

Stage IV Solid Food Nutrition Class

following gastric bypass or vertical sleeve gastrectomy

Baylor Scott and White Medical Center Temple

Postoperative Nutrition

- **Stage IV Lifelong Solid Food Diet** – a new way of life to help you reach and maintain your weight loss goals
- Diet stage starts **after**:
 - ❖ 5 weeks since gastric bypass
 - ❖ 6 weeks since sleeve gastrectomy
- **REMEMBER** that surgery is only a tool
- **You must also maintain a healthy lifestyle that includes proper diet and exercise.**
- **Refer to the patient manual for allowed foods at each stage.**

Instructions for Stage IV Diet: Page 51

1. Try New Foods at a Time:

- Start with easier to tolerate foods like:
moist fish, chicken, cooked vegetables and fruits
- Be careful with certain foods like:
 - **Hard to chew meats:** Steak, brisket
 - **Raw vegetables:** asparagus, celery
 - **Foods with seeds and fibrous skins:** apples, berries, grapes, oranges, pears, corn, peas
 - **Food that swell:** bread, rice, corn, and pasta
- If a particular food does not sit well, give it 7 days and try it again. If you don't tolerate it, avoid it.

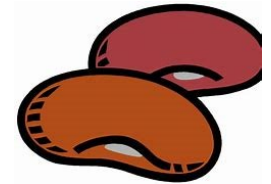
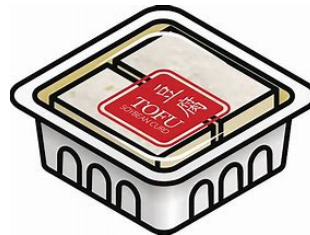
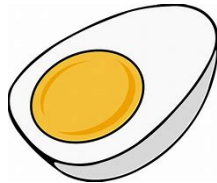
Every Bite Counts!

- Eat 3 meals per day
¼ to ½ cup (2-4 ounces) per meal
- Limit meal times to 15-20 minutes
- Take pea-sized bites – chew each bite at least 15 times
- Use small plates, bowls, forks, and spoons
- Eat slowly – stop when you feel satisfied

