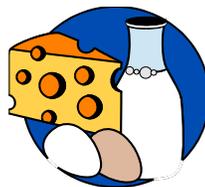
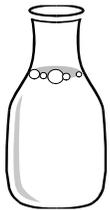


DIETARY GUIDELINES FOR THE SLEEVE (for Dr. Brian Jacob)



“Sleeve Basics”

- **Make a follow-up appointment with your Registered Dietitian at 1 month, 3 months, 6 months, 9 months and 1 year after surgery to determine if your diet is advancing appropriately. Surgery is only the first step. Following the dietary guidelines and getting enough exercise will help you reach your weight loss goal.**
- Eat and chew slowly- it should take ½ hour for each meal.
- Avoid concentrated sugars; they will slow down weight loss (see page 8).
- Limit fats because they can lead to nausea and weight gain.
- During your meal, eat protein first, then fruits and vegetables, and then whole grains. The diet should always be high in protein and low in refined carbohydrates.
- Avoid snacking, which is usually referred to as “grazing”.
- Remember the stomach can only hold about 4 ounces after surgery.
- Stop eating when you feel full – if ignored, vomiting will follow.
- Drink at least 6 – 8 8oz cups of non-calorie, non-carbonated fluids per day to prevent dehydration and constipation. Sip it slowly. Don’t drink it all at once. Avoid fruit juices, alcohol, regular soda, and whole milk since these are higher in calories.
- Stop drinking liquids 15 minutes before meals, don’t drink with meals, and resume 1 hour after meals. Liquids push the food through the stomach more rapidly, making you hungry shortly after eating.
- Eat 3 small nutrient dense meals + 1 high protein supplement or snack a day.
- Remember to take your supplements and medications.
- Introduce one new food at a time in order to rule out an intolerance. It is normal to experience intolerance to food. If a food is not tolerated, reintroduce it in 1 week.
- If you cannot tolerate dairy, substitute Lactaid for milk. You may need to take Lactase pills with dairy to help digest the lactose.

Your Diet Progression During & After Your Hospital Stay

This is a general guideline of when to introduce various foods. Everyone is different and may not progress at the same rate. The dietitian will review the advancement of your diet at your follow-up visits after surgery.

➤ **DAY ONE – NOTHING BY MOUTH** (the hospital may say you are “NPO”)

➤ **STAGE I – CLEAR LIQUIDS**

First 2-4 meals immediately after surgery

- It is composed of clear, low calorie, sugar free fluids (the hospital may say you are on a “no concentrated sweets” diet).
- You will get water, decaffeinated tea, broth, diet jello, Propel (the low-sugar form of Gatorade).
- Try to slowly sip 4 oz (1/2 cup) of fluid over every waking hour.
- Sipping fluids out of bottles or straws may cause gas.

➤ **STAGE II – PUREED FOODS**

After you tolerate Stage I you will progress to a Stage II in the hospital. You will go home on this diet and follow it for approximately 1 month

- If for some reason you are not advanced to the Stage II diet in the hospital, and you go home on Stage I, make sure you include liquids high in protein. Examples are: skim milk, Lactaid milk, No Added Sugar Carnation Instant Breakfast powder ®, mixed with milk, low fat strained cream soup
- This stage is composed of foods low in fat and sugar, and high in protein.
- You will need a blender and/or a food processor if you do not like to eat “baby” foods.
- Try to slowly sip 4-6 oz of fluids over every waking hour between meals.
- You should be eating at least 50 grams of protein each day.

Food Examples (see page 4 for more suggestions):

- Pureed vegetables and fruits
- Low fat cottage cheese, sugar free puddings
- Diet yogurt, such as Dannon Light and Fit ®
- Oatmeal

➤ **STAGE III – SOFT/REGULAR FOODS**

If all foods in Stage II are tolerated, you will gradually advance to Stage III. This happens approximately 1 month after surgery.

