

Nutrition Information 6-12 Weeks After Surgery

Patient Education

Track HYDRATION, PROTEIN and CALORIES.

Goal 1: Protein

- 60-80 grams or more per day
- Sample Meal Patterns:
 - 6 meals/day with a goal of 10 g protein for each meal/snack (6 x 10 g = 60 g)
 - 4 meals/day with a goal of 15 g protein for each meal/snack (4 x 15 g = 60 g)

Goal 2: Hydration Fluids

- 64 ounces or more per day
- Hydration fluids include water and anything that is diet, decaf, and non-carbonated
- Protein shakes may count towards your fluid AND protein goals (ultimately, two separate goals)
- RNY – Do not drink 15 minutes prior to, during, and 45 minutes after meals

Goal 3: Calories

- 800-900 calories per day
- You may or may not be able to reach this at this time, utilize healthy fats if necessary

Goal 4: Meals

- Focus on protein first, Protein » Vegetables » Fruits
- Do not add whole grains or starches into meals at this time (pasta, rice, bread, etc.)
- Eat slowly, put utensil down between each bite, and chew well
- It could take up to 30 – 45 minutes to finish a meal
- You may or may not tolerate certain foods (Retry in one week if not tolerated)

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

- A multivitamin is required. Choose one of the following:
 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

- A multivitamin and Iron with vitamin C are required. Choose one of the following:
 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

Foods High in Protein

These are approximate caloric and protein values for the foods listed. Calorie and protein amounts could be different for different products, so it is always important to look at the nutrition label for specific nutrition information.

DAIRY

| Milk (1 cup) | CALORIES | PROTEIN |
|-----------------------|-----------------|----------------|
| Fairlife, Fat Free | 80 | 13 |
| Fairlife, 2% | 120 | 13 |
| Silk Protein Nut Milk | 130 | 10 |
| Skim | 90 | 8 |
| 2% | 130 | 8 |
| Soy Milk, Original | 110 | 8 |
| Soy Milk, Light | 60 | 6 |

| Greek Yogurt (5.3 oz) | CALORIES | PROTEIN |
|----------------------------------|-----------------|----------------|
| Any brand, 15 g of carbs or less | 150 | 15 |

| Cheese (1 oz) | CALORIES | PROTEIN |
|-----------------------------|-----------------|----------------|
| Cottage Cheese (1/2 cup) | 90 | 13 |
| Parmesan | 120 | 11 |
| Swiss | 105 | 8 |
| String Cheese | 80 | 8 |
| Mozzarella | 80 | 8 |
| Cheddar | 115 | 7 |
| American | 105 | 5 |
| Ricotta, Part-Skim, 1/4 cup | 80 | 5 |

POULTRY

| Chicken/Turkey (cooked, 1 oz) | CALORIES | PROTEIN |
|--------------------------------------|-----------------|----------------|
| Chicken, white meat | 50 | 9 |
| Turkey, white meat | 40 | 9 |
| Turkey, dark meat | 50 | 8 |
| Chicken, dark meat | 60 | 8 |

| Eggs/Egg Substitutes | CALORIES | PROTEIN |
|-----------------------------|-----------------|----------------|
| 1 Large Whole Egg | 75 | 6 |
| Egg Whites—2 whites | 32 | 6 |
| Egg substitutes – 1/4 cup | 32 | 6 |

FISH/SEAFOOD

| Fish (cooked, 1 oz) | CALORIES | PROTEIN |
|-----------------------------|-----------------|----------------|
| Anchovies | 50 | 9 |
| Tuna | 38 | 8 |
| Cod | 30 | 7 |
| Halibut/Catfish | 40 | 7 |
| Perch/Flounder/Sole/Pollock | 30 | 7 |
| Swordfish | 35 | 7 |
| Tilapia | 30 | 7 |
| Whitefish/Trout | 50 | 7 |
| Sardines | 60 | 7 |
| Lobster | 30 | 7 |
| Salmon | 50 | 6 |
| Crabmeat | 30 | 6 |
| Shrimp | 30 | 6 |
| Clams | 40 | 4 |

