Arch Bariatrics

Nutrition Guidelines After Bariatric Surgery:

Gastric Bypass

If you have any questions or concerns about this diet, please contact our Registered Dietitian

Behavior Modifications

- **Take small bites and chew foods thoroughly.**

  It is essential to chew all your foods thoroughly (toothpaste consistency) in order to get it through the stoma. If you do not chew your food thoroughly, food may get stuck which will cause a lot of pain/discomfort and usually results in vomiting.

- **Eat slowly.**

  It is important to take your time with a meal because if you go too fast, it is very easy to eat too much and become sick. Take at least 20 minutes to consume a meal.

- **Stop eating when you begin to feel full or satisfied.**

  After surgery, it is important to recognize your new feeling of fullness which is going to be a pressure in the upper part of the stomach. If you experience pain, you've most likely over-eaten..

- **Drink 64 ounces of fluids each day, always taking slow, small sips.**

  This is essential to keep you hydrated, which can be especially difficult right after surgery due to inflammation. Start by aiming for 4-8 oz. of fluid per hour, eventually you should be able to drink 8 oz. of fluid over 10-15 minutes.

- **No drinking with or around meals.**

  You should stop drinking 30 minutes before a meal and not drink anything until 30 minutes after a meal. Drinking too close to meals can liquefy the foods in your pouch and push the food through too quickly, so you won't feel full or may be hungry between meals.

- **Do not drink carbonated beverages.**

  Carbonation can put extra pressure on inside your stomach, which can cause pain and gas and possibly contribute to stretching the stomach.

- **Limit alcoholic beverages and caffeine.**

  No alcohol or caffeine during the first **4 weeks** after surgery because they can irritate the stomach. Alcohol and caffeine can also contribute to dehydration and should be limited.

Behavior Modifications

- **Eat 3 balanced meals each day. Limit snacks to no more than 1-2 snacks per day.**

  Avoid skipping meals, as well as grazing or snacking throughout the day**.**

- **Eat protein first, eating 60-70 grams of protein each day.**

  High protein foods should be consumed first with each meal every day in order to make sure you are getting enough protein throughout the day. If you don't eat your high protein foods first, you may fill up on other foods and not be able to get enough protein to keep you healthy

- **Avoid foods and beverages that contain high amounts of sugar or fat.**

  These types of foods contain a lot of empty calories which will hinder your weight loss. They are not tolerated well after surgery and can cause nausea, vomiting and diarrhea as well as dumping syndrome.

- **Incorporate 5 servings of fruits and vegetables each day.**

  Fruits and vegetables are part of a well-balanced and healthy eating plan.

  1 serving= 1/2 cup of fruit of vegetable; 1 medium fruit; 1 cup cooked vegetables

- **Monitor your intake.**

  It is essential to track you intake throughout the day to make sure you getting all the nutrients your body needs after surgery. Please ensure you are always eating 60-70 grams of protein each day and drinking 64 oz. of fluids each day.

- **Monitor your weight.**

  Check your weight regularly but avoid checking your weight every day as your weight can fluctuate from one day to another without reflecting gain of fat tissue. It is normal to go through weight "stalls" after surgery. Please don't get discouraged if you are going through a weight stall. Try to focus on non-scale victories (how your clothes are fitting, energy levels, medications you've come off of, etc.)

Required Vitamin & Mineral Supplements

After surgery, it is important to take vitamin and mineral supplements because you will not be able to get all the nutrients you need from eating such small amount of food. Also, the way your body is able to break down and absorb certain nutrients is not very efficient after surgery. It is essential to choose high-quality vitamin and mineral supplements that will be most appropriate for helping you meet your needs after surgery. Please avoid gummies, vitamin patches, and children's vitamins.

All supplements need to be taken for life. They also need to be chewable, liquid or dissolvable for the first 3 months after surgery. You will get blood work done regularly to identify any possible nutrient deficiencies.

- **Multivitamin**

  - You will need to take 2 chewable, liquid or dissolvable multivitamins per day.

- **Calcium Citrate with Vitamin D**

  - Calcium is best absorbed as calcium citrate after surgery.

