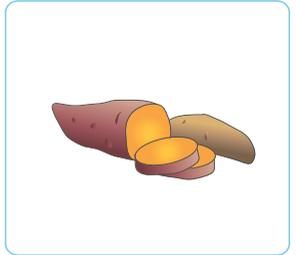
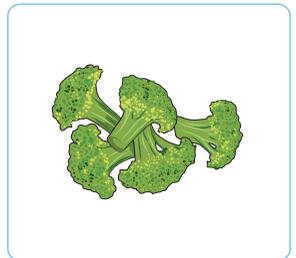
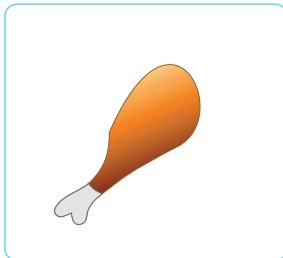


YOUR GUIDE TO HEALTHY EATING AFTER BARIATRIC SURGERY



This booklet describes what to eat and drink after bariatric surgery. It offers meal plan options, healthy eating tips as well as resources where you can find more information. Review this booklet with your family. Bring it with you to all of your appointments with your health care team.





This booklet was prepared by nutritionists,
Lisa Kaouk and Monica Bashaw. It was created for
bariatric surgery patients at the McGill University Health Centre.

We would like to thank the MUHC Patient Education Office for their
support throughout the development of this material, including the
writing, design, layout, and the creation of all the images.



IMPORTANT: PLEASE READ

Information provided by this booklet is for educational purposes. It is not intended to replace the advice or instruction of a professional healthcare practitioner, or to substitute for medical care. Contact a qualified healthcare practitioner if you have any questions concerning your care.

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This material is also available at:
MUHC Patient Education Portal
muhcpatienteducation.ca

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A MESSAGE TO YOU FROM YOUR TEAM

This guide will prepare you for healthy eating after your bariatric surgery. It covers:

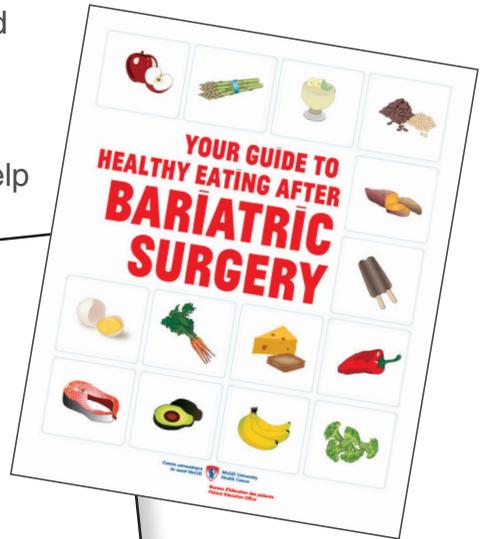
- Healthy eating basics and how to get started
- What to eat and drink right after surgery
- Meal plans and meal planning tools
- Tips and strategies for healthy eating
- Who to call if you have questions or need help

This is a time of great change for you and your family. You may feel as if so much is out of your control. However, there is a lot that you can do to take an active part in your health and your care. Research has shown that those who follow bariatric guidelines do best in losing weight and keeping it off.

This booklet is meant to help you take charge and plan for what is ahead. Review this booklet with your family, along with your booklet “A Guide to Bariatric Surgery” (available at muhcpatienteducation.ca). Bring these 2 booklets with you to your appointments. Your health care team will refer to them throughout your care.

We know that this can be a stressful time for patients and their families. The good news is that you are not alone. We are here to help you and we will be with you each step of the way.

-- Your Bariatric Surgery
Nutritionist Team



PREPARING FOR SURGERY: WHAT TO BUY

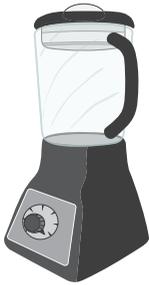
The following items will help you prepare your food after surgery:



Measuring cup and spoons
(to measure your food)



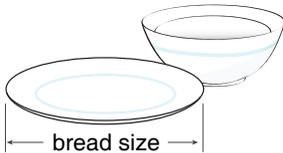
Electronic kitchen scale
(to weigh food)



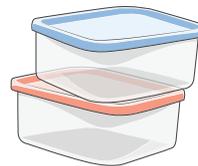
Blender or food processor
(to purée or blend food)



Strainer
(to remove solids from puréed or liquid food)



Smaller 'bread' plates and bowls
(for your meals and snacks)



Small Tupperware® style containers
(to store 1 cup of food)



2 or 3 different sizes of pots and pans
(to cook foods)



2 or 3 different sizes of mixing bowls
(to mix and prepare food)

*** Some of these items may be found at 'dollar stores' or other discount stores.**

As well as buying the items above, stock up your fridge, freezer and pantry before your surgery. This way, you will have everything you need when you come home from the hospital.

To help you know which food items to stock up on, we have created a menu planner. This tool, along with the menus on the following pages, will help you plan your meals.

HEALTHY EATING BASICS

WHY EAT THIS WAY?

Following the meal plans and the tips described in this booklet are important for your recovery after surgery and your overall health. Eating this way will:

- Allow your stomach to heal without being stretched by the food you eat
- Get you used to eating smaller amounts of food for your smaller stomach
- Help you feel full
- Help you lose weight while preventing you from losing too much muscle
- Help you avoid regaining weight
- Help you avoid other health problems (e.g. pain, nausea, vomiting, **dehydration** or not enough water in your body, diarrhea, constipation, and trouble digesting certain foods)

WHAT ARE FOOD GROUPS?

To eat well, you will need to eat foods from the 4 food groups. Each food group contains **nutrients**. These are vitamins, minerals, protein, carbohydrates, and healthy fats that give you energy. They also help your body heal and grow.

Nutrients are key to staying healthy.

The 4 main food groups are:

1

Fruits and vegetables

These are a good source of vitamins, minerals, and fibre. They are usually low in fat and calories.



Apple	Cabbage	Mango	Pineapple
Asparagus	Cantelope	Nectarine	Spinach
Avocado	Carrots	Orange	Squash
Banana	Cherries	Peach	Sweet potato
Bell peppers	Figs	Pear	Tomato
Berries	Grapes	Peas	Watermelon
Beets	Kiwi	Pumpkin	Zucchini
Broccoli	Lettuce		



2

Grain products

These are rich in carbohydrates and are a good source of vitamins (e.g. B vitamins), minerals, and fibre (especially whole grain products).

- | | |
|----------|----------|
| Bread | Couscous |
| Barley | Pasta |
| Cereal | Rice |
| Crackers | Quinoa |

3

Milk and alternatives

These are a good source of protein and contain some carbohydrates. These products are also rich in vitamin D, and minerals such as, calcium and potassium.



- Cheese
- Fortified soy drinks
- Milk
- Yogurt

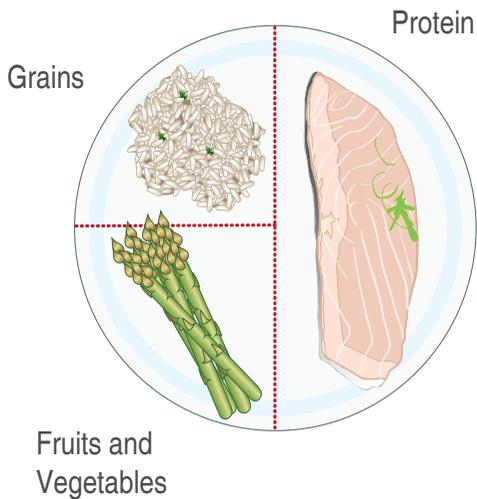
4

Meat and alternatives

These are a good source of protein and important minerals such as iron, zinc, and magnesium.



