



STRONG⁴LIFESM

Bariatric Nutrition Guidelines

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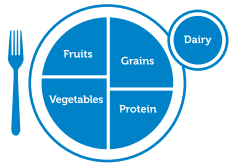
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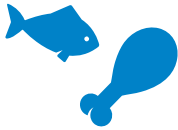
Key Nutrition Behaviors



Choose balanced meals and snacks by following the My Plate Method.



Limit high-sugar and high-fat foods and beverages.



Focus on protein-rich food at most meals.



Drink at least 8 cups of liquids each day between meals.



Eat and drink at separate times.



Eat and drink slowly. Take small bites and chew food thoroughly.



Take the recommended vitamin and mineral supplements, for life.

NUTRITION AND LIFESTYLE

PRE-SURGERY NUTRITION

10-Day Liquid Diet

The purpose of the pre-surgery liquid diet is to shrink the size of your liver to help decrease the risk of surgery complications, length of surgery, and improve overall surgery outcomes. Your Strong4Life team will notify you when it is time to begin this meal plan.

Choose ONE of the following liquid meal supplements:

1. Slimfast ADVANCED NUTRITION Meal Replacement Shake: HIGH PROTEIN

Quantity:

- Drink 4–5 bottles per day (11-oz., ready-to-drink bottles)
- Notes: This product is gluten-free and lactose-free

2. Boost CALORIE SMART

Quantity:

- Drink 4–5 bottles per day (8-oz., ready-to-drink bottles)
- Notes: This product is gluten-free and suitable for lactose intolerance

3. Boost GLUCOSE CONTROL

Quantity:

- Drink 4–5 bottles per day (8-oz., ready-to-drink bottles)
- Notes: This product is gluten-free, kosher and suitable for lactose intolerance, cholesterol-restricted diets, and carbohydrate-restricted diets

4. Ensure HIGH PROTEIN

Quantity:

- Drink 5 bottles per day (8-oz., ready-to-drink bottles)
- Notes: This product is gluten-free, halal, kosher, low-residue and suitable for lactose intolerance

Beverages:

STAY HYDRATED! In addition to the liquid meal supplements, it is essential that you consume 48–64 oz. (6–8 cups) of calorie-free, caffeine-free, carbonation-free beverages (water, broth, bouillon) each day in addition to the liquid meal supplements.

Tips to Help with Hunger:

- Consume your first beverage within an hour of waking.
- Consume a full liquid or meal replacement every 3 hours.
- You can have sugar-free popsicles, sugar-free Jell-O, and sugar-free gum (moderate amounts) in addition to your liquid meal supplements and beverages.

NUTRITION AND LIFESTYLE

POST-SURGERY NUTRITION

Post-Surgery Vitamin/Mineral Supplements

Start taking with pureed foods (phase 3 of post-op diet)

Supplement	Supplement Form	Dosage
Multivitamin with Iron OR Prenatal Vitamin Examples: <ul style="list-style-type: none"> • Centrum Chewables MVI • Flintstone's Complete MVI • Kroger Children's Complete MVI (Chewable) • Equate Children's Chewable Complete MVI–WalmartOptisource Post Bariatric Surgery (Chewable) • Optisource Post Bariatric Surgery (Chewable)–Walgreens 	Chewable or Liquid (NO GUMMY VITAMINS)	2 servings/day
Vitamin B-1 (Thiamine)	Chewable or Liquid (NO GUMMY VITAMINS)	50 mg/day for 6 months after surgery
Vitamin B-12 (Cobalamin)	Sublingual (under tongue)	500 mcg/day
Calcium Citrate with Vitamin D3 Example: <ul style="list-style-type: none"> • Citracal + D3 Petites 	Tablet, Chewable or Liquid (NO GUMMY VITAMINS)	1200–1500 mg/day

Example Vitamin Schedule

Separate multivitamin and calcium by at least 2 hours

Breakfast	Multivitamin, B-1 & B-12
Lunch	Multivitamin
Snack	Ca/D (600 mg)
Dinner	Ca/D (600 mg)

Post-Surgery Protein Supplements

After surgery, it is very important that you drink protein supplements daily until you are able to eat enough protein to support your body. It is best to choose a protein supplement that has **20+ grams of high-quality protein** and less than **5 grams of sugar** per serving. A list of protein supplements we recommend is found below.

Post-Surgery Protein Supplements

After surgery, you will need a protein supplement. We recommend the following protein supplements, which contain high-quality protein and have < 5 grams of sugar per serving.

- Slimfast ADVANCED NUTRITION Meal Replacement HIGH PROTEIN: slimfast.com; grocery and convenience stores
- Premier Protein Shakes and Powder: premierprotein.com; grocery and convenience stores, Costco, Sam's Club
- Ensure High Protein Powder: grocery and convenience stores
- Vega Protein Powder (plant-based): myvega.com
- Beneprotein Powder: nestlenutritionstore.com/products/Protein
- Orgain Protein Powder: orgain.com
- Unjury Protein Powder (offers unflavored protein packets): unjury.com
- Opurity Optisource Protein Drink: optifast.com/Pages/products.aspx
- Bariatric Advantage High Protein Meal Replacement: bariatricadvantage.com
- Matrix or Nectar Protein: syntrax.com; mybariatricpantry.com
- Fusion High Protein, Low Carb Meal Replacement: bariatricfusion.com
- Isopure: theisopurecompany.com or GNC
- Whey protein isolate powder

Diet Progression Overview

Pre-surgery

LIQUID MEAL PLAN	10 days before surgery
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Post-surgery

Length of each phase

CLEAR LIQUIDS	1-2 days
FULL LIQUIDS*	1 week
PUREED FOODS	2 weeks
SOFT FOODS	3 weeks
NORMAL CONSISTENCY FOODS	Begin at 6 weeks as tolerated

*Begin your protein supplement during the full liquid diet phase when you are home from the hospital.