  - You need to take 3 per day and these cannot be taken at the same time. You can only absorb approximately 500 mg calcium at one time, so each 500 mg chew has to be taken separately.

  -Separate calcium supplements from each other by at least 2 hours.

- **Vitamin B-12 (Cobalamin)**

  - You are not able to absorb Vitamin B-12 through your GI tract after surgery, so it must be taken sublingually (under the tongue), as a nasal spray or by injection. (This vitamin cannot be swallowed because it will just be destroyed by the liver. CANNOT BE A CHEWABLE!)

    -Sublingual: 1 per day

    -Nasal spray: 1 spray per week (will need prescription)

    -Injection: 1 time every 3-4 weeks (will need prescription)

  - You need 350 – 1000 mcg Vitamin B-12 per day.

- **Iron**

  - Required for pre-menopausal women and others that are iron-deficient.

  -Take 1 iron supplement 40-65 mg per day.

  - Calcium and iron must not be taken together because they compete for absorption. Separate by at least two hours.

  MEN/POST MENOPAUSE: need 18-27 mg of iron per day (usually adequate amount in MV)

Vitamin & Mineral Supplements

Suggested Brands

Multivitamin:

- Celebrate Chewable MV
- Celebrate Soft Chew MV
- BariMelts Dissolvable MV
- Bariatric Advantage Soft Chew MV
- Bariatric Advantage Chewable MV
- BariActiv Chewable
- Opurity Chewable MV
- Optisource Chewable MV
- Centrum Chewable MV
- Centrum Liquid MV
- Bariatric Fusion Chewable MV
- BariLife MV Powder

Iron

- Celebrate Iron + Vitamin C Chewable
- Celebrate Iron + Vitamin C Soft Chew
- Barimelts Dissolvable Iron + Vitamin C
- BariActiv Chewable Iron + Vitamin C
- Bariatric Fusion Iron + Vitamin C Soft Chew
- Wellesse Liquid Iron

Calcium Citrate:

- Celebrate CC Soft Chew
- Celebrate CC Plus 500 Chewable
- GNC CC Soft Chew
- Calcet Citrate Creamy Bites
- BariActiv Chewable Tablets
- Bariatric Advantage CC Soft Chew
- Bariatric Fusion CC Soft Chews
- BariMelts CC
- Kal CC Chewable
- Kirkman Calcium with Vitamin D Powder

Vitamin B12:

- Celebrate Sublingual B12
- Nature Made Sublingual B12
- Spring Valley Sublingual B12
- BariMelts Dissolvable B12
- Vitamin World Sublingual B12
- Nature's Bounty Sublingual B12
- Nature's Bounty Sublingual B12 Liquid
- *Nascobal B12 Nasal Spray
- *B12 Self-Injection

Supplement Plan:

Take 2 multivitamins, and 1 B-12 with breakfast.

Take 1 calcium chew with lunch.

Take 1 calcium mid-afternoon (at least two hours after previous calcium supplement).

Take 1 calcium chew with dinner.

Take 1 iron just before bed .

Protein Foods & Supplements

Protein is found in many foods including both animal (meat, poultry, seafood, eggs) and plant products (bean, peas, nuts, seeds, soy products). After a bariatric procedure, protein needs are especially important. Your body needs additional protein during the period of rapid weight loss in order to maintain your muscle mass. Protein also plays a vital role in metabolism. Protein is not stored in the body therefore you must eat an adequate amount daily.

Your protein goal is 60-70 grams of protein each day.

Meat, Poultry, Seafood, Eggs	
1 oz. chicken/turkey/fish	7 grams
1 oz. seafood	7 grams
1 oz. beef/steak/pork	7 grams
1 oz. ham	7 grams
1 large egg	6-7 grams
¼ cup (2 oz.) egg substitute	6-7 grams

Low Fat Dairy Products	
1 cup (8 oz.) skim or 1% milk	8 grams
¼ cup cottage cheese	7 grams
1 oz. soft cheese (Mozzarella, Brie)	6 grams
1 oz. medium cheese (Cheddar, Swiss)	7 grams
1 oz. hard cheese (Parmesan)	10 grams
½ cup sugar free pudding	4 grams
½ cup low-fat yogurt	4 grams
¾ cup Greek yogurt (6 oz.)	13-18 grams

