

Your Meal Planner After Bariatric Surgery

This manual was developed by the dietitians at
The Ottawa Hospital Bariatric Surgery Program

This manual should not replace the advice of a Registered Dietitian. The Ottawa Hospital is not endorsing any products mentioned in this manual and is not receiving any compensation.

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(Dumping syndrome, nausea and vomiting, dehydration, constipation, diarrhea, gas)	

Introduction

The information in this book will help prepare you for the changes you will need to make to your diet after your surgery and for life.

These healthy eating guidelines will help you recover more quickly and reduce your risk of having complications. Healthy eating will also help you keep weight off for the long-term.

Contact your Dietitian if you have any problems following the guidelines.

Your Dietitian:

Name: _____
Phone Number: _____
Email: _____

Notes:

PART 1: What you will need before Surgery

There are some things that you will need to purchase before your surgery:

- Optifast meal replacement (prescribed by your surgeon)
- Protein supplement (take for 3 weeks after surgery)
- Multivitamin/ mineral supplement
- Calcium and vitamin D
- Vitamin B12
- Other vitamin and minerals as recommended by your Bariatric Health Team
- Blender or food processor
- Small bowls, cups, plates, utensils
- Measuring spoons and cups

IMPORTANT:

After surgery you will need to take vitamin and mineral supplements for the rest of your life. Be sure to budget for the cost of these supplements.

How much will everything cost?

Optifast (approximately)	\$300*	Protein supplement **	\$40
Travel and accommodation before and after surgery	variable	Multivitamin/mineral	\$12
Parking	\$13/day	Calcium and Vitamin D	\$20
		Vitamin B12	\$14
		Iron †	\$8-15

** Actual cost may vary depending on your prescription from the surgeon.*
*** Protein supplement is only required for 1 month (unless specified by your Bariatric Health Team)*
† Additional iron supplement may be prescribed by your Bariatric Health Team

Liver Shrinking (Optifast) Diet

Before surgery

You will be required to take a liquid meal replacement called Optifast for at least three full weeks before surgery (your surgeon will prescribe you the proper amount).

Optifast (4 packages) provides 900 calories and has all of the nutrients that your body needs. It is low in carbohydrate and fat and high in protein which will shrink your liver. Carbohydrates in Optifast are slowly absorbed which means if you have diabetes you may need to change your medications and/or insulin.

If you have diabetes, please call the bariatric clinic BEFORE starting Optifast: 613-761-5101 ext. 5 – Please leave a message for the Advanced Practice Nurse or Nurse Practitioner.

Here are some guidelines to follow:

- **It is very important to have all four packages every day for the prescribed amount of time before surgery or as recommended by your surgeon.**
- **Do not have less than four shakes per day. (This may result in losing muscle which will interfere with healing and proper weight loss after surgery.)**
- Divide the four packages evenly over the day (every 4 hours) to avoid hunger. Avoid any additional foods. Extra calories can undo ketosis and result in rebound hunger.
- After 3 to 4 days on Optifast the ketones will help decrease your hungry. This mild state of ketosis is safe. You may notice an odour to your breath when you are in ketosis, this is normal.
- Do not take large doses of vitamin C while on Optifast. Too much vitamin C increases the risk of kidney stones. **If you are taking a multivitamin that contains vitamin C, consider staying off the multivitamin until after surgery.**
- **To manage constipation and/or Diarrhea:** Drink plenty of fluids (3 Litres per day) and try 1-2 Metamucil capsules (sugar free) with each Optifast shake. (Avoid other brands of fibre laxatives as they may contain too many calories).

General Guidelines for Patients with Diabetes:

- Please remember everyone has individual needs for managing diabetes. You will need to contact the Bariatric APN/NP for an individualized plan BEFORE starting Optifast (Call 613-761-5101 ext. 5)
- Start Optifast when the Weight Management Clinic is OPEN. Please avoid starting Optifast on a Friday in case you need medical support to help with blood sugars and hyperglycemic oral medications or insulin adjustments.
- If you are experiencing a low blood sugar level (under 4 mmol/L), check your blood sugar immediately and treat with **one** of the following 15 grams of quick sugar (Examples):

- | |
|--|
| <ul style="list-style-type: none">▪ 15 grams of glucose in the form of glucose tablets▪ 3 teaspoon or 1 tablespoon or 3 packets of sugar dissolved in water▪ 175 ml (3/4 cup) of juice▪ 6 Life Savers (1 = 2.5 grams of carbohydrate)▪ 1 tablespoon of honey |
|--|

Source: The Canadian Diabetes Association 2008 Clinical Practice Guidelines for the Prevention and Management of Diabetes in Canada. September 2008, Volume 32 Supplement 1

- Wait 10 to 15 minutes; then check your blood glucose again.
If it is still low:
 - Treat again
 - If your next Optifast is more than 30 minutes away, or you are going to be active, eat a snack, such as a half-sandwich or cheese and crackers (something with 15 grams of carbohydrate and a protein source.)

The Day before surgery:

- Continue your Optifast diet **up to midnight the evening before surgery.**
- Do not eat solid food after midnight the evening before surgery.
- You may drink water (2 cups only) up to 3 hours before your arrival time.

Making Optifast:

- Add 8 to 16 oz (250 to 500 mL) of water to the shaker and pour 1 packet of the Optifast meal replacement on top. Shake vigorously or add to blender and enjoy. Add ice cubes if you prefer it cold.
- Drink at least 8 cups (2 litres) of fluid in addition to the fluid you add to Optifast. Choose **sugar-free, calorie-free** beverages that are **non-carbonated** and **caffeine-free**.

Acceptable fluids:

- Water (you can add some fresh lemon or lime)
 - Decaffeinated coffee or tea (you can add up to ¼ cup skim milk per day)
 - Nestea® Singles, Lipton® Ice Tea to Go, Crystal Light®, Great Value® – sugar free
 - Chicken bouillon/ beef or vegetable broth
 - Sugar-free Jell-O®
 - Sugar-free Popsicles
- **Do not eat any other foods or calorie-containing beverages on Optifast.** You may use artificial sweeteners, sugar-free gums or sugar-free mints (up to 20 calories per day).
 - Once Optifast has been mixed, you should drink it right away as it will settle and form clumps if left to sit. If you do choose to save it for later, it must be refrigerated. It can be kept up to 24 hours in the refrigerator once it has been mixed with water.
 - Do not heat Optifast or add hot liquids. Keep packages in a cool, dry place.

Reminder:

Optifast is only to be used BEFORE surgery. Do not use Optifast after surgery as it provides higher calories and volume of product than your pouch can tolerate. Please refer to the “Choose a Protein Supplement” section on page 18 for an appropriate supplement.

Optifast Recipe Ideas

To change the flavour:

- You may add calorie-free, sugar-free fluids such as Nestea® Singles, Lipton® Ice Tea to Go, Crystal Light®, or other sugar-free fluids. You may also add a few drops of flavouring extracts (sugar-free).

Recipe ideas:

Chocolate & Orange Shake

10-12 oz water
crushed ice
1 chocolate Optifast
1-2 drops orange extract
Blend until thick

Cinnamon Apple Shake

6-8 oz sugar-free apple Kool-Aid®
1 Vanilla Optifast
3 dashes of cinnamon
Blend ingredients. Serve chilled

Raspberry dream

10-12 oz water
crushed ice
1 vanilla Optifast
Raspberry Crystal Light®
Blend until thick

Mint Chocolate

1 chocolate Optifast
¼ tsp mint extract
1 packet calorie-free sweetener
Blend and enjoy!

Chocolate Pudding

2 ice cubes, crushed
6-8 oz water
1 chocolate Optifast
Blend until thick.

Optifast Iced Tea

6 oz cold sugar-free iced tea
½ tsp lemon juice
1 vanilla Optifast
Ice cubes to taste
Whip in blender until frothy

Try a SPICED Optifast:

¾ -1 ¼ cup cold water
Spice, as desired (see chart below)
1 Optifast packet (any flavour)
Pour cold water into shaker or blender. Add spice and Optifast packet.
Shake or blend until dissolved. Serve over ice.

Spice	Vanilla Shake	Chocolate Shake
Allspice	Pinch	
Cinnamon	Pinch	1/8 tsp
Cloves	Pinch	Pinch
Ginger	1/8 tsp	1/8 tsp
Nutmeg	1/8 tsp	1/8 tsp

Recipes courtesy of Optifast, Nestle HealthCare Nutrition, Inc.

Part 2: AFTER SURGERY

After surgery you will be losing weight very quickly. The average rate of weight loss is¹:

- 0-3 months after surgery: **up to 7 lbs per week**
- 3-6 months after surgery: **up to 3 ½ lbs per week**
- 6-12 months after surgery: **½ to 1 lb per week or less**

Proper intake of protein supplements will help you:

- increase healing process
- stay hydrated
- maintain lean body mass
- keep you healthy

After surgery you will progress slowly from clear fluids (in hospital) to full fluids/protein supplements to a soft/solid diet over a six week period. This will help you to heal and prevent problems such as vomiting, dumping syndrome or blockage. As time goes by, you will be able to manage a greater variety of foods and textures.

Your new stomach pouch is very small (about the size of a golf ball). At first it will hold only about 60 mL (1/4 cup). By 6 to 8 weeks after surgery you will be able to eat ½ cup to 1 cup (125 – 250 mL) of solid food at each meal for life.

Since you will be eating very small quantities of pureed and soft foods, restaurant foods are not recommended during the first few weeks. Even on the “Diet for Life”, it is recommended that you follow healthy eating habits if eating out (Plan ahead and be aware!).

Reminder:

Everyone heals at a different rate. Once you feel comfortable with the foods/fluids at one stage, please move to the next stage (at your own pace).

¹Chapman, A., et. al. Surgery, 2004; vol 135: pp 326-351.

Vitamin & Mineral Supplements

After surgery, you will need to take vitamin and mineral supplements every day for the rest of your life. The following vitamins and minerals are at HIGHER RISK of malabsorption:

- Iron
- Calcium
- Vitamin D
- Vitamin B12
- Thiamine
- Folic Acid

Nutrient at risk	Nutrient found in	Look at the supplement label
Iron	Multivitamin (that contains iron)	Elemental Iron (ferrous sulfate, fumarate, or gluconate): above 18 mg/pill
Folic Acid	Multivitamin	Under 0.5 mg/pill (or under 500 mcg/pill) (do not exceed 1 mg or 1000 mcg/day)
Thiamin	Multivitamin	1.1 mg per pill or more
Vitamin D	Calcium supplement that contains vitamin D	200-400 IU/pill Vitamin D3
Calcium	Calcium supplement	200-300 mg/pill Calcium Citrate – take 2 per dose Total of 1200 – 2000 mg/day Calcium Citrate
Vitamin B12	Vitamin B12 supplement	350 - 500 mcg/day by mouth OR 1000 mcg IM injections from your doctor

After surgery and for life, you will need to take:

- 1) **Multivitamin/mineral – chewable or swallow** (with 18 mg iron/pill)
- 2) **Vitamin B12 – sublingual, chewable, or swallow** (not time released)
- 3) **Calcium with Vitamin D – chewable, liquid or swallow**
- 4) **Additional vitamins or minerals – if needed**

Read pages 12 – 16 for complete details about each supplement. If you have any questions about these supplements or any not listed in this book, please talk to your bariatric dietitian.

Multivitamin/mineral

- Vitamins and minerals are essential for controlling appetite, hunger, nutrient absorption, metabolic rate, fat and sugar breakdown, thyroid and adrenal function, energy storage, glucose balance, and brain activity.
- Our body absorbs vitamins and minerals from the food we eat, however after surgery very little food is eaten and because of the change in your intestines, some key vitamin and minerals are NOT absorbed well.
- To learn more about the functions and food sources of specific vitamins/minerals, please refer to Appendix A (page 66).

Supplement to take:

- Take **two (2)** adult complete multivitamins for rest of your life.
- Needs to have vitamins AND minerals
- Must have at least 18 mg iron per pill
- Avoid children's and time released supplements.
- For the first 1-2 months – choose chewable or liquid
- After 2 months (or when tolerating solid foods) – choose whole pills

Brand suggestions:

- Shoppers (Life brand) – Spectrum® Chewable 22 Shoppers
- Shoppers (Life Brand) - Optimum® OR Daily-One Women 50+ (has 18mg iron/pill)*
- Compliments® (Sobeys) Daily Adult Formula
- One-A-Day® women's 50+ (has 18 mg iron/pill)*
- Multibionta® Probiotic Multivitamin
- Nature's Bounty® Multi-Day Weight Trim
- OPURITY™ BYPASS-Optimized Multi - Chewable (www.unjury.com)^
^ only need to take 1 pill per day to achieve vitamin/mineral intake (instead of 2 per day)

* Brands formulated for women can be taken by men as well



Iron

- Needed to carry oxygen to all of the cells in your body.
- Not enough iron can make you very tired, pale-looking, irritable and dizzy.
- After Roux-en-Y Gastric Bypass surgery, your body does not absorb iron well. You need to take at least 36 mg of iron after surgery. Some multivitamin supplements contain iron; however you need to read the label (look for 18 mg iron per pill).
- **You may require additional iron if blood work shows low levels.**

Sources of iron in your diet:

meats, liver, eggs, shellfish, sardines, bran and iron enriched cereals, wheat germ.

