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Bariatric Surgery
Nutritional Guidelines
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**The following book is a tool to meant to guide patients in the process of preparing for and recovering from weight loss surgery with Dr. Helling and his team. The contents of this publication are the intellectual property of Dr. Helling. Unauthorized distribution or use is strictly prohibited. * ©2024 Kevin Helling.*

INTRODUCTION:

Metabolic surgery (sometimes referred to as bariatric or weight loss surgery), is a life changing intervention that provides patients with a powerful tool to help lose weight, improve health, and overcome the metabolic disorder of obesity. Obesity is a disease process of your metabolism that results in ineffective energy processing and numerous health problems. Surgery is the most powerful intervention available to overcome obesity.

There is **risk** associated with any operation, and Dr. Helling and his team will do everything possible to minimize your risk. The process of preparing for metabolic surgery aimed at making you as successful as possible in the safest way possible. Habits such as mindful eating, well-balanced diet, and exercise should be a **lifelong commitment**. While Dr. Helling and his team will do everything possible to ensure your success, you must also **hold yourself accountable** for this lifelong commitment.

PREPARING FOR BARIATRIC SURGERY

Congratulations on your decision to have metabolic surgery! We know you did not take this decision lightly, and we are here to help prepare you for the exciting changes ahead!

While each person has their individual reasons for having metabolic surgery, a common theme is that you are doing this for your health, to improve your life, and to lose weight permanently. It is imperative that you commit yourself to the pursuit of lifelong health and well-being. If you do not maintain healthy habits, you may not be as successful. As you prepare for surgery, it is useful to begin making healthy lifestyle changes, keeping in mind that adjustments you make now are intended to last for your lifetime.

The following foods should be avoided:

- ✓ Processed sugars such as candy, cakes, pies, cookies, etc.
- ✓ Fast food
- ✓ Soda pop, high calorie sports drinks

Healthy eating starts with planning:

- ✓ Plan meals in advance to ensure proper food choices
- ✓ Avoid temptation to snack outside of your planned meals
- ✓ Write down your meal plan
- ✓ Include protein foods with each meal
- ✓ Include vegetables and fruit

- ✓ Drink at least 64 ounces of water daily (sugar-free beverages are allowed).
- ✓ Avoid the use of alcohol
- ✓ Begin taking a multivitamin every day
- ✓ Begin a regular exercise regimen – try to make it fun!

Smart Eating Practices:

- ✓ Use a small 9-inch plate and toddler utensils
- ✓ Cut food into small pieces and chew foods well
- ✓ Eat slowly and pay attention to signs of fullness
- ✓ Eliminate distractions while eating.
- ✓ Stop drinking 10 minutes before a meal and wait 30 minutes afterward to drink calorie-free fluids.

FOOD GROUPS - PORTION GUIDE

STARCH, GRAINS, BREAD → 15 GRAMS CARBOHYDRATE = 1 CARB CHOICE → 3 SERVINGS PER DAY

Bread

Bread, whole grain 1 slice
 Bagel Thin or English muffin, small ½ portion
 Hamburger or hot dog bun ½ portion
 Tortilla, corn, 6-inch 1 portion
 Waffles, whole-grain, 1 portion.
 Pita, 6 inch 1/2 portion
 Pancake, 4-inch 1 portion
 Whole grain dinner roll 1 small

Starchy Vegetables

Baked beans 1/3 cup
 Beans and Peas 1/2 cup
 Corn 1/2 cup
 Corn on the Cob 1 small (3 inches)
 Potato 1 small (3 oz)
 Potato, mashed 1/2 cup
 Sweet potato or yam 1 small (3 oz)
 Winter squash 1/2 cup

Cereal

Bran cereal 1/2 cup
 Cheerios, Multi-Grain 3/4 cup
 Granola, low-fat 1/4 cup
 Oatmeal, Cream of Wheat, Grits cooked 1/2 cup.
 Raisin Bran 1/3 cup

Crackers and Snacks

Graham crackers 3 squares
 Wheat Thins, low fat 20 crackers.
 Triscuits 6 crackers
 Popcorn, no fat added 3 cups
 Baked Chips 15-20

Pasta and Grains

Barley or Quinoa, cooked 1/3 cup
 Pasta, whole-wheat, cook 1/3 cup.
 Brown or wild rice, cooked 1/3 cup
 Couscous, cooked 1/3 cup

FRUIT → 15 GRAMS CARBOHYDRATE = 1 CARB CHOICE → 2 SERVINGS PER DAY

Apple 1 small or tennis ball sized
 Apricots 4 medium
 Apricots (dried) 8 halves
 Banana, medium 1/2
 Berries (all) 1 cup
 Canned or frozen fruit (unsweetened) 1/2 cup
 Cantaloupe 1 cup cubed.
 Cherries 10
 Figs dried 1 1/2 medium.
 Figs, fresh 2 medium
 Grapefruit 1/2
 Grapes about 10-15

Honeydew 1 cup cubed.
 Kiwi 1 large
 Mango 1/2 large
 Orange 1 small or tennis ball sized.
 Peach 1 small or tennis ball sized.
 Pear 1 small or tennis ball sized.
 Persimmons 2 medium
 Pineapple, fresh 3/4 cup
 Plums 2 small
 Prunes 3 medium.
 Raisins 2 tablespoons
 Watermelon 1 cup cubed.

MILK → 12 GRAMS CARBOHYDRATE = 1 CARB CHOICE → 1 SERVING PER DAY

Milk, low fat 1 cup (8 oz)
 Buttermilk 1 cup
 Dry milk powder 1/3 cup
 Evaporated skim milk 1/2 cup
 Frozen yogurt 1/2 cup
 Yogurt, plain 1 cup (8 oz)

Yogurt, lite, sugar-free
 1 cup (8 oz)
 Pudding (no sugar added) 1/2 cup
 Latte, skinny, sugar-free 12 oz
 Soy milk 1 cup

COMBO → 15 GM CARB = 1 CARB CHOICE → 30 GM = 2 CARB CHOICES → 45 GM = 3 CARB CHOICES

1 cup casserole, lasagna, mac and cheese, or chili with beans = 30 gm carb
 1 cup broth soup with noodles or rice = 15 gm carb
 1 cup stir fry + 1/3 cup brown rice = 30 gm carb
 1/2 cup WW spaghetti with meatballs = 30 gm carb
 1 cup ice cream = 30 gm carb

5 oz bean burrito = 45 gm carb
 1 cup stew = 30 gm carb
 2 tacos, crunchy = 14 gm carb
 1 taco, 6" soft = 18 gm carb
 Sloppy Joe on WW thin buns = 30 gm carb
 Pizza, thin crust, 1/8 slice of a 12-inch pizza = 22 gm carb

VEGETABLES → 1 CUP RAW OR ½ CUP COOKED = 1 SERVING → 1/2 PLATE TWICE PER DAY

Artichokes
Asparagus
Baby Corn
Bamboo shoots
Bean sprouts
Beets
Bell peppers
Brussels sprouts
Broccoli
Cabbage
Carrots
Cauliflower
Celery
Cucumber
Eggplant
Green beans
Greens

Jicama
Kale
Kohlrabi
Lettuce
Mixed veggies (no potatoes, peas, or corn)
Mushrooms
Okra
Onions (green, yellow)
Pea pods
Radishes
Sauerkraut
Snow peas
Spinach
Squash (yellow, summer)
Sugar snap peas
Tomatoes
Zucchini

MEAT & PROTEIN → 1 OUNCE MEAT OR EGG = 1 SERVING → 8 OUNCES PER DAY

Lean Proteins

BEEF select or choice, trimmed of fat: ground round, roast, round, sirloin, tenderloin 1 oz
Cheese, low fat 1 oz
Cottage cheese, fat-free or low-fat 1/4 cup
Egg substitutes, plain 1/4 cup
Egg whites 2
FISH, fresh or frozen: 1 oz
Yogurt, Greek Plain 6 oz
Yogurt, Greek Flavored 4 oz
Luncheon meat, low-fat, 1 oz
PORK, lean: loin cut, chop, ham, tenderloin 1 oz
POULTRY w/o skin: 1 oz
Tofu 1/2 cup or 4 oz
Tuna, canned in water 1 oz
Veal: loin chop, roast 1 oz
Wild game 1 oz

Medium & High Fat Proteins

Bacon, pork 2 slices
Bacon, turkey 3 slices
BEEF: corned beef, ground beef, meatloaf, prime rib, short ribs 1 oz
Eggs (limit 3 per week)
Fish, fried 1 oz
Hot dog, 1 portion.
Luncheon meat: bologna, pastrami, hard salami 1 oz
Nut Butters, natural, 1 Tbsp.
PORK: cutlet, ground, shoulder roast, spareribs 1 oz
POULTRY: with skin 1 oz
Sausage: bratwurst, Italian, Polish 1 oz

FAT → 2-3 SERVINGS PER DAY

Unsaturated Fat

Avocado 2 tablespoons
Hummus 2 tablespoons
Margarine reduced fat 1 tablespoon.
Margarine, soft, tub, squeeze 1 teaspoon.
Mayonnaise, reduced fat 1 tablespoon
Nuts, 5 large or 10 small.
Nut butters, 1 ½ teaspoon
Oil: avocado, canola, corn, flaxseed, grape seed, olive, peanut, safflower 1 teaspoon
Olives, black 8 large
Olives, green 10 large
Salad dressing, reduced fat 2 tablespoons
Salad dressing, regular 1 tablespoon
Seeds 1 tablespoon

Saturated Fats

Bacon 1 slice
Butter, tub, reduced fat 1 tablespoon.
Butter, stick 1 teaspoon.
Coconut shredded 2 tablespoons.
Cream cheese reduced fat 1.5 tablespoons.
Cream cheese, regular 1 tablespoon
Cream, heavy 1 tablespoon
Cream, light 1.5 tablespoons
Oil: coconut, palm, palm kernel 1 teaspoon
Shortening or lard
1 teaspoon
Sour cream, reduced fat 3 tablespoons.

