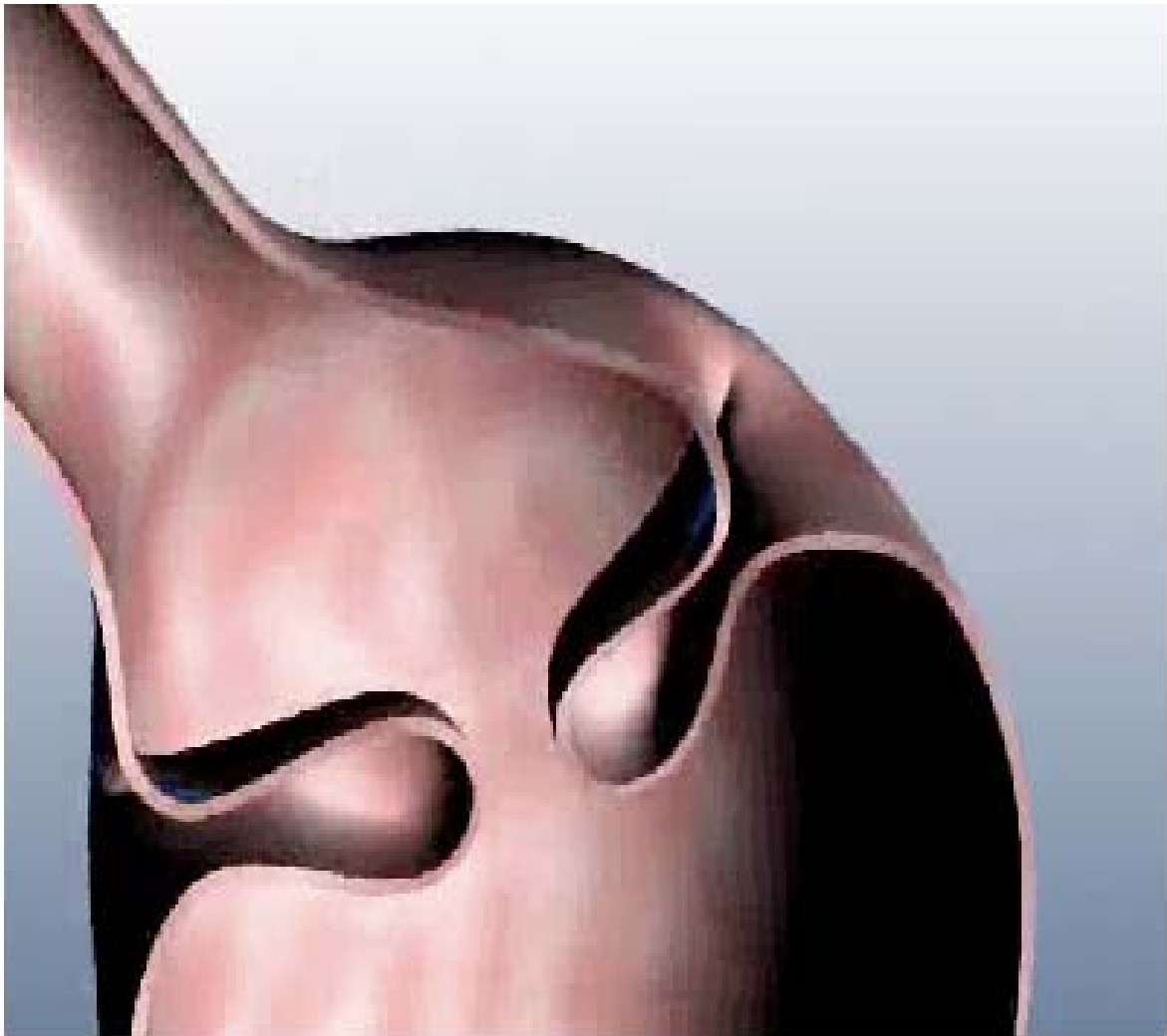


**Nutrition Guidelines  
StomaphyX Surgery  
Johns Hopkins Center for Bariatric Surgery  
Johns Hopkins Bayview Medical Center**



## **How does this procedure work?**

The StomaphyX procedure is now available for individuals who have had previous gastric bypass surgery and who are regaining weight. This procedure involves no incisions and no recovery and involves placing an endoscope through the mouth into the stomach pouch. The connection between the stomach pouch and small intestines is then sutured resulting in slower emptying of the stomach and earlier satiety (feeling of fullness) and more weight loss. The procedure also shrinks the stomach pouch and makes it small, similar to the outcome of the original gastric bypass procedure.

