

SOUTHWEST HEALTHCARE SYSTEM
Inland Valley Medical Center - Rancho Springs Medical Center

DIETARY GUIDELINES

GASTRIC BYPASS, SLEEVE GASTRECTOMY, GASTRIC BAND

Step 1: Clear Liquids with No Added Sugar

Starting after surgery and continuing until discharged home or as advised by your surgeon.

Clear liquids include liquids that are transparent; no milk products. No added sugars.
(1 ounce of fluids every 15 minutes while at the hospital)

Clear liquids allowed:

Broth (beef, chicken, vegetable)

High-Protein Broth (beef, chicken)

Sugar-Free Jell-O® or gelatins

Fruit juices, clear (100% juice only; no added sugar or high fructose corn syrup; no added fiber)

Sugar-Free Popsicles®

Sugar-Free Drinks (Crystal Light®, Propell®, decaffeinated teas, decaffeinated coffee, water)

Resource® Diabetishield (Berry flavor drink given at the hospital)

Aim for no more than one (1) ounce of fluid every 15 minutes. Do not gulp, or consume more than one ounce.

Sip on liquids throughout the day to prevent dehydration.

Only 100% juice (non acidic) allowed; no fruit cocktails or Aides.

No carbonated beverages (even if calorie-free).

No straws.

Hint: Medicine cups are 1 ounce, may use these for measuring and drinking.

Nausea following surgery is common, if vomiting occurs, wait 30 minutes before drinking any fluids. If repetitive vomiting occurs to the point that liquids cannot be retained, contact your doctor immediately.

Step 2: Full Liquids with No Added Sugar

Starting after discharge home and continuing for one week.

Do not advance further without your physician's authorization at your
1 week post op check up.

Full liquids allowed:

Non-fat or skim milk

*Protein shakes (example: Atkins® shake in a can)

*Low sugar or sugar-free protein powder mix (blended with permitted full liquids)

Broth

Sugar-free Jell-O® or gelatin, sugar-free pudding

Creamed soups, strained (no lumps)

100% juices (no added sugar or high fructose corn syrup)

Sugar-free Popsicles®

Sugar-free Drinks (Crystal Light®, Propell®, decaffeinated teas,
decaffeinated coffee, water)

Sip on liquids throughout the day to prevent dehydration.

Only 100% juice (non acidic) allowed; no fruit cocktails or ades.

No carbonated beverages (even if calorie-free).

No straws.

No solid foods.

*Protein supplements should contain no more than 5 grams added sugar
per serving

**Begin multivitamin/minerals and protein supplements.
See attached chart for details.**

Step 3: Soft High Protein Diet

(Starting when physician advances around 1 week post-op, and lasting for about one month.

Do not advance to step 3 without your physician's approval.

All items from previous steps are included. This stage is introducing some soft protein foods as tolerated. It is best to introduce only one new item per day to ensure tolerance.

Soft Foods Added:

Eggs, scrambled only
Cheese, plain, any kind (except cream cheese)
Cottage cheese, farmer's cheese, ricotta cheese
Yogurt, low fat or non fat (plain/unflavored/unsweetened)
Fish, baked or grilled tuna or salmon; no fried or breaded fish
Refried beans, fat-free, vegan
Tofu
Mashed potatoes
Cream of wheat cereal
Applesauce (unsweetened)

May add at one month post-op:

Chicken, turkey
All fish; crab, shrimp
Oatmeal

Continue with protein shakes and fluids.

A small amount of low-fat mayonnaise may be mixed with the fish for moisture.

A small amount of margarine or non-stick spray may be used to cook the egg.

Remember the correct serving size is 1-2 ounces. This is about one egg or 2 medicine cups full. Try to include 4-6 small servings per day if tolerable. Remember to drink fluids between meals to not stretch the new stomach or cause vomiting. Avoid fluids for at **least 5 minutes before** and **20 minutes after** each solid food meal.

Step 4: ADDING SOLID FOODS

*Additional solid foods gradually added after tolerating Steps 1-3 as advised by your physician. **Your physician will advance your diet each step of the way.** You will start with soft foods before advancing to regular foods. Introduce new foods one day at a time for tolerance. Always chew foods completely.*

- *Higher fiber foods will be added gradually back to your diet, starting with bland and soft foods.*
- *Do not take a fiber supplement like Metamucil that gel in liquid.*
- *Use prune juice for constipation as a first choice or as advised by your physician.*
- *Use a non-flavored protein powder or a nonfat dry milk powder to supplement soft foods like mashed potatoes and soups to increase protein intake.*
- *No acidic foods like tomatoes, oranges, lemons, vinegar, for the first 2-3 months after surgery.*
- *Remember the stomach is the size of an egg and not to consume at one time more than this amount.*
- *Red meat is introduced at 4 months after surgery in ground or tender cuts.*

Some Life Long Eating Tips

- ✓ *Eat small 1-2 ounce soft protein meals every 3-4 hours, or as tolerated, each day for the first month.*
- ✓ *Protein intake goal is 60-70 grams per day of protein.*
- ✓ *Once on regular sugar free/low fat diet, eat 3-4 small meals per day, usually around 2 months after surgery.*
- ✓ *Include a well balanced diet with nutritious foods (e.g. whole grains/fruits/vegetables/lean proteins/water).*
- ✓ *Always chew carefully and completely, remember digestion begins in your mouth, chewing all foods to the consistency that is easy to digest. (Try to chew each bite 30 times or more)*
- ✓ *Take small bites and swallow slowly.*

