CHANGING BODIES.
Changing Lives.

DUODENAL SWITCH
PATIENT EDUCATION PACKET

©

Updated 3/2017
The information presented in this packet is designed to give you information regarding diet following Bariatric surgery. We recommend that you read the information provided and ask questions as needed. All material presented to you is the property of St. Vincent Hospital and may not be copied or transferred without written permission.

**The Bariatric Dietitians...Guides to Successful Weight Loss**

There are currently seven registered dietitians on staff available to answer nutrition questions, address food issues and provide encouragement. It is a requirement of the program that you visit the dietitian each time you see your surgeon for routine follow up after surgery. Appointments are required to meet with the dietitian.

**APPOINTMENT AVAILABILITY –**
Monday thru Friday: 8:30 AM to 4:30 PM
St. Vincent Carmel Hospital  Entrance 4 Suite #168

**PHONE NUMBERS –**
877-831-1582 Toll Free
(317) 582-7989
(317) 582-7096
(317) 582-7187
(317) 582-8027

**E-MAIL –**
csleary@ascension.org  (Cathi)
msmatthe@ascension.org  (Melinda)
megan.mcdevitt@ascension.org  (Megan)
emweaver@ascension.org  (Ellen, part time)
dmboxell@ascension.org  (Dawn, part time)
lgribble@ascension.org  (Laura, part time)
shannon.drye@ascension.org  (Shannon, part time)

Your dietary questions and concerns are very important to us, however, there may be times that you receive voicemail when calling the dietitian’s office. We document all incoming phone calls and request that you leave a message so that we can return your call as promptly as possible.

**In case of a medical emergency dial 911 or go to the closest emergency room. Always contact your surgeon’s office in an emergent situation.**

**SURGEON’S OFFICE PHONE NUMBER**
Dr. Margaret Inman - (317) 582-8810
Normal Digestive System

Post-Operative Digestive System
Basic Functions of the Digestive System

• Breakdown of food into nutrients used by the body
• Absorption (carbohydrates, protein, fat, vitamins and minerals)
• Elimination of waste

Common Issues after Bariatric Surgery

• Nausea
• Vomiting
• Diarrhea
• Constipation
• Heartburn / Reflux
• Gas
• Bloating
• Ulcers
• Food Aversions / Intolerances
• Possible Altered Immunity
Post-Operative Vitamin Regimen

**Vitamin supplementation is for the rest of your life following any bariatric surgical procedure.** Failure to take your vitamins as prescribed can lead to serious deficiencies and ill health. Also, taking excessive amounts of supplements can lead to irreversible damage to one’s body. As the duodenal switch is a malabsorptive procedure, you may become deficient in the fat soluble vitamins (A,D,E,K). Deficiencies of the fat soluble vitamins can result in serious illnesses such as night blindness, osteoporosis and improper blood clotting. Please notify Dr. Inman and the dietitians if you become pregnant at any time following surgery. *Gummie multivitamins are not a complete vitamin but may be taken if approved by Dr. Inman.*

**4 CHILDREN’S CHEWABLE COMPLETE MULTIVITAMINS DAILY**

**65 MILLIGRAMS ELEMENTAL IRON DAILY FOR MENTRUATING WOMEN**
Ferrous Sulfate, Fumarate or Gluconate
325 milligrams is equal to 65 milligrams elemental iron

**1500-1800 MILLIGRAMS CALCIUM CITRATE DAILY***

**5000 INTERNATIONAL UNITS VITAMIN D3 DAILY**

**1000 MICROGRAMS SUBLINGUAL B12 DAILY OR PRESCRIPTION B12 INJECTION TWICE MONTHLY OR NASCOBOL NASAL SPRAY ONCE WEEKLY**

**100 MILLIGRAM OF VITAMIN B1 (THIAMINE) DAILY**

**DAILY PROBIOTIC IS RECOMMENDED**
(Daily goal is 10 BILLION Colony Forming Units or CFUs)
Examples include: Ther-Biotic Complete by Klaire Labs (Amazon), FloraVantage by Bariatric Advantage (Women’s Health Boutique at Entrance 3), Florajen3, Culturelle