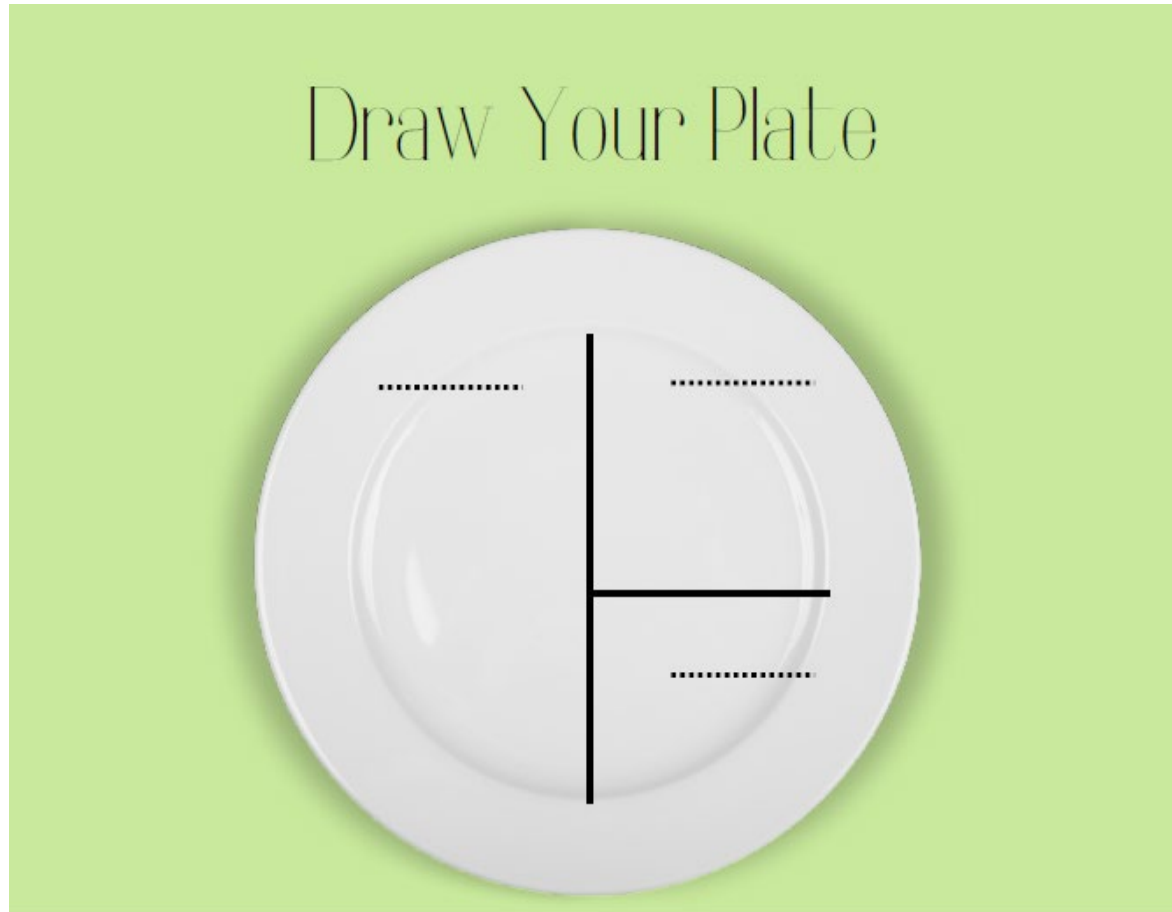


PROTEIN FIRST !

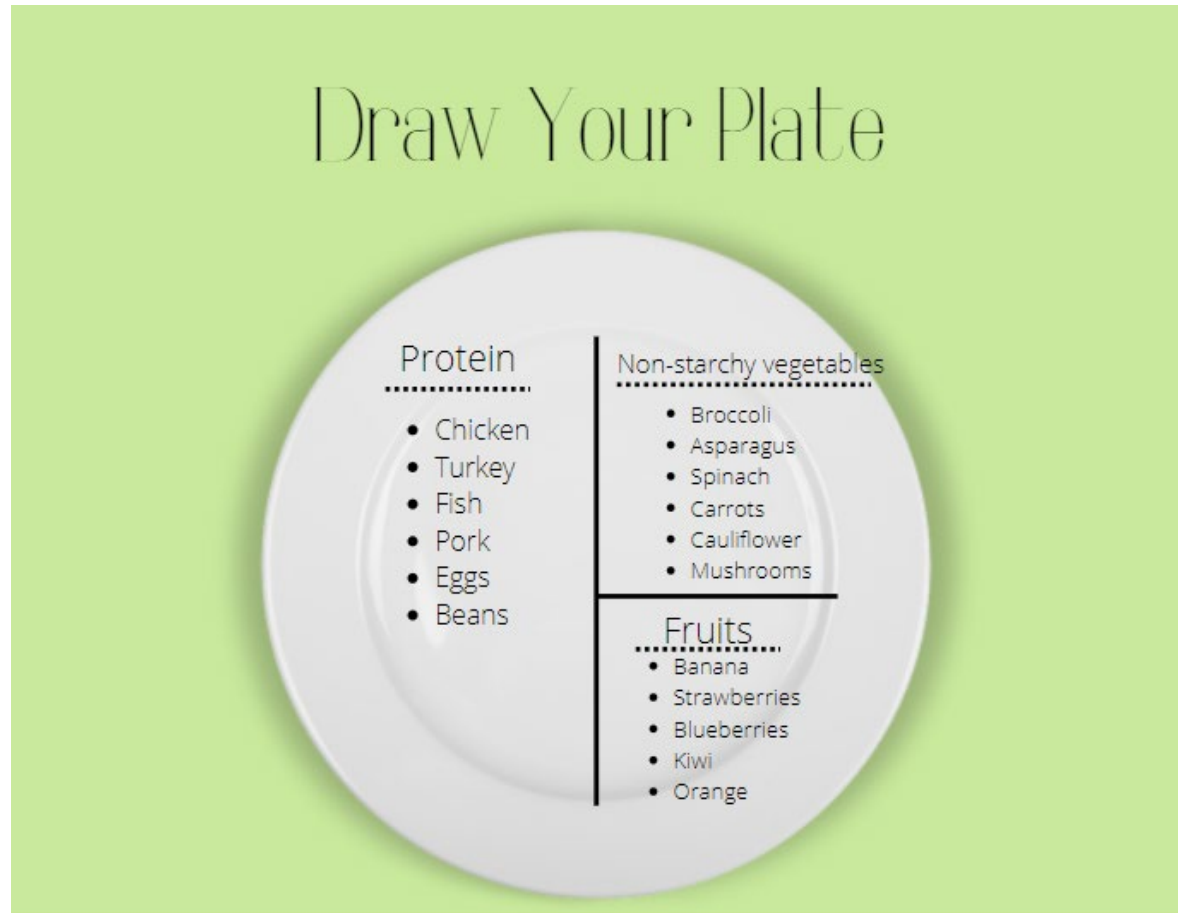
- Eat Protein **FIRST!**
- At least ½ of each meal should be from a protein food
- Why!?
 - Replenish lean muscle mass
 - Promotes hair growth



