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Pre-op Nutrition Goals & Checklist

- Work on meeting daily minimum 48-64 ounce fluid goal.**
 - Demonstrate this via the *Fluid Tracking Assignment*.
 - Find this in the **Assignments** tab
 - *Fluid Tracking Assignment* completed on: _____
- Work on meeting daily 60-80 gram protein goal (80-100 grams if pursuing SADI-S surgery)**
 - Demonstrate this via the *Protein Tracking Assignment*.
 - Find this in the **Assignments** tab.
 - *Protein Tracking Assignment* completed on: _____
- Aim for at least 3 distinct eating times per day.**
- Purchase, taste test, and select a suitable protein shake or protein powder for pre and post-op diets.**
- Complete the online 'Eating for Life' learning modules.**
 - Sign up for and access the modules at this website:
<https://mainehealth.thinkific.com/courses/eating-for-life>
 - Eating for Life Course Completed On: _____
- Complete your pre and post-op menu planning assignment and review with your dietitian.**
 - Find this in the **Assignments** tab.
 - *Menu Assignment* completed on: _____
- Taste-test and purchase suitable post-op vitamins and complete the 'My Vitamin Plan worksheet'.**
 - Find this in the **Assignments** tab.
 - *My Vitamin Plan Worksheet* completed on: _____

Key Nutrition Behaviors After Surgery

- **Protein is key!**
 - Protein is essential for healing after surgery along with helping to preserve lean body mass (muscle), maintain normal blood sugars, and help prevent hunger. Try to eat your protein first to make sure you get it in before other items. Remember to aim for at least 60-80 grams per day (80-100 grams if pursuing SADI-S surgery).
- **Fluids:**
 - Work on meeting your daily fluid goal of at least 48-64 ounces. If you do not get in enough fluids after surgery, you may become dehydrated.
 - We recommend avoiding beverages with caffeine for at least the first 3 months post-op. Caffeinated beverages can be harsh on your healing stomach and can get in the way of meeting your fluid goal.
 - Decrease intake of carbonated beverages, sugar-sweetened beverages and alcohol.
 - It is recommended to spread out fluid intake throughout the day and avoid chugging or gulping fluids, as this can be uncomfortable after surgery.
 - It is important to not eat and drink at the same time, and refrain from drinking fluids within the first 30 minutes after eating food.
- **Slow and mindful eating:**
 - It is important to take your time with eating, as eating too quickly can lead to food intolerance, pain, or over-eating.
 - Make sure to chew food well and take small bites. This helps with tolerating food after surgery.
 - It may help to put your utensil down in between bites and wait to see how your stomach feels before having another bite.
 - Meals should last about 20-30 minutes.
- **Eating in a consistent pattern:**
 - Eating regularly throughout the day can help you meet your protein goal and help with managing hunger.
 - After surgery it can be common to not feel hungry and forget to eat. It is still important to try to eat something or have a protein shake every few hours to ensure you are meeting your protein goal.
- **Incorporate physical activity into your routine:**
 - Exercise can help to improve overall health and mood as well as maximize weight loss

Nutrition Foundations

The food that makes up our diet contains both **macronutrients** (large – the body needs large amounts of these nutrients) and **micronutrients** (small – the body needs small amounts).

Macronutrients: Fat, Protein, and Carbohydrates

- These are the nutrients that provide the body with calories (fuel)
 - Calories = the body's form of energy

| |
|-------------------------------------|
| Protein → 4 calories per gram |
| Carbohydrates → 4 calories per gram |
| Fat → 9 calories per gram |

Fat:

- Help produce hormones, calorie dense, and absorb fat-soluble vitamins
- Healthy Sources include:
 - Nuts, seeds, nut butters
 - Avocado
 - Fish
 - Olives and olive oil

Proteins:

- Building block of our body: helps with the building and repairing of skin, muscles, hair, etc.
- Very important after bariatric surgery. Helps with healing and maintaining lean body mass (muscle)
- Breaks down slowly, keeps your fuller for longer

Carbohydrates:

- Preferred source of energy for the body
- Source include
 - Starches: bread, rice, pasta, starchy vegetables (peas, corn, potatoes), legumes/beans
 - Fruits
 - Dairy (yogurt, cottage cheese, milk, cheese, etc)
 - Sweets/sugary foods

Micronutrients: Vitamins and minerals

- Vitamins and minerals do not provide the body with calories or energy but are still essential for processes within our bodies.

Protein

Why is protein important?

- Helps your body heal
- Helps to improve your energy level
- Strengthens your immune system
- Keeps you satisfied and less hungry during the day



Tips for increasing protein intake:

- Include protein with all meals and snacks.
- Practice eating your protein first at meals and snacks to ensure there is room for it.
- When possible, add some protein powder to foods to increase the protein content.

| Examples of Lean Sources of Protein | | |
|---|---|---|
| <p><u>Meat</u></p> <p>Lean beef Pork Lamb Wild game</p> | <p><u>Poultry</u></p> <p>Chicken Turkey Eggs or egg whites</p> | <p><u>Fish and Seafood</u></p> <p>Salmon, haddock, etc. Tuna Crab Shrimp Lobster Scallops</p> |
| <p><u>Low-Fat Dairy</u></p> <p>Milk Cottage cheese Yogurt Cheese</p> | <p><u>Plant-Based Protein</u></p> <p>Beans Chickpeas Lentils Tofu & tempeh Edamame</p> | <p><u>Protein Supplements</u></p> <p>Whey protein powder Plant based protein powder Ready-to-drink protein shakes Collagen powder Peanut butter powder (PB2)</p> |

Protein Portions & Goals

- The daily protein goal per day is about 60 to 80 grams total. Your dietitian will let you know if your goals are different from this.
- Use the lists below to choose a protein option to reach your total protein goal for the day.
- **Note: 1 ounce of protein food is equal to approximately 7 grams of protein.**

Common Breakfast Protein Foods:

- 1 egg – 7 grams
- ½-¾ cup Greek yogurt – about 10-20 grams (varies by brand)
- 2 slices of turkey bacon – 12 grams
- 1 chicken sausage link – 12 grams
- ½ cup low-fat cottage cheese – 13 grams
- Protein powder added to a smoothie – 20-30 grams

Common Lunch Protein Foods:

- 1 can of tuna – 20-30 grams (varies by brand and type)
- 4oz turkey or ham deli meat (varies by size, thickness) – about 28 grams
- 1 can of chicken – 15-25 grams (varies by brand and type)
- 1oz Low-fat hard cheese – 7 grams

Common Dinner Protein Foods:

- 3-4 ounces of chicken, turkey, fish, pork, beef, seafood, etc – 21-28 grams

Other protein foods:

- 4 ounces of tofu – 10 grams
- 1 cup tempeh – 30 grams
- 1 veggie burger patty – 13 grams
- 1 cup black beans – 15 grams
- 1 cup lentils – 18 grams
- 2 T peanut butter – 8 grams
- ¼ cup pistachios – 6 grams
- ¼ cup cashews – 5 grams
- ¼ cup almonds – 8 grams

The most accurate way to measure the amount of protein in your food is by weighing your food on a food scale. If you do not have a food scale, you can use the Nutrition Facts Label (if available) or you may use your hand or household items to compare the protein portion to, as shown below.

| Food | Serving Size | What a serving size looks like... |
|--------------------------|---------------|-----------------------------------|
| Lean meat, poultry, tofu | 3 ounces | Deck of cards, palm of your hand |
| Fish | 3 ounces | Checkbook |
| Nuts/seeds | ¼ cup | Golf ball |
| Peanut butter | 2 Tablespoons | |
| Hummus | 2 Tablespoons | |
| Cooked beans | ½ cup | Computer mouse |
| Cheese | 1.5 ounces | 4 dice |
| Milk or Yogurt (low-fat) | 1 cup | Baseball |

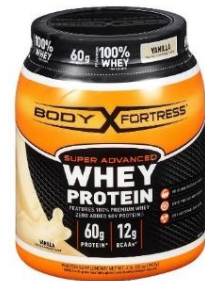
Protein Supplements

Protein drinks and powders help you meet your protein goals when you are not able to meet them through the foods you eat. Some are powders that you mix with liquid (such as water, skim milk, 1% milk, or unsweetened almond milk) or foods (such as yogurt), and others are sold as premixed drinks. However, not all protein shakes are equal. **Look for protein shakes and protein powders that are less than 200 calories and have at least 20 grams of protein, 5 grams of total fat or less, and 5 grams of sugar or less per serving.**

**Make sure to check the Nutrition Facts Label to find the serving size for protein powders.*

Here are some examples of protein supplements that will help you reach your goals:

| | |
|--|---|
| <p>Whey Protein Shakes & Powders:</p> <ul style="list-style-type: none"> ➤ Slimfast Advanced Nutrition 20g Protein Shakes ➤ Premier Protein Shakes and Powder ➤ Ensure Max Protein Shakes ➤ Equate High Performance Protein Shakes ➤ Fairlife Nutrition Plan Shakes ➤ Atkins Plus 30g Protein Shakes ➤ Body Fortress Whey Protein Powder ➤ Unjury Protein Powder (has savory options) | <p>Protein Waters:</p> <ul style="list-style-type: none"> ➤ Isopure Infusions Protein Powder ➤ Isopure Zero Carb Drinks ➤ Protein2o Clear Protein Drinks <hr/> <p>Vegan Protein Powder & Shakes:</p> <ul style="list-style-type: none"> ➤ Vega Protein Shakes and Powder ➤ OWYN Protein Shakes and Powder ➤ Orgain Protein Shakes and Powder ➤ Equate Plant Based Protein Powder |
| <p>Protein Shakes & Powders Made Without Artificial Sweeteners:</p> <ul style="list-style-type: none"> ➤ Orgain Simple; Ripple; Vega Protein Made Simple; Naked Whey | |
| <p>Unflavored Protein Powders:</p> <ul style="list-style-type: none"> ➤ Many brands have an unflavored protein powder option that may be whey or plant-based. | |



High Protein Yogurts

(varies by brand and type)

Yogurt can be a great source of high quality protein and calcium that will likely be easy to tolerate in the first couple of weeks after surgery.

- Choose Greek yogurt or Icelandic/Skyr for double the protein.
 - Protein should be at least 10 grams per serving.
- Sugar should be less than 12 grams per serving.
- If there is added fruit, be sure to chew it thoroughly before swallowing.
- If you don't like the texture of Greek yogurt, try a different brand. They all taste a bit different.

| Brand | Protein (grams) | Sugar (grams) | Type of Sweetener |
|--------------------------------|-----------------|---------------|-------------------|
| Oikos Triple Zero | 15 | 5 | Stevia |
| Oikos Pro | 20 | 3 | Stevia |
| Dannon Light n Fit Greek | 12 | 7 | Sucralose |
| Siggi's Skyr | 16 | 9 | Agave Nectar |
| Icelandic Provisions Skyr | 17 | 10 | Sugar |
| Two Good | 12 | 2 | Stevia |
| Fage Total (Plain) | 18 | 5 | None |
| Chobani Less Sugar | 12 | 9 | Sugar |
| Chobani Complete Yogurt Drink* | 20 | 11 | Monkfruit, Stevia |
| Pillars Drinkable Yogurt* | 20 | 4 | Stevia |

*These drinkable yogurts can be a protein shake/powder alternative.



Reading Food Labels

| Nutrition Facts | |
|---|----------------------|
| 8 servings per container | |
| Serving size | 2/3 cup (55g) |
| Amount per serving | |
| Calories | 230 |
| % Daily Value* | |
| Total Fat 8g | 10% |
| Saturated Fat 1g | 5% |
| <i>Trans</i> Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 160mg | 7% |
| Total Carbohydrate 37g | 13% |
| Dietary Fiber 4g | 14% |
| Total Sugars 12g | |
| Includes 10g Added Sugars | 20% |
| Protein 3g | |
| Vitamin D 2mcg | 10% |
| Calcium 260mg | 20% |
| Iron 8mg | 45% |
| Potassium 235mg | 6% |
| * The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. | |

Serving size: the information you see on the label is based on this portion size of food. The label will also tell you how many servings of food are in the container.