- A feeling of fullness will come from eating solid foods. Eating very mushy/liquid foods, drinking liquids with sugar, drinking liquids during meals, or snacking during the day will slow down your weight loss.
- It is composed of lean protein, fruits, vegetables, and whole grains, while following a diet low in fat and sugar, and high in fiber (the majority of fiber will come from fruits and vegetables).
- The most common food intolerances are:
 1. Bread, rice, pasta (toasted products are better tolerated)
 2. Red meat
 3. Skins, seeds, and peels of fruits and vegetables
 4. Stringy vegetables like celery, asparagus, and coleslaw
 5. White chicken/turkey
- This stage is very individualized. You will eventually be able to tolerate a variety of foods from each of the food groups.

Food Examples:

- Lean ground meat/turkey, chicken legs/thighs without skin
- Eggs, soft flaky fish, canned tuna, and tofu products
- Slices of low fat cheese
- Unsweetened cooked/canned fruits and vegetables
- Crackers and toast, unsweetened cereal with skim milk
- Beans and peas

Recommended times of when to introduce the following foods:

- **2 Months Post-op:** Diced Poultry (no skin), vegetable burgers, soft cooked vegetables, soft fruits (watermelon, honeydew, peaches, plums).
- **3 Months Post-op:** Rice, soft bread, lean ground meat and turkey, duck.
- **4 Months Post-op:** Veal, crunchy fruits and vegetables including salads.
- **6 Months Post-op:** Beef and Pork (choose poultry and fish more often in view of lower fat content).

Food Suggestions for the Puree Diet (First Month)

Food Group	Food Choices
<p>Cereal (No bread, rice, or pasta during the 1st month) <i>1-2 serving/d 1 = ¼ cup</i></p>	Hot cereal – unsweetened oatmeal, cream of wheat, and grits.
<p>Fruit  <i>1-2 serving/d 1 = ¼ cup</i></p>	Unsweetened applesauce, any fruit pureed with out the skin (if jarred/canned choose fruits in their own juice, not in syrup), mashed ripe banana.
<p>Vegetable  <i>2-3 serving/d 1 = ¼ cup</i></p>	Any vegetable (except corn) cooked soft (“overcooked”) and blended or mashed thoroughly with the back of a fork.
<p>Meat, Poultry, Fish, Nuts, Beans and Eggs  <i>3-4 serving/d 1 = ¼ cup</i></p>	Chopped up soft poached eggs or scrambled eggs. Fish cooked very soft and moist, mashed with liquid or low fat mayonnaise (no added vegetables). Silken tofu.
<p>Milk, Cheese, and Yogurt  <i>1-2 serving/d 1 = ¼ cup</i></p>	Low fat or non fat cottage cheese or ricotta cheese, sugar free custards and puddings, non-fat unsweetened / sugar free yogurt, sugar free frozen yogurt, and sugar free fat free ice cream.
<p>Fats and Oils</p>	Limit all
<p>Miscellaneous  <i>2-3 servings/d 1 = ¼ cup</i></p>	Blended soups (no chunks of vegetables or meat) - limit cream soups to low fat versions– Healthy choice ®, Progresso Lite ®, and Healthy Request ®, egg drop soup and miso soup. Sugar free jello, sugar free popsicles (Dole ® or Starburst ®), Pedialyte ® popsicles, sugar free/fat free ice cream.
<p>Non-calorie Liquids (Sip as much liquid as you can tolerate. Do not drink during meals. Try to drink at least 6 to 8 8oz cups of fluid per day)</p>	Flat Diet soda, Skim milk or Skim Plus ®, Crystal Light ®, decaf coffee and tea, broth, any sugar free beverages: sugar free Kool Aid ® and Diet Snapple®, and water! Acceptable sweeteners: Nutrasweet ®, Sweet and Low ®, Splenda ®.

For people who do not want to do any preparing, canned and jarred baby foods are acceptable. Choose the ones low in sugar and higher in protein (meat and chicken).