RED MEAT

| Lean Cuts (cooked, 1 oz) | CALORIES | PROTEIN |
|---------------------------------|-----------------|----------------|
| Venison | 45 | 9 |
| Steak, loin or round cuts | 55 | 8 |
| Roast Beef | 50 | 8 |
| Liver | 50 | 8 |
| Veal | 60 | 8 |
| Pork, tenderloin | 50 | 8 |
| Ground Beef, 90% lean | 60 | 7 |
| Ground Beef, 95% lean | 50 | 7 |
| Lamb | 50 | 7 |
| Ham, extra lean | 40 | 6 |
| Jerky | 80 | 10 |

PLANT-BASED PROTEIN

| Legumes – Beans/Peas/Lentils (cooked, ½ cup) | CALORIES | CARBS (Fiber) | PROTEIN |
|---|-----------------|----------------------|----------------|
| Soybeans | 155 | 9 | 15 |
| Lentils | 110 | 19 | 9 |
| Garbanzo Beans (chickpeas) | 150 | 25 | 8 |
| Tofu, extra firm | 80 | 2 | 8 |
| Edamame | 95 | 8 | 8 |
| Navy Beans | 130 | 24 | 7 |

| Legumes – Beans/Peas/Lentils continued... | CALORIES | CARBS (Fiber) | PROTEIN |
|--|-----------------|--------------------------|----------------|
| Kidney Beans | 110 | 20 | 7 |
| Refried Beans | 120 | 18 | 7 |
| Pinto Beans | 100 | 18 | 6 |
| Black Beans | 100 | 18 | 6 |
| Baked Beans, Zero Sugar Added | 110 | 26 | 7 |
| Black Bean or Bean soup | 120 | 13 | 6 |
| Green Peas | 70 | 12 | 4 |
| Black Eyed Peas | 80 | 17 | 3 |

| Nuts (1/4 cup), Seeds & Peanut Butter (2 Tbsp) | CALORIES | FAT (Healthy fat) | PROTEIN |
|---|-----------------|------------------------------|----------------|
| Pumpkin Seeds | 180 | 15 | 10 |
| Hemp Hearts/Seeds (3 Tbsp) | 180 | 15 | 10 |
| Peanut Butter (2 Tbsp) | 188 | 16 | 8 |
| Almonds | 205 | 18 | 8 |
| Peanuts, dry roasted | 165 | 14 | 7 |
| Sunflower Seeds | 200 | 16 | 6 |
| Brazil Nuts/Macadamias | 230 | 24 | 5 |
| Cashews | 195 | 16 | 5 |
| Walnuts | 150 | 19 | 5 |
| PB2 | 60 | 1.5 | 6 |
| Pecans | 170 | 17 | 3 |

NUTRITION SUPPLEMENTS

Protein bars/drinks can be used to supplement protein if you are unable to get from other high protein foods. Protein bars/drinks can be helpful during busy times or used as a backup plan.

| Protein Bars | CALORIES | PROTEIN |
|---|-----------------|----------------|
| Look for high protein, low sugar bars, 15 g or less | 150 | 15 |

| Protein Powders & Drinks | CALORIES | PROTEIN |
|---|-----------------|----------------|
| Look for high protein, low sugar drinks, 15 g or less | 150 | 15 |

PROTEIN POWDERS

Look for **Whey Protein Isolate**. “Isolate” is the key word. If the ingredient list says “Whey Protein Concentrate” or “Whey Protein Blend,” you may not be absorbing all of the protein.

Recommended protein supplements include Whey Protein Isolate, Milk Protein Concentrate, Egg Protein, or other plant-based protein powders including Soy, Rice, and Pea protein.

Protein powders that are NOT recommended include Whey Protein Concentrate, Whey Protein Blend, or Collagen.

Vegetables and Fruit

You may have vegetables and fruit once you know that you will meet your protein goal for the day. Focus on non-starchy vegetables and make sure to always eat a serving of protein with fruit and vegetables. Start slow as vegetables and fruit may fill you up quickly.