Draw Your Plate



Draw Your Plate



Priority of Food Groups: page 47

Lean Protein - 3 servings per day

Non-Starchy Vegetables - 2 or more servings per day

Fruits - Limit

- Choose **after** eating protein & vegetables (high-sugar content)

Whole Grains & Starchy Vegetables - Limit

- May be difficult to tolerate
- Will not be as beneficial to you as protein & vegetables
- Okay to have **occasionally** in **small amounts** if tolerated

Healthy Fats & Oils - Limit

- **Measure** serving sizes (1 tsp = 40 calories)
- Use as a **garnish**

Dairy - Limit

- Undesirable texture and/or high in calories
- **Take your calcium daily**

**Most
Important**



**Least
Important**

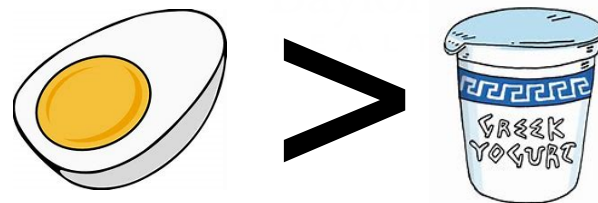
Beverages:

- **Avoid ALL liquids 15 minutes before, during, and 30 to 60 minutes after eating**
 - <https://www.youtube.com/watch?v=oNdeGkkwqlw>
- Caffeine containing beverages are okay, just remember to hydrate!
- Sip **calorie-free beverages** throughout the day between meals
 - Go for beverages that say “5 calories or less”
- **Avoid all liquid calories from soda, lemonade, sweet tea, etc.**
 - It’s easy to drink your calories without thinking about it
- Avoid alcohol for at least 1 year post surgery
 - Avoid carbonated drinks (beer, champagne, etc) and drinks high in sugar (daiquiris, margaritas, etc)

- Rule of thumb: **Eat healthy, solid-textured foods**

Avoid:

- liquid/soft/mushy foods (casseroles, cereal with milk, chicken pot pie, chili, cottage cheese, soup, stew, yogurt, etc.)
 - crunchy snack foods (chips, crackers, cereal, trail mix, etc.)
 - high-calorie/highfat/high-sugar foods (fried foods, nuts/seeds, peanut butter, sugar-free desserts, sweets, etc.)
- These foods will not keep you as satisfied.
 - If you can cut foods with a fork, they are most likely to keep you fuller for longer!



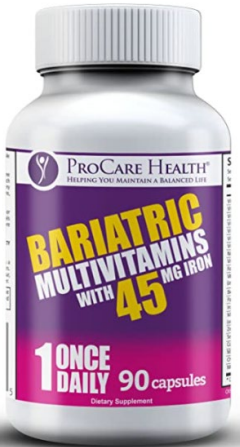
How to Maximize Weightloss

1. Protein first – at least ½ each meal
2. 3 meals per day with little to no snacks
3. Hydration - 64 oz of fluid per day
4. Exercise - Goal: 60 minutes at least 6 days per week of cardio
5. Take Vitamins/Minerals



Continue taking multivitamins and calcium as directed (be sure to take 1200-1500 mg calcium each day in divided doses)

Option 1:



1 Dose of a Bariatric Multivitamin

Option 2:



1 tablet twice daily
(NO chewables, gummies, liquid, men's, women's or silver)



1 tablet once daily
(B complex must contain at least 12 mg thiamin or vitamin B1)



1 microlozenge once daily
(Sublingual B12: 500 mcg size)

AND



3 caplets twice daily

OR



1 Tablespoon twice daily



3 caplets twice daily

OR



1 Tablespoon twice daily

Vitamin Patches



Vitamin Patches:

There is no evidence that you are able to absorb the amount of vitamins you need after surgery through patches. If you have difficulties tolerating vitamins by mouth please contact the Bariatric Clinic: 254-724-2397

Grocery Shopping Tips

GROCERY SHOPPING TIPS

Tips:

1. Shop the perimeter of the store.
Look for lean protein, non-starchy vegetables, and fruits and whole grains.
2. Lean Protein
 - Can be purchased fresh, frozen or canned. When buying fresh, make sure to use extra small freezer bags to portion out 2-3 oz.
3. Non-Starchy vegetables/Fruits
 - Can be purchased fresh, frozen or canned. Save money and buy frozen or canned. When buying fresh, buy in quantities that will be used in time. Remember to rinse off excess salt or sugar of canned fruits or vegetables
4. Whole grains.
 - Choosing whole grains provides more fiber to your diet, keeping you fuller longer and keeping you regular
5. Sauces and Dressings
 - Be mindful of sugar and fat content. Aim for a yogurt-based salad dressing to increase protein without adding extra fat and calories

Limit:

1. Soft textured foods.
 - Greek yogurt and cottage cheese should be enjoyed in moderation; they will not keep you full as long as solid textured foods
2. Protein shakes and bars.
 - Only use preapproved protein bars and shakes as meal replacements and limit to 2-3 times per week.