All foods can be eaten (low in sugar and fat) as long as they are put into a blender and the final consistency is puree.

SHOPPING LIST

for

STAGE II – PUREED FOODS

It is recommended that you buy some of these items before surgery so you are prepared for when you get home from the hospital.

Applesauce (no added sugar)

Baby Food

Banana (ripe, mashed)

Broth

Cottage Cheese (low fat)

Crystal Light

Eggs

Fish

Oatmeal

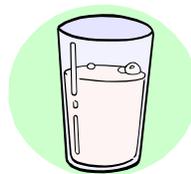
Pudding (sugar free)

Skim Milk (or Skim Plus)

Soup (no cream soups, puree chunks of vegetables & meat)

Tuna Fish (packed in water, NOT oil; mix with some fat-free mayo)

Yogurt (plain or light)



Sample Menus (First Month)

Breakfast 8:00am	Breakfast 8:00am	Breakfast 8:00am
<p>¼ - ½ cup cooked cereal ¼ - ½ cup skim plus or fat free Lactaid milk</p>	<p>¼ cup unsweetened applesauce ¼ - ½ cup non fat cottage cheese</p>	<p>½ - 1 soft poached and chopped up egg ¼ cup unsweetened applesauce</p>
Supplement 10:00am	Supplement 10:00am	Supplement 10:00am
<p>1/2 cup skim plus or skim milk</p>	<p>1/2 cup skim plus or skim milk</p>	<p>1/2 cup skim plus or skim milk</p>
Lunch 12:00pm	Lunch 12:00pm	Lunch 12:00pm
<p>¼ - ½ cup low sugar yogurt ¼ cup pureed fruit</p>	<p>¼ - ½ cup blended soup ¼ cup Egg salad with low-fat mayo</p>	<p>¼ - ½ cup blended soup ¼ cup tuna fish with low fat mayo</p>
Small Meal 2:00pm	Small Meal 2:00pm	Small Meal 2:00pm
<p>¼ - ½ cup sugar free pudding made w/skim or skim plus milk 1 sugar free popsicle</p>	<p>¼ cup cottage cheese 1 sugar free popsicle</p>	<p>¼ - ½ cup low fat ricotta cheese with cinnamon</p>
Dinner 6:00pm	Dinner 6:00pm	Dinner 6:00pm
<p>¼ - ½ cup blended soup ¼ cup pureed fruit</p>	<p>¼ - ½ cup chicken soufflé ¼ cup mashed potato</p>	<p>1-2oz very soft flaked fish w/low fat mayo ¼ cup puree vegetable</p>

Common Concerns

➤ **What if I am vomiting?**

- Don't eat or drink quickly. This commonly happens when people eat or drink while watching TV or talking on the phone. Skipping meals can cause extreme hunger, which can lead to rapid and excessive food intake.
- Chew thoroughly. Chew all foods 20-25 times before swallowing.
- Don't overeat. One bite too many can cause vomiting. Eating too quickly can lead to overeating because the "full" signal is too late. At your next meal remember to eat 1-2 bites less, and you will notice a difference.
- You may have introduced a solid food too soon. Wait and reintroduce that food 1 week later.
- Don't drink liquids with meals.

➤ **What if I am constipated?**

- It is normal to experience less stool output as your food intake decreases.
- Make sure you are drinking at least 8 8oz cups of non-calorie fluids each day.
- After the first month, make sure you are eating 5 servings of fruits and vegetables each day and choosing high fiber cereals and grains.
- Increase your activity level.
- If it's still a problem, discuss medications with your doctor.

➤ **Can I drink alcohol?**

- Don't drink alcohol during the first month after surgery.
- Alcoholic beverages are high in calories and can cause weight gain when consumed in excess.
- Choose alcoholic beverages sparingly. Limit to a few times each month. Choose alcoholic beverages lowest in calories like light beers, dry white and red wines. Choose non-calorie mixers like club soda, diet tonic and diet sodas.

