

## BARIATRIC LIFESTYLE MEAL PLAN (1300 – 1500 <sup>average</sup> Calories Daily) – (60 <sup>minimum</sup> Grams Protein Daily)

### LOW FAT / LOW SUGAR

The bariatric meal plan consists of three well balanced meals daily with at least one snack.

Strive to build a meal plan that includes all of the food groups

This meal plan is designed to provide the nutrients needed and help keep you full and satisfied throughout the day.



### Meal Planning

Meal Planning is essential to ensure you will lose weight and maintain your weight loss.

**PLAN FOR MEALS** – Food shop weekly. Think about what you will eat during the week, buying the foods from all food groups to build your menu. Each food group contributes different nutrients that are needed for good health.



**PREPARE FOR MEALS** – Think ahead each week to what meals you will be preparing for breakfast, lunch, and dinner and do some preparation ahead of time.

**FOLLOW ROUTINE** – Eat meals close to the same time everyday. When you follow an eating schedule you are less likely to eat the food you should avoid. You will burn more calories and your metabolism will work more efficiently.

### Important Tips to Remember

- Eat protein foods first
- Eat within one hour of waking up
- Schedule small meals approximately every 3–4 hours
- Chew foods well and eat slowly (at least 30 minutes)
- Don't drink with meals
- DO NOT drink carbonated beverages such as soda
- DO NOT smoke
- Eat until satisfied or have met meal size
- Sip fluids slowly
- Continue taking your vitamin and mineral supplements daily

Remember!

Make an appointment once a year for your Annual checkup for the rest of your life. If you are struggling with meal planning or weight management, we encourage you to schedule an appointment with the dietitian.

## **DO NOT**

### **DRINK YOUR CALORIES.**

Liquids will pass through the reduced stomach pouch quickly and you will not feel full. This is a great way to gain all your weight back!!

## **AVOID**

- High calorie drinks
- Beverages made with sugar
- Alcohol
- Milkshakes
- Special coffee drinks
- Soda
- Juice (no more than ½ cup daily)

## **PAY ATTENTION**

### **TO PORTION SIZES**

- Keep portion sizes small
- See handout on food groups

To ensure long range success at losing and maintaining your weight loss follow the recommended servings as a guide. Keep in mind that you will stop eating when your hunger is gone or when you feel comfortable.

- Continue to use a scale and measuring cups consistently to keep yourself in check.
- Continue to eat small pieces of food and chew your food thoroughly and eat slowly.

## **EAT**

### **ON A SCHEDULE**

You will increase your chance of success if you follow an eating routine of planning meals at the same time frame daily.

- Keep yourself in check once in a while by writing a food journal.

## **AVOID**

### **HIGH FAT FOODS**

- Fast food
- Dining out often
- Fried foods
- Creams & Gravies
- Foods made with cream or gravy
- High fat dairy (cheese, ice cream)
- Junk food (chips etc..)
- Donuts, cakes, cookies, pastries, chocolate
- High fat meats like bacon and sausage
- High fat casseroles
- High fat convenient foods (frozen pizza, boxed meals)

Do not fill up on empty calorie foods that are high in calories and low in nutritional value. Avoid the so called "Junk" foods that are high in fat and sugar.

## **CONSUMING HIGH-FAT FOOD**

ON A REGULAR BASIS COULD CONTRIBUTE TO WEIGHT REGAIN.

- The food you eat should be as healthy as possible. Your small stomach pouch can only hold about a 1 cup – 1 ¼ cup of food. Therefore your goal is to attain the highest quality nutrient intake with a minimal volume of food.
- Your meal plan needs to be high in protein, vitamins and other important nutrients to be successful at attaining a healthy lifestyle.
- To increase satiety, try to plan meals and snacks by combining carbohydrate foods with protein, fiber and a small amount of fat.
- A well planned meal should satisfy feelings of hunger for three to four hours and provide the energy you need as you progress through the day. Sources of carbohydrates and fiber include whole grains, fruits and vegetables. Protein sources are lean meats, meat substitutes and low fat dairy.