Beans and Soy Products	
2 oz. hummus	4 grams
½ cup kidney/refried beans	7 grams
½ cup black beans	10 grams
½ cup lima beans	5-6 grams
¼ cup lentils	12 grams
¼ cup textured soy protein (TSP)	5-6 grams
½ cup tofu	10 grams
1 oz. soy protein isolate	20 grams
½ cup soy milk	7 grams
1 oz. soy cheese	2 grams
¼ cup edamame (soy beans)	4 grams

Nuts and Seeds	
1 Tbsp. peanut butter	4 grams
¼ cup peanuts	8 grams
¼ cup almonds	8 grams
¼ cup cashews	5 grams
¼ cup soy nuts	15 grams
¼ cup sunflower seeds	5 grams
¼ cup flaxseeds	8 grams
¼ cup pumpkin seeds	19 grams

Limit portions of nut butters, nuts and seeds because these are higher calorie foods.

Protein Foods & Supplements

Protein supplements are a good way to get the protein your body needs right after surgery. It is recommended to reduce the use of protein supplements after the first couple of weeks. Protein from foods sources provide a lot more vitamins and minerals and keep you fuller longer than protein supplements will.

Protein Water

Protein water is water that has been infused with whey protein isolates, it is considered a clear liquid and will be needed the first week after your surgery.

Typically, a 16-oz. bottle of protein water will contain between 60 and 90 calories and 15 and 20 grams of protein.

Examples:

Premier Protein Clear Drink

Protein20

Isopure Zero Carb Protein Drink

Cytosport Whey Isolate Protein Drink

Bariatric Choice Protein Drink Concentrate

Designer Whey Protein 2Go Drink Mix

Bariatric Pal Fruit Drink

Bariwise Fruit Protein Drink

Protein Shakes

Quick Guide to choosing protein shakes:

- **200 calories or less**
- **5 grams of fat or less**
- **10 grams of carbs or less**
- **5 grams of sugar or less**
- **20 grams of protein or MORE**

Examples:

Premier Protein

Pure Protein

Ensure Max Protein

Adkins Plus Protein

Muscle Milk (100 calorie)

Muscle Milk (Genuine)

Muscle Milk (Light)

Muscle Milk (ProSeries)

FairLife (Core Power)

FairLife (Nutrition Plan)

Equate High Performance Protein Shake

QUEST Protein Shake

Protein shakes can be helpful for meeting protein needs during the first couple of months after surgery, but should not be continued long-term. **It is more beneficial to get protein from food sources over liquid supplements.

Exercise

Exercise is recommended as a life long habit and is known to improve overall health, mood, and sense of well being. Exercise is extremely important after surgery as it will help maximize weight loss. A more toned body can help reduce excess skin after surgery. Exercise is also crucial for maintaining weight loss long term. Exercise should be considered something in addition to your usual daily activities.

The American College of Sports Medicine recommends:

- **30-60 minutes of moderate aerobic physical activity at least 5 days per week. Minimum of 150 minutes per week.**
  - Exercise that increases your heart rate
  - Examples: walking, swimming, running, cycling

- **Strength training/resistance exercise 2-3 days per week**
  - -Keep in mind this can also help tighten up lose skin
  - -Body weight exercises, resistance bands, and at home exercise videos are great for those who don't have a gym membership

There are two types of patients: those who exercise and those whose find excuses (long work hours, kid's schedules, cold/hot weather, etc.)

In addition to exercise, it is equally important to also reduce sedentary time. This includes sitting, reclining, desk/computer work, driving, eating a meals, meetings, etc. Time spent sedentary can have harmful effects on your overall health. Stand up, sit less, and move more!

"It's not about having time, it's about making time"

Pre-Operative Clear Liquid Diet

(Before Surgery)

Your pre-operative diet is a strict requirement of your surgeon, Kumaran Chinnapan, MD, and it may be different from pre-operative diets used by other surgeons. Dr. Kumaran would like you to start your clear liquid diet 7-14 days before surgery. Clear liquids are liquids of any color with no calories (or very few calories-usually 10 calories or less per serving). The goal of the clear liquid diet is to dramatically shrink your liver so your surgery will be as easy as possible. The easier the surgery is for Dr. Kumaran, the less risk the surgery will be for you. Following the clear liquid diet completely is the only thing you can do that will affect the outcome of your surgery. Patients who experience low blood sugars can have a few saltine crackers (2-3 crackers) or about 3 oz. of protein water, if necessary.