### **Benefits of the StomaphyX procedure include:**

- No need for abdominal or internal surgical incisions.
- Enables the surgeon to reduce the size of the stomach.
- Preserves future treatment options.
- In most cases, is performed on an outpatient basis.
- Essentially painless.
- Faster recovery than with open or laparoscopic procedures.
- Provides for unique procedures for different anatomies
- Adjustable and/or revisable.

### **People who may benefit from the StomaphyX procedure:**

- Gastric Bypass patients who are regaining weight or want to lose more weight.
- Duodenal Switch patients who want more restriction.
- Sleeve gastrectomy patients who want more restriction in their remaining stomach.
- Stomach fistula or leak.
- Severe dumping syndrome.
- Low blood sugar (hypoglycemia) from late dumping

## Dietary, Lifestyle, and Behavioral Changes

It is a good idea to start working on these behaviors **before** your StomaphyX surgery to help you prepare for your new lifestyle after surgery.

1. **Eat slowly and chew your food thoroughly.** Failure to do so can cause pain, nausea, vomiting, and irritate your new pouch.  
-Tips: Use infant utensils or chop sticks to help slow you down. Take tiny bites (e.g. pencil eraser-size) , and chew thoroughly until the food is liquid. Allow about 10 minutes per ounce of food (medicine cup or 1/3 of a deck of cards), and at least 30 minutes for a meal.
2. **Watch your portion sizes at meals.** The less food you put in front of you, the less you will eat.  
-Tips: Use saucer- sized plates for meals, buy small Tupperware for portion control. If dining out, take at least half home (depending on the portions, perhaps even more than this).
3. **Stop eating when you feel comfortably satisfied.** It takes 20 minutes for your brain to identify that your stomach is full. When you feel a pressure in your upper stomach area, this is your new full feeling. If it is painful, you probably took one too many bites, or perhaps ate too quickly  
-Tips: Eat slowly to recognize this feeling of fullness.  
Avoid distractions, as much as possible, while eating, promoting mindfulness.
4. **Drink adequate fluids to prevent dehydration. Aim for 48-64 oz (6-8 cups) of fluid a day. Avoid fluids with meals, and wait 30 minutes after a meal to resume drinking.**

For the first week post-op your stomach may be swollen, and it may take 30-60 minutes to drink a cup of liquid. Keep sipping all day to help prevent dehydration, it gets easier as the weeks pass. Soon it will only take 5-15 minutes to finish a cup.

### **Beverages must be sipped, not gulped.**

-Tips: try sippy cups or a sports top water bottle to slow you down, keep fluids with you all day long and keep sipping, avoid fluids on the table while you eat a meal (help with the eat/drink habit).

**Your urine should be very light, if not clear, as a sign you're getting enough fluid. Increase your fluid intake if any of the following signs are present: dark urine, headache, dizziness, confusion, a white coating on the tongue.**

### **4. Avoid carbonated beverages and beverages containing sugar or caffeine.**

The bubbles may cause pouch irritation and gas. Instead choose sugar-free, non carbonated drinks such as: Crystal light<sup>®</sup>, Propel Fitness Water, Fruit 2O<sup>®</sup>, Diet Snapple<sup>®</sup>, Light Minute Maid<sup>®</sup> drinks, etc...

Caffeine can irritate the lining of the stomach and may increase your risk of ulcers after surgery.

**-Tips for Beverages to Choose After Your StomaphyX Surgery:**

- Wean off carbonated and caffeinated beverages before surgery to help prevent withdrawals.
- Choose beverages with **10 calories** or less per serving.
- If plain water sits heavy and you are having problems tolerating it add a sugar-free flavoring (e.g. True Lemon®, lemon or orange slice, etc.)

**6. Avoid alcohol beverages.** Alcohol, beer, and wine can cause weight gain and result in poor nutrition since they are high in calories and low in nutrients. Alcohol may be absorbed more quickly than before due to your StomaphyX procedure. You may feel the effects of the alcohol after consuming a small amount.

**7. Read food labels. Food choices should be no sugar added and low in fat.**

Foods that are high in sugar and fat may cause diarrhea and abdominal discomfort or cause the **“Dumping Syndrome”**. Additionally, these poor food choices can slow down the rate of weight loss and may even cause weight regain.

**NOTE: If you had gastric bypass surgery prior to your StomaphyX procedure, you continue to be at risk for dumping syndrome, although not everyone has this issue:**

**Dumping Syndrome:** results from the rapid passage of food into the small intestine, which results in a rapid shift of fluid into the intestines. This can result in diarrhea and dehydration. *Cramping, sweating, flushed appearance, dizziness, weakness, and headache characterize dumping syndrome.* This is caused by eating and drinking at the same time and by eating sweets or foods high in sugar. Foods that are fatty or greasy may cause a similar reaction.