GASTRIC BYPASS AND SLEEVE GASTRECTOMY SUPPLEMENTS

Please note that this is not an all-inclusive list and products change with time. Use this packet to guide your research and shopping. Please discuss vitamin supplements with your dietitian.

MULTIVITAMINS WITH IRON

- ✓ Take two 'complete' multivitamins daily
- ✓ Can take multivitamin doses at the same time
- ✓ Separate from calcium by 2 hours
- ✓ Complete multivitamins contain iron, zinc, folic acid and copper

CHEWABLE AND LIQUID MULTIVITAMINS

- ✓ Examples in no preferred order and not limited to: Bariatric Advantage Multi, Celebrate -Multi-Complete 36, Opurity, Bypass/Sleeve, Optimized Multi, Bariatric Fusion, Flintstones Complete, Optisource, Liquid Health/Liquid Prenatal Multi and more
- ✓ These include 1-2 tablets and some do not need additional Vitamin B12 supplementation with it
- ✓ If not found in stores, they can be found online

NON-CHEWABLE MULTI VITAMINS WITH IRON

(NOT UNTIL 6 MONTHS POST-OP*)

Each person will have a different comfort level with swallowing pills. If a pill seems too large for you, then open the capsule or choose a chewable or liquid version instead

- ✓ Examples in no preferred order and not limited to: Bariatric Advantage Ultra Multi Formula with Iron, Celebrate Multi-Complete Capsule and more.
- ✓ Often up to 3 capsules a day and some do not need additional Vitamin B12 supplementation with it.
- ✓ If not found in stores, they can be found online.

If you have a multivitamin that is not on this list, please speak with your dietitian. It should contain:

- ✓ At least 18 mg iron per tablet + zinc, folic acid and copper
- ✓ Less than 150 mg calcium per tablet
 - If you wish to use a multivitamin that has greater than 150 mg of calcium per tablet, please take each multivitamin 2 hours apart for best absorption.

CALCIUM CITRATE WITH VITAMIN D3

- ✓ Take 1200-1500 mg of calcium citrate daily split into 2-3 doses.
- ✓ Limit each individual dose to 600 mg (maximum your body can absorb at one time).
- ✓ Separate calcium doses by at least 4 hours.
- ✓ Separate calcium from multivitamins by at least 2 hours.

CHEWABLE, LIQUID, AND POWDERED CALCIUM CITRATE

- ✓ Examples in no preferred order and not limited to: Bariatric Calcium Citrate Chewy Bites, Bariatric Advantage Calcium Citrate Chewable, Calcet Citrate Creamy Bites, Celebrate Calcium PLUS 500, Celebrate Soft Chew Calcium, Opurity Calcium Citrate Plus Chewable, Twinlab Bariatric support Calcium Wafers, UpCal D Calcium Citrate Powder, Lifetime Calcium Magnesium Citrate Liquid, Reviva Calcium Citrate Liquid, Wellesse Calcium and Vitamin D3 Liquid, and others
- ✓ Max dose is 1500mg per day and this often requires 3 doses of liquid or chewable or powder per day spread out of 2 hours.
- ✓ If not found in stores, they can be found online

NON-CHEWABLE CALCIUM CITRATE- NOT UNTIL 6 MONTHS POST-OP

Each person will have a different comfort level with swallowing pills. If a pill seems too large for you, then cut it in half or choose a chewable or liquid version instead.

- ✓ Examples in no preferred order and not limited to: Citrical Calcium Citrate + D₃ Petites, CVS Calcium Citrate + D₃ Miniatures, Twinlab Calcium Citrate Caps and more
- ✓ The dosing for this can be 2-3 tablets or capsules 2-3 times per day to reach a goal of 1200mg
- ✓ If not found in stores, they can be found online.
- ✓ If you have found a calcium supplement that is not on this list, please ensure that it contains calcium CITRATE (read supplement facts and ingredient list + no more than 600 mg per tablet or else you don't absorb enough in a short amount of time.)

Vitamin B12

- ✓ Take 350 – 500 micrograms vitamin B12 daily in the form of a tablet or liquid.
- ✓ If you find a version that contains 1000 mcg or more of vitamin B12, you may take this every other day (instead of daily)
- ✓ You can take vitamin B12 at any time or with any other supplements
- ✓ Nasal sprays and injections are also options for vitamin B12

Protein Shake Shopping Guide and Tips

- ✓ Try lots of different shakes - get a variety!
- ✓ Use frequent shopper cards or membership bonuses for discounts
- ✓ Beware that sometime shakes will taste different after surgery
 - Consider having several types available after surgery
- ✓ Each 8oz serving of protein shake should have:
 - At least 13 grams of protein
 - 100-200 calories
 - Less than 20 grams of sugar (This includes the liquid you use to mix your protein powder (8 oz milk has 12 grams sugar)).

Contain Lactose for Liquid or Powder

- ✓ Examples in no preferred order and not limited to: Worldwide Pure Protein Shake **, Orgain Clean Protein Shake*, Premier Protein*, Syntrax Matrix, and more.

(*Certified Gluten Free and ** Gluten Free but may be produced in a facility that uses gluten.)

- ✓ Grams of protein per serving are different for each item per serving.

Contain Lactose Powder and Liquid

- ✓ Examples in no preferred order and not limited to: Designer Whey*, Optimum Nutrition Gold Standard Natural 100% Whey**, Aria*, Atkins Advantage Shake **, Tera's Whey Powder*, Bulletproof Collagen Protein, Equate High Performance Protein and more. (*Certified Gluten Free and ** Gluten Free but may be produced in a facility that uses gluten.)

Lactose-Free Powder and Liquid

- ✓ Examples in no preferred order and not limited to: Unjury, Glucerna Hunger Smart*, Fairlife Core Power, Muscle Milk, Muscle Milk Light, Muscle Milk 100*, Isopure*, Syntrax Nectar*, Boost Glucose Control & Boost Calorie Smart and more. (*Certified Gluten Free and ** Gluten Free but may be produced in a facility that uses gluten.)

Lactose-Free Powder and Liquid

- ✓ Examples in no preferred order and not limited to: Orgain Organic Protein Plant Based*, Orgain Organic Protein Vegan*, Ensure High Protein, Vega Protein Nutrition Shake*, GNC Total Lean Shake*, Evolve Ideal Protein Shake*, Premier Protein, Clear Protein Drink, Sotru Organic Vegan Protein* and more. (*Certified Gluten Free and ** Gluten Free but may be produced in a facility that uses gluten.)

ENHANCE YOUR PROTEIN SHAKE

Shake up your protein shake with some flavor with the following ideas:

- ✓ Flavor with **EXTRACTS** are a great sugar free way to add flavor to any shakes. Usually, you just need a drop or two to add a flavorful punch, so go slowly and taste-test along the way to the flavor that works for you. Here are some ideas that may work well with popular protein shakes: Pure Vanilla, Imitation Vanilla, Cinnamon Extract, Pure Peppermint, Imitation coconut Extract, Pure Orange or Raspberry Extracts and more.
- ✓ Spice up with **SYRUPS** these are also known as flavor shots like in a coffee shop. There are a variety of sugar free options. For example DaVinciGourmet – offers 40+ sugar free syrup options including pumpkin pie and watermelon and Torani – Offers 30+ sugar-free syrup options including black cherry and Irish Cream and more.
- ✓ Season with **Spices**. They are great in shakes and not just for cooking. Cinnamon, Ginger, Nutmeg, Cloves and others.
- ✓ Cool off with **Ice Pops**. They are NOT just for kids! Preparing a protein shake ahead of time and pouring it into a frozen popsicle tray is a great way to get in your protein.
- ✓ Have **fun** with it! Presenting your shakes nicely can help you enjoy them more. Add a garnish like an orange slice or a strawberry (You can eat fruit in the stage 4 diet), put it in a fun glass, maybe a weighted or metal glass feels better in your hand, put the glass in the freezer for a half hour and have chilled glass.
- ✓ If you are sensitive to **smells** after surgery, drinking a shake from a bottle with a small opening may help to minimize any smell from the protein.
- ✓ Experiment with the temperatures of your drinks and shakes.

OPTIONAL PROTEIN SHAKE RECIPES

These are examples that can be altered to taste.

Orange Creamsicle Protein Shake

- ✓ Milk (1% or skim milk, light soy milk, lactaid milk.)
- ✓ Vanilla protein powder
- ✓ Pure Orange Extract (to taste)

Raspberry Cheesecake Protein Shake

- ✓ Milk (1% or skim milk, light soy milk, lactaid milk.)
- ✓ Vanilla protein powder
- ✓ Sugar free Raspberry Torani Syrup
- ✓ Dry Sugar free Raspberry Jello-O
- ✓ Ice Cubes

Mint Chocolate Delight Protein Shake

- ✓ Chocolate protein shake
- ✓ Pure Peppermint Extract

Pumpkin Spice Shake

- ✓ Water **OR** milk
- ✓ Vanilla protein powder
- ✓ Pumpkin Pie sugar free syrup to taste.
- ✓ Dash of Pumpkin pie spice
- ✓ Place water in the blender first, then powder, then additions. Blend on low and the high until blended.

