



## POST-OP DIET AND RECIPES FOR WLS PATIENTS

After surgery, it is extremely important to follow diet guidelines to assure proper healing and to obtain adequate nutrition. Your “new” tummy needs to heal, so you must sip slowly and avoid getting overfull. Once your tummy has healed, you need to continue to keep portion sizes small to maintain your weight loss. You will progress through the following phases of the Lap-band diet after surgery.

**\*Liquid Diet.** For the first two weeks following surgery, you will consume only liquids. For one or two days immediately after surgery, you will need to sip only clear liquids or fluids that you can see through. Clear liquids include diluted apple juice, chicken or beef broth, sugar-free gelatin, water, Gatorade, hot tea, and popsicles made from clear juices. If you tolerate clear liquids without difficulty, you may add full liquids to your diet. Full liquids include the broth of low-fat, creamed soups, protein shakes, milk, yogurt and sugar-free puddings. Most people require two high-protein supplements daily; this can easily be satisfied with a protein shake. Avoid carbonated beverages as they may cause gas, bloating and pain.

**\*Soft Diet.** For weeks 3-4 the soft diet is a transition from liquids to a regular diet. The soft diet limits or eliminates foods that are hard to chew and swallow such as raw fruits and vegetables, chewy breads and tough meats. You may not include fried, greasy or highly seasoned foods. You should practice chewing your food very well even though you may not have to.

You can soften foods by mashing or cooking. Samples of soft foods include, any moist, tender meat, fish or poultry, casseroles put in the blender, chunky soups blended, soft cooked eggs, all low-fat milk products, smooth yogurt, cottage cheese, mild flavored cheese, mashed, cooked or canned fruits, soft banana, applesauce. Soft cooked or canned veggies, mashed, baked or boiled potatoes, refried beans, cooked cereal, oatmeal, cream of wheat, grits. Butter, margarine, low-fat sour cream, low-fat mayonnaise as condiments. Smooth ice milk or frozen yogurt, sherbet, fruit ices, custards and puddings.

**\*Regular Diet.** By weeks 5-6 after your surgery, you will be incorporating food with more texture to your diet. You will always have to chew your foods thoroughly, avoiding tough meats, fibrous veggies and doughy breads. But your diet should ideally include low-fat proteins, fruits and vegetables, healthy carbohydrates (if you must eat these, look for whole-wheat products) and heart-healthy fats.

**Protein:** Getting adequate protein in your diet promotes proper healing and also helps your body to maintain muscle and lose fat. It is important to choose lean protein foods because they are lower in calories and will help you maintain your weight loss. Strive for 50-55gms/day for men and women, which is the recommended daily dietary allowance (FDA)

Protein is made up of amino acids. The body can make 20 amino acids, but 11 amino acids are essential meaning they cannot be made in the body and must come from food sources. A food source is said to be complete if it contains adequate amounts of essential amino acids.

The following types of protein products are readily available. Most proteins have been isolated or taken out of it's whole source. Protein isolates provide only the protein:

**Whey** is a byproduct of the dairy and cheese industry and is a complete source of protein.

\*Whey Isolate has virtually no lactose in it. Lactose is the sugar naturally found in milk. Some people become lactose-intolerant after surgery and experience gas and bloating after drinking dairy. If you are or become lactose-intolerant, whey isolate would not cause intestinal distress. Lactaid milk and soy milk are great alternatives for people who are lactose-intolerant.

\*Whey concentrate may contain some lactose in it; however, most people can tolerate this without problems.

**Soy products** are made from soybeans. Soybeans contain amino acids essential to human nutrition and are a complete protein source.

**Hydrolyzed gelatin or collagen.** These products do not contain all essential amino acids and are not recommended for weight loss surgery patients.

**Protein Shake Recipes:** Protein shakes are needed to get adequate amounts of protein after surgery. The following recipes and tips may help you get your adequate sources of protein.

### **Simple Shake**

1 scoop protein powder (Nutri-quick tm)  
8 ounces fat-free milk

Mix well in shaker cup or blender.

### **Banana/Peanut Butter Shake**

1 scoop protein powder (Nutri-quick tm)  
8 ounces of fat-free milk  
1 tablespoon creamy peanut butter  
¼-1/2 banana

Blend until smooth in blender.

