

*Surgical Weight Loss Program*

## **Laposcopic Gastric Bypass Post-Op Diet Roux-en-Y Lifestyle Changes**

First and foremost, remember, this is a change in the way you view food and the way you eat – not a diet. Your stomach is no longer the size your brain thinks it is. This pamphlet was created guide to you while adapting to the new size of your stomach to make the transition with as few complications as possible.

### **POTENTIAL PROBLEMS**

Due to changes in your digestive system, several problems can occur when the proper guidelines are not followed. The two most common problems are “dumping syndrome” and nausea/vomiting.

#### **Dumping Syndrome:**

This unpleasant experience occurs when the Roux-en-Y patient eats too much sugar or fat with a meal. Symptoms include lightheadedness, nausea, cold sweats, abdominal cramps, and diarrhea. The best way to avoid this syndrome is to avoid concentrated sweets and high fat foods. Limit sugar intake to 5-8 grams per meal and fat intake to 3-4 grams per meal.

#### **Nausea and Vomiting:**

Nausea and vomiting can occur if a meal is eaten too quickly or if food guidelines are not followed. If you feel pressure or fullness in the center of your abdomen – **STOP EATING!** You may sip on sugar-free liquids.

#### **Causes of Vomiting:**

- Not chewing food thoroughly
- Eating too quickly
- Eating too much food at a meal
- Drinking fluids with meals or shortly thereafter
- Eating foods that are hard to digest
- Lying down right after a meal

**If you experience nausea and vomiting for longer than 24 hours, contact your physician.**

# Nutritional Requirements

The Roux-en-Y diet decreases overall intake, which can make it harder to meet your nutritional needs. Good nutrition is more vital now than ever. Protein, calories, and fluid all have an impact on your overall health.

## **Fluid: (NO CARBONATED BEVERAGES!!!)**

You will hear this repeatedly with good reason. If you don't drink your required water, you will get dehydrated. This is the most common cause of being hospitalized. If you don't like hospitals, drink (sip, sip, sip) your water. Fluid intake is crucial to prevent dehydration. You have the same requirements for water as you did before the surgery. Ensure you are taking in at least **64 ounces** of fluid everyday. Fluids must be non-caffeinated, sugar-free, **non-carbonated** beverages. Crystal Light®, Sugar-Free Kool Aid®, Fruit2O®, and Propel® make great alternatives to water.

## **Protein:**

Protein is your new best friend, especially if you like hair. Protein helps with wound healing, helps preserve lean muscle mass, and prevents hair loss. Meeting protein needs is critical to avoid protein malnutrition. Protein also gives a feeling of fullness. In general, a minimum of **50-60 grams** of protein will be required each day after surgery. A common side effect of inadequate protein intake is fatigue and weakness. Make sure at least half of your meals consist of a protein source.

## **Calories:**

Calories give us the energy needed for our bodies to function adequately. While calorie restriction is necessary for weight loss, it is still important not to skip meals or limit your calories too dramatically. Generally after surgery your calorie range will be between **1200 – 1300** calories per day.

# Protein Supplementation

For the first several phases of the diet it will be **extremely** important for you to have some form of a protein supplement. While it is possible for you to make your own, patients find it easier to purchase a premixed or an easy mix powder for their supplements. It is suggested to start looking for a supplement prior to surgery. It may take trying a few before finding one that you like. When shopping look for Sugar-Free or No Added Sugar on the label. Here are a few that you might try.

## **Sugar-Free Carnation Instant Breakfast (No Sugar Added) ®**

- Mix with 8 ounces of skim milk
- Drink only 4 ounces, refrigerate the other serving for later
- 4 ounces mixed = 75 calories and 6 grams protein

## **Beneprotein®**

- Tasteless, odorless, colorless protein powder
- Very versatile. May mix into hot or cold liquids, soups, puddings, or hot cereal
- 1 scoop = 6 grams protein
- Available through Walgreen's website or 1-800-828-9194 (Home Delivery Service)

## **Optisource®**

- Specialty Bariatric supplement
- Premixed sugar-free drink
- 4 ounces = 100 calories and 12 grams protein
- Caramel and Strawberry Flavor
- Available through Walgreen's website or 1-800-828-9194 (Home Delivery Service)