Diet Progression Overview

Tips for Success

1. Eat and drink at different times.

Stop drinking liquids 30 minutes before eating → Eat your meal slowly → Wait for 30 minutes after eating to drink liquids again

2. Eat slowly. Here are some suggestions to help you slow down your meal:
 - Sit at the table, turn the TV off, relax and enjoy your food!
 - Put your utensils or the food down between bites.
 - Use smaller plates and bowls to provide the illusion of more food.
 - Listen to relaxing music in the background.
3. Stop eating or drinking when you start to feel full.
 - If you do not recognize the feeling of fullness, consume only the quantity of food recommended in the meal plans provided in this booklet.
4. Chew your food thoroughly to a mushy, liquid consistency.
5. Eat small, frequent meals as advised.
 - Skipping meals will not accelerate your progress.
6. Carry a water bottle with you at all times and remember to refill it!
7. Prepare your meals and pack your food before you begin your day or the night before.
8. Make a plan for what time you will eat your meals during the day.

Diet Progression Overview Beverage Guide

Recommended beverage intake: At least 8 cups of liquids per day in between meals



Recommended beverages:

- **WATER!**
- 2–3 cups of low-fat milk is recommended per day (can be lactose-free or calcium-fortified soy milk as well)
- Sugar-free beverages
- Unsweetened tea
- Homemade flavored water. Try adding your own fruit (lemon, lime, strawberries, oranges, etc.) and/or herbs (mint, basil, rosemary, etc.) to water to add flavor.



Count these as liquids too:

- Ice cubes
- Broth or bouillon
- Fat-free or low-fat strained soups
- Protein supplement drinks



Beverages NOT recommended:

- Carbonated beverages → After surgery, these drinks will expand your stomach pouch and cause gas.
- Limit caffeine in the first month, as caffeine can be irritating to the stomach.

Phase 1: Clear Liquids

(2 days or per physician recommendation)

FOOD GROUPS	RECOMMENDED FOODS
Soups	<ul style="list-style-type: none">• Strained clear soup broth
Beverages	<ul style="list-style-type: none">• Water• Sugar-free flavored waters• Crystal Light• Propel Fitness Water• Powerade Zero• Decaffeinated/unsweetened hot or cold tea <p>(NO beverages with sugar, caffeine or carbonation)</p>
Sugar-free foods	<ul style="list-style-type: none">• Sugar-free Popsicles• Sugar-free Jell-O

Clear Liquids Sample Meal Plan

48–64 oz. per day

MEAL	MENU	FLUID OZ.
8:00 – 9:00 a.m.	Drink 4-6 oz. water over 60 minutes	6 oz.
9:30 – 10:00 a.m.	Sugar-free Jello	~3 oz.
10:30 – 11:30 a.m.	Drink 4-6 oz. strained clear broth or water over 60 minutes	6 oz.
12:00 – 1:00 p.m.	Drink 4-6 oz. strained clear broth or water over 60 minutes	6 oz.
1:30 – 2:30 p.m.	Drink 4-6 oz. water over 60 minutes	6 oz.
3:00 – 3:30 p.m.	Sugar-free popsicle	~2 oz.
4:00 – 5:00 p.m.	Drink 4-6 oz. water over 60 minutes	6 oz.
5:30 – 6:30 p.m.	Drink 4-6 oz. water or Powerade Zero over 60 minutes	6 oz.
7:00 – 8:00 p.m.	Drink 8 oz. water over 60 minutes	8 oz.
8:30 – 9:30 p.m.	Drink 8 oz. water over 60 minutes	8 oz.
TOTALS		57 oz.

Phase 2: Full Liquids

(1 Week)

FOOD GROUPS	RECOMMENDED FOODS
Dairy/Dairy Substitutes	<ul style="list-style-type: none"> • Cow's milk (0%, 1%, 2%) • Almond milk (unsweetened, vanilla or plain) • Pea protein milk (unsweetened, vanilla or plain) • Greek yogurt without seeds or pieces of fruit (sugar < 8 g, protein > 12 g)
Soup	<ul style="list-style-type: none"> • Strained low-fat cream soup or clear soup broth
Vegetables	<ul style="list-style-type: none"> • Tomato juice (NO sugar added) NO V8 Splash
Fruits	<ul style="list-style-type: none"> • Unsweetened applesauce
Grains	<ul style="list-style-type: none"> • Oatmeal (thinned with water or milk) NO flavored packets • Cream of Wheat (thinned with water or milk) <p>NO regular mashed potatoes, pasta, rice, bread, tortillas, pizza, mac and cheese, noodles, cakes, pies, french fries or sweet potato fries)</p>
Beverages	<ul style="list-style-type: none"> • Water • Sugar-free flavored waters • Crystal Light • Propel Fitness Water • Powerade Zero • Decaffeinated/unsweetened hot or cold tea <p>NO beverages with sugar, caffeine or carbonation</p>
Protein	<ul style="list-style-type: none"> • Natural peanut butter (no sugar), 1 tablespoon/day • Protein shakes (> 20 g of protein, < 5 g of sugar per serving)

Start drinking protein shakes

Full Liquids Sample Meal Plan

60–80 g protein per day | 48–64 oz. per day

MEAL	MENU	FLUID OZ.	PROTEIN
Protein Shake 8–9:30 a.m.	Drink 1 protein shake over 60–90 min	11 oz.	20–30 g
Breakfast 10–10:30 a.m.	2-3 tablespoons unsweetened applesauce	1 oz.	
Water 11–12:30 p.m.	30 min after eating, drink 12 oz. of water over 60–90 min	12 oz.	
Lunch 1–1:30 p.m.	½ cup (4 oz.) strained cream soup (no chunks)	4 oz.	4 g
Water 2–3 p.m.	30 min after eating, drink 1 cup (8 oz.) of water over 60 min	8 oz.	
Protein Shake 3:30–5 p.m.	Drink 1 protein shake over 60–90 min	11 oz.	20–30 g
Dinner 6–6:30 p.m.	½ Greek Yogurt		7 g
Water 7–8 p.m.	30 min after eating, drink 1 cup (8 oz.) of water over 60 min	8 oz.	
Snack 8:30 p.m.	1 tablespoon natural peanut butter		4 g
TOTALS		55 oz.	55–75 g