- | | | | |
|----------------|--------------------|------------------------|--------|
| Beans/ Legumes | Fish and shellfish | Lentils | Seeds |
| Beef | Goat | Nuts | Tofu |
| Chicken | Game birds | Peanut butter | Turkey |
| Duck | Ham | (or other nut butters) | Veal |
| Eggs | Lamb | Pork | |



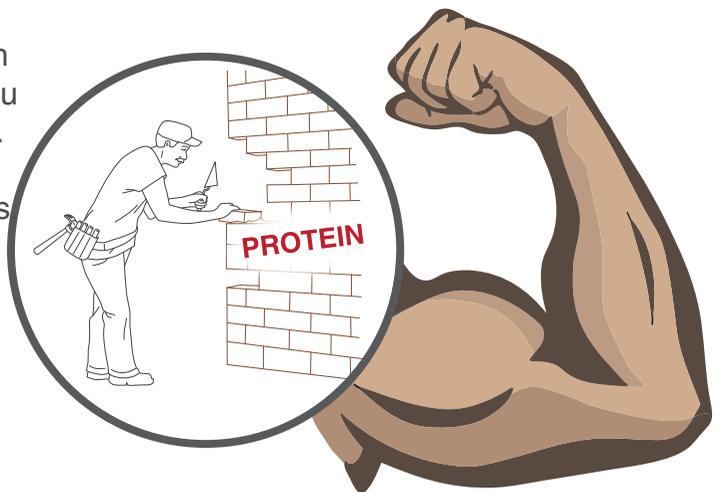
All 4 food groups are important to stay healthy. You should **not** eat the same amount from each food group. Healthy eating means eating **different** amounts of food from each group. Your meal plans will focus on **protein**, such as meat, milk and their alternatives (see **page 7** to learn more).

Along with protein, you will still need foods from other food groups. Your nutritionist will talk to you about this.

WHY IS PROTEIN SO IMPORTANT?

Protein is important for building (and keeping) strong and healthy muscles. It also helps your body heal after surgery.

After surgery, the size of your new stomach pouch will be much smaller. It will make it hard for you to eat all of the protein you need. You may have more difficulty digesting some protein-rich foods. For this reason, **it is important to take protein supplements for the first few weeks after surgery.** Some patients may need to take them for a longer time.



How long and how much you take of these supplements depends on:

- How much protein you are getting from the food you are eating
- The type of bariatric surgery that you have had



Your nutritionist will work with you to create a protein supplement plan that works best with your preferences and your lifestyle.

There are many types of protein supplements (see **page 31** to learn more):

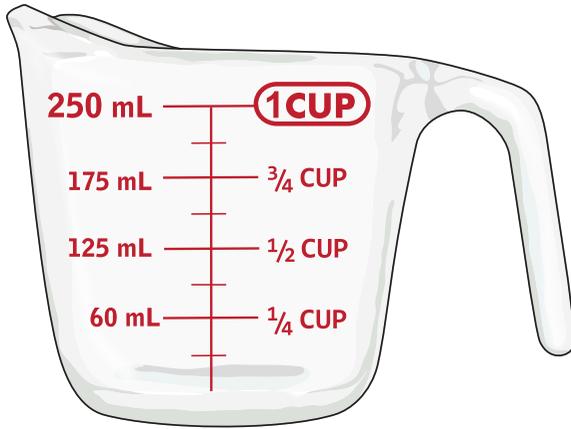
- Skim milk powder
- Protein powders (e.g. Beneprotein®, whey protein powder, or equivalent.)
- Ready-to-drink protein shakes
- Protein bars
- Other: homemade protein recipes, high protein Jell-O, protein popsicles (see recipes on **page 34**)



*** PLEASE NOTE:**
The MUHC does not promote any particular brand or product.

MAKING SENSE OF FOOD MEASUREMENTS

MILLILITRES (mL) TO CUPS



In this booklet, we use millilitres (mL) to measure the portion sizes of meals and snacks. Do not estimate, or ‘eye ball’ your portions. Instead, buy measuring cups and measure **ALL** of your food and beverages. Below are common portions in millilitres (mL) and in cups.

60 mL = $\frac{1}{4}$ cup
125 mL = $\frac{1}{2}$ cup
175 mL = $\frac{3}{4}$ cup
250 mL = 1 cup

GRAMS (G) TO OUNCES (OZ)

In this booklet, we use grams to measure the portion sizes of meats and alternatives. Do not estimate, or ‘eye ball’ your portions. Instead, buy an electronic kitchen food scale and weigh **ALL** of your cooked meat and alternative portions. Below are common portions in grams (g) and in ounces (oz).

30 g = 1 oz
50 g = 1.5 oz
60 g = 2 oz
90 g = 3 oz



MY PROTEIN POWDER:

For the first 5 weeks after surgery, you will need to add protein powder to each meal and snack (see **pages 12 and 18** for your full fluid and puree textured menus). Most people use skim milk powder, because this protein powder is good quality protein. It is also not expensive and can be found in all grocery stores.



- Skim milk powder**
2 tablespoons with each meal and each snack (This works out to 12 tablespoons each day.)

If you are lactose intolerant or have chronic kidney disease, we will give you a prescription for Beneprotein® after your surgery. We ask you to use this instead of skim milk powder.

- * **Choose the protein powder you will be using below. Take careful note of how much you will need:**

OR



- Beneprotein®**
(comes with a 20 ml 'scoop')
- Other equivalent protein powder**

MEAL PLANS TO FOLLOW RIGHT AFTER SURGERY

FULL FLUID MENU

You will be on a full fluid diet for 2 weeks after your surgery (weeks 1 and 2).

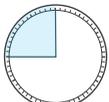
Stay on a full fluid diet from: to

A full fluid diet is easier to digest than a solid food diet. While your body takes the time to heal, it will give you all the protein and fluids that you need. This diet is also very important to avoid problems after surgery, such as **dehydration** (not enough water in your body) and too much **muscle loss**.

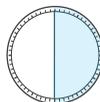
A full fluid diet is made up of foods that are liquid at room temperature. Examples of these foods are:

- Strained milk-based soups
- Milk
- Yogurt

* It is important **NOT** to eat solid foods during this time. *Do not rush* this step. Take your time to be sure you heal well.



15 min



30 min



Be sure to keep hydrated with water and caffeine-free, sugar-free drinks. Stop drinking 15 minutes before you eat to leave space in your stomach to eat. You can restart drinking 30 minutes after you finish eating to avoid vomiting and weight regain in the long term.

FREQUENTLY-ASKED QUESTIONS:

?

How often am I eating during the day?

Eat every 3 hours, even if you are not hungry.
You should have 3 meals and 3 snacks each day.

What does “1 portion size” mean for this menu?

½ cup (125 ml)

How much protein powder should I have each day?

- Skim milk powder: 12 tablespoons each day (2 tablespoons at each meal and snack), **or**
- Beneprotein®: 6 scoops each day (1 scoop at each meal and snack)
- Other protein powder (whey isolate):

BREAKFAST (choose one)

Eat ½ cup (125 ml) of cooked hot cereal. Choose any 1 of the following:

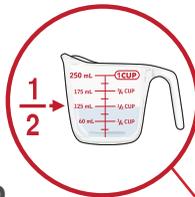
- Oatmeal
- Cream of wheat
- Baby cereal

Or, eat ½ cup (125 ml) of yogurt (no pieces) or milk.

To prepare your hot cereal:

- 1** Follow the instructions on the packaging to prepare cereal using skim, 1%, or 2% milk. (Do not use water.)

- 2** Use your measuring cup to measure ½ cup (125 ml) of the **cooked** cereal into your bowl.



- 3** Add **2 tablespoons** of skim milk powder **or** 1 scoop of Beneprotein®, or equivalent to your cereal. Mix well and enjoy.

