



# DIETARY PHASE PROGRESSION

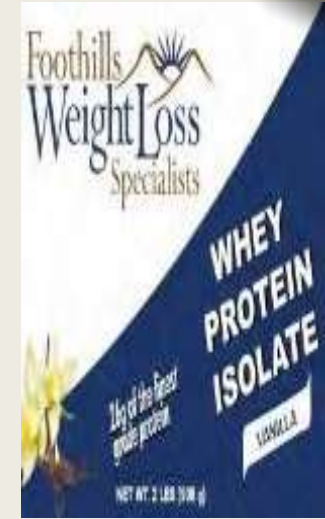
Rachel Ignomirello, MS, RDN, LDN

865-331-1535

[rtuskan@covhlth.com](mailto:rtuskan@covhlth.com)

# Two Week Preop Liver Shrinking Diet

- Very low-calorie “liquid” diet to shrink the liver for a safer procedure
  - *Only to be used under medical supervision*
- You will know if this is required at your pre-op office appointment
  - *They will give the informational handout there*
- Must follow the diet with NO cheat meals
  - *Each food and drink has a role*
  - *Soup can be any “healthy request” flavor*
- You are allowed to use seasonings and spices
  - *Clear liquids are “free foods”*
- Call the office or myself for any concerns or questions



# Day Before Surgery

- Clear Liquids ONLY (until hospital arrival)
  - *Broth, gelatin, popsicles, water, sugar-free sports drinks, hot tea, and caffeine-free drinks*
  - *No protein shakes, yogurt, applesauce, etc.*
  - *Red and purple colors are OKAY*
- Bottle of Magnesium Citrate (laxative) around noon
  - ***Only Gastric Bypass and Duodenal Switch patients!***
  - *Tips: drink it cold, fast, through a straw, drink a chaser, lemon/lime flavor in a citrus flavored drink*
  - *Drink plenty of fluids to replace the fluids you lose as it flushes your GI system out.*



# Evening Before and Morning Of Surgery

ENHANCED  
RECOVERY  
AFTER  
SURGERY

## ■ Ensure Pre-Surgery Clear Carbohydrate Drinks

- *Reduces depletion of glycogen and protein-stores (muscle)*
- *Reduces nausea and vomiting after surgery*
- *Reduces insulin resistance*
- *Reduces time in the hospital*

## ■ Instructions:

- *2 bottles night before surgery (around 12 hours before arrival)*
- *1 bottle morning of surgery on the way to hospital*

## ■ Tips:

- *Drink bottles quickly within 5-10 minutes*
- *Allowed to add sugar-free flavor drops*



# After Surgery

## Once on 5W floor

- Small sips of room temperature water
  - *Constant, slow sipping (no chugging)*
- Medicine cup = 1 fluid ounce (30mL)
  - *Drink every 30 minutes at least*
  - *You are not limited to this amount*
- No ice while in hospital
  - *Ice when home is okay if you tolerate*
- Dehydration makes nausea worse
  - *Keep sipping despite any nausea/pain*
  
- Visualize the size of your new stomach →→→
  - *May only be able to hold 1-2 ounces at first*



# Phase 1: Clear Liquids

## Night of surgery/hospital stay

- Broth
- Sugar-Free Gelatin
- Sugar-Free Popsicle
- Juven Packet and Water
  - *Mix together*
  - *Can continue (2 packs a day for 1 week after surgery)*
- Allowed: sugar-substitute and salt
  - *Choose sugar-free options for the rest of your life*
- Not Allowed: sugar, pepper, plastic straw, milk, fruit juice, regular gelatin, Italian ice, sweet tea, coffee, soda, etc.
  - *Watch out for these on your tray & do NOT consume them*



\$15 Amazon discount:  
15Juven37



# Phase 2: Protein Supplements

Day after surgery until first post-op appointment

- Clear liquid (another tray with Juven in hospital)
- **Ensure Max** protein shake with breakfast and/or lunch tray
  - *Sip on shake, and take home what you don't finish.*