**Diabetic patients will need to consult with their Primary Care Physician prior to beginning this diet. You may need additional blood sugar monitoring and/or medication adjustments. If your blood sugar drops too low, take any substance you would normally take (like orange juice, regular soda, or Boost).

Acceptable Clear Liquids During Pre-Operative Clear Liquid Diet Include:

- Water/ice cubes
- Broths, bouillons, or bases (no vegetables or meat chunks) - Limit to 2 servings per day
- Sugar-free Jell-O (any color, any flavor)
- Sugar-free drinks (Crystal Light, Kool-Aid, Mio)
- Sugar-free sports drinks (Gatorade Zero, PowerAde Zero)
- Sugar-free fitness waters (Propel, Fruit2O, Vitamin Water Zero, Bai)
- Sugar-free popsicles and ices
- Sugar-free sparkling waters (ICE, LaCroix, Hint)
- Coffee, iced tea, and hot tea (No milk, cream, sugar, or honey)
- Diet sodas (any kind)
- Sugar-free gum and sugar-free hard candy
- Protein shakes that meet our criteria- **Limit 3 per day**. *

*ALL PROTEIN SHAKES MUST BE STOPPED 2 DAYS BEFORE YOUR SURGERY

-Drink at least 64 oz. of fluids daily to prevent dehydration

-Continue to take POTASSIUM daily if this has been prescribed to you

-Stop taking aspirin, Ibuprofen products, NSAID's, Plavix, and/or Coumadin ONE WEEK before surgery unless instructed otherwise

-Continue to take your daily multivitamins and other regular medications, unless otherwise directed by Dr. Kumaran, the Anesthesiologist, or your Primary Care Physician.

Week 1: Clear Liquids

(After Surgery)

Acceptable Clear Liquids During the First Week After Surgery Include:

- Protein Water**
- Water/ice cubes
- Broths, bouillons, or bases (no vegetables or meat chunks) - Limit to 2 servings per day
- Sugar-free Jell-O (any color, any flavor)
- Sugar-free drinks (Crystal Light, Kool-Aid, Mio)
- Sugar-free sports drinks (Gatorade Zero, PowerAde Zero)
- Sugar-free fitness waters (Propel, Fruit2O, Vitamin Water Zero, Bai)
- Sugar-free popsicles and ices
- DECAF coffee, iced tea, and hot tea (No milk, cream, sugar, or honey)

Remember:

NO carbonated beverages, NO alcohol, NO Protein Shakes, NO drinking with straws

Drink liquids slowly with "baby-sips" - NEVER gulp, guzzle or chug

Aim for 4-8 oz. of liquids over an hour

**Aim for at least 1 protein water per day as this is your only source of protein for the week

**Fluid and protein goals are going to be difficult to meet this week. Do what you can tolerate.

Note:

-Start walking! Moving around can help eliminate gas pains from surgery.

-Aim for 3 ten minute walks daily, eventually increasing to a 30 minute walk, 5 days per week..

-No lifting over 20 lbs. for two weeks and no vigorous activity for 6 weeks.

-Do NOT submerge yourself in water (NO bath tub, swimming pool or hot tub) for one month.

Week 2: Full Liquids

Acceptable full liquids during your second week after surgery include:

- All clear liquids
- Approved Protein Shakes
- Skim milk (or other low-fat milk products)
- Sugar-free hot chocolate
- Cream soups with NO chunks or particles
- THINLY cooked Cream of Wheat, Malt-O-Meal or grits
- Unsweetened smooth applesauce
- Sugar-free pudding
- Sugar-free fudgesicles
- Vegetable juices, such as V8
- Sugar-free V-8 Splash®
- OceanSpray Diet Cranberry Juice (Diet Cran-Grape, Diet Cran-Pineapple, etc.)
- Yogurt (low-fat smooth/creamy yogurt, with no fruit pieces or added sugar)

Note:

***Start taking your daily chewable, liquid or dissolvable vitamin and mineral supplements.

-All medications should be chewable, liquid, crushable, dissolvable, or smaller than an M&M for the first 2 months after surgery.