Calories: refer to the total amount of energy in the stated serving

Sodium: also known as salt, can contribute to high blood pressure in some people with high intake. Try to keep daily sodium intake to less than 2400mg. Generally, if a product has more than 400mg of sodium per serving, it is considered a high sodium food.

Carbohydrates are used by the body for energy. There are two different types of carbohydrates listed on the food label: **Fiber** is important for digestive health and can reduce the risk of heart disease. The goals for fiber intake is 25-35g per day. Choose products with more than 2-3g per serving. Whole grains are an excellent source of fiber. **Sugar** is found in most foods. Try to keep this number as low as possible. Calories from sugar are empty calories.

Total fat is the total amount of fat per serving. There are different types of fat listed on the label. **Saturated fat** typically comes from animal sources and is solid at room temperature. Saturated fat can raise your cholesterol. **Trans fats** act like a saturated fat and can increase your risk for heart disease. **Monounsaturated and polyunsaturated fats** typically come from plant sources and are more heart healthy. They will add calories but will not increase your cholesterol.

Protein is found in many foods and is important for healing muscles and body tissues. Choose lean proteins that have less fat like fish and chicken.

The **% daily values** are based on recommendations for a 2,000 calories daily diet. Values 5% and under are considered "low" and 20% and high are considered "high".

Fluids

Dehydration happens when your body loses too much water. It can happen easily after weight loss surgery and can cause you to get very sick.

Signs of Dehydration:

- Nausea and vomiting
- Dizziness, lightheadedness
- Tiredness
- Irritability or anxiousness
- Constipation
- Dark urine
- Cracked lips
- Feeling thirsty
- Fast breathing
- Muscle weakness or low energy

How much should I drink?

- The goal for total fluids is at least 48-64 ounces per day.

When should I drink?

- Initially after surgery, the goal is to drink at least 1 ounce every 15 minutes. You will be able to drink more over time to reach your 48-64 ounce fluid goal.
- ***Do not drink during meals or for 30 minutes after meals.***

Tips for drinking enough fluid:

- Bring liquids with you so that you can drink slowly throughout the day.
- Set an alarm on your watch, cell phone, kitchen timer, or computer to remember to drink throughout the day.
- Drink slowly and take small sips.
- Keep written records of how much you drink the first few weeks after surgery.
- Call the office you are having a hard time drinking enough.
- Mix it up, drink sugar-free/calorie-free flavored water if needed (such as Crystal Light, Vitamin Water Zero, Sobe Life Water, or Mio drops).
- *We do not recommend drinking beverages with caffeine like regular coffee or tea for the first 3 months after surgery.*

Fluids (continued)

What should I drink?

- WATER!!!
- Iced tea (sugar-free, decaffeinated)
- Tea, decaffeinated or herbal
- Skim milk, 1% milk
- Protein shakes
- Fat-free or low fat broth or bouillon
- Popsicles (sugar-free, zero calorie)
- Hot chocolate (sugar-free)
- Naturally flavored water with mint, lemon, lime, or fruit
- Sugar-free, non-carbonated beverages

We recommend you add regular or flavored Benefiber or another clear soluble fiber supplement to your fluids (as directed) to prevent constipation.

What should I **NOT** drink?

- Drinks with calories (Protein shakes and/or skim or 1% milk are OK)
- Drinks with added sugar
- Drinks with carbonation
- Juice
- Caffeinated beverages (i.e. regular coffee and tea) – avoid for the first 3 months after surgery because:
 - It can irritate your healing stomach
 - It can dehydrate you
- Alcohol:
 - Has extra calories
 - Not processed well after surgery
 - Irritates your stomach, can make you sick, dehydrate you
 - Can lead to risky behaviors
- Straws cause you to take in more air with each sip. You might want to avoid using them if you are feeling gassier.

Dumping Syndrome

What is dumping syndrome?

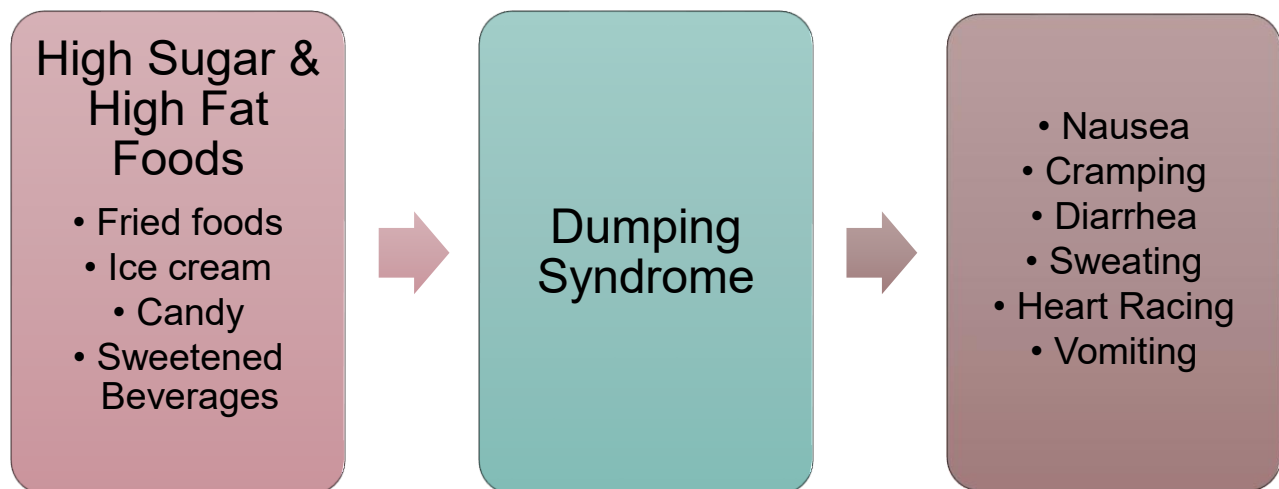
- A condition that occurs in most gastric bypass patients after they eat added sugar or high fat foods.
- Caused by sugar passing quickly into the small intestine.
- Dumping syndrome is not dangerous, but is quite unpleasant.
- You MAY eat fruits, vegetables, and milk which have natural sugar.

What are the symptoms?

- Flu like symptoms, cramping, “queasiness,” gas, bloating, diarrhea, weakness, sweating and heart palpitations.
- Symptoms typically last about an hour, but vary by person.

How do I avoid dumping syndrome?

Don't eat food with added sugar - avoid anything containing sugar as one of the first three ingredients. Look for foods with 6 grams of sugar or less per serving. In some people, dumping syndrome may occur after they eat foods high in fat. Common culprits include fried foods, ice cream, sugary drinks, candy, cake, etc.



SADI-S Surgery and Fat Malabsorption

Fat malabsorption is both the reason for weight loss following surgery but also can be the cause of long-term complications. These risks can be managed, but it will be important to maintain a lifelong follow-up schedule with your bariatric surgery team.

Fat malabsorption may cause:

Steatorrhea Undigested fats cause loose and frequent bowel movements. Limiting the fat content of your diet will help prevent steatorrhea. If possible, try to limit fat intake to 30 grams or less per day.

Vitamin deficiencies and related diseases Symptoms of fat-soluble vitamin deficiencies include rashes, bruising or bleeding, night blindness, and weak bones prone to fracture.

- **Vitamin A deficiency.** The most common symptoms are issues with the eyes, including loss of night vision and extreme dry eyes.
- **Calcium deficiency.** Low levels of body calcium because of vitamin D deficiency can cause bone fractures.
- **Vitamin E deficiency.** This is rare but can occur with fat malabsorption. Symptoms include poor nerve function that causes numbness or tingling, muscle weakness, poor vision, and decreased ability to fight infections.

IMPORTANT: Vitamin and Mineral Supplementation

- For your body to function properly, you will need additional vitamins and minerals daily for the rest of your life to prevent deficiencies after bariatric surgery.
- It is recommended that patients undergoing the SADI-S procedure have higher levels of certain vitamins and minerals, including fat-soluble vitamins (A,D,E,K) due to the increased malabsorption of fat with this procedure.

Sweeteners

Sweeteners you can use:

- Sucralose (Splenda)
- Stevia
- Truvia

Sweeteners to avoid if they are one of the first three ingredients listed:

- Brown sugar
- Honey
- Glucose
- Confectioner's sugar
- Malt syrup
- Sucrose
- Granulated sugar
- Cane juice
- Dextrose
- Corn syrup solids
- Agave nectar
- Maple syrup
- Lactose
- Maple sugar
- Molasses
- Xylose
- Raw sugar
- Rice syrup
- Corn Syrup
- Maltodextrin
- Fructose

Sugar Alcohols:

Sugar alcohols do not cause dumping syndrome, but may cause nausea, gas, cramping and diarrhea. Avoid ingredients with the suffix "ol" which are often sugar alcohols such as:

- Glycerol
- Glycol
- Mannitol
- Maltitol
- Xylitol
- Sorbitol

Eating for a Lifetime

Tips to remember:

- Do not advance stages too quickly, even if you feel ready. The stages are meant to help with the healing process and adapting to new foods and textures of food after surgery.
- Eat moist and tender meats, cook in the slow cooker, add tomato sauce, broth, fat-free gravy, etc.
- When trying a new food, eat one bite, then wait ten minutes to see if you will be comfortable with it. If you have pain from eating the new food, wait at least another week before you try this food again.
- Remember sometimes a food will be tolerated well one day and not the next.
- Read labels to make sure you choose appropriate foods.
- Do not force yourself to eat more than you are comfortable eating.

Tips for long-term weight management:

- Avoid grazing or nibbling between meals
- Make sure all meals and snacks contain protein
- Eat regular meals
- Avoid empty calories
- Avoid sugary and fatty foods

Use portion control:

- Use smaller plates (salad plate/dessert plate)
- Use smaller utensils (baby utensils/appetizer fork)
- Weigh and measure out foods
- Cook just enough or put leftovers away immediately

Try mindful eating:

- Allow 20-30 minutes for mealtimes
- Take small bites and chew your food well before swallowing
- Savor each bite! Pay attention to flavors, textures, and consistencies
- Relax! Take a deep breath or two between bites
- Eat without distraction: sit at the table, avoid watching tv
- Stop eating once you feel satisfied

Seek support:

- Go to support groups monthly
- Meet with the Weight Management Team regularly

Be physically active and get moving:

- Walk the dog, take the kids for a walk, or start a walking group with friends
- Take the stairs whenever possible
- Park your car far away at shopping centers/malls
- Take a walking break at work, instead of a coffee break
- Include yard work gardening, or household chores in your daily routine
- During commercials, walk around your house, lift light weights, or do chair exercises
- Buy or borrow exercise videos
- Exercise shows on TV, OnDemand, or Youtube.com
- Join a gym, an indoor/outdoor pool, or a dance class

FAQs

Can I use spices and condiments on foods as I add them back into my diet?

Yes. Condiments and spices/herbs are good ways to add flavor if used in moderation. The important thing is that you choose low-fat, sugar-free varieties. You also want to avoid using spicy (hot) herb/spices or sauces in the first 3 months, as they can irritate your slowly healing stomach.

Can I add flavoring to my protein shake to make it less boring?

Yes, it is fine to add sugar-free syrups or extracts to your shake to give them a different taste/flavor. You can find the sugar-free syrups often in the coffee aisle or online. However, you do not want to add large amounts of juice, yogurt, or nut butters to your shake because it can increase the calories too much.

How many calories should I be eating after surgery?

Normally in the first few months you will be eating around 400-600 calories per day. As you get further out from surgery, your calorie intake should be between 800-1200 calories per day.

I cannot tolerate meats, what can I do?

It is not abnormal to have a hard time tolerating dry/tough cuts of meats. Some individuals may find that they cannot tolerate a certain type of meat (i.e. chicken, beef, and pork). Try to make sure meats are kept moist, or add low calorie sauces/gravies. If you are unable to tolerate any types of solid protein, this may indicate a stricture or some type of complication, and you should call the Weight Management clinic.

When can I add starches (rice, breads, etc.) back into my diet?

It is recommend that you wait until 3 months after surgery before adding starches back into the diet. Starches tend to slow down weight loss, as well as take up volume which makes it difficult for you to reach your protein goals. When you do add starches back into the diet, it is important to remember to always eat protein first, then vegetables, fruit next, and starches last (if you have any room left). We recommend that you choose grains with at least 3 grams of fiber per serving whenever possible.