MORNING SNACK (choose one)

Choose $\frac{1}{2}$ cup (125 ml) of **1** of the following:

- Skim, 1%, or 2% milk
- Fruit or plain yogurt, no pieces (If you prefer, you may use 100 gram pre-portioned yogurt.)
- Puréed fruit (Ex. Applesauce)
- High-protein Jell-O® (see **page 34** for the recipe)



+



OR



To prepare your snack:

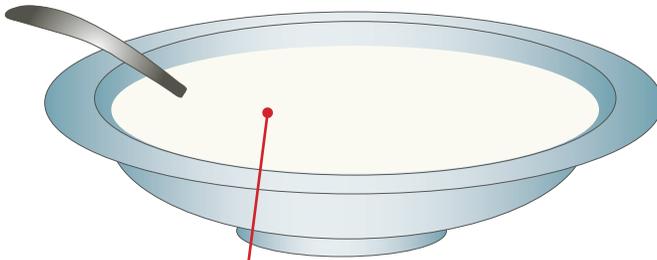
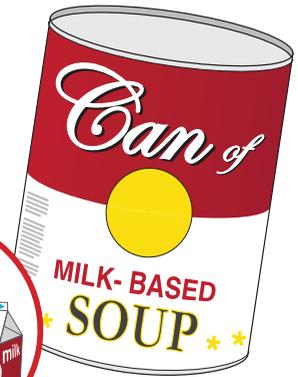
1. Add 2 tablespoons of skim milk powder **or** 1 scoop of Beneprotein® or equivalent whey protein powder. (Do not add any to the Jell-O®, see recipe on **page 34**)
2. Mix well and enjoy.

LUNCH

Eat $\frac{1}{2}$ cup (125 ml) of strained milk-based soup.
Avoid all broth-based soups.

To prepare a condensed canned soup:

- 1 Follow the instructions on the packaging. Instead of adding water, add skim, 1% or 2% milk.
- 2 Cook the soup either in a microwave or on the stove.
- 3 Strain or puree the soup to remove any solid food.



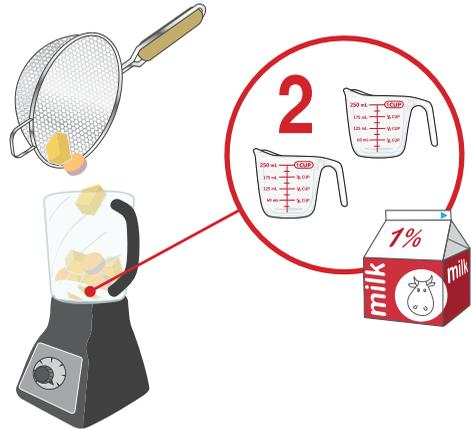
- 4 Measure $\frac{1}{2}$ cup (125 ml) of soup into a bowl.
- 5 Add 2 tablespoons of skim milk powder or 1 scoop of Beneprotein® or equivalent to your soup. Mix well and enjoy.

To prepare a homemade soup:

- 1** Boil about **2 cups (500 ml)** of any chopped vegetable.

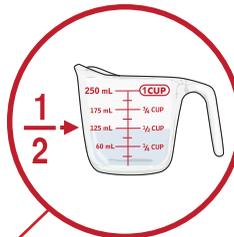


- 2** Strain the vegetables. Throw out the water.

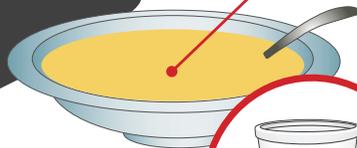


- 3** Put the vegetables in a blender.

Add about **2 cups (500 ml)** of skim, 1% or 2% milk to the blender and season with spices, herbs, and/or salt. Purée until well blended and no pieces remain.



- 4** Measure **1/2 cup (125 ml)** of your soup into a bowl.



- 5** Add **2 tablespoons** of skim milk powder **or** 1 scoop of Beneprotein® or equivalent. Mix well and enjoy.

AFTERNOON SNACK

Same as morning snack described on **page 14**.

DINNER

Same as lunch described on **page 15**.

EVENING SNACK

Same as morning snack described on **page 14**.



PURÉE MENU

You will be on a purée diet for the next 3 weeks (weeks 3, 4 and 5).

Stay on a purée diet from: to

A purée diet is made up of liquids and smooth foods. Puréed foods are easier to digest than solid foods. While your body takes the time to heal, it will give you all the protein and fluids that you need. This diet is also very important to avoid problems after surgery, such as vomiting and dysphagia ('stuck' feeling when eating).

Examples of these foods are:

- Pureed meats and alternatives
- Scrambled eggs
- Soft cheeses (example: ricotta or cottage cheese)



* It is important **NOT** to eat solid foods during this time. *Do not rush this step.* Take your time to be sure you heal well.



Be sure to keep hydrated by drinking water and caffeine-free and sugar-free drinks. Remember you need to stop drinking 15 minutes before you eat to leave space in your stomach to eat. You may restart drinking 30 minutes after finishing eating to avoid vomiting and weight regain in the long term.

FREQUENTLY-ASKED QUESTIONS:

?

How often am I eating during the day?

Eat every 3 hours, even if you are not hungry.
You should have 3 meals and 3 snacks each day.

What does “1 portion size” mean for this menu?

½ cup (125 ml) to ¾ cup (175 ml)

How much protein powder should I have a day?

- Skim milk powder: 8 tablespoons each day (2 tablespoons at breakfast and at each snack), **or**
- Beneprotein®: 4 scoops each day (1 scoop at breakfast and at each snack), **or**
- Other protein powder (whey isolate):

BREAKFAST

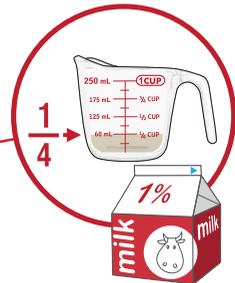
To prepare your cold cereal:

1 Choose 1 of the following:

- Rice Krispies®
- Special K®
- Corn Flakes®
- Cheerios,
Multigrain Cheerios



2 Measure ¼ cup (60 ml) of cereal into your bowl.



4 Stir in **2 tablespoons** of skim milk powder **or** 1 scoop of Beneprotein® or equivalent into your cereal. Mix well and enjoy.

3 Add ¼ cup (60ml) of skim, 1% or 2% milk to soften cereal.



If you are still hungry after your cereal, choose 1 of the following:

- 1 egg (soft-boiled and then mashed with fork)
- 1 raw egg. Whisk in **1 to 2 tablespoons** of skim, 1%, or 2% milk and cook as an omelette or scrambled egg.
- **¼ cup (60ml)** of soft cheese (e.g. cottage cheese, ricotta cheese, or bocconcini cheese)

MORNING SNACK

Eat **½ cup (125 ml)** to **¾ cup (175 ml)** of 1 of the following:

- Skim, 1%, or 2% milk
- Plain or fruit Greek yogurt, no pieces (If you prefer, you may use 100 g pre-portioned yogurt.)
- Puréed fruit (ex: applesauce)
- High-protein Jell-O® (see **page 34** for the recipe to make this.)
- Soft cheese (e.g. cottage cheese, ricotta cheese, or bocconcini cheese)



To prepare your snack:

1. Add 2 tablespoons of skim milk powder **or** 1 scoop of Beneprotein® or equivalent. (Do not add any to the Jell-O®. See recipe on **page 34**)
2. Mix well and enjoy.

LUNCH

Eat $\frac{1}{2}$ cup (125 ml) of puréed meats or meat alternatives (e.g. tofu, legumes, eggs).

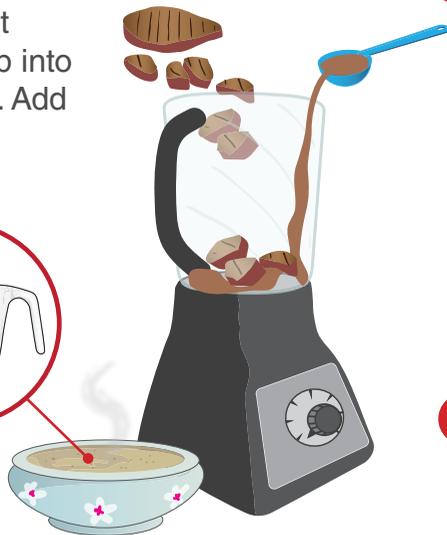
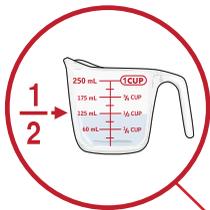
To prepare your meat or meat alternative purée:

- 1 Cook one of the following:
 - Meat (e.g. beef, lamb, pork, chicken)
 - Fish, flaked
 - Tofu
 - Legumes (e.g. lentils, chickpeas)
 - 2 eggs



*** Choose lower fat cooking options such as sautéing, roasting, steaming, baking, or boiling. Season with herbs, spices, and/or salt.**

- 2 Cut the cooked meat or meat alternative up into small pieces. Add to a blender.



