



**GBMC** Health  
Partners  
Bariatric Surgery

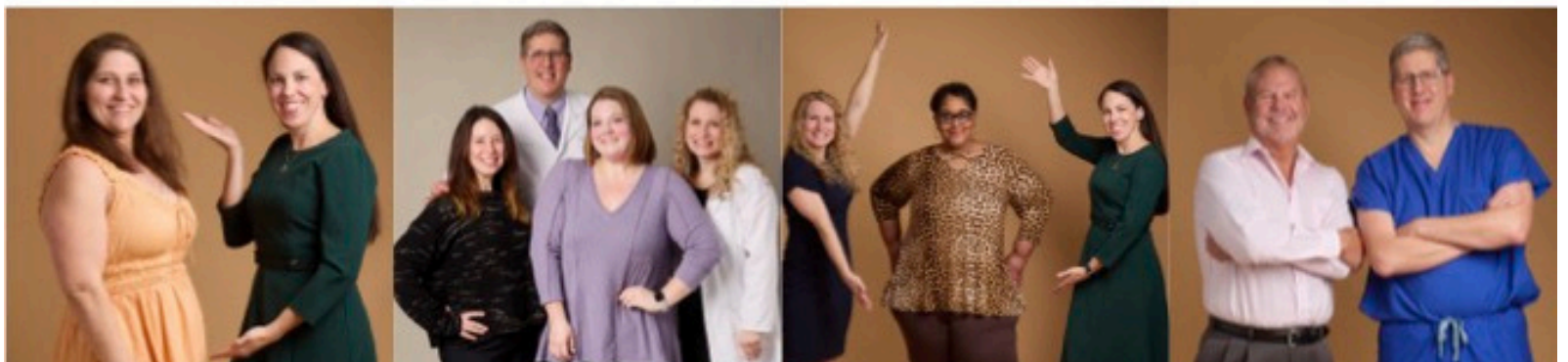
**Comprehensive Obesity  
Management Program (COMP)**

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**PATIENT INFORMATION BINDER**

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6565 N. Charles St., Pavilion East, Suite 501, Towson, MD 21204  
Phone: 443-849-3779 | Fax: 443-849-3767  
[www.gbmc.org/weightloss](http://www.gbmc.org/weightloss)





**Comprehensive Obesity Management Program**

6565 North Charles Street, PPE Suite 501  
Towson, MD 21204

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# Table of Contents

TOPIC	PAGE
Welcome	4
Office Policies & Procedures	5
Specialist Resource List	7
Bariatric Psychological Evaluation Resources	8
Bariatric Psychological Evaluation Template	9
Letter Of Support Template Instructions	10
Fax Cover Sheet	11
Letter Of Support Template	12
FMLA Paperwork	13-14
Nutrition Guidelines	15-27
Vitamins And Minerals	29-34
Diet Progression	35-53
Grocery List, Apps and Websites	55-58
Low Carb Swaps	59-62
Protein Bars and Shakes	63-69
Meal And Snack Ideas	71-73
Quick Food Ideas	75-77
Sample Menus	78-85
Dining Out Options	86-88
Frozen Meal Options	89
Canned Soups & Breakfast-out Options	90
Surgery Info and Realistic Expectations	91-100
Exercise Recommendations	101-103
Bariatric-friendly Kosher Options	104-106
Bariatric-friendly Vegetarian & Vegan Options	107-112
Final Preparation Packet	113-118
Post-op Appointment Grid	119
COMP Stomp Information	Back Cover



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# WELCOME / OFFICE POLICIES / FORMS / RESOURCES

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## Welcome

**The Comprehensive Obesity Management Program at GBMC (COMP) group is committed to providing quality care for our patients. We suggest these quick start instructions for your success with our program.**

When you receive the email - activate your MyChart – **this is how we communicate with you and share important information that is helpful with moving through and completing the program.** If you need help activating your MyChart, please ask – we can help. We offer both virtual and in-person appointments for your convenience.

Get a jump start on your insurance requirements that your provider is asking you to do. These are mandatory requests from your insurance carrier to get you to the last appointment for a surgery date. If they are not complete, we will be unable to schedule your final appointment (see your checklist). We cannot make any exceptions for missing documents; we know from experience that your insurance carrier will deny surgical authorization.

Plan to arrive 15 minutes early for every appointment to complete the necessary forms and ask any questions. **If you are over 15 minutes late arriving at our office, you must reschedule your appointment. Similarly, if you are late logging in for a virtual appointment, we may need to reschedule it. Late arrivals and interruptions are disruptive to the schedule and to those who have arrived on time for their nutrition classes or post-operative follow-ups. Also, please ensure that you complete your virtual pre-check-in on MyChart PRIOR to your appointment, as this process can take some time and may result in logging in late.**

Once you have finished your nutrition appointment, make sure you schedule your next appointment with the front desk staff by calling the office or scheduling online via MyChart. It is YOUR responsibility to check the status of your testing, requirements, AND referrals. Keep up with your pre-op checklist and review it frequently.

If you have a binder, refer to it throughout your journey and have it handy when speaking with our providers. If you utilize the electronic online binder, be sure to bring your smart device to appointments to access it. The binder also helps the front desk staff and providers answer your questions regarding testing, insurance, copays, or billing. If you bring documents for us to place in your chart, be sure to keep a copy for yourself.

Once you are finished with your nutrition classes and other requirements, the nursing staff will review your records to make sure everything is documented properly. They will then give the front desk staff the OK to schedule the FINAL appointment with your surgeon. This review generally takes approximately 1-2 days, and the front desk staff will call you. **Always make sure your current contact information is in your MyChart and that your voicemail box is clear, so we may leave a message if necessary.**



## Office Policies & Procedures

We realize you have a choice in medical providers and are pleased that you have chosen to seek care with us. The staff at GBMC Comprehensive Obesity Management Program (COMP) strives to “go above and beyond” in care and service to make your experience with us as comfortable and stress-free as possible. Please feel free to contact our office if you have any questions concerning our policies.

You can reach our office by dialing 443.849.3779. An answering service is available to assist you before and after scheduled office hours if necessary. **In the event of an emergency, please call 9-1-1.** If you need to schedule an appointment, please call during regular business hours.

Our Patient Services Assistants will always assist you to the best of their abilities during office hours. However, on clinical days, unless urgent, questions or messages requiring the attention of medical staff will be answered at the end of the day.

### **In-Office and Virtual Appointments**

COMP is committed to providing quality care to our patients. To ensure timely continued care, we encourage patients to schedule appointments at least 7-10 days before a visit due date, as clinic days can book quickly. When calling for an appointment, please provide our Patient Services Assistant with your name, date of birth, chief complaint/reason for visit, as well as any updated contact or insurance information.

Follow-up visits are scheduled after all testing/labs have been completed so that results may be reviewed with you at your appointment, and an effective and appropriate plan for your healthcare can be determined. Please note that test results will not be given over the phone.

We ask that all patients arrive 15 minutes before the scheduled appointment to provide adequate time to complete registration and ask any questions. If you arrive more than 15 minutes late at our office, you will be rescheduled.

We recognize that everyone’s time is valuable, so we make every effort to maintain the scheduled appointment times, but urgent situations sometimes disrupt the schedule. We ask for your understanding and patience during these delays. We will make every effort to keep your waiting time to a minimum.

### **Missed or Cancelled Appointments**

Because clinic days are often fully booked weeks in advance with wait lists as well, it is the policy of this office that cancellations must be made at least 24 hours in advance of the scheduled appointment. Please let us know in a timely manner if you are unable to make your appointment, and we will be happy to reschedule it for you at a more convenient time. If appointments are not cancelled at least 24 hours prior to scheduled times, your appointment will be treated as a No-Show occurrence. Three (3) or more No Shows in a 12-month period may unfortunately result in termination of care from COMP.



## Comprehensive Obesity Management Program

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We make every effort to be on time for all appointments. Unfortunately, when even one patient arrives late, it can throw off the entire schedule for the day. Patients arriving more than 15 minutes after their appointment time will be rescheduled.\* We apologize for any inconvenience this might cause.

\*This policy does not apply to nutrition and pre-op classes. You MUST arrive on time for these appointments.

### **Surgery / Procedure Rescheduling**

We take pride in providing timely, convenient, and reliable surgical dates for our patients. Please understand this requires careful planning and coordination between your surgical coordinator, GBMC's operating room staff and your surgeon. Special medical instrumentation is prepared, sterilized, and operating room staff is scheduled for your surgery well in advance.

It is important that when you schedule your surgery/procedure you have thoroughly checked your personal and work calendars to make sure that your selected date is ideal for you. When cancellations or rescheduling occur, insurance verifications, anesthesia orders and preoperative paperwork must be repeated, and the facility has to be notified of all changes. We understand that a situation may arise that could force you to reschedule, postpone or cancel your surgery/procedure. If this should occur, you must contact the surgical coordinator at least two (2) weeks prior to your scheduled surgery/procedure in order to reschedule. Unfortunately, we can only accommodate this request once.

If for some reason you do not show up for a scheduled surgery/procedure (without notifying the surgical coordinator), you may not be able to reschedule.

### **Forms / Letters**

We understand that at times various forms or letters may be required to assist you with your healthcare needs. The staff at the GBMC Comprehensive Obesity Management Program are happy to assist with completing forms and writing medical letters upon request. Because this process requires provider and staff time, form completion fees apply in accordance with GBMC Health Partners policy. The fee is \$20 per form, regardless of length. Expedited requests (less than 3 business days) require an additional \$25 fee (total \$45 per form). Fees are subject to change. Prepayment is required before forms are completed. The first FMLA form (for the patient only) will be completed at no charge if submitted within 90 days of surgery. Please allow up to 10 business days for completion of requested forms/letters.

Form requests should be submitted through MyChart under Messages → Ask a Non-Urgent Medical Question → Next → Patients Forms → (select your surgeon's name) → upload a completed copy of the "Forms/FMLA & Other" coversheet located in this binder along with the additional documents you would like our office to complete. Some forms may be exempt from fees based on policy guidelines.



## Specialist Resource List

You may need clearance from a specialist before surgery, depending on your health conditions. If you already see one, schedule an appointment. If not, arrange a consultation through your primary care provider or contact the specialist below. Please check with your insurance to see if a referral is required.

<p style="text-align: center;"><b><u>Diagnostic Labs</u></b></p> <p style="text-align: center;"><b>The Diagnostic Center at GBMC</b> 443-849-2707</p> <p style="text-align: center;"><b>Family Care Associates</b> 443-849-2213</p> <p style="text-align: center;"><b><u>Radiology Studies</u></b></p> <p style="text-align: center;"><b>Advanced Radiology</b> 888-972-9700</p> <p style="text-align: center;"><b>American Radiology</b> 443-849-2343</p> <p style="text-align: center;"><b><u>Sleep Study/Pulmonology</u></b></p> <p style="text-align: center;"><b>GBMC Sleep Medicine</b> 443-849-3901</p> <p style="text-align: center;"><b>American Sleep Medicine</b> 410-296-5544</p> <p style="text-align: center;"><b>UMSJ Pulmonary Care &amp; Sleep Medicine</b> 410-832-3400</p>	<p style="text-align: center;"><b><u>Cardiology</u></b></p> <p style="text-align: center;"><b>Johns Hopkins Cardiology at GBMC</b> 443-849-8989</p> <p style="text-align: center;"><b>Family Care Associates</b> 443-849-2213</p> <p style="text-align: center;"><b><u>Vascular</u></b></p> <p style="text-align: center;"><b>Vascular Surgery Associates of GBMC</b> 410-825-4928</p> <p style="text-align: center;"><b>Maryland Vascular Specialists</b> 844-687-6334</p> <p style="text-align: center;"><b><u>Exercise Physiologists</u></b></p> <p style="text-align: center;"><b>The Greater Baltimore Center for Rehab Medicine</b> 443-849-6210</p> <p style="text-align: center;"><b>Physical Therapy at Owings Mills</b> 410-363-7123</p>
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# Bariatric Psychological Evaluation Resources

\*ALL QUOTES ARE SUBJECT TO CHANGE BY THE PROVIDER AT ANY TIME.\*

## Advantage Point Behavioral



24/7 Hotline: 877-583-5633

Accepts most insurance plans

\*\$200 flat fee if not in network\*

*Not accepted by Priority Partners*

Offers Telehealth/Video Visits

## Hope Gilchrist, LCPC



8307 Philadelphia Road

Rosedale, MD 21237

O: 443-868-7762

[areyofhopecs@gmail.com](mailto:areyofhopecs@gmail.com)

\$175 flat fee\* Accepts BCBS, Medicaid & Johns Hopkins

## Core Counseling Services

**Kelly Wallis, LCPC**



[CoreCounselingServices.net/Kelly-Wallis-MS](http://CoreCounselingServices.net/Kelly-Wallis-MS)

Deer Park Center

9475 Deereco Road, Suite 410

Timonium, MD 21093

O: 410-560-6135

*Accepts most insurance plans*

## Paul P, Giggey, PhD



5724 Falls Road

Baltimore, MD 21209

O: 410-336-5329

**Accepts Medicaid Plans**

*Not accepted by United HealthCare*

## Greater Baltimore Counseling Center

**Kevin Brady, PsyD & Sarah Simpson, PhD**



[gbcc.com](http://gbcc.com)

Greater Baltimore Counseling Center

1850 York Road, Suite K

Timonium, MD 21093

O: 410-760-9079

## The Counseling Center for Change

**Dawn O'Meally, LCSW-C, P.A.**



[www.tcc4change.com](http://www.tcc4change.com)

909 Baltimore Blvd, Suite 128

Westminster, MD 21157

443-590-0030

## Melanie Bell, LCSW-C



1120 Middle River Road

Middle River, MD 21220

O: 410-925-0664

[mrsbell@hotmail.com](mailto:mrsbell@hotmail.com)

\$160 flat fee\* *Does not accept Cigna*



## **Bariatric Psychological Evaluation Template**

If you already see a therapist, please have your therapist complete the following to ensure all insurance mandated questions are answered.

- What is the patient's competency in deciding to proceed with weight loss surgery?
- Is there a history of substance abuse or dependence? If so, how will this patient be able to handle the stress of weight loss?
- Are there any psychiatric diagnoses that are relevant to weight loss surgery? If so, please provide prognosis and treatment advice?
- What is the patient's ability to handle the stress of weight loss surgery? What are the patient's coping mechanisms?
- Should the patient be seen for further counseling or medication adjustments for weight loss surgery?
- In your professional experience, do you feel this patient is an appropriate candidate for weight loss surgery?
- Please also include:
  - History of present illness
  - Past psychiatric history
  - General medical history
  - Social history
  - Occupational history
  - Mental status examination
  - Family history
  - Review of systems
  - Functional assessment

**Please sign and submit on provider letterhead**

Once complete, please fax the completed bariatric psychological evaluation to GBMC COMP: 443.849.3767. Please contact our office if you or your provider have any questions at: 443.849.3779.



## Letter of Support Template Instructions

The following page is a cover sheet for YOU to fax your Letter of Support template (request) to your Primary Care Physician (PCP).

- Before faxing, be sure to include the following information to the fax cover sheet:
  - **PCP name, PCP fax number, PCP phone number**
  - **Your Name, date of birth, phone number (on the bottom portion of the “Letter of Support Template”**

Once complete, fax the two pages (cover sheet and template) to your PCP. The cover sheet explains what you are asking for and why. Your PCP may require an appointment with you before writing the Letter of Support. It is YOUR responsibility to follow through with them regarding the letter. **The Letter of Support is one of your insurance carrier requirements and must be received by us before you can schedule your final appointment to get a surgery date.**



# FAX COVER SHEET

To: \_\_\_\_\_  
(Your PCP name)

From: COMP at GBMC

Fax: \_\_\_\_\_  
(PCP fax number)

Fax: 443-849-3767

Phone: \_\_\_\_\_  
(PCP phone number)

Phone: 443-849-3779

Re: Letter of Support Request

- Urgent     For Review     Please Comment     Please Reply

Comments:

**Your patient has chosen our weight loss program to start living a healthier lifestyle. One of their insurance carrier requirements is that they provide us with a LETTER OF SUPPORT from their primary care physician. Please review the following criteria that needs to be included in the letter. If you have any questions regarding this letter, please feel free to call our office or the patient.**

**Thank you.**



## Letter of Support Template

The patient Letter of Support **MUST** include the following information:

- Letter **TYPED** on your office letterhead and signed.
- Patients **FULL** name and date of birth.
- How long they have been in your care.
- Types of weight loss attempts they have tried (i.e., Jenny Craig, Weight Watchers, medication, etc.).
- Any medical conditions that would benefit from weight loss surgery (i.e., diabetes, sleep apnea, HBP, etc.).
- Most current height and weight **AND** calculated BMI.
- Whether or not you, as their provider, support this decision for bariatric surgery.
- Additional information needed per insurance company:

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**Patient Information:**

Patient Name: \_\_\_\_\_

Patient Date of Birth: \_\_\_\_\_

Patient Phone Number: \_\_\_\_\_

**Please fax TYPED and SIGNED letter to:**

COMP @ GBMC  
Fax: 443.849.3767  
6565 N. Charles Street, Suite 501  
Towson, MD 21204



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## Forms – FMLA and Other

Do you need to have forms completed for a leave of absence from work after your surgery?

- Please verify this with your employer.
- You must obtain all forms from YOUR EMPLOYER (Human Resources Department), FMLA forms are not provided by COMP.
- Read the following page in its entirety.
- You must make the necessary payment in advance to have the forms completed.
- The forms will not be completed if payment is not made.

Please see our Office Policies & Procedures pages if there are any concerns.



# Form Completion Request

NO BLANK FORMS WILL BE ACCEPTED.

PATIENT PORTION OF FORM MUST BE COMPLETED PRIOR TO SUBMISSION.

PATIENT NAME AND DATE OF BIRTH NEEDED ON ALL PAGES.

Patient Name and Date of Birth (print): \_\_\_\_\_

If form is for a family member, name, and relationship to patient: \_\_\_\_\_

Provider Name: \_\_\_\_\_

Type of Form (form name): \_\_\_\_\_

Completed Form: Select how you would like to receive or be notified your form has been completed.

• Address: \_\_\_\_\_

• Email address: \_\_\_\_\_

• Fax number: \_\_\_\_\_

• Phone number: \_\_\_\_\_

GBMC Health Partners charges a fee for completion of forms. Form examples: Jury duty, disability, FMLA, MVA, daycare, school, and camp.

Form Fee: \$20 per form – Forms may take up to 10 business days to process and complete.

Expedited Form Fee: \$45 per form – Form processed and completed within 3 business days

Patient

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

### \*Office Staff Only\*

Date form request received: \_\_\_\_/\_\_\_\_/\_\_\_\_ Staff: \_\_\_\_\_

Date form processing completed: \_\_\_\_/\_\_\_\_/\_\_\_\_ Staff: \_\_\_\_\_

Date patient notified: \_\_\_\_/\_\_\_\_/\_\_\_\_ Staff: \_\_\_\_\_

Date Paid \_\_\_\_/\_\_\_\_/\_\_\_\_ Staff: \_\_\_\_\_

Currency Received: Cash \_\_\_\_ Check \_\_\_\_

Payment Amount \_\_\_\_\_ Staff: \_\_\_\_\_



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# NUTRITION GUIDELINES

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For nutrition related questions, please email our COMP Dietitians at [COMPnutrition@gbmc.org](mailto:COMPnutrition@gbmc.org) or send a MyChart to your Dietitian.

Scan the QR codes below to learn more about our in-person/virtual support group and our Facebook support group.

<a href="#">Support Group Calendar:</a>	<a href="#">Facebook: GBMCWeightloss</a>
	

## 3-Week Pre-Op (Before Surgery) Diet

All patients must follow a diet 3 weeks before surgery to shrink their liver for safety purposes.