- **No straws, chewing gum, or caffeine for 1 month after surgery!**

– *Use sugar-free mints or Listerine strips in moderation*



# Phase 2: Protein Supplements

Day after surgery until first post-op appointment

- Protein shakes for meals
  - *Premixed (fluid form)*
  - *Powder mixed with **unsweetened** soy or almond milk, lactose-free low-fat cow's milk, or water*
- Meals: 2-4 fluid ounces ( $\frac{1}{4}$ - $\frac{1}{2}$  cup) of protein shake
  - *Take 20-30 minutes, but stop when satisfied*
  - *May take 6-8 meals per day to reach protein goal*
  - *Sip on clear liquids all day in-between shakes/meals*
- Lifelong Protein Goals:
  - **Sleeve/Bypass = 60-80g a day (2-3 total shakes)**
  - **DS = 80-100g a day (3-4 total shakes)**



# Protein Shake Guidelines

## ■ PER SERVING:

- $\leq 200$  calories
- $\leq 5g$  total fat
- $\leq 10g$  total carbohydrate
- $\leq 3g$  sugar
- **20-30g protein**

## ■ Flavor Add-Ins: savory protein powders, sugar-free syrups, sugar-free drink powders, baking extracts, spices, etc.

- Examples: Peppermint or raspberry in chocolate, banana or lemonade in strawberry, creamsicle (orange in vanilla), etc.

## ■ If very lactose intolerant, try “whey isolate” protein, egg protein powder, plant-based protein powders, etc.



# Other Protein Ideas

- Unflavored Protein Powder
  - *Can mix into homemade sugar-free gelatin or sugar-free popsicle*
  - *If you make the gelatin, you have to mix the protein with the cool liquids to prevent clumps*
- Protein Water
  - *Can also use in popsicle molds*
- Count toward protein *and* fluid goals
- Use these ideas between meals



# Bariatric Fluids

- **Choose:** sugar-free and caffeine-free fluids
  - *Water, Broth/Bouillon, No Added Sugar Popsicles, Sugar-Free Gelatin, Propel, G Zero, PowerAde Zero, Vitamin Water Zero, Life Water Zero, Decaf Unsweet or Hot Tea, Sugar-Free Drink Enhancers (Crystal Light, MiO)*
- **Daily Goal:** 64 fluid ounces (8 cups)
  - *Will take time to reach this*
  - *Protein shakes can count toward this*
- Choose at least 1 electrolyte beverage per day
- Use sugar-substitutes (Splenda, Stevia, etc.)



# Fluid Tips and Dehydration

- No carbonation.
- No alcohol for at least 6 months.
- Drink consistently throughout the entire day
  - *1-2 ounces of fluid every 15 minutes*
  - *Carry a bottle with you*
  - *Set a timer*
- Dehydration is a risk of surgery.
  - *Dehydration = dry mouth, thick saliva, chapped lips, headache, dizziness, nausea, low urine output (<5 times/day), and dark brown urine*
  - *Hydration = clear/light yellow urine, high urine output*
  - *Call the office if you feel dehydrated!*



