

Nutrition Information 6-12 Months After Surgery

Patient Education

10 Goals to Maximize Weight Loss and Stay Healthy

1. MEET PROTEIN GOAL

- 80 grams or more per day
- Protein at every meal and snack

2. STAY HYDRATED

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

3. BE AWARE OF CALORIES

- Women: 800-1,000 calories, Men: 1,100-1,200 calories
- Individualized based on activity level and caloric needs

4. KEEP A FOOD LOG

- Keeping a food log is highly recommended

5. INCLUDE FIBER (COMPLEX CARBOHYDRATES) IN YOUR DIET

- These include vegetables, fruit, beans/legumes and whole grains
- Fiber helps keep you full and regulates digestion

6. INCLUDE HEALTHY FAT IN YOUR DIET

- This includes nuts, seeds, hummus, avocado, and olive oil
- Helps to make you satisfied and keep you full

7. EAT MINDFULLY

- Make sure to eat slowly and chew well
- Choose protein, then vegetables, then fruit, then whole grains and starches

8. CONTINUE VITAMIN PROTOCOL

- Multivitamin and Calcium (Plus Iron with Vitamin C for Roux-en-Y)
- Have labs drawn as ordered by GHP to prevent deficiencies

9. EXERCISE

- This is more important than just one bullet point! Physical activity is important for weight loss and overall health.

10. KEEP APPOINTMENTS FOR FOLLOW-UP CARE

Vitamins

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

Vertical Sleeve Gastrectomy

A multivitamin is required. Choose one of the following:

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

Roux-en-Y

A multivitamin and Iron (45-60mg) with vitamin C are required. Choose one of the following:

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

Calcium

You need 1,200 mg of calcium daily from your diet and/or calcium supplements. Dairy foods contain calcium such as milk, yogurt, and cheese, and foods fortified with calcium.

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

Food Labels: %DV (Daily Value*)

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



30% = 300mg calcium

Calcium Supplements

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

Tanita Scale Information

BMR

Basal Metabolic Rate represents the total energy expended by the body to maintain normal functions at rest, such as respiration and circulation. As a person loses weight, BMR decreases, which is why it is normal for weight loss to slow down in the second six months after surgery.

Typically, a calorie deficit of 500 calories less than BMR results in one pound of weight loss per week. Or,

$$\text{BMR} - 500 \text{ calories} = 1 \text{ lb weight loss per week}$$

$$1 \text{ pound} = 3,500 \text{ calories}$$

$$500 \text{ calories} \times 7 \text{ days} = 3,500 \text{ calories}$$

A weight loss rate of 0.5-2 lbs per week is a healthy rate of weight loss.

FAT%

The percentage of total body weight that is fat.

FAT MASS

Total weight of fat mass in the body.

FFM

Fat Free Mass is comprised of muscle, bone, tissue, water, and all other fat free mass in the body.

Desirable Ranges for FAT% and FAT MASS represent the healthy ranges of body fat percentage and body fat mass based on variables including height, age, and gender. The goal is NOT to have 0% body fat, but to be in these healthy ranges. The body needs fat for insulation, organ protection, regulation of hormones, and many other important functions.

TBW

Total Body Water is the amount of water retained in the body. TBW is said to comprise 50-70% of total body weight.

Calculate Hydration Status

Values from the Tanita scale can be used to calculate your hydration status at the time of scale use.

The equation: $\text{TBW} \div \text{WEIGHT} \times 100 = \underline{\hspace{1cm}} \%$

$$\frac{\text{TBW}}{\text{Weight}} \div \frac{\text{Weight}}{\text{Weight}} \times 100 = \underline{\hspace{1cm}} \%$$

The goal for males is $\geq 55\%$ and the goal for females is $\geq 45\%$.

Fiber - Complex Carbohydrates

Fiber, also known as complex carbohydrates, work to keep you full and aids in digestion. There are two types of fiber, soluble and insoluble. **Soluble** fiber absorbs water, which slows digestion and makes you feel fuller longer. **Insoluble** fiber does not absorb water. It adds bulk and helps keep digestion regular. A diet rich in fiber has been shown to protect against heart disease, reduce the risk of colon cancer, control blood sugar, and reduce cholesterol. Fiber is also fermented by gut bacteria, which improves immune, digestive, and overall health. The recommended daily intake of fiber is 25 to 35 grams.