- Once you get your surgery date, count back 3 weeks on a calendar to start your diet

### Examples of starches/high carb items:

- Bread, flat breads, tortillas, pasta, rice (for these items, even whole wheat counts as a starch), potatoes, sweet potatoes, peas, corn, beans (except string beans/green beans), the entire cereal aisle including oatmeal, Cream of Wheat, Farina, and all hot cereals, granola, granola/breakfast bars, most of the snack aisle, crackers, rice cakes, popcorn.  
**Key words:** oats, wheat, grains, flour, rice

You can have the low carb “versions” of starches (ex. Mission Carb Balance tortillas, 647 bread) – see “Low Carb Swaps” for more options!

## HOW TO IDENTIFY HIGH-STARCH FOODS

**RULE:** Anything over 15 grams of total carbohydrates is likely a starch. (Even small amounts in ingredients are okay if the total carbs are very low).

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	<b>Calories 230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 70mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### COMMON STARCHES TO LIMIT OR AVOID





## First 6-Months Post-Op (After Surgery) Diet

For the first month after surgery, you will be following the Diet Progression (see *Diet Progression for lists of foods, eating schedules and shopping lists*)

After the diet progression, you're in the honeymoon phase! Weight comes off easier and you can't eat as much, so you must focus on getting protein in FIRST!

- Protein goals: 70-100g per day (20-30g per meal)
- Carbohydrates: Stay starch free OR 50g NET carbs per day
- If you have some starches, limit them to "smart starches" (whole grains, brown rice, sweet potato, beans – NOT slider foods like chips, cookies, crackers) and consume no more than 3-4 small servings per week
- Use the Low Carbs Swaps in this binder for starch replacements
  - Have these at any time!

Portion size:

- At one month you'll start at ½ - ¾ cup of food at one sitting.
- Over time this will increase and that's normal!
- Try to move toward solid protein sources to keep you fuller, longer (versus protein shakes, which you can still have if needed).
- Over time, you'll have up to 1 cup of food at a time and stay there.

Meal plan example: see *Recipes and Convenience Foods for more!*

<b>Breakfast:</b>	<b>Snack:</b>	<b>Lunch:</b>	<b>Snack:</b>	<b>Dinner:</b>
2 boiled eggs - or- 1 cup Greek yogurt	1 protein shake	2 slices turkey 1 slice cheese ½ apple	½ protein bar - or- 1 cup Greek yogurt	Roasted chicken or fish with sauteed vegetables

## After 6 Months and Beyond

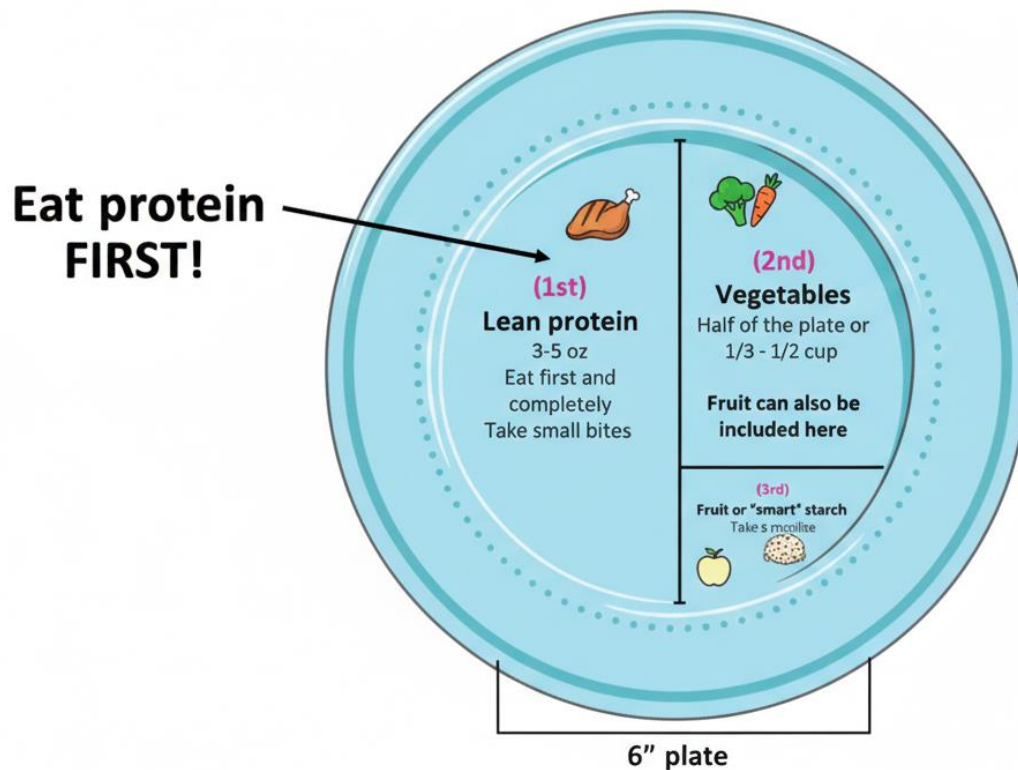
All patients are different long term! Talk to the dietitian to make more personalized goals or follow the guidelines below.

**Protein:** stay at 70-100g per day (20-30g per meal)

**Carbohydrates:** you have a choice!

- 50-100g per day
- You can stay low carb or starch free
- Have 3-4 starches per week for flexibility or stay starch free
- Or follow the Bariatric Plate “Eat Protein First” method (illustrated below).

### THE “EAT PROTEIN FIRST” PLATE METHOD



## Reading A Label After Surgery

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
<b>Total Sugars</b> 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

**Calories:**

There is no precise measurement of calories after surgery, however, after healing, it is likely you will end up between 600-1100 calories per day

**BEFORE** Surgery: you'll have more calories – if you want a precise calorie count, use My Fitness Pal

**Fat:**

35 grams per day or less

Fat should be lower than protein per serving

**Carbohydrates:**

<50 grams per day during starch free and 50-100 grams per day after 6 months OR remove all starches and automatically be low carb

**Net Carbs** = Total Carbohydrates MINUS Fiber and Sugar Alcohols

**Total Sugars:**

Everything should be 5 grams or less of sugar (per serving) EXCEPT yogurt or fruit products, these should be less than 15 grams of sugar

All drinks should have 1 gram of sugar or less

**Protein:**

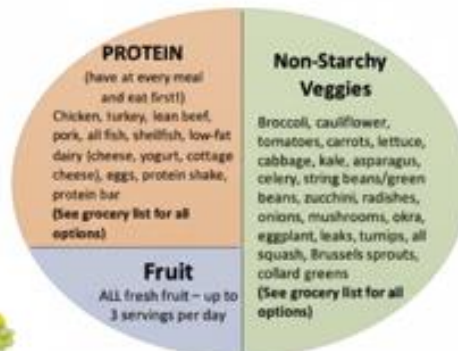
70-100 grams per day

20-30 grams per meal

<b>Starch-free Meal Plan</b>				
<b>Breakfast</b>	<b>Lunch</b>	<b>Snack</b>	<b>Dinner</b>	<b>Dessert</b>
Low-fat cheese omelet Turkey bacon Banana	Salad with ½ cup low-fat tuna or chicken salad and Cheese stick	Greek yogurt with Pro Granola (can purchase online)	Stewed chicken and tomatoes roasted asparagus	½ cup of Halo Top or Enlightened ice cream
Low sugar Greek yogurt 2 boiled eggs Orange	1 cup Chili with no beans 1 serv. parmesan crisps	Cut cucumbers and 2 tbsp light ranch dressing	Stir fry with carrots, zucchini and string beans with 4 oz shrimp 1 cup Miso soup	Sugar free popsicle
Shake (protein powder, unsweetened almond milk, ½ cup berries)	Lettuce wrap with turkey, low-fat cheese, cucumbers and baby carrots with light ranch dressing	½ protein bar (Quest, Pure Protein, Fit Joy, One Bar)	Grilled chicken parmesan with low-fat cheese Sautéed garlic and broccoli	2 tbsp Sugar free cool whip with 1 tbsp PB2 and ½ banana
Protein bar (Quest, Pure Protein, Fit Joy, One Bar) Apple slices	Know Better wrap with 3 slices ham, 1 slice low-fat cheese, 1 slice turkey bacon, and tomatoes Sugar free pudding	Quest protein chips	4 oz Sugar-free BBQ chicken and sautéed string beans	¾ cup cut up fruit
2 Scrambled eggs with low-fat cheese 1 chicken sausage	4 oz Rotisserie chicken ½ veggie steamer bag	1 low-fat cheese stick and 2 slices turkey	4 oz baked salmon with herbs Baked butternut squash and kale	½ cup strawberries and sugar free whipped cream
¾ cup cottage cheese Peaches in water	Chopped Greek salad with 4oz grilled chicken	Low sugar turkey jerky (less than 5 grams sugar)	Beef and vegetable soup with cauliflower rice and small salad	Sugar free low-fat chocolate milk
2 baked “egg cups” (many online recipes) with spinach and feta 2 slices Canadian bacon ½ cup watermelon	4 oz pork chop with herbs 1 cup cauliflower mash and I Can’t Believe it’s not Butter Spray	Unsweetened applesauce with ½ scoop unflavored protein powder	Sautéed cabbage and turkey Cauliflower “mac and cheese” (replace macaroni with cauliflower)	1 serving Swiss Miss diet hot chocolate

## BUILDING YOUR HEALTHY PLATE

- Your **PLATE** should focus on:
- **PROTEIN**
  - **NON-STARCHY VEGGIES** (Avoid potatoes, sweet potatoes, peas, corn and beans)
  - **FRUIT** (up to 3 servings per day)





## 3 Meals Per Day With Protein is ESSENTIAL

***Your body only absorbs up to 30 grams of protein per meal, but you NEED 70-100 grams per day to maintain muscle mass and metabolism.***

**How to make a daily schedule of eating** (this can be a blueprint for any day, even if you are an over-night worker).

- Eat within 1.5 hours of waking (it does not need to be a big meal, just get some protein in!).
- Have 3 meals per day with 1-2 high protein snacks if needed (each meal should be no more than 3-4 hours apart and do not eat within 3 hours of bedtime).
- **NOTE:** All patients are different - if you are someone who easily gets full, you may need 5 small meals to meet protein goals. If you can eat more at one sitting, 3 meals with 1-2 snacks will work.

**Example of eating schedule:** If you wake up at 6am, meals are at 6-7:30am; 9-11am; 12-3pm; 5-7pm

### **Food Prep Tips:**

- Make larger batches of a few meals ahead of time, portion into Tupperware for the week.
- Portions may vary – before surgery you are trying to form habits, if you need more veggies or more protein, increase your portions as to not feel hungry.
- Use the freezer – meals will last longer and if you get sick of prepared meals, this helps!
- After surgery you should not exceed 1.5 cups of food at once.

## Fluid Needs & Healthy Drink Choices

After surgery, you will need to sip consistently throughout the day at a rate of **4-8 oz per hour**. You will not be able to “guzzle” or chug water with your new stomach, so this must be done little by little! Avoid dehydration by always keeping a water bottle on hand or using sugar free drink options and sipping as much as possible.

### HEALTHY FLUID HABITS & HYDRATION GOALS

**Drinks should say:** Diet, Sugar free,  
 Zero or Calorie Free  
  
 All water bottles are acceptable!  
  
 Straws are acceptable unless they  
 case gas.



**Watch out for symptoms of dehydration:**

- **Nausea**
- **Constipation**
- **Sluggishness**
- **Light-headedness**
- **Muscle Weakness**
- **Racing Heart**

**Important: Avoid fluids DURING MEALS and 30 MIN AFTER MEALS**

#### **Beverages Allowed**

**\*\*\*\*ALL BEVERAGES MUST BE SUGAR-FREE!!\*\*\*\***

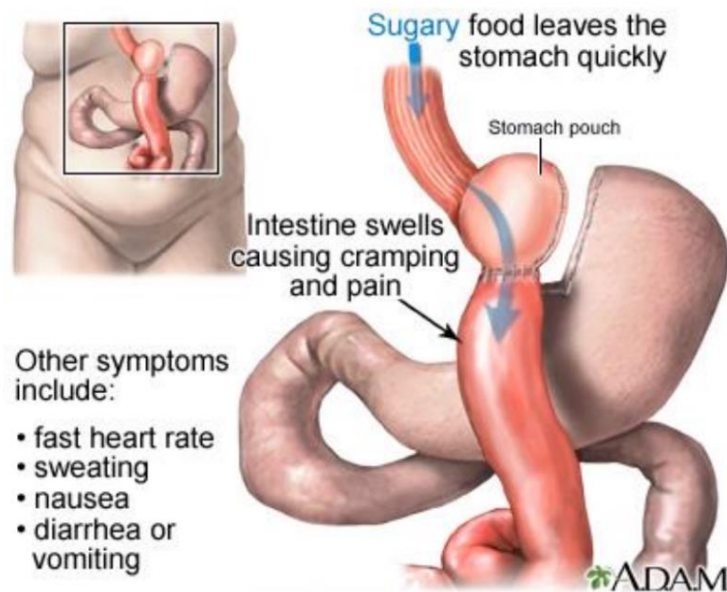
- Water
- Flavored Water
- Sugar-free mixes like Crystal Light, Mio
- Diet Ocean Spray
- Diet Lemonade
- Zero Minute Maid
- Diet/Unsweetened Iced Tea (caffeine free)
- Decaf or Herbal Tea
- Powerade Zero, Gatorade Zero, Propel SoBe Life Water (0 calories)
- Skinny lattes at Starbucks and sugar-free pumps in coffee drinks
  
- Diet V8 Splash (not V8 light)
- Skim (non-fat) milk or 1% (low-fat)
- Unsweetened soy or almond milk

#### **Beverages to AVOID**

- Drinks made with sugar (**avoid forever**)  
Punch, Soda, Lemonade, Sweet Tea
- 100% Fruit Juice & other fruit juice (**avoid forever**): Orange, cranberry, grapefruit, grape, apple juice, etc
- Carbonated Beverages (avoid for 3-6 months unless it's not tolerated).
- Bubbly beverages can be reintroduced after healing (3 months) ONLY if tolerated!
- Alcoholic Beverages (avoid for 1 year)
- Caffeinated Drinks (avoid for 1 month): Coffee, Energy Drinks, Soda, Tea with caffeine

## After Gastric Bypass: Avoid Dumping Syndrome

*(Roux-en-Y Bypass mostly – can have “symptoms” of dumping syndrome with Sleeve Gastrectomy)*



**Why does it happen?** Eating foods containing sugar or excessive amounts of salt can cause dumping syndrome. Sugary and salty foods draw excess water into the intestine and can cause excess fullness, cramping, and diarrhea. This can also cause a drop in blood pressure and blood sugar, which may result in weakness, sweating, rapid heart rate, and nausea 15-60 min after eating.

**Foods/drinks to avoid:** Chips, cookies, crackers, cake, candy, ice cream, soda, sweet tea (any drinks with sugar), yogurt with over 15g sugar, and cold cereal with sugar.

**Food labels:** Foods should be no more than 5g sugar per serving except yogurts/dairy/fruit products like unsweetened applesauce which should be no more than 15g sugar (to account for natural sugars).

## Alcohol & Sugar Alternatives

### No Alcohol for 12 months after surgery

- Alcohol doesn't provide any nourishment or satiety (empty calories).
- Your new stomach can cause you to reach dangerous levels of alcohol intoxication quickly.
- Alcohol is a gastric irritant and can lead to ulcers or other stomach or GI complications.
- Alcohol is dehydrating and depletes your body of certain nutrients.

## Transfer of Addictions Risk

After surgery when a person cannot turn to food, they must be careful what outlets they choose to handle stress. Alcohol can quickly become an addiction, even if you were not a drinker before surgery.

## Healthy Sweetener Choices

### Zero Calorie Sugar Substitutes

These and similar products provide no calories and are perfectly fine to use:



### Avoid any sweeteners containing sugar and calories

(e.g., white/brown sugar, raw sugar, maple syrup, agave nectar, honey, coconut sugar, brown rice syrup, molasses).



# Protein

**Try to choose protein options that are high in protein, but low in fat, to save calories.**

**High protein intake is required for the rest of your life!**

Protein is important for healing after surgery, maintaining muscle, preventing hair loss, and preventing hunger between meals. Below and on the following page are sources of protein and their protein content. Three ounces are equivalent to the size of a deck of cards.

## PROTEIN SOURCES & SERVINGS



### LEAN MEAT

3 oz = 25 g protein

- Beef
  - Ground sirloin
  - Ground lean
  - Round
  - Flank
  - Tenderloin arm
  - Pot roast
  - Sirloin steak
  - Sirloin tip
  - Rump roast
- Pork
  - Any cuts from the loin
  - Pork chops
  - Pork roast
- Veal
  - Cutlet
  - Leg, loin
  - Rib shank
  - Shoulder
- Lamb
  - Leg roast
  - Loin chop
- Wild Game
  - Venison
  - Buffalo



### POULTRY

3 oz = 25 g protein

- Chicken
- Turkey
- Ground Turkey
- Cornish hen



### FISH

3 oz = 21 g protein

- Catfish
- Cod
- Flounder
- Hallbut
- Haddock
- Mackerel
- Salmon
- Sea Bass
- Snapper
- Talapia
- Trout
- Tuna



### SHELLFISH

3 oz = 18 g protein

- Clams
- Crab
- Lobster
- Mussels
- Scallops
- Shrimp



### DELI MEATS

3 oz = 15-21 g protein

- Ham
- Roast Beef
- Turkey
- Chicken
- Pastzami
- Prosciutto

# Protein

## Any low or non-fat DAIRY



- Milk (1 cup) 8 g
- Dried Milk (½ cup) 8 g
- Plain Yogurt (6 oz) 8 g
- Greek Yogurt (6 oz) 16 g
- Cottage Cheese (¼ cup) 7 g
- Hard Cheese (1 oz) 7 g
- Soft Cheese (1 oz) 6 g



## EGGS

1 egg = 6 g protein

- ¼ cup egg substitute 6 g
- Hard Boiled Egg 6g



## SOY

- Soymilk (1 cup) 5-7 g
- Tofu (¼ cup) 10 g
- Tempeh (¼ cup) 15 g
- TVP (¼ cup) 12 g

## OTHER:

- Protein Bars >15g
- Protein Shakes >15 g

## Each meal should include protein!

- Meals should be at least 75% high protein foods!
- Eat high protein foods **FIRST**.
- Protein drinks or bars may be needed between meals to achieve your protein goal.

## Sneak more protein into your dishes:

- Use **skim milk** in place of water when cooking or add it to soups!
- Add **nonfat dry milk powder** or **protein powder** to skim milk, meatloaf, casseroles, sauces, milk-based soups, sugar-free pudding, low-sugar yogurt
- Top soups, vegetables, and meats with **low-fat cheese**.
- Mix **low-fat or fat-free cottage cheese** in casseroles, egg dishes, and pancake batter.
- Use **no-sugar-added, fat-free yogurt** with fruits, milk-based beverages, or gelatin dishes; use plain yogurt to moisten casseroles and pureed meats.
- Add **eggs** to salads, dressings, vegetables, casseroles, and pureed meats and vegetables.
- Add soy/tofu to casseroles, soups, and vegetables. Blend in a shake with fruit.