## HOW DEHYDRATED ARE YOU?

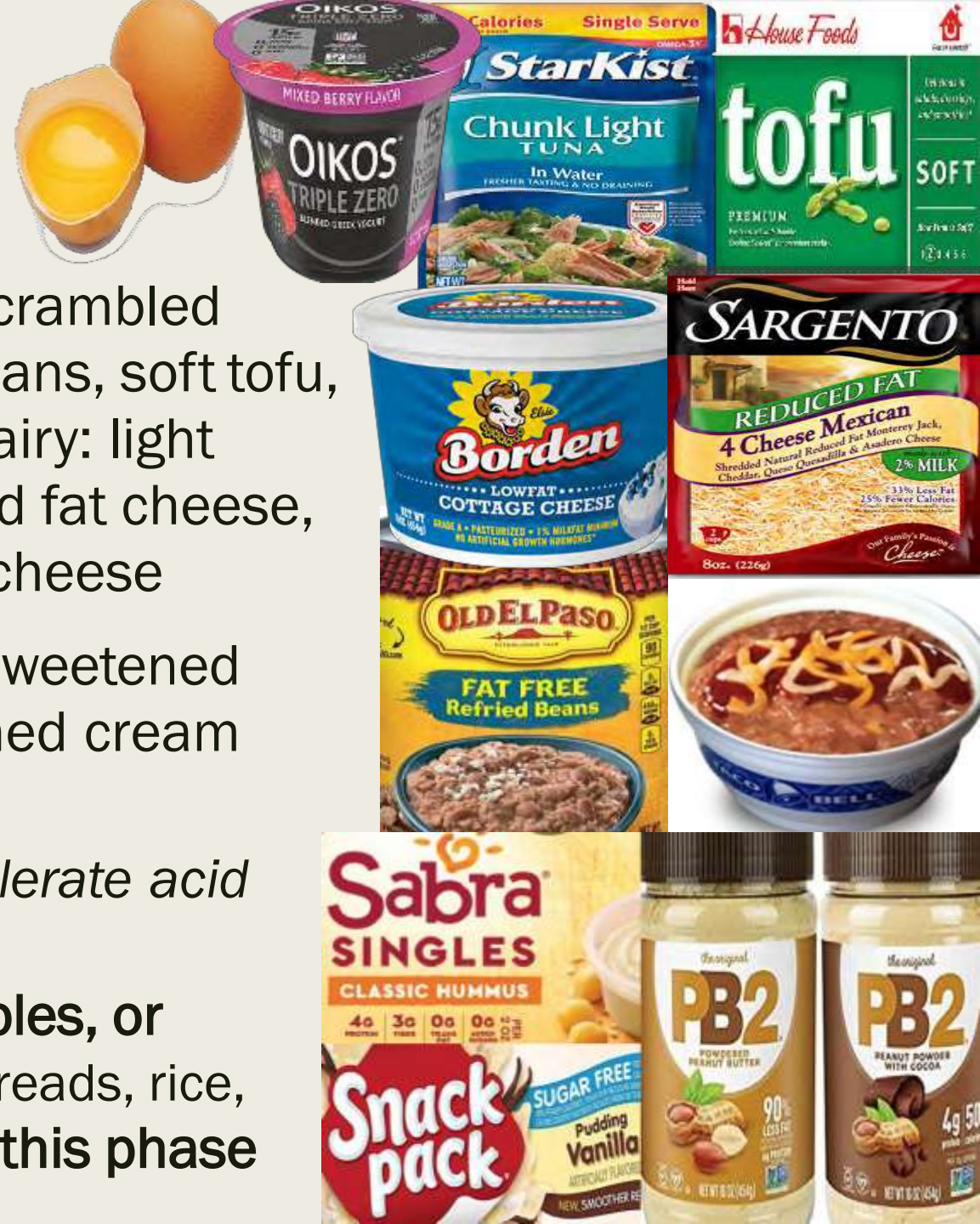
A quick way to test how well you're hydrated is to check the color of your urine.



# Phase 3: Soft Proteins

1 week post-op to 1 month

- Canned/pouch tuna or chicken, soft scrambled eggs, hard boiled eggs, soft-cooked beans, soft tofu, powdered peanut butter, and low-fat dairy: light Greek yogurt, skim or 1% milk, reduced fat cheese, low-fat cottage cheese, low-fat ricotta cheese
- Add unflavored protein powder to: unsweetened applesauce, sugar-free pudding, strained cream soup, vegetable juice, plain hummus
  - *Limit tomato products if you don't tolerate acid*
- No other meat/seafood, fruits, vegetables, or starches/grains (potatoes, corn, peas, breads, rice, pasta, cereal, oatmeal, flour, etc.) during this phase