- 3 Choose 1 of the sauces below:
 - Tomato sauce
 - Vegetable juice
 - Broth (chicken, beef, or vegetable)
 - Low-fat gravy
 - Hummus
 - Tzatziki
 - Low-fat mayonnaise

- 4 Add a few tablespoons of this sauce to the blender. Purée until well blended and no pieces remain.

- 5 Portion $\frac{1}{2}$ cup (125 ml)

*** If you are still hungry after eating $\frac{1}{2}$ cup (125 ml) of meats or alternatives, add $\frac{1}{4}$ cup (60ml) of pureed vegetables or pureed potato to your meal.**

To prepare your vegetable or potato purée:



1 Choose any vegetables that you like (e.g. carrots, broccoli, peas, zucchini, squash, spinach) and cut them up into small pieces.

2 Season the vegetables with herbs, spices, and/or salt and cook until soft (Ex. Boil or bake).

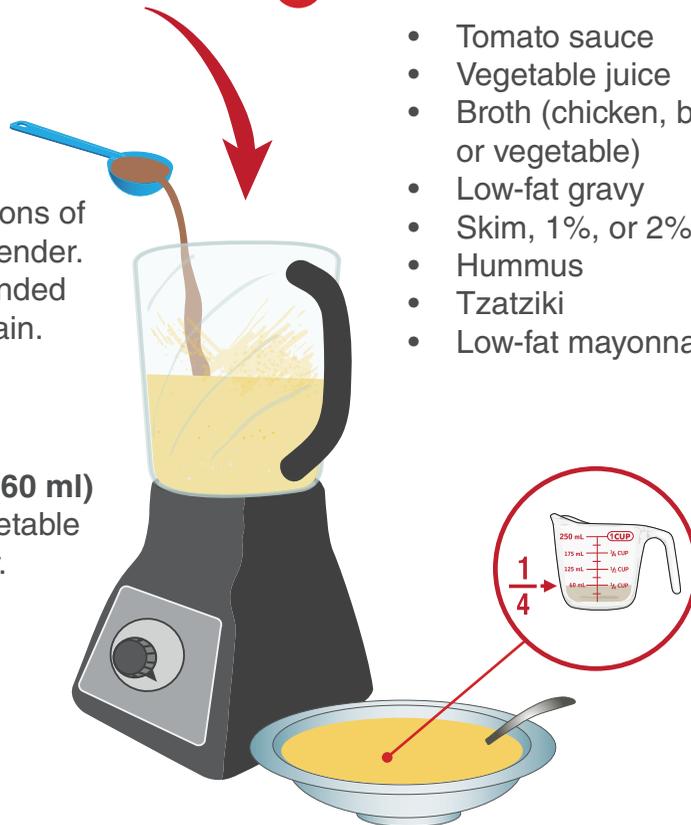
3 Add them to a blender.

4 Choose 1 of the sauces below:

- Tomato sauce
- Vegetable juice
- Broth (chicken, beef, or vegetable)
- Low-fat gravy
- Skim, 1%, or 2% milk
- Hummus
- Tzatziki
- Low-fat mayonnaise

5 Add a few tablespoons of this sauce to the blender. Purée until well blended and no pieces remain.

6 Measure a $\frac{1}{4}$ cup (60 ml) of your pureed vegetable or potato and enjoy.

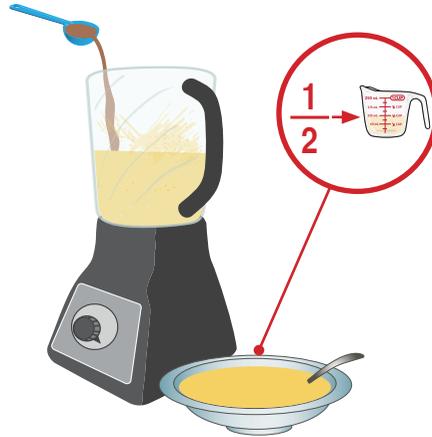
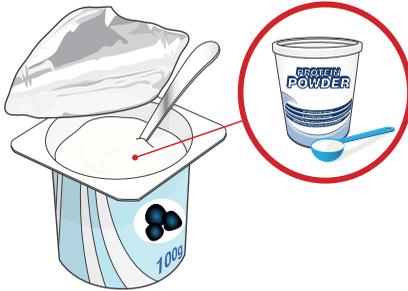


Did you know?

Protein is very important for healing after surgery. For this reason, be sure to always finish your meats or meat alternatives **BEFORE** eating your pureed vegetables or potato.

AFTERNOON SNACK

Same as morning snack, see page 20.



DINNER

Same as lunch see page 21.

Did you know?

Baby food is a great option as an alternative to homemade purées. Just add herbs, spices, and/or salt to season. Remember to still measure store-bought purees because you may need more than 1 jar to meet your portion size at a meal or snack.



EVENING SNACK

Same as morning snack see page 20.

YOUR NEW LIFE-LONG MENU

Congratulations!

You are now ready to start eating solid foods! This is a guide for how to eat for the rest of your life. Consider this menu to be a **new and healthy way of eating** from this point forward.

Speak to your nutritionist if you have questions or concerns. If you would like to make any changes to your menus, speak to your nutritionist **before** you do so. Remember: we are here to help!



Follow the menu closely. **Be sure to eat enough protein each day.** Remember: Protein is important to maintain your muscles while losing weight, to help you feel full, and to help reduce cravings. See the “Getting enough protein” section of this booklet for more details on how much protein you need to take each day (see **page 30**).

FREQUENTLY-ASKED QUESTIONS:



How often am I eating during the day?

Eat every 3 hours, even if you are not hungry.
You should have 3 meals and 3 snacks each day.

What does “1 portion size” mean for this menu?

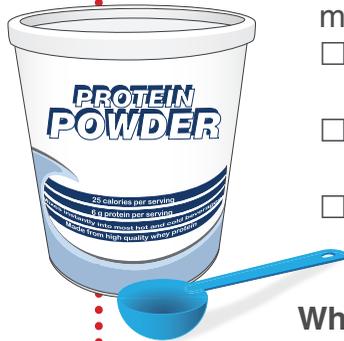
1 cup (250 ml) for meals
½ cup (125 ml) to 1 cup (250ml) for snacks



How much protein powder should I have a day?

Continue to add **1** of the protein powders below, until you meet the nutritionist at your next appointment:

- 2 tablespoons of skim milk powder with your breakfast and snacks, when possible, **or**
- 1 scoop Beneprotein® with your breakfast and snacks, when possible, **or**
- Other protein powder (whey isolate):



What should I do if I miss a meal or snack?

Drink 1 bottle of Glucerna®, Boost Diabetic®, or Boost 100®, or equivalent diabetic meal replacement

Do I really need a food scale?

Yes. Foods like meat and cheese cannot be measured in cups or millilitres (mL). They need to be measured by weight (grams or ounces) to meet the portions that you need.