## FOODS TO LIMIT



- × Pepperoni
- × Sausage
- × Bologna
- × Salami
- × Hot dogs
- × Bacon
- × Peanut butter
- × Nuts
- × Seeds
- × Full-fat dairy



Protein	Fat	Starches	Veggies	Fruit
<p><b>Have at least 3 servings per day</b>  <b>Eat protein first &amp; completely w/ every meal</b>  <b>Goal: 70-100g per day; 20-30g per meal</b></p> <p>All fresh fish (salmon, tilapia, trout, tuna)            All shellfish (crabs, shrimp, lobster, scallops)            Canned fish (tuna, salmon); frozen fish            Chicken (skinless breast, skinless thighs, rotisserie, chicken meatballs, burgers, bacon, sausage)            Turkey (deli, turkey meatballs, burgers, bacon)            Ground chicken or turkey – 90-98% lean            Lean pork, lean beef (90% lean or higher ground, or lean cuts)            Reduced fat cheeses (string cheese, cheddar, mozzarella, Laughing Cow light wedges, cottage cheese)            Fat free or reduced fat Greek or Regular yogurt w/ less than 15 grams sugar (Oikos Triple Zero, Dannon Light and Fit, etc.)            Fresh eggs (can use yolks/yellow)            Egg beaters, Boiled eggs            Vegan protein (tempeh, tofu, TVP, soy burgers, bacon, crumbles, hot dogs, Impossible or Beyond products)</p> <p><b>Supplements when you're NOT hungry (not as filling):</b>            Ready-made protein shakes            Protein powders, protein bars</p>	<p><b>Limit these to the serving size - high in calories and may cause stomach upset.</b></p> <p><b>Can choose low fat versions for fewer calories</b></p> <p>1 tbsp – all fats:            All oils (olive, coconut, canola, vegetable, etc.)            Butter            Spreads</p> <p>Nuts, seeds:            ¼ cup</p> <p>Peanut butter, almond butter, cashew butter,            Sun butter:            2 LEVEL tablespoons</p> <p>Salad Dressings:            2 level tablespoons</p> <p>Mayo: 1 tbsp</p> <p>Avocado: 1/3 of the avocado</p>	<p><b>Eliminate for 3 weeks before surgery (liver shrinkage) and for 6 months after surgery (to meet your protein goals).</b>  <b>Goal: 50g net carbs/day</b></p> <p><b>After 6 months you may re-introduce smart starches via the Bariatric Plate Method. Try to avoid Slider Starches as often as possible.</b>  <b>Goal: 50-100g net carbs/day (will vary per person)</b></p> <p><b>Smart Starches:</b>            Sweet or white potato (not fried)            Brown rice            Beans            Peas, Corn            Oatmeal            Whole grain breads, pasta, cracker            Whole wheat wraps            Quinoa, barley, farro</p> <p><b>“Slider” Starches:</b>            White bread, rice, pasta            Chips, crackers            Cookies, cake, candy, sweets            Popcorn, pretzels            Pizza, fries            Cereals (sugary)</p>	<p><b>Choose any and many!</b>  <b>Non-starchy veggies:</b>            Artichokes, arugula, asparagus, Bok choy, broccoli, broccoli rabe, Brussels sprouts, cabbage (green, red, napa, savoy), cauliflower, carrots, celery, collard greens, cucumbers, daikon radishes, eggplant, endive, escarole, fennel, garlic, green beans, hearts of palm, jicama, kale, leeks, lettuce (all kinds), mushrooms (all kinds), mustard greens, okra, onions, parsley, pepperoncini, peppers (all kinds), pickles, pimientos, radishes, rhubarb, sauerkraut, scallions, seaweed, shallots, snap peas, snow peas, spinach, sprouts, spaghetti squash, summer squash (yellow, zucchini), all winter squash (butternut, acorn), Swiss chard, tomatillos, tomatoes (fresh and canned), turnips, wax beans            Steamer, frozen veggies            Zucchini noodles            Spaghetti squash</p>	<p><b>1 serving = ½ cup to ¾ cup</b>  <b>Or 1 small piece</b></p> <p><b>CAN have 3 weeks before and for 6 months after surgery</b></p> <p>All fresh fruit (up to 3 servings per day)</p> <p>Unsweetened applesauce</p> <p>Canned or packaged fruit in own juice (less than 15 grams sugar per serving)</p> <p><i>(Note: pair fruit with a protein to prevent blood sugar spikes)</i></p>





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# VITAMINS AND MINERALS

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## Vitamin and Mineral Supplements

### Why take vitamins for life?

After surgery there is an increased risk for deficiencies due to factors including: absorption, reduced gastric acid production, decreases in food intake, possible aversions to foods. It's recommended you take vitamins for the rest of your life to avoid serious vitamin deficiencies.

Any form of vitamin (e.g., capsules, tablets, chews, and powders) is fine. It may be helpful to take chewables or liquids for the first few months after surgery, but this is not a requirement.

Eating before taking a multivitamin is helpful in preventing nausea.

### When to start taking them:

Start researching and comparing prices before surgery. Many companies have sample packs you can try before buying a larger container. It's required to start taking vitamins when you get home from surgery but you can practice now. Send your dietitian a picture or link of what you're looking at and they can help you build a schedule!

### What do I need to take?

Just 2 supplements are required: a bariatric multivitamin and a calcium citrate w/ vitamin D for both sleeve gastrectomy and roux-en-Y gastric bypass.

**See Sample Schedules**

**Bariatric Multivitamin**

- **Take 1 serving per day**  
(follow serving size on bottle)
- *Must be taken at least 2 hours apart from calcium (Iron in multivitamin competes for absorption with calcium)*

**Calcium Citrate & Vitamin D**

- **Needs to be taken 3 separate times per day separated by at least 2 hours** (the body can only absorb 500-600mg calcium)
- 1500 mg total calcium citrate
- At least 1000 IU total of Vitamin D (3000 IU total with MVI)

# Multivitamin (MVI)

(Pills, chews, chewables, and liquid may be used)

If you are taking a recommended bariatric MVI, take one serving per day. If you are taking an over-the-counter option (ex. Flintstones Complete), take two servings per day (these are only recommended if you cannot tolerate Bariatric Multivitamins). Consult your dietitian if you have any questions about how to take the MVI you have selected.

<b>Supplement Facts</b>		
Serving Size: 1 Capsule		
Servings Per Container: 30		
	Amount Per Serving	% Daily Value
Vitamin A (as <i>wm</i> * retinyl palmitate and 50% as beta-carotene)	1,500 mcg	167%
Vitamin C (as ascorbic acid)	90 mg	100%
Vitamin D (as <i>wm</i> * cholecalciferol (D3))	75 mcg (3,000 IU)	375%
Vitamin E (as <i>wm</i> * d-alpha-tocopheryl acetate)	20 mg	133%
Vitamin K (as phyloquinone)	40 mcg	33%
Thiamin (as thiamin mononitrate)	12 mg	1,000%
Riboflavin	3.4 mg	262%
Niacin (as niacinamide)	40 mg	250%
Vitamin B <sub>6</sub> (as pyridoxine HCl)	4 mg	235%
Folate (as calcium L-5-methyltetrahydrofolate)	1,333 mcg DFE	333%
Vitamin B <sub>12</sub> (as methylcobalamin & cyanocobalamin)	500 mcg	20,833%
Biotin	600 mcg	2,000%
Pantothenic acid (as D-calcium pantothenate)	20 mg	400%
Iron (as ferrous fumarate) <sup>†</sup>	18 mg	100%
Iodine (as potassium iodide)	150 mcg	100%
Magnesium (as magnesium oxide and as magnesium citrate)	100 mg	24%
Zinc (as zinc bisglycinate chelate)	15 mg	136%
Selenium (as selenium glycinate complex)	140 mcg	255%
Copper (as copper bisglycinate chelate)	2 mg	222%
Manganese (as manganese bisglycinate chelate)	2 mg	87%
Chromium (as chromium amino acid chelate)	200 mcg	571%
Molybdenum (as molybdenum amino acid chelate)	75 mcg	167%

This is a bariatric MVI – you only need to take one dose (1 capsule for this example) per day



Note: some chewy and chewable MVI do NOT contain iron. You may need to take an extra iron supplement – see examples to the right >>>>>



## Calcium Citrate + Vitamin D

(Pills, chews, chewables, and liquid may be used)

You'll need to take a total of **1500mg calcium citrate** per day! This will mean 2-3 servings per day, depending on the amount of calcium citrate per serving. Calcium carbonate may be acceptable if taken after a meal (carbonate will NOT absorb without food).

Example: If one serving is 500mg calcium, you'll take this 3x/day

$$500\text{mg/serving} \times 3 \text{ servings} = 1500\text{mg calcium citrate}$$



Example: If one serving is 500mg calcium, you'll take this 3x/day  
500mg/serving x 3 servings = 1500mg calcium citrate

Supplement Facts		
Serving Size: 1 chew		
	Amount Per Serving	% Daily Value*
Calories	15	
Total Carbohydrate	3 g	1%*
Dietary Fiber	0.5 g	2%*
Total Sugar	0 g	†
Includes 0g Added sugars		0%
Calcium (as Calcium Citrate)	500 mg	38%
Vitamin D3 (as Cholecalciferol)	12.5 mcg (500 IU)	63%

\*Percent Daily Values are based on a 2,000 calorie diet.  
†Daily values not established.

OTHER INGREDIENTS: Maltitol syrup, inulin, natural flavors, soy lecithin, sunflower oil, gum blend (agar, modified corn starch, pectin (standardized with sucrose), cellulose gum, sodium citrate), citric acid, glycerin, curcumin for color, sucralose, paprika for color.

Most of the calcium supplements at the store are calcium *carbonate* which will not be absorbed without FOOD. Make sure to read the ingredient list carefully to buy calcium CITRATE or take carbonate with food.

## Where To Purchase

**You can purchase your bariatric multivitamin w/ iron and calcium citrate w/ vitamin D from:**

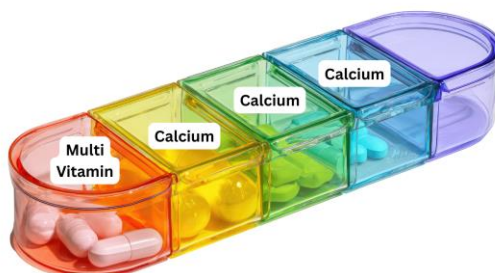
- [Bariatric Advantage](#)
- [Celebrate Vitamins](#)
- [Bariatric Fusion](#)
- [Procure Health](#)
- [BariatricPal](#)
- [BariMelts](#)

<b>Discount Codes</b>	
Bariatric Advantage use validation code "GBMC"	Bariatric Fusion use discount code "GBMC25"
Celebrate Vitamins: Shop the <a href="#">GBMC page</a>	
<b>Many of these companies have sample packs to try!</b>	

<b>Vitamin Requirements</b>	
Thiamin	At least 12 mg/day **at risk patients need at least 50-100 mg of Thiamin daily**
Folic Acid	400 – 800 mcg / day from MVI 800 – 1,000 mcg / day total (female, childbearing age)
B12 Oral	350 – 1,000 mcg / day
Vitamin D	3,000 IU (75 mcg)
Vitamin A	5,000 – 10,000 IU (1,500 – 3,000 mcg) / day
Vitamin E	15 mg / day
Vitamin K	90 – 120 mcg / day
Copper	1 mg / day from MVI
Zinc	8 – 11 mg / day from MVI Zinc to copper ratio: 8 – 15 mg of zinc for every 1 mg of copper
Iron	(from all supplements) At least 18 – 60 mg / day ** CANNOT take with Calcium. Low risk patients (males and patients without a history of anemia) need 18 mg of iron from their multivitamin. Higher risk patients (menstruating females who have had sleeve or RNY or those with anemia) need at least 45-60 mg of iron daily.
Calcium	(from food and supplements) 1,200 mg (if you've never had a vitamin D or calcium deficiency) to 1,500 mg / day - Take in divided doses
Calcium Citrate	Citrate may be taken with or without meals, calcium carbonate must be taken with meals.

## Sample Schedule for Vitamins and Minerals

You don't have to take your vitamins in any particular order,  
they just must be spread out by AT LEAST 2 hours



### Sample Schedule 1:

8 a.m.	1 serving bariatric multivitamin
10 a.m.	500 mg Calcium with Vitamin D
12 p.m.	500mg Calcium with Vitamin D
2 p.m.	500 mg Calcium with Vitamin D

### Sample Schedule 2: (take with meals/snacks)

Breakfast	1 serving bariatric multivitamin
Lunch	500mg Calcium with Vitamin D
Snack	500mg Calcium with Vitamin D
Dinner	500mg Calcium with Vitamin D

***Take your multivitamin on a FULL stomach – taking it without food may cause nausea!***



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# DIET PROGRESSION

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## Diet Progression Summary

3 weeks before surgery: starch free OR 50 gm NET carbs per day or less



## Clear Liquid Diet: 2 days (48 hours) Before Surgery

*(no food/drink after midnight the night before surgery!)*

- Liquids at this stage must be **see-through fluids** (NO pieces)
- **No sugar, carbonation, caffeine, or alcohol**
- **You should stay VERY hydrated at this stage, drinking every half hour**

Recommended Liquids
Water
Sugar-free flavored water (e.g. Crystal Light, Mio, True Lemon)
Herbal or decaf Tea (no caffeine)
Powerade Zero, Propel, Gatorade Zero, Vitamin Water Zero
Any kind of broth (NO pieces/chunks), bone broth or wonton soup broth
Diet (caffeine free) iced tea
Sugar-free Jello (any color)
Sugar-free popsicles (any color)
<b>Atkins' Lift Protein Water</b>
<b>Special K Protein Water (clear type)</b>
<b>Designer Whey 2 Go Protein Water</b>
<b>Premier Clear</b>
<b>Protein 2 O</b>
<b>Unjury Chicken Soup flavor</b>

## Full Liquid Diet: Day 1 – Day 7 at Home (After Surgery)

*Focus on 64 oz. fluid, MAY NOT meet protein goals at this stage*



- **BEGIN VITAMIN SUPPLEMENTS AT THIS STAGE (take multivitamin after protein shake – need some calories in stomach to avoid nausea)**
- Sip clear fluids every 10-15 minutes to prevent dehydration
- Be sure that liquids contain no chunks or pieces, no solid foods

Recommended Liquids (use these as your “meals” and stay hydrated with water and sugar free fluids in between)

Shakes made with **protein isolate**

Mix powder with skim or 1% Milk, unsweetened soy or unsweetened almond milk

Dannon Light and Fit Yogurt **drinks** (or yogurt watered down with milk or water)

Low Fat Cream Soups (strain the soup - no chunks) + scoop unflavored protein powder

Pacific or Imagine boxed soups (non-starchy veggie) + scoop unflavored protein powder

## See next page for sample schedule

## Post-Op Day 1-7 Sample Day (Full Liquids)

8:00am – **4 ounces protein shake**  
8:30am – **4 ounces protein shake**  
9:00am – 4 ounces Crystal Light  
9:30am – 4 ounces Powerade Zero  
10:00am – Sugar-free popsicle  
10:30am – 4 ounces decaf tea  
11:00am – 4 ounces Vitamin Water Zero  
11:30am – **4 ounces protein shake**  
12:00pm – **4 ounces protein shake**  
12:30pm – 4 ounces Propel Zero  
1:00pm – 4 ounces Beef Broth  
1:30pm – 4 ounces water  
2:00pm – 4 ounces water  
2:30pm – **4 ounces protein shake**  
3:00pm – **4 ounces protein shake**  
3:30pm – 4 ounces chicken broth  
4:00pm – 4 ounces sugar free Mio flavored water  
4:30pm – 4 ounces 4C diet iced tea  
5:00pm – 4 ounces water flavored with Dasani Drops  
5:30pm – 4 ounces True Lemon water  
6:00pm – **4 ounces protein shake**  
6:30pm – **4 ounces protein shake**  
7:00pm – 4 ounces water  
7:30pm – 4 ounces Diet V8 Splash (not V8 light)  
8:00pm – 4 ounces Sugar Free Jell-O

7 a.m. Omeprazole  
8 a.m. Bariatric Multivitamin (following serving size)  
& Lovenox injection  
10 a.m. 500 mg calcium citrate with vitamin D  
12 p.m. 500 mg calcium citrate with vitamin D  
2 p.m. 500 mg calcium citrate with vitamin

### TIP:

- **YOU CAN SIP CLEAR LIQUIDS EVEN MORE OFTEN (EVERY 10-15 MINUTES) TO HELP YOU REACH YOUR FLUID GOALS!**

## Full Liquids Sample Menu

Focus on 64 oz fluid a day, and at least 70g protein (may not be able to meet this goal for the first few

<b>Sample Menu #1</b>	<b>Protein</b>
1 Cup water w/ 1 scoop Unjury strawberry protein powder	20 g
1.5 Cups Water	0 g
½ Cup (4 oz) sugar free Jello	0 g
1 cup water w/ 1 Scoop Bariatric Advantage protein powder	15 - 20 g
2 Cups Crystal Light	0 g
2 Cups Water	0 g
1 scoop Unjury with 1 cup water	21 g
2 Cups sugar-free Kool Aid	0 g
½ Cup sugar-free pudding thinned w/ skim milk	4 g
<b>Remember that food at this stage should be a “pourable” consistency!</b>	
<b>Sample Menu #2</b>	<b>Protein</b>
1 Atkins’ Lift Protein Water	20g
2 Cups Powerade Zero	0 g
2 Cups water	0 g
1 cup skim milk mixed with 1/3 cup nonfat dry skim milk powder	16g
2 cups Crystal Light	0 g
1 Cup Diet V8 Splash mixed with 1 scoop Unjury unflavored protein powder	20g
1 carton (6 oz) Dannon Light and Fit yogurt thinned with 1/3 cup skim milk	15 g
Sugar Free Popsicle	0 g
½ cup sugar-free pudding thinned with skim milk	5 g
2 Cups Crystal Light	0g
<b>Sample Menu #3</b>	<b>Protein</b>
2 cups Crystal Light	0 g
1 Dannon Light n Fit yogurt thinned with 1/3 cup skim milk	15g
1 cup water + 2 scoops Bariatric Advantage High Protein Meal Replacement	27 g
2 Cups Water	0g
1 bottle Protein 2o	15g
1 cup V8 Splash + 1 scoop Unjury unflavored protein powder	20 g
2 Cups Water w/ SF Mio flavoring	0g
1 Atkins’ Lift Protein Water	20 g
1 sugar-free popsicle	0 g
1 Cup Powerade	0g

weeks)!