# Phase 3 Tips

- Aim for 3 meals a day without grazing
  - *Slow, mindful meals with thorough **chewing***
  - *You may only tolerate 1/4-1/2 cup of food at one time*
  - *Use protein shake (between meals) and/or unflavored protein powder (in food/drink) to reach protein goal*
- **No drinking with meals or for 30 minutes after [for life]**
  - *Make sure food is not dry, crunchy, or spicy*
- **Add new foods one at a time** to assess tolerance (dairy)
- 1 cup of decaf coffee is allowed if tolerated (acidic)
  - *Choose sugar-free and low-fat additives*
- Careful with eating out (tuna/chicken salad, eggs, beans)
- Be creative with **recipes** and flavor combos
  - *Can use seasonings, spices, and sauces as tolerated*



# Vitamins and Minerals – starts PHASE 3

- You will require supplementation everyday after surgery for **LIFE!**

## 1. Bariatric-formulated multivitamin

- *Chewable for 1 month after surgery → Can do capsules after 1M*
- DO NOT TAKE/USE: Centrum, One-A-Day, Flintstones, gummy vitamins, prenatal vitamins, vitamin patches, etc.!
- *See ASMBS guideline handout for detail*
  - 45-60mg iron (menstruating women and patients with anemia) or 18mg iron (men and non-menstruating women)

## 1. **1200-1500mg calcium citrate** (600mg for males or kidney stone history)

- *Body only absorbs 500mg at one time → 3 chews 2-4 hours apart*
- *Separate iron (multivitamin) and calcium by 2 hours*

- **DS patients** need extra Vitamins A, D, E, K & Calcium

- *Bariatric Advantage Multi EA*
- *Need 1800-2400mg calcium (~4 chews)*



# Phase 4: Beginning Solids

Starts 1 month post-op

- Soft meats, poultry, & seafood first (ground/moist/juicy)
  - *Slow cooker, meat salads, marinated meats, canned meats*
  - *Avoid dry & tough proteins until tolerated (~3 months)*
- “Fork tender” fruits and non-starchy vegetables
  - *Soft and well-cooked vegetables*
  - *“No sugar added” soft fruit cups or canned fruit*
  - *Avoid raw fruits and vegetables until tolerated (~3 months)*
- Bariatric plate: eat in order of importance!
  - 1. High-quality, lean protein (3-4oz = 20-30g protein)*
  - 2. Fruit and non-starchy vegetables (½-1 cup total)*
  - 3. No starchy vegetables or grains for 6 months*
    - Use vegetables instead



# Phase 4 Tips

- Remember: no drinking with your 3 meals or for 30 minutes after
  - *If food feels “stuck,” do not drink fluids to push down. Just get up, walk around, and wait for it to pass.*
  - *Add low-fat condiments, sauces, or broth to dry meats*
  - *No soups for meals → use fork or drain off extra liquid*
- Always measure and weigh your portions → no eyeballing
  - *Use small or child-size plates and utensils*
- Can re-introduce gum (never swallow), straws, and caffeine as tolerated
  - *Stick to 1 cup coffee/tea and drink extra water*
- Proteins bars are now allowed but count as a meal replacement
- Wait at least 3 months before trying: nuts, seeds, dried fruits, fruit & vegetable skins and peels, celery, broccoli, cabbage, and tough meats



# 6 Months Out

- Allowed to add in healthy starchy vegetables and whole grains: sweet potatoes, plain baked potato, brown rice, corn, peas, winter squash, oatmeal, whole wheat bread, whole wheat crackers, popcorn, etc.
  - *2 tablespoon small serving size – eaten LAST*
  - *No cereal and milk (because it's like drinking with meal)*
- **15g of fiber a day** can help prevent constipation at this point
  - *Before 6 months, ask your team about Benefiber, Citrucel, Metamucil, Fibercon, or other soluble fiber supplements*
  - *Try 64 fluid oz., physical activity, and probiotics*
    - Try these ideas before adding Miralax → Talk with your doctor
- **Can slowly re-introduce alcohol now, but be careful!**
  - *Low tolerance, lowers inhibitions, and high sugar/calories*
  - *No carbonation: beer, champagne, sparkling wine, mixers*
  - *Limit 1 drink of low sugar/calorie versions of wine or cocktails*