Are there any foods that may cause blockage?

Foods such as coconut, persimmons, pomegranate seeds, pumpkin or sunflower seed shells/husks contain fibers that may not digest completely. If they are eaten on a regular basis, there may be build up over time of this fiber. This may cause a ball (bezoar) and in many cases we may not know it is there, but it could lead to a blockage – although this is very rare.

Understanding Your Body Weight

Your weight is affected by many factors. Understanding all of these factors will help you focus on the factors you can change, which will help you reach your weight loss goals!

What are the most important factors that affect my body weight?

Your habits and actions are the most important factors affecting your weight.

What are other factors that affect my body weight?

Your body weight is affected by a number of factors including how much and what you eat, how much and what type of exercise you do, your medications, fluid, your conditions and disease states (especially edema), the time of day and the scale you weigh yourself on.

Why should I weigh myself?

Research has shown that the people who weigh themselves regularly lose more weight and keep it off longer than people who do not weigh themselves regularly. Weighing gives you information which tells you if your habits and actions are leading you to weight loss or if changes can be made. You will then be able to decide which habits to continue and which habits to change. Remember, you can't change what you don't know!

How often should I weigh myself?

You should weigh yourself regularly, for most individuals at least once a week is beneficial but no more than once per day. After you weigh yourself, writing it down or graphing it will help you see the changes.

When should I weigh myself?

You should weigh yourself at the same time of the day. Morning tends to be the best time of day since you have not eaten or drunk yet. We also recommend weighing yourself on the same day of the week, and mid-week (Tuesday-Friday) tends to be more reliable.

What should I wear when I weigh myself?

You should wear the same thing each time. For example, you should always weigh with your shoes off unless you wear the same shoes every time you weigh in.

Where should I weigh myself?

You should use the same scale every time because not all scales are the same and you may weight differently on each one. We recommend weighing yourself at the Weight Management office, as our scales are calibrated. You can then go weigh yourself on your home scale to see how accurate it is. Depending on the time of day and clothing, it is normal for your home scale to differ slightly from the scales in the office.

Why does my weight sometimes increase when I am doing all the right things?

As we discussed, there are a number of factors that affect your body weight. For example, your body weight can be affected by how much you drank that day, a new medication you are taking, your menstrual cycle, or the time of day you are weighing. Any of these factors can make your body weight, temporarily increase by up to 5 pounds (or more due to fluid retention). On these days, focus on the positive changes, like having more energy or your clothes fitting better, instead of focusing on the number on the scale.

What if I feel embarrassed or ashamed to be weighed by the Weight Management team?

We are here to help you. You will never be judged or made to feel badly by our team members. We know that this is a hard process and by weighing you at each visit, we can help give you the tools to reach your goals.



Physical Activity

Exercise is an important factor for long-term weight management and overall health.

Ideas for increasing activity level:

- Walk the dog, take the kids for a walk, or start walking with a group of friends.
- Take the stairs whenever possible.
- Park your car further away at shopping centers/malls.
- Take a walking break at work rather than a coffee break.
- Take a family walk before/after dinner.
- Include yard work, gardening, or household chores into your daily routine.
- While watching TV, walk around, lift weights, or do chair exercises during commercial breaks.
- Buy or borrow exercise videos.
- Watch exercise videos on TV, YouTube, Netflix, or other apps.
- Join a gym, an indoor/outdoor pool, or a dance class.
- Try standing at a table and doing knee bends.
- Dance to music.

Physical Activity Resources:

www.sacobaypt.com

<https://mainephysicaltherapy.com>

www.mainemasters.org/pools.htm

www.mapmywalk.com

www.fitnessblender.com

<https://www.basicsfitnessme.com/>

www.fitbit.com

www.youtube.com (you can search for walking videos, strength exercises, yoga, HIIT, etc)

Other Resources

Online Bariatric Resources:

WWP Website: <https://www.mainehealth.org/maine-medical-center/care-services/weight-wellness-program/weight-loss-surgery>

American Society for Metabolic & Bariatric Surgery: <https://asmbs.org/>

Obesity Help: www.obesityhelp.com

Vitamins, Protein Supplements and Food Products:

Unjury: www.unjury.com

Bariatric Advantage: www.bariatricadvantage.com

Bariatric Pal: <https://store.bariatricpal.com/>

Bariatric Fusion: <https://www.bariatricfusion.com/>

Celebrate Vitamins: <https://celebratevitamins.com/>

ProCare Health: <https://procarenow.com/>

Post-Bariatric Surgery Recipes & Resources:

Bariatric Meal Prep: <https://bariatricmealprep.com/bariatric-recipes/>

Bariatric Food Coach: <https://www.bariatricfoodcoach.com/weight-loss-surgery-recipes/>

Bariatric Bits: <https://bariatricbits.com/recipes/>

My Bariatric Dietitian: <https://www.mybariatricdietitian.com/recipes>

The World According to Eggface: <https://theworldaccordingtoeggface.blogspot.com/p/links-resources.html>

Bariatric Eating: www.bariatriceating.com

Smartphone Apps:

My Fitness Pal

Lose It!

Baritastic

Calorie Counter by MyNetDiary

Calorie Counter by FatSecret

Online Calorie Counting:

Calorie King - www.calorieking.com

Food Calorie Calculator - <https://caloriecontrol.org/healthy-weight-tool-kit/food-calorie-calculator/>

Book Resources:

The Easy Way Out: Why Bariatrics Isn't Cheating Obesity, It's Treating It by Jamie Mills, RDN

The Emotional First Aid Kit: A Practical Guide to Life After Bariatric Surgery by Cynthia Alexander

Before and After: Living and Eating Well After Weight-Loss Surgery by Susan Maria Leach

Recipes for Life After Weight Loss Surgery by Margaret M. Furtado

Eating Well Post Weight-Loss Surgery by Patt Levenin & Michele Bontempo-Saray

The Complete Idiot's Guide to Eating Well After Weight Loss Surgery by Margaret Furtado & Joseph Ewing

The Shift: 7 Powerful Mindset Changes for Lasting Weight Loss by Gary Foster, PhD

Eat It Up! By Connie Stapleton

Food Rules by Michael Pollan

Crave – Why You Binge Eat & How to Stop It by Cynthia Bulik

Stop Eating Your Heart Out by Meryl Hershey Beck

Salt, Sugar, Fat by Michael Moss

The End of Overeating by David Kessler

Fit from Within by Victoria Moran

Cook Wise with Chef Dave (Volume 1) by Chef Dave Fouts

The Everything Post Weight Loss Surgery Cookbook by Jennifer Whitlock Heisler

The Beck Diet Solution by Judith S. Beck

Eating Mindfully by Susan Albers

Mindless Eating: Why We Eat More Than We Think by Brian Wansink

The Pre-operative Diet Two Weeks Before Your Scheduled Surgery

Your safety is our number one priority. We have found that following a preoperative diet can make your operation safer and shorter. You will start the preoperative diet **2 weeks prior to your surgery**.

****PLEASE NOTE:** If you normally experience low blood sugars or have diabetes, please speak with your Registered Dietitian before starting this diet. Also, we do not recommend staying on the preoperative diet for more than 2 weeks unless you have approval from your Registered Dietitian.*

Pre-op Daily Meal Plan

We recommend that you eat a meal/snack or drink a protein shake every 3-4 hours to help manage your hunger. This is the maximum amount of food, not the minimum. Free foods (on the following page) can be added in as desired.

Breakfast: Protein Shake + 100mg Thiamine

Snack: Choose from list

Lunch: Protein Shake

Snack: Choose from list

Main Meal: Homemade Meal or Frozen Meal

**You do not need to eat meals in this exact pattern each day while on the pre-op diet (i.e. if you would like to have your 'main' meal mid-day, you can then have a protein shake for your evening meal)*

The Pre-operative Diet (continued)

Snack Options:

Cream of wheat, cooked (1 packet made with water)**

½ cup plain oatmeal, cooked (or 1 packet)**

¼ cup egg whites

½ cup sugar free pudding**

½ cup unsweetened applesauce**

½ cup of canned fruit (in juice) or fresh fruit

½ cup low fat cottage cheese

½ cup lower fat/reduced sodium cream soup**

6 ounces low-fat, lower sugar yogurt (Greek yogurt preferred)

8oz skim or 1% milk

8oz lactose free skim or 1% milk

8oz Low sodium V8 juice**

Protein shake (Maximum of 1 per day as a snack, in addition to the 2 meal replacement shakes)

*** May consider mixing these foods with 1 serving of plain or flavored protein powder for additional protein.*

'Free' Foods:

Non-starchy vegetables (listed on the following page), Sugar-free Jell-o, Sugar-free hot cider, Low-sodium broth.

Condiments & Seasonings:

Salsa

Mustard

Light Mayo (1 Tablespoon)

Dips made with low-fat yogurt and dry mix (ex. Lipton onion soup) - ¼ cup

Bolthouse Farms Greek yogurt dressing (no more than 2 Tablespoons)

Walden Farms dressings/chocolate sauce

Laughing cow cheese wedges (1-2 for melting on veggies)

Jolly Time butter seasonings (for sprinkling on veggies)

Hummus (no more than 2 Tablespoons)

Splenda/Stevia/Equal/Nutrasweet

Splenda brown sugar

Cinnamon, onion powder, and other low sodium seasonings

Condiments should be used as needed to add flavor to your food. Stick to 1 serving of 1 condiment per meal to maintain calorie and portion control!

The Pre-operative Diet (continued)

Main Meal Option 1: Homemade Meal w/ Protein & Veggies

- 3-5 ounces of lean, high-quality protein
- Unlimited amount of non-starchy vegetables (avoid peas, corn, potatoes, or winter squash)
- Use portion control with added fats:
 - No more than 2T of low fat/ low calorie dressing
 - No more than 1T of oil for cooking
 - No more than 2T of grated cheese for meat or vegetables

Main Meal Option 2: Frozen Meal (*Lean Cuisine, Healthy Choice, etc.*)

- Check the Nutrition Facts Label and aim for:
 - 300 calories or less
 - At least 15 grams of protein
 - Less than 600mg sodium
- Pair with additional non-starchy vegetables OR free food

Examples of Non-Starchy Vegetables: Spinach & other leafy greens, bell peppers, onions, mushrooms, brussels sprouts, asparagus, string beans, broccoli, cauliflower, cucumbers, radishes, celery, pea pods, zucchini, tomatoes, spaghetti squash, zucchini, summer squash, cabbage, eggplant, turnips, carrots, dill pickles (limit to 1-2 servings per day due to high sodium content).

Fluid:

In addition to your meals, continue to aim for your daily fluid goal of 48-64 ounces of non-caffeinated, non-carbonated, non-alcoholic, and non-sugar-sweetened fluids. Continue to work on separating fluids from food and waiting 30 minutes after meals to drink.

Day BEFORE Surgery

- Do NOT eat any solid foods.
- You can drink up to 5 protein shakes, plus non-calorie liquids*.
- *You will be starting to take Tylenol today and this will be with regular Gatorade

Day OF Surgery

- Do NOT eat any or drink any full liquids (including protein drinks)
- You are able to have small amounts of clear liquids up to 2 hours before arriving at the hospital, unless you are given other instructions by your

The Post-operative Diet

After Surgery Nutrition

| Diet Stage | Duration | Texture of Foods |
|------------|----------------|---|
| Stage 1 | First 48 hours | Liquids |
| Stage 2 | Weeks 1 – 2 | Smooth Foods |
| Stage 3 | Weeks 3 – 6 | Mashed Foods |
| Stage 4 | Weeks 7 – 12 | Solid Foods |
| Stage 5 | Weeks 12 + | Solid Foods + Raw Fruit, Vegetables, & Whole Grains |

It is very important that you DO NOT advance diet stages before recommended!

Purpose of the Diet Stages

- Helps your body heal and slowly introduces new foods, textures, and portion sizes
- Avoid raw vegetables and carbohydrate rich foods (bread, pasta, rice, tortillas, etc.) until at least 3 months post-op.