Non-Starchy Vegetables

| | | |
|--------------------------|---|-------------------------|
| Alfalfa sprouts | Eggplant | Parsley |
| Artichoke | Green onions or scallions | Peppers, all varieties |
| Artichoke hearts | Greens: beet, collard, dandelion, kale, mustard, turnip | Radishes |
| Asparagus | Jicama | Rutabaga |
| Beans, green/wax/Italian | Kohlrabi | Sauerkraut |
| Bean sprouts | Leeks | Snow peas or pea pods |
| Broccoli | Lettuce: endive, escarole, leaf, Romaine, iceberg | Spinach |
| Brussels sprouts | Mixed vegetables | Summer/Spaghetti squash |
| Cabbage | Mushrooms | Swiss chard |
| Carrots | Okra | Tomato |
| Cauliflower | Onions | Turnips |
| Celery | | Water chestnuts |
| Chinese cabbage | | Watercress |
| Cucumber | | Zucchini |

Starchy Vegetables include potatoes, sweet potatoes, corn, peas, parsnips, plantains and butternut squash. These vegetables vary in carbohydrates and calories (60-100 calories for ½ cup cooked) and should be tracked in a food log.

Salads Choose romaine, spinach, or mixed greens (iceberg lettuce may sit heavy in the stomach). Top salads with protein such as chicken, deli meat, hardboiled eggs, and cheese.

Fruit

| | | |
|----------------------------------|--------------------|-----------------|
| 1 small apple | 1 cup raspberries | 1 cup grapes |
| 1 medium orange | 1 cup cantaloupe | ½ cup cherries |
| ½ cup applesauce, unsweetened | 1 cup honeydew | 2 small plums |
| 1 small banana | 1 cup watermelon | ½ cup pineapple |
| 1 cup blueberries | 1 medium peach | ½ cup mango |
| 1 cup strawberries | ½ large grapefruit | 1 cup papaya |
| | 1 kiwifruit | ½ large pear |

Additional Information

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.

Grocery Store Foods

This is a list of high protein, easy to prepare products at the grocery store.

CHICKEN

- Meijer Chicken Sausage 130 calories 15 g protein
- Tyson Grilled & Ready Chicken Strips 110 calories 19 g protein
- Caulipower Chicken Tenders 110 calories 14 g protein
- Al Fresco Chicken Sausage 80 calories 10 g protein
- Oscar Mayer Deli Fresh Chicken Breast 50 calories 8 g protein
- Starkist Chicken Creations 80 calories 11 g protein
- Shredded Rotisserie Chicken 140 calories 21 g protein

TURKEY

- Jennie-O Ground Turkey 93/7 (4oz) 170 calories 21 g protein
- Jennie-O 90% Lean Turkey Burger 230 calories 25 g protein
- Jennie-O Oven-Ready Homestyle Turkey 110 calories 20 g protein
- Meijer Lean Turkey Burgers 170 calories 21 g protein
- Cooked Perfect Turkey Meatballs 140 calories 14 g protein
- Oscar Mayer Deli Fresh Turkey Breast 50 calories 9 g protein
- Ball Park Smoked White Turkey Franks 45 calories 6 g protein
- Hormel Turkey Pepperoni 70 calories 9 g protein
- Hormel Turkey Chili w/ Beans 220 calories 18 g protein
- Hormel Square Table Turkey Breast & Gravy 110 calories 21 g protein

FISH

- Star-Kist Tuna Creations 80 calories 17 g protein
- Star-Kist Tuna Salad Single Serving 80 calories 13 g protein
- Chicken of the Sea To-Go Cups 70 calories 15 g protein
- Chicken of the Sea Salmon Pouches 70 calories 15 g protein
- Cedar Bay Atlantic Salmon Burgers 160 calories 16 g protein
- Trident Alaska Salmon Burgers 130 calories 14 g protein
- Bumble Bee White Crabmeat 80 calories 16 g protein

RED MEAT

- Hormel Square Table Beef Roast & Savory Sauce 210 calories 27 g protein
- Hormel Square Beef Tips & Gravy 170 calories 17 g protein
- Frozen Beef Patty (90% lean) 175 calories 21 g protein
- Aidell's Smoked Andouille Sausage 160 calories 15 g protein
- Applegate Naturals Hot Dogs 100 calories 7 g protein

PLANT-BASED

- Morningstar Farms Grillers Prime 150 calories 16 g protein
- Boca Veggie Crumbles 60 calories 11 g protein
- Gardein Meatless Meatballs 150 calories 14g protein
- Impossible Beef Lite 180 calories 21 g protein
- Lightlife or Trader Joe's Tempeh 190 calories 19 g protein
- Trader Joe's Baked Teriyaki Tofu 190 calories 15 g protein
- Textured Vegetable Protein (TVP) 80 calories 12 g protein
- PB2 or PB Fit Peanut Butter Powder 60 calories 6 g protein
- Bush's Baked Beans, Zero Sugar 110 calories 7 g protein