**RED WINE**  
5 ounces  
125 calories

**WHITE WINE**  
5 ounces  
121 calories

# Meals and Snacking - Long-term

- Aim for 3 bariatric-plate balanced meals
  - CANNOT skip meals because you will overeat, you won't lose weight, and you won't meet your protein needs!
  - Eat every 4 hours.
- Snack only if needed → long meal gap, physically hungry, need protein
  - **Avoiding grazing and unnecessary snacking!**
  - DS patients will likely require a “protein boost” snack
- Choose **healthy** snacks under 200 calories and include **protein**:
  - 6 oz. light Greek yogurt
  - 1 oz. low fat or non-fat cheese with 5 whole grain crackers
  - ½ cup low fat cottage cheese with ¼ cup no-sugar-added peaches
  - 2 oz. beef or turkey jerky with non-starchy vegetables
  - ½ protein shake or bar
  - ¼ cup nuts with 1 small, fresh fruit



# Be Careful With What You Eat

- **Nausea can be caused by:** eating/drinking too much, eating/drinking too fast, drinking with meals, dehydration, poor vitamin compliance, consuming wrong types of food/drink, etc.
  - *If vomiting occurs, stop eating solids and return to phase 2 liquids for 24 hours. Call the office if these symptoms persist.*
- **Limit high fat (fried/greasy foods) & sweets** → will slow your weight loss and could cause “dumping syndrome” (flu-like symptoms)
  - ***Aim for 30g of fat per day***
    - 10g fat per meal (tablespoon portion) of mostly unsaturated fat
  - ***Aim for <10g of added sugar per serving of a food item***
    - Limit sugar as much as possible. Choose sugar-free foods or substitutes. Satisfy sweets cravings with fruit or sugar-free fluids.
    - Daily Carb Goals: 30-60g before 6 months out, 60-100g between 6-12 months, and 135g after 12 months out.



# Journaling and Records

- Self-monitoring allows you to observe and keep track of eating behaviors/habits! How else will you know if you're meeting or struggling with your daily goals?
- Use websites or apps like **My Fitness Pal** or **Lose It!**



The Essentials	Advanced
Food item(s) and amount: ounce, cup, tablespoon, teaspoon, bottle	Hunger and fullness levels: before and after meals
Protein grams	Mood/feelings: bored, sad, happy
Time of day	Location of meal: table, car, desk, watching TV
Fluids – type and ounces	Whom you dine with: alone, family, coworker, friend
Vitamins and supplements	Food intolerances
Physical activity – type and minutes	Nausea, vomiting, or pain

# Physical Activity

- Start walking day 1 → increase each day
- No lifting over 20 pounds for first month after surgery
- After 1 month, start back on a physical activity routine
  - *150-300 minutes per week of aerobic activity*
  - *2 days of strength-training (muscle) activities*
- Use your free 6-month membership to Fort Sanders West Health & Fitness Center
  - *You can get the coupon at your 1 month visit*
- Exercise is critical to help with weight loss, prevent muscle loss, and increase energy!



# Final Tips & Thoughts



- See guidebook & handouts for sample meal plans and food lists
- Do NOT advance yourself on phases!
- Enjoy your THREE meals slowly (20-30 minute meals) & mindfully
  - *Must still eat and drink even if you're not hungry/thirsty!*
- Take small bites & CHEW (20-25x) to applesauce consistency
- Stay hydrated between meals (64 fluid oz.)
- You may eventually be able to eat about ½-1 cup (4-8 oz.) at a time
- Always take your bariatric vitamins, stay physically active, attend support groups, & attend all follow-up appointments: *1 week, 1 month, 3 months, 6 months, 1 year, 18 months, then annually!*
- At this point, this is your new way of life 😊



# Questions?