**Avoid concentrated sugar. Keep sugar out of the first 3 ingredients on the food label.** The number of sugar grams on the label includes both added and natural sugars; therefore, it is important to read the ingredients to find out what type of sugar the food contains. **Aim for no more than 15 grams of “sugars” per serving of yogurt, cottage cheese, etc. at one sitting.**

**The following ingredients are also known as (a.k.a.) sugar and commonly found on food labels:** dextrose, high fructose corn syrup, corn syrup, glucose, sucrose, molasses, and honey.

- Note: Artificial sweeteners such as NutraSweet/Equal®, saccharine/Sweet & Low®, and sucralose/Splenda® are acceptable to use.
- **Watch out for foods containing sugar alcohol such as** sorbitol, xylitol, mannitol, and starch hydrolysates. Large amounts of sugar alcohol found in sugar-free candies, cookies, or ice cream may lead to cramping, abdominal pain, excess gas, or diarrhea.

**8. Limit high fat foods. Low fat means 3 grams or less of total fat per ounce or per serving on a food label.** Meals may contain more than 3 grams of fat, but avoid fried or fatty foods, such as foods with cream sauces or butter added.

8. **Protein is the most important nutrient you need to consume after surgery. You need at least 60-80 grams of protein a day (NOTE: your protein needs may be higher if you had duodenal switch surgery or have an infection).**

Protein should be consumed first at each meal, then vegetables and fruits, then “whole” grains.

## PROTEIN CONTENT OF COMMON FOODS

<b>Meats, Poultry, and Fish</b>	<b>Portion Size</b>	<b>Grams of Protein</b>
Beef/Turkey Jerky	1 oz dried	10-15
Beef, Pork, Poultry, Fish	1 oz (2 Tbsp)	7
Cheese, hard (low-fat)	1 oz	7
Kraft free/Healthy Choice/Borden fat free singles	1 oz 1 slice	5
Cottage cheese, Ricotta (part skim)	2 Tbsp	3.5
Imitation Crab Meat	1 oz	3
Crabmeat	1 oz (2 Tbsp)	6
Shrimp, Lobster	1 oz	6
Egg	1	6
Baby Food Meat	1 oz (2 Tbsp)	4
Potted Meats/Spam Lite	2 oz	8.5
Hot Dog, Low-fat (average)	1 oz	3.5
Tuna Fish	1 oz	7
<b>Legumes and Nuts</b>		
Almonds	1 oz	6
Cashews	1 oz	4
Lentils	½ cup cooked	9
Lima Beans	½ cup cooked	7
Peanut butter	2 Tbsp	7
Red kidney beans	½ cup cooked	8
Soy beans	½ cup cooked	14
Tofu	1 slice	5
Refried beans	½ cup	6
Sunflower seeds	1 oz	5
Chili with beans, drained	½ cup	10
<b>Milk and Dairy</b>		
Milk, skim, 1%, or lactaid	8 oz	8
Soy milk	8 oz	7
Yogurt, fat free, no sugar added	6 oz	8
Greek Style Yogurt, plain, nonfat	5 oz	13
Sugar free pudding, made with milk	½ cup	4

## Protein Supplements

There are numerous brands of supplements available (ready to drink or powders). For some examples, check out:

[www.obesityhelp.com/forums/nutrition/list+products.html#ProteinDrink](http://www.obesityhelp.com/forums/nutrition/list+products.html#ProteinDrink)

- Look for drinks made with **whey protein isolate** (this is absorbed well). Whey protein concentrate is a lower-quality protein and contains lactose, which may be an issue if you had gastric bypass surgery prior to your StomaphyX procedure. Lactaid pills can help with tolerance.
- Strive for a protein with at least 20 grams of protein per serving
- Mix with skim or 1% milk for an additional 8 grams of protein per serving
- Aim for a product with less than 3 grams of sugar per serving.

Examples: Ready to drink – Atkins®, E.A.S. Myoplex Carb Sense®, Zero Carb Isopure®, New Whey®, New Whey Protein Bullets®

Powders – Designer®, Unjury®, Nectar®

**10. Exercise!** Aim for at least 30 minutes every day. Exercise helps maintain long term weight loss. The first four weeks, walking should be used as the primary exercise. After four weeks, try introducing strength exercises. Always speak with your doctor if you have never exercised.