## **Diabetashield®**

- Fruit flavored protein supplement
- Sweetened with Splenda
- 4 ounces = 75 calories and 3.5 grams protein
- Available through Walgreen's website or 1-800-828-9194 (Home Delivery Service)

## **Isopure®**

- Alternative to "milky" protein shakes
- Along with standard flavors, available in variety fruit-type flavors
- Available at GNC

# Vitamin and Mineral Supplementation

Since your portions sizes will be much smaller it will be almost impossible for you to obtain an adequate amount of vitamin and minerals through your food alone. It is **mandatory** that you take a multivitamin everyday after surgery. Some patients may require additional calcium and iron supplements in addition to the multivitamin. Ask your physician for guidelines.

## Suggested Multivitamins:

- Shaklee® Chewable
- Flinestones® Chewable with Iron
- Optisource™ Chewable (Available in Walgreen stores)
- Centrum® Chewable
  
- Vitamin B-12: Monthly injections may be needed



## Suggested Minerals:

- **Iron:** 325 mg as Ferrous Sulfate for menstruating women
- **Calcium:** 1000-1500 mg/day as Calcium Citrate in 2-3 500 mg doses (ex: Caltrate Chewables, Citracal)

*\*Please consult with your physician for your specific needs. These are only guidelines.*



# General Guidelines

## How Your Eating Habits Will Change

Remember that your stomach is now much smaller than before. The outlet that food passes through is only the size of a dime and your stomach may only hold an ounce of food or less. Consequently, specific guidelines need to be applied:

1. DO NOT EAT AND DRINK AT THE SAME TIME!! Wait 30 minutes after meals to begin drinking fluids. Stop drinking 30 minutes before you anticipated meal.
2. Make sure half your meal consists of a protein source. **Eat the protein portion of your meal first.**
3. Never chew or swallow more than  $\frac{1}{4}$  cup (2 ounces) of food at any given meal.
4. Portion out your meals with measuring instruments. (Your eyes will be bigger than your stomach.)
5. Consume your meal over 30 to 45 minutes.
6. Wait 5 to 10 minutes between bites.
7. Learn to savor the flavor and texture of each bite.
8. Don't be rushed by others at the table.
9. Serve food on small plates and use small utensils.
10. Chew all food to a pureed consistency.
11. Do not watch TV or talk on the phone during meals.
12. Use caution when introducing a new food.

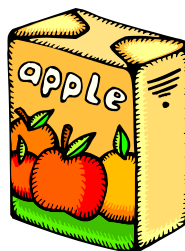
The post-op Roux-en-Y diet is a **slow progression**, which advances in phases. For your wellness, it is extremely important to follow the correct progression of the plan.

## Clear Liquid, Sugar-Free

This phase allows sipping of liquids (see below) throughout the day. Clear liquids are liquids that you can see through. It is typical to stay on this portion for a couple of meals **while in the hospital**.

### **Foods Allowed:**

- 100% Juice – Apple, Grape, White Grape.  
(Must be diluted 50% with water.)
- Sugar-Free Jell-O®
- Sugar-Free Popsicles
- Non-carbonated Sugar-Free Beverages
- Crystal Light®
- Sugar-Free Kool-Aid®
- Decaffeinated Coffee or Tea
- Fruit2O®
- Aquafina Flavor Splash®, Dasani® Flavored Waters
- Low Sodium Beef, Vegetable, or Chicken Broth



**NO CARBONATED BEVERAGES!!**

## **Phase 1 – Full Liquid, Sugar-Free**

Full liquids are liquids you can not see through. During these 14 days after surgery you should intake liquids that are thin enough to be drunk through a straw. However, it is cautioned that these liquids be consumed through small sips rather than with a straw. During this phase nothing but liquid foods or foods that are liquid at room temperature should be eaten. This gives your stomach and intestinal system a chance to heal. Make sure to include your protein supplements throughout the day to ensure you meet your protein requirements. Minimum of 50-60 grams of protein per day. **Liquids must be sugar-free!**