## **POTENTIAL**

### **PROBLEM FOODS:**

Some foods have difficulty passing through the opening of the stoma and may cause blockage. These include foods such as:

- red meat (beef and pork)
- shrimp
- untoasted or doughy bread
- pasta
- rice
- peanut butter
- dried fruit
- nuts
- coconut
- popcorn
- greasy food or fried food
- seeds and skins of fruits and vegetables
- membrane of citrus fruits
- fibrous vegetables like corn, asparagus and celery\*

\*Fibrous food should be avoided as they have the potential to block the stoma. If you would like to eat asparagus or other fibrous foods once in a while, then you must be sure to cook them well, cut them into very small pieces first and then chew thoroughly.



### **Staying Active**

**YOU MUST STAY ACTIVE** to burn calories, build muscle mass and increase your metabolism. You will increase your chance of success if you follow a fitness routine weekly.

- Establish a weekly exercise routine.
- Strive to be physically active at least one hour daily.
- Walk or ride your bike to locations whenever possible.
- Take the stairs instead of the elevator.
- Park further away from entrances in parking lots.

FOOD GROUPS & DAILY SERVINGS



PROTEIN

\*minimum 8-9 ounces daily

Lean Meats  
Meat Substitutes  
Dairy (Low Fat) recommend 3 servings daily



FRUITS

1 – 3 servings daily



VEGETABLES

3 or more servings daily



STARCH (WHOLE GRAINS)

3 – 6 servings daily



FATS

4 – 5 servings daily

\*Based on Individual Needs



# PROTEIN

\*Minimum 8 – 9 oz. Protein Equivalents per day

Adequate daily protein intake is essential for optimum nutrition, recovery and long-term health.

FOOD CHOICES	PORTION SIZES	TIPS	OMIT
<p><b>Lean Meats</b></p> <p>Chicken (No skin)                      Turkey (No skin)                      Fish/Seafood                      Water packed tuna                      Venison                      Lean beef, pork, or veal</p> <p>Canadian Bacon</p> <p><b>Meat Substitutes</b></p> <p>Eggs:                      Egg whites                      Whole egg (with yolk)                      Eggbeater                      Legumes (Beans)                      Peanut butter or nut butter                      Quinoa                      Veggie Burger                      Bean based soup                      Tofu                      Nuts</p> <p><b>Dairy (Low Fat)</b></p> <p>Milk – 1% or Skim                      Soy Milk                      Flavored Yogurt: light, low fat                      Flavored Greek Yogurt:                      light, low fat                      Plain Yogurt, low fat                      Plain Greek Yogurt, low fat                      Cheese – low fat                      Ricotta cheese – low fat                      Cottage cheese – low fat</p>	<p>3 oz. protein                      3 oz. protein                      3 oz. protein                      3 oz. protein                      3 oz. protein                      3 oz. protein</p> <p>3 oz. protein</p> <p>2 = 1 oz. protein                      1 = 1 oz. protein                      ¼ cup = 1 oz. protein                      ½ cup = 1 oz. protein                      2 T. = 1 oz. protein                      1 cup = 1 oz. protein                      and 2 starches                      1 patty = 2 oz. protein                      1 cup = 1 oz. protein                      ½ cup = 1 oz. protein                      ¼ cup = 1 oz. protein</p> <p><b>3 servings/day</b></p> <p>8 fluid oz. = 1 oz. protein                      8 fluid oz. = 1 oz. protein                      6 – 8 oz. = 1 oz. protein</p> <p>6 oz. = 2 oz. protein                      6 – 8 oz. = 1 oz. protein                      6 oz. = 2 oz. protein                      1 oz. = 1 oz. protein                      ½ cup = 2 oz. protein                      ½ cup = 2 oz. protein</p>	<p>Bake, broil or grill loin                      or round cuts</p>	<p>Poultry skin, duck, goose,                      wings, dark meat                      Fish fry, battered fish                      Fish canned in oil                      Breaded meats                      Spareribs, hot dogs, bacon,                      sausage, pepperoni, ham hocks                      Prime cuts of beef, well-marbled                      meats, chuck                      Salami, bologna, liverwurst</p> <p>Whole or 2% milk                      Chocolate milk</p> <p>Regular cheese</p> <p>4% milk fat cottage cheese</p>