Fluid Goal

- 48-64 ounces of total fluid per day – this includes water, sugar-free flavored water (Mio, Crystal Light, etc.), sugar free sports drinks, low-sodium broth, low-fat milk or milk alternative, decaf tea or coffee, etc.
- We recommend separating fluids from food and waiting at least 30 minutes after eating to drink again.
- We do not recommend having caffeinated beverages (regular coffee or tea) for at least the first 3 months after surgery.

Protein Goal

- AT LEAST 60-80 grams per day (aim for 15-20 grams per meal); 80-100 grams per day if pursuing SADI-S surgery (aim for 20-25 grams per meal).
- Remember to always eat protein first.
- You can get protein from protein shakes, protein powder, or food.
- You may not reach this goal at first, but it will get easier every day.

Daily Vitamins

- Begin taking your post-op vitamins as soon as possible post-surgery to help
-
- establish a routine. Refer to the vitamin section of your binder for more information about what vitamins you need to be taking.

Stage 1 – Liquids

Duration: In the hospital and the first 2 days at home

Instructions

During your hospital stay and for the first couple of days at home, your goal is to work on adequate fluid intake. Aim for at least 48-64 ounces of fluid each day. Initially, focus on having about 1 ounce of fluid every 15 minutes and then increase as able.

If you are unable to take in at least 32 ounces of fluid for two days in a row, please give our office a call so one of our nurses can do an assessment and see if you are at risk for dehydration. Our office number is **207-661-6064**.

What to drink:

Beverages that are sugar-free, non-carbonated, non-caffeinated, and do not contain alcohol.

Examples of appropriate fluids:

- Water
- Protein shakes
- Crystal Light, Mio or other sugar-free flavorings
- Decaf coffee or tea*
- Skim or 1% milk
- Low-sugar milk alternative such as soy or almond milk
- Clear low-fat, low-sodium chicken, beef or vegetable broth
- Sugar free sports drinks such as Gatorade Zero, Powerade Zero or Vitamin Water Zero

Fluid Tips:

- Take small sips. Do not gulp or chug because this can cause stomach pain.
- Go for a short walk if you have gas or stomach pain.
- Be mindful if you add any sweetener to decaf coffee or tea. If drinking decaf coffee or tea causes heartburn or acid reflux, stop drinking it for a while.
- When restarting protein drinks please be aware it is normal for a protein drink to feel heavy at first. It is okay to go back to clear liquids for the next meal. Your biggest priority is reaching your fluids needs of 48 to 64 ounces of fluids each day
- If you are having a hard time with protein drinks, try drinking plain milk or a clear liquid shake. It is not uncommon for patients to have a hard time with tolerating protein drinks right after surgery.
- You do not need to wait a full 20-30 minutes after drinking a protein drink before restarting with water and other clear liquids. Please focus on listening to your body.
- Do not advance to stage 2 after 48 hours at home if you are still struggling to drink 48oz or more of fluids per day.

Stage 2 – Smooth Foods

Duration: Weeks 1 and 2 (14 days total)

Smooth or blended foods. Food should not have any lumps, chunks, or strings. Blend your food in a blender after it is cooked if it is not already smooth.

How much to eat & drink:

- A typical portion size is about 2 tablespoons (1/8 cup) to ¼ cup per meal.
- Aim for at least 60 to 80 grams of protein each day (80-100 grams for SADI-S surgery).
- Aim for 48 to 64 ounces of fluids each day.

Tips for when first introducing pureed foods:

- When starting stage 2 start, with foods that are easier to tolerate at first (see early stage 2 foods list below)
- Only try 1 new food at a time. It may be helpful to wait 3-4 minutes after the first bite to see how it will sit.
- Remember at this stage portions at first may only be 1-2 tablespoons at a time.
- You will often still need to drink 1 to 2 protein drinks per day to help you fully meet your protein needs.
- Your biggest goal will still be aiming to drink at least 48 ounces of fluids daily.

Early stage 2 foods

- Smooth, Fat-free or light yogurt (preferably Greek yogurt)
- Sugar-free pudding
- Low sugar yogurt smoothie or drinkable yogurt
- Ricotta cheese (plain, low-fat)
- Smooth blended soups (low-fat)
- Cottage cheese (fat free or low-fat)
- Protein Drinks
- All fluids included in stage 1

Late stage 2 foods (should not introduce until you able to tolerate early stage 1 foods and are having no issues with reaching fluids needs).

- Refried beans (fat free)
- Shredded cheese (melted)
- Blended stews and chili
- Hummus
- Pureed avocado (no more than 2 tablespoons)

Stage 2 Protein Food Options:

| Food Item | Average Protein (per ¼ cup) |
|--|-----------------------------|
| Greek yogurt (non-fat, low sugar) | 4 |
| Cottage cheese (low-fat or fat free) | 8 |
| Refried beans, fat-free | 4 |
| Hummus, plain | 4 |
| Shredded cheese, low fat, melted | 7 |
| Ricotta cheese (low-fat or fat free) | 6 |
| Blended low-fat soups, stews, mild chili | Varies |
| Protein powder/RTD Shakes | Varies |

Other Food Choices:

- Low-sugar, fat free or light yogurt
- Sugar-free pudding*
- Unsweetened or SF applesauce*
- Plain cream of wheat, oatmeal, cream of rice*
- Peanut butter powder
- Mashed avocado
- Smooth, pureed cooked fruit or vegetable* (no more than 1/4 cup)

*Foods with an * next to it, consider adding protein powder or PB powder for additional protein.*

Stage 2 Eating Tips:

- Eat high-protein foods first at each meal.
- Stop eating before you are full and do not force yourself to finish the meal.
- Meals should last 20 to 30 minutes, but no more than 30 minutes to prevent grazing.
- You should be able to meet your protein goals with a combination of protein shakes and the foods listed above.

Recommended recipe resources: Bariatric Meal Prep, Bariatric Food Coach, Bariatric Bits

Stage 2 – Recipe Ideas

Pureed Refried Bean Bowl

| | |
|--|---|
| <p>Ingredients: Olive Oil spray 1 can pinto beans drained & rinsed 1 cup vegetable broth ¼ teaspoon garlic powder ¼ teaspoon cumin ¼ teaspoon chili powder ¼ teaspoon onion powder</p> <p>Source: https://bariatricbits.com/low-fat-refried-beans/</p> | <p>Instructions:</p> <ul style="list-style-type: none">• Spray a sauté pan with olive oil spray.• Add rinsed and drained pinto beans to the sauté pan and fry for 1-2 minutes.• Pour broth into sauté pan along with garlic powder, cumin, chili powder, and onion powder.• Bring the pinto beans to a slow boil. Continue to boil until broth is reduced by half (about 3-5 minutes).• Using a potato masher, mash the pinto beans until smooth. You may also use a blender. Top with shredded Mexican Cheese if desired. |
|--|---|

Oven Baked Ricotta

| | |
|---|--|
| <p>Ingredients: Olive Oil Spray 15- ounce Part-skim ricotta ⅓ cup parmesan cheese ⅛ teaspoon basil ⅛ teaspoon garlic powder Pinch of Salt and pepper Optional: top with marinara sauce [smooth, not chunky]</p> <p>Source: https://bariatricbits.com/single-serve-baked-ricotta/</p> | <p>Instructions:</p> <ul style="list-style-type: none">• Preheat oven to 350 degrees.• Spray 5 ramekins with olive oil and place on a baking sheet.• In a medium bowl, combine ricotta cheese, parmesan cheese, basil, garlic powder, salt, and pepper. Stir ricotta mixture to fully combine.• Place ¼ - ½ cup of the ricotta mixture into the prepared ramekins.• Top with 1 tablespoon of smooth marinara sauce, if desired.• Bake for 20 minutes and serve warm. |
|---|--|

High Protein Butternut Squash Soup

| | |
|---|---|
| <p>Ingredients: ½ pound butternut squash 1 teaspoon olive oil ½ onion, diced 32 oz almond milk soup base 1 teaspoon ginger, minced 1 teaspoon garlic Salt and pepper for taste 2 scoops unflavored protein powder</p> <p>Source: https://bariatricmealprep.com/high-protein-butternut-squash-soup/</p> | <p>Instructions:</p> <ul style="list-style-type: none">• Sauté onion in olive oil in saucepan over medium heat until onion is translucent. Then add ginger and garlic and sauté for another minute.• Once soft, add squash, broth, almond milk and seasonings. Bring to a boil and then let simmer for 15 minutes or until squash is soft.• Blend with immersion blender or purée in regular blender until smooth.• Once temperature is below 140 degrees, you may blend in protein powder. |
|---|---|

Stage 3 – Mashed Foods

Duration: Weeks 3 through 6

How Much to Eat & Drink:

- Typical portion size is about ½ cup per meal
- Aim for at least 60-80 grams of protein per day (80-100 grams per day for SADI-S surgery)
- Aim for 48-64 ounces of fluid per day

What to Eat & Drink:

- You may start to incorporate foods that can be mashed and do not require excessive chewing.
- You may include any of the fluids listed in Stage 1, smooth foods from Stage 2, and the mashed foods that are listed below.

Protein Foods:

| Food Item | Average protein |
|---|-----------------|
| Tuna, canned, in water (2oz) | 14 |
| Chicken, canned, in water (2oz) | 14 |
| Soft scrambled or poached egg (1) | 7 |
| Deli turkey or ham (2oz) | 14 |
| Flaked fish (baked or grilled) (2-3oz) | 14-21 |
| Ground chicken or turkey, moist (2oz) | 14 |
| Tofu (1/4 cup) | 5 |
| Cheese, low-fat (1oz or ¼ cup shredded) | 7 |

Other Food Choices:

- Soft, well-cooked non-starchy vegetables (avoid potatoes, corn, peas)
- No sugar added canned fruit (canned in juice, no syrup) or soft fruit such as banana, berries and melon.
 - Avoid fruit that has peels/skin and fruit that cannot be mashed easily with a fork.

Stage 3 Eating Tips:

- Slowly start to incorporate the foods listed above. You may not tolerate certain textures the first time you try them. If you have trouble with a certain food, wait at least a week before trying it again.
- You may add low-fat/light mayo or plain non-fat Greek yogurt to canned chicken, tuna, or eggs to make chicken/tuna/egg salad.
- You may still include protein shakes or powders as needed to reach your protein goals.

Stage 4 – Solid Foods

Duration: Weeks 7 through 12

How Much to Eat & Drink:

- Typical portion size is about 1 cup per meal
- Aim for at least 60-80 grams of protein per day (80-100 grams per day for SADI-S surgery)
- Aim for 48-64 ounces of fluid per day

What to Eat & Drink:

- You may start to slowly incorporate regular/solid texture foods.
- You may include any of the fluids listed in Stage 1, smooth foods from Stage 2, mashed foods from Stage 3, and solid foods listed below.