Macho Mocha Cinnamon Shake

- ✓ Milk (1% or skim milk, light soy milk, lactaid milk.)
- ✓ Chocolate protein powder
- ✓ Cinnamon
- ✓ Decaffeinated instant coffee.

Tools & Resources

There are numerous books available for healthy eating and healthy eating habits. Ask the dietitian what books they recommend too! There are countless magazines and other weight loss resources too. It is important to arm your self with information so that you can make the right decisions with diet and exercise.

Apps and websites are useful for logging food and fluid intake as well as activity.

Why is food logging beneficial?

- ✓ Reveals food habits that you may not be aware of.
- ✓ Holds you accountable for what you eat and drink.
- ✓ Research shows that people who log their intake lose more weight.
- ✓ Helps your dietitian better understand your eating habits.

There are so many apps and websites that can help, of note some of them must be purchased: Baritastic App or website, Lose It! Weight Loss Program App, My Fitness Pal Calorie Counter & Diet Tracker App or website, My Plate Calorie Tracker by Live Strong Website, Fit Day App or website, Spark People Calorie Counter & Weight Loss App or website, Control My Weight – Calorie Counter by Calorie King, Eat Slower App and many more.

There are also several Fitness and Nutrition Apps.

How can you use your phone to help you stay active and healthy?

- ✓ Find walking and jogging routes near your home.
- ✓ Help you train towards a fitness goal and learn new exercises.
- ✓ Look up nutrition info at restaurants and while on-the-go.
- ✓ The right app is the one that helps you meet your goals and track the activity that you like to do.
- ✓ The important thing is that you are doing activities that make you sweat and that you are having fun!
- ✓ Ideally, you are to see progression the activities that you like to do. Progression is increasing duration, frequency and/or effort each time you do it.

Tools for Measuring Portion Sizes

Why should you use tools to measure food portions?

- ✓ It's hard to judge food portions with your eyes alone.
- ✓ Food scales, portion plates, and measuring cups can help us portion foods accurately.
- ✓ It can help to train your eyes to better estimate portion sizes.
- ✓ It can help you keep better track of how much you are eating.
- ✓ Using tools to measure can make it easier to portion your foods!

Food scales can be obtained in lots of places, in stores or online. Some can measure in ounces and grams. Measuring spoons and cups have numerous options, be sure to get the right set for your needs. Portion plates are a great way to manage portion size. Some people even use children plates because it harder to over fill them. Protein shaker bottles are preferred by some people due to convenience mixing their preferred protein powders, they should come with a plastic or metal mixing ball.

Tools for Counting Steps

These devices are also called pedometers and they are common and easy gauge of activity throughout the day. If you have a smart phone, it likely has this ability.

Why are pedometers beneficial?

- ✓ A pedometer is a portable device that detect motion and count your steps.
- ✓ Keeping track of your step count is a great way to track your daily physical activity.
- ✓ Counting step is a useful tool for setting activity goals.

Food and activity logs are excellent ways of tracking progression. There are numerous examples online, you can use an app on your phone, or you can simply use pen and paper.

Preoperative Diet

The preoperative diet is required for all patients before weight loss surgery. This diet will help to make your liver smaller which makes it safer and easier for Dr. Helling to perform your surgery.

➔ **Start this diet 2 weeks before your surgery date.**

Step 1: Pick **1 item from each list** to eat and drink during the day.

Step 2: Eat **1 meal** with 4 ounces of lean protein, 3 servings of non-starchy vegetables and 1- 2 servings of fat. This meal is in addition to the items from the lists below and can be eaten any time of day

Step 3: Drink at least **64 ounces** of sugar-free beverages (water, Crystal Light, Fruit20, etc.) between meals.

LIST A	LIST B	LIST C	LIST D
- Pure Protein - Premier Protein - Atkins Advantage - Orgain Clean Protein - Unjury (in water) - Syntrax Nectar or Syntrax Matrix (in water) - Fairlife Core Power	- Syntrax Matrix (in milk*) - Unjury (in milk*) - Glucerna Hunger Smart - Orgain Plant Based - Vega One - Boost Glucose Control - Boost Calorie Smart	- 1 cup non-starchy vegetables + 2 Tb salad dressing or guacamole - ¼ cup unsalted nuts - ¾ cup low-fat cottage cheese, ricotta cheese - 6 oz Plain Greek yogurt - 2 eggs (any style) - 3 oz deli meat + 1 string cheese - 1 protein shake from List A	- Nature Valley Protein Bar - Pure Protein Bar - Detour Whey Protein Bar - Fiber One Protein Bar - 1 serving fruit + 1 Tbsp Natural nut butter - 1 protein shake from List B

* Can choose skim (fat-free) or 1% milk, lactaid milk, or plain soy milk.

Remember to eat 1 meal with 4 ounces of lean protein, 3 servings of non-starchy vegetables and 1-2 servings of healthy fat.

Important Notes:

- ★ Use the **Food Groups - Portion Guide** (pages 5-6) to remind you which foods are in each food group (protein, starch, non-starchy vegetables, and fat) for your 1 meal.
- ★ Eating every 3-4 hours and drinking plenty of fluids in between can help to prevent hunger.

Sample Meal Plans

These are examples to help you see how a day could look during the pre-op diet. You don't need to follow them exactly. We recommend you make your own meal plans based on these to help you stay on track.

★ **Remember to drink at least 64 ounces of sugar-free beverages throughout the day.**

Example 1

Breakfast (List C)	2 hardboiled eggs
Snack (List A)	Pure Protein shake
Lunch (List D)	Nature Valley Protein Bar
Snack (List B)	Glucerna Hunger Smart
Dinner (Meal)	4 ounces cod, 1 ½ cups cooked vegetables (green beans, broccoli, cauliflower), 1-2 Tbsp light margarine

Example 2

Breakfast (List A)	Premier Protein shake
Lunch (Meal)	4 ounces baked chicken, 3 cups salad (lettuce, tomato, onions, cucumber), 1-2 Tbsp creamy salad dressing
Snack (List B)	Orgain Plant Based or Vega One shake
Dinner (List D)	Pure Protein bar
Snack (List C)	¾ cup low-fat low-sugar Greek yogurt

Example 3

Breakfast (Meal)	1 ¼ cup eggbeaters, 1 ½ cups cooked vegetables (peppers, onions, tomatoes), 1 Tbsp. Avocado or 1 Tbsp light margarine
Snack (List A)	Syntrax Nectar powder with water
Lunch (List C)	3 ounces deli meat + 1 string cheese
Dinner (List D)	1 small apple + 1 Tb peanut butter
Snack (List B)	Unjury Protein powder + 8 ounces milk + PB2 – frozen into 'ice cream'

Example 4

Breakfast (List A)	GNC Lean protein shake
Snack (List C)	Atkins Advantage shake
Lunch (List B)	Boost Glucose Control shake
Dinner (Meal)	Chili: 4 ounces cooked ground turkey, 1 cup tomato sauce, ½ cup cooked onions and peppers, 1 Tbsp avocado or 1 Tbsp sour cream
Snack (List D)	Syntrax Matrix powder with 6 ounces milk + ½ cup frozen berries

Preoperative Diet for Patients with Diabetes

The preoperative diet is required for all patients before weight loss surgery. This diet will help to make your liver smaller which makes it safer and easier for your surgeon to perform surgery.

For people who use medication and/or insulin to treat diabetes, it is important to keep carbohydrate intake consistent to help prevent low blood sugar (hypoglycemia). Since you will be reducing calories and carbohydrates, **please review this diet with your dietitian, primary care physician, and/or endocrinologist** to prevent wide swings in blood sugar.

***Start this diet 2 weeks before your surgery date. ***

Step 1: Pick **2 items** from each list to eat and drink during the day.

Step 2: Eat **1 meal** with 4 ounces of lean protein, 2 servings of non-starchy vegetables, 1 serving of starch and 1-2 servings of fat. This meal is in addition to the items from the lists and can be eaten any time of day

Step 3: Drink at least **64 ounces** of sugar-free beverages (water, Crystal Light, Fruit20, etc.) between meals.

LIST A	LIST B
- Syntrax Matrix (in milk*) - Unjury (in milk*) - Glucerna Hunger Smart - Orgain Plant Base or Vega One - Boost Glucose Control - Boost Calorie Smart	- Nature Valley Protein Bar - Pure Protein Bar - Detour Whey Protein Bar - Fiber One Protein Bar - 1 serving fruit + 1 Tbsp nut butter - 6 oz Greek Yogurt - 1 protein shake from List A

* Can choose skim (fat-free) or 1% milk, lactaid milk, or plain soy milk.

Remember to eat 1 meal with 4 ounces of lean protein, 2 servings of non-starchy vegetables, 1 serving of starch and 1-2 servings of fat.

Important Notes:

- ✓ Use the **Food Groups - Portion Guide** (pages 5-6) to remind you which foods are in each food group (protein, non-starchy vegetables, and fat) for your 1 meal.
- ✓ Eating every 3-4 hours and drinking plenty of fluids in between can help to prevent hunger.

Sample Meal Plans For Patients With Diabetes

These are examples to help you see how a day could look during the pre-op diet. You don't need to follow them exactly. We recommend you make your own meal plans based on these to help you stay on track.