\*Based on Individual Needs



**VEGETABLES** 3 or more servings daily  
**FRUITS** 1-3 servings daily

FOOD CHOICES	PORTION SIZES	TIPS	OMIT
<p><b>Non-Starchy Vegetables</b></p> <p><b>Dark Green:</b> broccoli, greens, dark green leafy lettuce, spinach</p> <p><b>Red &amp; Orange:</b> carrots, red peppers, tomatoes</p> <p><b>Other:</b> asparagus, beets, Brussels sprouts, cabbage, cauliflower, celery, cucumbers, eggplant, green or wax beans, mushrooms, okra, onions, turnips</p> <p><b>Starchy Vegetables</b>                      Because of the high starch content vegetables such as potatoes, corn, and peas do not count as a vegetable but, instead, count as a starch.</p> <p><b>Fruit</b></p> <p>Fresh fruit                      Fresh berries                      Melon cubes                      Grapes                      Canned fruit (packed in water or juice) – no sugar added                      Frozen fruit – no sugar added                      Dried fruit                      Fruit juice – no sugar added</p>	<p>1 cup leafy raw vegetables</p> <p>½ cup cooked vegetables</p> <p>You can have unlimited amounts of non-starchy vegetables.</p> <p>1 medium                      1 cup                      1 cup                      15                      ½ cup                      ½ cup                      ¼ cup                      Maximum ½ cup/day</p>	<p>Fill half your plate with vegetables.</p> <p>Satisfy your appetite by choosing more vegetable servings.</p> <p>Choose raw vegetables to increase fiber intake.</p>	<p>Vegetables prepared in cream or cheese sauce</p> <p>Leafy green vegetables cooked with fatty meats (Try skin-free smoked turkey, liquid smoke, or skimmed chicken broth.)</p> <p>Fried vegetables</p>



## STARCH (WHOLE GRAINS)

3–6 servings daily

FOOD CHOICES	PORTION SIZES	TIPS	OMIT
Cooked pasta	½ cup	Choose whole grain products	Pasta and rice dishes with butter, cream, or cheese sauce
Cooked rice	½ cup		Chow mein noodles, Fried rice, Ramen noodles
Hot cereal	½ cup	Choose breads and cereals with 2 grams or more of fiber/serving	Donuts, Danish, biscuits, muffins, croissants
Lentil/Bean soup	½ cup		
Cold Cereal (no sugar coating)	1 cup		
Broth or Tomato based canned soup	1 cup		
98% fat free cream soup made with fat free milk	1 cup		
Bread	1 slice		
English muffin	½ each		
Hamburger roll	½ each		
Hot dog roll	½ each		
Small bagel	½ each		
Pita	½ each		
Waffle	1 (4 inch)		
Pancake	1 (4 inch)		
Tortilla	1 (6 inch)		
<b>Starchy Vegetables</b>			
Corn	½ cup		French fries, home fries
Peas	½ cup		
Potatoes	½ cup		
Sweet Potato	½ cup		
Winter Squash	½ cup		
Legumes (kidney beans, lentils, Lima beans, etc.)	½ cup		



## FATS

4–5 servings daily

FOOD CHOICES	PORTION SIZES	TIPS	OMIT	
Canola, olive, sesame, or peanut, grapeseed or avocado oil	1 teaspoon	Because fat is the most concentrated source of calories, closely monitor portion sizes.  Use horseradish or mustard on sandwiches to replace mayonnaise.  Use non-fat vegetable or margarine spray	Palm oil	
Butter or margarine	1 teaspoon		Because fat is the most concentrated source of calories, closely monitor portion sizes.  Use horseradish or mustard on sandwiches to replace mayonnaise.  Use non-fat vegetable or margarine spray	Fat back Pork Rinds Lard  Cream Half & Half Whipped topping Sour cream  Cream cheese
Light margarine	1 Tablespoon			
Mayonnaise	1 teaspoon			
Light mayonnaise	1 Tablespoon			
Salad dressing	1 Tablespoon			
Reduced fat salad dressing	2 Tablespoon			
Sunflower seeds	1 Tablespoon			
Ground flaxseed	1 Tablespoon			
Parmesan cheese	2 Tablespoons			
Light sour cream	2 Tablespoons			
Light cream cheese	2 Tablespoons			
Nuts	2 Tablespoons			
Peanut butter/nut butter	1 Tablespoon			
Avocado	1/8 or 2 Tablespoons			
Large olives	8			
<b>MISCELLANEOUS</b>				
Calorie free sweetener	as desired	Read food labels to check for added sweeteners and avoid those with ingredients on the Omit List.	Sugar, brown sugar, honey maple syrup, molasses, corn syrup, high fructose corn syrup, jam or jelly	
Spices	as desired			
Herbs	as desired			
Sugar free jam or jelly	2 Tablespoons			
Sugar free syrup	2 Tablespoons			
<b>BEVERAGES</b>				
Water, flavored water	Drink 6 – 8 cups/day for adequate hydration	Sip slowly (no more than one ounce at a time)	Carbonation Caffeine (no more than 6 oz./day) Sweetened beverages	
Decaffeinated coffee				
Unsweetened, decaffeinated tea				
Sugar Free beverages				