*Please be sure to take iron containing products at least 2 hours apart from calcium supplements. Divide calcium into 600 milligram doses and take doses 2 or more hours apart from one another.
<table>
<thead>
<tr>
<th>BRAND</th>
<th>AMOUNT REQUIRED DAILY</th>
<th>EXTRA Iron Required</th>
<th>TO PURCHASE</th>
</tr>
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<tbody>
<tr>
<td>Flintstones Complete Chewable</td>
<td>4</td>
<td>None</td>
<td>Most pharmacies</td>
</tr>
<tr>
<td>Bariatric Advantage Multi Formula Chewable</td>
<td>3</td>
<td>65 mg</td>
<td><a href="http://www.bariatricadvantage.com">www.bariatricadvantage.com</a> 1-800-898-6888</td>
</tr>
<tr>
<td>High ADEK (tropical)</td>
<td></td>
<td></td>
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<tr>
<td>OR Celebrate High ADEK Multi (berry sorbet)</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bariatric Advantage Chewable Advanced Multi EA</td>
<td>4</td>
<td>None</td>
<td><a href="http://www.bariatricadvantage.com">www.bariatricadvantage.com</a> 1-800-898-6888</td>
</tr>
<tr>
<td>Bariatric Advantage Ultra Multi Formula Capsule with Iron</td>
<td>4</td>
<td>None</td>
<td><a href="http://www.bariatricadvantage.com">www.bariatricadvantage.com</a> 1-800-898-6888</td>
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<tr>
<td>Bariatric Advantage Crystal Multi-Formula with Calcium (wild berry or citrus splash)</td>
<td>4 packets</td>
<td>65 mg</td>
<td><a href="http://www.bariatricadvantage.com">www.bariatricadvantage.com</a> 1-800-898-6888</td>
</tr>
<tr>
<td>Celebrate ENS Powdered Multi with calcium (citrus splash, rasp-lemonade, wild cherry) OR with calcium and protein (chocolate milk, vanilla cake batter, orange cream)</td>
<td>4 packets</td>
<td>65 mg</td>
<td><a href="http://www.celebratevitamins.com">www.celebratevitamins.com</a> 1-877-424-1953</td>
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<tr>
<td>Nature Made Multi Complete Liquid Softgel</td>
<td>4</td>
<td>None</td>
<td>Most pharmacies</td>
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<tr>
<td>Celebrate Chewable Multivitamin Complete (Forest Berry, Mango Peach, Watermelon)</td>
<td>4</td>
<td>None</td>
<td><a href="http://www.celebratevitamins.com">www.celebratevitamins.com</a> 1-877-424-1953</td>
</tr>
<tr>
<td>Celebrate Capsule Multivitamin Complete</td>
<td>4</td>
<td>None</td>
<td><a href="http://www.celebratevitamins.com">www.celebratevitamins.com</a> 1-877-424-1953</td>
</tr>
</tbody>
</table>

- **AVOID GUMMIE VITAMINS**
- Do not take your calcium and multivitamin at the same time.
- All Bariatric Advantage and Celebrate products are available in the Health Boutique located at Entrance 3 of the hospital. Products available from the Boutique via phone at 317-582-8080 or at www.stvincent.org/womenshealthboutique
- There are other options available for multivitamins than listed above- please contact your dietitian for more information.
## CALCIUM CITRATE SUPPLEMENTS