BREAKFAST

1 Choose 1 starch.

- 1 piece of toasted whole wheat or whole grain sliced bread
- ½ toasted bagel
- ½ toasted English muffin
- 4 whole grain crackers
- ½ cup of high-protein cereal (speak with your nutritionist for some examples)

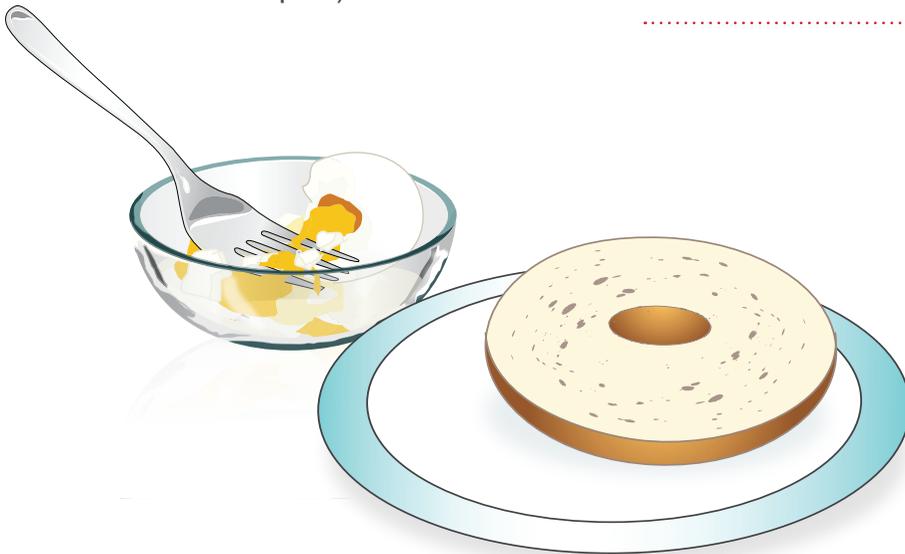
Examples of high-protein cereals I may eat:

.....

.....

.....

.....



2 Add 1 protein.

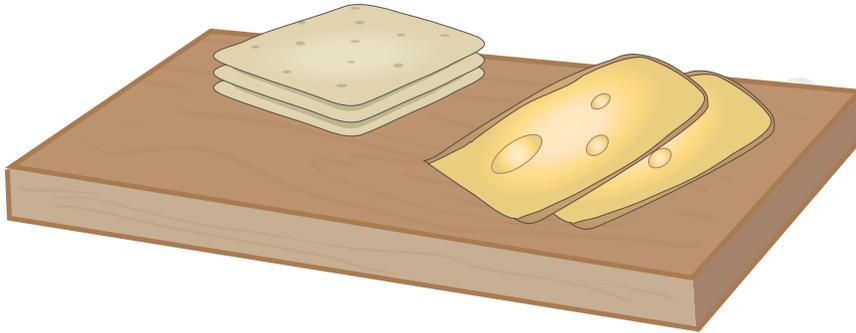
Choose 1 of the following:

- 1 egg
- **30 to 50 grams** (1 to 1.5 oz) of 20% or less milk fat (M.F.) hard cheese
- **¼ cup (60ml)** of lower fat soft cheese (e.g. cottage cheese, ricotta cheese, or bocconcini cheese)
- **1-2 tablespoons** peanut butter
- **1-2 tablespoons** lean crétons

MORNING SNACK

Choose 1 of the following:

- **1 cup (250 ml)** of skim, 1%, or 2% milk
- **100 grams** pre-portioned Greek yogurt
- 2-4 whole grain crackers with **30-50 grams** of 20% milk fat (M.F.) or less of hard cheese.
- **¼ cup (60 ml)** to **½ cup (125 ml)** of lower fat soft cheese (e.g. cottage cheese, ricotta cheese or bocconcini cheese)
- **½ cup (125 ml)** of high protein Jell-O® (see **page 34** for the recipe to make this.)
- **¼ cup (60ml)** of nuts or seeds, (shells removed)



Did you know?

If you do not like the taste of cow's milk, you may use plain soy milk instead.

Avoid almond milk and rice milk. These beverages do not have enough protein. For this reason, they are not good alternatives for cow's milk or soymilk.

LUNCH

1 Choose 1 meat or meat alternative.

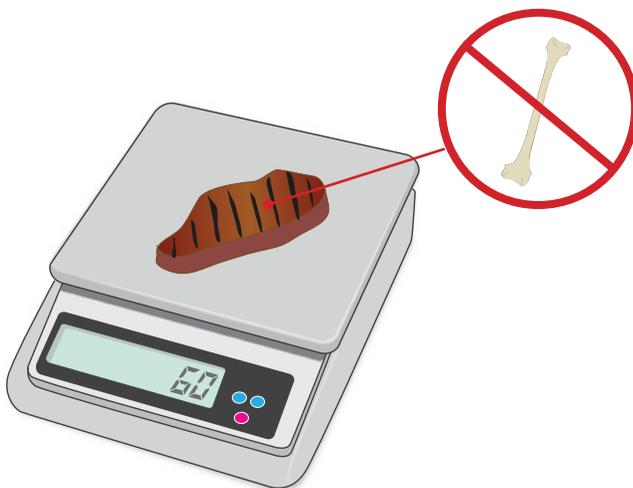
- Meat (e.g. beef, lamb, pork, chicken)
- Fish, flaked
- Firm tofu
- $\frac{1}{2}$ cup (125 ml) to $\frac{3}{4}$ cup (175 ml) of legumes (e.g. lentils, chickpeas)
- 2 eggs



To prepare your meats or meat alternative:

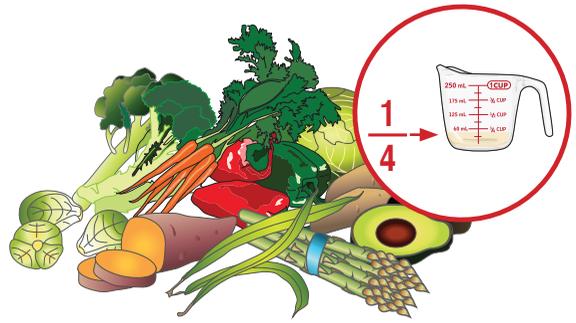
Season with herbs, spices, and/or salt. Choose lower fat cooking options such as sautéing, roasting, steaming, baking, or boiling.

Using your scale, measure **60 to 90 grams (2 to 3 oz)** of your **cooked, boneless, skinless** meat or meat alternatives.



2 Choose your vegetables.

Choose $\frac{1}{4}$ cup (60 ml) of cooked vegetables. Choose any vegetables that you like (e.g. carrots, broccoli, peas, zucchini, squash, spinach, bell peppers).



3 Choose your whole grain.



Choose $\frac{1}{4}$ cup (60ml) of a cooked whole grain product. Choose any whole grain product that you like (e.g. brown rice, whole grain pasta, quinoa) You may also have boiled, mashed, or roasted potatoes.

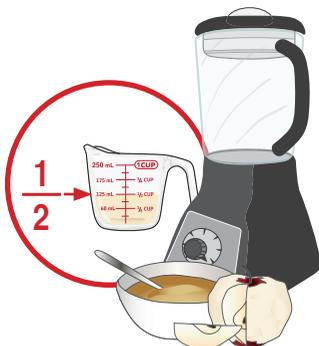
* Avoid soups because they are usually low in protein and will cause you to be hungry very quickly after eating.

AFTERNOON SNACK

Same as morning snack, see page 27.

DINNER

Same as lunch, see page 28.



EVENING SNACK

Choose half or 1 whole fruit or $\frac{1}{2}$ cup (125ml) of puréed or pre-cut fruit

* Start with only 1 fruit each day. This way, you can be sure to prioritize your protein snacks.

GETTING ENOUGH PROTEIN

HOW MUCH PROTEIN DO YOU NEED?

The menu described in the earlier section is meant to guide you as you take on a new way of eating. As you plan your meals each day using these menus, you will also need to make sure you are eating enough protein each day. Remember: protein is important for building and keeping muscle. It also helps your body to heal after surgery.

Below is the amount of protein that you will need each day. Your nutritionist has calculated the right amount of protein for your body. This number changes slightly as you lose weight.



I need to eat grams of protein each day.

If you had the **biliopancreatic diversion with duodenal switch** (what we call the BPD-DS “switch”) surgery, you will have to add extra protein into your diet through a **daily protein supplement**, such as a protein powder, a protein shake, or a protein bar. Speak to your nutritionist about this at your next meeting.