Concentrated Sweets

Most of these foods and beverages are filled with “empty” calories in the form of sugar. These products provide mainly calories with limited nutritional value (for ex. vitamins, minerals, protein and fiber.) Every bite counts after surgery. The items listed below easily flow through the restriction of the band and make it difficult to feel full, thus allowing you to eat and absorb more calories. Filling up on these “concentrated sweets” can prevent weight loss and can replace healthier foods in your diet.

Foods to avoid

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

Supplement Rx

You are eating much less food, and therefore require extra vitamins and minerals. Most of these supplements are over-the-counter and will need to be paid for out-of-pocket (not covered by insurance). It may be necessary to take additional vitamins and minerals, such as vitamin B₁₂ and iron.

Labs will be followed and other supplements may be prescribed as needed.

	<u>First Month After Surgery</u> ALL MUST BE CHEWABLE OR LIQUID VITAMINS	<u>After First Month</u> CAN BE IN PILL FORM (but you can also take chewable or liquid vitamins)
Multi-Vitamin	<ul style="list-style-type: none"> ➤ Chew 1 in AM & 1 in PM ➤ Best if taken with food ➤ Try <u>Flintstone Complete</u>, <u>Centrum Chewables</u> (make sure it has iron) 	<ul style="list-style-type: none"> ➤ Take 1-2 daily ➤ Best if taken with food ➤ Avoid time released capsules ➤ Try <u>Centrum</u>, <u>One-A-Day</u> (make sure it has iron)
Calcium	<ul style="list-style-type: none"> ➤ Chew 1 in AM & 1 in PM ➤ Best if taken with food ➤ Try <u>Viactiv</u> or <u>Tums Ultra</u> 	<ul style="list-style-type: none"> ➤ Take 2 doses: 1 serving in the AM & 1 serving in the PM for a total of 1000-1200 mg/day ➤ Try <u>Citracal + D</u>

Protein Rich Foods

The following are approximate calories, protein, and fat amounts. See the nutrition label for more specific information. Chose protein rich foods from the very lean meat, lean meat, dairy, and beans categories. The medium and high fat categories on the next page are to show examples of foods higher in calories and fat (**you should avoid or limit these foods**).

VERY LEAN MEAT

105 calories, 21 grams of protein, and 0-3 grams of fat per serving

FOOD ITEM	SERVING SIZE
<i>Poultry</i> – chicken or turkey (white meat, no skin)	3 oz*
<i>Fish</i> – fresh or frozen cod, flounder, halibut, lox; tuna (fresh or canned in water)	3 oz
<i>Shellfish</i> – clams, crab, lobster, scallops, shrimp	3 oz
<i>Fat-free cheese</i>	3 oz
<i>Low-fat cottage cheese</i>	¾ cup
<i>Turkey ham</i>	3 oz
<i>Egg whites</i>	6

LEAN MEAT

165 calories, 21 grams of protein, and 9 grams of fat per serving

FOOD ITEM	SERVING SIZE
<i>Beef</i> – USDA Select or Choice grades of lean beef trimmed of fat, such as round, sirloin, and flank steak; tenderloin; roast (rib, chuck, rump); steak (T-bone, porterhouse, cubed); ground round	3 oz
<i>Pork</i> – lean pork, such as fresh ham; canned, cured, or boiled ham; Canadian bacon; tenderloin, center loin chop	3 oz
<i>Lamb</i> – roast, chop, or leg	3 oz
<i>Poultry</i> – chicken, turkey (dark meat, no skin), chicken (white meat, with skin)	3 oz
<i>Fish</i> – salmon (fresh or canned), catfish, tuna (canned in oil, drained)	3 oz
<i>Grated parmesan cheese</i>	6 Tbsp