<table>
<thead>
<tr>
<th>BRAND</th>
<th>AMOUNT REQUIRED FOR 1500 MG</th>
<th>TO PURCHASE</th>
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</thead>
<tbody>
<tr>
<td>Citracal Caplets (check dosage on generic equivalent as most calcium doses are based on 2 tablets)</td>
<td>5 pills</td>
<td>Most pharmacies</td>
</tr>
<tr>
<td>Citracal Petities</td>
<td>7 pills</td>
<td>Most pharmacies</td>
</tr>
<tr>
<td>Bariatric Advantage Lozenges (mint, cherry, cinnamon, chocolate)</td>
<td>3 lozenges</td>
<td><a href="http://www.bariatricadvantage.com">www.bariatricadvantage.com</a> 1-800-898-6888</td>
</tr>
<tr>
<td>Bariatric Advantage Calcium Crystals (unflavored)</td>
<td>6 teaspoons</td>
<td><a href="http://www.bariatricadvantage.com">www.bariatricadvantage.com</a> 1-800-898-6888</td>
</tr>
<tr>
<td>Bariatric Advantage Chewy Bites (500 mg) (coconut, strawberry, orange, chocolate, caramel, chocolate peanut butter)</td>
<td>3 chews</td>
<td><a href="http://www.bariatricadvantage.com">www.bariatricadvantage.com</a> 1-800-898-6888</td>
</tr>
<tr>
<td>UpCal D powder</td>
<td>3 scoops</td>
<td><a href="http://www.globalhp.com">www.globalhp.com</a> 1-800-638-2870</td>
</tr>
<tr>
<td>Wellesse Liquid Calcium and Vitamin D3</td>
<td>3 tablespoons</td>
<td>Most Pharmacies Walmart / Meijer</td>
</tr>
<tr>
<td>Celebrate Calcium Plus 500 (berries and crème, cherry tart, orange burst)</td>
<td>3 chewables</td>
<td><a href="http://www.celebratevitamins.com">www.celebratevitamins.com</a> 1-877-424-1953</td>
</tr>
<tr>
<td>Celebrate Calcet Creamy Bites (lemon or chocolate)</td>
<td>3 chews</td>
<td><a href="http://www.celebratevitamins.com">www.celebratevitamins.com</a> 1-877-424-1953</td>
</tr>
<tr>
<td>Celebrate Soft Chews 500mg (berry, caramel, chocolate)</td>
<td>3 chews</td>
<td><a href="http://www.celebratevitamins.com">www.celebratevitamins.com</a> 1-877-424-1953</td>
</tr>
<tr>
<td>Celebrate Calcet Creamy Bites (chocolate or lemon)</td>
<td>3 chewables</td>
<td><a href="http://www.celebratevitamins.com">www.celebratevitamins.com</a> 1-877-424-1953</td>
</tr>
<tr>
<td>BariActiv Calium Plus D3 and Magnesium</td>
<td>6 tablets</td>
<td>Prescription Required</td>
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</table>
Protein Requirements

Protein is extremely important after surgery as it will build, repair and maintain tissues including your body's major organs and the skeletal muscles. Protein deficiency, when continued over a long period of time, can cause a disease known as protein calorie malnutrition (PCM).

Common symptoms of PCM are:

- Poor healing
- Hair loss
- Muscle loss
- Lack of energy

Protein sources include: lean meats, seafood, low-fat dairy products, beans, eggs and soy

75 to 90 GRAMS OF PROTEIN IS REQUIRED DAILY

Protein Supplements

Protein supplements are to begin on day five following surgery. If you are not passing gas when you leave the hospital, do not start the protein supplement until you do. Once you are passing gas regularly and have had your first bowel movement you may start the protein supplement.

- 8 ounces 1% milk or lactose free milk = 8 grams protein
- 8 ounces 1% milk plus ¼ cup dry milk = 14 grams protein
- 32 ounces 1% milk plus 1 cup dry milk = 56 grams protein
  - 8 ounces of soy milk = 6 grams protein
  - 8 ounces Fairlife milk = 13 grams protein

Flavoring as desired with extracts, sugar free syrups or powders, sugar free jello or pudding mixes, sugar free coffee flavorings, decaf coffee, blended fruit, baby food fruit and artificial sweeteners
# LIQUID PROTEIN SUPPLEMENTS

## PROTEIN POWDER
- About Time
- Bariatric Advantage
- Body Fortress
- Body Logix
- Celebrate
- Chike Protein
- Designer
- EAS
- Inspire
- ISO 100
- Isopure
- Lean Body
- Matix
- Marked
- Met Rx
- Myofusion
- Nectar
- Promasil
- SciFit Econo
- Six Star
- Quest
- Unjury

