

St. John's Center for Metabolic and Weight Loss Surgery

GASTRIC BYPASS PHASE ONE AND TWO

This will inform you about a diet progression you will follow as you recover from your gastric bypass surgery. It is important for you to follow these guidelines as your tiny "new" stomach is not ready for the challenge of solid foods yet.

PHASE ONE

Helpful Hints

1. This phase consists of low sugar/sugar-free foods that are liquid or semi-liquid only. Low sugar helps prevent dumping syndrome which can occur when concentrated sweets or liquids are consumed with a meal causing foods to rapidly pass into the small intestine too quickly rather than gradually. Symptoms are: rapid heartbeat, nausea, diarrhea or cold and clammy feelings. Note: some people may have diarrhea for a short time after surgery. Nausea is not uncommon even without sweets.
2. Sip liquids slowly planning on 30 to 60 minutes at each meal.
3. Protein is the most important nutrient for healing after surgery. Liquid protein supplements may be substituted for a meal. The protein supplement should be sugar-free with minimal carbohydrates (see suggestions provided).
4. You will always need to take a multivitamin supplement. Start with a chewable version, such as Flintstones or Bariatric Advantage Complete Chewable Multivitamin (www.bariatricadvantage.com), twice a day. An additional supplement, B-12, will be prescribed.
5. You will need a calcium supplement to reduce the risk of osteoporosis. Recommended intake is 1200 milligrams daily, so take a 500 – 600 milligram supplement twice a day. Use the divided dose so your body can absorb calcium most efficiently.
6. When taking multiple medications, space the pills out at least 5 to 10 minutes apart.

Helpful Hints – (continued)

7. Constipation can occur after your surgery because bowel movements slow down due to your reduced food intake. Make sure you are drinking enough water or sugar-free liquids between meals. You can take a stool softener such as Colace or Senokot.
8. More belching and “gurgling” is normal.
9. Follow Phase One until your next appointment with Dr. Ahad.

Notes About Exercise and Regular Daily Activities*

1. Exercise daily walking for 15 minutes and resting when tired. Start slowly and increase as you can tolerate. Exercise will help you maintain your muscle mass (which burns calories) and maximize your weight loss.
2. Do not carry or lift more than 10 pounds.
3. Participate in your normal daily activities as you tolerate.
 - Stairs: you may use the stairs.
 - Shower: you may shower. Your skin staples will be removed on your next visit, and your skin may become reddened immediately around the staples. This is normal. If you develop worsening redness, pain or drainage, call Dr. Ahad’s office.
 - Driving: Avoid driving until your next appointment.

*** Unless instructed otherwise on exercise and daily activity.**

PHASE ONE

Food	Allowed	Avoid	Tips
Beverages <ul style="list-style-type: none"> • Drink six to eight 8-ounce cups/day 	Water Coffee – 1 cup Non-carbonated, sugar-free drinks such as Crystal Light	Carbonated beverages for 2 months or more Alcohol for 2 months Sweetened fruit beverages and drinks	Sip these liquids slowly in between meals only.
Juices <ul style="list-style-type: none"> • ½ cup serving 	Fruit juices, no pulp, diluted 1 Tb. juice + 3 Tb. water Low sodium V-8/tomato juice	Fruit drinks and punches V-8 Splash	
Dairy <ul style="list-style-type: none"> • ½ cup serving 	Skim or 1% milk Low fat Lactaid milk Low fat soy milk Smooth low fat yogurt made with Nutrasweet, Splenda, Aspartame Carnation Instant Breakfast – sugar-free	2% or whole milk Chocolate milk Yogurt with chunks of fruit	You may have gas, cramps and/or diarrhea after you consume dairy foods. You may reduce this by using Lactaid milk, soy milk or by using Lactaid pills with dairy products.
Soups <ul style="list-style-type: none"> • ½ cup serving 	Low sodium broth Strained soups Cream soups made with skim or 1% milk, no chunks	Bouillon cubes	Use a tea strainer to strain soups.
Snacks/Desserts <ul style="list-style-type: none"> • ½ cup serving 	Sugar-free Jello and pudding Sugar-free popsicles Sugar-free cocoa made with skim milk Sugar substitutes: Equal, Splenda, etc.	Regular sugar Brown sugar Honey Maple syrup High fructose corn syrup	

Phase One Sample Meal Plan

Remember:

- Eat five times daily.
- Always start with the protein source
- Eat slowly and stop when you feel full.