Phase 3: Pureed Foods

(2 Weeks)

FOOD GROUPS	RECOMMENDED FOODS
Dairy/Dairy Substitutes	<ul style="list-style-type: none"> • Cow's milk (0%, 1%, 2%) • Almond milk (unsweetened, vanilla or plain) • Pea protein milk (unsweetened, vanilla or plain) • Greek yogurt without seeds or pieces of fruit (sugar < 8 g, protein > 12 g)
Soup	<ul style="list-style-type: none"> • Broth, bouillon, strained or blenderized low-fat cream soups
Protein	<ul style="list-style-type: none"> • Pureed boiled chicken breast (skinless, boneless) • Pureed canned chicken, tuna or salmon (boneless) • Pureed baked fish (boneless) • Low-fat cottage cheese • Scrambled eggs • Hummus (no pine nuts) • Natural peanut butter (no sugar), 1 tablespoon/day • Protein shakes (20–30 g protein per serving)
Vegetables	<ul style="list-style-type: none"> • Tomato juice (NO sugar added) • Pureed cooked carrots • Pureed green beans • Pureed cooked peas • Pureed squash <p>NO stringy vegetables like celery, asparagus, raw broccoli or lettuce at this time</p>
Fruits	<ul style="list-style-type: none"> • Unsweetened applesauce • Pureed fruits (peaches, pears, bananas) • Avocado <p>NO stringy citrus fruits like oranges, tangerines or grapefruit at this time</p> <p>NO fruits with seeds at this time</p>
Grains	<ul style="list-style-type: none"> • Oatmeal (thinned with water or milk; NO flavored packets) • Cream of Wheat (thinned with water or milk) • Sweet potatoes (no skin) • Cauliflower mashed potatoes • Cauliflower rice <p>NO regular mashed potatoes, pasta, rice, bread, tortillas, pizza, mac and cheese, noodles, cakes, pies, french fries or sweet potato fries</p>
Beverages	<ul style="list-style-type: none"> • Water • Sugar-free flavored waters • Crystal Light • Propel Fitness Water • Powerade Zero • Decaffeinated/unsweetened hot or cold tea <p>NO beverages with sugar, caffeine or carbonation</p>

Start vitamins

Pureed Foods Sample Meal Plan

1/4–1/3 cup per meal (4–6 tablespoons)

60–80 g protein per day | 48–64 oz. per day

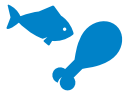
MEAL	MENU	FLUID OZ.	PROTEIN
Protein Shake 8–9:30 a.m.	Drink 1 protein shake over 60–90 min	11 oz.	20–30 g
Breakfast 10–10:30 a.m.	2 tablespoons scrambled egg + 2 tablespoons avocado + 1 tablespoon pureed banana Take 1 chewable multivitamin, B-12, and B-1		3 g
Water 11–12:30 p.m.	30 min after eating, drink 12 oz. of water over 60–90 min	12 oz.	
Lunch 1–1:30 p.m.	3 tablespoons pureed chicken + 2 tablespoons cauliflower rice + 1 tablespoon mashed sweet potato (no skin) Take 1 chewable multivitamin		6 g
Water 2–3 p.m.	30 min after eating, drink 12 oz. of water over 60–90 min	12 oz.	
Protein Shake 4–5:30 p.m.	Drink 1 protein shake over 60–90 min	11 oz.	20–30 g
Dinner 6–6:30 p.m.	3 tablespoons pureed turkey + 2 tablespoons cottage cheese + 1 tablespoon green beans Take 1 calcium citrate with vitamin D supplement (400–600 mg)		7 g
Water 7–8:30 p.m.	30 min after eating, drink 12 oz. of water over 60–90 min	12 oz.	
Snack 9 p.m.	3 tablespoons Greek yogurt Take 1 calcium citrate with vitamin D supplement (400–600 mg)		5 g
TOTALS		58 oz.	61–81 g

Perfect Purees

A pureed food is finely ground or mashed into a smooth, thick consistency.

Equipment: To puree, use a food processor, blender or food mill.

Food: For best results, use the best foods.



Meat, Poultry and Fish:

Cooked varieties free of skin, visible fat, connective tissue and bone. For convenience, use fresh ground varieties of lean beef and turkey breast, processed varieties such as canned fish and poultry, or lean cold cuts such as turkey or ham. May add liquid to obtain the desired consistency.



Vegetables and Fruit:

Well-cooked tender varieties free of skins, shells, rinds and seeds. Seldom requires added liquid for best consistency. For convenience, choose reduced sodium, no-sugar-added canned or frozen varieties. Unsweetened applesauce is already pureed!

Use a very small quantity to change the consistency or flavor, or add protein:

Liquids

- Skim or soy milk
- Broth (homemade or reduced-sodium canned)
- Vegetable juice

Flavor agents

- Herbs, spices, sugar substitutes, flavor extracts
- Condiments (mustard, steak sauce, fat-free margarine, etc.)

Protein

- Protein powder or nonfat dry milk powder
- Fat-free Parmesan cheese

Don't forget to make your food look appetizing. Use foods with different colors and place on attractive dinnerware.