## PREMIXED DRINKS
- About Time
- Atkins Lift
- Atkins Advantage
- Boost Calorie Smart
- Cytosport Monster Milk
- Cytosport Muscle Milk
- Cytosport Whey Isolate
- EAS AdvantEdge Carb Control
- EAS Complete Protein
- EAS Myoplex
- Ensure High Protein
- Isopure
- Lean Body
- Met Rx Protein Plus
- OHYEAH!
- Premier Protein
- ProJoe
- Protein Ice
- Pure Protein

## LACTOSE FREE
- 100% Egg Protein
- Bodylogix Vegan Protein
- EAS Soy Protein
- Egg Pro
- Genisoy Natural
- GNC Soy Isolate
- GNC Soy Protein
- Jay Robb Egg Protein
- Puritan's Pride Soy Protein

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Mix protein powders with:
- water, milk, soy milk, almond milk, coconut milk,
- lactose free milk, ice, sugar free flavoring, PB2

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Try to find a protein supplement with at least **20 grams of protein** and less than **5 grams of sugar per serving**. These supplements are available at your local grocery store, retail pharmacy, or health food store.

Products are also available at the St. Vincent Carmel Women’s Health Boutique located at Entrance 3 of hospital

Stvincent.org/womenshealthboutique
317-582-8080
The next few pages of this handout will describe, in detail, the necessary lifestyle changes for successful weight loss and maintenance of one’s health after surgery. As previously explained to you in the preoperative consultation with your surgeon, Bariatric surgery does not guarantee weight loss. Bariatric surgery is best described as a tool for weight loss and maintenance. Your health and weight loss are dependent upon your choices. The Bariatric staff is available to guide you and provide you with the information and encouragement to make the best choices for yourself following surgery.

**Eat Three Meals Daily**

* Avoid skipping meals
* It is normal not to feel hungry following surgery
* We prefer no more than 6 hours between meals

**Eat Slowly, Chew Food Well and Take 30 minutes for All Meals**

* Eat with a babyspoon
* Put eating utensil down between bites
* Set timer

**Drink 64 to 80 Ounces of Low Calorie Fluids Daily**

Fluid, in particular water, is crucial to one’s health. Drinking the appropriate amount of fluid for your body will aid the digestive process and weight loss. It is very important to remember to sip fluids throughout the day to prevent dehydration.

* Sip fluids from sipper cup or sports capped bottle
* Avoid drinking from a straw
* No drinking during meal time
* No drinking for 30 minutes after meals

Low calorie fluids include water, milk, all sugar free non-carbonated beverages such as Crystal Light and sugar free Kool Aid, 100% fruit juice and decaffeinated coffee and tea. It is best to avoid acidic beverages following surgery. These include orange, grapefruit, pineapple and tomato juices.

You can safely drink one, 8 ounce sipper cup over 30 to 45 minutes when released to home from the hospital.
Avoid Caffeinated, Carbonated and Alcoholic Beverages

- Stimulates appetite
- Acts as a diuretic
- Irritating to the stomach lining which can lead to ulcers
- Increases Gas
- Can contribute to osteoporosis / poor bone health
- Does not promote weight loss

Physical Activity is the Key to Weight Loss and Maintenance

- Walk every 2 hours in the hospital
- Walk 30 minutes daily to promote weight loss
- Scheduled exercise beyond normal daily activities

  * YOU MUST BE RELEASED BY YOUR SURGEON TO BEGIN ANY FORMAL EXERCISE PROGRAM

Keep A Daily Food And Activity Journal

- Record what and how much you ate
- Record fluid intake
- Record protein intake
- Record activity
- Helps maintain schedule

MyFitnessPal App
Baritastic App
Notebook
Spreadsheet
Macronutrients

Protein
Protein foods such as meat, eggs, dairy and beans are tolerated the best.

Carbohydrates
Carbohydrates, specifically complex carbohydrates, such as those found in pasta, rice, potatoes, cereals and breads may not be absorbed well and can cause increased gas production and bowel movements after surgery.