## Full Liquids Shopping List

Serving Protein

### DAIRY

Milk (skim or 1%) <i>Soy or Unsweetened Almond Milk also acceptable</i>	1 cup	8 g
Nonfat Milk Powder (to add to liquids or soft foods)	1/3 cup	8 g
Fat free, low sugar yogurt (Dannon light & fit etc.)	3-4 oz	6 g
Plain Greek Yogurt	3-4 oz	8 g

### COMMERCIAL PRODUCTS

Atkins' Lift Protein Water	1 bottle	20 g
Whey Isolate Protein Powder (see packet for guidelines)	1 serving	15-30g

### SOUPS

#### ALL SOUPS MUST BE BLENDED COMPLETELY AND STRAINED FOR PIECES

Broth, bouillon, consommé, broth-based soup, low fat cream soups	Varies	Varies
<i>Tomato soup may be too acidic at this point</i>		
Soups Containing Meat	1 cup	8g

### OTHER

Sugar Free Jello	½ cup	1 g
Sugar Free, Fat Free Jello Pudding	½ cup	0 g
Sugar Free Popsicles	1 popsicle	0 g
Sugar free drinks (Crystal Light, Powerade Zero, Propel, Mio Drops)	1 cup	0 g
Diet Iced Tea	1 cup	0 g
Other low-calorie beverages (10 calories or less per 8 ounces)	1 cup	0 g

## Puree/Smooth Diet: 2<sup>nd</sup> Week at Home

**Meal size: ¼ cup to ½ cup (do not try to increase meal size)**

Goals for this stage:

- May not meet protein goals
- 64 oz. fluid each day
- 3-6 meals each day
- Eat slowly, and stop eating as soon as you feel satisfied
- Do not drink with meals or ½ hour after meals (may drink up to your meal)

Recommended Foods
Greek Yogurt (no solid fruit pieces)
Meat soups pureed in blender AND strained to remove all pieces
Plain low/nonfat yogurt + protein powder
Pureed chicken, canned tuna, eggs, with low fat mayo (mash w/ a fork, finely) Scrambled eggs (mash w/ a fork, finely)
Pureed non-starchy vegetables (e.g. cauliflower mash) + unflavored protein powder
Sugar free, fat free pudding + protein powder
Silken Tofu, Low/Nonfat Cottage Cheese pureed
Very soft low-fat cheeses like laughing cow light wedges
Thicker smoothies with skim milk or unsweetened soy/almond, fruit, scoop of protein powder (You may choose to do this whole week with just smoothies and protein shakes – that’s ok! Move on to soft foods after this week)
Unsweetened applesauce + unflavored protein powder

**See next page for sample schedule**

## Post-Op Day 7-14 Sample Day (Puree/Smooth Foods)

8:00am – ¼ cup to ½ cup scrambled eggs mashed finely

8:30am – **wait 30 minutes after your meal until you start drinking again**

9:00am – 4 ounces Crystal Light

9:30am – 4 ounces water

10:00am – 4 ounces water

10:30am – 4 ounces decaf tea

11:00am – 4 ounces Vitamin Water Zero

11:30am – ¼ cup to ½ cup of tuna with light mayo mashed finely

12:00pm – **wait 30 minutes after your meal until you start drinking again**

12:30pm – 4 ounces Propel Zero

1:00pm – 4 ounces water

1:30pm – 4 ounces water

2:00pm – 4 ounces True Lemon

2:30pm – ¼ cup to ½ cup of yogurt without pieces (and less than 15 grams of sugar)

3:00pm – **wait 30 minutes after your meal until you start drinking again**

3:30pm – 4 ounces water

4:00pm – 4 ounces sugar free Mio flavored water

4:30pm – 4 ounces 4C diet iced tea

5:00pm – 4 ounces water flavored with Dasani Drops

5:30pm – 4 ounces True Lemon water

6:00pm – ¼ cup to ½ cup of sugar free pudding with protein powder added (amount of powder will vary based on texture)

6:30pm – **wait 30 minutes after your meal until you start drinking again**

7:00pm – 4 ounces Skinny Water

7:30pm – 4 ounces water

8:00pm – 4 ounces water

7 a.m. Omeprazole

8 a.m. Bariatric Multivitamin (following serving size) & Lovenox injection

10 a.m. 500 mg calcium citrate with vitamin D

12 p.m. 500 mg calcium citrate with vitamin D

2 p.m. 500 mg calcium citrate with vitamin

### Notes:

- You may still have protein shakes or thicker smoothies for a meal
- Bite size should be the size of a dime or jellybean
- Do not exceed ½ cup per meal
- Meals should last ~30-40 minutes maximum
- **You may eat 3 to 6 small meals per day – this is just a sample schedule**

## Pureed/Smooth Foods Sample Menu (day 7-14 at home)

**Meal size: ¼ cup to ½ cup**

<b>Sample Menu #1</b>		<b>Protein</b>
<b>Breakfast</b>	1 scrambled Egg, mashed w/ fork	7 g
<b>Lunch</b>	1-2oz pureed/mashed ground turkey w/ 2 tbsp zucchini puree	7-14 g
<b>Dinner</b>	1 oz pureed pork tenderloin blended with ¼ cup low fat cream of mushroom soup	10 g 2 g
<b>Between Meals</b>	1 cup fat free milk Cauliflower puree w/ 1 scoop unflavored Unjury 64 oz calorie-free beverages (besides protein)	8 g 21 g 0 g
<b>Sample Menu #2</b>		<b>Protein</b>
<b>Breakfast</b>	3 oz Light n Fit Yogurt w/ 1 scoop Unjury protein powder	3 g 21 g
<b>Lunch</b>	1-2 oz pureed ham	7-14 g
<b>Dinner</b>	1/2 cup butternut squash soup + 1/2 scoop <i>chicken soup</i> Unjury protein powder	11g
<b>Between Meals</b>	32 oz Crystal Light 1 Atkins' Lift Protein Water 1 Cup Diet V8 Splash with 1 scoop Unjury unflavored protein powder 32 oz Water	0 g 20 g 20 g 0g
<b>Sample Menu #3</b>		<b>Protein</b>
<b>Breakfast</b>	½ cup pureed cottage cheese w/ 1 tbsp sugar free jelly	12 g
<b>Lunch</b>	1-2 oz pureed chicken thigh blended with ¼ cup fat free poultry gravy	8-15 g
<b>Dinner</b>	1-2 oz canned water-packed tuna pureed w/ low fat mayo 1 oz low fat mozzarella cheese, melted	7-14 g 7g
<b>Between Meals</b>	1 cup skim milk mixed w/ 1 scoop Unjury vanilla powder 1 Yogurt smoothie (yogurt + milk + protein powder blended) 64 oz calorie-free beverages (besides protein waters)	20 g ~20 g 0 g

<b>Puree Diet Shopping List</b>	<b>Serving</b>	<b>Protein</b>
<b>VEGETABLES</b>		
Any vegetable that can be cooked is very tender ( <i>best to avoid those with tough skins, starchy vegetables, fried or raw vegetables.</i> )	¼ cup	< 1 g
<b>FRUIT</b>		
Unsweetened Applesauce	¼ cup	< 1 g
Soft Canned fruits in <u>juice/water</u> not syrup	¼ cup	< 1 g
<b>DAIRY</b>		
Milk (skim or 1%) <i>Soy or Unsweetened Almond Milk also acceptable</i>	1 cup	8 g
Nonfat Milk Powder (to add to liquids or soft foods)	1/3 cup	8 g
Fat free, low sugar yogurt (Dannon light & fit etc.)	3-4 oz	6 g
Plain Greek Yogurt	3-4 oz	8 g
Fat free or low-fat cottage cheese	¼ cup	7 g
Fat free or low-fat ricotta cheese	¼ cup	7 g
Fat free or low-fat shredded cheese	¼ cup	7 g
<b>COMMERCIAL PRODUCTS</b>		
Atkins' Lift Protein Water	1 bottle	20 g
Whey Isolate Protein Powder (see packet for guidelines)	1 serving	15-30g
<b>MEAT AND PROTEIN</b>		
Lean meats or poultry (baked, broiled, grilled or boiled)	1 oz	8 g
Low fat deli meats (sliced extra thin)	1 oz	5.5 g
Fish (baked, broiled, grilled or boiled)	1 oz	7 g
Tuna, canned in water	4.5 oz can	24 g
Shellfish (baked, broiled, grilled, or boiled)	1 oz	6 g
Tofu	¼ cup	5 g
Eggs	1 egg	6 g
Egg Beaters	¼ cup	6 g
NOTE: All must be finely mashed or pureed when consumed		
<b>SOUPS</b>		
<b>ALL SOUPS MUST BE BLENDED COMPLETELY AND STRAINED FOR PIECES</b>		
Broth, bouillon, consommé, broth-based soup, low fat cream soups <i>NO TOMATO OR SOUPS CONTAINING STARCH</i>	Varies	Varies
Soups Containing Meat	1 cup	8g
<b>OTHER</b>		
Sugar Free Jello	½ cup	1 g
Sugar Free, Fat Free Jello Pudding	½ cup	0 g
Sugar Free Popsicles	1 popsicle	0 g
Sugar free drinks (Crystal Light, Powerade Zero, Propel, Mio Drops)	1 cup	0 g
Diet Iced Tea	1 cup	0 g
Other low-calorie beverages (10 calories or less per 8 ounces)	1 cup	0 g
Diet V8 Splash		

## Soft Diet: 3<sup>rd</sup>/4<sup>th</sup> Week at Home

**Meal size: ½ cup**

**Bite size – size of a dime**

**CHEW 30 TIMES, swallow, wait 30 seconds for next bite!**

- All proteins should be moist and soft
- At meals, protein should be consumed first, followed by non-starchy vegetables, followed by small amounts of fruit
- Raw vegetables and tougher meats should not be introduced during this stage as they are difficult to digest (wait 6-8 weeks after surgery for this)

Note: Keeping a food journal at this stage forward can be very helpful to refer back to if you feel that you did not tolerate food well on a certain day.

Recommended Foods
Moist, soft proteins
Scrambled or hard-boiled eggs
Shredded chicken/tuna w/ light mayo
Tofu
Baked or steamed fish
Soft/microwaved protein bars for 10 sec
Thinly sliced lean meats or low-fat cheeses
Reduced fat string cheese or cottage cheese
Softly cooked vegetables (eat protein first)

**See next page for sample schedule**

## Post-Op Day 14-30 Sample Day (Soft Foods)

8:00am – ½ cup ricotta bake casserole (look up recipe)

8:30am – **wait 30 minutes after your meal until you start drinking again**

9:00am – 4 ounces Crystal Light

9:30am – 4 ounces water

10:00am – 4 ounces water

10:30am – 4 ounces decaf tea

11:00am – 4 ounces Vitamin Water Zero

11:30am – ½ cup cut up turkey with sugar free cranberry sauce

12:00pm – **wait 30 minutes after your meal until you start drinking again**

12:30pm – 4 ounces Propel Zero

1:00pm – 4 ounces water

1:30pm – 4 ounces water

2:00pm – 4 ounces True Lemon

2:30pm – ½ cup sliced deli ham and low-fat sliced cheese

3:00pm – **wait 30 minutes after your meal until you start drinking again**

3:30pm – 4 ounces water

4:00pm – 4 ounces water

4:30pm – 4 ounces 4C diet iced tea

5:00pm – 4 ounces water flavored with Mio drops

5:30pm – 4 ounces True Lemon water

6:00pm – ½ cup chicken salad with low-fat mayo

6:30pm – **wait 30 minutes after your meal until you start drinking again**

7:00pm – 4 ounces water

7:30pm – 4 ounces water

8:00pm – 4 ounces water

7 a.m. Omeprazole

8 a.m. Bariatric Multivitamin (following serving size) & Lovenox injection

10 a.m. 500 mg calcium citrate with vitamin D

12 p.m. 500 mg calcium citrate with vitamin D

2 p.m. 500 mg calcium citrate with vitamin

### Notes:

- Bite size should be size of a dime or jellybean
- Chew 25-30 times
- Everything should fit into ½ cup
- **You may eat 3 to 6 small meals per day – this is just a sample schedule**
- Eat your protein first!

## Soft Foods Sample Menu

**Meals are no more than  $\frac{3}{4}$  cup and protein foods are at least 75% of the meal.  
Eat SLOWLY over 30 min and chew well!**

Sample Menu #1		Protein
<b>Breakfast</b>	Omelet (2 eggs, 1 oz low fat cheese, $\frac{1}{4}$ cup sautéed veg)	19 g
<b>Lunch</b>	3 oz deli ham wrapped around low-fat string cheese stick	30 g
<b>Dinner</b>	$\frac{1}{2}$ cup chili (no beans) made with lean beef	13 g
<b>Between Meals</b>	1-2 cups Diet V8 Splash + 1 Scoop Nectar protein powder	23g
	64 oz calorie-free beverages (besides protein)	0 g
Sample Menu #2		Protein
<b>Breakfast</b>	$\frac{1}{2}$ cup low-fat cottage cheese	14 g
	1 tbsp canned peaches (canned in own juice, not syrup)	0 g
<b>Lunch</b>	2 oz lean deli turkey breast	13 g
	1 oz stick string cheese	7 g
<b>Dinner</b>	$\frac{1}{3}$ to $\frac{1}{2}$ cup tuna salad made w/ low fat mayo	15 g
	2-3 small pieces <i>very well-cooked</i> steamed mixed veggies	1 g
<b>Between Meals</b>	2 scoops Bariatric Advantage protein powder + 1 cup skim milk	35 g
	64 oz calorie-free beverages (besides protein)	0 g
Sample Menu #3		Protein
<b>Breakfast</b>	1 oz Canadian Bacon	7g
	1 Large egg, poached	6g
<b>Lunch</b>	1 small turkey burger (3 oz)	21 g
	1 slice low fat American cheese (1 oz)	7 g
<b>Dinner</b>	3 oz shrimp (grilled, boiled or steamed)	20 g
	2-3 pieces <i>very well cooked</i> steamed mixed veggies	1 g
<b>Between Meals</b>	64 oz calorie-free beverages (besides protein)	0 g
	Dannon Light n' Fit	5 g
	1 Cup Skim milk	8 g

## Soft Foods Shopping List

	Serving	Protein
<b>VEGETABLES</b>		
Any vegetable that can be cooked is very tender ( <i>best to avoid those with tough skins, starchy vegetables, fried or raw vegetables.</i> )	¼ cup	< 1 g
<b>FRUIT</b>		
Soft Fresh Fruit	¼ cup	< 1 g
Soft Canned fruits in <u>juice/water</u> not syrup	¼ cup	< 1 g
<b>DAIRY</b>		
Milk (skim or 1%) <i>Soy or Unsweetened Almond Milk also acceptable</i>	1 cup	8 g
Nonfat Milk Powder (to add to liquids or soft foods)	1/3 cup	8 g
Fat free, low sugar yogurt (Dannon light & fit etc.)	3-4 oz	6 g
Plain Greek Yogurt	3-4 oz	8 g
Fat free or low-fat cottage cheese	¼ cup	7 g
Fat free or low-fat ricotta cheese	¼ cup	7 g
Fat free or low-fat shredded cheese	¼ cup	7 g
<b>COMMERCIAL PRODUCTS</b>		
Whey Isolate Protein Powder (see packet for guidelines)	1 serving	15-30g
Atkins' Lift Protein Water	1 bottle	20 g
<b>MEAT AND PROTEIN</b>		
Lean meats or poultry (baked, broiled, grilled or boiled)	1 oz	8 g
Low fat deli meats	1 oz	5.5 g
Fish (baked, broiled, grilled or boiled)	1 oz	7 g
Light Tuna, canned in water	4.5 oz can	24 g
Shellfish (baked, broiled, grilled, or boiled)	1 oz	6 g
Tofu	¼ cup	5 g
Eggs	1 egg	6 g
Egg Beaters	¼ cup	6 g
<b>SOUPS</b>		
Broth, bouillon, consommé, broth-based soup, low fat cream soups <i>NO TOMATO OR SOUPS CONTAINING STARCH</i>	Varies	Varies
Soups Containing Meat	1 cup	8g
<b>OTHER</b>		
Sugar Free Jello Gelatin	½ cup	1 g
Sugar Free, Fat Free Jello Pudding	½ cup	0 g
Sugar Free Popsicles	1 popsicle	0 g
Sugar free drinks (Crystal Light, Powerade Zero, Propel, Mio Drops)	1 cup	0 g
Diet Iced Tea	1 cup	0 g
Other low-calorie beverages (10 calories or less per 8 ounces)	1 cup	0 g
Diet V8 Splash		

## Regular Diet: 1 Month Post-Op

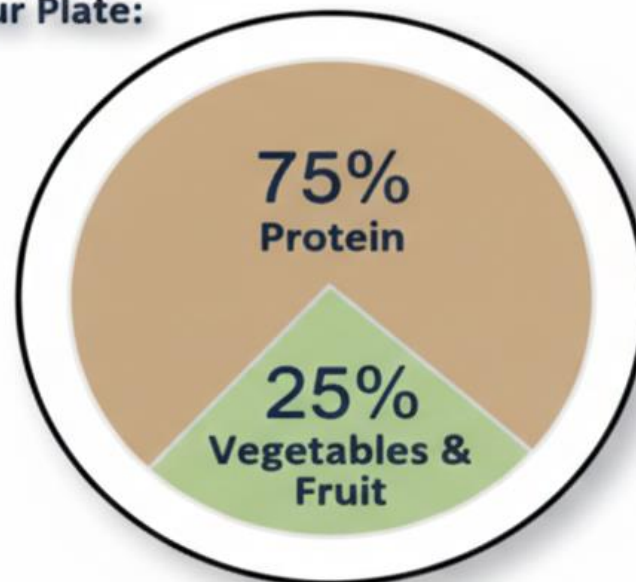
Incorporate 1-2 new foods a day

### REMEMBER

- Avoid grazing between meals
- Choose low fat protein sources as much as possible
- Wait until **6-8 weeks** to bring back dry or tough meat—like steak, pork chop, or veal—and fibrous produce like raw broccoli, salad, apples, etc.
- **AVOID ALL STARCHES until post-op month six, and then low starch indefinitely**
- **You will eventually get up to 1 cup of food at a time. Stay there! Do not exceed 1.5 cups at a sitting.**
- Try one new food at a time, and try keeping a journal documenting intake/symptoms to see how you tolerate each food
- **If you feel like you're hungry often and you're getting all your protein in, try increasing your intake of non-starchy veggies. These are very satisfying for very few calories.**
- Try to slowly reduce the number of protein shakes you consume and replace them with solid food sources of protein. Patients who consume more solid protein tend to see better long-term weight loss than those who get most of their protein from liquid shakes.

**If you do vomit or feel that food is “stuck,” stop eating and return to a liquid diet until symptoms resolve.**

Your Plate:



**See next page for sample menu**

## Post-Op Day 30 and beyond Sample Day (Regular Foods)

8:00am – ½ cup to ¾ cup boiled eggs and turkey bacon

8:30am – **wait 30 minutes after your meal until you start drinking again**

9:00am – 4 ounces Crystal Light

9:30am – 4 ounces water

10:00am – 4 ounces water

10:30am – 4 ounces decaf tea

11:00am – 4 ounces Vitamin Water Zero

11:30am – ½ cup to ¾ cup chicken with Sugar Free BBQ sauce and grilled vegetables

12:00pm – **wait 30 minutes after your meal until you start drinking again**

12:30pm – 4 ounces Propel Zero

1:00pm – 4 ounces water

1:30pm – 4 ounces water

2:00pm – 4 ounces True Lemon

2:30pm – ½ **protein bar**

3:00pm – **wait 30 minutes after your meal until you start drinking again**

3:30pm – 4 ounces water

4:00pm – 4 ounces sugar free Mio flavored water

4:30pm – 4 ounces 4C diet iced tea

5:00pm – 4 ounces water flavored with Dasani Drops

5:30pm – 4 ounces True Lemon water

6:00pm – ½ cup to ¾ cup turkey meatball and cauliflower mash

6:30pm – **wait 30 minutes after your meal until you start drinking again**

7:00pm – 4 ounces Skinny Water

7:30pm – 4 ounces water

8:00pm – 4 ounces water

7 a.m. Omeprazole

8 a.m. Bariatric Multivitamin (following serving size) & Lovenox injection

10 a.m. 500 mg calcium citrate with vitamin D

12 p.m. 500 mg calcium citrate with vitamin D

2 p.m. 500 mg calcium citrate with vitamin

### Notes:

- Wait 6-8 weeks for crispy, raw vegetables and fruits (including salads) and dry, tough meats like steak.
- **You will eventually reach up to 1 cup of food at a time.**
- **Do not exceed 1.5 cups at any meal.**
- Always eat your protein first!

# Bariatric Surgery Post-Op Diet

## Cheat Sheet

### FLUIDS

#### 64oz + every day!

(No drinking with meals or 30 minutes after meals)

#### Avoid:

- Caffeine (for 1 month)
- Carbonated drinks (forever, unless tolerated after 3-6 months)
- Drinks with sugar, even juice including orange juice (forever)
- Decaf coffee (for at least 2 weeks, or until tolerated)
- Alcohol (for at least 1 year)

Your water bottle should go **EVERYWHERE** with you.

### DIET PROGRESSION

#### (home after surgery)

3 weeks prior to surgery: no starches or 50g net carbs per day

48 hours before surgery: clear liquids

#### Post-op

Week 1 at home: Full Liquids

Week 2 at home: Pureed/Smooth Foods

Weeks 3 and 4 at home: Soft Foods

1 month: regular diet

\*See diet packet for more information on each stage

Chew at least 30 times per bite and **STOP as soon as you feel satisfied!**

### VITAMINS/MINERALS

Every day for the rest of your life!

Bariatric multivitamin: 1 serving/day

Calcium Citrate + Vitamin D

- 3 times per day (500mg each)
- Must be calcium citrate (check the back of the label)

**ALL 4 DAILY SUPPLEMENT DOSES MUST BE TAKEN AT LEAST 2 HOURS APART**

### PROTEIN

70-100 g every day

Supplements must have **"isolate"** as the first ingredient (whether its whey isolate, soy isolate, milk isolate, etc.) especially right after surgery

**ALWAYS EAT PROTEIN FIRST AT MEALS!**  
Protein helps keep your metabolism strong for optimal weight loss

## Possible Food Intolerances

After surgery, some foods can be uncomfortable to eat (particularly those that are dry, sticky, gummy, or stringy). Each individual responds differently to particular foods and most people discover which foods are best tolerated by trial and error.

Although some intolerances are permanent, most resolve with time. If you have a bad reaction, try that food again in a few weeks. Possible intolerances include:

### MEATS

- Red meat
- Pork
- Poultry (if dry)
- Shellfish



Try moist cooking methods such as boiling, pressure cooking, or using a slow cooker.