Phase 4: Soft Foods

(3 Weeks)

FOOD GROUPS	RECOMMENDED FOODS
Dairy/Dairy Substitutes	<ul style="list-style-type: none"> • Cow's milk (0%, 1%, 2%) • Almond milk (unsweetened, vanilla or plain) • Pea protein milk (unsweetened, vanilla or plain) • Greek yogurt without seeds or pieces of fruit (sugar < 8 g, protein > 12 g)
Soup	<ul style="list-style-type: none"> • Broth, bouillon, soups containing ground meats and cream soups
Protein	<ul style="list-style-type: none"> • Boiled chicken breast (skinless, boneless) • Canned chicken, tuna or salmon (boneless) • Ground turkey, ground chicken • Baked fish (boneless) • Low-fat cottage cheese • Scrambled eggs • Hummus (no pine nuts) • Natural peanut butter (no sugar), 1 tablespoon/day • Protein shakes (20–30 g protein per serving)
Vegetables	<ul style="list-style-type: none"> • Tomato juice (NO sugar added) • Cooked carrots • Cooked green beans • Cooked peas • Cooked squash <p>NO stringy vegetables like celery, asparagus, raw broccoli/cabbage or lettuce at this time</p>
Fruits	<ul style="list-style-type: none"> • Unsweetened applesauce • Soft fruits: bananas, peaches, pears (NO skin, NO juice from can) • Avocado <p>NO stringy citrus fruits like oranges, tangerines or grapefruit at this time</p> <p>NO fruits with seeds at this time</p>
Grains	<ul style="list-style-type: none"> • Oatmeal (thinned with water or milk; NO flavored packets) • Cream of Wheat (thinned with water or milk) • Sweet potatoes (no skin) • Cauliflower mashed potatoes • Cauliflower rice <p>NO regular mashed potatoes, pasta, rice, bread, tortillas, pizza, mac and cheese, noodles, cakes, pies, french fries or sweet potato fries</p>
Beverages	<ul style="list-style-type: none"> • Water • Sugar-free flavored waters • Crystal Light • Propel Fitness Water • Powerade Zero • Decaffeinated/unsweetened hot or cold tea <p>NO beverages with sugar, caffeine or carbonation</p>

Soft Foods Sample Meal Plan

1/3–1/2 cup per meal (6–8 tablespoons)




60–80 g protein per day | 48–64 oz. per day

MEAL	MENU	FLUID OZ.	PROTEIN
Protein Shake 8–9:30 a.m.	Drink 1 protein shake over 60–90 min	11 oz.	20–30 g
Breakfast 10–10:30 a.m.	4 tablespoons scrambled egg + 2 tablespoons avocado + 2 tablespoons canned pears (NO juice) Take 1 chewable multivitamin, B-12, and B-1		6 g
Water 11–12:30 p.m.	30 min after eating, drink 12 oz. of water over 60–90 min	12 oz.	
Lunch 1–1:30 p.m.	4 tablespoons ground turkey + 2 tablespoons pinto beans + 2 tablespoons guacamole Take 1 chewable multivitamin		10 g
Water 2–3:30 p.m.	30 min after eating, drink 12 oz. of water over 60–90 min	12 oz.	
Protein Shake 4–5:30 p.m.	Drink 1 protein shake over 60–90 min	11 oz.	20–30 g
Dinner 6–6:30 p.m.	4 tablespoons baked fish + 2 tablespoons cooked squash + 2 tablespoons cauliflower rice Take 1 calcium citrate with vitamin D supplement (400–600 mg)		9 g
Water 7–8:30 p.m.	30 min after eating, drink 12 oz. of water over 60–90 min	12 oz.	
Snack 9 p.m.	3 tablespoons Greek yogurt Take 1 calcium citrate with vitamin D supplement (400–600 mg)		5 g
TOTALS		58 oz.	70–90 g




Volume Measurements




Use this chart for measurement aid

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3 teaspoons 1 tablespoon 1/2 fluid ounce

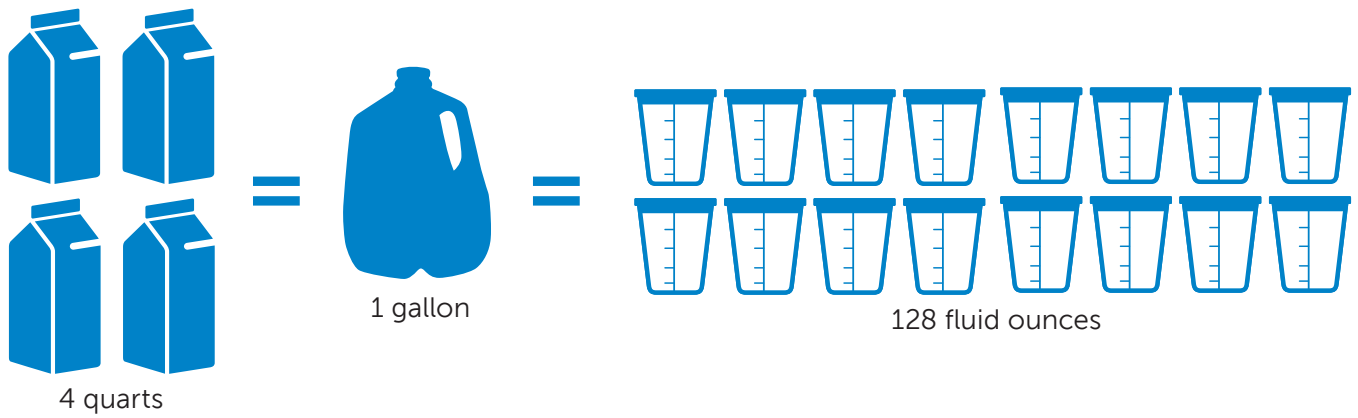
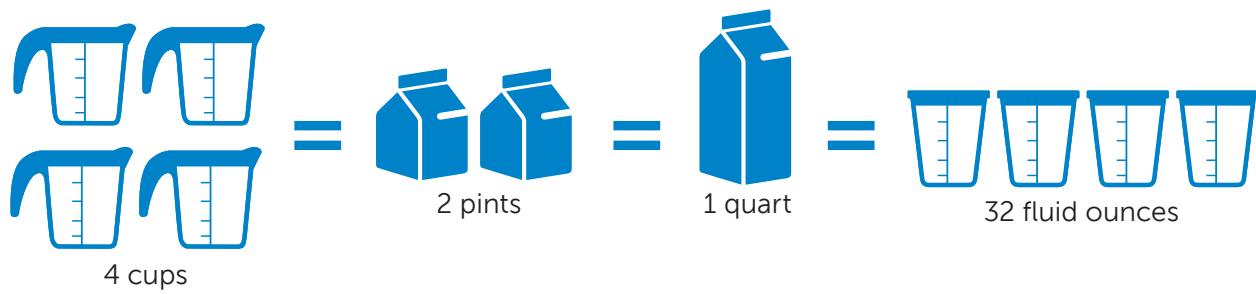
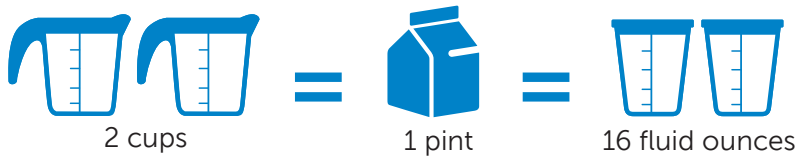
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2 tablespoons 1/8 cup 1 fluid ounce