Add foods with vitamin C to improve absorption of iron. **Sources of vitamin C include:** oranges, strawberries, tomatoes, red peppers and potatoes.

Tips to Increase your Iron Intake:

- Avoid coffee and tea at meals – these beverages decrease iron absorption
- Include at least 1 iron-rich food and a food rich in vitamin C at each meal
- Choose dark green and orange vegetables/fruits more often (i.e. spinach & mandarin oranges)
- Avoid taking iron supplements or iron-rich foods with calcium supplements and/or foods. Your body can not absorb both at the same time. Separate intake by 2 hours.

Supplement to take:

Multivitamin with 18 mg iron per pill – take 2 per day.

Everyone is individual and may require different amounts of iron. Please talk to your Bariatric Health Team (physician, advanced practice nurse, nurse practitioner, or dietitian) for a specific amount for you.

Calcium and Vitamin D

- Needed to develop healthy bones, nails and muscles.
- Prevents osteoporosis (poor bone density), bone loss, and bone fractures in males and females.
- Vitamin D helps absorb calcium in the body. Low amounts of vitamin D may also cause a problem with bones called osteomalacia (softening of the bones).
- Most Canadians are vitamin D deficient as sun light is limited and not well absorbed. This requires supplementation.
- After RYGB surgery, your body does not absorb calcium or vitamin D well, which requires more food sources of calcium in your diet PLUS daily supplementation.

Sources of calcium in your diet:

- milk
- yogurt
- fortified soy beverage
- salmon and sardines with bones
- tofu
- green leafy vegetables

Sources of vitamin D in your diet:

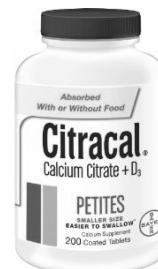
- milk
- fortified soy beverage
- eggs
- liver
- fatty fish

Supplement to take:

- *Calcium: total daily intake 1200-2000 mg of calcium **CITRATE**
- *Vitamin D: total daily intake 1000 IU **vitamin D**
- Take 1 dose (500-600 mg of calcium) three times throughout the day – separate doses by 2 hours (usually lunch, afternoon, supper).
- Avoid taking calcium with your multivitamin or other supplements containing iron (wait 2 hours).
- **Everyone is individual and may require different amounts of calcium and/or vitamin D, talk to your Bariatric Health Team.**

Suggested Brands:

- Jamieson's MegaCal® Chews – take 1 chew at lunch, mid-afternoon, and supper. *IMPORTANT: Switch to a calcium citrate after 2-3 months for better absorption.
- Wellease® Liquid Calcium Citrate – take 1 tbsp. at lunch, mid-afternoon and supper
- Citracal Petites® – take 3 at lunch, mid-afternoon, and supper (use after 2-3 months)
- OPURITY™ Calcium-Citrate Plus – Chewable (2 at lunch and 2 at supper)



Vitamin B12

- Needed for energy and red blood cell production, utilization of folic acid, and nervous system function.
- Helps break down carbohydrates and fats and helps build proteins.
- Low amounts of vitamin B12 may cause anemia and neurological disorders. Symptoms of anemia include looking pale, feeling weak, tired, dizzy and short of breath.
- After surgery, your new, small stomach pouch will not produce an enzyme that absorbs vitamin B12.

Sources of vitamin B12 in your diet:

Meat, organ meats, eggs, fish, milk, yogurt, cheese

Supplement to take:

- Vitamin B12 supplement that has at least 350 mcg.
- Choose dissolvable, sublingual, chewable
- Avoid time-release
- Talk to your doctor about monthly vitamin B12 injections.

Suggested Brands:

- Jamieson® B12 (350-500 mcg)
- Spring Valley® Vitamin B12 – sublingual dots



Thiamine (Vitamin B1)

- Thiamine helps convert carbohydrate and fat into energy.
- Important for normal growth and development and helps maintain proper functioning of the heart, nervous and digestive systems.
- Low amounts of vitamin B1 may cause irreversible nerve damage, vision problems, mental confusion, dementia, and heart failure.

Sources of Thiamine (vitamin B1) in your diet:

Meat, legumes, whole grains, enriched cereals

Supplement to take:

- Thiamine (Vitamin B1) is in your **MULTIVITAMIN**
- Do NOT take individual amounts of thiamine (vitamin B1). Please consult with your Bariatric Health Team for individual recommendations.

Getting too much

Although very rare, taking too much of one vitamin and/or mineral supplement can lead to toxic amounts in your blood, which may result in serious illness including; nausea, vomiting, diarrhea, constipation, organ failure, and/or changes to your skin, hair, and bones. **Be sure to have your blood tested regularly (yearly) for the following nutritional blood tests:**

- Iron Status: Ferritin, Iron, % Saturation, CBC (complete blood count)
- Bone Health: Calcium, Vitamin D, PTH, bone density scan (if required)
- Energy & Protein Health: Albumin, total protein, Vitamin B12, RBC folate/serum folate, Thiamine (B1), Zinc (if required)

REMINDER:

Remember to follow-up with your Bariatric Health Team for all appointments before and after surgery. Complete blood work regularly and bring a copy to your appointments if you have blood work completed outside of the Ottawa Hospital.

Source: Aills, L., Blankenship, J., Buffington, C., Furtado, M., & Parrott, J. (2008). ASMBS Allied Health Nutritional Guidelines for the Surgical Weight Loss Patient. *Surgery for Obesity and Related Diseases*, 4, S73-S108.

Vitamin & Mineral Supplement Schedule

When to take everything

Reminders:

- Take calcium supplements at least 2 hours apart from multivitamins (containing iron). Iron and calcium compete for absorption in the body, if taken together you reduce the absorption of both.
- Use pill boxes or zip-tight baggies to organize daily vitamin and mineral supplements.
- Have your blood work checked regularly to make sure your nutritional status is ok. Feeling tired, consistent headaches or tingling in your hands/feet (among many other symptoms) can be signs of nutrient imbalance. Talk to your bariatric dietitian or APN/NP about your nutritional blood work.

Example Schedule:

Time	Supplement	First 3 months after surgery	After 3 months – for life
Breakfast (before or after)	2 multivitamins + 1 vitamin B12	Chewable, liquid, powder, or dissolvable	Pills, tablets, chewable, liquid, powder, or dissolvable
Lunch (before or after)	Calcium (500-600 mg) vitamin D (200-400 IU)	Chewable or liquid	Pills, tablets, chewable, liquid, powder, or dissolvable
Supper (before or after)	Calcium (500-600 mg) vitamin D (200-400 IU)	Chewable or liquid	Pills, tablets, chewable, liquid, powder, or dissolvable
Bedtime (before or after)	Calcium (500-600 mg) vitamin D (200-400 IU)	Chewable or liquid	Pills, tablets, chewable, liquid, powder, or dissolvable

NOTE: you may require additional iron which will change your supplement schedule: Try moving the bedtime calcium to mid-afternoon and have iron at bedtime to help with absorption.

Choosing a Protein Supplement

Why do I need a protein supplement after surgery?

- Protein is needed to help your body heal after surgery.
- As you lose weight, your body will stop making protein because you can only eat very small amounts. This means your body will start using stored protein (muscles, hair, nails) if you do not consume enough protein to slow down the turn-over loss.
- Symptoms of not enough protein: tired and/or weakness, muscle loss, hair loss, weight plateau, and hunger.
- For the first few weeks after surgery you will be eating very small amounts of pureed and soft foods. You will need to add a protein supplement to help you get enough quality protein to help you recover.
- Protein supplements can be taken as a liquid that you drink. They can also be added as a powder to soft or pureed foods.

REMEMBER: You will start your protein supplement **once home after surgery** and continue to take for the **first 3 weeks** after surgery. After 3 weeks, it is important to choose high quality protein **foods** rather than supplements. Talk to your dietitian about your protein needs.

What to look for:

- Protein powder or liquid made from **Whey Protein Isolate** or **Soy Protein Isolate**
- At least **20 – 30 grams protein** per 250 mL serving (or 1 scoop)
- Less than **6 grams of sugar** and less than **3 gram of fat** per 250 mL serving
- You may want to choose **Lactose free**

Remember:

- Women need 60-90 grams of protein per day
- Men need 70-120 grams of protein per day
- Read labels, measure foods, or use online food tracking programs to determine how much protein you are consuming
- Talk to your bariatric dietitian for your specific needs.

Protein Supplements

Name Brand	Company	Protein/ serving (grams)	Protein Type	Best mixed with
Ready to Drink Protein				
Premier Nutrition	Premier Nutrition	30	Whey protein isolate & concentrate	Ice
Myoplex Lite	EAS Canada	20	Soy protein isolate	Ice
IsoPure Zero Carb	Nature's Best / Dynamic Nutrition	25	Whey protein Isolate	Ice
Powder Protein				
Unjury (online only) www.unjury.com	Prosynthesis Laboratories	20	Whey protein Isolate	Milk, soy milk or water
Whey Gourmet	PVS	21	Whey protein isolate	Milk, soy milk or water
LeanFit Whey Protein	GFR Health	36	Whey protein isolate	Milk, soy milk
100% Isolate European Whey	Webber Naturals	19	Whey protein isolate	Milk, soy milk
Whey Protein fruit splash	Weider	20	Whey protein Isolate	water
Weider 90% Protein	Weider	25	Soy protein isolate	Milk, soy milk
Absolute Soy Protein	Interactive Nutrition	24	Soy protein isolate	Milk, soy milk

Products may vary. Amounts of protein list above are subject to change. The Ottawa Hospital is not endorsing any of these products and is not receiving any compensation to list them within this manual.

Where can you buy protein supplements?

- Walmart®
- Costco®
- GNC®
- Popeye's®
- Nutrition House®
- Shoppers Drug Mart®
- Rexall®
- Jean-Coteau®
- Grocery stores
- Online

Protein Supplement Pictures

The Ottawa Hospital is not endorsing any of these products and is not receiving any compensation to list them within this manual.

Ready to Drink Examples:



EAS
Myoplex Lite



Premier Nutrition



Nature's Best
IsoPure Zero Carb

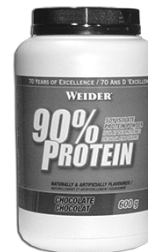
Powder Examples:



Webber Naturals
100% Isolate
European Whey



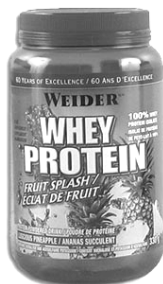
Interactive Nutrition
Absolute Soy



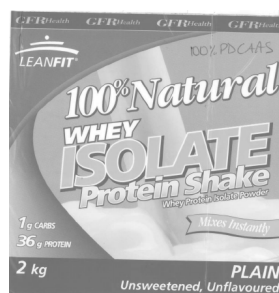
Weider
90% Protein



PVS
Whey Gourmet



Weider
Whey Protein Fruit
Splash



GFR Health 100%
Natural Whey Protein



UNJURY[®]

Prosynthesis Laboratories
Unjury Protein

Adding Flavour to your Protein Supplement:

Taking the same protein supplement each day for the first 3 weeks may become boring. Add variety with these tips and recipes.