### VEGETABLES

- Raw vegetables
- Cooked vegetables with tough skins
- Stringy vegetables (celery, asparagus)
- Gaseous vegetables (broccoli, cauliflower, cabbage, Brussel sprouts)



### MILK

If you become lactose intolerant, try sweet acidophilus milk, Lactaid milk, Dairy Ease, or calcium-fortified soymilk.



### FRUIT

- Fruit with tough skin
- Dried fruit
- Hard fruit
- Citrus fruit



### BREAD

- Dense bread
- Bagels
- Pasta
- Biscuits



Try pitas, crackers, or toasting bread for better tolerance.

### BEANS/NUTS/SEEDS

- All nuts and seeds
- Legumes or beans
- Chunky peanut butter



### OTHER FOOD

- Chili or spicy food
- Fried or high fat food
- Sweets or sugary food







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[www.gbmc.org/weightloss](http://www.gbmc.org/weightloss)

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# GROCERY LISTS, APPS & WEBSITES

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## Your Grocery List

Meat	Details
Lean cuts – bottom round, eye of round, flank steak, London broil, lean pastrami, sirloin steak, top loin and round, filet mignon Ground beef – 90-98% lean Lean frozen burgers, meatballs Beef jerky (less than 5 grams sugar)	3 oz = ~25 gm protein
Fish	
All fresh fish (salmon, tilapia, snapper, trout, tuna, catfish, flounder, halibut, haddock, etc. – avoid fried fish) All shellfish (crabs, shrimp, clams, mussels, lobster, scallops, etc.) Canned fish (tuna, salmon, sardines, etc.) Frozen fish, shellfish	3oz = ~18-21 gm protein
Poultry	
Chicken (skinless breast, skinless thighs) Chicken meatballs, burgers, bacon, sausage Rotisserie chicken Premade/frozen non-breaded chicken strips/breasts Turkey (skinless) Turkey meatballs, burgers, bacon, sausage Ground chicken or turkey – 90-98% lean	3 oz = ~25 gm protein
Deli Meats and cheese	
Turkey, chicken, roast beef, ham (avoid sugar-cured, maple-cured, honey baked) Low-fat cheese You may ask for least processed, lowest sodium products	3 oz = ~15-21 gm protein
Pork	
Ham, Canadian bacon, pork chop, pork roast, any cuts from the loin	3 oz = ~25 gm protein
Other Meats	
Veal chop, leg, top round Lamb center cut, chop, loin Game meats – buffalo, venison, elk	3 oz = ~25 gm protein
Dairy – All should be FAT FREE or REDUCED FAT	
Fat free or reduced fat cheeses (string cheese, cheddar, Swiss, blue cheese, feta, goat, mozzarella, Laughing Cow light wedges, Baby Bell, etc.) Fat free or reduced fat sour cream, cottage cheese, cream cheese Fat free or reduced fat Greek or Regular yogurt with less than 15 grams sugar (Oikos Triple Zero, Dannon Light and Fit, etc.)	Can vary from 6-22 grams per serving
Eggs	
Fresh eggs (can use yolks/yellow) Egg beaters Boiled eggs Frozen/ready to eat eggs without starch (e.g. Jimmy Dean frittatas)	1 egg = ~6 gm protein
Protein Products	
Ready-made protein shakes: Muscle Milk, Unjury, Atkins AdvantEdge High Protein Protein powders: Unjury, Nectar, Body Fortress, Dymatize ISO 100, Isopure, Chike Protein bars: Quest, Oh Yeah! One Bar, Fit Joy, Pure Protein, Power Crunch Protein waters: Protein 2-0, Premier Clear, Dymatize ISO 100 Clear, Isopure	Look for products with “isolate” as the first ingredient



## Your Grocery List

Meat Alternatives	Details
Tofu (all kinds) Tempeh Textured Vegetable Protein (TVP) Soy burgers (without corn, beans, rice) Soy bacon Soy crumbles Soy hot dogs Soy sausage patties and links	Protein varies
Non-starchy vegetables	
Artichokes, arugula, asparagus, bok choy, broccoli, broccoli rabe, Brussels sprouts, cabbage (green, red, napa, savoy), cauliflower, carrots, celery, collard greens, cucumbers, daikon radishes, eggplant, endive, escarole, fennel, garlic, green beans, hearts of palm, jicama, kale, leeks, lettuce (all kinds), mushrooms (all kinds), mustard greens, okra, onions, parsley, pepperoncini, peppers (all kinds), pickles, pimientos, radishes, rhubarb, sauerkraut, scallions, seaweed, shallots, snap peas, snow peas, spinach, sprouts, spaghetti squash, summer squash (yellow, zucchini), all winter squash (butternut, acorn), swiss chard, tomatillos, tomatoes (fresh and canned), turnips, wax beans Steamer, frozen veggies Zucchini noodles Spaghetti squash	This is not a complete list of non-starchy vegetables  Avoid potatoes, sweet potatoes, corn, peas, and beans
Fruit	
All fruit (up to 3 servings per day; 1 serving = ½ cup to 1 cup or small whole fruit) Unsweetened applesauce Canned or packaged fruit in own juice (less than 15 grams sugar per serving) <i>(Note: pair fruit with a protein for a snack to prevent blood sugar spikes)</i>	
Drinks	
Unsweetened almond milk Unsweetened soy milk Unsweetened cashew milk Fat free half and half Fat free or 1% milk Sugar free, low-fat creamers Flavored water (no sugar) Sugar free mixes like Crystal Light, Mio, Propel, True Lemon, store brand sugar free mix) Diet, caffeine free iced/hot tea Powerade Zero, Gatorade Zero, Hint Water, Vitamin Water Zero Ocean Spray sugar free juices Diet V8 Splash Diet Lemonade SoBe Life Water Bai waters Decaf or herbal teas Decaf coffee (after 3 weeks) Regular coffee (after 1 month, does not count toward fluid goals)	This is not a complete list  Any sugar free, non-carbonated, caffeine free drinks will go towards 64 ounces fluid goal



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[www.gbmc.org/weightloss](http://www.gbmc.org/weightloss)

**Recipe Websites:**

- [www.Bariatricfoodie.com](http://www.Bariatricfoodie.com)
- [www.Bariatriceating.com](http://www.Bariatriceating.com)
- [Karenmangum.com](http://Karenmangum.com)
- [www.pinterest.com/explore/bariatric-recipes/](http://www.pinterest.com/explore/bariatric-recipes/)
- [www.skinnytaste.com](http://www.skinnytaste.com)
- [www.netrition.com](http://www.netrition.com)

**Helpful Apps:**

- Baritastic
- Bariapps
- Waterlogged
- Fooducate
- My diet coach
- Happy scale
- Eat slower
- Map my walk
- My Fitness Pal
- FitBit

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# LOW CARB SWAPS

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# Low Carb Swaps

**IMPORTANT: Many items can NOT be found in stores. Check Amazon, Google or these sites:**  
Netrition.com • Bariatriceating.com • Julianbakery.com • Thinslimfoods.com • Smartbakingco.com

## Chips/Crackers/Snacks

- Twin Peaks Protein Puffs
- Shrewd Food Protein Crisps (online/Costco)
- Better Than Good Protein Puffs
- Southern Recipe Oven Baked Pork Rinds
- Lowrey's Microwave Pork Rinds
- Cali'flour FOODS Cauliflower Thins
- KNOW Better Thins
- Carbolicious Low Carb Melba Toast
- Paleo Thin Crackers
- Quest Protein Chips
- Parmesan Crisps
- Moon Cheese
- Kale Chips
- Great Low Carb Bread Company Soft Pretzels
- Bacon Heir Pork Panko (breadcrumbs)  
(Online, Walmart or Amazon)



## Cake/Cookies/Candy/Pancakes

- Smart Baking Co cakes (smartbakingco.com)
- Nush Foods Low Carb Organic Cake
- Quest Cookies
- Know Better Cookies (Knowfoods.com)
- Dixie USA Carb Counters Ready-to-Eat Cookies
- Healthsmart ChocoRite Peanut Butter Cup Patties
- Russel Stover sugar free chocolates
- Hershey's Sugar free Peanut Butter Cups
- Sugar free Jolly Ranchers
- Sugar free Werther's
- LaNouba Low Carb Marshmallows
- Krunchy Melts Sugar Free Meringues
- ChocZero Keto Bark
- Atkinson's Sugar Free Chick-o-Stick Candy

### Bake Mixes

- Tova Carb Quick Bake Mix
- Universal Nutrition Doctor's CarbRite Diet
- Chocolate Chip Brownie Mix
- Inspire pancake mix (bariatriceating.com)



# Low Carb Swaps

## Bread/Wraps/Tortillas

- Maria and Ricardo's Fiber Rich Whole Wheat Tortillas
- Thin Slim Zero Carb Bread (thinslimfoods.com)
- Outer Aisle Cauliflower Flats
- Know Better Buns
- Coconut Wraps (Thrive Market, Nuco Organic)
- Mr. Tortilla, Ole Mexican Foods Wellness Wrap
- Folios Cheese Wraps
- Great Low Carb Bread Company Bread and Bagels
- Chompies Carbs Not! High Protein Bread
- LC Foods Fresh Baked NY Style Bagels
- Paleo Tin Bread Almond (julianbakery.com)



## Cold and Hot Cereal

- Pro Granola (julianbakery.com)
- Bariwise Cereal
- Sensato Sugar-Free Nut and Flax Granola
- Sensato High Fiber Hot Cereal
- Dixie USA Smaps Cereal
- ProtiDiet Oatmeal
- Catalina Crunch
- Highkey Protein Cereal
- Sola
- Cereal School
- Magic Spoon
- Wonderworks
- Kashi Go Keto



# Low Carb Swaps

## Pizza/Enchiladas

Outer Aisle Cauliflower pizza Crust  
Quest pizza (Target, online)  
Real Good Foods Cauliflower and Chicken Crust Pizza and Enchiladas  
Cali'flour Foods pizza crust  
Make "chicken crust" pizza and freeze ahead  
Use the wraps/flat breads above to make your own



## Pasta/Rice

Miracle Noodles  
Shirataki Noodles  
Premade Zucchini noodles  
Spaghetti Squash  
Impastable (thinslimfoods.com)  
Great Low Carb Bread Company Pasta  
Skinny Pasta Konjac Pasta (has couscous, fettuccine, lasagna, noodles, rice, and spaghetti)  
Kohlrabi Noodles (Giant produce section)  
Cauliflower rice, Shirataki rice





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# RECOMMENDED PROTEIN BARS AND SHAKES

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## Protein Bars and Shakes

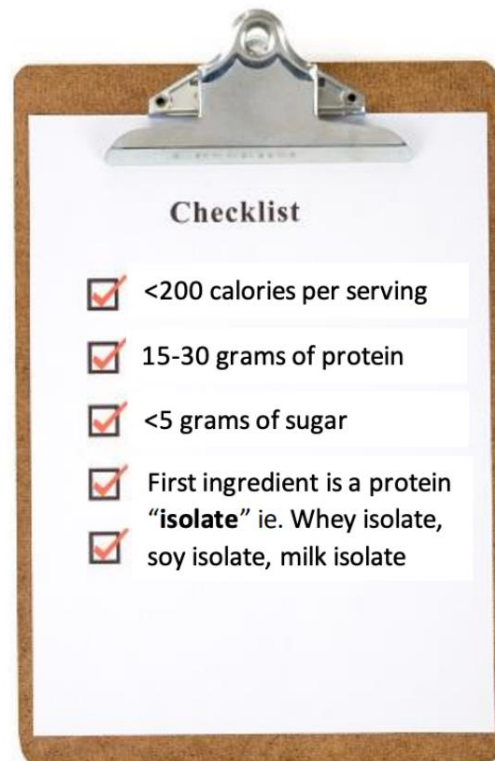
Protein is the priority of the after surgery for multiple reasons:

1. Promotes healing after the surgery
2. Prevents loss of muscle and promotes fat loss
3. Helps keep you fuller longer (this becomes more important long term)

Your protein goal is **70-100g/day**. Your body can't absorb all of this at once, so it must be split up. Each meal should have 20-30g of protein.

The first week after surgery, you'll be on a "full-liquid" diet and protein shakes and/or powder will be considered your main meals. After that first week, you can use supplements if you're unable to hit protein goals. Long term, solid proteins (chicken, fish, etc.) will help you feel fuller longer and are recommended more often than shakes.

How To Select Your  
Protein Supplement





# Recommended Protein Supplement Products

(see following pages for product images)

## Recommended Protein Powders

- Muscle Milk
- Unjury (fruity and savory flavors available)
- Syntrax Nectar (available in fruity flavors)
- Isopure Protein Powder Whey Protein Isolate
- Body Fortress Isolate Protein Powder
- Dymatize ISO 100 Hydrolyzed Whey Protein Isolate
- Six Star Pro Nutrition Whey Isolate
- GNC AMP Pure Isolate
- Chike Nutrition Protein
- NOW Foods Whey Protein Isolate
- Bariatric Fusion High Protein Meal Replacement (savory option available)

## Recommended Protein Waters (Can also use these for clear liquid diet 48 hours before surgery)

- Isopure Zero Carb Protein
- BiPro Protein Water
- Lift by Atkins
- Protein2O (also available in single servings packets)
- Premier Clear

## Recommended Pre-Made Shakes

- Muscle Milk (Pro Series or Genuine)
- EAS AdvantEDGE Carb Control
- EAS Myoplex Shred
- Unjury
- Six Star Clean Protein Shake
- Fairlife

## Recommended Protein Bars (not to be used until week 3 post-op)

- Quest Protein Bar & Quest Hero Protein Bar
- ONE Protein Bar
- Fit Crunch
- Think! Crisp Protein Bars
- Built Bars

# Recommended Protein Supplement Products

## Protein Powders



(not all recommended products are shown)

# Recommended Protein Supplement Products Pre-Made Shakes



## Recommended Protein Supplement Products – Protein Waters



## Recommended Protein Supplement Products Protein Bars



**Note: protein bars are NOT required – they are an easy, convenient way to get protein in, but they are not needed if you don't like them.**

**NOT ALL BARS ARE CREATED EQUAL!**

**Breakfast bars and bars that say “protein” are sometimes high in sugar/carbs and lower in protein than you'd think.**



## Which Supplement is Right for You?

### ***Premade Shakes***

Pros: Convenient for on-the-go lifestyles. Shelf stable. One shake = 1 serving.

Cons: Not as many flavors available. Sometimes limited availability in-store. More expensive than protein powder. Should be refrigerated after opening.

### ***Protein Water***

Pros: Fruity flavors instead of milky flavors/texture. Appropriate for clear liquid pre-op diet. One water = 1 serving. Shelf stable.

Cons: Limited flavors. Lower in protein content than shakes or powders.

### ***Protein Powder***

Pros: More versatile – can add into smoothies and other food items to increase protein content. Wider variety of flavors; sweet and savory flavors. More cost-effective. Shelf-stable.

Cons: Requires preparation. Must measure out serving size.

### ***Protein Bars***

Pros: Convenient grab-n-go option. Solid food is often more filling/satiating. Lots of dessert-like flavors. No refrigeration is required.

Cons: Higher carbohydrates. Can't be used during the first couple weeks after surgery.

### **Where to Purchase**

Amazon, Google, GNC, Vitamin Shoppe, Target, Walmart, grocery store, BJ's, Sam's Club, Costco

Try GNC or Vitamin Shoppe to purchase individual products

**TIPS:** If you purchase at GNC or Vitamin Shoppe and don't like the product, you MAY be able to return within 30 days.

**DO NOT** use collagen-based protein water (usually in the form of protein "shots" or "test tubes" such as Profect and New Whey). Collagen is considered an incomplete protein.

**Check out wholesale websites like [bariatricpal.com](http://bariatricpal.com) or [bariatricfooddirect.com](http://bariatricfooddirect.com) to order samples of different brands to try!**



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# MEAL AND SNACK IDEAS

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## Meal Ideas

### **Breakfast Ideas** (mix and match any of the ideas for a balanced breakfast):

- Cloud bread with scrambled eggs
- 2 ingredient pancakes (1 banana, 2 eggs, vanilla extract and cinnamon)
- Turkey/chicken bacon or Turkey/chicken sausage
- Muffin tin eggs
- Egg casseroles with low-fat cheese and non-starchy veggies
- Cottage cheese with fresh peaches
- Greek or regular low-fat yogurt (less than 15 grams of sugar)
- Turkey and low-fat cheese roll ups
- Hard boiled eggs (can make ahead of time in large batches – refrigerate up to 1 week)
- Creamy low-fat ricotta “noatmeal” with fruit OR cauliflower “grits” (grind cauliflower finely)
- Protein shake with fruit or protein bar
- Fresh fruit or unsweetened applesauce

### **Lunch Ideas:**

- Chili without beans (only onions, peppers, and other non-starchy veggies) with Whisps (parmesan crisps)
- Lite tuna salad “unwich” (lettuce wrap) with Quest protein chips
- Salad with grilled chicken and fake bacon crumbles, low-fat cheese with a veggie soup on side
- Lite chicken salad on cloud bread
- Ham and cheese roll ups, 2 hard-boiled eggs, baby carrots and lite ranch
- Cabbage wrap with ham, cheese, banana peppers, cucumbers, mustard & lite mayo or sugar free honey mustard
- “Cheese shell” tacos with ground turkey
- Salmon or tuna cake (without breadcrumbs) with cabbage slaw and lite mayo

### **Dinner Ideas** (Make dinners in bulk, portion out for a few days and then freeze the rest):

- Cauliflower fried rice with shrimp
- Grilled steak with roasted garlic broccoli and cauliflower mash
- Baked chicken parmesan (no breadcrumbs) with low-fat cheese and zucchini “zoodles”
- Spaghetti squash Mexican style with low-fat ground beef/turkey, low-fat cheese, lite sour cream, salsa
- Stuffed peppers with 93% ground turkey, chicken, beef, or pork, onions, seasonings, lite sour cream and a side salad
- Baked/grilled fish (any kind) with garlic/herbs and grilled asparagus and zucchini
- Friday night pizza - cauliflower or ground chicken crust
- Crab cakes without fillers with a cauliflower mac and cheese (for crab cake use lite mayo, Dijon mustard, herbs, egg, Whisps (parmesan crisps), and broil or use air fryer)

### **Desserts:**

- Sugar free cool whip with PB2 over chocolate sugar free pudding
- Halo Top ice cream
- Chocolate Triple Zero Greek Yogurt with PB2
- Quest “cereal” bars crumbled on sugar free pudding or yogurt
- Cloud bread with sugar free jam
- Microwave a protein bar or cut into pieces and bake like cookies
- Check out Quest website for more sweet recipes



## Healthy Snacks Ideas

TIP: Have 1-2 snacks per day. Pair high protein items (meats/cheese) with low protein items (fruit/veggies)

- Hard-boiled egg (6 gm protein)
- Reduced-fat string cheese (6-8 gm protein)
- Greek yogurt (10-14 gm protein) – choose items with less than 15 gm sugar
- ½ cup low-fat cottage cheese (~15 gm protein)
- Deli meat (turkey, chicken, roast beef, ham) – protein varies
- Protein shake mixed with fat free or 1% milk, or unsweetened soy/almond milk (~15-30 gm protein)
- ½ protein bar (10-15 gm protein)
- Non-starchy veggies dipped in light dressing (e.g., baby carrots in light ranch)
- Piece of whole fruit or 1 cup berries/grapes
- PB 2 reconstituted with water/milk paired with either apple, banana or celery
  - PB2 has 45 calories, 1.5 gm fat, 5 gm protein (regular peanut butter is significantly higher in fat and calories)
- Sugar free pudding, Jell-O, popsicles
- Beef or turkey jerky with less than 5 gm sugar
- ¼ cup olives

For a chip/cracker substitute:

- Quest protein chips (comes in all chip flavors – can get at GNC, Walmart or Amazon)
- Parmesan Crisps (e.g., “Whisps” – can get in salad section of most grocery stores)

For cookie substitute:

- Quest “Cereal” Bars (contain no cereal – can get at GNC or online)
- Cut up Quest bars and bake them

For ice cream substitute:

- ½ cup Halo Top ice cream
- ½ cup Arctic Zero
- 1 Enlightened bar or ½ cup Enlightened ice cream





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# QUICK FOODS

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## Quick, Easy Bariatric-Friendly Foods

(meals or snacks)

- Atkins Frozen meals
- Fast food – salad, sandwich without bun, grilled chicken nuggets
- Rotisserie chicken
- Steamer (frozen) bags of veggies
- Frozen shrimp
- Deli meat (turkey, chicken, ham, roast beef)
- Deli tuna or chicken salad (watch the portion size)
- Make chicken or tuna salad at home
- Bagged tuna
- Low-fat sliced cheese
- Lettuce greens, baby carrots (for salads) – use any protein on top
- Smoothie (can do if you get a Magic Bullet – cheap on amazon and bed bath beyond)
- Protein bars (Quest, Fit Joy, Oh Yeah One! Bars)
- Beef jerky (lower than 5 gm sugar)
- Yogurt (lower than 15 gm sugar)
- Unsweetened applesauce
- Sugar free Jell-O
- Cottage cheese
- Canned fruit in own juice (less than 15 gm sugar)
- Whole fruit (up to 3 small servings)
- Zoodles with tomato sauce (from jar) and premade meat/turkey meatballs
- Cheese sticks
- Turkey burger
- Chicken burger
- Turkey/chicken sausage or bacon
- Boiled eggs



# Bariatric Basics: Recipes and Meal Plan

## Instructions:

The foundation of this diet is to have protein three times per day, lower carbs/starches, and lower fat with at least 64 ounces of fluids (sugar free, non-carbonated).