Avoid:

1. Carbonated beverages.
 - Anything with bubbles or "sparkling" labels.
2. High fat and highly processed snacks foods
 - Examples: Peanut butter, cheese its, etc
3. "Slider foods"
 - Examples: Chips, Nuts, Crackers
4. Snacks labeled "keto" or "atkins"
 - These foods are low in carbohydrates and high in protein, but also high in fat.
5. "No sugar added" foods or beverages.
 - These may have no added sugar, but still use the original sugars.
6. Fried foods/Greasy foods/High in sugar.
 - May cause Dumping Syndrome.

Cookbooks

RESULTS




The Gastric Sleeve Bariatric Cookbook
Easy Meal Plans and Recipes to Eat Well & Keep the Weight Off

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The Gastric Sleeve Bariatric Cookbook: Easy Meal Plans and Recipes to Eat Well & Keep the Weight Off
by Sarah Kent MS RDN CSOWM CD
★★★★☆ - 4,515

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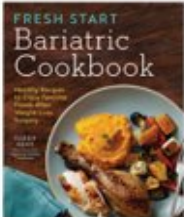
The Complete Bariatric Cookbook and Meal Plan
Nutrition and Guidance for 2022 Before and After Surgery

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The Complete Bariatric Cookbook and Meal Plan: Recipes and Guidance for Life Before and After Surgery
by Megan Moore RD
★★★★☆ - 2,357

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FRESH START Bariatric Cookbook
Healthy Recipes to Enjoy Favorite Foods After Weight-Loss Surgery

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Fresh Start Bariatric Cookbook: Healthy Recipes to Enjoy Favorite Foods After Weight-Loss Surgery
by Sarah Kent MS RDN CD
★★★★☆ - 2,983

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Bariatric Air Fryer Cookbook: Keep the Weight off and Your Bariatric Journey Tastier. 400 Delicious and Easy Air-Fried Recipes to Take Care ...
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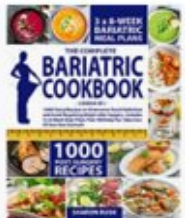
GASTRIC SLEEVE BARIATRIC COOKBOOK
300 RECIPES
8 WEEK MEAL PLANS



Bariatric Air Fryer Cookbook
2022



The Gastric Sleeve Bariatric Cookbook



THE COMPLETE BARIATRIC COOKBOOK
1000 RECIPES

- **Eating Well After Weight Loss Surgery-** by Patt Levine and Michele Bontempo-Saray; ISBN 978-1-56924-453-1
- **Recipes for Life After Weight-Loss Surgery-** by Margaret Furtado, MS, RD, LDN, Lynette Schultz, LRCP, RT, and Chef Joseph Ewing, BS; ISBN 978-1-59233-496-4 (*recently revised*)
- **The Complete Idiot's Guide to Eating Well After Weight Loss Surgery-** by Margaret Furtado, MS, RD, LDN, RYT and Joseph Ewing; ISBN 978-1-59257-951-8
- **Weight Loss Surgery Cookbook for Dummies-** by Brian K. Davidson, Chef David Fouts, and Karen Meyers, MS, RD/LD; ISBN 978-0-470-64018-0
- **The Gastric Sleeve Bariatric Cookbook-** by Sarah Kent, MS, RDN, CSOWM, CD; ISBN 978-1-93975-470-7
- **Fresh Start Bariatric Cookbook: Healthy Recipes to Enjoy Favorite Foods After Weight-Loss Surgery-** by Sarah Kent, MS, RDN, CD; ISBN 978-1-62315-773-9

Online Resources

❖ Bariatricpal.com

❖ ObesityHelp.com

❖ [Baritastic \(phone app\)](#)

Support Groups

- Support Groups
 - ❖ Groups meet every first Thursday of the month at 5:15 pm via Zoom
 - ❖ Please give our clinic a call if you would like to join.

Final Thoughts

- Bariatric follow-up appointments:
 - 3 months after surgery
 - 6 months after surgery
 - 9 months after surgery
 - Yearly follow-up
- Please contact us if you have any questions or concerns
 - ❖ [Sign up for MyBSWHealth](#)