**11. Avoid “last supper” eating** (that “last hurrah” before your surgery). Weight gain, especially within a few weeks of your surgery, can increase the size of your liver, and may make it harder for your surgeon to get under your liver and to your stomach to perform your weight loss surgery.

## 12. Vitamin and Mineral Supplementation

Because you will absorb vitamins and minerals differently after surgery, daily supplementation is required for the **rest of your life**.

### Multivitamin (MVI) with Minerals

- Take **one to two** chewable or liquid multivitamins **once** a day for the first month then switch to two adult formulated MVI or prenatal vitamins per day (*NOTE: if you had gastric bypass surgery or duodenal switch surgery in the past, aim for 2 vitamins a day; if you had gastric banding or sleeve surgery, aim for 1 vitamin/day*)

\*MVI must contain 100% RDA for iron (18 mg), folic acid (400 mcg), and thiamin (1.5 mg)

- Take with food to help with absorption.
- Examples: Flintstone Complete®, Centrum Chewable®

### Calcium

- 1500 mg of calcium citrate per day. Maximum of 600 mg at one time for absorption. Look for ELEMENTAL calcium on the bottle to make sure you’re getting enough calcium.

**Calcium (continued):**

- Must contain Vitamin D (at least 400 IU) and Magnesium
- Take chewable or liquid calcium citrate plus vitamin D for the first month then switch to tablet form.
- Take with food or in between meals. Calcium citrate does not need an acid stomach to be absorbed.
- Examples: Twinlab® chewable calcium wafers (2 tab, 3x a day), Citracal® plus D (1 tabs, 3x a day), Solaray® Calcium plus D and Mag (2 wafers, twice a day)
- Allow 2 hours in between taking calcium and iron and/or multivitamin with iron.

**Iron:**

**NOTE: If you had gastric bypass or duodenal switch surgery in the past and/or have been told your iron is low, you may need iron supplements daily.**

- For menstruating women and patients with iron deficiency anemia
- Total of 54-65 mg of elemental iron a day (18mg – 29mg of ferrous fumarate in addition to the 36 mg you will receive from taking two MVIs)
- Try to take on an empty stomach with a fluid that contains vitamin C
- Examples: Vitron C®, Freeda®, Bariatric Advantage®, Repliva 21/7- (prescription)

**SAMPLE Table for Taking Your Supplements**

	<b>Need Iron</b>	<b>No Iron</b>
Breakfast	1-2 vitamins (avoid with dairy foods)	1-2 vitamins (avoid with dairy foods)
Snack	500-600 mgs calcium	500-600 mgs calcium
Lunch	500-600 mgs calcium	500-600 mgs calcium
Snack		
Dinner	500 mgs calcium	500-600 mgs calcium
Snack	iron	

**NOTE: If you had gastric bypass surgery in the past, you will continue to need to supplement Vitamin B 12, in addition to your multivitamins.**

**Vitamin B12:**

- 500 mcg sublingual tablet (under your tongue) once a day **OR** 1000 mcg sublingual tablet every other day
  - Examples: Twinlab® Dots-500 mcg, Rexall® brand B12 sublingual-500mcg (Wal-Mart), 1000 mcg sublingual B12 (GNC)
- OR**
- 1000 mcg vitamin B12 shot once a month (injections prescribed by your PCP)

# Diet Progression

## In the Hospital

A diet will be prescribed for you while in the hospital

### **Bariatric Surgery Diet – Clear Liquids**

- 1 ounces (oz) per hour (one medicine cup)
- Food tray will contain: 4 ounces of: sugar free gelatin, low sodium broth, crystal light®; Prosource® (protein supplement)
- Mix the Prosource® with the crystal light in the 1 oz medication cup the nurses will provide

## At Home

Once discharged from the hospital you must follow a **Full Liquid Diet** for one week, followed by a **Pureed Diet** for three weeks.

### **Liquid Diet: Week 1**

You will be on a liquid diet for the first week after surgery. This diet includes all foods that are liquid at room temperature. Foods allowed during this diet include:

- Broth (the salt in the broth can help your body hold on to fluid better)
- Low-fat/light yogurt
- Sugar-free Jell-o
- Sugar-free Popsicles
- Sugar-free Fruit drinks
- Sugar-free Pudding
- Sugar-free Sherbet or Sugar-free Italian Ice
- Water
- Fruit juices without pulp (diluted 50%)
- 1% or skim milk
- Protein supplements (please see approved list)