Each day choose breakfast, lunch, and dinner. Snacks are optional (can have 1-2 snacks per day), and dessert is optional. Dining out options are available below. You may also choose premade/frozen foods at any time (options are below).

Feel free to make larger batches of the recipes to last throughout the week or to have similar foods each day if that works for your schedule.

Limit meal size to 1-1.5 cups and ***always eat protein first.***

## Tips:

- This menu has minimal starch – you can follow the menu as it is or count carbs (50 gm per day). Counting carbs is more difficult as some non-starchy foods have carbs, as you'll see below.
- Many of the meals vary in calories, protein, carbs, etc. If you had an intense workout, choose the meals/snacks with higher carbs/protein. If you choose a meal higher in fat (as an example), try to choose meals that are lower in fat during the day to balance it out.



## Sample Daily Menu #1

		Calories	Fat (grams)	Carbs	Protein (grams)
<b>Breakfast</b>	1 baked <a href="#">egg cup with spinach &amp; feta</a>	83	6	2	6
	2 slices of Canadian bacon or turkey bacon	35	1	1	5-8
	½ cup berries	20	0	4	0.5
<b>Lunch</b>	1 cup mixed salad	5	0	1	0.5
	1 tbsp low fat dressing	25	1	2.5	0.5
	1/2 cup low fat tuna	80	2	0	10
	1 Cheese stick	80	6	1	6
	½ Apple	40	0	10	0
<b>Snack</b>	2 boiled eggs	140	10	0	12
<b>Dinner</b>	3 oz <a href="#">Grilled Chicken Parmesan</a>	140	5	4.5	18
	Over ½ cup <a href="#">Garlic Parmesan Zoodles</a> <i>Can substitute with spaghetti squash or any pasta substitute</i>	76	5	3	3
	4 pieces <a href="#">Baked Asparagus with Parmesan</a>	62	4.5	2	3
<b>Dessert (optional)</b>	½ cup of Halo Top or Enlightened ice cream	70	2	6 net carbs	5



## Sample Daily Menu #2

		Calories	Fat (grams)	Carbs	Protein (grams)
<b>Breakfast</b>	Low sugar Greek yogurt (ie Oikos, Triple Zero, Dannon Light n' Fit)	110	0	13	15
	¼ cup <a href="#">ProGranola</a>	50	2.5	1	6
	½ medium fruit	30-50	0	5-12	0.5
<b>Lunch</b>	½ cup <a href="#">chili without beans</a>	110	3	6	13
	½ Tbsp low fat sour cream	10	0.5	0.5	0.5
	2 Tbsp low fat shredded cheese	40	2.5	0.5	4.5
	1 serving parmesan crisps	100	7	1	9
<b>Snack</b>	1 cup sliced cucumbers	16	0	4	1
	2 Tbsp low fat dressing	50	2.5	5	1
<b>Dinner</b>	1/8 <sup>th</sup> <a href="#">Shrimp Stir Fry</a>	155	6.5	4	19
	½ packet instant Miso soup	15	0.5	1.5	1.5
	1 cup mixed salad	10	0	2	1
	1 Tbsp low fat dressing	25	1.5	2.5	0.5
<b>Dessert (optional)</b>	1 sugar free popsicle	15	0	0	0



### Sample Daily Menu #3

		Calories	Fat (grams)	Carbs	Protein (grams)
<b>Breakfast</b>	Shake (1 serving protein powder)	180	3	12	28
	Shake (8 oz unsweetened almond milk or fat free milk)				
	½ cup berries or ½ banana, handful of spinach				
<b>Lunch</b>	Lettuce wrap: 2 slices deli turkey, 1 slice low fat cheese, mustard, low fat mayo, optional)	115	2	2	20
	½ cup non-starchy vegetables	10	0	2.5	0
	1 Tbsp low fat dressing	25	1.5	2.5	0.5
<b>Snack</b>	½ protein bar (Quest, Pure Protein, Fit Joy, One Bar)	100	2	2-3	7-10
	1 medium fruit	60	0	10-15	1
<b>Dinner</b>	½ cup <a href="#">chicken and vegetable soup</a>	135	7.5	4	13
	½ cup steamed/sauteed cauliflower rice	10	0	2.5	1
<b>Dessert (optional)</b>	2 Tbsp sugar free Cool Whip	118	3	21	6
	1 Tbsp PB2				
	½ banana				



## Sample Daily Menu #4

		Calories	Fat (grams)	Carbs	Protein (grams)
<b>Breakfast</b>	Protein bar (Quest, Pure Protein, Fit Joy, One Bar, Power Crunch, Fit Crunch)	190-200	2-9	5-8	15-20
	½ apple, sliced	40	0	11	0
<b>Lunch</b>	1 slice <a href="#">Thin Slim Zero Carb Bread</a>	45	2	0	7
	1 slice ham, 1 slice low fat cheese, tomatoes	130	4	2.5	20
	1 serving Rotisserie chicken	150	3	1	21
	½ cup Veggie steamer bag	12	0	2	0.5
	1 spray of “I Can’t Believe It’s Not Butter Spray” or a dash of Mrs. Dash, fresh garlic or garlic powder				
<b>Snack</b>	Cheese stick	80	6	1	6
	2 slices turkey	60	1	2	12
<b>Dinner</b>	3 oz. <a href="#">Baked salmon</a> on foil	110	3	2.5	17
	<a href="#">Balsamic butternut squash and kale</a>	72	2	14	2
<b>Dessert (optional)</b>	½ cup strawberries & 1 Tbsp whipped cream	74	5	7	2



## Sample Daily Menu #5

		Calories	Fat (grams)	Carbs	Protein (grams)
<b>Breakfast</b>	¼ cup low fat cottage cheese	45	0.5	3	7
	¼ cup peaches in water	15	0	3.5	0
	1 boiled egg	70	5	0	6
<b>Lunch</b>	1 cup chopped <a href="#">Greek salad</a> (red peppers, 5 black olives, ¼ cup low fat feta cheese) **can use low fat dressing to reduce fat content	130	11	7	3
	3 oz skinless grilled chicken	90	0	0	18
<b>Snack</b>	Low sugar turkey jerky (less than 5 grams of sugar)	60	0	6	11
<b>Dinner</b>	½ serving Unstuffed Turkey Cabbage Rolls	70	2.5	4	9
	<a href="#">Cauliflower “mac &amp; cheese”</a> Replace pasta with cauliflower.	135	10	2	7
<b>Dessert (optional)</b>	Sugar free Hershey’s syrup in 8 oz of fat free milk	85	0	15	9



## Sample Daily Menu #6

		Calories	Fat (grams)	Carbs	Protein (grams)
<b>Breakfast</b>	Omelet - 2 eggs, low fat cheese, with non-starchy vegetables (ie spinach, onion, peppers)	220	12	9	21
	2 slices of turkey bacon	35	1	1	5-8
	½ banana	50	0	13	0
<b>Lunch</b>	½ <a href="#">zucchini boat</a>	140	6.5	3.5	17.5
	1 cup mixed salad	5	0	1	0.5
	1 Tbsp low fat dressing	25	1.5	2.5	0.5
<b>Snack</b>	½ protein bar	90	2	8	10
<b>Dinner</b>	<a href="#">Greek Yogurt Coleslaw</a>	34	0	6	2
	½ cup <a href="#">sauteed string beans</a>	37	2.5	3	1
<b>Dessert (optional)</b>					



## Sample Daily Menu #7

		Calories	Fat (grams)	Carbs	Protein (grams)
<b>Breakfast</b>	Peanut butter cup shake (1 scoop of PB2 powder, 1 scoop of chocolate protein powder, 1 cup of unsweetened almond milk)	181	3.5	8	30
	½ apple	40	0	10	0
<b>Lunch</b>	1 cup <a href="#">white chicken chili</a>	221	9	4	29
	Garnish with Quest Protein chips “tortilla style” (the nutritional information is for the full bag, just eat a few)	140	6	5	20
	Optional: scallions, 2 Tbsp low fat cheese, 1 Tbsp low fat sour cream				
<b>Snack</b>	1 medium fruit	60-100	0	10-25	1
	Baby Bell low fat cheese	50	3	0	6
<b>Dinner</b>	<a href="#">Egg Roll in a bowl</a>	310	20	7	23
	Can use lettuce wraps				
<b>Dessert (optional)</b>	1 snack pack sugar free Jell-o	5	0	0	1
	Sugar free Cool Whip	20	1	3	0



## Sample Daily Menu #8

		Calories	Fat (grams)	Carbs	Protein (grams)
<b>Breakfast</b>	Breakfast out or pre-packaged breakfast (see pages in this binder for suggestions)				
<b>Lunch</b>	1 Sweet Italian Chicken Sausage	130	8	2	13
	¼ cup <a href="#">caramelized onions and peppers</a>	40	2	4	0
	1 Tbsp Dijon mustard	15	1.5	1	0
	1 slice <a href="#">Thin Slim Zero Carb Bread sandwich</a>	45	2	0	7
<b>Snack</b>	3 small sticks of celery & 2 Tbsp PB2 prepared with water	51	1	7	4
<b>Dinner</b>	3 oz 90% lean burger, ¼ avocado, 1 slice low fat cheese, ¼ cup sauteed onions	230	15	6	21
	1 slice <a href="#">Thin Slim Zero Carb Bread sandwich</a>	45	2	0	7
	2 <a href="#">baked zucchini fries</a>	55	4	1	5.5
	<a href="#">Sriracha low fat mayonnaise</a>	17	1	1	1
<b>Dessert (optional)</b>					



## Dining Out Options

### **Cheesecake Factory (from the SkinnyLicious Menu)**

- Greek Salad (460 cal, 13 carb)
- Little House Salad (270 cal, 9 carb)
- Crazy Crab Bites (350 cal, 11 carb)
- Mexican Chicken Lettuce Wrap Tacos (260 cal, 14 carb)
- Ahi Carpaccio (260 cal, 13 carb)
- Seared Tuna Tataki Salad (510 cal, 16 carb)
- Grilled Salmon (570 cal, 16 carb)

### **Chick-Fil-A**

- 6 piece grilled chicken nuggets kid's meal with fruit cup
- Regular grilled chicken nuggets
- Grilled Chicken Club sandwich, no bun
- Egg White Grill, no bun

### **Chinese Food Takeout (Any)**

- Steamed menu – any protein and vegetable (e.g. steamed chicken and broccoli; steamed shrimp and mixed veggies) – sauce will come on the side (use 2 tbsp of sauce). Ask to replace rice with steamed vegetables.
- Wonton soup (no wontons), egg drop soup, hot and sour soup

**Chipotle** - here are all the things you can get for very low carbs - you can make a bowl or salad with your choice of the following:

- Chicken (219 cal, 0 carb, 11 fat, 32 prot)
- Steak (230 cal, 2 carb, 12 fat, 30 prot)
- Carnitas (227 cal, 0 carb, 12 fat, 27 prot)
- Barbacoa (285 cal, 1 carb, 16 fat, 24 prot)
- Sofritas (150 cal, 9 carb, 10 fat, 8 prot)
- Romaine Lettuce (5 cal, 1 carb, 0 fat, 0 prot)
- Fajita Vegetables (20 cal, 5 carb, 0 fat, 1 prot)
- Fresh Tomato Salsa (25 cal, 4 carb, 0 fat, 0 prot)
- Tomatillo Green-Chili Salsa (15 cal, 4 carb, 0 fat, 0 prot)
- Tomatillo Red-Chili Salsa (30 cal, 4 carb, 0 fat, 0 prot)
- Cheese (110 cal, 1 carb, 8 fat, 6 prot)
- Guacamole (230 cal, 8 carb, 22 fat, 2 prot)



## Dining Out Options

### Jimmy Johns

Any Unwich option. Choose lower fat meats like turkey, ham, roast beef, and load up on veggies

Best choices/fewest calories:

- Slim Tuna Salad Unwich (425 cal, 3 carb, 25 prot)
- Gourmet Smoked Ham Club Unwich (415 cal, 6 carb, 28 prot)
- J.J. BLT Unwich (315 cal, 1 carb, 12 prot)
- Beach Club Unwich (465 cal, 6 carb, 30 prot)

### Olive Garden

- Chicken or Salmon Piccata
- Chicken Margarita with Parmesan Crusted Zucchini
- Herb Grilled Salmon
- House Salad (ask for no croutons) with Signature Italian Dressing and grilled chicken on the side

### Panda Express

- Grilled Teriyaki Chicken (Medium Entrée – 2 servings, do not get extra sauce) (300 cal, 8 net carb)
- String bean chicken breast (190 cal, 9 net carb)
- Mushroom chicken (220 cal, 10 net carb)
- Grilled Chicken Teriyaki and Mixed Veggies Bowl (335 cal, 13 net carb)
- **At limited locations** – Grilled Asian Chicken, Steamed Ginger Fish, and Shanghai Angus Steak with Asparagus

**AVOID:** fried options, rice, sweet and sour sauce, teriyaki sauce, eggrolls, pot stickers

**PRO TIP:** Add extra steamed veggies to any dish, ask for steamed protein options like chicken

### Pizza Options

- **Take out - Pie 5 Pizza**
  - Cauliflower crust – ask for any of the following: light cheese, extra veggies, chicken (if getting high fat meats like bacon, sausage, pepperoni, ask to put on half the amount to save fat/calories)
- **Make at home (order online)** – [Cali'flour Foods](#), [Outer Aisle Gourmet](#), [Real Good Foods](#), [Quest Pizza](#)

**Tip:** Use low fat cheese, lower sugar marinara sauce (5 grams of sugar or less), load up the veggies and use lean protein sources like grilled chicken, turkey bacon or chicken sausage



## Dining Out Options

**Subway** - All sandwiches can be made into a salad (over spinach or chopped)

- Rotisserie Chicken, Oven Roasted Chicken, Tuna, Seafood salad, Italian BMT, Cold Cut Combo, Roast Beef, Turkey, Steak and Cheese, Ham
- Avoid Veggie patty
- Ask for the egg white and regular egg omelet to be made into a wrap and add options from above, plus veggies
- Dressings – avoid honey mustard, BBQ sauce, sweet onion, hickory sauce, sweet chili sauce.
  - Best dressing choice – ask for pre-packaged Fat Free Italian

**Sushi – Any Restaurant**

- Miso Soup or Clear Soup
- Salad or Avocado Salad (ask for dressing on side and use 1 tbsp)
- Seaweed Salad
- Sashimi Appetizer
- Rolls – no rice, ask for cucumber wrap or avocado wrap
  - All fish including Tuna, Salmon, Yellowtail, Red Snapper, Shrimp, Crab/Crab Stick, White Tuna, Tobiko, Salmon Roe, Scallop, Smoked Salmon, Squid, Striped Bass are good. Avocado and vegetables (except sweet potato) are good, except if they are fried or are prepared with tempura.
  - Avoid options with tempura, fried, crunchy, rice noodles and any sweet sauces
- Handrolls – ask for no rice
- Sashimi – comes with no rice (all A la Carte fish options are OK except Eel - too much sugar)

**Zoe's Kitchen:**

- Cauliflower Rice Bowl-chicken (490 cal, 15 carb, 30g fat, 41 prot)
- Protein Power Plate (520 cal, 18 carb, 33 fat, 41 prot)
- Marinated slaw (170 cal, 7 carb, 14 fat, 5 prot)
- Chicken Kabobs (290 cal, 5 carb, 11 fat, 41 prot)
- Steak Kabobs (490 cal, 18 carb, 27 fat, 42 prot)
- Salmon Kabobs (330 cal, 3 carb, 17 fat, 40 prot)
- Shrimp Kabobs (170 cal, 4 carb, 7 fat, 23 prot)
- Roasted veggies (110 cal, 10 carb, 8 fat, 2 prot)
- Fresh baked feta (500 cal, 31 carb, 32 fat, 19 prot)
- Mediterranean lamb kafta (350 cal, 8 carb, 25 fat, 22 prot)



## Frozen Meal Options

**Atkins Frozen meals** (all 300 cal or less, 5 gm sugar or less, 8 net carbs or less, and higher protein than fat)

- Beef Stew
- Chicken Marsala
- Roasted Turkey w/ Garlic Mashed Cauliflower
- Beef Teriyaki Stir Fry
- Chicken and Broccoli Alfredo
- Crustless Chicken Pot Pie

### Healthy Choice Simply

- Grilled Chicken and Broccoli Alfredo
- Grilled Chicken Pesto and Vegetables

**Stouffer's Family Size Meatloaf in Gravy** (has 6 servings)

### Trader Joes frozen foods

- Crab cakes
- Shrimp toast
- Palak Paneer
- Shrimp Stir Fry
- Shiitake Mushroom Chicken
- Chile Lime Chicken or Turkey Burgers
- Mahi Mahi or Salmon burgers
- Mojito Salmon
- Cauliflower and Broccoli Vegetable Patties
- Turkey Meatballs
- Cauliflower – Grilled Cauliflower, Mashed Cauliflower, Riced Cauliflower

### Green Giant

- Riced Veggies (except sweet potato)
- Cauliflower Mash – all kinds
- Veggie Spirals – zucchini, butternut squash, beet



## Canned Soups

### Progresso

- Light Chicken and Cheese Enchilada (90 cal, 4 fat, 6 net carb, 4 prot)
- Chicken Cheese Enchilada Flavor (150 cal, 11 fat, 7 net carb, 6 prot)
- Light Beef Pot Roast (80 cal, 2 fat, 8 net carb, 7 prot)
- Classic French Onion (45 cal, 0.5 fat, 7 net carb, 2 prot)

### Amy's

- Thai Coconut Soup, avoid sweet potato (140 cal, 10 fat, 7 net carb, 4 prot)

### Campbell's

- Low Fat Cream of Chicken Soup (60 cal, 2 fat, 8 carb, 2 prot)
- Low Fat Cream of Mushroom Soup (60 cal, 2 fat, 9 carb, 1 prot)

## Breakfast-out options

<b>Starbucks</b>	
Siggis yogurt	Sous vide egg bites (egg white veggie)
All Skinny lattes (sugar free, fat free)	Moon cheese
Turkey Jerky	Banana or fruit cup
<b>Subway</b>	
Egg and cheese	Black forest ham, egg, and cheese
Bacon, egg, and cheese	Steak, egg, and cheese
<i>Avoid all breads/flatbreads/wraps – Ask them to put the options below in a plastic container without bread. Ask for double egg, meat, veggies or guacamole. Eat bacon in moderation as it is very high in fat.</i>	
<b>Any Diner (including IHOP, Denny's and local diners)</b>	
Most omelets will be OK – you can get all non-starchy veggies and cheese feta and mozzarella cheese will be lower in fat than cheddar).	
Ask for cottage cheese, fruit, side salad, turkey bacon, or Canadian bacon on the side and nix the potatoes.	
<b>Prepackaged Breakfast</b>	
Atkins Ham and Cheese Omelet (210 cal, 15 fat, 4 carb, 16 prot) – <b>Best Choice!</b>	
Atkins Bacon Scramble (370 cal, 28 fat, 6 carb, 23 prot)	
Jimmy Dean Simple Scrambles Turkey Sausage (150 cal, 7 fat, 3 carb, 17 prot) – <b>Best Choice!</b>	
Jimmy Dean Simple Scrambles Meat Lovers (300 cal, 24 fat, 2 carb, 23 prot)	
Jimmy Dean Simple Scrambles Real Eggs, Sausage & Cheddar Cheese (300 cal, 24 fat, 2 carb, 22 prot)	
Jimmy Dean Delights Egg'wich Ham, Bell Peppers, Mushroom, Bacon & Egg with Turkey Sausage & Cheese (240 cal, 17 fat, 7 carb, 13 prot)	
Jimmy Dean Delights Egg'wich Broccoli and Cheese with Chicken Sausage (280 cal, 21 fat, 8 carb, 14 prot)	



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# SURGERY INFO AND REALISTIC EXPECTATIONS

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## Surgeries

### **Roux-en-Y Gastric Bypass (restrictive / malabsorptive):**

Your new stomach will be about the size of a man's thumb and the opening leaving the stomach will be about as wide as a pen (10-12 mm).

