

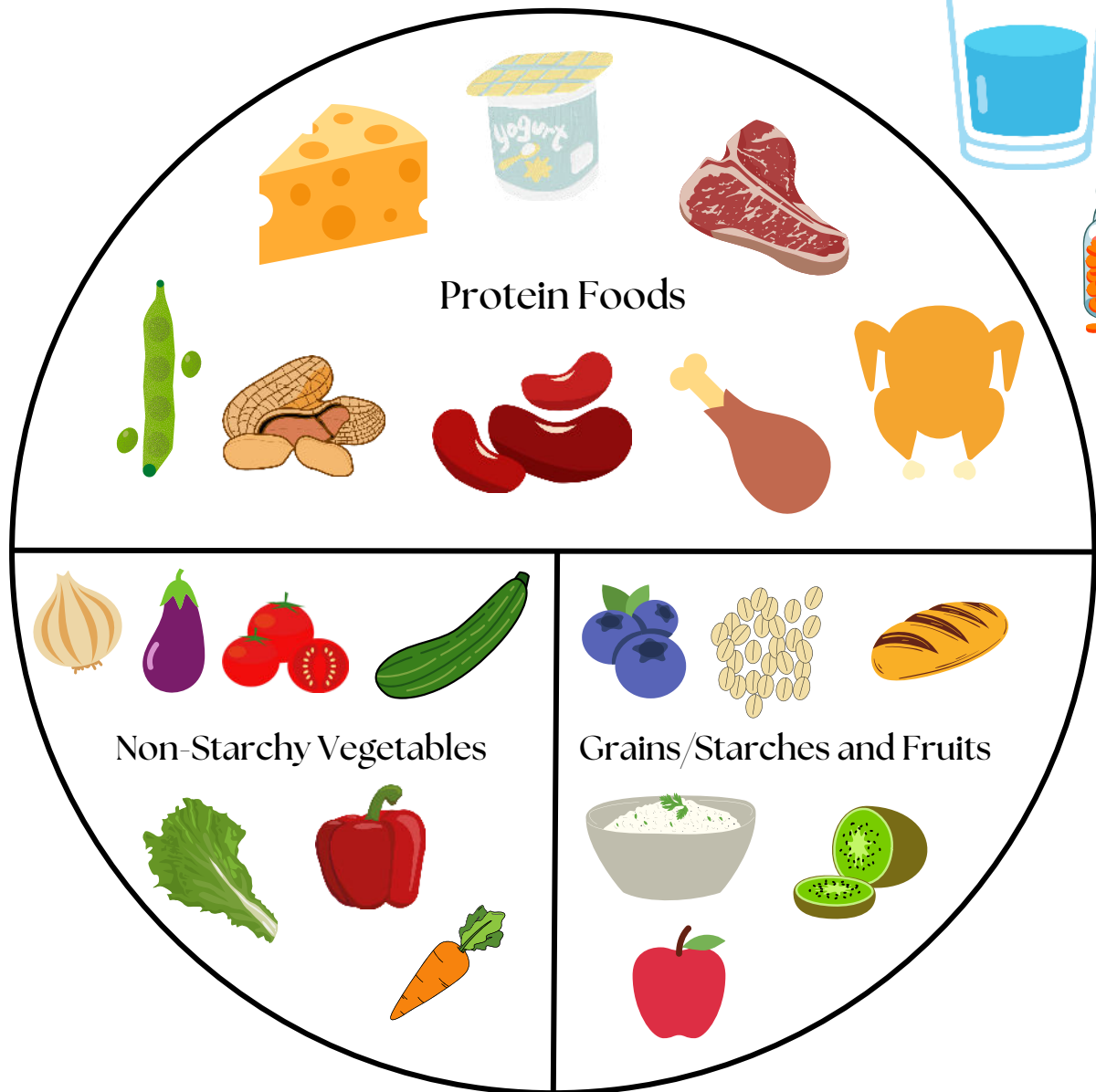


Post-Surgery – Long-Term Eating Plan for Bariatric Surgery

Week 8+ General Guidance:

- **Maintain a consistent meal pattern with adequate protein intake**
 - Eat 4-6 times per day (every 3-4 hours)
 - You may need to set a timer on your phone to help remind you when to eat
 - Aim for 80-120g of protein daily, or about 15-20g per meal
- **Maintain adequate fluid intake**
 - Aim for 64oz. of sugar-free, non-carbonated, caffeine-free fluids daily
 - Avoid drinking with meals and for 30 minutes before and after meals
- **Meals should consist primarily of lean protein and non-starchy vegetables**
 - Eat proteins first, followed by non-starchy vegetables, then fruits or starch
- **Be mindful when you are eating and stop when you feel full or satisfied**
 - Eat slowly, it should take you about 20-30 minutes to finish your meal
 - Take small bites and chew well
 - Listen to your stomach and stop eating when you are full, do not push past feelings of fullness
- **Read food labels**
- **Maintain a consistent exercise regime**
 - Aim for 150 minutes of exercise per week
 - Aim for 2 days of strength training per week
- **Take your vitamin supplements daily**
 - For gastric bypass and duodenal switch/SADI surgery, take a complete multivitamin, 1,800-2,400 mg of calcium with Vitamin D (4 doses), and iron with Vitamin C (2 capsules at night)
 - For gastric sleeve surgery, take a complete multivitamin and 1,200-1,500 mg of calcium with Vitamin D (2 doses)
 - See sample daily vitamin schedule
- **Avoid foods that may cause dumping syndrome**
 - These include foods high in sugar, high carb foods (cakes, cookies, sweets), and liquid calories (juice, sweet tea, coffee drinks)
 - Consume less than 10g of fat and 10g of sugar per meal
- **Keep a food journal**
 - This can help you track your protein and fluid intake, as well as identify any foods that may bother you or cause problems
- **Attend support groups regularly**
 - It is well documented that those who attend regular support groups have greater weight loss

The Bariatric Plate:



- Aim for 1/2 plate of protein foods (see list below), 1/4 plate of non-starchy vegetables, and 1/4 plate of grains, starchy vegetables, or fruit.
- Be sure to maintain adequate levels of hydration.
- Remember to take your vitamin supplements.

Sample Daily Vitamin Schedule for Duodenal Switch/SADI and Gastric Bypass Surgery:

Breakfast: Calcium citrate (500-600mg)
Snack: Calcium citrate (500-600mg)
Lunch: Calcium citrate (500-600mg)
Snack: Calcium citrate (500-600mg)
Dinner: Bariatric multivitamin
Nighttime: Iron (2 capsules)

Sample Daily Vitamin Schedule for Gastric Sleeve Surgery:

Breakfast: Calcium citrate (500-600mg)
Lunch: Calcium citrate (500-600mg)
Dinner: Bariatric multivitamin
Snack: Additional iron if recommended

Long Term Protein Sources

Meat and Seafood	<ul style="list-style-type: none">• Eggs or egg whites• Fish, shellfish, seafood (salmon, tuna, shrimp, etc.)• Chicken• Turkey• Lean beef or pork• 90-95% lean ground meats
Dairy	<ul style="list-style-type: none">• Low-fat or fat-free cottage cheese or ricotta cheese• Low-fat or fat-free yogurt or Greek yogurt• Low-fat or fat-free cheese• Skim or low-fat milk• Unsweetened soy or almond milk• Lactose-free milk (Fairlife or Lactaid)
Meat Alternatives	<ul style="list-style-type: none">• Veggie burger or patty• Soy burger or patty• Black bean burger or patty• Tofu• Tempeh• Seitan• TVP (texturized vegetable)
Beans, Nuts and Legumes	<ul style="list-style-type: none">• Beans (black, pinto, white, garbanzo, kidney, etc.)• Fat-free refried beans• Lentils• Peanut butter or other nut/seed butters (almond, sunflower seed, etc.)• Nuts (almonds, cashews, walnuts, pistachios, peanuts, etc.)• Seeds (sunflower seeds, pumpkin seeds, etc.)• Steamed soybeans/Edamame