★ **REMEMBER TO DRINK AT LEAST 64 OUNCES OF SUGAR-FREE BEVERAGES THROUGHOUT THE DAY.**

Example 1

Breakfast (List B)	6 oz Greek Yogurt
Snack (List A)	Syntrax Matrix with 8 ounces skim milk
Lunch (List B)	Nature Valley Protein Bar
Snack (List A)	Boost Glucose Control shake
Dinner (Meal)	4 ounces haddock, 1 cup cooked vegetables (green beans, broccoli, cauliflower), ½ cup sweet potato, 1-2 Tb light margarine

Example 2

Breakfast (List A)	Glucerna Hunger Smart shake
Lunch (Meal)	4 ounces chicken, 2 cups salad (lettuce, tomato, onions, cucumber), 1-2 Tb creamy salad dressing, 1 small whole wheat roll
Snack (List A)	Orgain Plant Base or Vega One shake
Dinner (List B)	Pure Protein bar
Snack (List B)	Detour Whey Protein Bar

Example 3

Breakfast (Meal)	1¼ cup egg beaters, 1 cup cooked vegetables (peppers, onions, tomatoes), 1 Tb avocado or 1 Tb light margarine, 1 slice WW toast
Snack (List A)	Boost Calorie Smart
Lunch (List B)	Fiber One Protein Bar
Snack (List B)	1 small apple + 1 Tb natural peanut butter
Dinner (List A)	Unjury protein powder with 8 ounces skim milk – frozen into 'ice cream'

Example 4

Breakfast (List A)	Glucerna Hunger Smart
Snack (List B)	Orgain Plant Base or Vega One
Lunch (List B)	Boost Glucose Control shake
Dinner (Meal)	Chili: 4 ounces cooked ground turkey, ¾ cup tomato sauce, ¼ cup cooked onions and peppers, ½ cup kidney beans, with 1 Tb avocado or 1 Tb sour cream
Snack (List A)	Syntrax Matrix powder with 8 ounces skim milk

POST-OP DIET PROGRESSION

- ✓ This booklet has been designed to help you, your family, and your friends learn about the behavior, diet, and lifestyle changes needed to be successful with your bariatric surgery.
- ✓ To be successful at losing weight and keeping it off, you must learn how to modify your eating behavior permanently. The goal of bariatric surgery is to help you change your eating habits to promote weight loss and weight maintenance.
- ✓ The surgery is only part of the treatment. Your commitment to a healthy lifestyle (diet, exercise, behaviors) is the most vital part of the treatment. It is still possible for people to overeat and gain weight after surgery. The lifestyle you lead after surgery and for the rest of your life will determine your ability to control your weight.
- ✓ It is very important that you keep **ALL** your pre-op and post-op appointments with the bariatric team. This allows your progress to be monitored and allows for any adjustments that need to be made.

SURGICAL DIET PROGRESSION

You are usually in the hospital for 1-2 nights following bariatric surgery. Your diet will progress through 4 stages over the course of the next several weeks.

What think about Before Surgery:

- ✓ **Do you have the measuring equipment to make meal planning and food preparation more convenient?**
- ✓ **Do you have a plan for acquiring the post operative stage diet nutritional food and supplements such as protein powders and/or shakes?**
- ✓ **Do you have a plan for activity and keep good diet habits?**
- ✓ **What steps have you taken to avoid triggers for poor habits from the past?**
- ✓ **What vitamins and minerals are recommended for you to take after surgery?**
- ✓ **Have you coordinated with the bariatric team and your prescribing providers for medications to take after surgery? Must avoid pills larger that the size of a pencil eraser.**
- ✓ **And so much more!**

Diet Stages At-A-Glance

This is just an overview of the diet stages. Please read through each diet stage for details and tips.

Stage 1: Clear Liquids

Start:	Post-op Day 1
Duration:	1 day
Diet	
Instructions:	Sip <u>sugar-free</u> , <u>low-calorie</u> , <u>non-carbonated</u> , <u>non-caffeinated</u> liquids throughout the day.
Fluid Goal:	2 ounces / hour

Stage 2: Protein Shakes

Start:	Post-op Day 2
Duration:	14 days / 2 weeks
Diet	
Instructions:	Slowly sip fluids and protein shakes throughout the day.
Fluid Goal:	Aim for 48-64 ounces clear liquids daily (see clear liquid guidelines above).
Protein Goal:	Aim for 60-70 grams/day (usually 3-4, 8-ounce protein shakes).

**** You won't reach the fluid and protein goals right away. Just do your best sipping throughout the day. ****

You will meet with a dietitian and your surgeon 2-3 weeks after surgery.

Stage 3A: Pureed Textures

Start:	Post-op Day 16
Duration:	7 days / 1 week
Diet	
Instructions:	Keep sipping fluids and protein shakes. Start adding small amounts of soft foods.
Fluid Goal:	Aim for 48-64 ounces clear liquids daily (see clear liquid guidelines above).
Protein Goal:	Aim for 60-70 grams/day between protein foods and protein shakes.
Vitamins:	2 complete multivitamins, 1200-1500 mg calcium citrate, and 350-500 mcg vitamin B12

Stage 3B: Soft Textures

Start:	Post-op Day 23
Duration:	21 days / 3 weeks
Diet	
Instructions:	Keep sipping fluids. Start introducing a greater variety of soft foods.
Fluid Goal:	Aim for 48-64 ounces clear liquids daily (see clear liquid guidelines above).
Protein Goal:	60-70 grams/day (may still need daily protein shake)
Vitamins:	2 complete multivitamins, 1200-1500 mg calcium citrate, and 350-500 mcg vitamin B12

Stage 4: Regular Textures

Start	Post-op Day 45
Duration:	Ongoing
Diet	
Instructions:	Well-balanced, planned meals using meal plan as a guideline
Fluid Goal:	At least 48-64 ounces clear liquids daily (see clear liquid guidelines above)
Protein Goal:	60-70 grams/day
Vitamins:	2 complete multivitamins, 1200-1500 mg calcium citrate, and 350-500 mcg vitamin B12

Stage 1: Clear Liquids

Start: Post-op Day 1- The first day after surgery or the first day you are allowed to drink fluids.

Estimated Duration: 1 day

Diet Instructions: Sip sugar-free, low-calorie*, non-carbonated, non-caffeinated liquids thru the day. NO straws OR Carbonation OR Caffeine.

*Low-calorie includes beverages with less than 15 calories per 8 ounce serving.

Stage 1 Clears at WMC include (2/2023):

- | | |
|--|-------------------------------|
| ✓ <u>Water</u> | ✓ <u>Regular Broth</u> |
| ✓ <u>Decaffeinated Coffee</u> | -Chicken, Beef, or Vegetable |
| ✓ <u>Decaf Herbal Tea</u> | ✓ <u>Low Sodium Broth</u> |
| -Orange & Spice, Lemon Ginger, Lemon | -Chicken or Beef |
| Zinger, Mint, Cranberry Apple, or Chamomile. | ✓ <u>Sugar-free popsicles</u> |
| | -Orange, Cherry or Grape |
| ✓ <u>Crystal Light</u> | ✓ <u>Sugar-free gelatin</u> |
| -Lemonade, Peach Tea, Raspberry Ice | -Lime or Orange |

- ★ You can use artificial sweeteners such as Equal (Aspartame), Sweet & Low (Saccharin), Splenda (Sucralose), PureVia and Truvia (Stevia), and Nectresse (monk fruit).
- ★ Try to limit sugar alcohols. When looking at a label, sugar alcohols typically end in “ol”, example: mannitol, maltitol, sorbitol. Sugar alcohols may cause gas, abdominal pain, and diarrhea in some people. The hospital will provide various clear liquids.

Fluid Goal: 60ml or 2 ounces every hour; you will need to sip slowly throughout the day.

Protein Goal: None

Stage 1 Tips:

- ★ Stop sipping as soon as you feel full or if you have any nausea/vomiting.
- ★ Use 1-ounce medicine cups to help prevent you from drinking too fast.
- ★ Avoid caffeine for the first 4-6 weeks after surgery. It irritates the stomach.
- ★ Avoid carbonation. It can cause gas, belching, bloating, and stomach discomfort.
- ★ Avoid gulping; it may cause stomach discomfort.
- ★ Write down the amount of fluids you drink on a food record.

STAGE 2: PROTEIN SHAKES

Start:	Post-op Day 2
Estimated Duration	14 Days
Diet Instruction	Slowly sip fluids and protein shakes throughout the day.
Fluid Goal:	Aim for 48-64 oz (6-8 cups) of sugar-free, low-calorie, non-carbonated, non-caffeinated liquid per day. This <u>does not include</u> your protein shakes.
Protein Goal:	Aim for 60-70 grams of protein / day (usually 3-4 8 ounce protein shakes).

**** It is normal to NOT reach your fluid and protein goals right away. Just do your best each day. ** Protein Shake Nutrition Guidelines**

Each 8 oz serving of protein shake should have:

- at least 13 grams of protein
- 100-200 calories
- less than 20 grams of sugar (This includes what you use to mix your protein powder (8 oz milk has 12 grams sugar).

WMC Stage 2 diet menu as of 2/2023 includes the stage 1 diet plus:

Carnation Instant Breakfast – NO sugar added (made with silk milk) – Classic French Vanilla or Rich Milk Chocolate.

Glucerna Shake – Vanilla, Chocolate, Strawberry or Butter Pecan.

