

Nutrition Information 6-12 Weeks After Surgery

Patient Education

Track HYDRATION, PROTEIN and CALORIES.

Goal 1: Protein

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

Goal 2: Hydration Fluids

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

Goal 3: Calories

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

Goal 4: Meals

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

Vitamins

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

Vertical Sleeve Gastrectomy

- A multivitamin is required. Choose one of the following:
 1. Two Bariatric Advantage Multi Chewy Bites
 2. One Bariatric Advantage Ultra Solo Capsule
 3. Over-the-counter adult multivitamin with minerals, plus vitamin B12 (500 mcg)

Roux-en-Y

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

Foods High in Protein

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

DAIRY

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

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

Cheese (1 oz)	CALORIES	PROTEIN
Cottage Cheese (1/2 cup)	90	13
Parmesan	120	11
Swiss	105	8
String Cheese	80	8
Mozzarella	80	8
Cheddar	115	7
American	105	5
Ricotta, Part-Skim, ¼ cup	80	5

POULTRY

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

Eggs/Egg Substitutes	CALORIES	PROTEIN
1 Large Whole Egg	75	6
Egg Whites—2 whites	32	6
Egg substitutes – ¼ cup	32	6

FISH/SEAFOOD

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

RED MEAT

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

PLANT-BASED PROTEIN

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

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

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

NUTRITION SUPPLEMENTS

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

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

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

PROTEIN POWDERS

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

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

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

Vegetables and Fruit

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

Non-Starchy Vegetables

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

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

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

Fruit

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

Additional Information

Constipation

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

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

Grocery Store Foods

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

CHICKEN

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

TURKEY

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

FISH

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

RED MEAT

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

PLANT-BASED

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

BREAKFAST

● Red's Egg'Wich Turkey Sausage Sandwich	190 calories	17 g protein
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• Johnsonville Turkey Sausage	70 calories	8 g protein
• Applegate Turkey Bacon	30 calories	5 g protein
• Jimmy Dean Simple Scrambles - Turkey Sausage	150 calories	18 g protein
• Jimmy Dean Delights – Turkey Sausage Bowl	240 calories	22 g protein
• Life Cuisine Tomato & Spinach Egg White Bites	190 calories	15 g protein
• Veggies Made Great Spinach Egg White Frittata	70 calories	5 g protein
• Just Crack An Egg Protein Packed	320 calories	20 g protein

MILK, CHEESE, AND MILK ALTERNATIVES

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

GREEK YOGURT

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

SNACKS

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

CONVENIENCE MEALS

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

CONVENIENCE MEALS CONTINUED*

*Follow the 10% rule when checking labels.

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

PROTEIN DRINKS/POWDERS

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

PROTEIN BARS

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

PROTEIN CHIPS/CRACKERS

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

** Plant-based protein products

SAUCES/CONDIMENTS/DRESSINGS/EXTRAS

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

High Protein Recipes

White Chicken Chili

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

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

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

Taco Bowl with Cauliflower Rice

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

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

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

Homemade Chicken Chickpea Salad

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

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

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