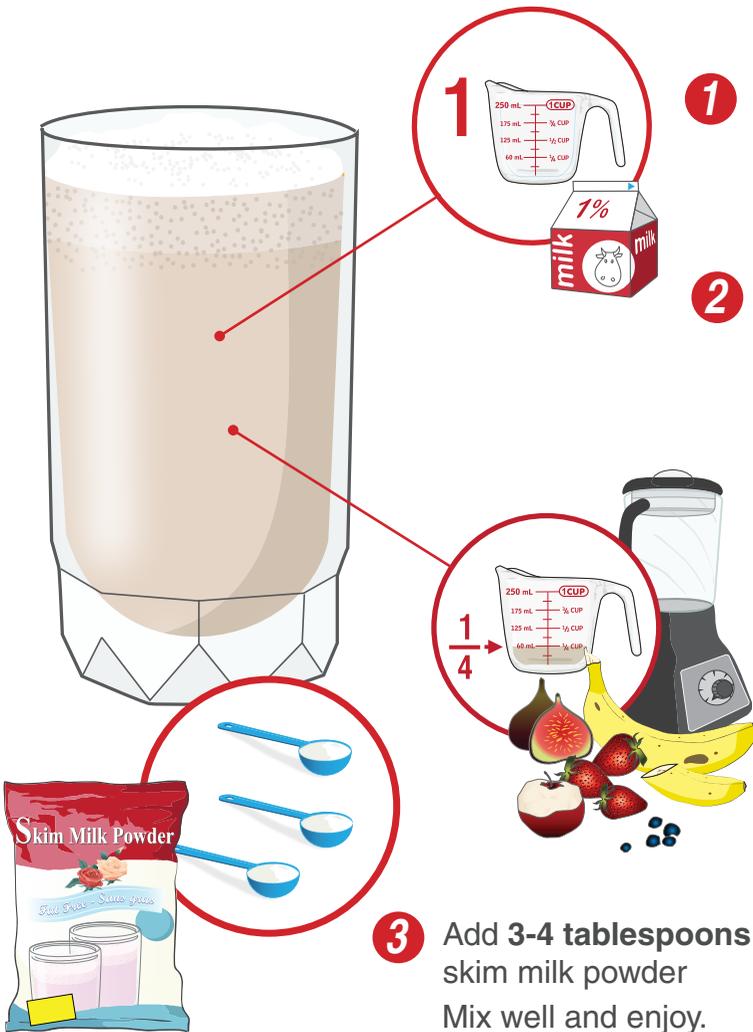
Your nutritionists are available if you have questions or concerns. If you would like to make any changes to how you are eating, speak to your nutritionist **before** you do so. Remember: your nutritionist is here to help!

PREPARING PROTEIN SHAKES AND SUPPLEMENTS

Choose the following high-protein options to replace a meal or snack when you are too busy to eat, or as instructed by your nutritionist.

HIGH-PROTEIN MILKSHAKE

One serving of high protein milk has 15-18 grams of protein. To prepare your high-protein milk:



1 Measure **1 cup (250 ml)** of (skim, 1%, or 2%) milk or soymilk.

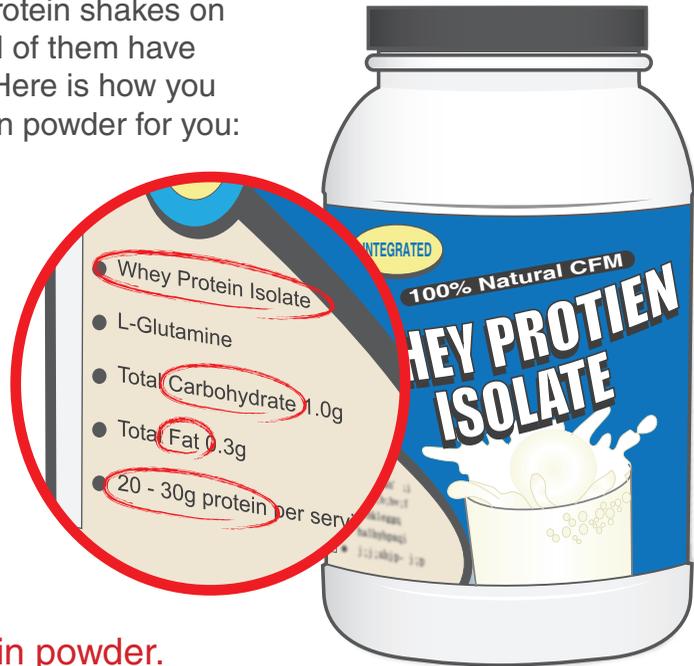
2 Add low calorie beverage mix (Crystal Light®, Mio®, or equivalent) or **¼ cup (60 ml)** of blended frozen fruit.

3 Add **3-4 tablespoons** of skim milk powder. Mix well and enjoy.

PROTEIN SHAKES

One shake should have 20 to 30 grams of protein per serving.

There are many types of protein shakes on the market today but not all of them have the right nutrients for you. Here is how you can choose the right protein powder for you:



Choose the 'right' protein powder.

Check to make sure that the first ingredient on the ingredient list is:

- Whey protein isolate, or
- Soy protein isolate, or
- Egg protein

The protein powder you choose should also have:

- Less than 5 grams of carbohydrates
- Less than 5 grams of fat
- About 20 to 30 grams of protein per serving

*** Follow package instructions to prepare your protein shake.**

Examples of ready-to-drink protein shakes I may drink:

.....

.....

.....

.....

PROTEIN BARS

One bar should have about 10 to 20 grams of protein per serving.

Just like protein shakes, there are as many types of protein bars on the market today. Not all protein bars will have the right combination of nutrients for you. Here is how to choose the right one:

Choose the 'right' protein bar.



Check to make sure that the **first ingredient** on the ingredient list is:

- Whey protein isolate, or
- Soy protein isolate

The protein bar you choose should also have:

- Less than 200 calories
- Less than 10 grams of fat
- Less than 10 g sugar
- About 10 to 20 grams of protein per serving

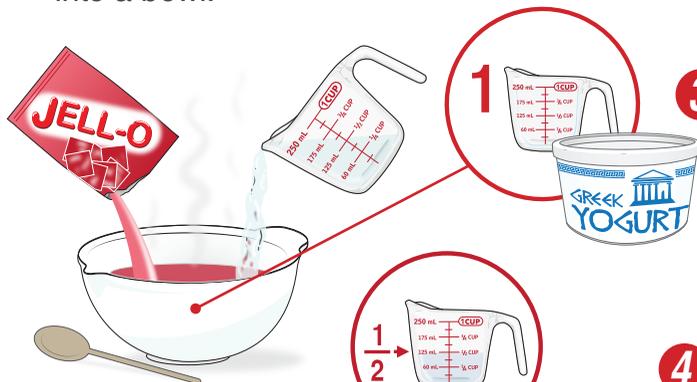
HIGH PROTEIN JELL-O®

½ cup (125 ml) serving of high protein Jell-O® should have 5 grams of protein.

To prepare your Jell-O®:

- 1 Empty 1 box (about 10 grams) of sugar-free gelatine powder into a bowl.

- 2 Add 1 cup (250 ml) of hot water. Stir gently until all the powder dissolves.



- 3 Add 1 cup (250 ml) of vanilla Greek yogurt. Mix well.



Makes 4 servings

- 4 Divide the Jell-O® mix into 4 servings of ½ cup (125 ml).
- 5 Refrigerate for a few hours to set.

PROTEIN POPSICLES

To prepare your popsicles:

- 1 Empty 1 bottle of a diabetic meal replacement, such as Glucerna® or Boost Diabetic® into a bowl.