### **Sample Full Liquid Meal Plan (1<sup>st</sup> week post-op StomaphyX surgery)**

8:00	am	2 Tablespoons fat-free plain Greek-style yogurt (high in protein)
11:00	am	8 ounces whey protein isolate drink (e.g. Isopure Zero Carb) with 8 ounces of skim or 1% milk (16 oz total, taking at least 30-60 minutes to drink)
1:00	pm	8 ounces of broth
3:00	pm	8 ounces whey protein isolate drink (e.g. Unjury)
6:00	pm	8 ounces Crystal Light; 4 ounces sugar-free pudding
8:00	pm	8 ounces whey protein isolate drink made with skim or 1% milk

## **Pureed Diet: Week 2-4**

For safe weight loss you need to eat a healthy, well-balanced diet. Everything needs to be blended to the consistency of applesauce for three weeks. This will be a challenge for you. Stick to it and be creative! Buy or borrow a blender or food processor if you do not own one.

### **Instructions for pureeing foods:**

1. Cut food into small pieces about the size of your thumbnail.
2. Place food in the blender.
3. Add enough liquid (fat free chicken broth or fat free gravy) to cover the blades.
4. Blend until smooth like applesauce.
5. Strain out the lumps, seeds, or pieces of food.
6. Use spices (avoid spicy ones) to flavor food.
7. Blend and enjoy!

**Tip: Use ice cube trays.** Each cube holds about 1 ounce. This will help you to control portion sizes. Try preparing reduced fat cream soups or pureed meats and vegetables and storing them in the trays.

### **Instructions:**

1. **Limit food to 2 to 4 ounces per meal (approximately 4 to 8 tablespoons).** Do not forget to consume protein first at each meal, then vegetables and fruits, then “whole” grains.
2. **Aim for 6 small meals per day at this point.** \*See pureed food recipes
3. **Drink at least 6-8 cups (48-64 ounces) of fluid per day.** Liquids should be sipped in between meals. Liquids taken with meals may cause nausea, vomiting, or dumping syndrome. Also, they may fill you up and you may not be able to consume all of the foods and nutrients you need.

## PUREED FOODS:

FOOD	CHOOSE	AVOID
<b>Beverages</b>	Water, Crystal Light <sup>®</sup> , coffee, tea, non-carbonated beverages, and nutritional drinks	Fruit drinks, iced tea with sugar, soda, alcohol, and all carbonated beverages
<b>Soups</b>	Egg drop soup, reduced fat cream soups, broth, and bouillon	All others
<b>Bread, Cereal, Pasta and Rice</b>	Hot cereal (oatmeal, grits, cream of wheat), mashed potatoes	Pasta, bread, rice, and all other starches
<b>Vegetables</b>	Any cooked soft and blended or mashed with a fork	All others
<b>Fruits</b>	Unsweetened applesauce, mashed bananas, any fruit pureed without the seeds, skin or hulls	All others
<b>Meats, Poultry, Fish, Nuts, Beans and Eggs</b>	Pureed fish, tuna, poultry, veal, pork, or beef; baby food meats; mashed tofu, scrambled egg or egg substitutes	Peanut butter; all others
<b>Milk, Cheese, and Yogurt</b>	Fat free or 1% milk, low-fat cottage cheese, low-fat or non fat cheese (Alpine Lace <sup>®</sup> ), low fat/unsweetened/low sugar yogurt (Dannon Light and Fit <sup>®</sup> )	Chocolate milk, sweetened condensed milk, 2% or whole milk
<b>Miscellaneous</b> (all should be sugar-free)	Gelatin, popsicles (Dole <sup>®</sup> ), pudding, custard, sugar free frozen yogurt, sugar free fat free ice cream	All others

## Sample Pureed Menu

8:00 a.m.	¼ of a banana 2 tablespoons of fat-free Greek yogurt
9:30 a.m.	2 tablespoons of low fat cottage cheese
11:00 a.m.	8 oz fat free milk with one serving of a protein powder supplement
12:00 p.m.	8 oz decaffeinated iced tea
1:00 p.m.	2-3 tablespoons pureed chicken 2 tablespoons pureed green beans 1-2 tablespoons mashed potatoes 1 tablespoon fat-free gravy
2:30 p.m.	8 oz Crystal Light®
3:00 p.m.	2 oz low fat ricotta cheese 2-3 tablespoons applesauce
4:00 p.m.	8 oz water with lemon
4:30 p.m.	8 oz fat free milk
6:00 p.m.	2-3 tablespoons pureed fish 2 tablespoons pureed broccoli 2 tablespoons mashed sweet potato
7:30 p.m.	6 oz broth
8:45 p.m.	4-6 tablespoons sugar-free pudding

**Keep food records.** This will help you to monitor your intake and tolerance to foods. Look for patterns of foods tolerated well and food that are not tolerated well. The records will also be helpful for your dietitian to provide suggestions for better tolerance or nutrient balance.