Fats
Fats can also be found in foods like meats and dairy products. Additional healthy fat sources, through essential fatty acids can be incorporated and are list below. What are these things we call essential fatty acids and omega-3s? Not all fats are bad; fats are necessary for the preservation of life. Essential fatty acids are those fats that are not made by the body and we need to incorporate them into our diet through food and supplementation. Healthy Fat Sources include:

- Eggs
- Real Mayo
- Nuts and Natural nut butters
- Olive and Coconut Oils
- Flax Seed (ground) or Chia Seed

Foods containing simple sugars such as cakes, candies, cookies and pies generally have ingredients ending in –ose such as sucrose (table sugar), fructose (honey), and dextrose may be well tolerated but are not recommended following a Bariatric procedure as they do not promote weight loss. Other ingredients to avoid are corn syrup, high fructose corn syrup, corn syrup solids and sugar alcohols such as sorbitol and mannitol.

Artificial sweeteners provide a sweeter taste to food and beverages without the calories of sugar. For weight loss purposes including calorie reduction, the use of products such as Equal®, Sweet N Low®, Sugar Twin®, Splenda® and stevia are appropriate to use following a Bariatric procedure.
Hypoglycemia
(Low Blood Sugar after Surgery)

Symptoms of low blood sugar
• Dizziness / lightheadedness
• Sweaty
• Confused
• Shaky
• Hungrier than normal
• Tired
• Headache
• Blurred Vision
• Irritability

What you should do:
• Drink 100% fruit juice (avoid real sugar – candy, pop)
• Eat a protein food once you feel better (such as: string cheese, boiled egg, meat)
• If symptoms do not improve then go to your local ER or call 911
The Bariatric surgeons usually do not require you to do laxative-type medications prior to surgery. However, they do request that you follow special dietary guidelines in order to prepare your stomach for surgery. It is critical that you follow these guidelines and failure to do so will result in the cancellation of your surgery.

**Eat a Regular Breakfast**
Solid foods are normally allowed at breakfast the day before surgery. Breakfast type foods are not required. You may prefer to eat a favorite meal you will not be able to consume immediately after surgery.

**A Full Liquid Lunch**
Full liquids are foods that have a pudding-like consistency. Foods acceptable include pudding, custard, cream soups, ice cream, hot cereals, mashed potatoes and yogurt.

**A Clear Liquid Dinner**
Clear liquids are foods one can see through if held to the light. Acceptable foods include grape, cranberry and apple juices; gelatin, soup broth, popsicles, Italian ices and ginger ale. Please avoid alcohol prior to surgery.

The quantity of food at each meal is not limited and you may find that you will need increased amounts of full and clear liquid foods in order to feel satisfied.

**NO FOOD OR DRINK IS ALLOWED AFTER MIDNIGHT!!**

You will be notified of medications to avoid and those to take the day of surgery by your surgeon and/or the nursing staff. Small sips of water are appropriate when taking medications the morning of surgery.
When you wake up from surgery, you will be receiving IV fluids to meet your body’s fluid needs, however, you will likely have a dry mouth and feel very thirsty. It is recommended to notify your nurse as she can get you a swab or a wet washcloth to moisten your mouth and lips.

**Ice chips are provided on the day of surgery**

**Clear Liquids (generally started Day 1-2 following surgery)**
You are already familiar with clear liquids from your pre-surgery diet. Your surgeon will evaluate you and start a clear liquid diet if deemed appropriate. This diet generally consists of sugar free gelatin or broth and juice at three meals daily. Sometimes grape juice is used initially to evaluate your surgical drain (if present) for any type of gastric leakage. You will also begin to sip liquids between meals and are no longer limited to ice chips. Available liquids include water, Crystal Light, decaf coffee, decaf tea and 100% fruit juice. Fluids will be provided in a sipper cup to avoid drinking too fast which can lead to nausea and vomiting.

Sugar free popsicles are also available to you between meals. While visiting your room, please let your nurse or the Bariatric dietitian know if you would like to have a popsicle.

Caffeinated beverages, including coffee and tea, will not be offered to you while hospitalized unless specifically ordered by your surgeon.

**Pureed foods (generally started Day 2-3 following surgery)**
If you are tolerating clear liquids well, and your surgeon deems it appropriate, you will begin this diet regimen. Foods included are hot cereals, cottage cheese, pureed fruits and blended meats. You are encouraged to sip fluids between meals. You will continue a pureed diet when released home from the hospital unless otherwise instructed by your surgeon.