Non-Starchy Vegetables (1-4g of dietary fiber/serving)

Alfalfa sprouts	Beet greens	Radishes
Artichoke	Collard greens	Rutabaga
Asparagus	Dandelion greens	Sauerkraut
Bamboo shoots	Kale	Snow peas or pea pods
Beans: Italian/green/yellow	Mustard greens	Spaghetti squash
Bean sprouts	Turnip greens	Spinach
Broccoli	Jicama	Summer squash
Brussels sprouts	Kohlrabi	Spaghetti squash
Cabbage	Leeks	Swiss chard
Carrots	Leaf lettuce	Tomato
Cauliflower	Romaine lettuce	Turnips
Celery	Mushrooms	Water chestnuts
Chinese cabbage	Okra	Watercress
Cucumber	Onions	Zucchini
Eggplant	Parsley	
Green onions or scallions	Peppers, all varieties	

Starchy Vegetables (1-3g of dietary fiber/serving)

Potato/Sweet potato	Corn	Parsnips
Plantains	Peas	Winter squash

Legumes (4-10g of dietary fiber/serving)

Navy beans	Kidney beans	Black eyed peas
Pinto beans	Baked beans	Lentils
Black beans	Green peas	Garbanzo beans

Fruit (1-5g of dietary fiber/serving)

Apple	Honeydew melon	Plums
Orange	Watermelon	Pineapple
Banana	Peach	Mango
Blueberries	Grapefruit	Papaya
Strawberries	Kiwi	Pear
Raspberries	Grapes	
Cantaloupe	Cherries	

Whole Grains (4-12g of dietary fiber/serving, varies widely)

Oats – oatmeal, oat bran, steel cut oats
Whole grain breads, pastas, and rice
Read ingredients! Make sure “whole wheat” or “whole grain” is the first ingredient listed

Healthy Fat

Our bodies need fat. Body fat protects organs from injury, provides insulation, helps the body to regulate temperature, and regulates hormones. Dietary fat aids in the absorption of vitamins, increases satiety, and provides energy. There are different types of fat. **Monounsaturated** and **polyunsaturated** are considered the “good fats” because they are good for your heart, cholesterol, and overall health. **Saturated** fat should be limited.

Monounsaturated Fat - Good

Avocado
Olives
Almonds
Cashews
Peanuts
Olive oil
Canola oil
Peanut oil
Sesame oil
Sunflower oil

Polyunsaturated Fat - Good

Fatty fish (salmon, tuna, herring, sardines)
Walnuts
Flaxseed
Chia seeds
Tahini/sesame seeds
Soybean oil
Corn oil
Safflower oil
Sunflower seeds
Pumpkin seeds

Omega-3 and Omega-6 Fatty Acids

Omega-3 and Omega-6 are the two polyunsaturated fatty acids that are essential, which means our body cannot make them and they must be obtained through diet. The typical American diet has enough Omega-6, but not enough Omega-3 because there are limited sources. Omega-3 fatty acids have anti-inflammatory properties and have been shown to lower blood lipids, promote heart health, and reduce risk of cognitive decline as we age.

Omega-3 Fatty Acids in Food

- ALA (from plants) – Flaxseeds, walnuts, canola oil
- EPA (from animals) – Fatty fish such as salmon, anchovies, sardines, herring
- DHA (from animals) – Fatty fish such as salmon, anchovies, sardines, herring

Added Sugars

Added sugars are found in many processed foods and are known to increase calorie intake and spike blood glucose (sugar) levels. These do not include natural sugars found in fruits and milks. Added sugars can be called by different names and come in different forms, so it is important to look at food labels.

Nutrition Facts	
3 servings per container	
Serving size	2/3 cup (106g)
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 17g	22%
Saturated Fat 11g	55%
Trans Fat 0.5g	
Cholesterol 60mg	20%
Sodium 100mg	4%
Total Carbohydrate 29g	11%
Dietary Fiber < 1g	2%
Total Sugars 23g	
Includes 18g Added Sugars	36%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 120mg	10%
Iron 0.4mg	2%
Potassium 160mg	4%
* 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.	

According to the FDA, **added sugars** are sugars that are added to foods during processing or packaging. These sugars might also come from syrups, honey or fruit or vegetable juice concentrates which will be listed in the ingredients list.