DAIRY PRODUCTS AND BEANS

FOOD ITEM	SERVING SIZE	CALORIES	PROTEIN	FAT
<i>Milk</i> – fat-free (skim milk), 1%	1 cup	90	8 grams	0-3 grams
<i>Yogurt</i> – fat-free (plain or flavored with nonnutritive sweetener)	6 oz	90	8 grams	0-3 grams
<i>Beans, peas, lentils</i> (cooked)	½ cup	115	10 grams	0-2 grams

MEDIUM FAT MEAT

225 calories, 21 grams of protein, and 15 grams of fat per serving

FOOD ITEM	SERVING SIZE
<i>Beef</i> – ground beef, meatloaf, corned beef, short ribs, prime rib trimmed of fat	3 oz
<i>Pork</i> – top loin, chop, cutlet	3 oz
<i>Lamb</i> – rib roast, ground	3 oz
<i>Veal</i> – cutlet (ground or cubed, not breaded)	3 oz
<i>Poultry</i> – chicken (dark meat, with skin), ground turkey or ground chicken, fried chicken (with skin)	3 oz
<i>Fish</i> – any fried fish product	3 oz
<i>Cheese</i> – feta, mozzarella	3 oz
<i>Cheese</i> – ricotta	¾ cup
<i>Egg</i>	3
<i>Tofu</i>	1 ½ cups
<i>Tempeh</i>	¾ cup

HIGH FAT MEAT

300 calories, 21 grams of protein, and 24 grams of fat per serving

FOOD ITEM	SERVING SIZE
<i>Pork</i> – spareribs, ground pork, pork sausage	3 oz
<i>Cheese</i> – all regular cheeses, such as American, cheddar, Monterey Jack, Swiss	3 oz
<i>Processed sandwich meats</i> – bologna, salami	3 oz
<i>Sausage</i>	3 oz
<i>Peanut butter</i>	3 Tbsp

*3 oz is about the size of a deck of cards. These serving sizes are listed here in order to compare quantities and categorize the foods into groups. Remember - you will most likely not be able to eat these serving size amounts right after surgery!

Food preparation is important. Grill, bake, boil, or broil without adding fats. Avoid frying. Remove skin and fat.

Food Log Sample

Name: Jane Doe

Date: 5/20/04

Days Post Op: 8 weeks

Time	Food / Condiment / Supplement (be as detailed as possible – list brands, method of cooking, etc.)	Amount (Tsp, oz, Tbs, cups)	Grams of Protein
Breakfast			
8:00 AM	Hard boiled egg	1	6
	Whole wheat toast	½ piece	1
Lunch			
12:30 PM	Tuna, canned in water	2 oz	16
	Light mayonnaise	1 tsp	0
	Low fat Triscuits	3	1
	Tomato, medium, sliced thin	1 slice	0
Dinner			
6:00 PM	Chicken thigh, roasted, in lemon sauce, cut into small pieces	2 oz	14
	Carrots, steamed, cut up	2 Tbsp	0
	Peas, green, cooked	1 Tbsp	1
Snack(s)			
8:00 PM	Low fat cottage cheese	½ cup	14
	Canned pears (no sugar added)	2 pieces	0
Beverages			
7:00 AM	Water	4 oz	0
9:00 AM	Skim plus milk	12 oz	11
2-4 PM	Crystal light	20 oz	0
7:00 PM	Diet Snapple	12 oz	0
9:00 PM	Water	16 oz	0

Total Grams of Protein = 64

Food Log

*Note if you have any periods of intolerance (ex: nausea, vomiting).

Name:

Date:

Days Post Op:

Time	Food / Condiment / Supplement (be as detailed as possible – list brands, method of cooking, etc.)	Amount (Tsp, oz, Tbs, cups)	Grams of Protein
Breakfast			
Lunch			
Dinner			
<i>Snack(s)</i>			
Beverages			

Total Grams of Protein =

***Keep this log daily for 3 weeks after surgery to make sure you are getting enough protein. After 3 weeks you will still keep a food diary, but not daily. For your follow-up visits, please bring a food diary from the day before.**