, SUGAR, SOYBEAN AND PALM OIL (WITH TBHQ FOR FRESHNESS), CORN SYRUP SOLIDS, DEXTROSE, HIGH FRUCTOSE CORN SYRUP, FRUCTOSE, GLYCERIN, CONTAINS 2% OR LESS OF COCOA (PROCESSED WITH ALKALI), POLYDEXTROSE, MODIFIED CORN STARCH, SALT, DRIED CREAM, CALCIUM CARBONATE, CORNSTARCH, LEAVENING (BAKING SODA, SODIUM ACID PYROPHOSPHATE, MONOCALCIUM PHOSPHATE, CALCIUM SULFATE), DISTILLED MONOGLYCERIDES, HYDROGENATED PALM

- ☐ Read the list of ingredients.
- ☐ Generally avoid foods with sugar as one of the first 3 ingredients.
- ☐ Choose foods low in **Total Sugars** (less than 10 g per serving).

Life-long guidelines



- Eat when hungry and stop when satisfied (before full)
- Don't wait until extremely hungry to eat.
- Don't go back to pick on leftovers

THE HUNGER SCALE



Life-long guidelines



■ **Make meals last 20 minutes**

- ☐ Place your fork down between bites.
- ☐ Taste the food you are eating.
- ☐ Ask yourself “is this food: sweet or sour? hot or cold?” or “do I even like what I’m eating?”

■ **Stay hydrated**

- ☐ Carry a water bottle with you at all times.
- ☐ Drink 48-64 oz of calorie free fluids every day.
- ☐ Urine should be a light lemonade color.

■ **Write down foods on paper or use a phone app, so you can track foods that don’t agree with you.**

Life-long guidelines:

- Do not drink liquids with meals or snacks.
- Wait 30 minutes before and 30 minutes after your meal to drink anything.



Drink



**Wait
30 minutes**



Eat



**Wait
30 minutes**



Drink

- Eating and drinking at the same time may cause nausea, pain or vomiting.
- You may not be as satisfied or find that you “are looking for something else.”
- After your liquid diet stages, avoid soups because they are a mix of liquid and solids.

Life-long guidelines

Beverage choices



- Avoid Caffeine:
 - After 3 months limit to 1 drink daily.
- Avoid Carbonated drinks (soda, sparkling waters).
 - May cause stomach pain, gas or bloating after surgery
- Avoid drinks with sugar (juice, fruit punch, iced tea, lemonade) instead use sugar free powdered or liquid flavor enhancers.
 - Choose diet, non-carbonated beverages.
 - Read labels: less than 10 calories per serving.

Life-long guidelines

Alcohol after Bariatric Surgery

■ Avoid Alcoholic drinks

- Can result in ulcers in your new stomach
- Your tolerance to alcohol is lower
- May cause weight gain because it is high in calories
- Can lead to dehydration and low blood sugars



Life-long guidelines

Dry meats may be difficult to tolerate after weight loss surgery.

Try cooking your meats in any of these ways:

- ❖ Pressure cooker/crock pot
- ❖ Braising/stewing
- ❖ Simmering
- ❖ Steaming
- ❖ Pot roasting



KEEP PROTEINS MOIST

- **Use a marinade, meat tenderizer, or meat pounder** with meats before baking, grilling, broiling or roasting.
- **Use lids** when cooking (stove, oven, or microwave).
- **Add extra fluid** when reheating meals in the microwave.