Week 3: Soft Foods

Acceptable soft foods during your third week after surgery include:

- Hot cereal, like grits, oatmeal, cream of wheat
- Mashed potatoes made with skim milk
- Low-fat or fat-free cottage cheese
- Scrambled eggs
- Canned tuna/chicken mixed with light mayonnaise
- Low-fat crackers like saltines and graham crackers
- Peanut butter with no sugar added
- Low-sugar and low-fiber cereals with skim milk, like Cheerios®, Rice Krispies® and corn flakes
- Canned fruits (in juice or water), melons, ripe bananas
- Canned vegetables or tender cooked vegetables (no peels/seeds)
- Beans and lentils
- Tofu and soy products
- Pureed foods

**To be considered soft, it must be able to be mashed with a fork to the consistency of applesauce

Remember:

- Three healthy meals a day with a protein source for your first few bites. Take small bites, chew foods to the consistency of toothpaste, and eat slowly!
- If you feel a pressure, that means that you are full and should stop eating. You will probably feel full after 2-3 bites during this week.
- AVOID all fluids 30 minutes before, during and 30 minutes after your meal.

EXERCISE! Do your 3 ten minute walks daily, 150 minutes every week minimum. If you fail to do sustained exercise to increase your heart rate, you will never improve your metabolic rate. If your metabolic rate does not improve, then you will probably not burn enough calories to lose weight.

Soft Foods

These menus are just examples of what your meals might look like. You do not need to follow these plans exactly, but you do need to stick with eating only approved foods listed on the previous page.

7:00 am	1/4 cup Greek yogurt
8:00 am	1 cup water
10:00 am	1 cup Crystal Light
12:00 pm	3 oz. meatless chili
1:00 pm	1 cup water
2:00 pm	1 cup Gatorade zero
4:00 pm	1 cup protein water
5:00 pm	¼ cup scrambled egg ¼ cup fat-free cottage cheese
6:00 pm	1 cup water
7:00 pm	1 cup skim milk
8:00 pm	1 cup Alpine Sugar-Free Spiced Apple Cider

7:00 am	1/4 cup Greek yogurt
8:00 am	1 cup water
10:00 am	1 cup Crystal Light
12:00 pm	3 oz. meatless chili
1:00 pm	1 cup water
2:00 pm	1 cup Gatorade zero
4:00 pm	1 cup protein water
5:00 pm	¼ cup scrambled egg ¼ cup fat-free cottage cheese
6:00 pm	1 cup water
7:00 pm	1 cup skim milk
8:00 pm	1 cup Alpine Sugar-Free Spiced Apple Cider

8:00 am	¼ cup low-fat cottage cheese ¼ cup diced peaches
9:00 am	1 cup skim milk
10:00 am	1 cup water
12:00 pm	½ cup canned tuna mixed with 1 Table-spoon low-fat mayonnaise
1:00 pm	1 cup Crystal Light
2:00 pm	11 oz. protein shake
4:00 pm	1 cup skim milk
5:00 pm	1/4 cup greek yogurt ¼ cup diced pears
6:00 pm	1 cup water
7:00 pm	1 cup sugar-free Kool-Aid

7:00 am	1/4 cup Greek yogurt
8:00 am	1 cup water
10:00 am	1 cup Crystal Light
12:00 pm	3 oz. meatless chili
1:00 pm	1 cup water
2:00 pm	1 cup Gatorade zero
4:00 pm	1 cup protein water
5:00 pm	¼ cup scrambled egg ¼ cup fat-free cottage cheese
6:00 pm	1 cup water
7:00 pm	1 cup skim milk
8:00 pm	1 cup Alpine Sugar-Free Spiced Apple Cider

Weeks 4—8 Modified Regular Foods

A lot of foods are now acceptable, EXCEPT what is listed below:

- DO NOT EAT Breads, all types
- DO NOT EAT Rice, all types
- DO NOT EAT Pasta, all types
- DO NOT EAT Raw vegetables (until 2-3 months after surgery)

  -This includes salads and citrus fruits (oranges, grapefruits, lemons, limes)
- DO NOT EAT Nuts or seeds (until 2-3 months after surgery)
- DO NOT EAT Red meat (until 6 months after surgery)

  - This includes beef, pork, venison, veal, and lamb.