Protein Foods:

| Food Item | Average protein |
|--------------------------------|-----------------|
| Chicken breast (2-3oz) | 14 |
| Turkey breast (2-3oz) | 14 |
| Beef, lean, moist (2-3oz) | 14 |
| Ground beef, lean (2-3oz) | 14 |
| Canadian bacon (1oz) | 14 |
| Fish, any kind (2-3oz) | 14 |
| Lobster (2-3oz) | 14 |
| Scallops (2-3oz) | 13 |
| Shrimp (2-3oz) | 12 |
| Lump crab meat (2-3oz) | 10 |
| Imitation crab (2-3oz) | 7 |
| Veggie burger (1) | 7-12 |
| Cooked/canned beans* (1/2 cup) | 7-8 |

Other Food Choices:

- Soft cooked vegetables
- No sugar added canned fruit (canned in juice, no syrup) or other soft fruit that does not have peels or skins.
- Mashed white or sweet potato (limit to 1/3 cup per meal)

Stage 4 Eating Tips:

- Keep meat moist by using low-sodium broth or fat-free gravy.
- Limit added fat and sugar to 5-6 grams or less per serving.
- You may still incorporate protein shakes as needed to reach your protein goals.
- *Avoid baked beans

Stage 5 – Solid Foods – Plus Raw Fruit, Vegetables, and Starches

Duration: Weeks 12 and Beyond

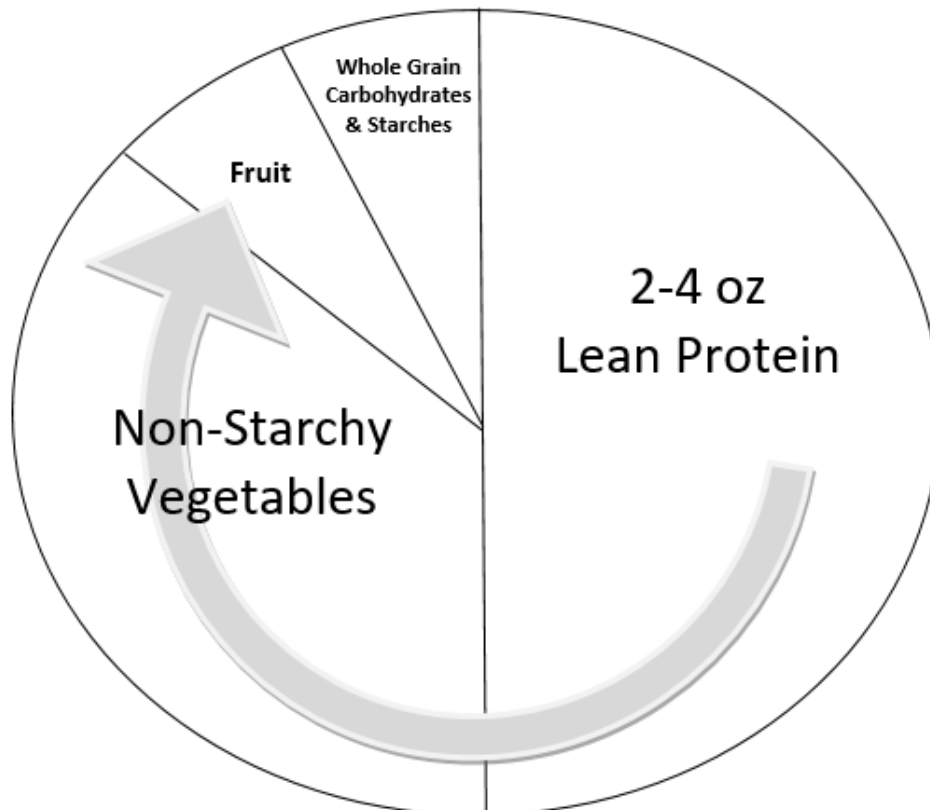
How Much to Eat & Drink:

- Typical portion size is about 1 cup per meal
- Aim for at least 60-80 grams of protein per day (80-100 grams per day for SADI-S surgery)
- Aim for 64+ ounces of fluid per day

What to Eat & Drink:

- You may start to slowly incorporate raw fruit and vegetables along with whole grains. Use the plate method below as a guide.
- You may include any of the fluids listed in Stage 1 and the foods listed throughout the previous stages, with the addition of raw fruits and vegetables, and whole grains.

Post-Bariatric Surgery Plate Method



Sample Meal Plans

Pre-op Diet - Two weeks before your scheduled surgery

Day before surgery: No solid food – you may have up to 5 protein shakes along with water or low calorie fluids and liquids from the pre-op Gatorade protocol.

Pre-op Diet Sample Meal Plan 1

| Time | Food | Liquids | Protein (grams) |
|----------------------|---|------------------|-----------------|
| Morning | Protein Drink | 11 oz | 30g |
| Mid-Morning | ½ cup cottage cheese, 1 cup raw broccoli | 16 oz water | 16g |
| Lunch | Protein Drink | 11 oz | 30g |
| Mid-Afternoon | ½ cup unsweetened applesauce mixed with protein powder, 1 cup raw carrots | 16 oz water | 20g |
| Dinner | 3oz chicken breast with 2 cups garden salad (lettuce, tomato, cucumber, bell peppers) with 2T Bolthouse Farms Greek yogurt dressing | 12 oz water | 21g |
| Evening | ½ cup sugar free pudding made with skim milk | 12 oz herbal tea | 4g |

Total Protein: 121 grams

Total Fluids: 78 ounces

Pre-op Diet Sample Meal Plan 2

| Time | Food | Liquids | Protein (grams) |
|----------------------|--|-------------|-----------------|
| Morning | Protein Drink | 11 oz | 30g |
| Mid-Morning | ½ cup low fat Greek yogurt | 16 oz water | 16g |
| Lunch | Healthy Choice Simple Steamers Grilled Basil Chicken frozen meal with 1 cup roasted broccoli (cooked with 1 T olive oil) | 12 oz water | 19g |
| Mid-Afternoon | ½ cup sugar free pudding (mixed with protein powder), 1 cup raw cucumber | 16 oz water | 24g |
| Dinner | Protein Drink | 12 oz water | 30g |
| Evening | ½ cup sugar free Jell-o with ½ cup low fat cottage cheese | 12 oz water | 4g |

Total Protein: 123 grams

Total Fluids: 79 ounces

Sample Meal Plans

Post-op Diet Stages 2-5

Stage 2 – Sample Menu 1

Smooth Foods (Weeks 1-2) | Typical portion = ¼ cup

| Time | Food | Liquids | Protein (grams) |
|---------------|--|------------------|-----------------|
| Morning | Protein Drink | 14 oz | 30g |
| Mid-Morning | 2 T Greek yogurt | 10 oz water | 2g |
| Lunch | 2 T refried beans with 1 T plain Greek yogurt | 16 oz water | 2g |
| Mid-Afternoon | 1 scoop chocolate protein whey powder with 8oz skim milk | 8 oz (from milk) | 28g (20 + 8) |
| Dinner | 2 Tbs cottage cheese | 12 oz water | 4g |
| Evening | ½ protein drink | 7 oz | 15g |

Total Protein: 81 grams

Total Liquids: 67 ounces

Stage 2 – Sample Menu 2

Smooth Foods (Weeks 1-2) | Typical portion = ¼ cup

| Time | Food | Liquids | Protein (grams) |
|---------------|--|-----------------------------------|-----------------|
| Morning | ¼ cup plain cream of wheat with 1 scoop protein powder | 8 oz herbal tea, 8 oz water | 14g (4 + 10) |
| Mid-Morning | Premier Protein | 11 oz protein shake 8 oz water | 30g |
| Lunch | ¼ cup Greek yogurt | 8 oz water | 4g |
| Mid-Afternoon | Protein powder mixed with 8 oz unsweetened almond milk | 8 oz | 22g (21 + 1) |
| Dinner | ¼ cup FF refried beans | 8 oz water | 4g |
| Evening | ¼ cup sugar-free pudding | 8 oz water | 0g |

Total Protein: 74 grams

Total Liquids: 67 ounces

Sample Meal Plans

Stage 3 – Sample Menu 1

Mashed/Soft Foods (Weeks 3-7) | Typical portion = ½ cup or 1-2oz)

| Time | Food | Liquids | Protein (grams) |
|----------------------|--|---------------------------------|-----------------|
| Morning | 6 oz Greek yogurt + 1T oats (mix yogurt and oats and let sit overnight) | 8 oz water | 15g |
| Mid-Morning | Protein shake | 12 oz | 20g |
| Lunch | ½ cup of turkey chili with black beans | 12 oz Crystal Light | 8g |
| Mid-Afternoon | ½ cup cottage cheese | 12 oz water | 14g |
| Dinner | 2-3 oz soft, flaked white fish, 1-2 T soft cooked broccoli w/ sprinkled parm | 12 oz decaf iced tea with lemon | 14-21g |
| Evening | ¼ soft banana mixed with 1 tsp peanut butter | 8 oz decaf hot tea | 2 g |

Total Protein: 73-80 grams

Total Liquids: 64 ounces

Stage 3 – Sample Menu 2

Mashed/Soft Foods (Weeks 3-7) | Typical portion = ½ cup or 1-2oz)

| Time | Food | Liquids | Protein (grams) |
|----------------------|--|-------------------------|-----------------|
| Morning | 2 scrambled eggs + sprinkle of melted, shredded cheese (½ cup total) | 8 oz decaf coffee | 12 g |
| Mid-Morning | ½ protein shake (homemade) | 6 oz | 11.5 g |
| Lunch | Canned tuna + 1 Tbsp light mayo (½ cup total) | 16 oz water | 20 g |
| Mid-Afternoon | ½ protein shake (homemade) | 6 oz | 11.5 g |
| Dinner | Ground chicken or turkey (¼ cup) + cooked green beans (¼ cup) | 16 oz water | 10 g |
| Evening | Sugar-free popsicle | 2 oz 12 oz decaf tea | |

Total Protein: 65 grams

Total Liquids: 66 ounce

Sample Meal Plans

Stage 4 – Sample Menu 1

Solid Foods (Weeks 7-12) | Typical portion = ½-1cup or 2-3oz)

| Time | Food | Liquids | Protein (grams) |
|----------------------|--|------------|-----------------|
| Morning | Plain oatmeal (¼ cup) with plain Greek yogurt (¼ cup), topped with unsweetened strawberry puree | 12oz water | 8g |
| Mid-Morning | Homemade protein shake | 8 oz water | 20g |
| Lunch | Low carb taco salad made with ¼ cup cooked beans, 1/8 cup shredded or melted cheese, ¼ cup ground turkey | 8oz water | 20g |
| Mid-Afternoon | Protein2O | 16oz | 15g |
| Dinner | Ground chicken (1/4 cup) + cooked green beans (1/4 cup) | 8oz water | 7g |
| Evening | Low-fat Ricotta (1/4 cup) with 2T protein powder and cinnamon | 12oz water | 4g |

Total Protein: 74 grams

Total Liquids: 64 ounces

Stage 4 – Sample Menu 2

Solid Foods (Weeks 7-12) | Typical portion = ½-1cup or 2-3oz)

| Time | Food | Liquids | Protein (grams) |
|----------------------|---|---------------------------------------|-----------------|
| Morning | 1 scrambled egg + 1 T cheese | 8-12oz water | 9g |
| Mid-Morning | ½ cup unsweetened applesauce mixed with 1 scoop of vanilla protein powder | 12 oz water | 20g |
| Lunch | ½ veggie burger + 1T mashed avocado | 12 oz water | 5g |
| Mid-Afternoon | Protein shake | 11oz + 8oz water | 20g |
| Dinner | 2 oz braised chicken breast + 1T low sugar BBQ sauce + 2T cooked carrots | 8-12 oz water | 14g |
| Evening | | 8 oz SF hot cocoa made with skim milk | 6g |

Total Protein: 68 grams **Total Liquids:** 67-75 ounces

Sample Meal Plans

Stage 5 – Sample Menu 1

Solid Foods + Raw Fruits & Veggies (Weeks 12+) | Typical Portion = 1 cup

| Time | Food | Liquids | Protein (grams) |
|----------------------|--|---------------------------------|-----------------|
| Morning | 1 low carb wrap with 2 oz smoked salmon + light cream cheese + cucumber | 12oz water 8 oz decaf coffee | 19g |
| Mid-Morning | Greek yogurt | 8-12 oz water | 15g |
| Lunch | 2-3 oz of cubed tofu marinated in SF teriyaki sauce + steamed broccoli and cauliflower | 8-12 oz decaf iced tea | 8g |
| Mid-Afternoon | ½ cup cottage cheese + 2 apple slices + 2 baby carrots | 12-15 oz water | 15g |
| Dinner | 3 oz lean ground beef with low sugar tomato sauce + ½ cup spaghetti squash | 12-15 oz water | 21g |
| Evening | Protein shake (optional) | 8 oz hot tea | 20g |

Total Protein: 78-98 grams

Total Liquids: 68-82 ounces

Stage 5 – Sample Menu 2

Solid Foods + Raw Fruits & Veggies (Weeks 12+) | Typical Portion = 1 cup

| Time | Food | Liquids | Protein (grams) |
|----------------------|--|---|-----------------|
| Morning | 1 egg + 1 slice whole grain toast + ¼ avocado | 12oz water 8 oz decaf coffee | 7g |
| Mid-Morning | 1 oz cheese + 6 Triscuits | 8-12 oz water with calorie-free flavoring | 7g |
| Lunch | 2-3 oz egg salad on small green salad | 8-12 oz decaf iced tea with lemon | 21g |
| Mid-Afternoon | Greek yogurt | 12-15 oz water | 15g |
| Dinner | 2 oz pork tenderloin + ½ cup cooked green beans + ¼ cup brown rice | 12-15 oz water | 14g |
| Evening | Sugar-free pudding + 3-4 sliced strawberries | 8 oz decaf hot tea | 1g |

Total Protein: 68 grams **Total Liquids:** 67-75 fluid ounces

Post-op Vitamins and Minerals

You will need to take vitamins and minerals every day for the rest of your life. Please ask your dietitian when it's appropriate to switch your vitamins from chewable to a capsule or pill. We will regularly be checking your lab work to make sure you are not low in any nutrients.

