

# Nutrition Information 3-6 Months After Surgery

Patient Education

## **Goal 1: Protein**

- 60-80 grams or more per day

## **Goal 2: Hydration Fluids**

- 64 ounces or more per day (protein shakes no longer count towards this goal)
- Hydration fluids include water and anything that is diet, decaf, and non-carbonated
- Roux-en-Y – Do not drink 15 minutes prior to, during, and 45 minutes after meals
- Allowed at this time: Caffeine (16 oz)

## **Goal 3: Calories**

- 800 - 1,000 calories

## **Goal 4: Meals**

- Focus on protein first, Protein » Vegetables » Fruits » Whole Grains
- Eat slowly, put utensil down between each bite, and chew well

## **Goal 5: Food Log**

- Keeping a food log is highly recommended.
- Follow these steps in the Baritastic app:
  1. Go to “≡” at the top of the screen
  2. Click “Set Your Goals”
  3. Enter 1000 calories and 80 grams protein
  4. Hit “Save”

## **Vitamins**

A *multivitamin* is required (See **Vitamin Protocol** for multivitamin requirements). A *biotin* (5,000 mcg) supplement and *probiotic* are highly recommended.

## **Vertical Sleeve Gastrectomy**

1. Two Bariatric Advantage Multi Chewy Bites
2. One Bariatric Advantage Ultra Solo Capsule
3. Over-the-counter adult multivitamin with minerals, plus vitamin B12 (500 mcg)

## **Roux-en-Y**

1. Two Bariatric Advantage Multi Chewy Bites and two Chewable Bariatric Advantage Iron with vitamin C
2. One Bariatric Advantage Ultra Solo Capsule with Iron
3. Over-the-counter adult multivitamin with minerals, plus vitamin B12 (500 mcg), and over-the-counter Iron (45 mg) with vitamin C

## Calcium

Calcium is the most abundant mineral in the body.

- 99% of the body's calcium supply is stored in the bones and teeth.
- Lab values often remain normal, but bone loss may be occurring.
- The body steals calcium from your bones if you are not consuming enough.

**You need 1,200 mg of calcium daily from your diet and/or calcium supplements.**

### Calcium in Your Diet

Dairy foods contain calcium, including milk, yogurt, cheese, and foods fortified with calcium.

Food	Milligrams (mg) per serving
Milk- Fairlife, nonfat, 8 ounces	400
Sardines, canned in oil, with bones, 3 ounces	325
Milk, skim, reduced-fat (2% milk fat), 8 ounces	300
Tofu, firm, made with calcium sulfate, ½ cup	253
Mozzarella, part skim, 1 ounce	210
Cheddar cheese, 1 ounce	200
Greek Yogurt, fruit, low fat, 8 ounces	150-200
Cottage cheese, 1% milk fat, 1 cup	138

Nutrition Facts	
8 servings per container	
<b>Serving Size</b>	1 Cup (240mL)
Amount per serving	
<b>Calories</b>	<b>100</b>
%Daily Value	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 150mg	<b>7%</b>
<b>Total Carbohydrate</b> 15g	<b>5%</b>
Dietary Fiber 0g	0%
Total Sugars 14g	
Includes 0g Added Sugars	0%
<b>Protein</b> 10g	<b>20%</b>
Vitamin D 3mcg	45%
Calcium 361mg	30%
Iron 0mg	0%
Potassium 447mg	10%
Vitamin A 164mcg	20%

### Food Labels: %DV (Daily Value\*)

If your food label only lists percentages (%), try this:  
Add a zero to get a close value of calcium.



30% = 300mg calcium

### Calcium Supplements

- Recommend Calcium Citrate
- 500 – 600 mg absorbed at a time, must be 2 hours apart
- Do not take calcium and iron together, must be 2 hours apart (calcium will block the absorption of iron)
- Calcium Supplements Options:
  - Bariatric Advantage Calcium Chews (500 mg)
  - Over-the-counter Calcium Citrate with Vitamin D
  - Over-the-counter Calcium Citrate Petites with Vitamin D

## Whole Grains & Starches Ideas and Alternatives

These products are better options, but are not to be used as a primary source of protein.