 =  = 
4 tablespoons 1/4 cup 2 fluid ounces

 =  = 
8 tablespoons 1/2 cup 4 fluid ounces

 =  = 
12 tablespoons 3/4 cup 6 fluid ounces

 =  = 
16 tablespoons 1 cup 8 fluid ounces



Phase 5: Healthy Eating

(after completing 6 weeks of diet transition)

FOOD GROUPS	RECOMMENDED FOODS
Dairy/Dairy Substitutes	<ul style="list-style-type: none"> • Cow's milk (0%, 1%, 2%) • Almond milk (unsweetened, vanilla or plain) • Pea protein milk (unsweetened, vanilla or plain) • Greek yogurt (sugar < 8 g, protein > 12 g)
Soup	<ul style="list-style-type: none"> • Broth, bouillon, soups containing ground meats and cream soups
Protein	<ul style="list-style-type: none"> • Grilled, baked or boiled breast (skinless, boneless) • Canned chicken, tuna or salmon • Ground turkey, ground chicken • Baked or grilled fish • Pork tenderloin • Low-fat cottage cheese • Scrambled eggs • Hummus • Natural peanut butter (no sugar), 1 tablespoon per day • String cheese • Protein shakes (20–30 g protein per serving)
Vegetables	<ul style="list-style-type: none"> • Tomato juice (NO sugar added) • All vegetables
Fruits	<ul style="list-style-type: none"> • All fruits <p>NO fruit juice</p>
Grains	<ul style="list-style-type: none"> • Oatmeal (thinned with water or milk; NO flavored packets) • Cream of Wheat (thinned with water or milk) • Sweet potatoes • Cauliflower mashed potatoes • Cauliflower rice <p>NO regular mashed potatoes, pasta, rice, bread, tortillas, pizza, mac and cheese, noodles, cakes, pies, french fries or sweet potato fries</p>
Beverages	<ul style="list-style-type: none"> • Water • Sugar-free flavored waters • Crystal Light • Propel Fitness Water • Powerade Zero • Decaffeinated/unsweetened hot or cold tea <p>NO beverages with sugar, caffeine or carbonation</p>

Healthy Foods Sample Meal Plan

3/4–1 cup per meal (12–16 tablespoons)

60–80 g protein per day | 48–64 oz. per day

MEAL	MENU	FLUID OZ.	PROTEIN
Water 7–8 a.m.	30 min before eating, drink 6 oz. of water	6 oz.	
Breakfast 8:30–9 a.m.	½ cup scrambled egg + ¼ cup banana Take 1 chewable multivitamin, B-12, and B-1		12 g
Water 9:30–11 a.m.	30 min after eating, drink 16 oz. of water over 90 min	16 oz.	
Snack 11:30–12 a.m.	1 tablespoon peanut butter + apple slices		4 g
Lunch 1–1:30 p.m.	¼ cup baked chicken + ¼ cup green beans + ¼ cup sweet potato Take 1 chewable multivitamin		10 g
Water 2–3:30 p.m.	30 min after eating, drink 16 oz. of water over 90 min	116 oz.	
Protein Shake 4–5:30 p.m.	Drink 1 protein shake over 60–90 min	11 oz.	20–30 g
Dinner 6–6:30 p.m.	¼ cup pork tenderloin + ½ cup salad + 1 tablespoon hummus Take 1 calcium citrate with vitamin D supplement (400–600 mg)		10 g
Water 7–8:30 p.m.	30 min after eating, drink 16 oz. of water over 90 min	16 oz.	
Snack 9 p.m.	1 string cheese Take 1 calcium citrate with vitamin D supplement (400–600 mg)		6 g
TOTALS		65 oz.	62–72 g

Post-Surgery Protein Log Activity

Daily protein intake is necessary to maintain muscle and vital body functions. Inadequate protein intake can lead to poor wound healing, anemia, muscle loss, hair loss and weakened immunity. It is very important to understand what protein is, where it is found and how much you are eating every day.

For this assignment, complete a food log for 2 days and calculate the total protein intake by using one of the following methods:

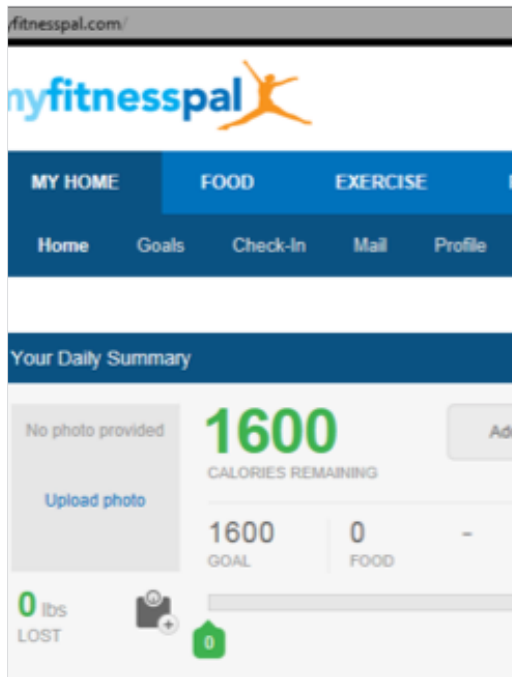
1. Website Option
2. Smartphone Option
3. Written Option

Directions and examples for each method are on the following pages.