Your diet may also be changed at any time as deemed appropriate by your surgeon during your hospital stay.

You may be asked by the nursing staff to keep track of your daily fluid intake and walking. You may also be asked how often you are using the restroom by the staff. Although these tasks may seem mundane, the information is very important to help the doctor determine your progress. Also, if you have any questions regarding your diet please do not hesitate to ask the Bariatric dietitians, your surgeon or the nursing staff.
As explained to you previously by your surgeon and in this handout, Bariatric surgery does not guarantee weight loss. Bariatric surgery is best thought of as a tool you can use to lose weight. As with any weight loss program, you must do your part to achieve the results you desire. The meal plans are best thought of as plans of action to achieve your weight loss and health goals.

The meal plans were developed for several reasons:

- To promote rapid weight loss following Bariatric surgery
- To keep your body healthy while losing weight after surgery
- To maintain weight loss and improved health
- To prevent adverse effects of surgery to include nausea, vomiting, excess gas and diarrhea

Food is measured easiest by volume after surgery. Below is a list of measurements that may be helpful following surgery:

1 ounce = 2 tablespoons = 1/8 cup
2 ounces = 4 tablespoons = 1/4 cup
4 ounces = 8 tablespoons = 1/2 cup
6 ounces = 12 tablespoons = 3/4 cup
8 ounces = 16 tablespoons = 1 cup

*IF YOU REACH YOUR GOAL WEIGHT PRIOR TO ONE YEAR FOLLOWING SURGERY, CONTACT THE BARIATRIC DIETITANS FOR A WEIGHT MAINTENANCE PLAN.

*IF YOU BECOME PREGNANT AT ANY TIME FOLLOWING SURGERY, PLEASE INFORM DR. INMAN’S OFFICE AND SCHEDULE AND APPOINTMENT TO MEET WITH A BARIATRIC DIETITIAN.
The First Four Weeks following Surgery: Soft Chopped Foods

Pureed foods are necessary for the four weeks following surgery to allow your stomach tissues and intestines to heal. You may start this meal plan when released from the hospital, unless otherwise directed by your surgeon. To prevent PCM, it is best to emphasize the high protein foods as much as possible in addition to drinking the protein supplement between meals.

Meals are to be designed from the foods listed below. Eat protein first at each meal. Remember that you are to eat three meals a day and two ounces at each one of these meals. The protein supplementation and fluids are in addition to the meals.

### Breakfast
- **2 OUNCES PROTEIN**
- **1 OUNCE FRUIT OR VEGETABLE**

### Lunch
- **2 OUNCES PROTEIN**
- **1 OUNCE FRUIT OR VEGETABLE**

### Dinner
- **2 OUNCES PROTEIN**
- **1 OUNCE FRUIT OR VEGETABLE**

Appropriate food choices are listed by category below:

**PROTEIN:**
Cottage cheese, eggs, egg whites, yogurt, ground chicken, ground turkey, ham, ground pork, 95% lean ground beef, fish, beans, cheese, canned tuna, canned ham, canned chicken, canned lump crab meat and tofu, Kitchen Table Baker’s Cheese Crisps (Women’s Heath Boutique).

**VEGETABLE:**
Green beans, peas, carrots, beets, squash, asparagus, zucchini, cucumbers, mushrooms, water chestnuts, okra, turnips, cauliflower, broccoli and tomatoes

Add other vegetables as tolerated, avoid skins

**FRUIT:**
Applesauce, peaches, pears, pineapple, bananas, cantaloupe, honeydew melon, fruit cocktail, watermelon, mango, papaya, kiwi, strawberries, cherries, blueberries, blackberries and prunes

Add other fruits as tolerated, avoid peels

Meats should be pureed in a blender or ground to a fine consistency in a food processor. It is recommended to add water or broth to the meat when pureeing to prevent the meat from becoming too dry. Baby foods (Step 2) are appropriate for use on this meal plan. You may use fat free gravy, cream soups and light mayonnaise to moisten meats.

