

CENTRAL VALLEY BARIATRICS' DIET GUIDELINES (DOC-08) POST OPERATIVE NUTRITION

First Month: Once you are progressed off of the hospital diets you should eat 3 small meals per day. If you are feeling hungry between the 3 meals you may have a protein shake. A Protein shake is considered a meal in itself. You may want to mix your protein powder with half of the required fluid in the instructions.

If you are feeling nausea try eating something such as a cracker or a teaspoon of yogurt in your stomach between meals.

Your stomach size is approximately 4-6 ounces (1/2C to 3/4C) at the stretched point so it may take you longer to eat and drink. You should only be able to eat 1-2 teaspoons of food at a time or drink 1-2 sips at a time.

You **DO NOT** want to stretch your new stomach! It may take you several hours to drink or eat a meal. Eat slowly and allow at least 30 minutes or more to eat and chew each bite thoroughly. Stretching your stomach can cause suture lines to break or to slow your weight loss.

Your foods should be soft, lactose-free, low fat, with low sugar content and limited carbohydrates. Sugar & Carbohydrates will slow your weight loss because sugar & carbohydrates are easily absorbed right from the mouth. Avoid meats, anything fried or crispy, raisins, and nuts. Remember to achieve a minimum of **80 grams of protein intake per day. Read the nutritional labels on the food products. You want to make the best nutritional choices for the volume of food that you will consume; i.e. lowest carbohydrate/sugar and fat content with the highest protein content for the smallest portion.** You may be surprised to find that similar food products have much different nutritional contents.

Fluids must be continually sipped all day long to prevent dehydration. **DO NOT GULP** or take large drinks of fluids, **your small stomach CANNOT tolerate** this and you may vomit. You should try and consume 40- 64 ounces of fluids a day. You should not drink 30 minutes before and after a meal. We want you to fill your stomach with protein first and if you drink you will fill your stomach with the fluids and not get enough protein. **No carbonated beverages**, until cleared by us.

Stay away from sugar of any kinds, including fruits and juices. If you eat too much you will vomit. It can be difficult to get use to your smaller stomach size.

Acceptable Food Items upon discharge from hospital's list up to the 2nd or 3rd Month

The first month you must adhere to the food list below or the in hospital list depending on the doctor's orders.

- 1 Egg=8 Gm. Protein.
- Lactose-free protein powder=24 Gm. Protein/Tb. (Mix in blender with ice, soy milk, water, or add to other foods. Replaces a meal or can be a snack.
- Protein Bars (Low carbohydrates)
- Mashed potatoes add mashed tofu or unflavored protein powder for extra protein

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- Morningstar soy products: chicken less nuggets, buffalo wings, breakfast sausage
- Tempeh (soy vegetable product)
- Healthy-Choice Soups or any other low fat type soups—no pasta or large chunks of meat, add tofu, add **pureed** chicken breast or unflavored protein powder for extra protein.
- Tuna, moist fish such as salmon, orange roughy, mackerel, imitation crab, shrimp, etc.
- Bake chicken breast or dark meat in broth or fat free, milk free sauce (**you may only be able to eat ½ of a single chicken breast**)
- Peanut butter on crackers (be very careful with this, it is dry and can be hard to swallow)
- Turkey Bacon
- Tofu and Tofu Rella cheese products (no lactose). Remember to use Tofu As you would rice. Tofu is a great source of protein.
- Low-fat crackers—may help with nausea.
- Yogurt—Light, no fruit. Add unflavored protein powder for extra protein. **YOU WILL NOT BE ABLE TO EAT A WHOLE CONTAINER.** Try the small 4 ounce cup; however, you still may not finish it.
- Adding plain yogurt (instead of sour cream) to rice and mashed potatoes.
- Oatmeal, cream of wheat, grits add mashed tofu or unflavored protein powder for extra protein; Wheat Germ sprinkled on any food can add extra protein.
- Soymilk, rice milk, Lactaid milk use in protein shake for added protein.
- Cottage Cheese if you can tolerate it.
- WATER-is your fluid of choice! Diet Snapple, Crystal Lite, or small Amounts (high sugar content) of Gatorade.

You may find some of the suggested items above in specialty stores such as Trader Joe's, Whole Foods, and Gelson's. You can find some great protein shake recipes at the Pro Blend 55 MD Labs website. <http://www.mdlabs.com/mdlabs.html> click on free samples then on that screen there is a bullet to click for recipes. **Remember no carbonated drinks**, you can let them go flat and then use them with your shakes **FLAT DIET SOFT DRINKS ONLY!**

Read nutritional labels! You want to look for low calorie, high protein, low carbohydrate, and low fat. Get the most benefit out of the foods that you choose to keep your body healthy and in balance.

Vitamins: One general multivitamin (any brand) and at least 1500mg of Calcium **every** day for the rest of your life. You do not want to deplete your vitamin or mineral stores and especially Calcium. Please read the additional information on vitamin and minerals provided on Pages 35-40 of this workbook. Immediately post op your surgeon may have you take a children's chewable vitamin until you can tolerate a regular general multivitamin. Taking your vitamins and calcium is important in keeping your body and bones healthy and strong. If you do not take your calcium you may develop bone density loss.

2nd Month Post Operatively and on

- Gradually add one new food item at a time to see if it agrees with you. Continue to stay away from lactose, sugar and high fat and eat 3 small meals a day. Tastes and odors may change after surgery—sour or tart may taste particularly good. This is an excellent time to LISTEN to your body and re-learn how it is communicating to you the signals for fullness, hunger and satiety.