Weeks 4-8: Sample Meal Plans

8:00 am	1 hard-boiled egg ½ cup cooked oatmeal
9:00 am	1 cup decaffeinated coffee 1 chewable multivitamin
10:00 am	1 cup skim milk
11:00 am	1 cup water with Metamucil or Benefiber 1 chewable calcium with vitamin D
12:00 pm	3 oz. grilled tilapia ½ cup peaches
1:00 pm	1 cup water 1 chewable calcium with vitamin D
3:00 pm	1 cup water
4:00 pm	1 cup water 1 chewable calcium with vitamin D
6:00 pm	3 oz. baked chicken ¼ cup mashed potatoes ¼ cup cooked green beans
7:00 pm	1 cup water 1 chewable iron supplement
8:00 pm	1 cup water
9:00 pm	1 cup protein water 1 chewable multivitamin

8:00 am	1 Atkins Advantage Peanut Butter Granola Bar
9:00 am	1 cup water 1 chewable multivitamin
10:00 am	1 cup water 1 chewable calcium with vitamin D
12:00 pm	3 oz. chicken with 2 Tbsp. Salsa ¼ cup pears
1:00 pm	1 cup water 1 chewable calcium with vitamin D
2:00 pm	1 cup skim milk
3:00 pm	1 cup Water 1 chewable calcium with vitamin D
5:00 pm	3 oz. tuna salad (no celery) ½ cup cooked spinach
6:00 pm	1 cup water 1 chewable iron supplement
8:00 pm	1 cup protein water 1 chewable multivitamin

Week 8 and Beyond: Regular Diet

You may try just about any food at this point, but most patients will have difficulty with one or more types of food, especially **certain meats and vegetables that are difficult to chew to the consistency of toothpaste**.

REMEMBER:

- 2-3 months after surgery, you may try citrus (oranges, lemons, limes, grapefruits), raw vegetables and nuts.
- 6 months after surgery, you may try red meats (including beef, pork, venison, veal, lamb, etc.)
- DO NOT EAT bread, rice, or pasta.
- Stop drinking protein drinks if you have not already.

Note:

Focus carefully while eating. Many patients have to eat alone, otherwise they will talk during a meal and not pay attention— they will return to old habits of large bites, not chewing, drinking with meals, and eating too fast. If you eat too fast, take too large a bite, not chew thoroughly, or eat too much, you may develop severe pain in the chest or below the rib cage. This pain is from the esophagus trying to contract and to force food through the stoma. The pain will last up to an hour and vomiting often occurs.

Continue your daily vitamins FOR LIFE! Your regular medications can now be taken as prior to surgery. Take each pill one at a time with several sips of water over several minutes each. If your medication must be taken with a meal, then take the medication 30 minutes after eating the meal with several sips of water. Make certain that you drink your full amount of liquids (64 ounces) slowly throughout the day, about six ounces an hour. At least 32 ounces should be plain water.