You may add flavorings and spices to foods including, but not limited to, margarine and salt and pepper. Sugar substitutes are acceptable for sweetening. You may add other condiments to your food if they do not contain increased amounts of sugar. Pick the lower fat version of a condiment if it is available.
Weeks 5 through 12

You to begin adding solid foods back to your eating plan. Weeks five through twelve following surgery allows you to increase the volume of food eaten per meal. A liquid protein supplement is still required.

Remember to use healthy methods of food preparation including baking, grilling, broiling, boiling and steaming.

### Breakfast
- 2-3 OUNCES PROTEIN
- 1 OUNCE FRUIT OR VEGETABLE

### Lunch
- 2-3 OUNCES PROTEIN
- 1 OUNCE FRUIT OR VEGETABLE

### Dinner
- 2-3 OUNCES PROTEIN
- 1 OUNCE FRUIT OR VEGETABLE

Appropriate food choices are listed by category below:

**PROTEIN:**
Cottage cheese, eggs, egg whites, yogurt, chicken, turkey, ham, pork chops, pork loin, pork roast, 95% lean ground beef, fish, beans, cheese, canned tuna, canned ham, canned chicken, canned lump crab meat and tofu

**VEGETABLE:**
Green beans, peas, carrots, beets, squash, asparagus, zucchini, cucumbers, mushrooms, water chestnuts, okra, turnips, cauliflower, broccoli and tomatoes
Add others as tolerated, avoid skins

**FRUIT:**
Applesauce, peaches, pears, pineapple, bananas, cantaloupe, honeydew melon, fruit cocktail, watermelon, mango, papaya, kiwi, strawberries, cherries, blueberries, blackberries and prunes
Add others as tolerated, avoid peels
MONTHS 4 THROUGH 8

The volume of food will increase once again on this meal plan. Protein supplements should be continued. Continue to use healthy food preparation methods such as baking, grilling, broiling, boiling and steaming.

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
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<tr>
<td>3-4 OUNCES PROTEIN</td>
<td>3-4 OUNCES PROTEIN</td>
<td>3-4 OUNCES PROTEIN</td>
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<td>1 OUNCE FRUIT</td>
<td>2 OUNCES FRUIT OR VEGETABLE</td>
<td>2 OUNCES FRUIT OR VEGETABLE</td>
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<tr>
<td>1 OUNCE STARCH</td>
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</tbody>
</table>

Appropriate food choices are listed by category below:

**PROTEIN:**
Cottage cheese, eggs, egg whites, egg substitute, yogurt, ham, chicken, turkey, pork chop, pork loin, pork roast, veal, 95% lean ground beef, beans, fish, cheese, canned tuna, canned ham, canned lump crab meat, lobster, scallops, shrimp, and tofu

**STARCH:**
Cream of Wheat, Cream of Rice, oatmeal, Malt-O-Meal, Cocoa Wheats, Grits, Farina, sweet potatoes, mashed potatoes, baked potato, unsweetened dry cereal, saltine or whole wheat crackers, rice and pasta

*These foods may cause increased gas and loose stools*

**VEGETABLE:**
Green beans, peas, carrots, beets, squash, spinach, greens, asparagus, zucchini, cucumbers, mushrooms, water chestnuts, okra, scallions, celery, corn, cauliflower, broccoli, peppers, tomatoes, onions, eggplant, radishes, cabbage, iceberg lettuce, romaine lettuce, endive and raw vegetables

**FRUIT:**
Applesauce, peeled apples, peaches, pears, pineapple, bananas, cantaloupe, grapes, honeydew melon, fruit cocktail, watermelon, mango, papaya, kiwi, strawberries, cherries, blueberries, raspberries, prunes, raisins, apricots, oranges, grapefruit, tangerines, nectarines and plums

**SNACK:** You may add a daily snack of fresh fruits or vegetables as tolerated
MONTHS 9 THROUGH 12

The volume of food has increased again. Remember to eat until you feel a pressure or a full feeling even if you are unable to eat the total amount of food allotted at each meal.