BREAKFAST

- Red's Egg'Wich Turkey Sausage Sandwich 190 calories 17 g protein

- Johnsonville Turkey Sausage 70 calories 8 g protein
- Applegate Turkey Bacon 30 calories 5 g protein
- Jimmy Dean Simple Scrambles - Turkey Sausage 150 calories 18 g protein
- Jimmy Dean Delights – Turkey Sausage Bowl 240 calories 22 g protein
- Life Cuisine Tomato & Spinach Egg White Bites 190 calories 15 g protein
- Veggies Made Great Spinach Egg White Frittata 70 calories 5 g protein
- Just Crack An Egg Protein Packed 320 calories 20 g protein

MILK, CHEESE, AND MILK ALTERNATIVES

- Light Mozzarella String Cheese 50 calories 7 g protein
- Fairlife Milk (2% or less) ~100 calories 13 g protein
- Cottage Cheese (2% or less) 90 calories 13 g protein
- Silk Unsweetened Soy Milk 80 calories 7 g protein
- Ripple Original, Unsweetened 80 calories 8 g protein
- Silk Protein Nut Milk 130 calories 10 g protein

GREEK YOGURT

- Dannon Light & Fit 80 calories 12 g protein
- Oikos Triple Zero 100 calories 15 g protein
- Oikos Pro 140 calories 20 g protein
- Chobani Zero Sugar 60 calories 11 g protein
- Chobani Complete 130 calories 17 g protein
- 2 Good 80 calories 12 g protein
- Ratio Protein 170 calories 25 g protein

SNACKS

- Oscar Meyer P3 (*Turkey, Ham & Cheddar or Turkey, Bacon & Colby Jack*) 120 calories 11 g protein
- Lorissa's Kitchen Chicken Jerky 80 calories 10 g protein
- Jennie-O Turkey Sticks 25 calories 5 g protein
- Jack Link's Jerky 80 calories 12 g protein
- Emerald 100 Calorie Pack Almonds 100 calories 4 g protein
- Bada Bean Bada Boom Snacks 100 calories 7 g protein

CONVENIENCE MEALS

- Real Good Foods 250 calories 23 g protein
 - (*Chicken Enchiladas, Pizza Bites, Lasagna Bowl, Orange Chicken, General Tso's Chicken*)
- Park Street Deli (found at ALDI) ~200 calories 22 g protein
 - (*Artichoke Stuffed Chicken, Thai Coconut Chicken*)
- John Soules Foods – Chicken Fajitas 110 calories 19 g protein
- Kevin's Natural Foods Chicken 150 calories 23 g protein
 - (*Korean BBQ, Roasted Garlic, Chicken Marsala*)
- John Soules Foods – Beef Fajitas 120 calories 17 g protein
- Trader Joe's Balsamic Rosemary Beef Steak 220 calories 21 g protein
- Curly's Sauceless Pulled Pork 100 calories 13 g protein
- Big Shoulder's Pork Carnitas 110 calories 14 g protein

CONVENIENCE MEALS CONTINUED*

*Follow the 10% rule when checking labels.

- **Lean Cuisine Protein Kick** ~200 calories ~20 g protein
 (*Steak Portabella, Meatloaf with Mashed Potatoes, Buffalo Style Chicken, Herb Roasted Chicken*)

- **Smart Ones** ~180 calories ~18 g protein
(*Slow Roasted Turkey Breast, Roasted Chicken with Herb Gravy, Ham and Cheese Scramble, Homestyle Beef Pot Roast, Crustless Chicken Pot Pie*)
- **Healthy Choice** ~200 calories +20 g protein
(*Grilled Chicken Pesto and Vegetables, Verde Chicken, Simply Grilled Chicken Marsala, Chicken and Vegetable Stir Fry, Spicy Beef Teriyaki Power Bowl, Chicken Marinara Power Bowl, Basil Pesto Chicken Power Bowl, Greek-Style Chicken Power Bowl, Spicy Black Bean and Chicken Power Bowl, Cajun-style Chicken and Sausage Power Bowl, Sesame Chicken with Zoodles*)