Some common names of added sugars include:

<i>Agave nectar</i>	<i>High-fructose corn syrup</i>
<i>Brown sugar</i>	<i>Honey</i>
<i>Cane crystals</i>	<i>Invert sugar</i>
<i>Cane sugar</i>	<i>Lactose</i>
<i>Corn sweetener</i>	<i>Malt sugar</i>
<i>Corn syrup</i>	<i>Malt syrup</i>
<i>Crystalline fructose</i>	<i>Maltose</i>
<i>Dextrose</i>	<i>Maple syrup</i>
<i>Evaporated cane juice</i>	<i>Molasses</i>
<i>Fructose</i>	<i>Raw sugar</i>
<i>Fruit juice concentrates</i>	<i>Sucrose</i>
<i>Glucose</i>	

We recommend following the American Heart Association (AHA) guidelines for added sugar which recommends adults should

Daily Added Sugar Limit

MEN

WOMEN



No more than:

9 teaspoons

6 teaspoons

consume less than 36g per day for men and less than 25g per day for women. Start by tracking how much added sugar you currently consume, and then decide if that should change.

The best way to limit added sugars is to pay close attention to labels on foods that are typically high in them, such as: soda, fruit drinks, candy, baked goods (cookies/cake/donuts), bread, crackers, cereal/granola and yogurt, as well as in condiments that include spaghetti sauce, barbeque sauce and ketchup.

Recipes

Overnight Oats

Makes 1 serving: *Calories: 250 Protein: 15g Carbohydrates: 40g Fat: 15g*

- ½ C rolled oats
- ¾ C Fairlife milk
- 1 tsp chia seeds
- ½ cup fruit

Directions: Combine ingredients in a small container, stir, cover and let sit in the fridge overnight. For additional protein, add 1 scoop protein powder or your favorite flavor of Greek yogurt.

Spring Green Soup with Chicken

Makes 8 cups, 1 cup serving: *Calories: 170 Protein: 19g Carbohydrates: 10g Fat: 6g*

- 1 lb chicken
- 2 TBS olive oil
- 1 yellow onion, chopped
- 2 stalks celery, chopped
- 2 cloves garlic, minced
- ½ tsp salt
- ½ tsp pepper
- 4 C low-sodium chicken broth
- 1 bunch asparagus, cut in 1" pieces
- 5 oz bag of baby spinach
- 1 cup fresh parsley leaves, chopped
- ¼ C grated Parmesan

Directions: Heat oil in pan and add chicken, cooking all the way through. Transfer to a plate to rest. Add leeks, onion and celery to soup pot and cook, stirring occasionally. Add garlic, cook until brown. Add broth, salt and pepper. Bring to a boil, then reduce heat to simmer. Cover pot and cook for 5 minutes. Uncover, adding asparagus and spinach, cover and cook for 5 more minutes. Shred cooked chicken and add to soup. Stir in parsley and Parmesan.

Black Bean and Cilantro Wraps

Makes 4 servings: *Calories: 400 Protein 12g Carbohydrates: 45g Fat: 20g*

- 4 C chopped lettuce of choice
- 1 C sliced radishes
- 1 C cilantro, chopped
- 3 TBS white wine vinegar
- 1 TBS lime juice
- 2 cloves garlic
- 4 TBS Olive oil
- 1 can Black beans, drained/rinsed
- 1 Avocado
- Juice of 1 lime
- ½ tsp salt, 1 tsp chili powder, 2 tsp cumin, 1 tsp garlic powder
- 4 whole wheat tortillas/wraps

Directions: Combine cilantro, vinegar, garlic, olive oil, 1 tsp cumin, ½ tsp chili powder in a food processor or blender. Blend, then transfer to a large bowl and toss lettuce and radishes until coated evenly. Mash beans and remaining spices in a small bowl. Mash avocado and lime juice in a separate bowl. Fill each tortilla with beans, avocado and salad mixture, roll up and enjoy!

Lemon Pork with Capers and Artichokes

Makes 6-8 servings: *Calories: 318 Protein: 41g Carbohydrates: 22g Fat: 8g*

- 2lb pork tenderloin
 - 1 yellow onion
 - 2 cloves garlic, minced
 - ¾ cup low-sodium chicken broth
 - 2 TBS lemon juice
 - 1 TBS Dijon mustard
 - 2 TBS capers
 - 1 can Artichoke hearts
 - 1 lb creamer potatoes
- Directions: Season pork with salt and pepper, in a large skillet, sear all sides. Remove pork. Add onion and garlic to skillet, cook until soft. Stir in broth, lemon juice, mustard and capers, then transfer liquid to a slow cooker or InstantPot. Place pork in slow cooker with potatoes and artichokes, cook on low for 6-8 hrs. If using InstantPot, cook for 40 min on high pressure, then add potatoes and artichokes for an additional 5 minutes.

Additional Information

Alcohol

Alcohol may be added at this time. Alcohol consumption is very different than it may have been before surgery. Please always have a designated driver and do not drink and drive.

Hair Loss

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

Constipation

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

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

Weight Loss Stalls/Plateaus

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