Breakfast

<table>
<thead>
<tr>
<th>4-6 OUNCES PROTEIN</th>
<th>4-6 OUNCES PROTEIN</th>
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<tr>
<td>2 OUNCES STARCH</td>
<td>2-4 OUNCES FRUIT</td>
<td>2-4 OUNCES FRUIT</td>
</tr>
<tr>
<td>2 OUNCES OR VEGETABLE</td>
<td>2-4 OUNCES FRUIT OR VEGETABLE</td>
<td>2-4 OUNCES FRUIT OR VEGETABLE</td>
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Appropriate food choices are listed by category below:

**PROTEIN:**
Cottage cheese, eggs, egg whites, egg substitute, yogurt, ham, chicken, turkey, pork chop, pork loin, pork roast, veal, 95% lean ground beef, beans, fish, cheese, canned tuna, canned ham, canned lump crab meat, lobster, scallops, shrimp and tofu

**STARCH:**
Cream of Wheat, Cream of Rice, oatmeal, Malt-O-Meal, Cocoa Wheats, Grits, Farina, sweet potatoes, mashed potatoes, baked potato, unsweetened dry cereal, whole wheat or saltine crackers, melba toast, rice and pasta

*These foods may cause increased gas or loose stools*

**VEGETABLE:**
Green beans, peas, carrots, beets, squash, spinach, greens, asparagus, zucchini, cucumbers, mushrooms, water chestnuts, okra, scallions, celery, corn, cauliflower, broccoli, peppers, tomatoes, onions, eggplant, radishes, cabbage, iceberg lettuce, romaine lettuce, endive and raw vegetables

**FRUIT:**
Applesauce, peeled apples, peaches, pears, pineapple, bananas, cantaloupe, grapes, honeydew melon, fruit cocktail, watermelon, mango, papaya, kiwi, strawberries, cherries, blueberries, raspberries, prunes, raisins, apricots, oranges, grapefruit, tangerines, nectarines and plums

**SNACK:** You may add a daily snack of fresh fruits or vegetables as tolerated.
**Beyond One Year**

It is common to be unable to eat all of the volume listed on this meal plan. Be sure to eat the protein foods first followed by other foods if you have room. If you are near or have reached goal weight, the Bariatric dietitians will give you guidance for maintenance. You may snack on fresh fruits and vegetables twice daily between meals if you desire.

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
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</thead>
<tbody>
<tr>
<td>6-8 OUNCES PROTEIN</td>
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<tr>
<td>2 OUNCES STARCH</td>
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<td>OR VEGETABLE</td>
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</tbody>
</table>

**PROTEIN:**
Cottage cheese, cheese, eggs, egg whites, yogurt, ham, chicken breast, turkey breast, pork chop, pork roast, pork loin, veal, beans, fish, canned meats, lobster, scallops, shrimp, tofu and lean red meat as tolerated

**STARCH:**
Cream of Wheat, Cream of Rice, oatmeal, Malt-O-Meal, Cocoa Wheats, grits, Farina, other hot cereals as tolerated, sweet potatoes, mashed potatoes, rice, pasta, unsweetened dry cereals, crackers, melba toast and bread products as tolerated

*These foods may cause excess gas or loose stools*

**VEGETABLE:**
All vegetables as tolerated

**FRUIT:**
All fruits as tolerated
TO MAXIMIZE WEIGHT LOSS
THE FOLLOWING FOODS
SHOULD BE AVOIDED

• Bacon in any form
• Sausage in any form
• Hot dogs in any form
• Bratwurst
• Bologna in any form
• Braunschweiger
• Salami
• Potted meat
• Spam in any form
• Vienna Sausage in any form
• Beef Jerky
• Breaded and fried foods
• Fast Food
• Pork rinds
• Potato chips in any form
• Movie popcorn
• Snack crackers
• Regular pop
• Alcohol
• Starbucks
• Candy including sugar-free
• Desserts including sugar-free
• Ice Cream in any form
• Alfredo sauce
• Cheese Sauce
• Gravy
Causes of Weight Regain

* Poor Diet
* Lack of Exercise
* Poor sleep habits
* Nutritional deficiencies
* Unmanaged stress
* Emotional eating
TRANSFORMATIONS
3rd Wednesday of every month
6–7pm
St. Vincent Bariatric Center Suite 168

Learn and discuss a new topic each month: basic nutrition, self-monitoring, stress, sleep, socialization, traveling, dining out, exercise and vitamins.