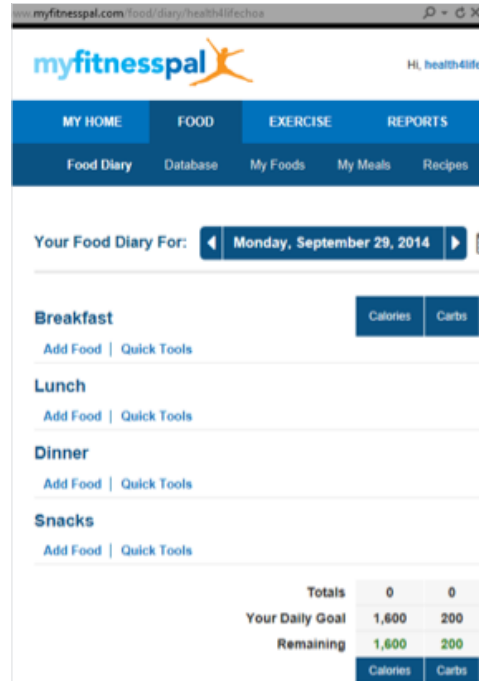
Protein Log—Website Option

www.myfitnesspal.com



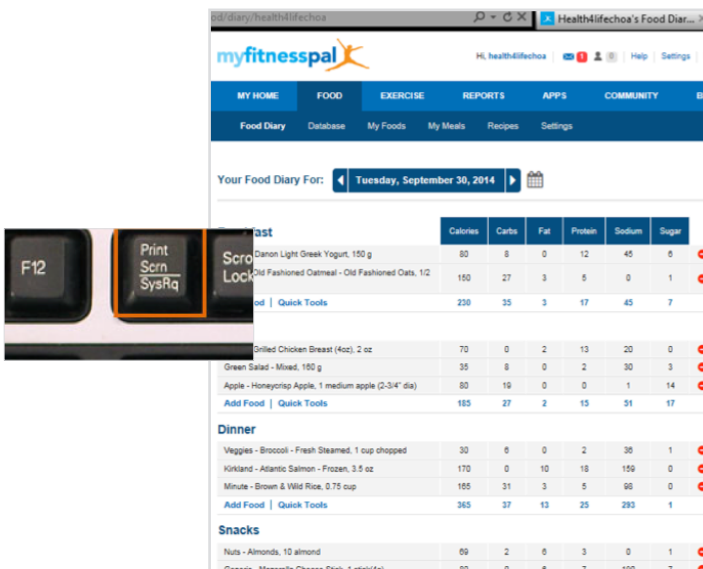
Step 1:

Set up a profile.



Step 2 :

Use the FOOD tab to enter all of your food for Day 1 and Day 2.

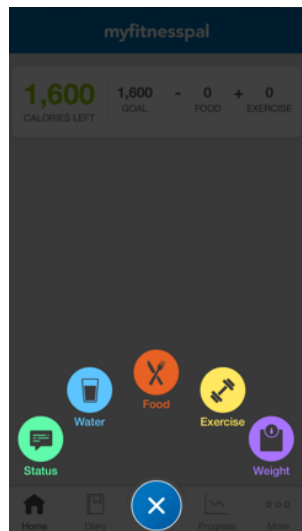
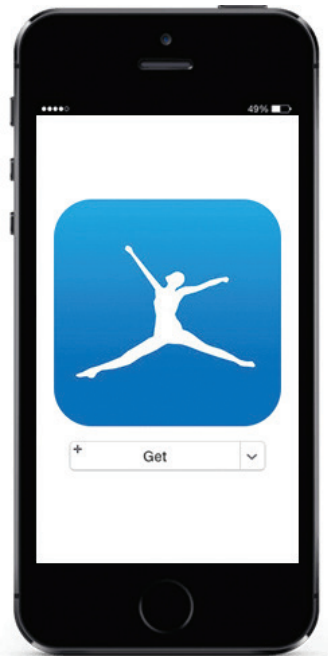


Step 3:

Take a screenshot or copy and save this page, which includes your food and total protein for each day! You can take a screenshot by pressing the "Print Scrn" key (PC) or Shift Command 4 (Mac) on your computer's keyboard.

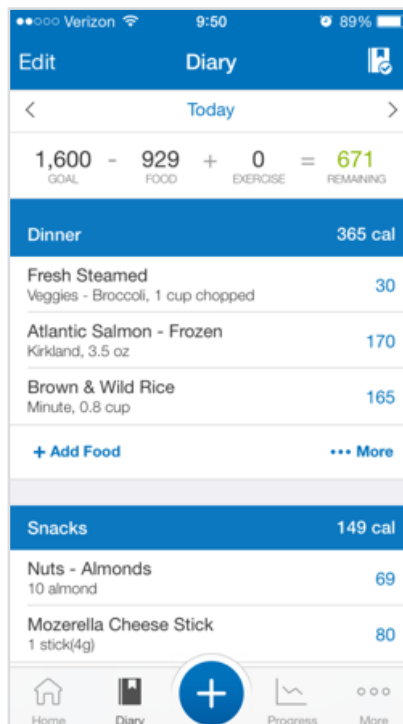
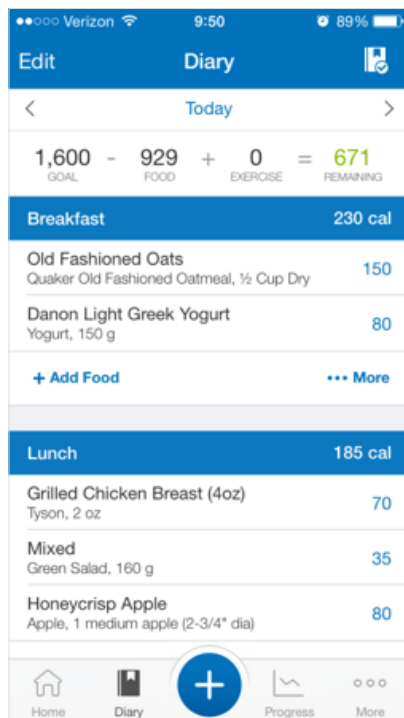
Protein Log— Smartphone Option