How to mix the protein supplement:

Type of Product	Mix with	Mixing Tips
Protein Powder: Chocolate or Vanilla Flavour	Mix with: <ul style="list-style-type: none"> ▪ Skim or 1% milk ▪ Lactose-reduced milk ▪ Soy beverage (low sugar) ▪ Water 	Add ice and mix in blender with: <ul style="list-style-type: none"> ▪ Sugar-free syrups or extracts ▪ Nestea Singles, Lipton Ice Tea to Go, Crystal Light ▪ Instant decaf coffee crystals ▪ Frozen fruit & yogurt
Protein Powder: Fruit Flavoured	Mix with water	<ul style="list-style-type: none"> ▪ Serve over ice ▪ Add ice and mix in blender
Protein Powder: Unflavoured	Mix into: <ul style="list-style-type: none"> ▪ Milk or soy beverage ▪ Yogurt ▪ Mashed potatoes ▪ Applesauce ▪ Sauces ▪ Smoothies 	<ul style="list-style-type: none"> ▪ Dissolve small amounts of protein powder into semi-liquid foods/beverages ▪ Do not add to boiling sauces or soups. Wait until cooled before adding protein powder
Ready-to-drink Protein Shake	Mix into: <ul style="list-style-type: none"> ▪ Over ice ▪ Smoothies (see recipe section) 	Add ice and mix in blender with: <ul style="list-style-type: none"> ▪ Sugar-free syrups or extracts ▪ Nestea Singles, Lipton Ice Tea to Go, Crystal Light

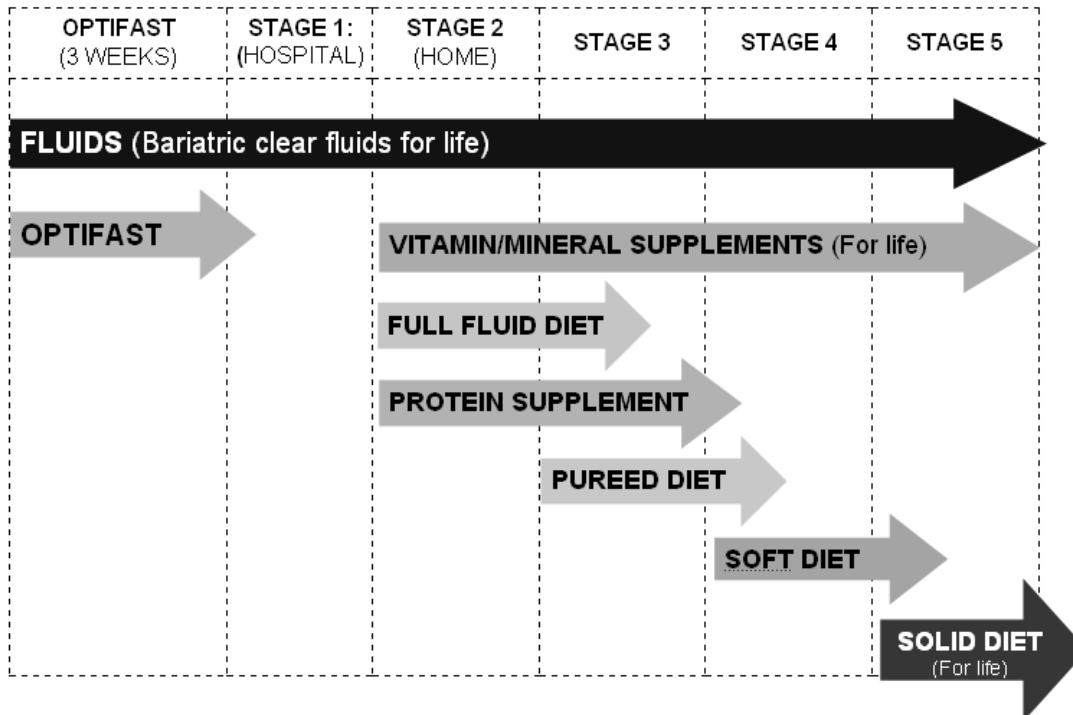
Your Diet After Surgery

After surgery, the 5 diet stages are:

- Stage 1:** Clear fluids (in hospital for 1-2 days)
- Stage 2:** Full fluids + Protein Supplement (day 3 -week 1)
- Stage 3:** Pureed diet + Protein Supplement (weeks 2-3)
- Stage 4:** Soft diet (weeks 4-6) *start separating liquids/solids
- Stage 5:** Solids: Diet for life

Each stage is covered in more detail later in this booklet.

The chart below shows the progression of your diet before and after surgery.



Stage 1: Clear Fluid Diet (in hospital)

While in hospital (usually 1-2 days), you will receive clear fluids to help with hydration and healing. Once you are ok to start drinking fluids, please start with 1-2 oz (1-2 small medicine cups) every 30 minutes. Gradually increase your fluids to 3-4 oz (3-4 small medicine cups) per hour and continue to increase as tolerated.

- Sip slowly
- Drink regularly
- Dilute all juices with water – make sure to add water to all juices
- **BONUS:** you may try adding Beneprotein® to your diluted juices while in hospital. Ask your nurse for a sample package of Beneprotein®. Make sure you mix (dissolve) Beneprotein® into the diluted juice very well to avoid clumps.

Clear Fluid Diet Guide (in hospital)

Food Group	Foods Allowed	Foods Not Recommended
Vegetables & Fruits	Diluted fruit juice (100% orange, apple, cranberry) – 1 part juice to 1 part water Vegetable broth	All others
Grain Products	None	All
Beverages	Water Sugar-free drinks (Nestle Singles, Lipton Ice Tea to Go, Crystal Light) Flavoured water (artificially sweetened) Diluted fruit juice (100% orange, apple, cranberry) – 1 part juice to 1 part water Decaf tea or coffee Low fat chicken/beef broth	Carbonated drinks Caffeinated drinks Alcohol Sugar-added drinks

Stage 2: Full Fluid Diet

For the first few days to about 1 week after your surgery you will be drinking **only fluids and your liquid protein supplement.**

Small sips throughout the day will help you stay hydrated. The liquid protein supplement will help you recover from surgery.

General Guidelines:

- Sip on liquid protein supplements throughout the day. Typically, 1 scoop of protein powder or 1 pre-made protein drink has 25 grams of protein. Try to consume enough each day to meet your needs.
 - Women need 60 – 90 grams protein per day
 - Men need 70 – 100 grams protein per day.

TIP: you may need 3 scoops (or 2-3 protein drinks) per day to achieve your protein needs. Read your labels.
- Sip on fluids throughout the day. Aim for 2 L (8 cups) of fluids everyday. This includes the liquid protein supplements. Use the fluids listed on page 25 for ideas.
- Start taking vitamin/mineral supplements. Take chewable, liquid, or dissolvable forms of supplements for the first three months. You can switch to swallow forms of supplements when comfortable.

Reminder:

Everyone heals at a different rate. Once you feel comfortable with the protein supplement and full fluids, start progressing to stage 3 (pureed diet) – you do not have to wait the full week.

Full Fluid Diet Guide

Food Group	Foods Allowed	Foods Not Recommended
Protein Foods	Protein supplement (mixed with skim or 1% milk*, lactose-reduced milk, soy beverage or water)	All others
Vegetables & Fruits	Diluted fruit juice (100% orange, apple, cranberry) – 1 part juice to 1 part water Vegetable broth	All others
Grain/Starch Products	None	All
Beverages	Water Milk* – skim or 1% Sugar-free drinks (Nestle Singles, Lipton Ice Tea to Go, Crystal Light) Flavoured water (artificially sweetened) Diluted fruit juice (100% orange, apple, cranberry) – 1 part juice to 1 part water Decaf tea or coffee Low fat chicken/beef broth	Carbonated drinks Caffeinated drinks Alcohol Sugar-added drinks
Desserts & Sweets	Sugar-free jello Sugar-free popsicles	All others
Oils & Fats	None	All

***Note:** If you have lactose intolerance choose lactose-reduced milk (e.g. Lactaid, Lacteeze) or soy beverage.

Full Fluid Diet Sample Menu

- Fluids: you need to gradually drink up to 2 L (2000 mL) per day.
- Protein: Women need 60 grams minimum & Men need 70 grams minimum.
- Reminder: you do not need to separate liquids, keep drinking fluids/protein supplements all day.

Breakfast

- Liquid protein supplement
- Water and unsweetened drinks

Mid-morning

- Liquid protein supplement
- Water or diluted juice

Lunch

- Liquid protein supplement
- Water and unsweetened drinks

Mid-afternoon

- Vegetable broth
- Water and unsweetened drinks)

Supper

- Liquid protein supplement
- Water and unsweetened drinks

Evening

- Liquid protein supplement
- Water and unsweetened drinks

Total Fluids: 1000 mL – 2000 mL/day
Estimated Protein: 30-65 grams/day

Don't forget to take your vitamin and mineral supplements

Breakfast: 2 Multivitamins + 1 vitamin B12

Lunch: 1 Calcium/vitamin D

Supper: 1 Calcium/vitamin D

Before bed: 1 Calcium/vitamin D or addition iron if needed (move calcium to mid-afternoon if taking iron before bed)

Full Fluid Diet Recipes:

Vanilla-Raspberry Heaven

1 scoop vanilla protein powder

1 cup (250 mL) skim or 1% milk, lactose-reduced milk or soy beverage

½ Crystal Light single (raspberry flavour) OR 1 tsp sugar free raspberry extract

Mix in shaker or blend ingredients with ice in a blender. Freeze leftovers.

Chocolate Peppermint Delight

½ container of chocolate ready-to-drink protein supplement

½ tsp sugar-free peppermint extract

¾ cup ice

Blend ingredients in blender. Enjoy!

Chocolate Pudding extraordinaire

2 scoops chocolate protein powder

6-8 oz milk (use less for thicker texture)

Use a hand blender or whisk until thick. Refrigerate and serve in small cups.

Other Tips:

- Extra protein recipes (leftovers) can be frozen in ice cube trays or popsicle containers.
- Try making **milk ice cubes** for richer frosty-cold drinks and added protein to smoothies.

Full Fluid Diet Recipes Continued:

Mocha Proticcino (pronounced “Pro-ti-CHEE-no”)

1 scoop Chocolate protein or Vanilla protein powder
8 oz milk (1 cup)
1 tablespoon decaf instant coffee

Place all ingredients in a shaker and shake until blended. Enjoy!

Extra ideas

Add Peanut Butter: Add a couple of teaspoons of peanut butter to the Chocolate or Vanilla Protuccino. Blend until smooth.

Add a Banana: Add banana to Chocolate or Vanilla Protuccino. Blend.

Source: www.unjury.com/reg/protein_shake_drink_recipes.shtml

Protein Smoothie with a Boost

1 scoop vanilla or chocolate protein powder or 2 scoops unflavoured protein powder
½ cup (125 mL) skim or 1% milk, lactose-reduced milk or soy beverage
½ to ¾ cup frozen fruit (peaches, mango, cantaloupe, banana, strawberries)
1 (100g) container yogurt (low sugar/low fat)

Try 1-2 Tbsp of Greek yogurt for added protein
(10 grams of protein vs 3 grams)

Mix ingredients in blender.

High Protein Chocolate Banana Smoothie

1 scoop chocolate protein powder
1 cup (250 mL) skim milk, lactose-reduced milk or soy beverage
½ banana

Mix ingredients in blender.

Stage 3: Pureed Diet

This diet consists of blended or pureed solids and full liquids (stage 2 + 3). The portions are very small to prevent vomiting. Small, high protein meals and a liquid protein supplement will help your new stomach pouch heal.

General Guidelines

- Sip on fluids throughout the day and liquid protein supplement between meals.
- If you are consuming liquid-type foods, you don't need to separate fluids at meals. Aim for 2 litres (8 cups) of fluids each day.
- Start with very small amounts of foods. Use a small spoon or fork to help you take tiny bites. Add one new food at a time. Gradually increase your amounts up to ½ cup total (this could take a day up to a week).
- Eat slowly and chew food well. Take at least 15-20 minutes to eat a meal. Stop eating when you feel full.
- Take your vitamin and mineral supplements every day.

How to puree foods:

- Cook food until tender (use microwave or stove/oven)
- Place cooked food into a blender or food processor.
- Add liquid. Use low calorie, low fat liquids such as water, skim milk, and broth.
- Thicken foods with: 1 Tbsp mashed potato flakes, skim milk powder, Beneprotein®.
- Fill the blender no more than ½ full each time.
- Cover and blend until food is smooth.
- Refrigerate or freeze extra servings in closed containers. An ice cube tray is great for freezing small portions (1 ice cube tray yields about 2 Tbsp of food).

If you have lactose intolerance:

- Some people have problems digesting milk prior or after surgery. If you have cramping, bloating and diarrhea after drinking milk, you may have lactose intolerance.
- To prevent the symptoms of lactose intolerance:
 - Use lactose-reduced milk (e.g. Lactaid, Lacteeze) or soy beverage.
 - Yogurt and low-fat cheese are low in lactose so you may find that you can eat these foods in small amounts without any problems.

Tips for boosting protein:

- Drink liquid protein supplement between meals.
- Add a protein powder supplement such as Beneprotein, Greek yogurt or skim milk powder to yogurt, oatmeal, mashed potatoes and other pureed foods.
- Try pureeing white navy beans or white kidney beans into foods (potatoes, squash, sweet potatoes, soups, etc.) for added protein.