Recommended Protein Shakes and Powders (contain lactose)

✓ Gold Standard 100% Whey	✓ Worldwide Pure Protein Shake
✓ Syntrax Matrix	✓ Slim Fast Advanced Nutrition
✓ Ensure High Protein	✓ Atkins Advantage Shake
✓ Equate High Performance Protein	✓ Designer Whey
✓ Premier Protein	✓ Orgain Clean Protein Shake
✓ Aria Protein	✓ Tera's Whey Protein

Recommended Protein Shakes and Powders (lactose-free)

✓ Fairlife Core Power	✓ Syntrax Nectar *
✓ Glucerna Hunger Smart	✓ Protein 2 O water
✓ Muscle Milk Light	✓ Isopure *
✓ Bariatric Advantage (www.bariatricadvantage.com)	✓ Boost Glucose Control
✓ Boost Calorie Smart	✓ Bariatric Fusion * Meal Replacement
✓ Unjury Protein * (www.unjury.com)	✓ GNC Total Lean Shake
✓ Ensure High Protein	✓ BiPro ELITE

** These brands offer protein shakes and powders that have a clear liquid base.*

Where to Buy?

Protein shakes and powders can be found at many major stores such as Target, Walmart, Kmart, Sam's Club, Walgreens, and GNC. Others are sold on their company websites or Amazon.com.

Artificial Sweeteners

Most protein shakes contain artificial sweeteners. If you are allergic or choose not to use these types of sweeteners, ask your dietitian for an alternative protein shake list.

Stage 2: Protein Shakes Continued

Please see “Enhancing Your Protein Shakes above” previously to change things up if you need.

Lactose Intolerance:

Lactose is the sugar in milk. Sometimes after surgery, your body cannot digest this sugar which will cause nausea, cramping, bloating, gas, and/or diarrhea when you drink or eat products with lactose.

What if you become lactose intolerant?

- ✓ Stop drinking milk and any protein powders or shakes that have “whey protein **concentrate**” or “milk protein **concentrate**” in the ingredient list.
- ✓ Keep drinking your fluids, especially if you’ve been having diarrhea.
- ✓ Switch to protein powders or shakes from the ‘lactose-free’ list previously. You can mix powders into water, light soy milk, or Lactaid milk.
- ✓ Call your dietitian if you need help finding lactose-free options.

Stage 2 Tips:

- ★ Don’t expect to be perfect! Just keep taking small sips throughout the day to work towards your goals.
- ★ Keep track of the amount of protein shakes and fluids that you are drinking using a food log.
- ★ Changes in bowel regimens, such as less frequent movements or loose stools, are normal. If you are having discomfort, contact the bariatric team.
- ★ If you’re struggling to tolerate fluids, it’s helpful to try different temperatures for your beverages. Some patients tolerate ice cold while others tolerate room temperature or warmer beverages.
- ★ Be aware of signs of dehydration: sudden lightheadedness or dizziness, headaches, and urine color becoming darker throughout the day.
- ★ Avoid alcohol. It irritates the stomach and can cause dehydration and ulcers.

Stage 3A: Pureed Textures

This stage gradually re-introduces soft foods to your system. You will still rely on protein shakes but will start experimenting with new textures. You will start taking your vitamin and mineral supplements.

Start:	Post-op Day 16
Estimated Duration:	7 days / 1 week.
Diet Instructions:	Keep sipping fluids and protein shakes. Start adding small amounts of semi-solid foods.
Fluid Goal:	Aim for 48-64 ounces daily
Protein Goal:	60-70 grams/day
Protein Shakes:	Aim for 2-3 protein shakes daily
Soft Texture Foods:	Aim for 20 grams protein/day from foods

Protein – Choose 3-4 per day.

- ✓ 3 oz fat-free Greek yogurt (without fruit chunks)
- ✓ ¼ cup low-fat cottage cheese or part-skim ricotta cheese, mashed
- ✓ ½ cup tofu

Non-Protein – Choose 2-3 per day

- ✓ 8 oz fat-free or light yogurt
- ✓ ½ cup applesauce (unsweetened)
- ✓ ½ cup canned pears or peaches, pureed or mashed (in own juice or water, no syrup)
- ✓ ½ banana, mashed
- ✓ ½ cup cooked oatmeal, cream of wheat, or farina
- ✓ ½ cup sugar-free/fat-free pudding

Please Note: Breads, rice, pasta, red meat, and most fruits and vegetables are not part of Stage 3.

Stage 3A Tips:

- ★ You may not be able to eat all the foods recommended in Stage 3A. This is normal. **Work on eating as much protein as you can and keep hydrated.**
- ★ Keep track of how much you are eating and drinking using a food log.
- ★ You may not feel hungry but you still need to eat regularly. Have protein shake or food every 2-3 hours.
- ★ Stop eating or drinking at the first sign of fullness. This can feel like chest pressure or nausea.
- ★ Avoid alcohol. It irritates the stomach and can cause dehydration and ulcers.
- ★ If food feels ‘stuck’ in your chest, don’t panic and don’t drink water. Stay calm, move around, and it will pass. Afterwards, think about what might have gone wrong... Were you eating too fast? Was the food dry? Too tough? Not chewed well.

Stage 3A: Pureed Textures Continued

Sample Stage 3A Meal Plan:

8 AM	8 oz protein shake	Calcium Dose	3 PM	8 oz protein shake	1 Multivitamin
9 AM	8 oz fluid		4 PM	8 oz fluid	
10 AM	½ c oatmeal		5 PM	8 oz fluid	
11 AM	8 oz fluid		6 PM	¼ c ricotta cheese	Calcium Dose
12 PM	3 oz Greek yogurt	Calcium Dose	7 PM	8 oz fluid	
1 PM	8 oz fluid		8 PM	8 oz fluid	
2 PM	8 oz fluid		9 PM	1 protein popsicle	1 Multivitamin, B12

Vitamin and Mineral Supplements:

You will need to take vitamin and mineral supplements for the rest of your life after surgery. We encourage you to start with chewable or liquid supplements. Over time, if you are comfortable swallowing a 'petite' tablet or cutting a pill in half, you can swallow your supplements.

Multivitamins:

- ✓ Take two 'complete' multivitamins daily.
- ✓ Complete multivitamins contain iron, zinc, folic acid and copper.
- ✓ Avoid gummy or chewy multivitamins – these are not complete.
- ✓ You can take both at the same time.
- ✓ Separate multivitamins from calcium by at least 2 hours.

Calcium Citrate with Vitamin D:

- ✓ Take 1200-1500 mg of calcium citrate daily split into 2-3 doses.
- ✓ Limit 1 dose to 600 mg (maximum your body can absorb at one time).
- ✓ Separate calcium doses by at least 4 hours.
- ✓ Separate calcium from multivitamins by at least 2 hours.

Vitamin B₁₂:

- ✓ Take 350-500 micrograms vitamin B₁₂ daily in the form of a tablet or liquid.
- ✓ You can take vitamin B₁₂ at any time or with any other supplements.
- ✓ Nasal sprays and injections are also options for vitamin B₁₂. Ask your bariatric team if you are interested in these options.

Other Supplements:

Some patients may need extra vitamins and minerals, such as iron, vitamin D, or B vitamins. We will check your vitamin and mineral levels through lab tests regularly and discuss extra supplements as needed.

Stage 3A: Pureed Textures

Start: Post-op Day 16

Estimated Duration: 7 days / 1 week

Tofu for Beginners

- ✓ Tofu can be found in the refrigerated section of the grocery store in a square package.
- ✓ It comes in different textures:
 - **Extra Firm:** best for holding its shape when cooked
 - **Firm:** can be cut into shapes but can also be mashed or crumbled
 - **Silken:** soft and somewhat creamy
- ✓ Tofu needs spices, a light sauce or dressing, or a marinade! It does not have much flavor on its own but it acts as a sponge to absorb other flavors around it.
- ✓ Once you open your tofu, you can store the leftovers in the same package it came in. Add water and seal the entire package inside a large re-sealable plastic bag. It will stay fresh for about a week.

Sweet Tofu Recipes

Chocolate Pudding – Use food processor or blender to combine 16 oz silken tofu (drained), 2 Tbsp unsweetened cocoa powder, ¼ cup zero-calorie sweetener, ¼ tsp salt, and 2 tsp vanilla extract. Puree until smooth. Store in refrigerator.

Banana Pudding – Use food processor or blender to combine 16 oz silken tofu (drained), 2 bananas, and 1 tsp vanilla. Puree until smooth. Add zero-calorie sweetener to taste. Store in refrigerator.

Savory Tofu Recipes

Tofu Scramble – Crumble firm tofu in a bowl and stir in favorite seasonings (salt, pepper, garlic powder, seasoned salt, etc.). Pour mixture into a heated non-stick skillet (can use non-stick spray too) and stir. Continue stirring every minute or so until tofu is cooked to preferred level.

Pan-Fried or Baked Tofu Cubes - Slice a block of extra firm tofu in half to make two ½-inch thick squares. Place between 2-3 layers of paper towels and lightly press out excess water. Cut into cubes.

o **If pan-frying:** Preheat pan on medium heat and spray generously with non-stick cooking spray. Pan-fry tofu for 15-20 minutes until browned; stir every few minutes to avoid sticking. When tofu has been cooked to preferred level, splash with 1 tablespoon soy sauce. Add additional seasonings if desired or serve with dipping sauce (hot sauce, BBQ sauce, sriracha sauce, etc.).

o **If baking:** Marinate tofu cubes in your preferred low-fat, low-sugar marinade for at least 30 minutes or as long as overnight. Marinade ideas include salad dressings, teriyaki, thinned-out BBQ sauce, and soy sauce. Preheat oven to 375 degrees. Prepare baking sheet with parchment paper, non-stick cooking spray, or use non-stick pan. Place single layer of cubes on a non-stick baking dish and bake for 20-25 minutes or until lightly brown. Turn cubes about halfway through cooking time.