The small pouch and small outlet created by the operation will help control the feeling of excessive hunger. Changes in eating and exercise behavior will be required for weight loss and long-term weight maintenance.

### **Vertical Sleeve Gastrectomy (restrictive):**

During this procedure, the surgeon creates a small, sleeve-shaped stomach, removing 80% of the stomach. The new pouch will be between 60-120 ml.

It is larger than the stomach pouch created during the Roux-en-Y Gastric Bypass – and is about the size of a banana.

The small pouch will help control the feeling of excessive hunger. Changes in eating and exercise behavior will be required for weight loss and long-term weight maintenance.

### **Health Benefits of Surgery**

The health benefits of weight loss are many, including improvements in blood sugar, blood pressure, joint problems, breathing problems, mobility, and overall function.

The average hospital stay is 1 night. You will need to take 2-4 weeks off from work to recover after surgery.



## Understanding This Outcomes Chart (2024 Data)

This chart shows our program’s 2024 surgical outcomes compared to national averages from the MBSAQIP (Metabolic and Bariatric Surgery Accreditation and Quality Improvement Program) Data Registry.

- GBMC columns reflect outcomes from surgeries performed at our hospital.
- MBSAQIP columns reflect national aggregate data from accredited bariatric surgery centers across the country.
- The percentages listed represent rates of specific events occurring within 30 days of surgery, including leaks, bleeding, surgical site infections (SSI), reoperations, additional interventions, and readmissions.

This information is provided to help you understand expected outcomes, compare national benchmarks, and support informed decision-making when discussing your surgical options with your care team.

All data shown reflect procedures performed between January 1, 2024 and December 31, 2024.

Initial Procedure Case Type	Leak %		Bleed %		SSI %		Related Reoperations %		Related Interventions %		Related Readmissions %	
	GBMC	MBSAQIP	GBMC	MBSAQIP	GBMC	MBSAQIP	GBMC	MBSAQIP	GBMC	MBSAQIP	GBMC	MBSAQIP
Laparoscopic Sleeve Gastrectomy	0.00%	0.15%	1.37%	0.60%	1.37%	0.51%	0.68%	0.37%	0.68%	0.33%	4.11%	1.77%
Laparoscopic Roux-en-Y Gastric Bypass	0.81%	0.27%	4.88%	1.34%	0.81%	0.87%	0.81%	1.13%	3.25%	1.02%	6.50%	3.99%
Laparoscopic Biliopancreatic Diversion with Duodenal Switch	N/A	0.75%	N/A	1.21%	N/A	1.11%	N/A	1.68%	N/A	0.93%	N/A	3.59%
Single Anastomosis Duodeno Ileal Bypass (w/ and w/o sleeve)	N/A	0.67%	N/A	1.01%	N/A	1.39%	N/A	1.57%	N/A	0.79%	N/A	3.22%
All Initial Procedures	0.37%	0.21%	2.97%	0.84%	1.12%	0.65%	0.74%	0.64%	1.86%	0.56%	5.20%	2.49%
Conversion Case Type	Leak %		Bleed %		SSI %		Related Reoperations %		Related Interventions %		Related Readmissions %	
	GBMC	MBSAQIP	GBMC	MBSAQIP	GBMC	MBSAQIP	GBMC	MBSAQIP	GBMC	MBSAQIP	GBMC	MBSAQIP
Sleeve Gastrectomy to Gastric Bypass	0.00%	0.53%	0.00%	1.59%	0.00%	1.31%	0.00%	2.13%	0.00%	1.60%	1.61%	6.49%
Adjustable Gastric Band to Sleeve Gastrectomy	0.00%	0.58%	0.00%	0.84%	0.00%	1.47%	0.00%	1.16%	0.00%	0.95%	0.00%	2.31%
Adjustable Gastric Band to Gastric Bypass	0.00%	0.86%	0.00%	0.68%	0.00%	1.78%	0.00%	2.09%	0.00%	1.17%	0.00%	5.47%
All Conversion Procedures	0.00%	0.75%	0.00%	1.38%	0.00%	1.16%	0.00%	2.13%	0.00%	1.51%	1.45%	5.77%
Revision Case Type	Leak %		Bleed %		SSI %		Related Reoperations %		Related Interventions %		Related Readmissions %	
	GBMC	MBSAQIP	GBMC	MBSAQIP	GBMC	MBSAQIP	GBMC	MBSAQIP	GBMC	MBSAQIP	GBMC	MBSAQIP
Gastric Bypass Revision	0.00%	0.59%	0.00%	1.46%	0.00%	1.91%	0.00%	1.71%	0.00%	1.74%	0.00%	5.42%
Sleeve Gastrectomy Revision	N/A	0.76%	N/A	0.61%	N/A	1.06%	N/A	1.06%	N/A	1.67%	N/A	3.94%
All Revision Procedures	0.00%	0.73%	0.00%	1.24%	0.00%	1.74%	0.00%	1.70%	0.00%	2.11%	0.00%	5.15%
**Event Rates are from all procedures performed between 01/01/2024-12/31/2024**												
Note: MBSAQIP national aggregate data will be updated every July.												



# Expectations After Surgery

## Weight loss

- Most patients lose 20-30 pounds in the first 2 months after surgery.
  - 10 pounds each month after is normal/average (for ~6 months).
- You won't lose every day (or even every week) – weight loss isn't always consistent. Getting comfortable with not relying ONLY on the scale for your success is helpful (consider taking measurements instead).
- Constipation, inflammation, fluid retention and healing can all make the scale lower slower, but this is to be expected.

## The “honeymoon phase”

- Lasts for about 6-12 months after surgery.
- Weight loss is consistent and faster during these months, and then it will slow down as the body adapts/adjusts to surgery.
- You can still lose weight after the honeymoon phase, but the rate will be slower.
- Reaching your protein goals and limiting starches during this time will help you get the most weight loss out of the honeymoon phase.

## Slider foods

- High carb foods like chips, cookies, crackers, cake, candy, ice cream.
- These foods are VERY easy to digest AFTER the honeymoon phase.
- If you're not eating your protein slowly and first, slider foods may feel like they digest “easier and better” – they may sit lighter on your stomach. Don't let this cause you to displace your protein with these foods.
- Most patients may believe that they've “stretched the pouch” if they can eat plenty of slider foods, but it's because they digest so easily. If you eat protein first, slowly, and completely, then you'll feel restriction for life.



## Behavioral Habits for Success

### Avoid food “getting stuck” or feeling sick often by doing the following:

- Take dime or bean-sized bites.
- 30/30 Rule: chew 30 times and swallow – wait 30 seconds to take your next bite.
- Put fork/knife/food down between bites (hands-free chewing).
- No more than 30 minutes per meal (more than this leads to grazing or “munching” throughout the day).

### Mindful eating: getting in touch with your hunger/fullness signals and relearning them/listening to them

- This is a learned skill and takes practice.
- Try to remove distractions when eating and focus on your meal.
- This will help you truly enjoy your food and be able to listen to internal cues of fullness.
- It’s easy to eat past fullness after surgery so savor each bite and follow the 30/30 rule.

### Listen to internal cues for when you are full AND measure food

- Do not let the visual of your portion drive your eating, but rather, your feeling of fullness (meaning stop when you are satisfied).
- Use smaller plates, forks, spoons.
- Measuring your food can be a good tool:
  - Use ¼ cup, ½ cup and 1 cup measuring cups – after 1 year your meals should be no more than 1.5 cups of food.
  - Use a kitchen scale – after 1 year your meals should be no more than 8.5 oz of food at a sitting (proteins and veggies will weigh more – this is what you want to fill your plate with).
    - Protein should be 3-5 oz per meal

### Drinking while eating:

- **Do not** drink during or a ½ hour after meals:
  - You may drink right up to your meal.
  - Drinking and eating at the same time may wash food through your stomach faster and not keep you full as long after your meal.
- **Do** drink 64 oz fluid over the course of the day and increase fluids in between your meals (water, sugar free drinks count towards fluid goal).



## Issues You May Experience

### **Nausea/Vomiting: Common Causes**

- Dehydration: must drink 64 oz water or sugar-free fluid daily
- Taking multivitamin on an empty stomach
- Eating too quickly
- Not chewing food well
- Bite sizes are too big
- Eating too much
- Waiting too long in between meals to eat (drop in blood sugar)
- Lying down after eating
- Drinking too quickly
- Drinking with meals
- Please inform the office ASAP if you are vomiting intermittently for 24 hours or more

### **Constipation:**

- Add fiber supplement to diet
- Drink 64 oz fluid/day or more
- Increase exercise
- Take MiraLAX – 2 doses in 24hr period maximum
- If no relief, please follow office protocol/call office

## Common Pitfalls

### “All-or-nothing” mentality

- All or nothing never worked long term, so why would it work now?
  - Remember, “slip, don’t slide”.
  - 80/20 rule – give yourself flexibility 20% of the time so you don’t feel too restricted.
- You are not a failure if you have slip ups – you’re human! It’s when you let slip ups dictate whether you get back on track that can cause you to digress and regain weight.
- Your weight reflects what you do MOST of the time – so if you slip up, get right back on track at the next meal.
- Make realistic goals – if you can’t meet the goal, the problem is with the goal and not you.
- Integrate your new way of eating with your lifestyle and seek support from friends and family.
- You need to find a balance for yourself, but also give yourself structure and set yourself up for success (setting up a schedule for meals, keeping high protein foods in the house, not keeping slider foods in the house).

### Old habits that sneak in slowly over time

- Food journaling can help to identify these behavior changes – send your food journal to your dietitian!
- Disruptions in your routine from stress, changes in lifestyle, new job, etc. can push you off track.
- Don’t keep “trigger” foods or tempting foods in the house.
- Make sure you have enough food/protein in the house to sustain you – you don’t want to be scrambling at every meal.
- Have protein shakes/bars on hand so if you forget to prep or accidentally skip a meal, you can use a supplement.

### Weighing yourself

- Weighing or taking measurements once per week can give you objective data to stay on track. If you get obsessive, stay away from the scale, and take measurements or note how your clothing fits over time.
- Remember that many things can influence your weight – fluid retention, menstrual cycle/hormones, eating too much sodium, bowel movements, exercise.
  - Sometimes the scale is not the only measurement you should look at for success.
  - Also look at your non-scale victories like fitting into clothes, feeling better overall, less pain, etc.



## Common Pitfalls

### Emotional Eating or mindless eating

- If you are hungry, eat – true hunger will provide signals like growling, being moody, light headedness – these signals will not go away unless you eat.
- If you are eating out of anything other than hunger (boredom, anger, stress, reward, excitement), name the feeling and deal with that feeling.
  - “If you can name it, you can tame it”.
- Find other outlets/distractions – brush your teeth, chew sugar free gum, walk outside to take a deep breath of air, go on a walk, call a friend, drink a glass of water (unless you are truly, physically hungry).

### GRAZING! **\*\*Grazing can slow weight loss and lead to weight gain\*\***

- Grazing is “nibbling” throughout the day and not having structured meals.
- Grazing is a common reason for weight regain as meals are not balanced and may even include slider foods.
- Leave 2-4 hours between snacks and meals.



## Example of Daily Schedule (to avoid grazing)

- Wake up at 6:30am
- 8am: Breakfast (take calcium citrate with vitamin D)
- 12pm: Lunch (take calcium citrate with vitamin D)
- 3pm: Snack (take calcium citrate with vitamin D)
- 6:30pm: Dinner (take multivitamin)
- Fluid: 40 oz water, 1 sugar free popsicle, 8 oz unsweetened tea, 16 oz Pure Crystal Light with Ice - increase between meals.
- Exercise: 20-minute brisk walk, 20 sit ups

Notes: eat up to 2 hours after waking for your "day"; each meal/snack should be 2-4 hours apart, limit eating to 2-3 hours before bedtime (laying down).

## When to reach out for support

- Weight loss is slower than expected (we tend to see 20-30 pounds lost in the first 2 months after surgery)
- Weight regains
- You are not sure what you should be doing/eating
- You have other factors that are impacting your success
  - Stressors, temptations at home, family not supportive, injury: seek appropriate referral
- ***Research shows that regular follow ups with your surgical team promote longer-term weight loss success!***



## Key Points to Remember

- **Eat when hungry, but don't wait too long until you're "hangry"**
- **Stop when full/satisfied**
  - Use the internal sense of fullness to tell you when to stop and trust your body
- **Start with protein first at each meal**
  - Obtain 70-100 grams of protein per day
- **Pay attention to which foods are more filling for you than others**
  - Solids are typically more filling than liquids (solid protein vs. liquid protein shake)
  - If you are hungry all the time, make sure you are eating mostly solid foods (ex: switch your protein shake to a protein bar to see if it fills you up longer) and pick filling foods (such as high protein and high fiber foods, veggies and fruits) more frequently in your diet so you feel a sense of satiety

**Weight regains CAN happen but many of these factors are in your control. If you need help, reach out to the COMP Team!**



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# EXERCISE RECOMMENDATIONS

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# Exercise Recommendations

## In General:

- 20-30 min of activity per day

## Aerobic Activity:

- 150 minutes of moderate aerobic activity per week OR
- 75 minutes of vigorous aerobic activity per week

## Strength Training:

- All major muscle groups at least 2x/week (legs, hips, back, abdomen, chest, shoulders, arms)
- At least 1 set of each exercise using a weight or resistance heavy enough to tire the muscles after 12-15 reps

## Reduce Sitting Time:

- Stand every 30 minutes to reduce health risks and improve longevity (sitting is the new smoking!)

## To Lose Weight/Maintain Weight Loss:

- 300 minutes or more per week (or 1 hour 5 days per week)

## Rule of Thumb:

- 1 minute of vigorous activity provides similar health benefits as 2 minutes of moderate activity

## To Start:

- Figure out what you like and are most likely to do
  - Do you prefer to work out with others?
  - Do you want to exercise before, during or after work?
  - Do you like to dance, swim, lift weights? Figure out what you want to do.
  - Set a specific, reasonable goal (ex. Sign up for a 5K and start walk/jogging at least 2x/week).

## To Stay Focused and Maintain a Habit:

- Put your clothes out the night before or change to gym clothes at work
- Buy nicer gym clothes so you feel confident and excited to exercise
- It takes about 30 days to form a habit, so stay consistent for about a month
- Pair exercise with non-food rewards (ex. do you like Netflix? Allow yourself to watch ONLY if you go to the gym)



## Good Nutrition for a Great Workout

Whether you are a seasoned runner or just starting to work out, the right nutrition makes a difference when it comes to exercise.

If you are walking/jogging or hitting the gym, staying hydrated and having enough fuel will ultimately improve your physical fitness.

### Hydration

Water is the best form of hydration. At least 64 ounces per day will do the trick, but remember, more is better! Most likely you will not need electrolyte-based drinks such as Gatorade or Powerade unless you are exercising for more than 40-60 minutes. During your workouts be sure to slow down and take small sips to stay hydrated.

### Fuel

Ideally, you should fuel your body about 1 to 3 hours pre-workout, depending on how your body tolerates food. It's best not to eat right before a workout or race as you may experience some stomach discomfort. Carbohydrates for fuel and some protein to support muscles will give you a balanced pre-workout snack or meal.

Suggestions for pre-workout fuel:

- PB2 and a banana
- Low-fat/no fat Greek yogurt with berries
- Low-fat milk and fruit
- Apple and low-fat cheese
- Low-fat cottage cheese and sliced pineapple

After the workout or race, it is important to replace what you have burned for good recovery. Your post recovery snack should include a form of carbohydrate (don't skip these!), some protein and plenty of fluid (see above). After an intense workout, try to refuel within 15 minutes. If it is a walk or light jog, eat within 30-45 minutes. If you will be eating a meal soon after your workout, you will not need a post workout snack.

Suggestions for post-workout fuel:

- Post-workout recovery smoothie (or post-workout smoothie made with low-fat milk and fruit)
- Low-fat, low sugar chocolate milk
- Turkey with cut veggies like carrots
- Yogurt with berries
- ½ protein bar and a fruit (just a protein bar will not give you the carbs for refueling)

*Important:* if you are running a race, do not try any new or heavy foods the night before as this may cause stomach discomfort in the morning.

### Take Home Message

Staying hydrated and getting the proper fuel will make for a comfortable workout.

# Bariatric-Friendly Kosher List

## Supplements

### Shakes

- Muscle Milk
- Unjury
- Myoplex
- Premier
- AdvantEdge
- Fairlife Nutrition Plan
- Iconic



### Protein Powder

- Muscle Milk
- Unjury
- NOW Foods Whey Protein Isolate
- Bluebonnett Nutrition
- Bariatric Fusion High Protein Meal Replacement



### Multivitamins

- Bariatric Fusion Multivitamin Soft Chews
- Bariatric Advantage (all products are Kosher)

### Calcium Citrate

- Bariatric Fusion Calcium Soft Chews
- Bariatric Advantage



# Bariatric-Friendly Kosher List

## Protein waters

- Trimino
- Protein 2o



## Sugar-Free Drinks

- Crystal Light Packets
- Powerade Zero
- Vitamin Water Zero



## Low Carb breads:

- Great Low Carb Company
- Chompies
- Santa Fe Carb Chopper
- Goldenstar

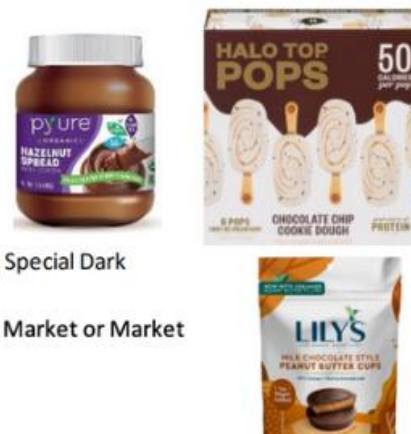


## Bread Dough Mix

- Rorie full 'n free Low Carb Gluten Free Dough Mix

## Sweets

- Halo Top Ice Cream
- Enlightened Ice Cream
- Lily's Sugar Free Chocolate Products
- Hershey Sugar Free Chocolate (Reese's Peanut Butter Cups, Special Dark Chocolate)
- Gefen Sugar Free Chocolate Chips (To purchase: Seven Mile Market or Market Maven)
- Pyure Hazelnut Spread and other products by Pyure





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## Resources for Bariatric Kosher Options

**Instagram accounts to follow:**

[@ketokosher](#)

[@Kosherlowcarbqueen](#)

**Websites:**

[Lo Carb-U](#)

[Netrition](#)

[Koshervitamins.com](#)

[Bariatric Pal](#) (search "kosher")

## Bariatric-Friendly Vegetarian and Vegan/Plant-Based Options

Going vegetarian or vegan after weight loss surgery OR incorporating more “plant-based” proteins can be done, but you must make sure you’re getting GOOD sources of protein! Here are some sources of protein to include in every meal (tip: include at least 3 sources of protein per day to reach your daily goals).