### **HOT CEREALS (make with milk or protein drink for added protein)**

- GHP Oatmeal 100 calories 14 g protein
- Oats Overnight (Amazon) 260 calories 20 g protein
- Kodiak Cakes Carb Conscious Oatmeal Packs 170 calories 12 g protein

### **COLD CEREALS (consume with milk or protein drink for added protein)**

- GHP Cereal 120 calories 15 g protein
- Catalina Crunch Cereal 110 calories 11 g protein
- Special K Protein Cereal 210 calories 15 g protein
- Premier Protein Cereal 180 calories 20 g protein
- Kashi Go Keto Cereal 150 calories 12 g protein
- Magic Spoon Cereal 140 calories 13 g protein

### **PANCAKES**

- GHP Pancake Mix 90 calories 15 g protein
- Birch Benders Protein Pancake and Waffle Mix 180 calories 16 g protein
- Trader Joe's Protein Pancake Mix 140 calories 10 g protein
- Premier Protein Frozen Pancakes 210 calories 15 g protein

### **PASTA**

- Explore Asian Black Bean Spaghetti 180 calories 25 g protein
- Red Lentil (Barilla) or Chickpea (Banza) Pasta 180 calories 13 g protein
- Carba-Nada Egg Fettuccini 170 calories 15 g protein
- Barilla Protein Plus 190 calories 10 g protein
- Fiber Gourmet Pasta 110 calories 7 g protein
- Chef Woo Ramen Noodles 320 calories 20 g protein
- Zucchini Noodles or Spaghetti Squash (1/2 C) <25 calories <1 g protein
- Miracle Noodles 0 calories <1 g protein
- Hearts of Palm or Shirataki Pasta <20 calories <1 g protein

### **GRAINS**

- Nature's Earthly Choice Easy Quinoa 170 calories 7 g protein
- Cauliflower Rice or Riced Vegetables (1/2 C) ~25 calories <1 g protein
- Liviva Rice Shaped Shirataki 15 calories <1 g protein
- Banza Chickpea Rice 170 calories 11 g protein
- Right Rice 180 calories 10 g protein

### **BREADS/TORTILLAS & ALTERNATIVES**

- Aldi's Fit & Active Original Flatbread 90 calories 9 g protein
- Foldit 5 Grain Flax Flatbread 90 calories 7 g protein
- La Banderita or Misson Low Carb Tortillas 70 calories 5 g protein
- Egglife Wraps 30 calories 5 g protein
- Outer Aisle Cauliflower Sandwich Thins 50 calories 4 g protein
- Aldi Fit & Active Whole Wheat Bread 35 calories 3 g protein
- Lewis Bake Shop Keto Bread 40 calories 5 g protein
- Aunt Millie's Live Carb Smart ~45 calories 4 g protein
  - o 5 Seed Bread, Hamburger or Hot Dog Bun

## **High Protein Recipes**

### **Kielbasa and Bean Skillet**

Makes 6 servings: *Calories: 252 Protein: 17g Carbohydrates: 31g Fat: 8g*

- 1 lb fully cooked Turkey kielbasa
- 1 small onion, chopped
- ½ C red bell pepper, chopped
- ½ C green bell pepper, chopped
- ¼ C brown sugar
- 2 TBS steak sauce
- 1 TBS apple cider vinegar
- 1 tsp Worcestershire
- 1 15-oz can Cannellini beans, drained and rinsed

Directions: In skillet, cook sausage for 3 minutes. Stir in veggies and onion and cook until sausage is lightly browned and veggies are tender. Combine remaining ingredients, adding beans last. Cook until heated through.

### **Coconut Curry Salmon and Brussel's Sprouts**

Makes 4 servings: *Calories: 353 Protein: 28g Carbohydrates 21g Fat: 19g*

- 1 lb salmon
- ½ C canned coconut milk, unsweetened
- 2 TBS jarred red curry paste
- 1 TBS lemon juice
- 1.5 lb fresh Brussel's sprouts
- 1 TBS sesame oil
- 1/3 C unsweetened coconut flakes
- Sesame seeds (optional)
- Fresh chives, chopped (optional)
- Salt & Pepper, to taste

Directions: In a small bowl, whisk coconut milk, curry paste and lemon juice. Place salmon in a medium bowl and pour mixture over salmon to coat all sides. Refrigerate for 1-2 hours.

Preheat oven to 425°F. Chop Brussel's sprouts in half. Toss with olive oil, salt and pepper. Spread onto a sheet pan with tin foil and bake uncovered for 20 minutes.

Stir Brussel's sprouts, then remove salmon from fridge. Place next to Brussel's sprouts and bake entire pan for 10-12 more minutes, or until salmon is flaky.

Combine coconut flakes, chives and sesame seeds, then sprinkle on finished product. Serve with lemon wedges, if desired.