- Do not take with coffee or tea or on an empty stomach.
- Chewable vitamins are preferred after surgery for better tolerance and absorption. Choose chewable tablets or soft chews, not gummy vitamins.
- Plan to purchase and bring your vitamins to one of your dietitian visits prior to surgery.

Multivitamin with Iron:

- Take a chewable complete multivitamin daily with:
 - At least 18 mg of iron
 - At least 400mcg of folic acid
 - Zinc
 - Copper
- Do not choose multivitamins that are gummies or spray-form. They do not have all of the recommended minerals that your body needs to be healthy.

****If pursuing SADI-S surgery you will need to choose a bariatric-grade multivitamin that contains at least the following:**

- Iron 45 mg
- Vitamin A 10,000 IU or 3000 mcg (retinol)
- Vitamin D 2000 IU or 50 mcg
- Vitamin E 15 mg
- Vitamin K 300 mcg
- Thiamine B1 12 mg
- B12 500 mcg
- Folate 400 mcg (800-1000 childbearing age)
- Zinc and Copper

Calcium (with Vitamin D):

- You need **1200-1500mg total** of calcium every day. This supplement usually includes Vitamin D in it as well.
- Take 500-600mg of calcium at a time (1-2 tablets, depending on the brand).
 - *Be sure to take the doses at least 2 hours apart and take them separately from the multivitamin with iron.*
- Calcium Citrate is preferred for better absorption.

****Calcium goals for SADI-S Surgery:**

- You will need **1800-2400 mg** of calcium supplementation, preferably as calcium citrate.
- You should take 500-600 mg of calcium 3 to 4 times a day.

Post-op Vitamins and Minerals (continued)

Thiamine (vitamin B1)

- Start **100mg thiamine** supplement at least 2 weeks before surgery
 - (You will be asked to stop all other vitamin supplements 1 week before your surgery but should continue to take your thiamine supplement)
- Continue 100mg of thiamine for 3 months after surgery.
- After 3 months, take a daily B-complex supplement with at least **12 mg of thiamine**.

Vitamin B-12:

- Vitamin B12 supplement with 500 mcg of vitamin B-12 every day.
- It is okay to take vitamin B-12 with either the multivitamin or with the calcium supplement.

Note: if you are taking a bariatric-brand multivitamin, this may include the B-vitamins already, so you may not need to take an additional B-complex or vitamin B-12 separately after surgery. *You WILL still need to take the additional 100mg of thiamine, 2 weeks pre-surgery and 3 months post-surgery.*

Daily Vitamin Schedule Gastric bypass/ Sleeve Gastrectomy

| | |
|-----------|--|
| Breakfast | Multivitamin Thiamine 100mg (first 3 months) B-Complex with 12mg B1 (after 3 months, if needed) Vitamin B12 (if needed) |
| Lunch | Calcium Supplement – 500mg (Calcium Citrate or Calcium Carbonate) |
| Dinner | Calcium Supplement - 500mg (Calcium Citrate or Calcium Carbonate) |
| Bedtime* | Calcium Supplement – 500mg (Calcium Citrate or Calcium Carbonate) |

**If your calcium is 600mg or more, then you can skip the bedtime dose (3rd dose).*

Daily Vitamin Schedule SADI-S

| | |
|-----------|--|
| Breakfast | 500mg calcium citrate Thiamine 100mg (first 3 months) |
| Lunch | Bariatric-Grade Multivitamin with ADEK |
| Snack | 500mg Calcium Citrate |
| Dinner | 500mg Calcium Citrate |
| Bedtime | 500mg Calcium Citrate |

It is not mandatory that you take your vitamins in this exact schedule. Some individuals will choose to take their multivitamins at night to avoid nausea. **The key point is that you do not want to take calcium and multivitamin together.** This would also be true of iron supplements; they should not be taken at the same time as calcium.

B-Vitamins and Vitamin D (if needed) are okay to take with either your multivitamin or with your calcium

Vitamin Shopping Tips:

- Bariatric-brand vitamins are preferred, as they are formulated for patients who have had bariatric surgery.
- **Maine Medical Center** – Biddeford Pharmacy – ask pharmacist about the Celebrate bariatric vitamins.
- If you are more comfortable shopping for vitamins at your local pharmacy, here are the best options:
- **Over-the-counter options:**
 - Multivitamin: CVS Children’s Chewable, Optisource Post-Bariatric Surgery Chewable Multivitamin, Equate Children’s Chewable Complete, Target Kids’ Multivitamin Complete
 - Calcium: Viactiv or Caltrate calcium carbonate – these come in either a chewable tablet or soft-chew form. Make sure to take these with food for better tolerance and absorption.
 - B-vitamins: Nature Made, Spring Valley or Nature’s Bounty Super B-Complex and the same brands make 500mcg Vitamin B-12 supplements, too.

***Please review your purchased vitamins with your dietitian prior to surgery.**

Vitamin Shopping Tips (continued)

Examples of Bariatric Chewable Multivitamins (Gastric Bypass and Sleeve Gastrectomy) *Price and availability subject to change

| Name (Link to website) | Dose | Price per Month | Iron | B-Vitamins | Need additional B-Vitamins? | Includes Zinc + Copper? | Amt of Vitamin D |
|--|---------|-----------------|----------|-------------------------------|-----------------------------|-------------------------|------------------|
| Bariatric Pal Multivitamin One <i>Flavors: Orange Citrus, Mixed Berry</i> | 1 daily | \$14.99 | 45 mg | 20 mg thiamine 1000mcg B12 | No | Yes | 3000IU |
| ProCare Health Multivitamin <i>Flavor: Fruit Punch</i> | 1 daily | \$14.99 | 18-45 mg | 20 mg thiamine 1000mcg B12 | No | Yes | 3000IU |
| Celebrate ONE 18 <i>Flavor: Black Cherry</i> | 1 daily | \$17.95 | 18 mg | 12 mg thiamine 500mcg B12 | No | Yes | 3000IU |
| Celebrate ONE 45 <i>Flavor: Tropical Twist</i> | 1 daily | \$17.95 | 45 mg | 12 mg thiamine 500mcg B12 | No | Yes | 3000IU |
| Bariatric Advantage Advanced Multi EA <i>Flavor: Mixed Fruit</i> | 2 daily | \$41.50 | 45 mg | 36 mg thiamine 1000mcg B12 | No | Yes | 3000IU |
| Bariatric Advantage Ultra Solo with Iron <i>Flavor: Citrus</i> | 1 daily | \$25.25 | 45 mg | 25 mg thiamine 500 mcg B12 | No | Yes | 3000IU |
| Bariatric Fusion Multi w/iron <i>Flavor: Citrus Berry, Citrus berry</i> | 1 daily | \$16.99 | 45 mg | 24 mg thiamine 500 mcg B12 | No | Yes | 3000IU |

Examples of Bariatric Chewable Calcium Supplements

**Flavors price and availability are subject to change.*

| Name (link to website) | Dose | Calcium per Chew/Tablet | Vitamin D (per 1 chew/tablet) |
|---|-----------------------|-------------------------|-------------------------------|
| <u>Bariatric Pal Calcium Citrate Soft Chews</u> <i>Flavors: has a variety of flavors</i> | 3 daily | 500 mg | 800IU |
| <u>Bariatric Pal Calcium Citrate Chewable Tablets</u> <i>Flavors: orange, cherry</i> | 3 daily | 500 mg | 333IU |
| <u>Celebrate Calcium Citrate Soft Chews</u> <i>Flavors: has a variety of flavors</i> | 3 daily | 500 mg | 500IU |
| <u>Celebrate Calcium Citrate Chewable Tablets</u> <i>Flavors: Cherry Tart, Berries & Cream, Orange Burst</i> | 3 daily | 500 mg | 333IU |
| <u>Bariatric Advantage Calcium Citrate Chewy Bites</u> <i>Flavors: has a variety of flavors</i> | 3 daily | 500 mg | 500IU |
| <u>Bariatric Advantage Calcium Citrate Chewable Tablets</u> <i>Flavors: Wild Cherry, Cinnamon, Chocolate</i> | 3 daily | 500 mg | 500IU |
| <u>Bariatric Fusion Calcium Citrate Plus Chewable Tablets</u> <i>Flavor: Orange Citrus</i> | 4 daily (2 at a time) | 650 mg* (per 2 tablets) | 400IU |

Examples of Bariatric Chewable Multivitamins (SADI-S surgery)

| Name | Dose (daily) | Amt of Iron | Amt of B-Vitamins | Amt of Vitamin D | Meets requirements for vitamins ADEK? |
|--|------------------|-------------|---------------------------|------------------|---------------------------------------|
| Bariatric Advantage High ADEK Multi with iron (<i>chewable tablet</i>) | 2 daily | 45mg | 12 mg B-1 1000mcg B-12 | 5000IU | yes |
| Bariatric Advantage Advanced Multi EA with iron (<i>chewable tablet</i>) | 2 daily | 45mg | 36 mg B-1 1000mcg B12 | 3000IU | yes |
| Celebrate Multi-ADEK with iron (<i>chewable tablet</i>) | 2 daily | 60mg | 12mg B-1 500mcg B12 | 5000IU | yes |
| Bariatric Fusion High ADEK Vitamin Capsule with 45mg iron (<i>capsule</i>) | 3 capsules daily | 45mg | 12mg B-1 560mcg B12 | 3000IU | yes |
| ProCare Multivitamin DS/SADI (<i>capsule</i>) | 1 capsule daily | 60mg | 25mg B-1 500mcg B12 | 5000IU | yes |
| BariMelts Once Daily Multivitamin with 45 mg iron (<i>capsule</i>) | 1 capsule daily | 45mg | 12 mg B-1 1000mcg B-12 | 3000IU | yes |

Where to Purchase Bariatric Vitamins:

Online Websites: <https://www.amazon.com/>; <https://store.bariatricpal.com/>;
<https://celebratevitamins.com/>; <https://www.bariatricadvantage.com/>; <https://unjury.com/>;
www.barimelts.com; procarenow.com; www.bariatricfusion.com

Vitamins F.A.Q:

Can I purchase vitamins over-the-counter?

- Yes; however it is strongly encouraged that after the SADI-S procedure that you use a bariatric multivitamin that is specific for your surgery. Over-the-counter vitamins will likely not have the correct amount of vitamins and minerals you need to prevent a deficiency. You will also need to take additional supplements along with the multivitamin to meet all your vitamin needs.

What if my vitamins are making me sick?

- Sometimes the vitamins can cause an upset stomach after surgery. It is important to take your vitamins with food, as this can help with nausea. You may also want to change the time of day you are taking your multivitamin (i.e. take in the evening rather than first thing in the morning). If you continue to have issues with tolerating your vitamins, call the office to discuss with your dietitian.

Note: *Vitamin labs will be monitored regularly after bariatric surgery. Our team still recommends continuing to take your vitamins regularly long-term, even if your labs continue to be normal.*

Vitamin and Mineral Deficiencies

Iron

Iron deficiencies can develop after bariatric surgery due to reduction in stomach acids, especially if the appropriate vitamins are not taken. Iron deficiency can occur many years after surgery, therefore supplementation for a lifetime is important. In some cases, deficiency will occur even with supplementation. Symptoms of deficiency include: weakness/fatigue, hair loss, swollen tongue, and difficulties concentrating.