Record the:      Time  
                         Type of food (ex. Baked chicken without skin)  
                         Amount eaten (ex. ½ chicken breast or ½ cup)  
                         How your food was prepared (ex. Baked with broth). Be sure to include any butter, oil, grease or margarine that was added to the food.

***Please remember to bring these records with you for the dietitian to review.***

## Soft Diet –

After 4 weeks of following the Pureed Diet, you may proceed to a Soft foods diet.

### Instructions:

1. **Limit food to 4 to 6 ounces per meal (approximately 8 to 12 tablespoons).**  
Do not forget to consume protein first at each meal
2. **Aim for three meals per day with one high protein snack.**
3. **Eat slowly!!! Chew your food.** At least 25 chews per bite of food!
4. **Food choices should be low in fat, low in sugar, and low in calories.**
5. **Use any of the foods recommended on the pureed diet.**

### SOFT FOODS – This is to be followed for 2-4 weeks after the pureed diet

FOOD	CHOOSE	AVOID
<b>Beverages</b>	Same as “Liquid and Pureed Diet”	All others. Limit carbonated beverages
<b>Soups</b>	Same as “Liquid and Pureed Diet”	All Others
<b>Bread, Cereal, Pasta, and Rice</b>	Hot or refined cereal, mashed potatoes without the skin, rice, pasta, toast, or crackers	All Others
<b>Vegetables</b>	Soft cooked vegetables	Vegetables with tough hulls or skins like peas and corn
<b>Fruits</b>	Unsweetened cooked or canned fruit in their own juice (no syrup), fruits without seeds or skin, banana and citrus fruits without the membranes, unsweetened fruit juice	All others
<b>Meat, Poultry, Fish, Nuts, Beans and Eggs</b>	Ground lean meat (meatloaf, meatballs, hamburgers), poultry or fish (cooked soft and moist); casseroles made with ground meat, kidney beans, lentils, creamy peanut butter, eggs	Avoid nuts. No diced meats/ protein until ground meat tolerated for at least 2 weeks AVOID tough/dry/grilled steak or chicken and add low-fat gravy to meats, chicken and turkey to help moisten.
<b>Milk, Cheese, and Yogurt</b>	Fat free or 1% milk, low-fat cottage cheese, low-fat or non fat cheese (Alpine Lace <sup>®</sup> ), low fat/unsweetened/low sugar yogurt (Dannon Light and Fit <sup>®</sup> )	Chocolate milk, or sweetened condensed milk, 2% or whole milk
<b>Miscellaneous</b> (sugar free)	Gelatin, popsicles (Dole <sup>®</sup> ), pudding, custard, sugar free frozen yogurt, sugar free fat free ice cream	All others

## Sample Soft Menu

7 am	8 ounces water with lemon or lime
8 a.m.	1 scrambled egg with 1 oz of low-fat cheese 1 soy sausage link
9 am	8 ounces Crystal Light or other beverage without caffeine, carbonation or sugar
10 a.m.	8 oz skim milk with one serving of a protein powder
12 p.m.	2-3 tablespoons tuna fish (made with low fat mayonnaise) 2 tablespoons unsweetened apple sauce 2 tablespoons cooked green beans
2 p.m.	2-4 oz sugar free yogurt or low fat cottage cheese with 2 oz pureed fruit or 2-4 oz low fat ricotta cheese with cinnamon
3 pm	8 oz skim or 1% milk
6:00 p.m.	4 tablespoons chicken (very tender and moist; try crock pot) 2 tablespoons soft cooked broccoli 1 peach half (canned in natural juices)
7-9 pm	16 ounces Crystal Lite or Propel (sipped, not gulped)

**After 2-4 weeks of the soft food diet you should gradually introduce more food choices.** Keep food records of your tolerance and intake. Remember that food intolerance is highly individualized. Take your time at meals and chew very well to help increase your tolerance to these foods. Eventually you should be able to tolerate diced meats and a wider variety of breads, cereals, fresh fruits, and fresh vegetables.

**Keep in mind that your diet needs to be *low-fat, low calorie, sugar-free, and portion controlled* for the rest of your life.** This is the commitment you must make to achieve maximal weight loss.