- 4 Place the moulds in the freezer to set.
Makes 4 popsicles

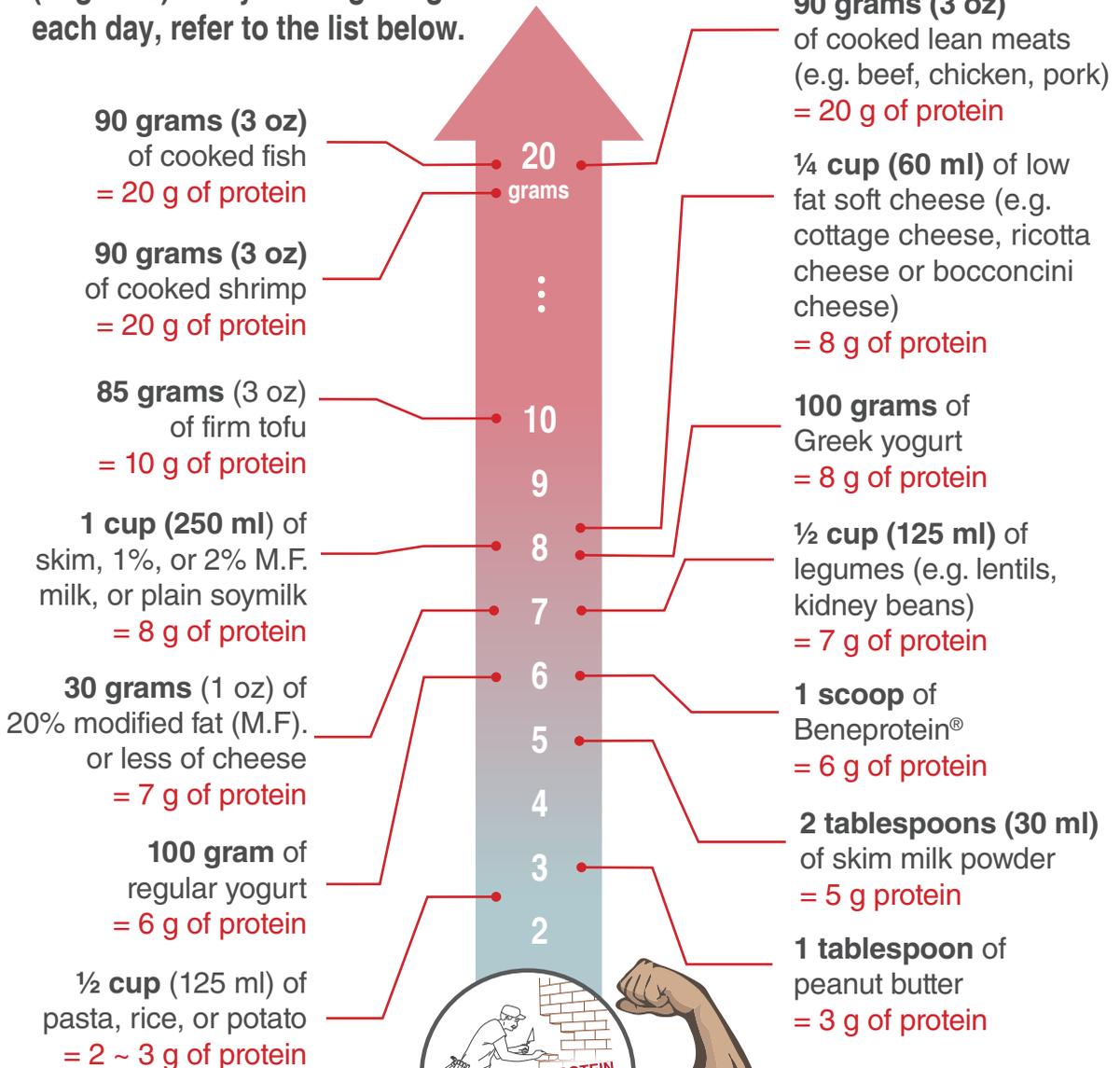
* One protein popsicle has about 8 grams of protein.



- 2 Add 4 scoops of Beneprotein® or 8 tablespoons of skim milk powder. Mix well.
- 3 Pour into popsicle moulds.

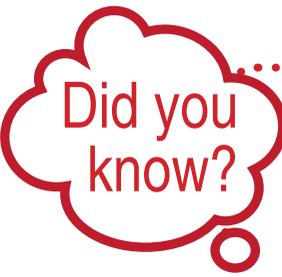
HOW MUCH PROTEIN ARE YOU GETTING?

To calculate how much protein (in grams) that you are getting each day, refer to the list below.

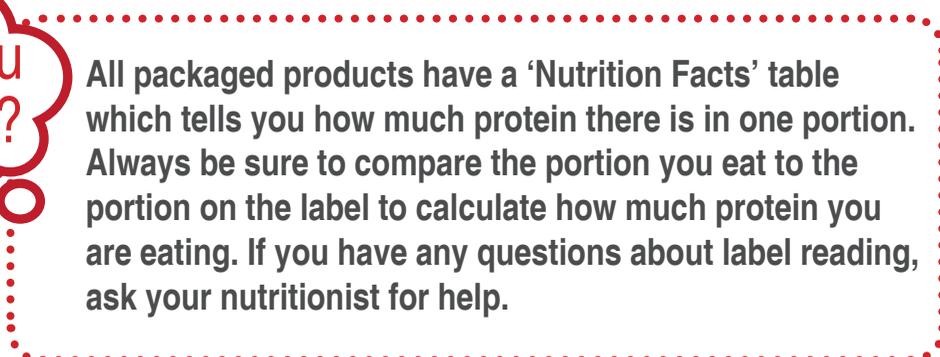


* Note: these are estimated average values.

Try the learning activity on the next page to practice how to calculate how much protein you are getting! If you are unsure on how to calculate this, ask your nutritionist for help.



Did you know?



All packaged products have a 'Nutrition Facts' table which tells you how much protein there is in one portion. Always be sure to compare the portion you eat to the portion on the label to calculate how much protein you are eating. If you have any questions about label reading, ask your nutritionist for help.

CALCULATING YOUR DAILY PROTEIN: LEARNING ACTIVITY

If you follow the menu below, how much protein will you get in your day?
Is it enough? (Refer to **page 35**)

Example menu for the day:

Breakfast:

$\frac{1}{2}$ **cup** cereal with $\frac{1}{2}$ **cup** milk = grams of protein
(*Hint: read the cereal nutrition label*)

Morning snack:

100 g Greek yogurt = grams of protein

Lunch:

90 grams cooked meat = grams of protein
+ $\frac{1}{4}$ cup rice and $\frac{1}{4}$ cup cooked broccoli

Afternoon snack:

30 grams of low fat cheese = grams of protein

Dinner:

90 grams of cooked salmon = grams of protein
+ $\frac{1}{4}$ cup potatoes and $\frac{1}{4}$ cup cooked carrots

Evening snack:

1 cup milk = grams of protein

Time to calculate your protein!

TOTAL: grams of protein

Add each amount to get
your total for the day



Did you get enough protein today? Yes No
(Refer to **page 30.**)

If no, what else could you eat today to meet your protein goal?

.....
.....

LIFE AFTER SURGERY: HEALTHY EATING

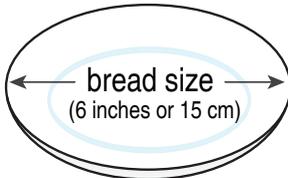


TIPS FOR HEALTHY EATING

Always eat your protein first. When eating a meal, start with your protein, then have your vegetables, then finish with the grain products (see **pages 6 and 7** on food groups to learn more).



dessert fork
& spoon

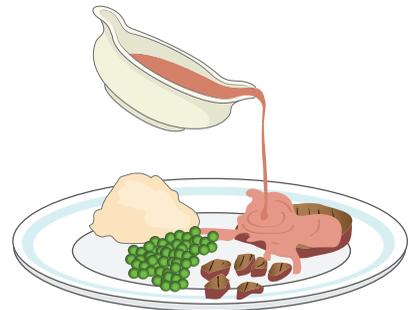


Eat slowly. Chew your food well (until it is a purée-like texture) before swallowing. Your meal times should last about 20 to 30 minutes. You may have to reheat your food, which is normal after surgery.

Control your portion sizes and eat small bites. Eat from small plates (e.g. a bread plate). Use small utensils (e.g. a dessert fork or teaspoon).

Moisten your meats so they ‘go down’ better. This will prevent the feeling of food getting ‘stuck’ in your throat. To do this:

- Use low fat sauces, gravies, broths and tomato-based sauces to cook your meat.
- Cook meats in a crock-pot (slow-cooker).
- Always cut your meat into bite-size pieces (size of your pinkie finger nail).
- Try a meat mallet or a meat tenderizer, if you still have trouble.