Vitamin B12

B12 deficiencies are very common after any type of surgery that removes a large part of the stomach. Symptoms of deficiency include: loss of mental alertness, nausea, muscle weakness, sore tongue, and numbness in hands/feet.

Vitamin B1 or thiamine

B1 deficiencies can occur after multiple episodes of vomiting or if appropriate vitamins are not taken. Symptoms of deficiency include memory issues, muscle cramps, and or weakness, and numbness or tingling in arms/legs.

Folate

Folate deficiency often occurs due to poor dietary intake and/or if appropriate vitamins are not taken. Symptoms of deficiency are very similar to Vitamin B12 deficiency including: fatigue, weakness, sore tongue, and forgetfulness. Folate deficiency is also thought to play a role in neural defects (birth defect), heart disease, and some cancers.

Vitamin D

Vitamin D deficiency is very common among bariatric patients both before and after surgery. There are multiple factors that can cause low levels which include: reduced sun exposure, malabsorption, and low dietary intake. Long-term Vitamin D deficiency can lead to bone issues, and it may play a role in some cancers. It is also thought that low Vitamin D can cause seasonal affective disorder and/or depression.

Zinc

Zinc deficiencies can occur after bariatric surgery, however is not as common as some of the other deficiencies. Symptoms of deficiency include: poor wound healing, grooved nails, sore around the mouth, and more frequent infections.

Selenium

Selenium deficiency is rare after bariatric surgery; however some of the children's multivitamins do not contain selenium. Symptoms of deficiency include: premature graying of hair, weakness, and whitened nail beds.

Resistance Training

What is Resistance training?

Resistance or strength training is a type of exercise that uses resistance (weights, resistance bands, or your body weight) to build overall strength and increase lean muscle mass.

Why add in Resistance training?

- Puts stress on bones and makes them stronger.
- Improves mood, energy levels, and alertness
- Increases lean muscle mass and helps reduce a person's fat mass.
- Building muscle can help aid in balance and reduce the risk of falls

How often should I strength train?

If you're new to resistance training, two times a week can be a perfect amount. When strengthening, it's best to include exercises for all the major muscle groups (back, abdominal muscles, shoulders, arms, and legs) in each session.

Do I need to go to a gym?

Staying consistent with resistance training is more important than WHERE you do it. Exercising at home and going to a gym can have different benefits.

A gym is great for trying new equipment and joining small group classes. In addition, most gyms have personal trainers that can assist you with proper form for specific exercises and help you progress with an individualized plan. Another benefit of belonging to a gym is the sense of community it can provide.

Working out at home has plenty of benefits too. For some, privacy at home can be more comfortable. Also, if finding time to go to the gym is challenging, it can be easier to fit in a 10-minute strengthening session at home than commuting to the gym and possibly waiting for equipment to become available. You can also save money on membership fees.

Essential Exercise Equipment

Your body weight can be all you need to get started! Body weight exercises include push-ups, planks, squats, wall sits, and crunches. Additional equipment can be used, too, such as dumbbells, kettlebells, resistance bands, or weight machines that you would find in a gym.

LEVEL 1 WORKOUT (LIMITED MOBILITY)

CHAIR BOOTCAMP #1- CIRCUIT: 12 MIN

:30 Seated March in Place
:30 Shadow Boxing
:30 Alternating Leg Extensions
:30 Shoulder Press
:30 Seated March in Place
:30 Bicep Curl
:30 Calf Raises
:30 Chest Press



*Repeat for a total of 3 rounds and modify as needed

Progression #1- Advance the workout to :45 each exercise

Progression #2- Advance the workout to 1:00 each exercise

Progression #3- Advance the workout to standing for all exercises (except leg ext.)

CHAIR BOOTCAMP #2-CIRCUIT: 15 MIN

:30 Shadow Boxing
:30 Alternating Leg Extensions
:30 March in Place
:30 Simulated Row
:30 Arm Circles
:30 Leg Extension hold (hold each leg and contract quad for :05)
:30 Calf Raises
:30 Tricep Extension
:30 March in Place
:30 Chest Press

*Repeat for a total of 3 rounds and modify as needed

Progression #1- Advance the workout to :45 each exercise

Progression #2- Advance the workout to 1:00 each exercise

Progression #3- Advance the workout to standing for all exercises (except leg ext.)

Motivation is what gets you started. Habit is what keeps you going. -Jim Ryan

LEVEL 2 WORKOUT (MODERATE MOBILITY)- 20 MIN

HOME BOOTCAMP CIRCUIT #1

1:00 March in Place
:30 Bicep Curls
1:00 Side Steps
:30 Seated Shoulder Press
1:00 Shadow Box
:30 Chest Press
1:00 Simulated Jump Rope (:20 on, :10 rest, 20 on)
:30 Seated Leg Extensions (each leg)



* Repeat for a total of 3 rounds and conclude with 2:00 of stretching or cool down meditation

Progression #1- Increase 1:00 efforts to 1:15

Progression #2- Increase 1:15 efforts to 1:30

Progression #3- Increase 1:30 efforts to 2:00

HOME BOOTCAMP CIRCUIT #2- 30 MIN

10:00 Brisk Walk for Warm-Up

:30 Bicep Curls
:30 Tricep Extension
:30 Chair Squats
:30 Chest Press
:30 Seated Leg Extensions
:30 Shoulder Press
:30 Front Plank- (:05 plank, :05 rest, repeat for :30)-Start from elbows/forearm and feet shoulder width apart. No sagging at hips or excessive hips in the air.

:30 Modified Push Ups

*Repeat above :30 exercise circuit for a total of 3 rounds

5:00 Brisk Walk

1:00 easy stretch or meditation

If it doesn't challenge you, it doesn't change you.- Fred Devito

LEVEL 3 WORKOUT (UNLIMITED MOBILITY)- 45 Min

HOME WORKOUT WITH WALK OR BIKE

10 Min Brisk Walk or Bike

1:00 Shadow Boxing
:30 Bicep Curl with Band or Weights
1:00 Front Plank as :10 "on", :05 "off" repeat
:30 Shoulder Press with Band or Weights
1:00 Single Leg Balance (:30 each leg)
:30 Row with Band or Weights
1:00 Wall Sits as :15 "on", :05 "off" repeat
:30 Modified Push-Ups from Counter, Wall or knees
1:00 Jump Rope (or simulated)

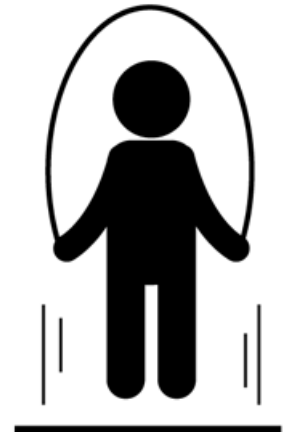
*Repeat for a total of 3 rounds for above exercises

End with a 10 Min Brisk Walk or Bike

4:00 Stretch for Cool Down

*To progress this workout, add more cardio at the beginning or end of the workout.

-You can substitute any of your favorite exercises into the format above to modify this workout.



"Take care of your body. It's the only place you have to live." Jim Rohn

Southern Maine Hikes and Walks

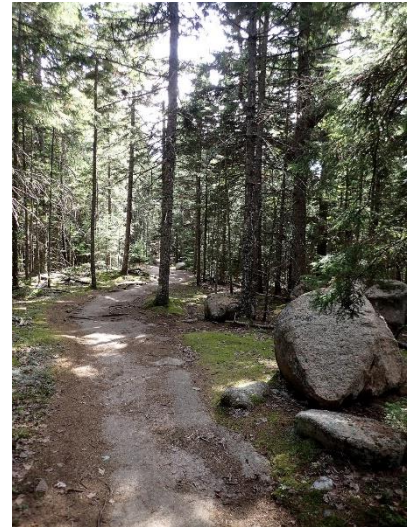
Please consult your physician before starting any new exercise.

Remember to wear comfortable walking shoes and bring plenty of water, as well as an extra layer, sunscreen and bug spray if needed.

Rating: Easy, M=Moderate, D=Difficult

Around Portland

- **Back Cove Trail** (E) 3.6 mile loop, mostly flat, wide trail, water and urban views
- **Fore River Sanctuary White Trail** (M) 3.3 miles of rocky trail, boardwalk, with some short but steep hills, woods and marsh views, elevation gain 177 ft
- **Evergreen Cemetery Trail** (E/M) Offers 4 miles of trails that can be used for hiking, mountain biking, and birding. Some trails are handicapped and stroller accessible.
- **Baxter Woods** (E) .75 miles of easy trails. Handicapped and stroller accessibility on the main trail.
- **Eastern Prom** (E) 2.1 miles of paved trails. This location offers ocean views, walking and biking opportunities, and access to East End Beach.



Androscoggin County

- **Sherwood Forest Conservation Area**, Auburn (E) A network of trails totaling 2.1 miles. Great for walking and snowshoeing.
- **Auburn River Walk**, Auburn (E) 1.6 mile paved and gravel path along the city's Androscoggin River.

Cumberland County

- **Pleasant Mountain**, Bridgton (D) 3.3 miles out and back hike on a rocky and steep trail near Shawnee Peak ski resort. This hike offers mountain and forest views. The elevation gain is 1,500 feet.
- **Bradbury Mountain Trail**, Pownal (M) Several trails lead to the summit ranging from .3 to 1.5 miles. miles one-way. The trail can be rocky and steep in certain areas. Great views of surrounding area and ocean on a clear day.
- **Shaw Cherry Hill Farm**, Gorham (E) A 258 acre parcel of land with multiple wide trails. Great for walking, jogging, and biking.
- **Mackworth Island Trail**, Falmouth (E) 1.4 mile loop, mostly flat rocky trail, woods and ocean views. Island has a few beach areas as well. Entry fee collected year round.
- **Gisland Farm Audubon Center**, Falmouth (E) 0.5-1.5 mile trail options, mostly flat trails, views of marshlands, flowers, birds, also great for snowshoeing in the winter.
- **Giant Stairs**, Harpswell (E) .5 mile coastal trail with great views of the ocean. Parking can be tricky on busier days.
- **Wolf's Neck State Park**, Freeport, (E/M) A 4.4 mile trail network that meanders through fir and pine forests and has great views of the ocean. Entrance fee collected year round.

Kennebec County

- **Vaughan Woods**, Hallowell (M) Trail options from .5 miles to 2 miles in length. Beautiful Bridges that cross over waterfalls.
- **Mount Pisgah Conservation Area**, Winthrop, (M) A network of trails totaling 4.1 miles in length. A fire tower at the top offers 360° views.

Oxford County

- **Steep Falls Preserve**, Newry (E/M) 2.2 miles round trip. Offering beautiful views of water falls and mountains. Can be slightly steep in certain spots.
- **Streaked Mountain**, Buckfield (D) Challenging 1.5 mile trail round trip that leads to a ledged summit. Beautiful views of the White Mountains.
- **Riverside Trail**, Norway (E) 1 mile trail that connects the Oxford Hills Middle School and Oxford Hills Comprehensive High School. The trail is wheelchair and stroller accessible and offers views of the Little Androscoggin River.

Sagadahoc County

- **Morse Mountain to Seawall Beach**, Phippsburg (M) 4 miles out and back, moderately hilly trail with beautiful marsh and ocean views, 492 feet of elevation.
- **Hamilton Sanctuary**, (E) West Bath. This area owned by the Audubon Society has a 2.5 mile trail network that offers views of tidal mudflats, and back cove. Great for walking, birding, snowshoeing, and cross-country skiing.

York County

- **Mount Agamenticus**, York (M) 1.7 miles one-way to top, moderately rocky and hilly trail with forest and mountain views, elevation gain 337 ft
- **Carson Trail**, Wells (E) 1 mile loop. Gravel trails and flat boardwalks meandering through coastal forests and a salt marsh. Stroller and wheelchair accessible. Great views and good for birding. 321 Port Road
- **Bauneg Beg Mountain**, North Berwick. (M) 2.4 mile loop. On clear days, enjoy beautiful ocean views and glimpses of Mt. Washington. The peak stands at 866'
- **Cascade Falls Trail**- Old Orchard Beach (E) .5 mile loop. Hiking trails that lead to views of a 20' waterfall. Best time to see this waterfall is April and May.