- Portion size needs to continue to remain small. You do not want to stretch your stomach size prematurely. You also do not want to graze or eat in between meals. Both of these actions can slow weight loss. If you do not make life long dietary and nutritional changes you can and will re-gain weight. GRDS is not a cure for bad eating choices and will not be effective if you are eating unhealthily, eating larges amounts, over stuffing yourself, eating between meals, snacking or grazing during the day. Having surgery **DOES NOT** give you license to eat as much as you want whenever you want. If you choose to eat in this fashion you **WILL GAIN WEIGHT**.
- Protein remains important up to nine months post op during the rapid weight loss. Meat may take some time—many people tolerate this after a few months. Anything “dry” may cause discomfort—white chicken or turkey may need low fat sauce with it. Healthy Choice Deli slices--Low fat ham, chicken, or turkey are well tolerated. Imitation crab and fish that is not dry, is generally well tolerated. Beef or turkey jerky sticks flavored with Teriyaki are all popular. Remember Common Sense works!!

Remember Protein! : *If you have not taken in adequate Protein over the first few months, your body will start to break down its own source of Protein—muscle. It is just as easy for the body to break down muscle, as it is fat cells. It can also cause problems with adequate healing and tissue repair. Inadequate protein levels will cause you to feel nauseated and weak. The lack of protein can also cause dehydration to become more of a problem and cause swelling of extremities. It is important to prevent this from happening.*

Dehydration: will occur if you do not drink enough fluids. It is the most common problem after surgery. *Symptoms include fatigue, dark colored and or strong smelling urine, dry lips, and dryness inside the mouth, light-headedness when standing, dizziness, and fainting.* Call the office immediately if you have any of these symptoms (661) 725-4847. **The best treatment is prevention. Continually sipping fluids** is the best way to prevent dehydration. Remember DO NOT GULP OR TAKE LARGE DRINKS OF FLUIDS AT ONE TIME. Your new stomach is only 4-6 ounces in size. Blood work should be done if dehydration persists. Dehydration may lead to bladder and kidney infections. In some cases you may need to be admitted to the hospital so that fluids can be given to you via an IV.

Loose Stool: Remember your stool will be soft until the food you eat becomes more solid. Lactose intolerance and fat intake are generally the culprits. Again listen to the clues your body is giving you. High fat diet and MSG may cause increase gas and loose stools, even long term. You may want to try Devrom www.parthenoninc.com (similar ingredient as Pepto-Bismol in tablet form and safe for long term use) or try Pepto-Bismol to help with gas and loose stools if it persists past the initial 2 weeks. These products can turn your stool a dark color. Always look at what you are eating, if the loose stools continue, add rice to your diet, go to a bland diet and temporarily eliminate any fruits and vegetables you may be eating. Banana, which is a good source of minerals will usually not cause diarrhea. If cramping and loose stool persists for more than 2 days, please call the office.

Flatulence: For most people gas is a problem because it causes (sometime painful) bloating and (often mortifying) odors. Everyone has gas. The average person generates 1 to 3 pints a day. But some people produce a lot more than others. Certain foods are gassier than others. But gas-producing food for one person may not be for the next. Extremely flatulent foods (more than 40 passages per day) vary from one person to another. Carbohydrates are largely to blame for large volumes of gas due to sugars, starches, and fiber that reach the colon (large intestine) without being digested or absorbed. Once in the colon the colonies of harmless bacteria eat them and give off by products of hydrogen, carbon dioxide, and in some people methane. These are the "good bugs" (bacteria) that are wiped out with antibiotics and may need to be replaced by taking Ultra Dolphilus, Ultra Bifidus, Reuteri lactobacillus and Lactobacillus acidophilus. Devrom is also another good medication that can be taken to reduce the odor.

1. One of the most common sources of gas is lactose, which is a sugar that occurs naturally in milk products. Many people don't have the enzyme (lactase) to digest lactose.
2. Another source is soluble fiber, like the pectin in fruits and the beta-glucans in oat bran.
3. Researchers have shown that gas-producing bacteria feed off small amount of starch that escapes digestion by enzymes in the small intestine. So far, wheat, oats, potatoes, corn, and virtually every starchy food has been implicated, even innocuous foods like bread and pasta made with white flour can cause gas. The worst offenders are any processed white flour products. These products contain Sorbitol and the bacteria react with the Sorbitol and cause gas.
4. The fourth and most infamous source of gas is the family of raffinose sugars found (large amounts) in beans, and smaller amounts in many vegetables and grains. No one has the enzyme Alphagalactosidase to break them down. When they hit the large intestine, our bacteria have a feast.

Some products you may find helpful in preventing or deodorizing gas:

- Devrom: available over the Internet at www.parthenoninc.com or by telephone 1-800-453-8898.
- Gas-Ex: over the counter in most drug and grocery stores. Take with your meals.
- Beano: over the counter in most drug and health food stores. Take with your meals.
- Pepto Bismol
- Natural Chlorophyll (Alfalfa Chlorophyll) by Natures Plus helps with gas odor and is found in most health food stores.
- Lactaid tablets: found in most grocery and drug stores
- Reuteri lactobacillus Nature's Sunshine found in most health food stores
- Lactobacillus acidophilus found in most health food stores