Pureed Diet Guide

Food Group	Foods Allowed	Foods Not Recommended
<p>Protein Foods</p> <p><i>All foods must be blended until smooth</i></p>	<p>Skim milk, 1%*</p> <p>Soy beverage</p> <p>Low fat, plain or artificially sweetened yogurt</p> <p>Low fat Greek-style yogurt</p> <p>Low fat cottage or ricotta cheese</p> <p>Laughing Cow Light cheese</p> <p>Strained cream soups (made with skim milk)*</p> <p>Silken (soft) tofu</p> <p>Scrambled eggs</p> <p>Pureed beans and lentils</p> <p>Hummus</p> <p>Blended meats</p> <p>Protein powder (e.g. Beneprotein, skim milk powder)</p> <p>Protein supplement (mixed with skim or 1% milk*, lactose-reduced milk, soy beverage or water)</p>	<p>2% or homogenized milk</p> <p>Cream</p> <p>Ice cream</p> <p>High sugar/fat puddings</p> <p>Meat, fish, chicken</p> <p>Eggs</p> <p>Hard cheese</p> <p>Peanut butter</p> <p>Nuts and seeds</p>
<p>Vegetables & Fruits</p> <p><i>All foods must be blended until smooth</i></p>	<p>Cooked vegetables (e.g. sweet potatoes, squash, turnip, carrots, green beans)</p> <p>Fruit with skin removed (e.g. apples, berries, pears, peaches, bananas, mango)</p> <p>Unsweetened applesauce</p> <p>Baby food</p> <p>Diluted fruit or vegetable juice (100% orange, apple, cranberry, tomato) – 1 part juice to 1 part water</p>	<p>Vegetables and fruit with seeds or tough skins, such as cherries, oranges, grapes, tomatoes, celery, corn, peas, potato skins</p> <p>Dried fruit</p> <p>Raw or fried vegetables</p>

Food Group	Foods Allowed	Foods Not Recommended
Grain Products	Cooked, thin oatmeal or cream of wheat Fortified baby cereal (with added iron)	Bread Rice Pasta All other cereals
Beverages	Water Milk – skim or 1% Sugar-free drinks (Nestle Singles, Lipton Ice Tea to Go, Crystal Light) Flavoured water (artificially sweetened) Diluted fruit or vegetable juice (100% juice, tomato juice, vegetable cocktail) – 1 part juice to 1 part water Decaf tea or coffee Low fat vegetable, chicken or beef broth	Full strength juice Carbonated drinks Caffeinated drinks Alcohol
Desserts and sweets	Sugar-free jello Sugar-free popsicles Low-sugar (no-added sugar) jam Low fat, artificially sweetened pudding*	Honey Jam Jelly All others
Oils and Fats	Small amounts of non-hydrogenated margarines, healthy oils (olive, canola) Low fat cream cheese, mayonnaise Pureed avocado	All Others

***Note:** If you have lactose intolerance choose lactose-reduced milk (e.g. Lactaid, Lacteeze) or soy beverage to drink or prepare foods with.

Pureed Diet Sample Menu

Breakfast	<ul style="list-style-type: none">▪ Oatmeal 1-2 Tbsp (15-30 mL)▪ Skim milk, lactose-free milk or soy beverage 2 Tbsp (30 mL)▪ Low fat, plain or artificially sweetened yogurt or Greek yogurt 1-2 Tbsp (15-30 mL) + 1-2 Tbsp unsweetened applesauce or sugar-free jam
Mid-morning	<ul style="list-style-type: none">▪ Liquid protein supplement▪ Water and unsweetened drinks 1 cup (250 mL)▪ Decaf coffee or tea ½ cup (125 mL)
Lunch	<ul style="list-style-type: none">▪ Pureed soup with added protein ¼ cup (60 mL)▪ Pureed fruit 1-2 Tbsp (15-30 mL)
Mid-afternoon	<ul style="list-style-type: none">▪ Liquid protein supplement▪ Water and unsweetened drinks 1 cup (250 mL)▪ Decaf coffee or tea ½ cup (125 mL)
Supper	<ul style="list-style-type: none">▪ Blended meatballs (lean) with beef broth ¼ cup (60 mL)▪ High protein mashed potatoes 2 Tbsp (30 mL)▪ Blended carrots 2 Tbsp (30 mL)
Evening	<ul style="list-style-type: none">▪ Liquid protein supplement▪ Water and unsweetened drinks 1 cup (250 mL)▪ Diet Jell-O ½ cup (125 mL)

Total Fluids: 1000 mL – 2000 mL/day
Estimated Protein: 50-60 grams/day

Don't forget to take your vitamin and mineral supplements

Breakfast: 2 Multivitamins + 1 vitamin B12

Lunch: 1 Calcium/vitamin D

Supper: 1 Calcium/vitamin D

Before bed: (Optional) 1 Calcium/vitamin D or addition iron if needed

Pureed Diet Recipes

High Protein Milk

1 L skim or 1% milk
1 cup skim milk powder

Add skim milk powder to milk and mix well. Refrigerate and use in place of milk.

Try using in scrambled eggs, soups, puddings, smoothies, etc.

High Protein Mashed Potatoes

3-4 potatoes or sweet potatoes (peeled), mashed
½ can white beans, drained, rinsed (kidney, navy, or soybeans)
¼ cup broth (vegetable, chicken or beef)
½ small onion, chopped
½ tsp garlic powder (or 1 tsp minced garlic)

Add white beans, onion, garlic, and broth to blender or food processor. Puree until thin (no clumps). Mix into mashed potatoes. Add skim or 1% milk if needed.

Herb and Cheese Mashed Cauliflower

1 ½ cups cauliflower florets
½ can white beans, drained, rinsed (kidney, navy, or soybeans)
¼ cup skim or 1% milk
2 Tbsp low-fat or light herb and garlic cream cheese
ground pepper (to taste)
1-2 Tbsp finely chopped green onion
1 Tbsp parsley (fresh or dried)
2 tsp margarine

Steam cauliflower (in a steamer basket or microwave) for about 10-15 minutes, until very tender. Add cauliflower to remaining ingredients in a food processor or blender. Puree until smooth (no clumps).

Pureed Diet Recipes (Continued)

High Protein Pureed Soups

Choose a homemade low fat soup recipes; for example:

- minestrone
- lentil
- navy bean
- cream of tomato
- cream of spinach
- potato soups

Add 1 ½ Tbsp unflavoured protein powder (e.g. Beneprotein) or skim milk powder per portion of soup. Let soup cool before adding Beneprotein or it may clump. Strain if necessary.

Presidents Choice® Blue Menu Minestrone

Blend PC Blue Menu Minestrone Soup in a food processor or blender.

Presidents Choice® Blue Menu Tomato and Roasted Red Pepper

In a large cooking pot, add 1 can of PC Blue Menu Tomato and Roasted Red Pepper Soup.

Add 1-2 cans of white navy beans or white kidney beans.

Add spices or flavor to taste (try basil, oregano, pepper, etc).

Cook soup until beans are soft. Puree in blender

Tip: Add 2-3 Tbsp. of Greek Yogurt to boost protein and make soup creamier.

Campbell's Gardennay® Soups

1 box of Campbell's Gardennay® soup (Golden Autumn Carrot, Butternut Squash, or Tomato & Eight Vegetable Medley)

2 cans white beans, drained, rinsed (navy, kidney, or soybean)
pepper (to taste)

Add all ingredients to cooking sauce-pan. Cook soup as directed and simmer to warm. In batches, add soup to blender or use hand-blender to puree soup until smooth (no clumps).

Stage 4: Soft Diet

This diet consists of soft foods that are easier to chew and digest. Foods are gradually introduced in small amounts to test that you are able to tolerate them. The focus of meals and snacks is on protein-based foods, then vegetables and fruits, and smaller amounts of grains or starches.

General Guidelines

- Continue to eat 3 small meals and no more than 1 or 2 healthy snacks each day. Avoid nibbling throughout the day.
- The amount you eat at each meal or snack should be about ½ cup of food.
- Eat slowly and chew food well. Take at least 15-20 minutes to eat a meal. Stop eating when you feel full.
- Add one new food at a time. When you introduce new foods, take only a very small amount (1-2 Tbsp). Gradually increase the amount of the new food that you eat. If you have trouble with a food, wait 1 to 2 days before trying it again.
- Sip on fluids throughout the day. **Do not drink fluids with meals** Drink all fluids 30 minutes before and at least 30 - 60 minutes after a meal. Aim for 2 litres (8 cups) of fluids each day.
- STOP the liquid protein supplement when you can eat about ½ cup of food at most meals. It is best to avoid liquid calories. If you are not sure if you are eating enough protein, talk to your Dietitian.
- Take your vitamin and mineral supplements every day.

Tips for boosting protein:

- Add a protein powder supplement such as Beneprotein or skim milk powder to yogurt, oatmeal, mashed potatoes, stews and other soft foods.
- Plan your meal around protein. Protein foods should make up at least half of your plate. Eat the protein food first, but don't forget to eat some vegetables, fruit, grains and starches.
- Use beans to puree into sauces, soups, stews, and most main meals.

Soft Diet Guide

Food Group	Foods Allowed	Foods Not Recommended
Protein Foods	<p>Skim milk, 1%*</p> <p>Soy beverage</p> <p>Low fat, plain or artificially sweetened yogurt</p> <p>Low fat Greek-style yogurt</p> <p>Low fat cottage or ricotta cheese</p> <p>Low-fat cheese (<20% M.F.)</p> <p>Meat and poultry: minced or chopped with added low fat sauce or liquid to moisten</p> <p>Extra-lean ground beef, chicken or turkey</p> <p>Canned tuna/salmon/chicken</p> <p>Fish; tender, boneless and moist</p> <p>Low-fat deli meat (e.g. chicken, turkey, ham)</p> <p>Eggs; soft cooked, scrambled, egg salad (low-fat mayo)</p> <p>Tofu</p> <p>Beans and lentils</p> <p>Hummus</p> <p>Smooth peanut butter and nut butters</p>	<p>2% or homogenized milk</p> <p>Cream,</p> <p>Ice cream</p> <p>High fat cheese</p> <p>High sugar/fat puddings</p> <p>Very dry or tough meat or poultry</p> <p>Fish with bones</p> <p>Fatty meats (e.g. ribs, side-pork, bacon, sausages, wieners, regular ground beef)</p> <p>Poultry skin</p> <p>Fried meat or poultry</p> <p>Battered or fried fish</p> <p>High fat deli meats (e.g. bologna, kielbasa, salami)</p> <p>Crunchy peanut butter</p> <p>Nuts and seeds</p>

Food Group	Foods Allowed	Foods Not Recommended
Vegetables & Fruits	<p>Soft cooked vegetables without added fat</p> <p>Boiled and mashed potatoes or sweet potatoes</p> <p>Ripe fruit without skins such as bananas</p> <p>Soft berries</p> <p>Canned fruit in juice or water</p>	<p>Raw vegetables and fruit with tough skins, such as cherries, oranges, grapes, tomatoes, celery, corn, peas, potato skins</p> <p>Dried fruit</p> <p>Vegetables with cream or butter sauces</p> <p>Fried vegetables</p> <p>Salads, coleslaw</p> <p>Canned fruit in syrup</p>
Grain Products	<p>Oatmeal, cream of wheat</p> <p>Dry cereals that become very soft when soaked in liquid</p> <p>Pasta; well cooked and finely chopped</p> <p>Toasted breads (choose whole grain more often)</p> <p>High fibre crackers such as Ryvita, Wasa, whole wheat melba toast or Triscuits</p> <p>Soft cooked grains such as quinoa or couscous</p>	<p>All other cereals</p> <p>Doughy breads</p> <p>Bagels</p> <p>Baked goods</p> <p>Rice</p>

Food Group	Foods Allowed	Foods Not Recommended
Beverages	<p>Water</p> <p>Sugar-free drinks (Nestle Singles, Lipton Ice Tea to Go, Crystal Light)</p> <p>Flavoured water (artificially sweetened)</p> <p>Diluted fruit or vegetable juice (100% juice, tomato juice, vegetable cocktail) – 1 part juice to 1 part water</p> <p>Decaf tea or coffee</p> <p>Low fat vegetable, chicken or beef broth</p>	<p>Full strength juice</p> <p>Carbonated drinks</p> <p>Caffeinated drinks</p> <p>Alcohol</p>
Desserts and Sweets	<p>Sugar-free jello</p> <p>Sugar-free popsicles</p> <p>Low-sugar (no-added sugar) jam</p> <p>Low fat, artificially sweetened pudding*</p>	<p>High-sugar, high-fat desserts or baked goods</p> <p>High-sugar, high-fat granola bars</p> <p>Honey</p> <p>Jam</p> <p>Jelly</p> <p>Candy</p>
Oils and Fats	<p>Non-hydrogenated margarines, healthy oils (olive, canola)</p> <p>Low fat cream cheese, mayonnaise</p> <p>Mashed avocado</p>	<p>All Others</p>

***Note:** If you have lactose intolerance choose lactose-reduced milk (e.g. Lactaid, Lacteeze) or soy beverage to drink or prepare foods with.

Soft Diet Sample Menu

- Gradually work up to about ½ cup of food per meal.
- Stop the liquid protein supplement as you start eating more protein-rich foods.
- Choose soft foods. Avoid tough meats, raw vegetables and fruit with skins.
- Eat slowly and chew foods well. Take at least 15 minutes to eat a meal.
- Stop eating when you feel full.
- Drink your beverages between your meals not with meals.