**Duration of Phase:** 2 weeks, post-op (First follow-up with physician)

### **Foods Allowed:**

- Skim Milk, or Skim Lactaid®
- Soy Milk (Plain)
- Sugar-Free Pudding
- Optisource™
- Beneprotein
- Sugar-Free Carnation Instant Breakfast (No Sugar Added)
- Strained, Thin Cream Soups
- Sugar-Free Hot Chocolate
- All liquids and liquid foods from Clear Liquid Phase



**NO CARBONATED BEVERAGES!!**

## Phase 2 – Pureed, Sugar-Free

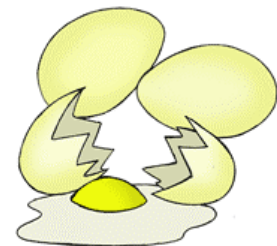
This phase introduces foods with a pureed (baby food) consistency. This entails foods that require no chewing and foods that melt in the mouth to a liquid form. Protein supplements should be continued to be consumed during this phase.

**Duration of Phase:** 7 – 10 Days

**Portion size of meals:** No more than ¼ cup

### **Foods Allowed:**

- Fat-Free or 1% Cottage Cheese (blended)
- Soft, Scrambled Eggs
- Blended Meats (NO RED MEAT!)
- Steamed, White, “Flaky” Fish
- Mashed Potatoes made with Skim Milk
- Cream of Wheat made with Skim Milk
- Silken Tofu
- Applesauce (Natural or No Sugar Added)
- Baby Food (Must contain less than 8 grams of sugar)
- All foods tolerated from Phase 1



## Phase 3 – Soft, Sugar-Free

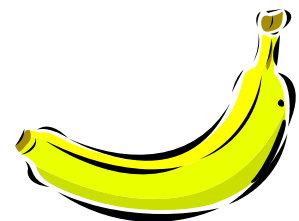
This phase allows softer foods to be added to diet. This should be done very slowly with only one new food per meal to help monitor food tolerance. Continue with the protein supplements and the other foods from the previous phases. Focus should be consuming nutritionally dense, high protein foods.

**Duration of Phase:** 8 weeks

**Portion Size of Meal:** No more than a ¼ cup

### **Foods Allowed:**

- Sugar-Free Yogurt
- 2% Mild Cheeses (Mozzarella or Swiss)
- Boiled Eggs
- Soft Meats – Turkey, Chicken, Pork, or Fish (NO RED MEAT!)
- Rice
- Soft Potatoes
- Soft Noodle/Vegetable Soup
- Oatmeal
- Grits
- Dry Cereal with Skim Milk
- Mashed Beans
- Soft, Over Cooked Vegetables
- Canned Fruit in Natural Juice
- Banana
- Tomato Juice
- Smooth Peanut Butter (wait 4 weeks)
- Soft Noodles (wait 4 weeks)
- Toasted Bread (wait 4 weeks)
- Crackers (wait 4 weeks)
- All foods tolerated from Phases 1 & 2



## Phase 4 – Soft/Regular, Sugar-Free

This phase allows you to add more solid foods into your diet. Remember to only add one new food at a time and slowly progress with this phase. And we mustn't forget...Chew, Chew, Chew! Unless meats are not tolerated supplements are not required from this point forwards. Some patients feel more comfortable consuming a protein supplement a couple times a day to ensure protein requirements are met.

**Duration of Phase:** Until 6 months post-op

**Portion Size of Meals:** No more than a ½ cup

### Foods Allowed:

- Fat-Free Cream Cheese
- Extra-Lean Ground Beef (Avoid Steak)
- Deli-Meats
- Crisper Steamed/Boiled Vegetables
- Shredded Lettuce
- Fat-Free Salad Dressing
- Bread
- All foods tolerated from Phases 1-3