- ✓ Stop eating as soon as you feel full.
- ✓ Wait to drink fluids at least 5 minutes before and 20 minutes after a meal.
- ✓ Sip fluids all day long to prevent dehydration trying to take in 6 cups or 48 ounces of fluids per day or more.
- ✓ Carry a bottle of water around each day for sipping.
- ✓ Avoid high fat foods to prevent weight gain.
- ✓ Avoid high sugared foods in order to prevent "dumping syndrome" (nausea, lightheadedness, flushing, rapid heartbeat, and diarrhea).
- ✓ Include some protein with each meal and snack (red meat may be too tough to tolerate for some). Good sources of protein include: eggs, milk/dairy products, natural smooth peanut butter, tofu, protein powders, beans, soft fish, skinless poultry, ground beef, soybeans and low fat cheese, sugar free protein shakes)

Life Long Foods to avoid:

1. Sweet soft foods: Ice cream, chocolate, cookies, snack foods, pastries, desserts, sugar, honey, high fructose corn syrup. *(Sweet foods will trigger the "Dumping Syndrome", nausea, lightheadedness, flushing, rapid heartbeat, fainting, and diarrhea)*
2. High Calorie snacks foods: crackers, potato chips, buttered popcorn, etc... *(Crumbly snack foods will pass quickly through the stomach, preventing the feeling of fullness that can lower the calorie intake, thus increasing total calories and contribute toward weight gain and/or preventing weight loss)*
3. Liquids: alcohol, regular coffee, sweetened juices, punch, carbonated beverages *(Carbonated beverages may cause discomfort and expand the new stomach because of gas formation, and coffee/caffeine may contribute toward dehydration and calcium depletion.)*
4. Obstructive foods: Tough, fibrous red meat, bread made from refined flour, wide types of noodles, membranes of citrus fruits, celery (stringy). *(These foods may get stuck in the stomach and be unable to move through the bowel, if eaten, make sure they are cut up in small pieces and thoroughly chewed up before swallowing-30 bites.)*

A full spectrum "Complete" vitamin/mineral supplement with iron and zinc is recommended after surgery, chewable is preferred for better absorption. Suggest 100-200% of the RDAs. Vitamin/minerals at risk of deficiency

Gastric Bypass / Sleeve Gastrectomy /Gastric Band Nutrient Chart

Additional nutrient goals:	Recommend intake:	When and/or how to take.	Comments:
Protein	60+ grams/day	Take protein throughout day.	Helps healing and minimizes muscle loss. Sources include protein supplements, milk products, eggs, seafood, poultry, meats, and legumes.
Water/fluids	48+ fluid ounces	Hold fluids 5 minutes before solid food and 20 minutes after solid food.	Prevents dehydration.
Acidic foods (orange juice, tomato juice, lemons, etc.)		Avoid for the first 2-3 months post surgery.	May cause upset stomach due to acidity.
Poultry/seafood		Introduce at 1 month after surgery.	Best to start with canned products.
Red Meat		Introduce at 4 months after surgery.	Best to have tender cuts, chew well or have ground.

Gastric Bypass / Sleeve Gastrectomy / Gastric Band Nutrient Chart

Vitamin/Mineral Supplements	Dose	Best Time to take	Avoid with	Comments:
Multi-vitamin Supplement- Required.	2 per day if children's or 1 per day if adult formula	With breakfast and dinner	Calcium supplements by 2 hours	Calcium decreases the absorption of iron.
Calcium + Vitamin D3 Supplements- Required. Calcium Citrate Calcium Carbonate	400 IU Vit. D3 1500 mg 2000 mg	Anytime With meals or food.	Multi-vitamin supplement by 2 hours	Calcium decreases the absorption of iron. Best to take in 2-3 small doses per day for increased absorption.
Vitamin B12- sublingual- Required.	350-500 mcg/day or as advised by your MD.	1 time per day for first 3 months after surgery, then decrease to 1 time per week or as advised by your MD based on your lab values.		Consult with your MD if already on injections.
B-Complex vitamin supplement- Recommended. (Thiamin)	1 dose every 2-3 days.	Anytime, preferably with meals as it may be better tolerated with food.		B-Complex, to help prevent Thiamin deficiency.
Biotin - Recommended	300-3000 mcg/day	Anytime		To help minimize hair loss after surgery.
Vitamin C- Recommended. Suggest taking 250 mg 3 times per day or 500 mg 2 times per day in addition to your chewable multi vitamins. Vit. C is readily available in fruit juices too.	1000 mg/day	Anytime, better to take in doses of 250 mg - 500 mg per dose since most will not be absorbed at one time.		Vit. C and zinc promote wound healing.
Zinc- Required only if it is not already included in multivitamin.	15-30 mg/day	Anytime. Helps minimize hair loss and helps with wound healing.		Can be toxic if taken in excess.

Note: all vitamin/mineral supplements should be chewable, liquid or sublingual.