Breakfast	<ul style="list-style-type: none">▪ 1 egg▪ ¼ slice whole grain toast▪ Canned or diced ripe fruit 2 Tbsp (30 mL)
Mid-morning	<ul style="list-style-type: none">▪ Water and unsweetened drinks 2 cups (500 mL)▪ Decaf coffee or tea 1 cup (250 mL)
Lunch	<ul style="list-style-type: none">▪ 2 oz canned tuna or chicken breast + high protein mayo*▪ 1-2 crackers (melba toast, rivita, wasa)▪ Bites of canned green beans or carrots (only if room!)
Mid-afternoon	<ul style="list-style-type: none">▪ Low-fat cottage cheese ¼ cup (60 mL)▪ Diced canned or ripe fruit 2 Tbsp (30 mL) OR▪ Water and unsweetened drinks 2 cups (500 mL)
Supper	<ul style="list-style-type: none">▪ 2 oz baked fish▪ Bites of high protein mashed potatoes (page 34 for recipe)▪ 1-2 Tbsp steamed asparagus tips (only if room!)
Evening	<ul style="list-style-type: none">▪ Protein smoothie or high protein pudding (125 mL)▪ Water and unsweetened drinks 2 cups (500 mL)

Fluids: 1500 – 2000 mL/day

Protein: 60 – 70 grams/day

High Protein Mayo

Try mixing low fat mayonnaise with Liberté Plain Greek Yogurt®. For a zest of flavour, try Renee's® Herb & Italian salad dressing or Roasted Red Pepper dressing.

Soft Diet Recipes

Spaghetti Squash Supreme

INGREDIENTS

1 spaghetti squash – cut in 2 halves (lengthwise)
High protein sauce (see below)
ground chicken, turkey or beef - browned
soft vegetables (mushrooms, zucchini, pepper, onion, garlic, spinach)

DIRECTIONS

Cut spaghetti squash length wise (down the middle). Scrape out the seeds and pulp. Microwave spaghetti squash for about 6- 8 minutes or cook in oven for 20 minutes face down then 10 minutes face up at 350°. Separate strands by running a fork through squash from 'stem to stem' direction. Mix cooked meat and vegetables into sauce and pour over top of the squash 'noodles'.

Special Protein Sauce

INGREDIENTS

1-2 cans white navy beans (or kidney beans)
2 cans diced tomatoes (no salt added)
spices (your choice: pepper, oregano, basil, bay leaf)
all veggies (make sure they are soft: steam or microwave)
onions
garlic

DIRECTIONS

Add everything to blender and puree. Cook in slow cooker.

The Special Protein Sauce boosts protein while hiding vegetables in your meals. It can be used for pasta sauce, beef stews, chili, mixed into meatloaf or meatballs or can be poured over chicken. A great idea when making the sauce is to make large batches, and portion into containers which can then be frozen or refrigerated.

Crust less Spinach Quiche

SERVINGS: 8 small portions

INGREDIENTS

2 teaspoons vegetable oil

1 medium onion, chopped

1 package (10 ounces) frozen chopped spinach, thawed and drained

1 ½ cups shredded 50% light cheddar cheese

4 egg whites

2 whole eggs

1/3 cup reduced-fat cottage cheese

1/4 teaspoon cayenne pepper

1/8 teaspoon salt

1/8 teaspoon nutmeg

DIRECTIONS

Heat oven to 375 degree, coat a 9-inch pie pan with vegetable cooking spray.

In a medium non-stick skillet, heat oil on medium high. Add onion and cook 5 minutes or until softened. Add spinach and stir 3 more minutes, or until spinach is dry; set aside. Sprinkle cheese in pie pan. Top with spinach/onion mixture.

In a medium bowl, whisk egg whites and whole eggs, cottage cheese, cayenne pepper, salt and nutmeg. Pour mixture over spinach.

Bake 30 to 35 minutes or until set. Let stand 5 minutes.
Cut into wedges and serve.

Spanish Omelet

SERVINGS: 2 portions

INGREDIENTS

3 teaspoons drained/chopped roasted red pepper or ½ red pepper (diced)

2 tablespoons chopped tomato

½ teaspoon fresh minced garlic

3-4 button mushrooms, cleaned and sliced

2 tablespoons fat-free ham, diced

¼ cup liquid egg substitute

1 slice light mozzarella cheese, cut into strips

1 ½ teaspoons fresh cilantro chopped

2 tablespoons fresh salsa

fresh strawberries

DIRECTIONS

Coat a 6-inch nonstick omelet pan with cooking spray and heat to medium high.

Add the roasted red pepper, tomato, garlic, mushrooms and ham and sauté for about 4 minutes, or until the mushrooms are soft. Transfer the mixture to a bowl, drain off excess liquid and set aside.

Wipe the pan clean with paper towel and coat again with nonstick spray. Heat over medium heat and add the egg substitute. Using a rubber spatula, carefully lift the sides of the omelet up to let the egg substitute spill underneath the cooked, solid bottom. Repeat this process until the egg mixture is almost done, then turn off the heat. Immediately add the cheese and cilantro to the bottom half of the omelet, followed by the sauté mixture. Gently fold the top half of the omelet over the bottom half and carefully slide onto a serving plate. Top the omelet with salsa and garnish the plate with strawberries.

Stage 5: Diet for Life

This diet consists of a variety of healthy foods to promote healthy weight loss and long-term weight maintenance. Three small meals and planned snacks will help keep calories low. It is important to include protein foods at each meal to help prevent muscle loss, however don't forget carbohydrate-rich foods like fruits, vegetables, grains and starches for energy and overall health.

General Guidelines

- Eat 3 small meals and no more than 1 or 2 healthy snacks.
- The amount you eat at each meal or snack should be between ½ cup to 1 cup of food.
- Eat balanced meals that focus on:

Protein + Vegetable/Fruit + Grain/Starch (+ healthy fats)

- Eat solid foods at your meals and snacks. Avoid soupy or mushy textures.
- Eat slowly and chew foods well. Take at least 15-20 minutes to eat a meal. Stop eating when you feel full.
- Avoid foods that are high in sugar or fat.
- **Do not drink fluids with meals.** Drink all fluids 30 minutes before and at least 30-60 minutes after a meal. Aim for 2 litres (8 cups) of Bariatric fluids each day.
- Drink only calorie-free beverages.
- Take your vitamin and mineral supplements every day.

Tips for boosting protein

- Plan your meal around protein. Protein foods should make up at least half of your plate. Eat the protein food first.
- If you have difficulty with meat, enjoy softer textures such as fish, chicken, ground meats, eggs, beans and lentils, tofu and cottage cheese. Try slow-cooked, stewed or marinated meats.

Difficult foods

- Some people continue to have problems with certain foods. The most common problem foods are:
 - Very dry or tough red meat
 - Doughy breads
 - Rice and pasta
 - High sugar foods
 - High fat foods
 - Carbonated beverages

- Red meats, especially, may be difficult to eat. Always cut into very small bites and chew very well. You may add low-fat gravy, mayonnaise, sauce or marinate overnight to moisten. Choose moist cooking methods such as slow-cooking or stewing. Try ground meats or deli-meats instead.

- If you encounter a difficult food wait 1 to 2 weeks before trying it again. If you continue to have problems, you may need to avoid or limit this food.

Diet for Life Guide

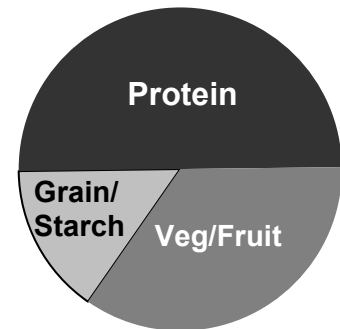
Food Group	Foods Allowed	Foods Not Recommended
Protein Foods	Skim milk, 1%* Soy beverage Low fat, plain or artificially sweetened yogurt Low fat Greek-style yogurt Low fat cottage or ricotta cheese Low-fat cheese (<20% M.F.) Lean red meat or pork Extra-lean ground beef, chicken or turkey Chicken or turkey without the skin Baked, broiled or grilled fish Canned tuna/salmon/chicken Low-fat deli meat (e.g. chicken, turkey, ham, roast beef) Eggs Tofu Beans and Lentils Edamame (fresh soybeans) Hummus Peanut butter and nut butters Nuts and seeds	2% or homogenized milk Cream, Ice cream High fat cheese High sugar/fat puddings Fatty meats (e.g. ribs, side-pork, bacon, sausages, wieners, regular ground beef) Poultry skin Fried meat or poultry Battered or fried fish High fat deli meats (e.g. bologna, kielbasa, salami)
Vegetables & Fruits	All vegetables without added fat Salads (low-fat salad dressing) All fruit without added sugar Canned fruit in juice or water Dried fruit	Vegetables with cream/butter sauces Fried vegetables Salads with high-fat salad dressing (e.g. Caesar, Greek salad) Canned fruit in syrup

Food Group	Foods Allowed	Foods Not Recommended
Grain & Starch Products	Breads (choose whole grain more often) Cereals (choose high fibre more often) Oatmeal, cream of wheat Pasta, rice, potatoes, corn Crackers (whole grain/wheat) Grains such as quinoa, couscous, millet, amaranth, spelt, etc.	Doughy breads Croissants Sugary cereals
Beverages	Water Sugar-free drinks (Nestle Singles, Lipton Ice Tea to Go, Crystal Light) Flavoured water (artificially sweetened) Diluted fruit or vegetable juice (100% juice, tomato juice, vegetable cocktail) – 1 part juice to 1 part water Decaf tea or coffee Low fat vegetable, chicken or beef broth	Full strength juice Carbonated drinks Limit caffeinated drinks Alcohol
Desserts and Sweets	Sugar-free jello Sugar-free popsicles Low-calorie desserts and baked goods Low-sugar (no-added sugar) jam Low fat, artificially sweetened pudding*	High-sugar, high-fat desserts or baked goods High-sugar, high-fat granola bars Honey Jam Jelly Candy
Oils and Fats	Non-hydrogenated margarines, healthy oils (olive, canola) Low fat cream cheese, mayonnaise Avocado	All Others

***Note:** If you have lactose intolerance choose lactose-reduced milk (e.g. Lactaid, Lacteeze) or soy beverage to drink or prepare foods with.

Diet for Life Sample Menu

- Eat no more than ½ to 1 cup of food per meal.
- Eat solid foods.
- Eat slowly and chew foods well. Take at least 15 minutes to eat a meal.
- Stop eating when you feel full.
- Drink your beverages between your meals.
- Enjoy balanced meals that have at least three food groups.
- Eat the protein food first, and then vegetables/fruit, followed by grain/starches.



Example:

Breakfast	<ul style="list-style-type: none"> ▪ 1 poached egg ▪ ½ slice toast with peanut butter ▪ Mixed berries 2 Tbsp (30 mL) ▪ Low fat, plain or artificially sweetened yogurt or Greek yogurt 2 Tbsp (30 mL)
Mid-morning	<ul style="list-style-type: none"> ▪ Water and unsweetened drinks 2 cups (500 mL) ▪ Decaf coffee or tea 1 cup (250 mL)
Lunch	<ul style="list-style-type: none"> ▪ Sandwich Wrap: Tuna, salmon, chicken or lean meat 2 oz (60 g)+ ½ small whole grain flour tortilla or wrap + lettuce, tomato, low-fat mayonnaise ▪ ¼ cup cottage cheese ▪ Clementine orange
Mid-afternoon	<ul style="list-style-type: none"> ▪ 1 Ryvita cracker with hummus ▪ 1 oz (30 g) low-fat cheese (e.g. Babybel Light or Laughing Cow Light) ▪ Water and unsweetened drinks 2 cups (500 mL)
Supper	<ul style="list-style-type: none"> ▪ <i>Vegetarian Bean Chili (see recipe)</i> 1/2 cup (125 mL) ▪ Steamed vegetables ¼ cup (60 mL) ▪ 3-4 whole grain crackers
Evening	<ul style="list-style-type: none"> ▪ Water and unsweetened drinks 2 cups (500 mL)

Fluids: 1500 – 2000 mL/day

Protein: 70-80 grams/day

BREAKFAST IDEAS

Choose one food from each food group to create a balanced meal:

Protein	Vegetable/Fruit	Grain/Starch
1 poached egg	¼ small ripe pear	¼ - ½ piece of toast
1 scrambled egg	1 tomato slice	½ whole wheat English muffin
¼ cup cottage cheese	2-3 strawberries	½ small bran muffin
1 Tbsp peanut butter or other nut butter	¼ small banana	1-2 Ryvita crackers
1 oz. lean ham	2-3 canned peach slices	1/3 cup high fibre cereal
½ cup low fat plain or artificially sweetened yogurt	¼ cup diced melon	2-3 Tbsp Bran Buds
1 ½ Tbsp Beneprotein	¼ cup blueberries	1/3 - ½ cup oatmeal

Try these BREAKFAST ideas...

Peanut Butter Pipe:

6" whole wheat wrap + peanut butter + ½ banana (or thinly sliced apple + cinnamon) Roll/fold and make batches. Cut in halves or bit size. Keep refrigerated.

Nutty oatmeal:

Stir in 1 Tbsp peanut or almond butter into 1/3 cup oatmeal (with hot water or milk). Wait for nut butter to melt. Add cinnamon and top with fruit of your choice.

A Cheesy change:

Mix ¼ cup cottage cheese with 2-3 diced canned peaches. Spread on 1-2 Ryvita crackers, melba toast or ½ slice of whole grain toast.