Sample Menus 1-year after surgery

TIME	ITEM AND AMOUNT
Breakfast	2 poached eggs 1 ounce low fat/nonfat cheese ½ slice whole wheat toast 1 teaspoon low fat margarine
Lunch	3 ounces tuna with 2 teaspoons light mayo Sliced tomato ½ cup lettuce
Dinner	3 ounces broiled flounder ⅓ cup zucchini squash ¼ cup sweet potato
Snack	½ small apple 1 ounce low fat mozzarella cheese

Protein: 70 grams

TIME	ITEM AND AMOUNT
Breakfast	½ cup low fat cottage cheese ½ whole wheat English muffin, well toasted 2 teaspoons low fat margarine
Lunch	3 ounces chicken breast ½ cup salad greens 1 tablespoon low fat dressing ¼ cup blueberries
Dinner	3 ounces broiled sirloin ½ cup asparagus tips 2 tsp low fat margarine
Snack	8 ounces protein shake

Protein: 80 grams

Vitamins and Minerals

- You will need vitamins **for the rest of your life** to avoid nutrition deficiencies.
- Must be **chewable** or **liquid** for **3 months** after surgery (NO gummies)
- Vitamin supplements are an out-of pocket expense
- Needs after surgery NOT met by regular multivitamin:
 - Vitamin D3 3000 IU (75 mcg)
 - Vitamin B12 500mcg
 - Vitamin B1 12-50mg
 - Iron 45-60mg
 - Calcium 1200-1500mg

Vitamins and Minerals

Some of the symptoms and conditions you could have when your body is not getting enough vitamins:

- **Vitamin D/Calcium:** bone pain, muscle weakness, osteoporosis
- **Vitamin B-12:** weakness, constipation, numbness/tingling in hands and feet, depression, heart palpitations, dementia
- **Iron:** fatigue, sensitive to cold/heat, shortness of breath, craving ice, pica (eating non-food things, e.g. dirt, starch), difficulty concentrating
- **Vitamin B-1 (Thiamine):** nausea, confusion, blurry vision, muscle weakness, edema, temporary or permanent paralysis, blindness, coma
- **Folate/Folic Acid:** weakness, fatigue, difficulty concentrating, irritability, headache, heart palpitations, shortness of breath, and malformations to fetus
- **Zinc:** skin lesions, poor healing, hair loss, diarrhea, changes in taste, mental lethargy

Vitamin Shopping List

Item #1: Bariatric Complete Multivitamin with Iron

- Regular multivitamins do not have the amounts of vitamins and minerals you need after surgery.
- Bariatric Multivitamins meet your needs with 1 or 2 chews instead of 5 or 6 different products.
- Read the bottle for dosage.
- Separate at least 2 hours from any Calcium supplement
- Start when you get home - after your surgery

After 3 months you can switch to bariatric complete multivitamins in capsule form if desired



Shopping List

Item #2: Calcium Citrate



- You will need 1200-1500mg daily.
- You will take calcium **3 times per day**. You will take about **500 mg each time**.
- **Separate at least 2 hours from your multivitamin with Iron**
- Start **1 week (Day 8)** after your surgery

After 3 months you can switch to Calcium Citrate in capsule or tablet form if desired

Daily Vitamin Schedule



Morning

First take your omeprazole (Prilosec) and wait at least 30 minutes
Take Chewable Bariatric Complete Multivitamin After your first meal or protein shake



Lunch:

500mg Chewable or Liquid Calcium Citrate (1 chew)



Dinner

500mg Chewable or Liquid Calcium Citrate (1 chew)



Bedtime

500mg Chewable or Liquid Calcium Citrate (1 chew)

Life-long Exercise



■ 6 Weeks-6 Months After Surgery

- ☐ Daily Physical Activity
- ☐ Aerobic exercise 3-4 days per week for at least 30 minutes per session
- ☐ Toning exercise with light weights

■ Greater Than 6 Months After Surgery

- ☐ Aerobic exercise 4-5 days per week for at least 45 minutes per session
- ☐ Toning exercise with light weights



Good Luck in your journey to better health !!!

What's next?

- Complete the **Quiz** that was sent to you – *you need at least 12 correct answers.*
- Continue checking your weight in the office.
- Review what you learned at this and previous classes.
- Review your Supplement Shopping list.
- Make sure you are scheduled for a follow up visit with the dietitian.