My FitnessPal App



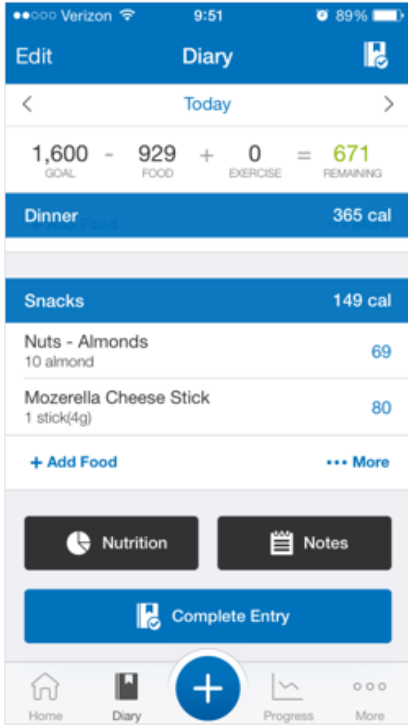
Step 1:

Download the app, set up your profile and open up the FOOD section.



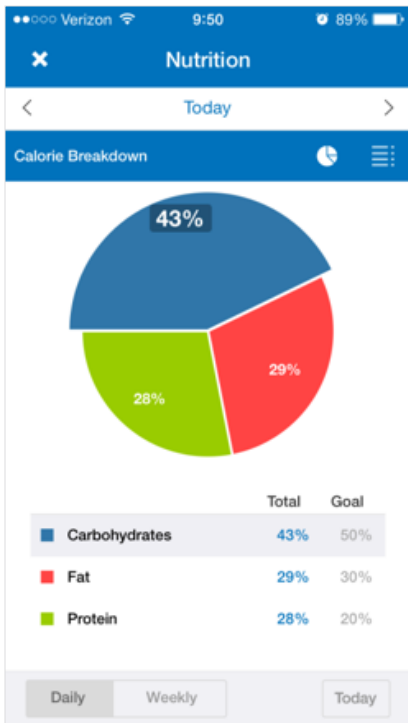
Step 2:

Enter your meals, snacks and drinks into the FOOD DIARY for the entire day.



Step 3:

Take a screenshot of your whole food diary and then press the NUTRITION button at the end of the page.



	Total	Goal	Left
Total Fat (g)	31	53	22
Saturated Fat (g)	9	14	5
Polyunsaturated Fat (g)	3	0	-3
Monounsaturated (g)	6	0	-6
Trans Fat (g)	0	0	0
Cholesterol (mg)	97	300	203
Sodium (mg)	579	2300	1721
Potassium (mg)	1149	3500	2351
Total Carbohydrates (g)	101	200	99
Dietary Fiber (g)	18	25	7
Sugars (g)	33	47	14
Protein (g)	67	80	13
Vitamin A	32%	100%	68%
Vitamin C	102%	100%	-2%
Calcium	42%	100%	58%
Iron	21%	100%	79%

Step 4:

Take a screenshot of the PIE GRAPH and also the NUTRIENT DETAIL page.

Step 5:

Email all of your screenshots to your dietitian.

Protein Log—Written Option

Meal	Day 1	Calories	Protein	Day 2	Calories	Protein
BREAKFAST						
SNACK						
LUNCH						
SNACK						
DINNER						
SNACK						
TOTAL						

Protein Adds Up!

Dairy Foods

FOOD ITEM	SERVING SIZE	CALORIES	PROTEIN
Nonfat Milk	8 fl. oz.	80	8 g
1% Milk	8 fl. oz.	100	8 g
2% Milk	8 fl. oz.	120	8 g
Whole Milk (Vitamin D Milk)	8 fl. oz.	150	8 g
Low Fat (1%) Chocolate Milk	8 fl. oz.	160	8 g
Silk Soy Milk	8 fl. oz.	110	8 g
Silk Unsweetened Almond Milk	8 fl. oz.	30	1 g
Silk Dark Chocolate Sweetened Almond Milk	8 fl. oz.	100	1 g
Silk Vanilla Sweetened Almond Milk	8 fl. oz.	90	1 g
Silk Original Almond Milk	8 fl. oz.	60	1 g
Ripple Original Pea Protein (Isolate) Milk	8 fl. oz.	100	8 g
Meyenberg Low Fat Goat Milk	8 fl. oz.	100	8 g
Silk Original Coconut Milk	8 fl. oz.	80	0 g
Pacific Original Hemp Milk	8 fl. oz.	140	3 g
Rice Dream Original Rice Milk	8 fl. oz.	120	1 g
Chobani Greek Strawberry Yogurt (Fruit on the Bottom)	5.3-oz. container	120	12 g
Chobani Greek Simply 100 Yogurt	5.3-oz. container	100	10 g
Dannon Oikos Greek Triple Zero Yogurt	5.3-oz. container	120	15 g
Dannon Oikos Greek Nonfat Strawberry Yogurt	5.3-oz. container	110	12 g
Yoplait Light Strawberry Yogurt	5.3-oz. container	90	5 g
Siggi's Strawberry Yogurt	5.3-oz. container	120	16 g
Horizon Lowfat Cottage Cheese	½ cup	100	14 g
Original Babybel Cheese	1 wheel	70	5 g
Laughing Cow Swiss Cheese Wedge	1 wedge	50	2 g
Sargento Colby Jack Cheese Snack	1 piece	80	5 g
Jell-O No-Sugar-Added Pudding	1 container	60	1 g