Breakfast – 7 am

½ cup Carnation Instant Breakfast – no sugar added – made with skim milk

½ cup sugar free Jell-O

Mid-morning – 10 am

½ cup diluted fruit juice

Lunch – 12 noon

½ cup smooth no sugar added, low fat light yogurt

½ cup broth

Mid-afternoon – 3 pm

Sugar-free Popsicle

Dinner – 6 pm

½ cup strained cream soup made with skim milk

½ cup low sodium V-8 Juice

DIET TWO – WEEKS 1 and 2

- You are now ready to move on to Phase Two which provides more consistency and texture as your stomach pouch heals. **All food will be in liquid or pureed form.**
- Follow Phase Two – Week 1 for the first week and Phase Two – Week 2 for the second week unless otherwise directed.
- The key to this phase is to increase your protein intake to 60 – 90 grams daily.
- A blender/food processor will be an essential part of your meal preparation.
- It is important to accurately portion your foods so make sure you have a kitchen scale (digital preferred) and measuring cups and spoons.

Helpful Hints

1. You must make the time to plan and prepare your meals. Baby food can be used occasionally.
2. Strain pureed/blended foods if any chunks remain after blending.
3. Sit down to enjoy your meals, and try to limit eating to one place.
4. If you experience nausea or vomiting, slow down and try liquids for the next one or two meals.
5. Unless instructed otherwise, exercise for 30 minutes daily. Remember that walking is an excellent exercise that does not require a gym membership or any special equipment. Other activity should be as tolerated with no heavy lifting or straining for one month. Driving is permitted as long as you feel strong enough and are not taking any pain medication.
6. Continue to take your vitamin mineral supplement - two children's chewable tablets or one designed for bariatric patients.
7. You **MUST** follow the prescribed diet. Although you may tolerate other foods, this diet is designed to give your body time to heal and adjust to the surgery. Following the guidelines will decrease your chance of developing an obstruction or stricture.

DIET TWO – WEEK 1

Food	Allowed	Avoid	Tips
Meat/Protein <ul style="list-style-type: none"> • 4 servings/day 	2 egg whites or ¼ c. egg substitute, cooked/blended High protein supplement	All other meat and protein foods.	
Dairy <ul style="list-style-type: none"> • 4 servings/day 	½ cup each: skim or 1% milk Lactaid or soy milk – calcium fortified low fat, sugar-free yogurt, no fruit chunks, blended sugar-free pudding Carnation Instant Breakfast – sugar free Sugar-free hot chocolate made with skim milk	2% and whole milk	Use Lactaid or soy milk if develop gas/bloating with skim/1%. To increase protein, add 2 Tb. instant milk powder or soy mix powder to other foods.
Vegetables <ul style="list-style-type: none"> • 1 – 2 servings/day 	½ cup low sodium V-8 or tomato juice ½ cup pureed cream soups	All other vegetables Fruit	May add up to 1 tsp. light margarine, low sodium broth, Butterbuds or spray margarine to blenderized soups.
Carbohydrates <ul style="list-style-type: none"> • 1 – 2 servings/day 	½ cup cooked cereal, blended ¼ cup each: Mashed potatoes, mashed peas, creamed corn, winter squash, blended	Sweetened cooked cereal All cold cereal Bread Rice Pasta Crackers	Mix hot cereal and mashed potatoes with milk to increase protein content.
Beverages <ul style="list-style-type: none"> • 6 – 8 cups/day • ½ cup at a time over 30 minutes or more. • Finish drinking 30 min before a meal. • Start drinking 30 min. after meal. 	Sugar-free non-carbonated beverages Water Protein drink Coffee – 1 cup Tea 100% fruit juice - no pulp – diluted ¼ cup juice to ¾ cup water	Fruit drinks Alcohol Carbonated drinks/soda pop Gum	Icy/very cold drinks may cause cramps. Never gulp a mouthful of liquids. Avoid straws; you may swallow air.