### **Chickpea, Avocado and Feta Salad**

Makes 4 servings: *Calories: 232 Fat: 15g Carbohydrates: 20g Protein: 8g*

- 1 can Chickpeas, rinsed and drained
- 2 avocados, pitted and chopped
- 1/3 C cilantro, chopped
- 2 TBS green onions, chopped
- ½ C crumbled feta cheese
- Juice of 1 lime
- Salt & Pepper to taste

Directions: In a medium bowl, combine all ingredients and stir well. Season with salt and pepper. Serve.

### **Crock-Pot Pork Tenderloin**

Makes 4 servings: *Calories: 207 Protein: 30g Carbohydrates: 11g Fat: 3g*

- 1.25 lb, Pork Tenderloin
- 4 tsp, Sauce, worcestershire
- 2 tbsp, Dried Whole Minced Onion
- ½ tsp, Garlic powder
- ½ tsp, Salt
- ½ tsp, Sugar
- ¼ tsp, Spices, paprika
- ¼ tsp, Black pepper
- 1 tbsp, Minced Garlic
- 1 cup, Water
- 1 cup, Chicken Broth
- ½ tsp, Spices, onion powder
- ½ tsp, Cornstarch

Directions: Put the pork tenderloin in the bottom of the slow cooker. Pour in water, chicken broth and Worcestershire sauce. Top the pork with minced garlic. In a small bowl, stir together remaining ingredients, sprinkle over pork. Cover slow cooker and cook on low for 4-6 hours. (Try in the Instant Pot on high pressure for 17-20 minutes).

### **Tomato Basil Artichoke Baked Chicken**

Makes 6 servings: *Calories: 382 Protein: 47g Carbohydrates: 8g Fat: 18g*

- 2 lbs Chicken Breasts
- 1 tsp, Salt
- 1 tsp, Italian Seasoning
- 1 tbsp Olive oil
- 14 ounce, artichoke hearts
- ¼ cup, Parmesan cheese
- ¼ cup, Chopped Basil
- 1 medium, Roma Tomato
- 2 clove, Garlic, minced
- 8 oz, Mozzarella Cheese

Directions: Preheat oven to 375°F. Grease pan and season chicken with Italian seasoning and salt before placing in pan. Bake for 15 minutes. Meanwhile, chop and combine artichoke hearts, basil, tomato, garlic and Parmesan cheese. Remove chicken from oven, spoon mixture on top of chicken then top with two slices of fresh mozzarella. Continue baking for 20-25 more minutes depending on the size of your chicken breasts.

### **Slow Cooker Thai Chicken**

Makes 6 servings: *Calories: 272 Protein: 40g Carbohydrates: 10g Fat: 8g*

- 2 lbs Chicken Breasts
- 1 cup, Chicken Broth Low Sodium
- ¼ cup, Peanut Butter
- ¼ cup, Low Sodium Soy sauce
- 2 tbsp, Honey
- 3 clove, Garlic
- ½ tablespoon, Sesame Oil
- 1 tsp ground Ginger
- ¼ tsp, Ground Black Pepper
- ¼ ounce, Sriracha Hot Chili Sauce

Directions: Place chicken breasts in slow cooker. In small pot combine all other ingredients, heat on medium heat until peanut butter is melted and all ingredients are combined in a sauce. Pour sauce over chicken in slow cooker. Cook on low for 6-8 hours. (Try in the Instant Pot for on high pressure for 18-24 minutes).

## Additional Information

### **Hair Loss**

Hair loss has been associated with rapid weight loss and/or inadequate protein intake. This is usually a temporary condition occurring approximately 3 months after surgery. It is highly recommended to take a biotin (5,000 mcg) or Hair, Skin, and Nails supplement on top of your current multivitamin.

### **Constipation**

Constipation has been associated with a high protein intake. This may or may not be a temporary condition. **Recommended:**

- 64 oz hydration fluids
- Add fiber through diet – vegetables, fruit, beans/legumes
- Add supplements – Benefiber powder, MiraLax, Colace, Fiber gummies, etc.

### **Weight Loss Stalls/Plateaus**

- This is normal and will occur several times during the next year.
- If a stall continues for more than 3 weeks, keep a food log for 2 weeks to ensure at least 60-80 g of protein and 64 oz hydration fluids daily.
- If you met the goals above and your stall continues, please contact a dietitian. The dietitian will review your food log and make recommendations as needed.