Animal Meats

FOOD ITEM	SERVING SIZE	CALORIES	PROTEIN
Egg	1 egg	70	6 g
Liquid Egg Whites	3 Tbsp	25	5 g
Chicken Breast, skinless, boneless	3.5 oz.	165	31 g
Chicken Breast Skin-on, bone-in	3.5 oz.	197	30 g
Chicken Drumstick, skinless	3.5 oz.	175	28 g
Chicken Drumstick, skin on	3.5 oz.	216	27 g
Chicken thigh, skinless	3.5 oz.	209	26 g
Chicken Thigh, Skin On	3.5 oz.	229	25 g
Chicken Wing, Skin On	3.5 oz.	290	27 g
Chicken Wing, Skinless	3.5 oz.	203	30 g
Whole Chicken, Meat Only	3.5 oz.	167	25 g
Whole Chicken, Meat and Skin	3.5 oz.	239	24 g
Oscar Mayer Deli Sliced Chicken	2 oz.	50	10 g
Boar's Head Roasted Turkey Breast	3 oz.	90	19.5 g
Roast Beef Deli Slices	2 oz.	70	14 g
Oscar Mayer Bologna	1 slice	80	3 g
Oscar Mayer Salami	1 slice	70	4 g
Jimmy Dean Sausage Patty	2 patties	270	11 g
Jimmy Dean Bacon Slices	2 pan fried slices	140	8 g
Jimmy Dean Sausage	2 oz. (cooked)	180	10 g
Jimmy Dean Sausage Links	3 links (cooked)	180	8 g
Jennie-O Ground Turkey (93 % Lean, 7 % Fat)	4 oz. (112 gm)	235	29 g
Jennie-O Ground Turkey (85 % Lean, 15 % Fat)	4 oz. (112 gm)	282	19 g
Jennie-O Ground Turkey (99 % Lean, 1 % Fat)	4 oz. (112 gm)	120	26 g
All Natural Lean Ground Beef (97% Lean, 3% Fat)	4 oz. (112 gm)	173	23 g
Ground Beef (80% Lean, 20 % Fat)	3 oz. (85 gm)	170	23 g
Shrimp (large, steamed)	3 oz. (85 gm)	84	20 g
Popcorn shrimp (fried or battered)	3 oz. (85 gm)	230	10 g
Coconut Shrimp (fried or battered)	4 oz. (113 gm)	310	9 g
StarKist Chunk Light Canned Tuna in Water	3-oz. can	90	16 g
Chicken (Canned) in Water	5-oz. can	183	31 g
Salmon: Sockeye (Red)	3.5 oz.	140	27 g
Salmon: King or Keta	3.5 oz.	150	26 g
Salmon: Coho	3.5 oz.	130	23 g

Beans/Legumes

FOOD ITEM	SERVING SIZE	CALORIES	PROTEIN
Lentil Beans	1/4 cup	60	5 g
Black Beans	1/4 cup	60	4 g
Pinto Beans	1/4 cup	60	4 g
Garbanzo Beans	1/4 cup	60	4 g
Green Peas	1/4 cup	60	3 g
Sabra Classic Hummus	2 tablespoons	70	2 g



POST-SURGERY MEDICAL FOLLOW-UP

LABS

Labs for Life

It is recommended that you ask your doctor to check the following labs **one year post surgery and once a year thereafter** to prevent nutritional deficiencies related to weight reduction surgery.

- ✓ Complete blood count (CBC)
- ✓ Complete metabolic panel (CMP)
- ✓ Lipid Panel
- ✓ HGA1C
- ✓ Vitamin B-1 (Thiamine)
- ✓ Vitamin B-6 (Niacin)
- ✓ Vitamin B-9 (Folate)
- ✓ Vitamin B-12 (Cobalamin)
- ✓ Ferritin
- ✓ Vitamin D

Nutrition Labs after Bariatric Surgery

The following laboratory values will be measured on a regular basis after your surgery. If you become deficient in any of these nutrients, follow the recommendations below.

Nutrient Measured	Deficiency Risk	What to Eat	Supplement Your Food
Vitamin B-1 (thiamine)	May cause neuromuscular disorders, decreased mental function, permanent nerve damage	Lean pork, enriched rice, whole grain bread	50 mg/day (at least)
Vitamin B-12 (cobalamin)	Common without supplementation, may cause neurological damage and decreased mental function	Salmon, lean beef, low-fat dairy products, eggs	Oral: 350 mcg per day OR Nasal: 500 mcg per wk. OR Shot: 1000 mcg per mo.
Iron	Causes fatigue, anemia	Lean beef, skinless chicken, fortified cereals, spinach	18–27 mg per day
Calcium & Vitamin D	At risk for osteoporosis; may be linked with autoimmune diseases and cancers	Low-fat dairy products fortified with vitamin D, salmon (fatty fishes), turnip greens, tofu	calcium citrate with vitamin D3: 1500 mg per day. Do not take more than 500 mg at one time. Do not take with iron.
Vitamin A	May cause night blindness, more prone to infection	Carrots, tomatoes, pumpkin, greens, sweet potatoes	10,000 IU per day
Zinc	Taste disturbances, poor carbohydrate, protein and fat metabolism	Lean beef, wheat germ, crab, black-eyed peas, peanuts	50 mg per day
Folate (Folic acid)	Anemia, may help prevent heart disease, important for women!	Green leafy vegetables, fruits, enriched grains	400–500 mcg per day



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