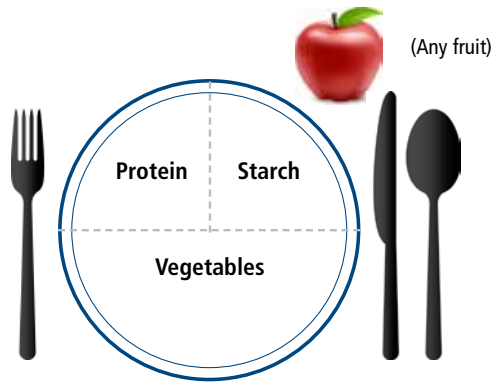


## SNACKS

Snacks should be: 150 calories or less, 5 grams of fat or less, 5 grams of sugar or less. Include protein and high fiber food to satisfy appetite longer.

SUGGESTIONS	TIPS	OMIT	
1 rice cake + 1 Tablespoon nut butter			
1 small fresh fruit + 1 Tablespoon nut butter	Add a snack when meals are more than 4 hours apart to keep appetite satisfied.	Cakes	
Raw vegetables + ¼ cup hummus		Cookies	
Light low fat yogurt + Small piece fresh fruit		Pies	
1 oz. reduced fat cheese + 10 almonds		Pastries	
2 Tablespoons reduced fat salad dressing Raw vegetables + 1 oz. low fat cheese		Candy	
½ cup 1% cottage cheese + ½ cup. canned fruit (packed in water or juice)		Chips	
Celery sticks + 1 Tablespoon nut butter		Ice cream	
Baby carrots + ¼ cup hummus		FREE FOODS: Sugar-free gelatin such as Jell-O, Sugar-free popsicles	
Sugar free, homemade pudding with low fat milk- 1 cup			
2 hard-boiled eggs and carrots			
10 walnut halves + ½ banana			
10 almonds + ½ cup grapes			
1 mini snack size bag low fat popcorn			

# A HEALTHY PLATE MODEL

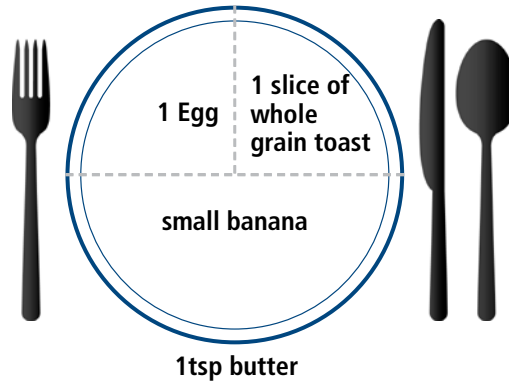


(To be consumed ½ hour before or after, **not with the meal**)