## Some possible nutrition problems that may occur:

- **Acid Reflux:** Limit citrus, tomato products or other substances that may cause reflux
- **Nausea or Vomiting:** Usually caused by eating too fast, too much, or drinking with your meals. If it is not food related, call your surgeon's office.
- **Bad taste in mouth:** This may happen right after the surgery if you lose weight quickly and/or eat very little carbohydrates, and should go away after a few weeks.
- **Increased gas:** This is also common after the surgery, especially during the first few weeks. It can be a sign of a lactose intolerance. If you have gas pains at home, try simethicone drops (Gas X<sup>®</sup>). Deverom<sup>®</sup> can help with the smell.
- **Excess skin:** With significant weight loss, there is usually excess skin, but the level will depend on several factors, including how much weight you lose, where you lose it, genetics, age, and whether you're a man or a woman. However, weight loss with StomaphyX is typically less rapid and significant, compared with some of the other weight loss surgeries. Weight training may help minimize the appearance of loose skin, but only plastic surgery will help to get rid of it.
- **Hair loss:** This is usually due to rapid weight loss, and typically presents
  - about 3-6 months after surgery. The good news, is that it's usually just all-over thinning, not noticeable (maybe only to you), and usually resolves in another 3-6 months. Biotin supplements may help, as well as ensuring that your fluid, protein, iron and zinc levels or intake are good.
- **Pregnancy:** This must be avoided for the first 12-18 months following surgery. Pregnancy during this time could cause complications and deficiencies for you and your baby and may result in birth defects. For this reason you need to take precautions to prevent pregnancy. Rapid weight loss increases fertility so you must be very careful.

## CHECKLIST AFTER YOUR STOMAPHYX PROCEDURE

- ✓ 60-80 grams of protein a day (NOTE: higher protein level may be needed if you had duodenal switch surgery prior to StomaphyX)
  - Eat protein first at all meals
- ✓ Eat slowly and chew well
  - Meals should take 30-45 minutes
- ✓ 48-64 oz of fluid a day (more if your urine is dark or you're dizzy)
  - Beverages less than 10 calories per serving
- ✓ Vitamin/mineral supplementation for life
  - Multivitamin (one a day, with food; not with calcium or dairy); NOTE: you may need **two** multivitamins a day and/or addition of Vitamins ADEK (twice a day) if you had duodenal switch surgery in the past.
  - Calcium 1500-2400 mgs a day (HIGH end of this range if you had duodenal switch surgery in the past)...in divided doses (at least 3 times a day) and no more than 600 mgs at one time, and apart from multivitamin and iron)
  - Iron (as needed, especially if you had GBP or duodenal switch surgery in the past).
- ✓ Exercise
  - Aim for at least 30 minutes on most days of the week...5 minutes at a time, and gradually build up, as tolerated
  - Incorporate light weights (about 2 months after surgery, and/or as your surgeon recommends)
  - Consider stretching and the importance of a stress management program in your regimen

### DIETITIAN VISITS:

- ✓ 2 - 4 weeks post-op
- ✓ 3 months post-op
- ✓ 6 months post-op
- ✓ 1 year post-op
- ✓ Once a year after first year

NOTE: You may need to see your dietitian more often than above if you're having any nutrition problems and/or if your doctor feels you need to be seen for any reason.

You can schedule your nutrition appointment with Access Services: (410) 550-7728.

## \*Pureed Food Recipes

### **Basic Meat Stew**

2 tbsp. oil  
1 ½ pounds boneless stew meat, cut into 1 inch cubes  
1/3 cup flour  
3 cups liquid (water or vegetables juice)  
4 medium potatoes, scrubbed and cut up  
5 medium carrots, scrubbed and cut up

Heat oil in a large size heavy saucepan over medium high heat. Coat the meat in flour and brown in the oil. Add the liquid and cover tightly. Simmer over medium heat for 1 ½ hours. Add potatoes and carrots. Cover and simmer for 20 minutes. Puree stew in food processor or blender until smooth. Store in refrigerator up to 2 days or in the freezer for 2-3 months. Makes 20-25 food cubes

#### Nutrition Facts:

Serving Size: per 4.65 ounces

Calories: 139    Protein: 13 grams    Total Fat: 4.21 grams

### **Soybean Puree**

1 cup dry soybeans  
3 cups water  
¾ cup unsalted tomato juice for thinning

Rinse and soak the soybeans overnight in the refrigerator. Simmer beans in 3 cups water for about 2 hours. Puree with food processor or blender, adding tomato juice to thin. Makes 12 food cubes

#### Nutrition Facts:

Serving Size: per 3.17 ounces

Calories: 67    Protein: 6 grams    Total Fat: 3 grams

### **Combination Dinner**

1 cup cooked meat (beef, chicken, fish, ham, etc.)  
2/3 cup cooked vegetables  
1 cup stock

Place in blender or food processor. Puree and freeze into ice cube trays.