McHomemade:

Top ½ a whole wheat English muffin with Dijon mustard, tomato slice, ½ slice lean ham and 1 scrambled egg or boiled egg.

Yogurt Parfait:

Stir ¼ cup blueberries and 2-3 Tbsp Bran Buds into ½ cup vanilla yogurt (try Liberte® Greek Yogurt mixed with vanilla Source/Silhouette® yogurt).

Cheesy Pipe:

6" whole wheat wrap + baby spinach (remove stems) + cheese string (under 20% milk fat). Spread 5-6 spinach leaves in centre of wrap; place cheese on wrap and roll up. Wrap a paper towel around the pipe and microwave for 10-15 seconds until melted. Cut into 2 pieces.

LUNCH IDEAS

Choose one food from each food group to create a balanced meal:

Protein	Vegetable/Fruit	Grain/Starch
¼ cup hummus	2-3 cucumber slices	3 Triscuits
2 oz canned tuna	½ peeled apple	2 flatbread crackers
¼ cup cottage cheese	1-2 Tbsp tomato bruschetta	1-2 slices toasted baguette
¼ cup egg salad	½ cup chopped garden salad	¼ slice of toast
¼ cup of beans (eg. baked beans, black beans, kidney beans)	2-3 slices avocado (1/8 of an avocado)	½ small whole wheat flour tortilla
½ cup chicken stew	¼ cup steamed vegetables (frozen or fresh)	2-3 Tbsp pearl barley
2 oz diced chicken	¼ cup pineapple tidbits	½ whole wheat pita

Try these LUNCH ideas...

Fajita Time:

Fill ½ small whole wheat flour tortilla with ¼ cup black beans, 1 Tbsp salsa, 1 Tbsp of low fat sour cream, sprinkle some low fat cheese and diced lettuce/tomato.

Pizza Pizzazz:

Top 1 whole wheat English Muffin with tomato sauce, 2-3 Tbsp pineapple, 2 oz diced chicken or ham, shredded low fat cheese. Broil until cheese is melted.

Egg Salad Sandwich:

Enjoy a ¼ cup of egg salad with 2 flatbread crackers and ¼ cup chopped garden salad topped with light salad dressing and 4 chopped almonds.

Topped off chicken stew:

Add 2-3 Tbsp cooked pearl barley and 2-3 Tbsp frozen vegetables to ½ cup chicken stew.

SUPPER IDEAS

Choose one food from each food group to create a balanced meal:

Protein	Vegetable/Fruit	Grain/Starch
¼ cup chili with beans or ground beef	¼ cup mixed vegetables (fresh or frozen)	2-3 Tbsp sweet potato
¼ cup turkey stew	¼ cup carrots	¼ cornmeal Biscuit
2 oz. grilled or baked chicken breast	2-3 small spears broccoli	2-3 Tbsp quinoa
2 oz. grilled or baked salmon or fish	¼ cup tomato and cucumber salad	¼ oven-baked potato
2 oz pork tenderloin	¼ cup zucchini	2-3 Tbsp scalloped potatoes (low-fat recipe)
¼ cup lentils	¼ cup green beans	2-3 Tbsp whole wheat couscous
2 oz. veggie burger (about ½ a small burger)	¼ cup cooked mushrooms	½ small whole wheat roll

Try these SUPPER ideas...

Fish & Chips:

2 oz fish with lemon pepper, garlic and pepper and bake. Serve with ¼ cup steamed carrots and 3-4 oven-baked potato fries.

BBQ Chicken:

Brush chicken breast with BBQ sauce and grill – serve 2 oz for meal. Serve with ¼ cup chopped green beans and 2-3 Tbsp baked or microwaved sweet potato.

Chili:

Serve ½ cup chili with mushrooms over 2-3 Tbsp couscous or quinoa. Sprinkle with Parmesan cheese.

For lunch tomorrow:

Try leftover chili on ½ cup of romaine lettuce with 1 Tbsp of salad and shredded light cheese.

Burger delight:

Enjoy ½ a small veggie burger patty on ½ small whole wheat roll. Top with 2-3 Tbsp tomato and ¼ cup cucumber salad.

Diet for Life Recipes

Pumped-up Chili

INGREDIENTS

2 Tbsp vegetable oil
1 large onion, chopped
2 cloves garlic, minced
1 tbsp chili powder
1 tsp cumin
1 tsp dried oregano
1 ½ cup (750 mL) “special protein sauce” – page 41
1 can (540 mL/19 oz) red kidney beans
1 can (540 mL/19 oz) black beans
1 can (540 mL/19 oz) chick peas
1-2 lb extra lean ground beef, chicken or turkey
1 green, red or yellow pepper, diced
1 cup mushrooms, sliced
1 tbsp cider vinegar
½ tsp salt
½ tsp cinnamon
fresh ground black pepper

DIRECTIONS

In a large saucepan, heat oil over medium-high heat. Sauté onion and garlic until softened. Brown meat (ground beef, chicken, or turkey).

Stir in chili, cumin, oregano and high protein sauce. Add beans, peppers, vinegar, salt, cinnamon and pepper. Bring to a boil. Reduce heat to medium-low; simmer for 20 minutes or cook in slow cooker for 6-8 hours.

Freeze leftover portions.

Balance Check

Protein

Red kidney beans, black beans, chick peas, meat (beef, chicken, turkey)

Vegetable/Fruit

Onion, tomatoes, peppers, mushrooms

Grain/Starch

Add a small whole wheat bun or slice of whole wheat bread

Quinoa and Edamame Salad

INGREDIENTS

- 1 cup uncooked quinoa, rinsed
- 2 cups fat-free, low sodium vegetable broth
- 1/2 cup drained roasted red peppers, chopped
- 2 tomatoes, seeded and chopped
- 1 small zucchini, halved lengthwise and sliced
- 1 cup frozen edamame, thawed
- Zest of 1 large lemon
- 3 tbsp lemon juice
- 2 tbsp olive oil
- 1/4 cup fresh flat leaf parsley, chopped

DIRECTIONS

Toast uncooked quinoa in a medium skillet for 5 minutes. Transfer quinoa to a large pot, add vegetable broth and bring to a boil. Cover and reduce heat, and cook for 15 minutes or until the water is absorbed and the quinoa is fluffy. Remove from heat and empty into a serving bowl.

Add chopped peppers, tomato, sliced zucchini and thawed edamame. Stir well.

Whisk lemon zest, lemon juice and olive oil together and pour over quinoa mixture. Toss well. Sprinkle with parsley.

Quinoa (pronounced keen-wa) is an ancient grain that is considered a complete protein. It can be used in any recipe in which you would use rice, and can be served hot or cold. It is easy to cook.

Edamame are fresh green soybeans. Look for them in the frozen vegetable section of the grocery store. For this recipe choose edamame that has been removed from pods. Edamame can also be enjoyed as a snack. Lightly boil or steam in the microwave and squeeze from the pods into your mouth using your fingers.

Balance Check

Note: It is important to still eat healthy fats (ex: olive oil)

Protein	Vegetable/Fruit	Grain/Starch
Edamame, quinoa	Peppers, tomato, zucchini, edamame	Quinoa

Garlic Shrimp

SERVINGS: makes 2 portions

INGREDIENTS:

8-10 medium sized shrimp, shelled and deveined

¼ teaspoon sea salt

¼ teaspoon fresh cracked pepper

1 clove fresh garlic, minced

½ teaspoon chopped fresh basil

½ teaspoon crushed red chili flakes (optional)

3 tablespoons extra-virgin olive oil

2 teaspoons fresh lemon juice

DIRECTIONS

Sprinkle the shrimp with salt and pepper and let stand for 10 minutes at room temperature.

In a medium bowl, toss the shrimp with the garlic and red chili flakes (if using).

In an 8-inch skillet, heat the oil over medium to medium-high heat. Cook the shrimp about 3 minutes on each side, until an opaque orange colour appears, then add the lemon juice. Continue cooking for about 2 minutes. Transfer the shrimp to a serving platter along with all of the liquid in the pan. Garnish the dish with lemon and parsley sprigs. Serve immediately.

Balance Check

Protein

Shrimp

Vegetable/Fruit Missing

Add a salad, or mix into a stir-fry of vegetables

Grain/Starch Missing

Add couscous, pasta, brown rice, or melba toast

Mediterranean Chicken Salad Sandwich

SERVINGS: makes 2 portions

INGREDIENTS

4 ounces cooked boneless, skinless chicken breast, diced small
2 large pitted black olives, sliced
1 teaspoon minced onion
2 teaspoons finely chopped tomato
1 teaspoon fresh finely chopped parsley
fresh cracked black pepper to taste (optional)
½ teaspoon chopped capers (optional)
2 teaspoons nonfat mayonnaise (reminder: high protein mayo – page 40)
½ teaspoon lemon juice
2 toasted whole grain English muffin halves
2 sprigs fresh parsley

DIRECTIONS

In a small bowl, combine the chicken, olives, onion, tomato, chopped parsley, pepper, capers, mayonnaise and lemon juice. Mix well. Top each toasted muffin half with half of the chicken salad and garnish with a parsley sprig.

Balance Check

Protein	Vegetable/Fruit	Grain/Starch
Chicken	Tomato, onion	Whole grain English Muffin

Journals

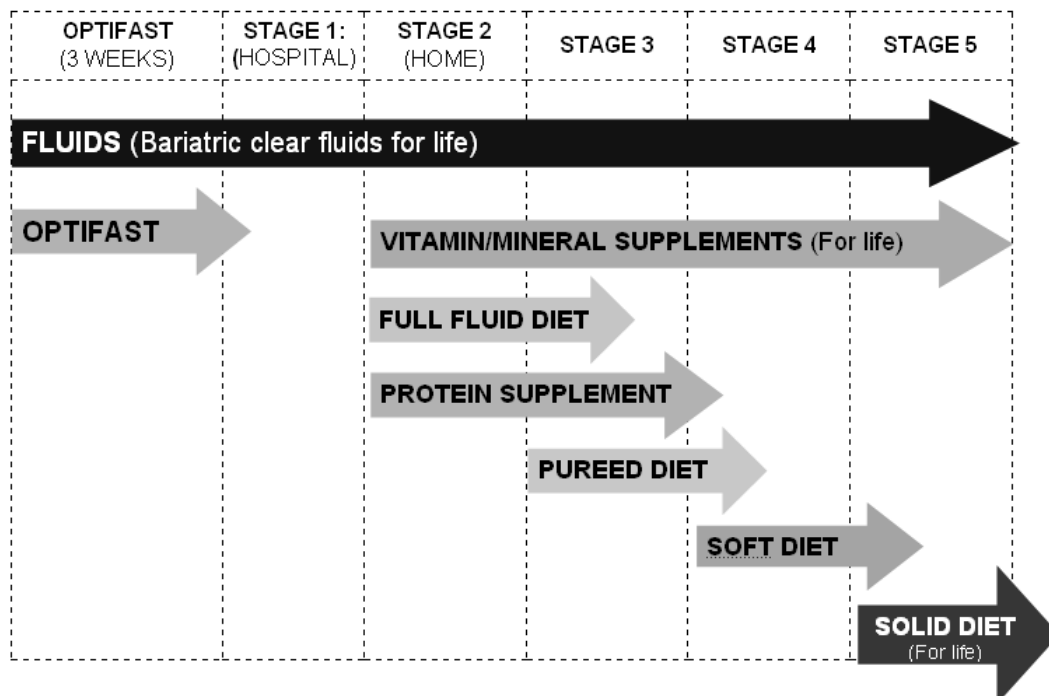
Includes:
Stages 1-5
Diet for Life

Tips for using the journals:

- Write down the types and amount of food consumed at each meal,
- Write down the amount of time you took to consume your meal,
- Write down the amount of protein supplement and fluids you had during the day (if still taking protein supplement),
- Check off your vitamin and mineral supplements.