## SAMPLE MENUS

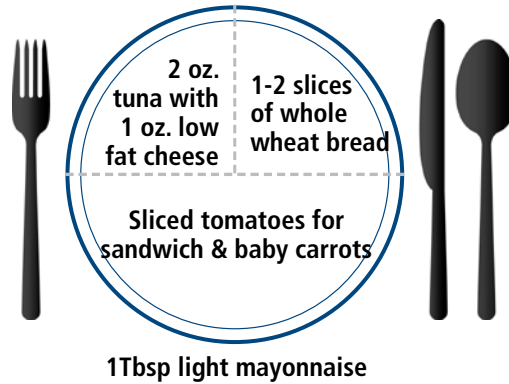
### Breakfast



### Snack

Low fat cheese stick *or* light LF yogurt

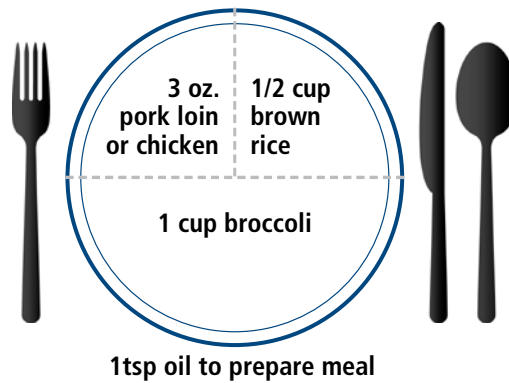
### Lunch



### Snack

Apple slices with 1 tablespoon peanut butter

### Dinner



### Snack

8 fl. oz. fat free milk

## HELPFUL HINTS – ANNUALLY AFTER SURGERY

**CALL THIS OFFICE IF YOU ARE EXPERIENCING ANY OF THE FOLLOWING:**

- Increasing abdominal pain.
- Nausea and vomiting and are unable to consume the recommended food and fluid.

**IF YOU ARE EXPERIENCING A LIFE THREATENING CONDITION, CALL 911 OR GO DIRECTLY TO THE EMERGENCY ROOM.**

**IF YOU HAVE QUESTIONS OR CONCERNS THAT ARE NOT LIFE THREATENING, PLEASE CALL THE OFFICE BEFORE GOING TO THE EMERGENCY ROOM (585-341-0366).**

### MEDICATIONS

	Gastric Bypass	Sleeve Gastrectomy	
<b>Complete Multivitamin/ Mineral</b>  <b>OR</b>  <b>Celebrate One/60 chews or tabs</b>	2x daily for the rest of your life OR Celebrate 60, twice a day for the rest of your life	2x daily for the rest of your life OR Celebrate One, once a day for the rest of your life	
<b>Calcium citrate 600 MG/ Vit D400 IU(Total of 1200-1500 mg of calcium daily)</b>	2x per day for the rest of your life	2x per day for the rest of your life	Calcium Carbonate can be used but must be taken with food.
<b>Iron Ferrous sulfate 325 mg daily (Total of 65 mg elemental iron daily)</b>	1x daily  If you are taking Celebrate, you do not need to take additional iron	Your provider will let you know if you need to take this.	Separate calcium and iron by two to three hours for best absorption
<b>Vitamin B12 1000 mcg daily</b>	1x daily  If you are taking Celebrate, you do not need to take this.	1x daily  If you are taking Celebrate, you do not need to take this.	
<b>Thiamin (B1) Minimum of 12 mg daily</b>	1x daily if NOT taking a bariatric specific multivitamin	1x daily if NOT taking a bariatric specific multivitamin	Doses are usually 50 to 100 mg

### **HYDRATION**

- It is important that you drink 64 ounces of fluid each day. Not getting the recommended daily fluid intake can cause nausea, headaches, decreased energy levels and constipation.

### **DIET- Lifestyle Bariatric Meal Plan**

- Continue to **prioritize** following the lifestyle meal plan (60g Protein and 1300-1500 calories daily). Your volume of food should be 1- 1 ¼ cups of food per meal.
- Do not drink 30 minutes before, during or after. Continue to avoid carbonated beverages and limit caffeine to 6oz. daily!
- **Alcohol should be used with caution** as it adds extra calories and its intoxicating effects are magnified.
- Pre-plan menus (3 balanced meals + 2 healthy snacks) to ensure meeting daily protein (60g protein) and nutritional needs. It is recommended that you periodically keep a food diary and calculate the amount of protein and calories you are consuming.

### **HYPOGLYCEMIA**

If you wait too long in between meals or skip meals you may experience hypoglycemia (low blood sugar). Symptoms include lightheadedness, shakiness, and feeling in a “fog”. These symptoms often occur 1-3 hours after meals. Hypoglycemia can be prevented by eating 5-6 times per day at regular intervals, meeting daily protein needs, and avoiding sweets.