Protein Tracking Assignment

Choose 3 days to track your food. You will want to include the approximate portion (ounces or cups) and the approximate amount of protein at each meal or snack. Then add up the grams of protein from meals and snacks to get your total protein for each day.

- Remember your protein goal is at least 60-80 grams per day.

Day 1 – Date: _____

| Time | Food with Portion Size | Protein (grams) |
|---------------|------------------------|---|
| Morning | | |
| Mid-Morning | | |
| Lunch | | |
| Mid-Afternoon | | |
| Dinner | | |
| Evening | | |
| | | Total Protein for the day: _____ grams |

Protein Tracking Assignment (continued)

Day 2 – Date: _____

| Time | Food with Portion Size | Protein (grams) |
|---------------|------------------------|---|
| Morning | | |
| Mid-Morning | | |
| Lunch | | |
| Mid-Afternoon | | |
| Dinner | | |
| Evening | | |
| | | Total Protein for the day: _____ grams |

Protein Tracking Assignment (continued)

Day 3 – Date: _____

| Time | Food with Portion Size | Protein (grams) |
|---------------|------------------------|---|
| Morning | | |
| Mid-Morning | | |
| Lunch | | |
| Mid-Afternoon | | |
| Dinner | | |
| Evening | | |
| | | Total Protein for the day: _____ grams |

Fluid Tracking Assignment

- Choose 3 days to track your fluid intake and use the logs to document your fluid intake. Your total fluid goal is 48-64 ounces per day.
- Spread out fluid intake throughout the day and work on avoiding chugging or gulping fluids, as this can feel uncomfortable after surgery.
- Work on decreasing caffeine, carbonation, alcohol and sugar-sweetened beverages. These beverages do not count towards your total fluid goal.

Day 1 – Date: _____

| Time | Type of Fluid | Amount (ounces) |
|----------------------|---------------|--|
| Morning | | |
| Mid-Morning | | |
| Lunch | | |
| Mid-Afternoon | | |
| Dinner | | |
| Evening | | |
| | | Total Fluid for the day: _____ ounces |

Fluid Tracking Assignment

Day 2 – Date: _____

| Time | Type of Fluid | Amount (ounces) |
|---------------|---------------|--|
| Morning | | |
| Mid-Morning | | |
| Lunch | | |
| Mid-Afternoon | | |
| Dinner | | |
| Evening | | |
| | | Total Fluid for the day: _____ ounces |

Fluid Tracking Assignment (continued)

Day 3 – Date: _____

| Time | Type of Fluid | Amount (ounces) |
|---------------|---------------|---------------------------------------|
| Morning | | |
| Mid-Morning | | |
| Lunch | | |
| Mid-Afternoon | | |
| Dinner | | |
| Evening | | |
| | | Total Fluid for the day: _____ ounces |

Pre and Post-op Menu Planning Assignment

The purpose of this assignment is to help you prepare and plan for your surgery. You will fill out the menu plans *before surgery* to give yourself a plan for what your diet will look like after you have surgery. Once completed, you will review your menus with your dietitian before you are cleared for surgery to ensure you understand the pre and post-operative diet advancement and have a plan to meet your protein and fluid goals.

Instructions for the Pre- and Post-op Menu Planning Assignment

1. Complete 1 days' worth of a menu (listed on the following pages) for the pre-operative diet and for each stage of the post-operative diet (total of 6 menus, one menu for the pre-op diet and one for each of the post-op diet stages 1-5).
2. Choose foods and beverages you prefer to consume from the examples provided in Bariatric Nutrition Guide. Enter food/beverage choices with appropriate portion sizes for each of your meals and snacks.
3. Enter the grams of protein for each of your food/beverage choices (including protein shakes and milk) under the "protein" column, and then total the grams of protein at the bottom of the page to see if you meet your protein goal for that day (60-80g).
4. Review your fluid intake for the day, including your protein shakes and total the number of ounces at the bottom of the page. Did you meet your goal of 64 ounces per day? If not, think about how and when you could drink more to meet your fluid goal.
5. Enter when you plan to take your vitamins throughout the day under the "vitamins/minerals" column.
6. Bring completed assignment to RD visit or send photos of your menus to your dietitian via MyChart.

Menu Plan – Pre-op Diet

Duration: Two weeks before surgery

| Time | Food with Portion Size | Fluid with Portion Size | Protein (g) |
|---------------|------------------------|--------------------------|--------------------------|
| Morning | | | |
| Mid-morning | | | |
| Lunch | | | |
| Mid-afternoon | | | |
| Dinner | | | |
| Evening | | | |
| | | Total fluids: _____oz | Total protein: _____g |



Goal: 48-64 ounces of fluid per day

Goal: 60-80 grams of protein per day

Goal: 80-100 grams per day for SADI-S surgery

* Reminder you will want to stop all vitamins, minerals and herbal supplements at least **1 week** before your surgery with the exception of vitamin B1 (Thiamine)

Menu Plan – Stage 1 (Liquids)

Duration: In the hospital and first 2 days at home

| Time | Food with Portion Size | Fluid with Portion Size | Protein (g) |
|---------------|------------------------|--------------------------|--------------------------|
| Morning | | | |
| Mid-morning | | | |
| Lunch | | | |
| Mid-afternoon | | | |
| Dinner | | | |
| Evening | | | |
| | | Total fluids: _____oz | Total protein: _____g |



Goal: 80-100 grams per day for SADI-S surgery

Goal: 48-64
ounces of
fluid per day

Goal: 60-80
grams of
protein per day

Menu Plan – Stage 2 (Smooth Foods)

Duration: Weeks 1-2 Portion: About ¼ cup

| Time | Food with Portion Size | Fluid with Portion Size | Protein (g) | Vitamin Schedule |
|---------------|------------------------|--------------------------|--------------------------|------------------|
| Morning | | | | |
| Mid-morning | | | | |
| Lunch | | | | |
| Mid-afternoon | | | | |
| Dinner | | | | |
| Evening | | | | |
| | | Total fluids: _____oz | Total protein: _____g | |

Goal: 80-100 grams per day for SADI-S surgery



Goal: 48-64
ounces of
fluid per day

Goal: 60-80
grams of
protein per day

Menu Plan – Stage 3 (Mashed Foods)

Duration: Weeks 3-6 Portion: About ½ cup

| Time | Food with Portion Size | Fluid with Portion Size | Protein (g) | Vitamin Schedule |
|---------------|------------------------|--------------------------|--------------------------|------------------|
| Morning | | | | |
| Mid-morning | | | | |
| Lunch | | | | |
| Mid-afternoon | | | | |
| Dinner | | | | |
| Evening | | | | |
| | | Total fluids: _____oz | Total protein: _____g | |

Goal: 80-100 grams per day for SADI-S surgery

Goal: 48-64 ounces of fluid per day

Goal: 60-80 grams of protein per day

Menu Plan – Stage 4 (Solid Foods)

Duration: Weeks 8-12

Portion: About 1 cup

| Time | Food with Portion Size | Fluid with Portion Size | Protein (g) | Vitamin Schedule |
|---------------|------------------------|--------------------------|--------------------------|------------------|
| Morning | | | | |
| Mid-morning | | | | |
| Lunch | | | | |
| Mid-afternoon | | | | |
| Dinner | | | | |
| Evening | | | | |
| | | Total fluids: _____oz | Total protein: _____g | |

Goal: 80-100 grams per day for SADI-S surgery



Goal: 48-64
ounces of
fluid per day

Goal: 60-80
grams of
protein per day

Menu Plan – Stage 5 (Solid Foods, Raw Fruit + Vegetables, Whole Grains/Starches) – Weeks 12+

| Time | Food with Portion Size | Fluid with Portion Size | Protein (g) | Vitamin Schedule |
|---------------|------------------------|--------------------------|--------------------------|------------------|
| Morning | | | | |
| Mid-morning | | | | |
| Lunch | | | | |
| Mid-afternoon | | | | |
| Dinner | | | | |
| Evening | | | | |
| | | Total fluids: _____oz | Total protein: _____g | |

Goal: 80-100 grams per day for SADI-S surgery



Goal: 48-64
ounces of
fluid per day

Goal: 60-80
grams of
protein per day

My Post-op Vitamin Plan Worksheet

- Before your surgery, you want to make sure you have purchased, taste-tested, and verified your post-operative vitamin plan with your dietitian.
- Here is a worksheet to ensure you have all the vitamins you need to be successful after surgery.
- List the brand and dose for each vitamin you purchase or plan to purchase, and you will review this worksheet with your dietitian.

Multivitamin with Iron – _____

- Does my vitamin have *at least*:
 - 18 mg Iron -
 - 400mcg Folic Acid -
 - Zinc -
 - Copper -
 - Optional for the multivitamin:
 - 12(+) mg thiamine (B-1) -
 - 500mcg(+) Vitamin B-12 -
 - *If you checked off both Thiamine and B-12, you do not need to take an additional B-complex or B-12 vitamin.*
- If you are having a SADI-S procedure, your multivitamin will ALSO need to contain the following:*
- Vitamin A 10,000 IU or 3000 mcg (retinol) -
 - Vitamin D 2000 IU or 50 mcg -
 - Vitamin E 15 mg -
 - Vitamin K 300 mcg -

Calcium (with Vitamin D) – _____

- My Calcium supplement is:
 - Calcium Citrate -
 - Calcium Carbonate -
- There are _____ mg of calcium in _____ tablet(s).
- I need to take _____ tablets per day to reach my goal of 1200-1500mg total calcium per day.
 - Note: if you are having the SADI-S procedure, you will need 1800-2400mg of calcium, daily.

Thiamine (100mg) – _____

If needed....

B-Complex Vitamin – _____

- Does my B-complex have *at least*...
 - 12(+) mg of Thiamine (Vitamin B-1) -

Vitamin B-12 – _____

- Does my Vitamin B-12 supplement have 500 mcg of B-12 in it? -

MaineHealth Bariatric Surgery Preoperative Assessment

Name: _____

DOB: _____

- 1) For the first 2 weeks following my surgery, my biggest priority will be:**
 - a. Hydration
 - b. Protein intake
 - c. Vitamins & Minerals

- 2) Exercise is important after surgery for the following reason(s):**
 - a. Exercise preserves lean muscle mass, prioritizing fat loss
 - b. Exercise improves insulin sensitivity and fat metabolism
 - c. Exercise improves our mood and how we feel about ourselves
 - d. All of the above

- 3) Which of the following is NOT an appropriate beverage after bariatric surgery?**
 - a. Ginger ale
 - b. Gatorade Zero
 - c. Sugar-free Jell-O
 - d. Chicken Broth

- 4) On average, 1 ounce of a solid protein food contains how many grams of protein?**
 - a. 2 grams
 - b. 7 grams
 - c. 10 grams
 - d. 30 grams

- 5) Which of the following vitamin/mineral supplements is NOT required after surgery?**
 - a. Multivitamin with iron
 - b. Calcium Citrate
 - c. Vitamin B-12
 - d. Hair, Skin & Nails

6) Which activities can cause an ulcer after surgery?

- a. Smoking
- b. Taking NSAIDs (ibuprofen, aspirin, Aleve, Motrin)
- c. Excessive caffeine intake
- d. All of the above
- e. A & C only

7) A Complete Bariatric Multivitamin will contain all of the following EXCEPT:

- a. 18 mg of Iron
- b. Fish Oil w/ 400mg DHA
- c. 12 mg of Thiamine
- d. 400 mcg Folic Acid

8) If I use my tool of surgery, keep appointments with my bariatric team and exercise regularly, I can expect to reach my lowest postoperative weight when?

- a. 3 months after surgery
- b. 6 months after surgery
- c. 12-18 months after surgery
- d. 3 years after surgery

9) True or False: It is possible to regain weight after my bariatric surgery.

- a. True
- b. False

10) I will need to take vitamins and minerals...

- a. Before my surgery only
- b. For the first year after surgery only
- c. For the first 2 weeks after surgery only
- d. For the rest of my postoperative life

11) I should make a follow up appointment with my Primary Care Provider ...

- a. Within 2-4 weeks of my surgery
- b. I don't have a PCP
- c. Within 6 months of my surgery
- d. Only if I have problems after surgery