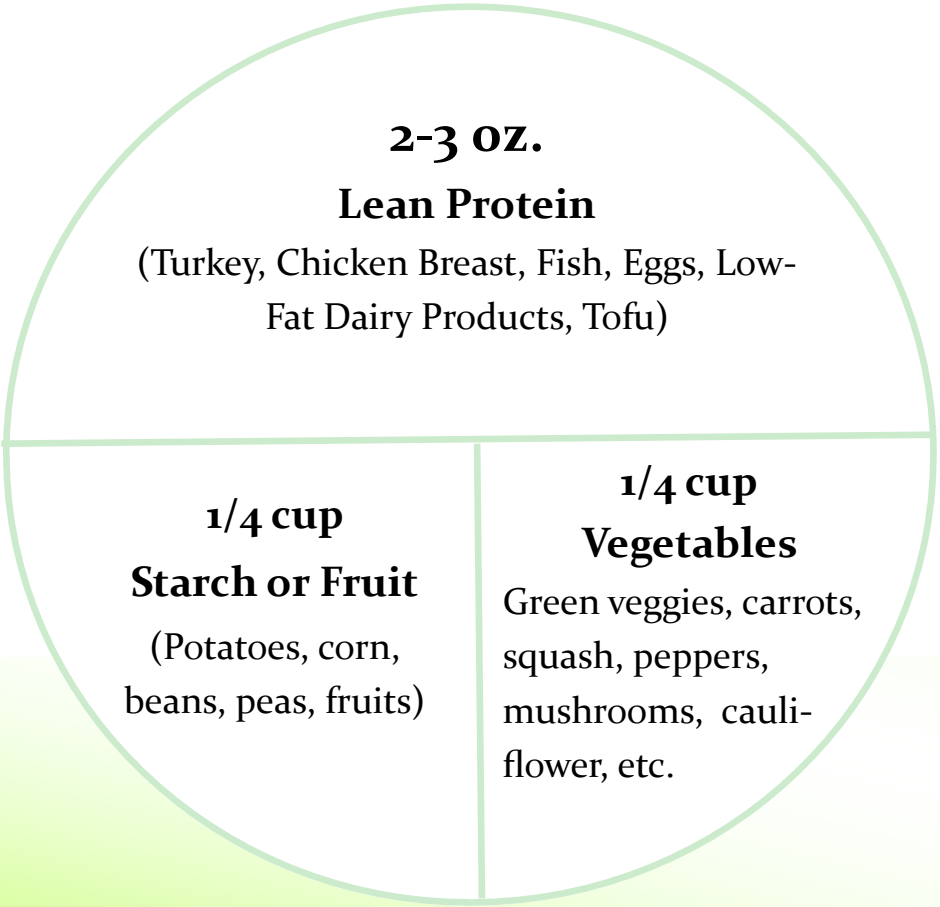
Balanced Plate

You always want to make sure that each of your meals contains a good source of protein. With this, you want to include healthy sides, such as vegetables, fruits and whole grains. You should always eat your protein first, followed by the vegetable, and then starch/fruit last.

Aim for 3 meals per day. If you are feeling hungry between meals , it is okay to have a snack. Good snack choices are foods that contain high amounts of protein (yogurt, nuts, string cheese) or high amounts of fiber (fruits and veggies).

Choosing processed snacks that are high in sugar, fat, or refined carbohydrates, will satisfy your hunger briefly and then leave you feeling hungry soon after. Foods that contain a lot of protein or fiber keep us feeling full much longer.

You may use the following "plate" to give you an idea how to create balanced meals. This plate should be about the size of a salad plate and represents your portion sizes long-term.



The following pages contain sample meal plans that would be appropriate for you after you have fully healed and are back on a regular diet. You do not need to follow these plans exactly, but they will provide you with an idea of what your meals should look like.

Sample Meal Plans

(60-70 grams of protein)

Drinks:	1 cup coffee, Splenda 8 ounces skim milk
Breakfast	1 hard boiled egg 1 medium banana
Drinks:	1 bottle PowerAde Zero
Lunch:	1 Healthy Choice Country Herb Chicken frozen meal
Drinks:	16 oz. water 8 oz. skim milk
Dinner:	3 oz. roasted turkey breast 1/4 cup green beans 1/4 cup mashed potatoes
Drinks	16 ounces water

Drinks	8 oz. skim milk
Breakfast	1 Quaker High Protein Oatmeal 2/3 cup hot milk (to make oatmeal)
Drinks	16 oz. water
Lunch	1 C Hormel Turkey Chili with Beans 1/4 cup peaches
Drinks	16 oz. water 8 oz. unsweetened tea
Snacks	Low-fat Greek Yogurt
Dinner	3 oz. grilled chicken breast 1/4 baked sweet potato with Splenda and cinnamon to taste 1/4 cup cooked broccoli
Drinks	16 ounces water