### **DO NOT TAKE NSAIDS Ever (for the rest of your life)!**

#### **Non-Steroidal Anti-Inflammatory Drugs**

**Do not take** NSAID medications. For example, ibuprofen, naproxen, Motrin, Advil, Aleve, Celebrex and Mobic. These medications will increase your risk of ulcer formation and GI bleeding.

### **EXERCISE**

Aim to incorporate moderate aerobic physical activity to include a minimum of 150 minutes per week (30 minutes x5/week) and an ultimate goal of 300 minutes/week, including strength training 2 to 3 times per week. A good fitness routine will include a combination of flexibility, cardio and strength training.

### **BOWEL MOVEMENTS**

Your bowel movements should be regular by now. Bowel movements after bariatric surgery tend to be varied (they may be frothy, foamy, hard, floating to top of toilet bowl). There is no normal.

### **GAS**

You may experience foul smelling gas. This is related to the rearranging of your intestines and the breakdown and absorption of your food. You may try Beano or Gas X. Some patients have tried Acidophilus (over the counter) with some success. Unfortunately, for some people, this will be a lifelong issue.

### **SMOKING**

**NO SMOKING!** Smoking increases your risk of gastritis or ulcers in your pouch.

### **BIRTH CONTROL**

Weight loss can increase fertility. Please continue to use birth control if sexually active. We strongly recommend that you **DO NOT BECOME PREGNANT until 2 years** after surgery. It has been shown that women who had absent or irregular periods before surgery are likely to begin regular cycles and ovulation with weight loss. If you were not able to get pregnant before surgery, this can change with weight loss.

### **MONARCH SUPPORT GROUP**

The Monarch meetings are held on the 2<sup>nd</sup> Wednesday of each month from 6:00pm-7:00pm via Zoom. You can register for these meetings through our event page located on our website. A great opportunity to share and learn.

### **ENERGY LEVEL**

Your energy level should be back to normal, if not better than before!

### **HAIR LOSS**

Some hair loss is common following surgery and typically occurs between the third and sixth months following surgery. This is a result of several factors including the physiologic stress, the emotional stress of the adjustments and the nutritional stress following surgery. This is **temporary**, and an adequate intake of protein, vitamins and minerals will help to ensure hair re-growth. Most patients report that this problem has resolved by one year after their surgery.

### **WEIGHT LOSS**

- **Your rate of weight loss will be slowing down.** The rapid weight loss phase is generally within 12-18 months after surgery. Now following the lifestyle meal plan is key to your long-term weight loss success.
- Weight plateau's are to be expected as you continue your weight loss journey. Continue to eat healthy and stay active to prevent weight regain. Remember a healthy weight loss is 1-2 pounds per week.
- Sometimes patients will begin to experience weight regain and should seek nutritional guidance to get back on track. You may register for our post-op nutrition seminar through our event page located on our website or schedule an individual session with the dietitian.

### **BODY- CONTOURING SURGERY**

Body-contouring surgery may be performed after bariatric surgery to manage excess tissue that impairs hygiene, causes discomfort, and is disfiguring. This surgery is best pursued after weight loss has stabilized (12-18 months after bariatric surgery). If loose or "hanging" skin is a concern you may contact the Life After Weight Loss initiative at the University of Rochester Medical Center by calling (585)-276-5295 for a consult.

### **BONE DENSITY TEST**

Bone density measurements are recommended 1-2 years after surgery to establish a baseline and every 2-3 years thereafter as weight loss surgery increases your risk for bone thinning (osteoporosis).

### **OFFICE VISIT SCHEDULE**

**Research shows that patients who consistently follow up with visits to their surgeon's office maintain a higher percentage of weight loss. You should return to this office every year.**

### **YOUR LAB RESULTS and MyChart**

**Lab Letters:** You will receive a MyChart message or a letter from this office if your labs are abnormal and require any adjustment to your vitamins/supplements. **If your labs are all within normal limits you will not receive a letter.**

**How to access your lab results:** You may access your labs through MyChart at [mychart.urmc.edu](http://mychart.urmc.edu). Click on the button "Request activation code" on the left side of the screen under "New User?"

We will check the following labs at each visit:

- CBC
- Chemistry
- Vitamin D
- Iron
- Ferritin
- B12
- Folate
- PTH