PROTEIN DRINKS/POWDERS

| | |
|------------------------------------|----------------------------|
| Core Power, Regular or Elite | Vega** |
| Fairlife Nutrition Plan | OWYN, Regular or Elite** |
| Muscle Milk, Genuine or Pro Series | Orgain** |
| Quest | Evolve Protein Shake** |
| Premier Protein/Premier Clear | Isopure |
| Meijer High Performance Shake | Gatorade Zero with Protein |
| Equate High Performance Shake | Protein2O |
| Pure Protein Complete Shake | Seeq Clear Protein |

PROTEIN BARS

Quest Protein Bars
GHP Protein Bars
Protein One Bars (by FiberOne)
Built Bars
Pure Protein
NoCow Bars**
Nugo Slim**
Misfits**

PROTEIN CHIPS/CRACKERS

Quest Chips and Cheddar Crackers
GHP Chips
Flex Chips**
Pure Protein Puffs
Atkins Chips
Pure Protein Cheezy Crackers

** Plant-based protein products

SAUCES/CONDIMENTS/DRESSINGS/EXTRAS

| | |
|--|---|
| Walden Farms Sauces and Dressing | Sugar-Free Coffee Syrups |
| G Hughes Sugar-Free Sauces | Torani, Jordan's Skinny Mix |
| Skinny Girl Salad Dressing | Hidden Valley Ranch Seasoning Mix |
| Bolthouse Farms Yogurt-Based Salad Dressing | Jello, Sugar-Free |
| Marzetti Simply Salad Dressing | Popsicles, Sugar-Free |
| Mustard, Hot Sauce, Taco Sauce | Sugar-Free Pancake Syrup |
| Spices, Herbs, Extracts | Sugar Substitutes |
| <i>Taco seasoning, pepper, Mrs. Dash, garlic, etc.</i> | <i>Splenda, Stevia, Equal, Sweet 'n Low, Monk Fruit, Swerve, Allulose</i> |

High Protein Recipes

White Chicken Chili

Makes 6 servings: *Calories: 229 Protein: 22g Carbohydrates: 26g Fat: 4g*

- 12 oz boneless, skinless chicken breast, cubed
- 2, 16-oz cans Great Northern beans, drained and rinsed
- 1 red bell pepper, chopped
- 1, 4-oz can green chiles
- 1 large onion, chopped
- 2 ½ cups low sodium chicken broth
- 1 ½ tsp Cumin
- 2 cloves garlic, minced
- ¼ tsp black pepper
- ½ C light sour cream (for garnish)
- 1 Avocado, sliced (for garnish)
- Cooking oil

Directions: In large skillet, cook chicken until lightly browned, then transfer to a slow cooker or InstantPot. Stir in additional ingredients and spices. Cook for 8 hours on low or 4 hours on high in slow cooker, or 18-24 minutes in InstantPot. Top with sour cream and avocado for serving. For faster cook time, substitute raw chicken for store bought rotisserie chicken.

Taco Bowl with Cauliflower Rice

Makes 6-8 servings: *Calories: 180 Protein: 22g Carbohydrates: 3g Fat: 8g*

- 1 lb ground turkey
- 1 bag cauliflower rice (fresh or frozen)
- 1 can Rotel or diced tomatoes
- Juice of 1 lime
- 2 tsp Chili powder
- 1 tsp Cumin
- Chopped cilantro (for garnish)
- Avocado slices (for garnish)
- Salt & Pepper, to taste

Directions: In a medium skillet, brown ground turkey. Stir in chili powder, cumin, salt and pepper. In a separate skillet, sauté cauliflower rice until tender. Stir in can of Rotel and lime juice. Serve with avocado, cilantro and lime wedges as desired.

Homemade Chicken Chickpea Salad

Makes 4 servings: *Calories: 233 Protein: 11g Carbohydrates: 11g Fat: 15g*

- 1 can Chickpeas, rinsed and drained
- 1 12.5oz can chicken, drained
- ½ C mayonnaise
- 2 tsp Dijon mustard
- 2 celery stalks, chopped
- 1 tsp dill, ½ tsp paprika, ½ tsp garlic powder, ½ tsp onion powder
- Salt & Pepper to taste

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