Drinks	8 ounces hot tea with Splenda
Breakfast	1 container Greek yogurt 1/4 cup blueberries 1/4 cup High Protein granola
Drinks	16 ounces Crystal Light
Lunch	Starkist Chicken Salad pouch 2 oz. carrots with 1 T low-fat ranch 1 low-fat string cheese
Drinks	16 ounces water 16 ounces Dasani flavored water
Dinner	3 oz. broiled salmon 1/4 cup Brussel sprouts 1/2 cup mashed potatoes
Drinks	8 ounces skim milk

Drinks	1 cup coffee 8 ounces skim milk
Breakfast	2 eggs, scrambled with 1/8 cup feta cheese, 1/4 cup spinach, 1/4 cup tomatoes
Drinks	16 ounces water
Lunch	6 Club crackers 3 oz. deli turkey 1 slice reduced fat Cheese 1/4 cup canned pineapple
Drinks	16 ounces Sugar-Free Kool-Aid
Dinner	3 oz. grilled turkey burger 1/4 cup cooked spinach 1/4 cup baked beans
Drinks	8 ounces water

Sample Meal Plans

(60-70 grams protein)

Drinks	1 cup coffee, Splenda 8 ounces skim milk
Breakfast	2 eggs, scrambled 1/2 banana
Drinks	1 bottle PowerAde Zero
Lunch	Star-Kist Ready Made Tuna Salad Kit 1 orange
Snack	1/4 cup almonds
Drinks	16 ounces water
Dinner	Chicken fajitas; 3 oz. sliced chicken with fajita seasoning, 1/2 cup peppers and onions, 1/8 cup shredded cheddar cheese
Drinks	16 ounces water

Drinks	8 ounces skim milk
Breakfast	1 medium apple 2 Tbsp. peanut butter
Drinks	8 ounces water 16 ounces Crystal Light
Lunch	Lean Cuisine Turkey & Vegetables frozen meal
Snack	1 hard boiled egg
Drinks	16 ounces water
Dinner	3 oz. baked tilapia 1/4 cup cooked carrots 1/4 cup refried beans
Drinks	16 ounces unsweetened tea

Drinks	1 cup hot tea
Breakfast	1 packet Quaker High Protein oatmeal 2/3 cup hot milk (to make oatmeal) 1/4 cup Craisins
Drinks	16 ounces water 8 ounces tomato juice
Lunch	Taco Salad: 3 oz. lean ground turkey with taco seasoning, ½-1 cup shredded lettuce, ¼ cup low fat shredded cheese, 1/8 cup diced tomato, 1/8 cup plain Greek yogurt
Drinks	1 bottle Fruit2O Flavored Water
Dinner	3 ounces grilled chicken breast 1/4 baked sweet potato with 1 tsp. margarine, Splenda & cinnamon 4 asparagus spears
Drinks	16 ounces water

Drinks	8 ounces skim milk
Breakfast	Jimmy Dean's Delights Turkey Sausage Breakfast Bowl
Drinks	16 ounces water
Lunch	1/2 cup low-fat cottage cheese 1/4 cup strawberries 1/4 cup cucumber with 1 T light ranch dressing
Drinks	1 bottle Dasani flavored water
Dinner	1 cup mixed salad greens with 3 oz. chicken breast strips, 2 Tbsp. raspberry vinaigrette dressing, 1/4 cup mandarin oranges, 1/4 cup sliced almonds
Drinks	16 ounces water

Diet Support

- Our dietitian and office staff are available Monday through Friday to help you with all of your diet and nutrition-related questions.

  Office Phone: **314-690-1527**

  Dietitian Phone: **314-690-2155**

  Dietitian's Email: **jessicafox@archbariatrics.com**

- There are many bariatric support groups available. Please contact our office for more information.
- The dietitian is available to help you with all of your diet and nutrition-related questions.
  There are many bariatric support groups available.
- Arch Bariatrics has a Facebook page, where we post fitness, nutrition and other useful information. "Like" us at https://www.facebook.com/ARCHBARIATRICS

Recipe Websites

There are many websites where you can find healthy recipes. Only a few are tailored to people that have had bariatric surgery, but with a few modifications, many healthy recipes can work for you.

- www.lapband.com
- www.cookinglight.com
- www.eatbetterearly.com
- www.livebetteramerica.com
- www.eatingwell.com
- http://www.bariatriceating.com/category/wls-friendly-recipes/