Pre-Marinated Tofu:

In a pinch? Grab some pre-marinated tofu that is ready-to-eat! Microwave or heat up in a skillet if you prefer it warm or enjoy it cold right from the package.

Nasoya “TofuBaked” Marinated Baked Tofu: Sesame Ginger or Teriyaki

Wildwood Organic Baked Tofu: 11 different varieties

Sweet Greek Yogurt, Cottage Cheese, or Ricotta Cheese Ideas

Mix-Ins:

- ✓ Splenda or other no-calorie sweetener
- ✓ Sugar-free jelly
- ✓ Crystal Light or other sugar-free drink powder or drops.
- ✓ Lemon juice and Splenda
- ✓ 1 teaspoon of vanilla or almond extract and sprinkle of cinnamon
- ✓ Pinch of unsweetened cocoa powder and Splenda
- ✓ Extracts (almond, peppermint, orange, vanilla, etc.)
- ✓ Sugar-free syrups (Torani, Da Vinci Gourmet)
- ✓ 1 tbsp PB-2 (powdered peanut butter)

“Ice Cream” – Mix Greek yogurt, cottage cheese, or ricotta cheese with one of the mix-ins listed above. Freeze overnight.

Pumpkin Spice Cream – Mix sugar-free pumpkin spice syrup in ricotta cheese. Sprinkle with pumpkin pie spice or cinnamon if desired.

Key Lime Custard – Mix lime juice and Splenda in Greek yogurt.

Creamsicle – Mix sugar-free orange Crush drink powder and 1 teaspoon of vanilla into Greek yogurt or ricotta cheese.

Chocolate Almond Bliss – Mix 1 teaspoon of almond extract, pinch of unsweetened cocoa powder, and Splenda into Greek yogurt, cottage cheese, or ricotta cheese.

Savory Greek Yogurt, Cottage Cheese, or Ricotta Cheese Ideas

Mix-Ins:

- ✓ Spicy: Black pepper, ground red pepper, chili powder, curry powder
- ✓ Mrs. Dash seasoning blends
- ✓ Other Seasonings: Onion powder, garlic powder, cumin, paprika
- ✓ Dried herbs: Italian seasoning, oregano, dill, chives
- ✓ Lemon or lime juice

Tangy Dill – Mix ½ teaspoon of dried dill, ½ teaspoon of cumin, a very small pinch of salt, and ½ teaspoon of lemon juice into 6 oz of plain Greek yogurt, ½ cup cottage cheese, or ½ cup ricotta cheese.

Fiesta Lime – Mix ½ teaspoon of lime juice and ½ teaspoon of chili powder into 6 oz of plain Greek yogurt, ½ cup cottage cheese, or ½ cup ricotta cheese.

Chives and Onions – Mix ½ teaspoon of dried chives (or finely minced fresh chives) and ½ teaspoon of dried onion flakes into 6 oz of plain Greek yogurt, ½ cup cottage cheese, or ½ cup ricotta cheese. Let sit for at least an hour to allow flavors to blend.

Spicing Up Your Non-Protein Foods

Remember: Always get in your protein foods and shakes first!

Sprinkle cinnamon, nutmeg, or pumpkin pie spice on your banana, applesauce, pears, peaches, oatmeal, cream of wheat, or farina.

Frozen Banana Pudding – Mash banana. Mix in a sprinkle of cinnamon or nutmeg. Freeze overnight.

Stage 3B: Soft Textures

This stage adds more textured soft foods. Stay hydrated and make protein foods your first choice. Take tiny bites, chew thoroughly, and eat slowly. **Remember, breads, rice, pasta, red meats, and most fruits and vegetables are not part of Stage 3.**

Start: Post-op Day 23

Estimated At least 21 days / 3 weeks.

Duration: Your stomach has not fully healed yet, so you need to stay on Stage 3B for 3 weeks.

Diet Instructions: 8 Protein servings, 1 serving each of Fruit, Vegetable, Dairy, Fat, and Starch daily.

Protein – CHOOSE 8 SERVINGS (1 serving = 7 grams of protein)

- ✓ 1 oz chicken/turkey (dark meat is fine)
- ✓ 1 oz 93% lean ground chicken/turkey (dark meat is fine)
- ✓ 1 oz fish (tuna, cod, haddock, salmon, tilapia)
- ✓ 3 oz fat-free Greek yogurt (without fruit chunks)
- ✓ 1 egg or 2 egg whites or ¼ cup eggbeaters
- ✓ 1 oz deli meat (low sodium chicken, turkey, or ham)
- ✓ ¼ cup low-fat cottage cheese or part-skim ricotta cheese
- ✓ ½ cup tofu
- ✓ ½ soy-based veggie burger (Boca Original Vegan, Morningstar Farms Grillers Original)
- ✓ ½ cup beans (black, kidney, pinto, refried, garbanzo, cannellini) (counts as 1 protein + 1 starch)

Vegetables – CHOOSE 1 SERVING

- ✓ ½ cup smooth tomato sauce (no sugar added)
- ✓ ½ cup steamed zucchini or yellow squash (peeled)
- ✓ ½ cup steamed carrots or beets
- ✓ ½ cup mashed cauliflower

Fruits – CHOOSE 1 SERVING

- ✓ ½ cup applesauce (unsweetened)
- ✓ ½ cup canned pears or peaches (in own juice or water; no syrup)
- ✓ ½ soft banana

Dairy – CHOOSE 1 SERVING

- ✓ 8 oz fat-free or light yogurt (without fruit chunks)
- ✓ 8 oz skim or 1% milk, or soy milk.
- ✓ 1 oz 50% reduced-fat cheese or soy cheese.
- ✓ 1 light string cheese

Fat – CHOOSE 1 SERVING

- ✓ 1 teaspoon butter, margarine, oil, or mayonnaise
- ✓ 1 tablespoon (3 teaspoons) light margarine, light salad dressing, fat-free gravy, or light mayo
- ✓ 2 tablespoons hummus
- ✓ 1 tablespoon avocado or guacamole

Starch – CHOOSE 1 SERVING

- ✓ ½ cup mashed potatoes or sweet potatoes or butternut squash
- ✓ ½ cup sugar-free/fat-free pudding
- ✓ ½ cup cooked oatmeal, cream of wheat, or farina
- ✓ ½ cup beans (black, kidney, pinto, refried, garbanzo, cannellini) (counts as 1 protein + 1 starch)

Stage 3B: Soft Textures Continued

Protein Goal: 60-70 grams/day

Fluid Goal: 48-64 ounces daily

Vitamins: Continue taking your multivitamins, B₁₂ and calcium supplements

Sample Stage 3B Meal Plan

Time	Food	Liquid (oz)	Protein (g)
8 AM	2 scrambled eggs (2 protein), ½ cup soft fruit		14
9 AM		8 oz Crystal Light	
10 AM	¼ cup cottage cheese (1 protein)		7
11 AM		8 oz water	
12 PM		8 oz Propel	
1 PM	2 oz tuna fish (2 protein), ½ cup steamed carrots (1 vegetable), 1 tsp. Lite mayo (1/3 fat)		14
2 PM		8 oz Crystal Light	
3 PM		8 oz water	
4 PM		8 oz decaf tea	
5 PM	2 oz diced chicken (2 protein), ½ cup mashed sweet potato (1 starch), 1 tsp light margarine (1/3 fat), 1 tsp fat-free gravy (1/3 fat)		14
6 PM		8 oz Crystal Light	
7 PM		8 oz water	
8 PM	1 light string cheese (1 dairy), 1 oz slice deli ham (1 protein)		14
10 PM		Sugar-free popsicle	
	Totals	64 oz	63 grams

★ Vomiting, constipation, nausea, light headedness, dizziness, and dehydration may occur at this stage but can be avoided. See common problems and solutions section on the webpage or call Dr. Helling's Clinic

★ You may not be able to eat all the foods recommended on Stage 3. This is normal. Work on eating as much protein as you can and keep hydrated.

★ Avoid alcohol. It irritates the stomach and can cause dehydration and ulcers.

Stage 3B: Soft Textures Continued

FOOD PREPARATION TIPS

- ✓ Keep meat tender and moist. Dry or tough meats are likely to get 'stuck' when you are eating them.
 - Use a slow cooker, marinate meats, cook in foil packets, avoid over-cooking
 - Microwaving and grilling can make meat dry.
 - Add broth when reheating meat in the microwave.
- ✓ You can use seasonings, spices, and light condiments to add flavor and moisture to meals.
- ✓ Weigh meat on a food scale AFTER it has been cooked.

EATING PATTERN TIPS

- ✓ You will be eating every 2 to 3 hours during Stage 3 and sipping fluids between your meals.
- ✓ It is important to get on an eating schedule. If you are not hungry, take a few bites just to stay on schedule.
- ✓ Always eat the protein food first. You will fill up very quickly and may not have room for many other foods besides protein.
- ✓ Keep track of how much you are eating and drinking using a food log, website, or smartphone app.
- ✓ It's normal to not tolerate certain textures the first time you try them. If you have trouble with a food even when you are eating very carefully, avoid the food for 2-3 weeks before trying again.