#### Nutrition Facts:

Serving Size: per 2 ounces

Calories: 36    Protein: 5 grams    Total Fat: less than 1 gram

### **Pureed Legumes**

1 cup any legume (black beans, kidney beans, garbanzo beans, navy beans, pinto beans, black eye beans, lentils, etc...)

3 cups water

$\frac{3}{4}$  cup nonfat milk

Rinse 1 cup of any legume. Soak in water overnight or bring to a boil for 2 minutes, cover, and then allow to sit for 2 hours. Drain off the soaking water or cooking water, then add 3 cups fresh water and bring beans to a boil. Reduce heat and simmer, covered, until beans are tender (30 minutes-2 hours depending on the legume). Skim the surface often as beans are simmering. Puree with  $\frac{3}{4}$  cup nonfat milk. Freeze in ice cube trays.

Nutrition Facts:

Serving Size: per 2 ounces

Calories: 28    Protein: 2 grams    Total Fat: less than 1 gram

### **Cream of Tomato and Chile Soup**

1 Tbsp Olive Oil

1 large yellow onion, diced

3 cloves garlic, minced

10 plum tomatoes

2 red jalapeno peppers, diced, seeds removed

Water as needed

$\frac{1}{3}$  cup skim milk

3 scoops protein powder

Salt and pepper to taste

Heat oil in a stock pot or large saucepan over medium heat. Add onion and garlic, sauté until onion has softened. Add the tomatoes and jalapeno peppers, cook until heated through. Add just enough water in the pot to just cover the vegetable mixture. Simmer for 10-15 minutes over low heat. Place the contents of the pot into a blender or food processor, puree until smooth. Strain contents of the blender through a fine colander. Add milk, protein powder, and salt and pepper to taste. Store in the refrigerator for up to 2 days or 1 month in the freezer.

Makes: 32 1oz. food cubes

Nutrition Facts:

Serving Size: per 1 ounce

Calories: 23    Protein: 3 grams    Total Fat: less than 1 gram

### **Basil Mashed Potatoes**

4 medium Yukon gold potatoes, peeled, cut into 1 inch cubes

3 Tbsp Smart Balance spread

$\frac{1}{4}$  cup skim milk

$\frac{1}{3}$  cup of fresh basil leaves, pureed with 2 Tbsp of olive oil

Salt and pepper to taste

Place potatoes in a stock pot filled with cold water. Place pot on stovetop over high heat. Boil potatoes until very soft (To check if the potatoes are soft enough, just take a fork and push a piece of potato against the side of the pot. If the potato breaks easily it is ready).

Strain out the water from the pot in a colander. Place potatoes back in the empty stockpot. With a hand mixer mix the potatoes until they are a “paste” consistency. Mix in the Smart Start spread, butter, basil puree, and salt and pepper. Store in the refrigerator for up to 2 days or 1-2 months in the freezer.

Makes: 25-30 1oz servings

Nutrition Facts:

Serving Size: per 1 ounce

Calories: 38    Protein: 1 gram    Total Fat: 2 grams

### **Chocolate and Banana Pudding**

1 cup of sugar free/ fat free chocolate pudding

1 whole banana, peeled and pureed

1 scoop of protein powder

Combine all ingredients in a medium sized bowl. Mix thoroughly. Serve cold. Keep in the refrigerator for up to 1 week or 2-3 months in the freezer.

Makes 10-12 1oz. food cubes

**Tip:** If freezing pudding in ice cube trays. Place a toothpick inside of each cube of pudding before freezing to create chocolate and banana fudge popsicles.

Nutrition Facts:

Serving Size: per 1 ounce

Calories: 28    Protein: 3 grams    Total Fat: less than 1 gram

### **Orange and Cream Protein Smoothie**

2 cups of vanilla fat free yogurt

1/3 cup of orange juice

1 cup of skim milk

3 scoops of protein powder

Combine all ingredients in a blender. Blend until smooth. If you would like a thinner smoothie, just add more skim milk to blender until desired consistency is reached. Keep in the refrigerator for up to 2 days or 1 month in the freezer.

Makes 24-28 1oz. servings

(Tip: This recipe can also be made into a popsicle by using the same method as the Chocolate and Banana Pudding.)

Nutrition Facts:

Serving Size: per 1 ounce

Calories: 32    Protein: 4 grams    Total Fat: less than 1 gram

Recipe Reminders:

- ❖ Be creative. Try pureeing different meats and vegetables.
- ❖ Add flavor by using liquids other than water.
- ❖ Try adding herbs and spices.

**Notes:**