DIET TWO – WEEK 2

Food	Allowed	Avoid	Tips
Meat/Protein <ul style="list-style-type: none"> • 4 servings/day 	2 egg whites or ¼ c. egg substitute, cooked/blended 1 oz. water packed tuna or canned salmon 1 oz. cooked fish, chicken, turkey 1 Tb. smooth peanut butter ¼ c. 1% cottage cheese, blended or part-skim ricotta 1 oz. tofu	Red meat/hamburger Bouillon Tempeh Tuna in oil	Meat can be mixed with mashed potatoes. Use only small amount of light mayo when mixing tuna and eggs. Add low sodium broth, tomato juice, fat-free gravy or milk to increase flavor and add moisture to meat when blenderizing. Spices as tolerated; no cayenne pepper, tobasco.
Dairy <ul style="list-style-type: none"> • 4 servings/day 	½ cup each: skim or 1% milk Lactaid or soy milk – calcium fortified low fat, sugar-free yogurt, no fruit chunks sugar-free pudding Carnation Instant Breakfast – sugar free Sugar-free hot chocolate made with skim milk	2% and whole milk	Use Lactaid or soy milk if develop gas/bloating with skim/1%. To increase protein, add 2 Tb. instant milk powder or soy mix powder to other foods.
Vegetables <ul style="list-style-type: none"> • 1 – 2 servings/day 	½ cup low sodium V-8 or tomato juice ½ cup pureed soups ¼ cup cooked, blenderized vegetables	V-8 Splash Gas-forming vegetables: cabbage, broccoli, cauliflower, etc. Fruit	May add up to 1 tsp. light margarine, low sodium broth, Butterbuds or spray margarine to blenderized vegetables.
Carbohydrates <ul style="list-style-type: none"> • 1 – 2 servings/day 	½ cup cooked cereal ¼ cup each: Mashed potatoes, mashed peas, creamed corn, winter squash	Sweetened cooked cereal All cold cereal Bread Rice, Pasta Crackers	Mix hot cereal and mashed potatoes with milk to increase protein content.

Food	Allowed	Avoid	Tips
Beverages <ul style="list-style-type: none"> • 6 – 8 cups/day • ½ cup at a time over 30 minutes or more. • Finish drinking 30 min before a meal. • Start drinking 30 minutes after a meal. 	Sugar-free non-carbonated beverages Water Protein drink Coffee – 1 cup Tea 100% fruit juice - no pulp – diluted ¼ cup juice to ¾ cup water	Fruit drinks Alcohol Carbonated drinks/soda pop Gum	Icy/very cold drinks may cause cramps. Never gulp a mouthful of liquids. Avoid straws; you may swallow air.

Diet Two Sample Meal Plan
<ul style="list-style-type: none"> • Eat five times/day: early breakfast, brunch, late lunch, afternoon snack, supper. • Consume your protein source first. • Do not skip or add meals. However, if you cannot eat the protein source at a meal, then you could add 1 cup protein supplement in between meals as part of your liquid intake. <p>Early breakfast – 7 am: 1 carbohydrate – ¼ cup dry oats made with 2 Dairy – ½ cup skim milk + 2 Tb. Skim milk powder</p> <p>Brunch – 10 am: 2 Dairy – ½ cup light yogurt + 2 Tb. skim milk powder</p> <p>Lunch – 1 pm: 1 – 2 meat + 1 veggie</p> <p>3 pm: 1 cup high protein drink</p> <p>Dinner – 6 pm: 1 – 2 meat + 1 veggie or 1 carbohydrate</p>