SLOW EATING TIPS

- ✓ Take tiny bites of food that are the size of a dime.
- ✓ Chew each bite of food 22 times or until it is 'pureed' by your teeth.
- ✓ Pause between bites. Give your brain time to check in with your stomach to see how you feel or if you are getting full.
- ✓ Allow yourself 30 minutes to eat your meal.
- ✓ Stop eating or drinking at the first sign of fullness. Sometimes this can feel like chest pressure or nausea.

RECIPE IDEAS – Ask the dietitian for a more detailed list of Stage 3B Meal Ideas.

- ✓ Bake eggs, seasonings, and reduced-fat cheese in a muffin pan for a portioned, convenient breakfast.
- ✓ Add 1 scoop of protein powder, 1 scoop of dry skim milk powder, or ½ cup of skim milk to oatmeal or cream of wheat.
- ✓ Mix diced tuna, chicken, or egg with 1 Tbsp light mayo (1 fat), 1 tsp oil (1 fat) and 1 tsp lemon, salsa, mustard, or 1 Tbsp guacamole (1 fat) for variety.
- ✓ Roll up 1 oz deli ham, turkey, or chicken with 1 slice of cheese or a cheese stick.
- ✓ Make meatloaf, meatballs, or chili with ground turkey or chicken.
- ✓ Spice up fat-free Greek yogurt, low-fat cottage cheese, or low-fat ricotta cheese:
 - Sweet - vanilla extract, cinnamon, sugar-free jelly, nutmeg, ginger
 - Savory - salt, pepper, chives, garlic powder, cilantro, lime, chili powder

Stage 3B: Soft Textures

Duration: at least 21 days / 3 weeks

Tips for Tolerating Foods

- ✓ Keep meats tender and moist.
- ✓ Use a slow cooker.
 - Poach meat in broth.
 - Marinate meats in lemon juice or vinegar to tenderize.
- ✓ Flavors are fine! You can use seasonings and spices.
- ✓ Use condiments for flavor and to moisten food (ketchup, mustard, light mayo (1 fat)).
- ✓ Slow down when you eat.
 - Take tiny bites the size of a dime.
 - Chew, chew, chew. Count for at least 22 chews; 42 is even better.
 - Pause after each bite; wait for the food to reach your stomach to see how you feel.

Eggs

- ✓ Whole egg or 2 egg whites or ¼ cup egg beaters = **1 Protein**)
- ✓ **Scrambled, poached, or hard-boiled** - don't overcook!
 - **Fried** - Fry over easy or sunny side up using cooking spray.
- ✓ **Frittata (2 Protein, 1 Dairy)**
 - Mix eggs and seasoning (i.e. salt, pepper, onion powder, paprika, etc.) in a bowl. Add 1 oz reduced fat cheese per serving of eggs. Pour mixture into muffin pan which has been greased with Pam cooking spray. Bake at 350 degrees for 30 min (or until toothpick comes out clean). Store in fridge. Reheat in microwave.
- ✓ **All-American Scramble (1 Protein, 1 Dairy, 1 Fat)**
 - Using cooking spray, fry 1 slice crumbled turkey bacon and ¼ cup eggbeaters. When eggs are almost done, add 1 oz reduced-fat shredded cheddar cheese and turn off the heat.

Oatmeal, Cream of Wheat or Farina (1/2 cup cooked cereal = 1 Starch)

- ✓ Cook oatmeal with ½ cup milk or vanilla soy milk in oatmeal. Add cinnamon, nutmeg, and/or Splenda for flavor (**1 Starch, 0.5 Dairy**)
- ✓ Add 1 scoop of protein powder or cook your cereal in a protein shake.

Protein Salads

- ✓ (2 oz Tuna, 2 oz Chicken, or Egg Salad made with 2 eggs = **2 Protein**)
- ✓ 1 T light mayo (**add 1 Fat**)
- ✓ 1 tsp oil and lemon (**add 1 Fat**)
- ✓ Salsa (chunks of veggies strained)
- ✓ Mustard
- ✓ 1/8 medium avocado, onion powder, garlic powder, salt, pepper, lime juice and smooth salsa
- ✓ (**Add 1 Fat**)

Yogurt, Cottage Cheese, or Ricotta Cheese

(6 oz Fat-Free Plain or Vanilla Greek Yogurt, ½ cup Low-Fat Cottage Cheese, or ½ cup Part-Skim Ricotta Cheese = **2 Protein**)

- ✓ mix w/ Splenda or 1 tsp SF jelly.
- ✓ ½ sliced banana (**1 Fruit**)
- ✓ ½ cup unsweetened applesauce (**1 Fruit**)
- ✓ 1 tsp vanilla extract or cinnamon
- ✓ Add salt, pepper, or any other seasoning like chives or garlic

Frozen yogurt

- ✓ Mix Greek yogurt with 1 tsp SF jelly or 2 tsp unsweetened cocoa powder and Splenda. Freeze overnight.

Meal Ideas with Meat (1 oz cooked meat = **1 Protein**)

Deli Roll Up (2 protein, 1 Dairy)

- ✓ Roll up 2 oz ham, turkey, or chicken deli meat with 1 slice cheese and heat on stove top for a couple minutes for a melted roll-up.

Turkey Chili (2 Protein, 1 Vegetable)

Add 2oz of sautéed 93% lean ground turkey to ½ cup tomato sauce. Season w/garlic, chili powder and salt (to taste)

✓ ***Baked Cod*** (2 Protein)

Place 3 oz of Cod on aluminum foil-lined baking sheet sprayed with Pam. Drizzle cod with 1 tsp olive oil, juice from 1 squeezed lemon wedge and ½ tsp old bay seasoning. Bake at 350 degrees for about 8 minutes (or until baked through).

- ✓ Make meatballs or meatloaf using ground turkey or ground chicken.
- ✓ ½ Salmon Burger (**1.5 Protein**)
- ✓ On the Run? Try a small chili from Wendy's (**2.5 Protein, 1 Fat**).

Vegetarian Meals

✓ ***Meatless Meatballs*** (1 Protein, 1 Dairy)

Microwave 2-3 meatballs with ½ cup tomato sauce until heated through. Sprinkle with 1 oz parmesan or reduced-fat mozzarella cheese.

✓ ***Baked Ricotta*** (1 serving = 0.5 Protein)

Mix 8 oz ricotta cheese, 1 ½ oz grated parmesan, 1 beaten egg, 1 tsp Italian seasoning, and salt and pepper to taste. Place in oven proof dish. Pour ½ cup marinara sauce on and top with 2 oz shredded mozzarella. Bake in the oven at 450 for about 20-25 minutes or microwave in oven until hot and bubbly. Recipe makes 8 servings.

- ✓ ***Refried Beans*** (1 Protein) Heat ½ c refried beans in the microwave. Season with hot sauce or cayenne pepper or 1 oz reduced-fat cheese (**add 1 Dairy**) if desired.

Stage 4: Regular Textures

- Start:** Post-op day 45 or when advanced by your dietitian
- Duration:** Ongoing lifetime maintenance
- Diet Instructions:** Small balanced meals and snacks; have foods from each food group throughout the day.

Refer to Food Groups - Portion Guide for servings of each food group.

8 protein servings
2 vegetable servings
2 fruit servings
1 dairy serving
2 fat servings
3 starch servings

Protein Goals: 60-70 grams / day

Fluid Goals: At least 48-64 ounces clear liquids

Vitamins: Continue taking your multivitamins, B12, and calcium supplements

Stage 4 Tips

- ★ Always eat your protein first and then focus on vegetables and fruits.
- ★ Listen to your body and stop eating when full. It's normal to not be able to eat all the recommended food at the beginning.
- ★ Work towards an eating schedule. If you are not hungry, take a few bites of a protein food to stay on schedule. As you are able to eat more at each mealtime, your frequency of eating will decrease.
- ★ Avoid picking or grazing which can lead to weight gain. Have planned meals and snacks.
- ★ Keep track of how much you are eating and drinking using a food log, website, or smartphone app.
- ★ You will need to avoid alcohol for several months after surgery. Alcohol irritates your stomach, increases the risk of stomach ulcers, is high in calories, and you are at higher risk for becoming dependent upon alcohol after surgery. Please speak with your bariatric team before consuming alcohol after surgery.
- ★ Some foods have tough textures that are difficult to tolerate. Please wait until you are 3-6 months post-op before trying these foods. Remember to take tiny bites, chew thoroughly, and eat slowly.
 - ✓ Tough meats such as red meat, hamburger, lobster, scallops, clams, and shrimp
 - ✓ Raw fruits and vegetables that are stringy or have peels and membranes
Examples: Celery, asparagus, oranges, pineapple, peapods, grapes
 - ✓ Popcorn and nuts
 - ✓ Doughy breads - toasted breads tend to be better tolerated
 - ✓ Rice and pasta

Stage 4: Regular Textures Continued

Sample Stage 4 Meal Plans

- ✓ 1000 Calorie Meal Plan
- ✓ 8 ounces protein (56 grams protein)
 - 2 vegetable servings
 - 2 fruit servings
 - 1 dairy serving
 - 2 fat servings
 - 3 starch servings

Time	Food	Liquid (oz)	Protein (g)
8 AM	2 scrambled eggs (2 protein), 1 slice low fat cheese (1 dairy), ½ banana (1 fruit)		14
9 AM		8 oz decaf tea	
10 AM	3 oz fat-free Greek yogurt (1 protein), ½ cup bran flakes (1 starch)		7
11 AM		8 oz water	
1 PM	Homemade chili: 2 oz turkey (2 protein), ½ cup beans (1 protein, 1 starch), ½ cup stewed tomatoes (1 vegetable), 1 tablespoon avocado (1 fat)		21
2 PM		8 oz Crystal Light	
3 PM	½ cup mandarin oranges - no sugar added (1 fruit)		
4 PM		8 oz tea	
5 PM		8 oz water	
6 PM	3 oz fish (3 protein), ½ cup cooked green beans (1 vegetable), ½ cup butternut squash (1 starch), 1 tablespoon diet margarine (1 fat)		21
7 PM		8 oz water	
8 PM		8oz Crystal Light	
10 PM		8 oz tea	
	Total	64 oz	63 grams

BREAKFAST IDEAS

Protein is important for appetite control because it is more filling than other nutrients (fats and carbohydrates). Aim for a breakfast with **at least 20 grams of protein** to feel full throughout the day.