Eat mindfully and savour your foods.

Avoid distractions while eating (e.g. don't read, work, or watch television while eating.)

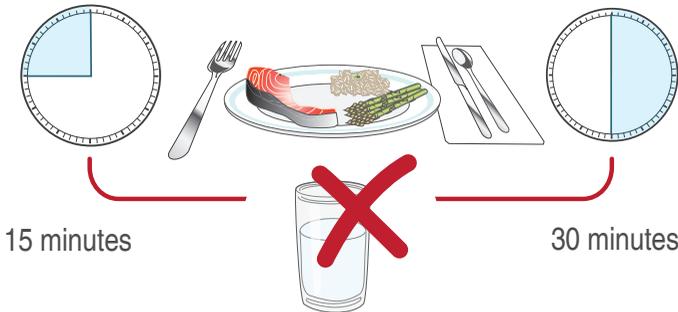
Stop eating when you feel satisfied,

even if you haven't finished your meal. Pay attention to your physical signs of hunger. Hunger feels like emptiness in the stomach and a need to eat, not a want.



Do not drink while you eat.

Drink up to 15 minutes before eating and re-start 30 minutes after eating, for all meals and snacks. If you are having trouble with this, download the app 'Bariatric Timer'. (See **page 44** to learn more.)



Drink 6-8 cups of liquid each day
(e.g. water, decaffeinated coffee or tea, herbal teas, low-calorie flavoured water, and milk.)



*** Avoid the following:**

- **Caffeinated drinks (e.g. coffee, tea, energy drinks)**
- **Soft drinks (including mineralized water), beer**
- **Alcohol (for at least 6 months after the surgery)**
- **Juices**

Always sit upright during meals and right after eating. This will prevent heartburn.

Try one new food at a time. This is especially important right after surgery, as you move through each of the menus described in this booklet.

This way, if your body has any trouble digesting your food (that is, you have pain or discomfort after you eat), you will know which food is the cause. The good news is that your body will be able to digest foods better over time.

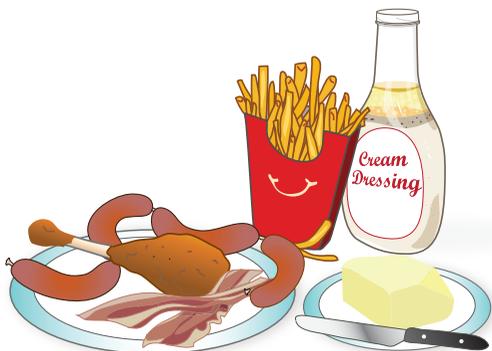
Take your vitamins every day for life. If you have trouble with your vitamins, speak to your nurse or nutritionist.



Learn more about food labels. Read these carefully. Understanding food labels will help you make better choices. Ask your nutritionist for tips on how to read food labels. Your nutritionist can help you learn what to pay attention to.

FOODS TO AVOID AND WHY

Limit these foods after bariatric surgery:



GREASY/HIGH FAT FOODS

These foods can lead to weight gain.

If you have had the “biliopancreatic diversion with duodenal switch” (BPD/DS) surgery, fatty foods will lead to very smelly, oily stools.

Examples include:

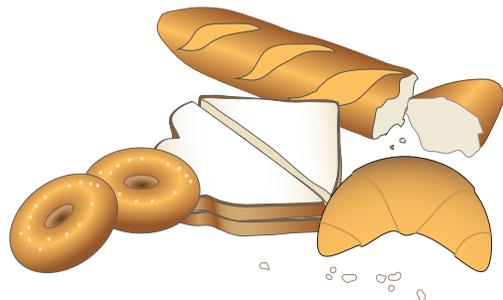
Fatty meats, skin on poultry, bacon, sausage, added fats (i.e. butter, excess oil), heavy cream sauces, fried foods, fast food, etc.

CAFFEINE

These drinks can lead to dehydration (when your body does not have enough water). This will make you feel unwell and may cause damage to your kidneys.

Examples include:

Coffee, tea, energy drinks, etc.



SOFT "DOUGHY" GRAIN PRODUCTS

These foods can lead to a feeling that food is stuck after swallowing (called dysphagia).

Examples include:

Fresh breads and bagels.

* Always toast bread and bagels before eating them.

Did you know?

Sugar, sweets, soda, and juice can lead to ***dumping syndrome*** after a gastric bypass (RYGB). When this happens, food moves from your stomach into your small intestine too quickly. This can lead to stomach cramps, sweats, shakiness, and diarrhea, usually 10 to 30 minutes right after eating, or a few hours later.

To prevent dumping syndrome, follow the menu plans in this booklet. Eat smaller meals; avoid concentrated sweets and the drinks listed on this page.



CONCENTRATED SWEETS

These foods can lead to weight gain. If you have had the gastric bypass (RYGB) surgery, concentrated sweets will lead to dumping syndrome.

Examples include:

Sugar, juice, pastries, cookies, cake, ice cream, candy/chocolate bars, honey, maple syrup, jam, etc.)

CARBONATED BEVERAGES – AVOID for life

These drinks will stretch your stomach, which will lead to weight gain.

Examples include:

Soda, mineralized water, sparkling water, beer, etc.





FIBROUS FOODS

These foods can lead to a feeling that food is stuck after swallowing (called dysphagia).

Examples include:

Celery, artichoke, broccoli stems, fresh pineapple, pea pods (snow peas, snap peas) and other tough fibrous vegetables.

* Try cooking these vegetables and cut your fruit into small pieces to make it easier for your body to digest them.

ALCOHOL

These foods can lead to weight gain and ulcers (painful sores in your stomach.)

After surgery your body absorbs alcohol much faster. For this reason, you will feel the effects of alcohol very quickly. Do not drive after drinking alcohol.

Examples include:

Beer, wine, cocktails, spirits, etc.

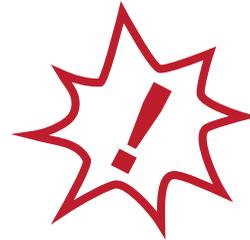


* Wait 6 months after your surgery to start drinking alcohol. If you choose to drink alcohol after 6 months, please do so in moderation.

TOOLS FOR HEALTHY EATING

HEALTHY EATING APPLICATIONS ONLINE

There are a number of applications available today that you might find helpful. Simply download them to your tablet or phone device to receive tips, help with meal planning, or healthy eating reminders.



Not all healthy eating applications are suitable or safe for someone who has had bariatric surgery. For this reason, always show any application you find to your bariatric nutritionist. He or she will tell you if it is a good application for you to use.

APPLICATION: BARIATRIC TIMER



What it does:

This application reminds you when to stop drinking before a meal/snack and when you can start drinking after a meal/snack.

Tip for settings:

Change your settings as follows:

- “Drinking to eating wait”: **15 minutes**
- “Eating to drinking wait”: **30 minutes**
- “Eating to eating wait”: **3 hours**

APPLICATION: SCHEDULE PLANNER CLASSIC



What it does:

This application helps you schedule your meals, snacks, and water breaks.

APPLICATION: EATRACKER (for French version, see profilan.ca) Also, MyFitnessPal, or MyNetDiary



What it does:

These applications help you track what you are eating, how much protein you are eating, and how much you are drinking each day.

Did you know?

You can set alarms on your cell phone to remind yourself to drink water. Set them to ring 30 minutes after you finish eating, and 1 time every hour after that. Always carry a bottle of water with you.

CONTACT US

**Ask your nutritionists,
we are here to help!**

Contact us by phone if you have questions, concerns, or are thinking about changing your meal plan.

(514) 934-1934, extension: 35272



**Did you
know?**

As there are a large number of patients that come to our clinic, we ask that you leave a message when you call. We will do our best to get back to you within 24 to 48 hours, on business days.

You are not assigned to any one nutritionist. Instead, you may meet with both nutritionists throughout your care.

Looking for information on

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Patient Education Office