### Vegetarian Protein Sources

#### Vegetarian Protein Sources

##### Eggs/Egg Beaters

- 1 egg = 6 grams protein
- 3 tbsp Egg beaters = 5g protein
- TIP: add 1 ounce of cheese or ½ cup cottage cheese for more protein

##### Dairy

- 1 serving of Greek yogurt = ~10-17g protein
- ½ cup cottage cheese = ~14g protein
- 1 ounce ANY regular cheese = ~ 7-9g protein
- String cheese, Baby Bell = ~7g protein
- 1 cup plain Low-fat Kefir = 10g protein

Reminder: Dairy contains natural sugars. When selecting a dairy product, choose something with less than 15g sugar per serving.





# Bariatric-Friendly Vegetarian and Vegan/Plant-Based Options

## Vegan/Plant Based Protein Sources

Food	Serving	Protein
Tofu	3.5 oz	~8g
Tempeh	3 oz	~15g
TVP	¼ cup	~13g
Seitan	2 oz	18g
Just Egg	3 tbsp	6g
Soymilk	1 cup	~8g
Edamame	½ cup	~9g
Edamame Pasta	2 oz dry (before cooking)	~25g
Premade Soy/Veggie Burgers and products (ground “meats,” patties, “bacon,” “sausage,” etc.)	Varies	Varies but ranges from 8-20g protein per burger
Quinoa*	1 cup cooked	~8grams
Nuts**	1 ounce	~6-8g
Beans***	½ cup cooked	~7-9g

\***Quinoa:** primarily carbohydrates but also contains some protein – stick to one serving (1/4 cup).

\*\***Nuts:** provide some protein but they are higher in fat/calories – stick to one serving (1/4 cup). Nuts are not a complete protein; they don’t contain all essential amino acids to build muscle (must have some grains during the day to make a complete protein).

\*\*\***Beans:** primarily carbohydrates but also contain some protein – stick to one serving (1/2 cup or less). Beans are not a complete protein; they don’t contain all essential amino acids to build muscle (must have some grains during the day). Beans include black beans, kidney beans, chickpeas/garbanzo, lentil, pinto, etc. DOES NOT include green beans.

# Bariatric-Friendly Vegetarian and Vegan/Plant-Based Options

Greek Yogurt Brands (pick brands with less than 15g sugar, can also choose regular yogurt instead of Greek but keep in mind it will contain less protein)

Greek Yogurt Brands (pick brands with less than 15g sugar, can also choose regular yogurt instead of Greek but keep in mind it will contain less protein)



Non-Dairy Yogurt Brands with less than 15g sugar



## Bariatric-Friendly Vegetarian and Vegan/Plant-Based Options

Examples of Vegetarian Options and Protein Content

			
1 Egg 6 grams	Greek Yogurt 12+ grams	String Cheese 7 grams	1/2 cup Cottage cheese 14 grams
			
1 cup Quinoa 8 grams	1 ounce Almonds 6 grams	3 ounces Tofu 7 grams	4 ounces Veggie Burger 7-20 grams
			
1/2 cup Edamame 9 grams	1/2 cup Black Beans 7 grams	3.5 ounces Tempeh 19 grams	1 cup Soy Milk 8 grams

**TIP:** Combine items to increase the total amount of protein and possibly make it a complete protein! Some vegan sources of protein do not contain a complete source of protein – if you combine more than one type, or combine with whole grains, you increase your chances of getting in all the components you need!

### EXAMPLES:

- Top your Greek Yogurt with 1 ounce of Almonds
- Combine quinoa and black beans
- Ground seitan and kidney beans

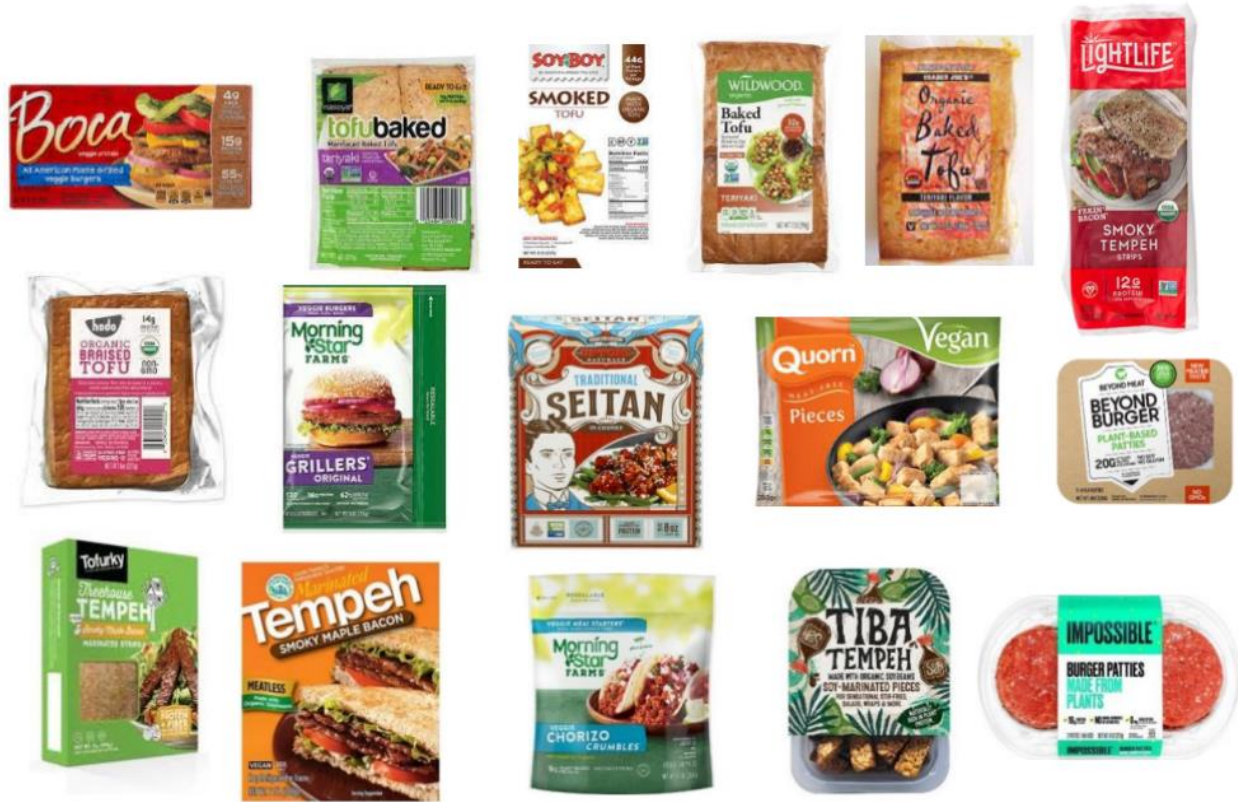
# Bariatric-Friendly Vegetarian and Vegan/Plant-Based Options

## Vegan/Plant Based Protein Supplement Examples



# Bariatric-Friendly Vegetarian and Vegan/Plant-Based Options

Tofu and Tempeh brands: soy milk, Crumbles, Plant-Based Burgers and other products



Reminder: Not all vegetarian/vegan options are gluten-free. If you have any allergies, be sure to always read the ingredient label carefully and check for allergens!



**Comprehensive Obesity Management Program**

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Towson, MD 21204

Office: 443.849.3779 • Fax: 443.849.3767

[www.gbmc.org/weightloss](http://www.gbmc.org/weightloss)

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# FINAL PREPARATION PACKET

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## To-Do List

### Primary Care Physician (PCP) Visit:

- Schedule within 30 days of surgery (results due to COMP at least 10 days prior to surgery date).
- History/Physical
- Lab work [(CBC, **COMPLETE** metabolic profile (NOT basic)], HbA1C
- EKG

### 1. **Get Organized!**

- a. Have plenty of clear liquids to stay VERY HYDRATED during clear liquids TWO days prior to surgery. Your urine should be very light yellow or clear in the TWO days leading up to surgery.
  - i. Purchase multivitamin and calcium citrate for **LIFELONG** post-operative use. You will start this the day after you get home from the hospital.
  - ii. Have full liquid diet approved items ready for post-operative use as soon as you get home from the hospital.
  - iii. Make a list of pureed, soft, and regular foods for when you advance to the next stage. You can find ideas on our Secret Facebook Support Page.
- b. Pick up **Omeprazole 40 mg ER, Promethazine (Phenergan), & Lovenox** from your pharmacy. These are prescribed at your final appointment with the surgeon. After one week, the pharmacy will put the prescription back, and it will no longer be available for pick up.
  - i. **Omeprazole 40 mg ER should** be taken daily (no matter what) for the first 90 days after surgery.
  - ii. **Promethazine (Phenergan)** is to be taken only as needed for nausea – hopefully, you will never need it. Please note: Promethazine (Phenergan) can make you drowsy.
  - iii. **Lovenox (enoxaparin)** is an injection medication you give yourself ONCE per day for 14 days after surgery to significantly decrease the risk of blood clots after surgery. If you have issues obtaining this medication, please let the office know so we can assist you.
- c. Please bring your CPAP machine and mask with you on the day of surgery.
- d. You will also be ordered Gas X Chewable for gas pains, but walking is the most effective way to get rid of gas pains. You can also ask for this medication while in the hospital, as well as purchase it over the counter at any pharmacy or grocery store.
- e. Chewable Papaya Enzyme (optional) can also be purchased at any grocery store or pharmacy in the supplement/vitamin section. This helps to digest food if food becomes stuck in your chest/esophagus when eating. If food does become stuck, chew on this, and go back down to a previous diet stage (such as pureed foods or full liquids) until you are tolerating foods easily again. Remember to stay hydrated!



2. **The Doctor will review your medication(s)**

- a. **It is OKAY** to continue long-acting medications (DR, XL, XR, etc.)
- b. **You can swallow pills**
  - i. Please take your medications one at a time (**omeprazole**)
  - ii. NO need to switch to liquid medications
- c. Some medications you should take the morning of surgery with a sip of water. Your surgeon will review these with you during your final appointment.
- d. **Two (2) weeks** prior to surgery and **Four (4) weeks** after surgery stop all estrogen containing birth control (pills, patch, Nuva Ring) to avoid blood clots. You should use a barrier method [ex: condom, Nexplanon or intrauterine device (Mirena)] while off your oral contraceptive. It is recommended to avoid pregnancy for the first 12-18 months after bariatric surgery.

3. **Diabetes Medications**

- a. HOLD all ORAL diabetes medications and/or any oral hypoglycemic (ex: Metformin, Glipizide) **starting 2 DAYS BEFORE surgery. Your surgery will be CANCELLED** if you take any oral diabetes medications within 2 days of your surgery!
- b. Continue to hold all ORAL diabetes medications **after surgery.**
- c. If you're taking Insulin, you should be instructed on how to adjust your dosage(s) prior to discharge from the hospital. You may require a visit from the endocrinology team depending on the insulin regimen that you take at home.
- d. Stop taking all GLP-1 medications (such as Ozempic, Wegovy, Rybelsus, Mounjaro, Zepbound, Trulicity, or Victoza) for *7 days before your surgery date*. If you use a weekly injection, skip the dose scheduled within 7 days before surgery.
- e. Keep checking your blood sugar levels even if you are off medication. If your blood sugar levels are > 150 for THREE consecutive readings, please contact your PCP or endocrinologist (whoever manages your diabetes).
- f. If you are an insulin-dependent diabetic, please follow the new instructions from the endocrinologist given during your hospital stay.

4. **Diuretic Medications**

- a. HOLD all diuretic medications (ex: Hydrochlorothiazide (HCTZ), Lasix, Spironolactone) **2 DAYS BEFORE surgery.**
- b. **If you take a combination pill like Lisinopril/HCTZ, you will need to request a blood pressure pill without the diuretic component from your PCP.**
- c. Continue to hold all diuretic medications unless your doctor/health professional tells you specifically otherwise.

5. **Pain**

- a. Most people do not require prescription pain medications post operatively. Please take Tylenol as a first line pain medication. If necessary, you can take the prescription pain medication for severe pain.
- b. If you are having mild pain, you can take Tylenol 650-1,000 mg per dose. Capsules or tablets are both safe to use. Please follow the directions on the bottle. There is no need to purchase pediatric strength Tylenol. Do not exceed more than 4,000 mg of Tylenol in 24 hours.

- c. If you are having a problem swallowing the Tylenol capsules or tablets, you may ask the pharmacist for Tylenol Elixir/liquid (**it is also over the counter**) – again, you do NOT need to get pediatric strength
  - d. **Do NOT take NSAIDs!**
  - e. You can take Dilaudid 2 mg tablets as outlined on the prescription for **moderate or severe pain**. You will receive this prescription upon discharge from the hospital, following your surgery.
  - f. Narcotics can cause you to be drowsy and impaired – **Do NOT drive** if taking narcotic pain medications.
  - g. Narcotics may constipate you. See constipation remedies in this section under “Constipation”.
6. **NSAIDs**
- a. Do NOT take anti-inflammatory medications (Aleve, Ibuprofen, Motrin, etc.) for 2 weeks prior to surgery.
  - b. **Continue to AVOID NSAIDs for life.** This includes Motrin, Advil, Ibuprofen, Aleve, Naproxen, Mobic, Celebrex, Arthrotec, Diclofenac, Indomethacin, Ketorolac, Meloxicam, Ketoprofen, Nabumetone or Relafen.
  - c. If you must be on NSAIDs or steroids after surgery, please contact the office prior to taking!
7. **Constipation**
- a. First, increase your fluid consumption – try to drink AT LEAST 64 ounces of fluid per day.
  - b. You may safely take MiraLAX once per day.
  - c. You may add Dulcolax every morning and Smooth Move Tea (contains Senna). If your stools are hard, add Colace (stool softener) once or twice per day.
  - d. Fiber supplements such as Benefiber, Metamucil, Citrucel, etc. are also helpful if you remain well hydrated. Fiber can create excess gas if you do not drink enough water when taking it.
8. **Anticoagulation**
- a. STOP Aspirin and fish oil 1 week before surgery to minimize your risk of bleeding.
  - b. If you are taking Xarelto, Plavix, Coumadin, or any other blood thinner, please discuss this one-on-one with your surgeon.
9. **Diet Pills**
- a. Stop ALL diet pills and herbal supplements at least 2 weeks before surgery.
  - b. Do NOT take Phentermine for 2 weeks before surgery.
  - c. Stop taking all GLP-1 medications (such as Ozempic, Wegovy, Rybelsus, Mounjaro, Zepbound, Trulicity, or Victoza) for *7 days before your surgery date*. If you use a weekly injection, skip the dose scheduled within 7 days before surgery.



## Care After Surgery

### 1. Walking is important to your recovery!

- You **MUST** get up and walk twice an hour every hour after surgery, and continue to do this once you go home for at least one-week post-op.
- You can (and should) go up and down stairs to stretch your calf muscles. This helps to prevent blood clots. Only do this while normally awake. Waking yourself up at night to walk is not necessary.
- Walk several times a day.
- Hydration- keep yourself hydrated with at least 64 ounces (8 full glasses) of fluid per day!
- Resume normal activity as tolerated. No (**heavy**) lifting more than 10 -15 pounds for one to two weeks after surgery.

### 2. Incision Care

- You will have glue on your incisions. Please do not pick the glue off.
- Glue will usually start to come off within 7-10 days of surgery.
- It is ok to get your incisions wet with soap and water while showering. Do not scrub the incisions. Do not apply lotions or creams to the incisions.
- Do **NOT** take tub baths, get in a swimming pool, hot tub, or any body of water for at least 2 weeks after surgery. All incisions must be well healed without any open areas before submerging in water.

### 3. Driving

- No driving while taking narcotic pain medications. You should also avoid driving if your pain level would prevent you from being able to perform emergency actions while driving the vehicle (ex: severe pain when twisting or turning around to look behind you).



## BARIATRIC POST-OP TIPS

### Fluids (protein drinks don't count as fluids)

- 64oz+ Daily
  - No drinking with meals or 30 minutes after
  - No Carbonated Drinks
  - No Drinks with Sugar (even juice)
  - No Decaf Coffee for 3 weeks
  - No Caffeine for 1 month
  - No Alcohol for 1 year

### Protein

- 70-100 grams Daily
  - Always eat protein first
  - 3 meals and 2 snacks daily (if needed)

### Diet Progression

- Week 1: Full Liquids
- Week 2: Pureed Foods
- Weeks 3 & 4: Soft Foods
- Weeks 5+: Regular Diet

### Others

- Take Vitamins Daily with food
- Take Omeprazole/Prilosec 40mg Daily
- Lovenox Injections 14 Days after surgery

### Nausea and Vomiting

- Can be normal after surgery
- Stay hydrated – sugar free electrolyte drink
- Take nausea medication (Zofran/Phenergan)
- Call the office if you are unable to keep anything down for 24 hours

### Constipation

- Common after surgery
- Add fiber supplement (Benefiber or Metamucil)
- Increase movement/activity
- Meet fluid requirements
- Take MiraLAX – 2 doses in 24 hours

### Carbohydrates

- Less than 50 grams daily for 1<sup>st</sup> 6 months (may vary, check with dietitian)

### Questions

- Monday – Friday during business hours
  - MyChart Messages
  - Office: 443.849.3779
- After Hours: Call office number for on-call physician

<b>Post-Op Appointment Grid</b>				
	<b>1 Week</b>	<b>8 Week</b>	<b>6 Month</b>	<b>1 Year &amp; Annually</b>
<b>Provider</b>	Nurse Practitioner Physician Assistant Surgeon	Nurse Practitioner Physician Assistant Surgeon Dietitian	Nurse Practitioner Physician Assistant Surgeon	Nurse Practitioner Physician Assistant Surgeon
<b>Tests/Labs</b>	None	None	Labs: CBC/Iron/Ferritin CMP Folate A1C Ionized Calcium Prealbumin Vitamin B1 Vitamin B12 Vitamin D	
<b>Medications</b>	Bariatric Multivitamin Calcium Citrate with Vitamin D Omeprazole/Prilosec (90 days) Lovenox	Bariatric Multivitamin Calcium Citrate with Vitamin D Omeprazole/Prilosec (90 days)	Bariatric Multivitamin Calcium Citrate with Vitamin D	
<b>Dietary Instructions</b>	Full Liquids No Alcohol <50gm Carbs daily 64oz Fluids Daily 70-100gm Protein Daily	Regular Diet No alcohol ≤50gm Carbs daily 64oz Fluids Daily 70-100gm Protein Daily	Regular Diet 50-100gm Carbs daily 64oz Fluids Daily 70-100gm Protein Daily	
<b>Exercise</b>	20-30 minutes per day No heavy lifting > 10-15lbs x 1-2 weeks Walk several times a day	20-30 minutes per day, resistance training 2x per week (minimum)		
<b>Education</b>	<a href="#">Patient Binder</a>			
<b>Consultations</b>	Nutrition/Dietitian appointments available at any time. Call 443.849.3779 or visit <a href="#">our website</a> to schedule.			





## Join us for **COMP Stomp,**

a monthly walking program lead  
by GBMC's Bariatric Surgery &  
Comprehensive Obesity Management  
Program (COMP).

- The group gathers at least once a month on Sunday mornings.
- All walks are led by a dedicated COMP team member.
- Whether you're a seasoned walker or just starting out, COMP Stomp welcomes individuals of all skill levels.
- It's not just about the steps; it's also about making new connections and friends along the way.



Whether you're at the beginning or further along in your weight loss journey, we welcome you, as well as your friends and family members, to join our walks!

For more information on dates, times and locations or to register to participate, visit our webpage by scanning the QR code.

### **GBMC Comprehensive Obesity Management Program**

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