Reminders:

- Consume at least 2 L of fluids per day (this could take a few days to a week to achieve after surgery).
- Sip on protein supplement throughout the day and gradually increase until you are able to eat solid/soft protein foods.
- Take your vitamin and mineral supplements every day.
- Progress as tolerated:



Journal for Stage 2 (Stage 1 is only in the hospital)

Meal	Date: _____	Date: _____	Date: _____
Breakfast	<input type="radio"/> Protein Supplement	<input type="radio"/> Protein Supplement	<input type="radio"/> Protein Supplement
mid-morning			
Lunch	<input type="radio"/> Protein Supplement	<input type="radio"/> Protein Supplement	<input type="radio"/> Protein Supplement
mid-afternoon			
Supper	<input type="radio"/> Protein Supplement	<input type="radio"/> Protein Supplement	<input type="radio"/> Protein Supplement
evening			
vitamin/mineral supplements	<input type="radio"/> <input type="radio"/> Multivitamins <input type="radio"/> <input type="radio"/> Calcium/Vit D <input type="radio"/> Vitamin B12 <input type="radio"/> <input type="radio"/> Other _____	<input type="radio"/> <input type="radio"/> Multivitamins <input type="radio"/> <input type="radio"/> Calcium/Vit D <input type="radio"/> Vitamin B12 <input type="radio"/> <input type="radio"/> Other _____	<input type="radio"/> <input type="radio"/> Multivitamins <input type="radio"/> <input type="radio"/> Calcium/Vit D <input type="radio"/> Vitamin B12 <input type="radio"/> <input type="radio"/> Other _____

Date: _____	Date: _____	Date: _____	Date: _____
<input type="radio"/> Protein Supplement	<input type="radio"/> Protein Supplement	<input type="radio"/> Protein Supplement	<input type="radio"/> Protein Supplement
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Journal for Stage 3

Meal	Date: _____	Date: _____	Date: _____
Breakfast			
mid-morning	<input type="radio"/> Protein Supplement	<input type="radio"/> Protein Supplement	<input type="radio"/> Protein Supplement
Lunch			
mid-afternoon	<input type="radio"/> Protein Supplement	<input type="radio"/> Protein Supplement	<input type="radio"/> Protein Supplement
Supper			
evening	<input type="radio"/> Protein Supplement	<input type="radio"/> Protein Supplement	<input type="radio"/> Protein Supplement
vitamin/mineral supplements	<input type="radio"/> Multivitamins <input type="radio"/> Calcium/Vit D <input type="radio"/> Vitamin B12 <input type="radio"/> Other _____	<input type="radio"/> Multivitamins <input type="radio"/> Calcium/Vit D <input type="radio"/> Vitamin B12 <input type="radio"/> Other _____	<input type="radio"/> Multivitamins <input type="radio"/> Calcium/Vit D <input type="radio"/> Vitamin B12 <input type="radio"/> Other _____

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Journal for Stage 3

Meal	Date: _____	Date: _____	Date: _____
Breakfast			
mid-morning	<input type="radio"/> Protein Supplement	<input type="radio"/> Protein Supplement	<input type="radio"/> Protein Supplement
Lunch			
mid-afternoon	<input type="radio"/> Protein Supplement	<input type="radio"/> Protein Supplement	<input type="radio"/> Protein Supplement
Supper			
evening	<input type="radio"/> Protein Supplement	<input type="radio"/> Protein Supplement	<input type="radio"/> Protein Supplement
vitamin/mineral supplements	<input type="radio"/> Multivitamins <input type="radio"/> Calcium/Vit D <input type="radio"/> Vitamin B12 <input type="radio"/> Other _____	<input type="radio"/> Multivitamins <input type="radio"/> Calcium/Vit D <input type="radio"/> Vitamin B12 <input type="radio"/> Other _____	<input type="radio"/> Multivitamins <input type="radio"/> Calcium/Vit D <input type="radio"/> Vitamin B12 <input type="radio"/> Other _____

Date: _____	Date: _____	Date: _____	Date: _____
<input type="radio"/> Protein Supplement	<input type="radio"/> Protein Supplement	<input type="radio"/> Protein Supplement	<input type="radio"/> Protein Supplement
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<input type="radio"/> Multivitamins <input type="radio"/> Calcium/Vit D <input type="radio"/> Vitamin B12 <input type="radio"/> Other _____	<input type="radio"/> Multivitamins <input type="radio"/> Calcium/Vit D <input type="radio"/> Vitamin B12 <input type="radio"/> Other _____	<input type="radio"/> Multivitamins <input type="radio"/> Calcium/Vit D <input type="radio"/> Vitamin B12 <input type="radio"/> Other _____	<input type="radio"/> Multivitamins <input type="radio"/> Calcium/Vit D <input type="radio"/> Vitamin B12 <input type="radio"/> Other _____

Journal for Stage 4

Meal	Date: _____	Date: _____	Date: _____
Breakfast			
mid-morning			
Lunch			
mid-afternoon			
Supper			
evening			
vitamin/mineral supplements	<input type="checkbox"/> Multivitamins <input type="checkbox"/> Calcium/Vit D <input type="checkbox"/> Vitamin B12 <input type="checkbox"/> Other _____	<input type="checkbox"/> Multivitamins <input type="checkbox"/> Calcium/Vit D <input type="checkbox"/> Vitamin B12 <input type="checkbox"/> Other _____	<input type="checkbox"/> Multivitamins <input type="checkbox"/> Calcium/Vit D <input type="checkbox"/> Vitamin B12 <input type="checkbox"/> Other _____

Date: _____	Date: _____	Date: _____	Date: _____
<input type="radio"/> Multivitamins <input type="radio"/> Calcium/Vit D <input type="radio"/> Vitamin B12 <input type="radio"/> Other _____	<input type="radio"/> Multivitamins <input type="radio"/> Calcium/Vit D <input type="radio"/> Vitamin B12 <input type="radio"/> Other _____	<input type="radio"/> Multivitamins <input type="radio"/> Calcium/Vit D <input type="radio"/> Vitamin B12 <input type="radio"/> Other _____	<input type="radio"/> Multivitamins <input type="radio"/> Calcium/Vit D <input type="radio"/> Vitamin B12 <input type="radio"/> Other _____

Journal for Stage 5: Diet for Life

Meal	Date:
Breakfast	
mid-morning	
Lunch	
mid-afternoon	
Supper	
evening	
vitamin/mineral supplements	<input type="checkbox"/> <input type="checkbox"/> Multivitamins <input type="checkbox"/> <input type="checkbox"/> Calcium/Vit D <input type="checkbox"/> Vitamin B12 <input type="checkbox"/> <input type="checkbox"/> Other _____

Appendix A: Vitamins & Minerals Review

Table: Vitamins and minerals found in food groups

	Grains & Starches	Fruits	Vegetables	Milk & Alternatives	Meat & Alternatives	Fats
Protein	⊙			⊙	⊙	
Fat				⊙	⊙	⊙
Carbohydrate	⊙	⊙	⊙	⊙		
Fibre	⊙	⊙	⊙			
Thiamin (Vitamin B1)	⊙	⊙	⊙		⊙	
Riboflavin (Vitamin B2)	⊙			⊙	⊙	
Niacin (Vitamin B3)	⊙				⊙	
Folate	⊙	⊙			⊙	
Vitamin B12				⊙	⊙	
Vitamin C		⊙	⊙			
Vitamin A		⊙	⊙	⊙		⊙
Vitamin D				⊙		
Vitamin E						⊙
Calcium				⊙		
Iron	⊙		⊙		⊙	
Potassium		⊙	⊙	⊙		
Phosphorus	⊙			⊙	⊙	

Adapted from: Beyond the Basics. Canadian Diabetes Association, 2006.

Vitamins

Water-soluble vitamins	Function in the body	Food sources
Vitamin C	Strengthens walls of cells; aids in wound healing; helps build bones & teeth; increases absorption of iron	Citrus fruits, sweet potatoes, strawberries, broccoli, cauliflower, cabbage, tomatoes
Vitamin B1 (Thiamine)	Releases energy from food; keeps nerves healthy; promotes good appetite and digestion	Whole grains and enriched grain products; pork and other meats; dried peas; and beans
Vitamin B2 (Riboflavin)	Releases energy from food; helps cell growth and development	Milk, lean meat, eggs, enriched and whole grain products
Vitamin B3 (Niacin)	Releases energy from food; maintains health of skin, digestive tract, and nervous system	Poultry, fish, lean meat, peanuts, dried peas and beans
Vitamin B6 (Pyridoxal phosphate)	Important for protein metabolism	Poultry, fish, pork, whole grain cereals
Vitamin B12 (cyanocobalamin)	Necessary for normal functioning of all body cells, especially red blood cells	Fish, meat, eggs, milk products
Biotin	Necessary for metabolism of carbon dioxide	Milk, meat, egg yolk, cauliflower, dried peas and beans
Folate (Folic acid)	Necessary for formation of red blood cells	Kidney beans, lima beans, spinach, broccoli, fortified cereals
Fat-soluble vitamins	Function in the body	Food sources
Pantothenic acid	Necessary for metabolism of protein and fat; normal functioning of blood cells and hormones	Eggs, fish, whole grain cereals
Vitamin A	Important for vision, growth, and reproduction	Dark green, deep yellow vegetables and fruits; fortified dairy products and margarine
Vitamin D	Promotes growth of bones & teeth	Fortified margarine and milk
Vitamin E	Prevents breakdown of unsaturated fatty acids; important for red blood cells	Vegetable oils
Vitamin K	Necessary for normal clotting of blood	Dark green, leafy vegetables

Adapted from Optifast: Knowing Nutrients. Nestle Healthcare Nutrition Inc.

Minerals

Minerals	Function in the body	Food sources
Calcium	Formation of bones and teeth; muscle contraction	Milk and alternatives, broccoli, green leafy vegetables
Iron	Transports oxygen in the blood	Meat, legumes, whole or enriched grains, dark green vegetables
Magnesium	Activator of many enzymes; influences almost all body processes	Whole grain cereals, nuts, milk, green vegetables, legumes
Zinc	Part of many enzymes and insulin	Seafood, meat, whole grains
Phosphorus	Formation of bones and teeth; regulation of many body processes	Milk and alternatives, meat, fish, poultry, whole grain cereals, legumes
Potassium	Regulates body acidity and activates chemical reactions	Fruits, milk, meat, vegetables
Sulfur	Essential for blood clotting; activates chemical reactions	Protein foods
Sodium	Regulates body fluid balances	Salt, processed foods, sauces, restaurant foods
Chloride	Activates chemical reactions; needed for proper digestion	Salt
Copper	Part of several enzymes	Shellfish, whole grains, cherries, poultry, cocoa, nuts
Iodine	Part of the thyroid hormone that controls reactions involving energy	Iodized table salt, seafood
Fluoride	Reduces dental cavities and may minimize bone loss	Fluorinated drinking water, fish, soybeans, spinach

Adapted from Optifast: Knowing Nutrients. Nestle Healthcare Nutrition Inc.

Appendix B: Diet for Life Summary

1) Take your vitamin and mineral supplements:

After one month you will be able to manage swallow tablets:

- **Two** adult multivitamins each day. (Look for at least 18 mg of iron/pill)
- **Two** calcium citrate with vitamin D each day. (Look for at least 600 mg of calcium citrate with at least 400 IU vitamin D3 per pill).
- **One** vitamin B12 each day. (Look for at least 350 mcg/pill)
- Avoid time-release multivitamins.

Important: Take your calcium with vitamin D supplements at least 2 hours before or 2 hours after taking your multivitamins or any extra iron. Iron and calcium compete for absorption in the body, so if taken together you reduce the absorption of each.

Sample Day:

Time	
Breakfast	Two adult multivitamins Vitamin B12 supplement
Lunch	Calcium with Vitamin D supplement
Supper	Calcium with Vitamin D supplement
Bedtime	<i>Additional Calcium or Iron (if recommended by your health care provider)</i>

Use a pill box (dosset) to help you remember to take your pills.



NOTE: Multivitamins and calcium can interfere with some medications. Ask your doctor or pharmacist about the best time to take your medications.

2) Get enough protein:

- Don't forget to include protein at every meal and/or snacks. Most patients after bariatric surgery need minimum 60-90 grams/day, talk to your dietitian for specific amounts.
- Try calculating your protein intake (refer to Appendix E for protein amounts)

3) Get enough fluids:

- By now, you should be drinking a total of 2 L (8 cups) of calorie-free fluids a day. Try monitoring your fluid intake for a day by recording/measuring your intake.
- Remember to avoid caffeine and carbonated beverages.
- Don't drink with solid meals. Drink all fluids 30 minutes before and 60 minutes after a solid meal.
- Avoid alcohol for 6 months to 1 year after surgery. Talk to your Bariatric Health Team for advice.

4) Eat three small meals every day:

- Have three regular timed meals. You may also include a planned snack if needed.
- Avoid nibbling or 'grazing' throughout the day.
- Eat very small portions - no more than ½ to 1 cup of food per meal.
- Choose lower-fat and lower-sugar foods.

5) Eat and drink very slowly

- Use a small spoon or fork to help you take small bites of food.
- Take at least 20-25 minutes to eat a meal.
- Chew food very well.
- Stop eating when you feel full.

6) Exercise is key

- Remember to increase your daily exercise gradually.
- Start with 20-30 minutes per day and increase to 60 minutes per day.
- Include: Aerobic exercise (walking, hiking, biking, swimming, zumba, etc.)
Strength exercise (resistance bands, free weights, machines, etc.)
Flexibility exercise (stretching, yoga, pilates, etc)
- Try wearing a step counter/pedometer. Record steps and gradually increase your daily steps. Talk to your Bariatric Health Team for individual targets.

Appendix C: Facts on Fibre

Dietary fibre is only found in plant-based foods (not animal foods) and cannot be digested by our bodies. Because fibre is not digested, it does not provide energy (calories). The benefits of fibre is that it helps control blood sugars, keeps you feeling full longer, and promotes bowel health and regularity.