## **Orange Dreamsicle (28 grams of protein)**

- 1 scoop protein powder (Nutri-quicktm)
- 1 scoop (individual serving) sugar-free Sunrise Orange Crystal Light
- 8 ounces skim milk

Alternatives: substitute 4 ounces orange juice for 4 ounces skim milk; substitute 4 ounces yogurt for 4 ounces milk; add ½ tsp. orange zest to shake.

## **Hot Cocoa (13 grams of protein)**

- 1 tablespoon Splenda
- 1 tablespoon unsweetened cocoa
- 2 tablespoons dried milk powder
- 8 ounces skim milk
- Dash salt

Blend Splenda, unsweetened cocoa, dried milk powder and salt in a large mug, blend in milk stirring until dissolved. Microwave 1 minute on high or until hot. Can also heat in a saucepan on the stove.

Another source of protein is “Muscle Milk”, comes in lots of different yummy flavors. Contains 32 grams of protein in a 2-scoop serving. Use skim milk to mix, delicious.

## **Tips for Protein Shakes.**

- \*Use flavorings such as vanilla, almond and coconut extracts to improve flavor.
- \*Coffee added to chocolate-flavored protein powder makes a mocha-flavored shake.
- \*Bananas, strawberries and peanut butter add the most flavoring to shakes.
- \*Unflavored cocoa powder can be added for a deeper chocolate flavor without adding fat.
- \*Freeze milk in ice cube trays to make milk cubes. Blend these with your shake to make it icy cold and to add protein without diluting your shake.
- \*If you are lactose intolerant, you can use Lactaid milk or soy milk to add protein to your shake.
- \*Yogurt can be added to shakes to increase creaminess and protein.

## **Long-term Tips:**

It is important to make healthy food choices throughout your weight loss process, to be as healthy as possible while losing weight. Healthy foods and lifestyle choices are critical to maintain your weight loss long term. These tips are recommended for people who are in the maintenance phase of their weight loss journey. Some of these items may also apply to the weight-loss phase.

- Eat three small meals a day.
- Eat lean proteins at each meal

Include fruits and vegetables with meals.

Avoid drinking fluids with meals. Fluids may force foods through your pouch too quickly.

Eat slowly - put down your fork between each bite.

Between each bite – say a complete sentence to yourself.

Strive to drink 6-8 cups of water daily. Artificially flavored drinks are fine but should not replace the water intake. We recommend that you avoid carbonated beverages, even diet soda. The carbonation in diet soda may contribute to enlargement of the small pouch and the sodium may cause you to retain fluid.

Chew foods thoroughly. Your small pouch will not be able to physically break down foods that have not been chewed to a liquid consistency.

Avoid problematic foods such as tough, fibrous or overcooked meats, doughy breads, pasta, rice, skins and seeds of some fruits and vegetables.

Stop eating when you **begin** to feel full. It is critical that you do not eat to the point of feeling overfull. People have stretched their pouch by eating too much and have regained weight.

Take daily vitamin and mineral supplements.

Weight yourself weekly, or better yet judge how your clothes are fitting, don't become obsessed with the scale. It's much easier to correct a 5 pound weight gain than a 25 pound weight gain (physically & psychologically).

Attend support group meetings in your area or join an on-line support group or find an email buddy to share your progress with. Don't "forget" that you have had weight-loss surgery, staying in touch with other weight-loss surgery patients is a great way to reaffirm your journey and stay on track.

**Exercise.** Many patients know people who've lost weight without exercise which may be true for a single individual, but most people who do not exercise have a more difficult time reaching and maintaining their optimal weight loss. Besides the fact that exercise has multiple benefits in addition to controlling weight, it can reduce the risk of cardiac disease, lowering blood pressure, improving mental function, improving blood glucose levels; reducing risk of some cancers and improving the immune system. Try to get at least 30 minutes of physical activity each day. Physical activity is defined as activities in addition to your normal daily activities such as work, shopping or housekeeping.

**Get up and just take a short walk around the block and you will be amazed at how good it will make you feel. 😊**