Examples of Good Sources of Protein for Breakfast:

- ✓ 1% Cottage Cheese: ½ cup ~ 14g
- ✓ Deli Ham/Turkey Breast: 4 slices – 9-12g
- ✓ Kashi Go Lean Cereal: 1 cup – 13g
- ✓ 0% Greek Yogurt: 6oz – 12-17g
- ✓ Special K Protein Cereal: 1 cup – 13g
- ✓ Chobani Plain: 5.3 oz – 15g
- ✓ 1 Large Egg: 1 – 6g
- ✓ Chobani Vanilla: 5.3 oz – 13g
- ✓ Part Skim Mozzarella Cheese: 1 oz – 7g
- ✓ Flavored Yoplait 100 Greek: 5.3 oz – 12-13g
- ✓ Veggie Breakfast Sausage: 2 links – 9g
- ✓ Flavored Chobani Simply 100: 5.3 oz – 12g
- ✓ Black Beans: ½ cup – 7g
- ✓ Dannon Light and Fit Greek: 5.3 oz – 12 g
- ✓ Turkey Breakfast Sausage: 2 links ~ 9g
- ✓ Tofu: ½ cup – 10g
- ✓ Part Skim Ricotta Cheese: ¼ cup – 7g
- ✓ Protein Shake: 8 oz – 15-30g

Create a **complete breakfast** including protein, whole-grain, dairy and/or fruit.

Egg White Scramble: ¼ cup (2 egg whites), 1 oz part skim mozzarella cheese and 1 slice lean turkey breast. Serve it with a whole wheat English Muffin.

- ☐ Calories: 270
- ☐ Protein: 25g

Tofu Scramble: ½ cup tofu, 1 oz part skim mozzarella cheese served with whole grain toast.

- ☐ Calories: 245
- ☐ Protein: 21g

Breakfast Burrito: 1 scrambled egg, 1 oz Monterey jack cheese, ¼ cup tomatoes, ¼ cup onions, ¼ cup black beans wrapped inside 6" whole wheat tortilla.

- ☐ Calories: 366
- ☐ Protein: 19g

Greek Yogurt with High Fiber/Protein Cereal: 1 container (5.3 oz) plain Greek yogurt mixed with ¼ cup blueberries, served with 1/4 cup high fiber cereal.

- ☐ Calories: 150
- ☐ Protein: 18g

Frittata: 2 large eggs baked with 2 oz reduced fat cheese and the seasonings of your choice.

- ☐ Calories: 288
- ☐ Protein: 26g

Overnight Oats: ½ cup rolled oats mixed with ½ cup skim or light soy milk and ½ scoop protein powder.

- ☐ Calories: 172
- ☐ Protein: 17g

Waffles with Ricotta and Peaches: ½ cup part-skim ricotta cheese and 1 sliced peach on top of 1 whole-grain waffle.

- ☐ Calories: 276
- ☐ Protein: 20g

SNACK LIST

Step 1: Pick your protein source

PROTEIN BASE

- ✓ Fat-free Greek Yogurt
- ✓ Part skim/light/low-fat cheese stick
- ✓ Light Cheese
- ✓ Light or fat-free ricotta cheese mixed with your favorite extract
- ✓ Low-fat cottage cheese
- ✓ Rolled deli meats.
- ✓ Hardboiled egg
- ✓ Turkey Jerky
- ✓ Frozen Protein Shake Slushy

Step 2: Pair with fiber

FIBER ADDITIONS

- ✓ Fruit (apple, berries, peaches, cantaloupe, banana, orange, pear)
- ✓ Vegetables (grape tomatoes, carrot sticks, pepper sticks, cucumber slices)
- ✓ Whole grain crackers
- ✓ High fiber cereal

Enjoy and feel satisfied!

Other snack ideas:

- ★ ¼ cup nuts
- ★ Soy Crisps
- ★ Soy Nuts
- ★ Protein Chips
- ★ Dry Roasted Edamame
- ★ Protein/Snack Bars - follow this rule:
Grams of protein + grams of fiber should be greater than grams of sugar.

SKILLS FOR SUCCESS

Remember, metabolic surgery is a tool. To maximize your success, these are the behaviors that you will need to practice before surgery so you can make them part of your routine:

Drink sugar-free beverages, and lots of them!

- ✓ Keep yourself hydrated by sipping fluids regularly throughout the day.
- ✓ Don't drink your calories! They will not help you to feel satisfied in the same way that food does.
- ✓ High calorie beverages can cause weight gain.

Slow down your eating.

- ✓ People who do not slow down and eat carefully have a lot of problems after surgery, such as stomach pains, vomiting, and/or diarrhea.
- ✓ To eat right, take small bites.
- ✓ Chew food thoroughly.
- ✓ Pause between bites. Give your brain time to check in with your stomach to see how you feel or if you are getting full.

Avoid picking, grazing, or nibbling.

- ✓ Your new stomach will be designed to hold smaller amounts of food which will help you to lose weight, but, if you are eating little bits of food every hour, you can still overeat and gain weight.
- ✓ Have regularly scheduled meals and snacks.

Separate fluids from food

- ✓ Drinking with meals can lead to unpleasant digestive tract problems.
- ✓ Ideally, wait until 30 minutes AFTER a meal to drink.

Make eating mindful.

- ✓ Choose a spot at home just for eating, maybe the dining room or kitchen table.
- ✓ Make a rule to sit whenever you put something in your mouth.
- ✓ When you're eating, just eat! Avoid doing other activities like watching television or being on the computer.
- ✓ Relax while eating and use all your senses to best enjoy your meal.
- ✓ Learn when to recognize that you are hungry, and when you are full.
 - Listen to your body and hunger cues.
 - Be aware of stomach hunger versus 'head hunger' (emotional or boredom hunger).

Keep a food log.

- ✓ When you write it down, you are being more mindful about what you choose to eat or drink.
- ✓ Use a notebook, a computer or a phone app – ask your dietitian for resources.
- ✓ Take note of how you feel when eating and drinking. Are you eating because you are stressed or tired, or are you eating because your stomach is hungry?

Focus on portions.

- ✓ Carefully weigh and measure all portions before eating.
- ✓ Weigh your meat after cooking it.
- ✓ Use small dishes and glasses. This will make your portions look bigger. Use a "portion plate".
- ✓ Practice leaving something on your plate even before you have surgery.

Plan ahead

- ✓ Life is busy now, and it will be busy after surgery too. Planning ahead helps you to make better food and fluid choices.
- ✓ Plan what you will be eating for each meal weekly, or the night before.
- ✓ Use a cooler or insulated bag to carry food on days when you're on the go.

Make food less visible in your home.

- ✓ Out of sight, out of mind! Store food in cupboards or drawers, not on the counter.
- ✓ When serving meals, keep serving dishes in the kitchen - not on the table.
- ✓ Pack up leftovers right away. Don't leave them out for nibbling or second portions.

Modify your food shopping habits.

- ✓ Avoid grocery shopping on an empty stomach.
- ✓ Make a shopping list and stick to it.
- ✓ Avoid temptation by avoiding the aisles filled with processed food. Most whole foods are found along the outer edge of the store.
- ✓ Buy only the items that are necessary for you and your family.
- ✓ Avoid buying and storing tempting foods, even if they are not for you.

PHYSICAL ACTIVITY

Here are some ideas for increasing your physical activity before and after surgery. *

- ✓ Walk the dog, go for a walk with a friend, a neighbor, or your children.
- ✓ Get up to talk to coworkers instead of sending an email or making a phone call.
- ✓ Wear a pedometer or use your smart phone to track your steps & challenge yourself to increase steps each time.
- ✓ Take a "walking break" at work instead of a coffee break.
- ✓ Park your car farther away at shopping centers and walk through the parking lot.
- ✓ Take the stairs instead of the elevators.
- ✓ During foul weather, get exercise by walking in the mall.
- ✓ Make exercise a family event.
- ✓ Keep exercise clothes in your car to make sure you will go to the gym.
- ✓ To decrease impact on your joints, try pool exercises, water aerobics, or a stationary bicycle.
- ✓ Turn up the music and dance.
- ✓ Do yard work, gardening, or household chores that require brisk movement.
- ✓ Check out exercise videos On Demand, online, or at the library.
- ✓ The key to regular exercise is to find something you enjoy doing!

Many benefits of exercise beyond weight control:

- | | | |
|----------------------|-------------------------|--------------------------|
| ✓ Improves mood. | ✓ Improves bone health. | |
| ✓ Keeps body strong. | ✓ Boosts energy. | ✓ Promotes better sleep. |
| | | ✓ Improves heart health. |

*** REMEMBER TO CHECK WITH YOUR PRIMARY CARE DOCTOR OR SURGEON BEFORE STARTING ANY STRENUOUS EXERCISE ***



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**Bariatric Surgery
Nutritional Guidelines**

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