Types of Fibre

Soluble Fibre	Insoluble Fibre
<ul style="list-style-type: none">▪ Helps control blood sugar by slowing down digestion (stomach emptying).▪ Helps regulate blood cholesterol levels.	<ul style="list-style-type: none">▪ Acts like a sponge by absorbing water and swelling up. This helps soften stools and speeds the passage through the gut.▪ Important in weight management, relieving constipation and other bowel problems such as IBS (irritable bowel syndrome) or diverticular disease.

Food Sources	
<ul style="list-style-type: none">▪ Oats▪ Legumes▪ Brown rice▪ Barley▪ Fruits▪ Potatoes▪ Some green vegetables (broccoli)	<ul style="list-style-type: none">▪ Wheat bran▪ Whole grains▪ Seeds▪ Skins of many fruits and vegetables.

How much fibre do I need?

Men: aim for 14-35 grams/day

Women: aim for 14-25 grams/day


Be sure to increase your fluid (water) consumption as you increase fibre intake.

Gradually increase the amount of fibre that you eat.

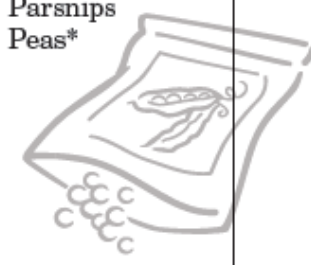
f *Moizé, V.L., Pi-Sunyer, X., Mochari, H., & Vidal, J. (2010). Nutritional Pyramid for Post-gastric Bypass Patients . Obeisty Surgery, 20 (8), 1133-1141.*

Appendix D: Fibre Content of Foods

The fibre values below are one serving. The serving sizes used are commonly used portions. Fibre content remains the same after cooking. Refer to nutrition facts label for items not on this list.

Type of Food and Size of Serving	Low Fibre < 1 g/serving	Low-medium Fibre 1-2 g/serving	Medium Fibre 2-4 g/serving	High Fibre > 4 g/serving
Breads and Cereals				
Breads 1 slice	Bagel Oatmeal bread Pita bread Raisin bread White bread Mixed grain bread	Cracked wheat bread Pumpernickel bread Whole wheat bread		
Crackers, Cookies and Baked Products	Soda crackers (6) Arrowroot biscuits (2)	Crispbread, wheat (2)	Graham wafers (3) Oatcakes (2) Crispbread, rye (2) Bran muffin Nutrigrain waffles* (2)	
Pasta and Rice (125 mL or ½ cup)	Macaroni Spaghetti Polished rice or white rice	Whole wheat pasta Brown rice	Wild rice	
Flours (250 mL or 1 cup)			Light rye White wheat	Dark rye Whole wheat (100%) Whole wheat (80%)
Cereals (125 mL or ½ cup)	Cheerios® Cornflakes® Rice Krispies® Special K® Puffed Wheat®	Wheeties® Cooked oatmeal* Just-Right multigrain cheerios Life®	Mini Wheats® Grape Nuts® Raisin Bran® Shredded Wheat® (1) Branflakes® Cooked bulgur Shreddies® Oat bran* Wheetabix® (2)	All Bran® Corn Bran® All Bran Buds with Psyllium 100% Bran® Fibre 1® Cooked barley Red River® Wheat germ Muslix® Fibre First® Alpen

Type of Food and Size of Serving	Low Fibre < 1 g/serving	Low-medium Fibre 1-2 g/serving	Medium Fibre 2-4 g/serving	High Fibre > 4 g/serving
Meat, Fish, Poultry & Alternates Legumes, cooked (125 mL or ½ cup)				Kidney beans Baked beans Dried peas Lentils Lima beans Navy beans
Nuts (10)	Hazelnuts	Almonds Peanuts Cashews	Peanut butter (30 mL or 2 Tbsp)	
Fruits (125 mL or ½ cup, or 1 small)	Cantaloupe Grapes Honeydew Lychee, raw Mandarin orange Plum Pomegranate Watermelon Any juice	Apple* Applesauce* Apricot Banana(15 cm or 6")* Cherries Grapefruit* Peach Pineapple Strawberries* Tangerine	Blueberries Boysenberries Crabapple Cranberries Currants, red & white Kiwi fruit Lemon Lime Lychee, dried Orange* Pear Plantain (12cm or 5") Prunes (3) Figs (3) Rhubarb	Blackberries Dates, dried Raspberries Raisins
Vegetables (125 mL or ½ cup, or small)	Celery Cucumber Lettuce Mushrooms	Asparagus Beets Broccoli Cabbage* Cauliflower* Onions Pepper, green Potato* Radish Bean sprout Tomato Turnip Squash, summer	Beans, green Beans, wax Carrot Chard Eggplant Spinach Squash, winter Sweet potato Yam	Brussels sprouts Corn Parsnips Peas*



*These foods contain soluble fibre, which may reduce blood cholesterol levels. Soluble fibre may also improve blood sugar control in persons with diabetes.

(Adapted from BCDNA Manual of Nutritional Care p. 375 -376 Fibre modifications, January 2011)

Appendix E: How to Increase Protein in your Diet from Food

Getting enough protein can be difficult when you are limited to smaller portions. You may have to measure your foods and/or read labels to figure out how much protein you are eating. Use the list below to help:

Amount	Protein Foods	Protein (grams)
125 mL (½ cup)	Skim milk, 1%, Soy beverage, or lactose free milk	4 g
100g (½ cup)	Low fat, plain or artificially sweetened yogurt	3 g
125 g (½ cup)	Low fat Greek-style yogurt	15 g
113 g (½ cup)	Low fat cottage or ricotta cheese	13 g
30 g (1 oz)	Low-fat cheese (<20% M.F.)	7 g
75 g (2.5 oz)	Meats, poultry, fish: <ul style="list-style-type: none"> ▪ Lean red meat and pork ▪ Extra-lean ground beef, chicken or turkey ▪ Chicken or turkey without the skin ▪ Baked, broiled or grilled fish ▪ Canned tuna/salmon/chicken 	23 g
2-4 slices (50g)	Lean deli meat (e.g. chicken, turkey, ham, roast beef)	8 g
6 medium	Shrimp (boiled or steamed)	6 g
1 large	Eggs	6 g
75 g (2.5 oz)	Tofu	11 g
80 g (1/3 cup)	Beans and Lentils: <ul style="list-style-type: none"> ▪ Navy beans or white beans ▪ Black beans, kidney beans, baked, chick peas ▪ Lentils 	6 g
80 g (1/3 cup)	Edamame (fresh soybeans - shelled)	10 g
30 mL (2 Tbsp)	Hummus	2 g
15 mL (1 Tbsp)	Peanut butter and nut butters	4 g
30 mL (2 Tbsp)	Nuts and seeds	3 g

Health Canada (2008). Nutrient Value of Some Common Foods. Health Canada, Ottawa.. Retrieved from <http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php>

Boost-up your Protein: Activity

Use the menu below to boost your protein levels by adding a protein food choice (see page 74) to the meals and snacks. Women should aim for at least **60 grams** of protein per day and men should aim for at least **70 grams** of protein per day.

Meal	Balance Check	Add protein foods	Protein (grams)
Breakfast ¼ sliced banana ½ slice whole wheat toast	<input type="checkbox"/> Protein <input checked="" type="checkbox"/> Veg/Fruit <input checked="" type="checkbox"/> Grain/ Starch		
Lunch 1 Clementine orange 1 cup garden salad 1 tsp olive/vinegar dressing 3-4 whole grain crackers	<input type="checkbox"/> Protein <input checked="" type="checkbox"/> Veg/Fruit <input checked="" type="checkbox"/> Grain/ Starch		
Snack ¼ cup mixed berries	<input type="checkbox"/> Protein <input checked="" type="checkbox"/> Veg/Fruit		
Supper ¼ cup sweet potato ½ cup cooked green beans	<input type="checkbox"/> Protein <input checked="" type="checkbox"/> Veg/Fruit <input checked="" type="checkbox"/> Grain/ Starch		
Snack 1-2 slices of apple	<input type="checkbox"/> Protein <input checked="" type="checkbox"/> Veg/Fruit		
TOTAL			

Diet Related Problems after Surgery

Dumping Syndrome

Dumping syndrome happens when food passes too quickly through the body and there is not time for it to be absorbed. The food is “dumped” from the stomach into the small intestine. In response to the large food particles, a large amount of water from surrounding blood vessels is drawn into the small intestine. This results in the following symptoms:

- cramping
- bloating
- nausea
- diarrhea
- feeling faint
- increased heart rate

Symptoms can occur 10 to 90 minutes after eating and can last up to three hours. Lying down helps to slow down the stomach emptying and the symptoms begin to go away.

Dumping syndrome is usually caused by eating high sugar or high fat foods, eating too much food and drinking liquids with meals.

Follow these guidelines to help you prevent dumping syndrome:

- Avoid sugars and sweets. Avoid foods and liquids with **added** sugar listed as one of the first three ingredients on the food label. Choose products with less than 5 grams of sugar per serving.
- Limit sugars and sugar alcohols to 10 grams per meal. Artificial sweeteners may be used.
- Choose lower fat foods.
- Eat protein at each meal.
- Eat slowly and small amounts. Rest a little after eating.
- Drink liquids between meals.
- Avoid caffeine and very hot or cold liquids or foods.

Nausea and Vomiting

After surgery, it is common to have an upset stomach or nausea. This can be caused by:

- the surgery
- pain medication
- eating too much
- eating too fast or not chewing well
- eating foods and textures that you are not ready for
- If food gets stuck in the stomach pouch outlet

Nausea caused by the surgery can last a few days to a few weeks. This should go away over time. If you think the problem may be caused by pain medications, contact your Bariatric Health Team (APN or physician) for a change.

Eating too much will put pressure on the surgical area which can lead to nausea and vomiting. Too much vomiting can cause dehydration and a change in the nutrients in your body. This is not healthy.

You can prevent vomiting by:

- eating slow and chewing foods well
- eating small amounts
- not drinking with meals
- returning to the last stage of your diet that you can tolerate (e.g. softer textures).

If your vomiting is frequent and does not stop, or if there is blood in the vomit, contact your Bariatric Health Team.

Dehydration

Dehydration means that you do not have enough water in your body to function well. People with severe dehydration are admitted to the hospital and given fluids through their veins.

Symptoms of dehydration are:

- dark urine
- nausea
- feeling tired all of the time
- lower back pain
- making less urine
- dry mouth and tongue
- feeling dizzy feeling irritable

You can prevent dehydration by:

- Drinking at least 2 litres or 8 cups of fluid a day. Sip fluids all day long. Buy a sports bottle and keep on filling it and drinking.
- Sucking on ice chips or sugar-free popsicles if you have nausea.

Constipation

After surgery:

- ENSURE adequate fluid intake
- AVOID fibre supplementing immediately after surgery (i.e. Do NOT take Metamucil® or Benefibre® until tolerating solid foods)
- Speak to your APN/NP at follow up appointments

Has it been 3 or more days since you had a bowel movement????

- Try Milk of Magnesia 30 ml – Once
- You may repeat once the next day if no result with the first dose
- Call your APN/NP if no results after second day's dose

Feeling constipated on the “Diet for Life”?

- Make sure you are drinking at least 2 L of fluids per day
- Include fibre-rich foods at all meals. Refer to page 71 (Appendix C: Facts on Fibre).
- Have you started exercising? Healthy bowels need movement; start with walking daily and gradually increase your exercise intensity.

Talk to your APN/NP or Dietitian at follow-up appointments for more information on managing constipation.

Diarrhea

Some people have soft or liquid stool for a few months after surgery. This can happen as your body gets used to the changes. It can also happen with dumping syndrome.

To help prevent diarrhea, avoid:

- food and fluids that contain caffeine
- alcohol
- prune juice
- spicy foods
- fatty foods
- dietetic products that contain sugar-alcohols (sorbitol, mannitol or xylitol)

Drink extra fluids. You may need to take a fibre supplement to help. Talk to your Bariatric Health Team about this. You may need to add stool thickening foods to your diet such as bananas, applesauce, legumes and oatmeal. This depends on the type of diet you are on at the time you have diarrhea. Talk to your dietitian about this.

If you have diarrhea that continues more than 3 days, contact your Bariatric Health Team.

Gas

After surgery it is normal to have pain or discomfort from gas in your abdomen. As your bowel starts to move, the gas moves too.

Carbonated drinks such as soft drinks, soda water and beer are a common cause of gas. It is best to avoid carbonated drinks after surgery.

Certain foods may also cause of gas for some people. Foods that may cause gas are:

- beans, lentils, legumes
- vegetables such as broccoli, cauliflower
- melons
- apple skins
- eggs
- dietetic products that contain sugar alcohols (sorbitol, mannitol or xylitol)

You may be able to tolerate small amounts of these foods. As time goes by, they may become less of a problem.

If you snore or breathe through your mouth, you may also have more gas.

To help prevent gas:

- eat slowly
- chew food well
- avoid skipping meals
- avoid straws
- avoid chewing gum
- use an over-the-counter product such as Gas-X