### Foods to Avoid:

- Tough, Grisly Red Meat
- Raw Vegetables
- Fresh Fruits with seeds and skins

## Phase 5 – Regular, Sugar-Free

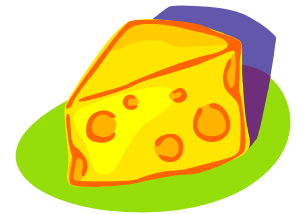
This phase is for **life-maintenance**. From this phase forward most types of foods should be included in diet. All individuals will have different toleration of foods. There may be some foods that cause problems indefinitely after surgery. These foods should be avoided to decrease risk of complications. Continue to avoid concentrated sweets, high-fat foods, and high calorie foods because they will inhibit your weight loss. It is detrimental that you adhere to the portion sizes listed below due to the possibility of stretching the stomach by consuming more than amounts recommended. **Stop eating when you feel full!**

**Duration of Phase:** 6 months and beyond

**Portion Size of Meals:** ½ cup – 1 cup

### Foods Allowed:

- Low-fat (2%) Mild Cheddar Cheese
- Healthy Choice® or Lean Cuisine® Frozen Dinners
- Lean, Tender Cuts of Red Meat  
(Avoid steak unless small bites and chewed thoroughly)
- Raw Vegetables and Fruit
- All foods tolerated from Phases 1-4



### Foods to Avoid:

- Stringy, Red Meat
- Any foods that are not tolerated



# Foods To Be Avoided Through All Phases of the Roux- en -Y Diet

◆Alcoholic Beverages

◆Biscuits

◆High-Fat Meats

- Bologna
- Hot Dogs
- Sausage
- Bacon
- Salami
- Pastrami
- Bratwursts

◆Butter

◆Candy, Cakes, Cookies

◆Carbonated Beverages

◆Cream Sauces

◆Egg Nog

◆Fried Foods

◆Gum

◆Highly Seasoned Foods

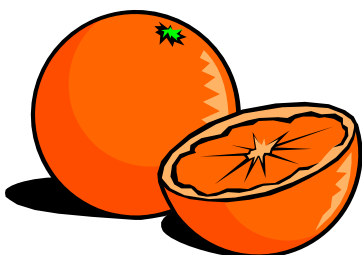
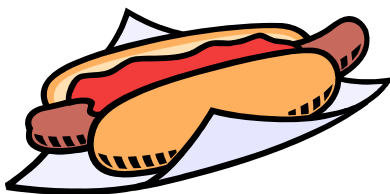
◆Gassy Vegetables

◆Membranes and Tough Skinned Fruits

◆Peels, Skins, Seeds, Cores of Fruits and Vegetables

◆Stringy, Raw Vegetables (celery, spaghetti squash)

◆Undiluted Fruit Juice



## Exercise

Exercise is the other key component to making your weight loss successful and lifelong. Diet alone will help you lose weight, but adding in a daily amount of exercise will help you burn calories and fat which will lead to quicker weight loss with more results. Exercise will also help you build muscle mass which will increase your metabolism. The activity of exercise doesn't have to be strenuous or exhaustive, but consistency is the key here. Make sure to get in a minimum of 30 minutes of cardiovascular (aerobic) exercise a day. If joint problems or arthritis prevents much activity try swimming, water aerobics, or bicycling which are examples of non-weight bearing exercise that won't put pressure on your joints.



**PLEASE CONSULT WITH YOUR PHYSICIAN BEFORE STARTING ANY EXERCISE PLAN!!**

**If you have any questions before or after surgery, please do not hesitate to call. We are committed to helping you have a successful weight loss surgery.**

**Katrina Castle RD/LD  
405-945-5347**

## Shopping Suggestions

Below is a list of foods you may want to have ready prior to returning home from the hospital. Remember, all foods must be liquid for the first 2 weeks.

- Skim Milk
- Crystal Light®
- Sugar-Free Kool-Aid®
- Carnation Instant Breakfast – No Sugar Added
- Low-Sodium Chicken or Beef Broth
- 100% Juice (Apple, Grape, White Grape)
- Sugar-Free Jell-O®
- Sugar-Free Popsicles
- Sugar-Free Pudding
- Healthy Choice Cream Soup
- \*Optisource™
- \*Beneprotein
- \*Diabetashield

\*These products are available through the Walgreen's Home Delivery Program. These items are not available at your local Walgreen's stores, but can be purchased online by going to [www.resource.walgreens.com](http://www.resource.walgreens.com) or ordered by phone by calling 1-800-828-9194.