Centre universitaire de santé McGill
McGill University Health Centre

Your Guide to Healthy Eating After Bariatric Surgery



precare

This booklet has been rewritten, updated, and improved by Stefania Epifani, the head registered dietitian in the bariatric surgery department at the McGill University Health Centre. Special acknowledgment goes to Lisa Kaouk and Monica Bashaw, the original creators of *Your guide to healthy eating after bariatric surgery*. This booklet was produced by Precare, a Montreal-based company focused on improving patient education.

IMPORTANT

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

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This booklet serves as a guide on how to eat after bariatric surgery. It's important to remember that bariatric surgery is a tool. The success of your weight-loss journey will depend on your commitment and dedication to maintaining a healthy, balanced diet, and incorporating regular physical activity into your daily routine.

Many of you may prioritize weight loss as a primary goal after bariatric surgery. However, the success of your surgery shouldn't be solely measured by the number on the scale. While weight loss is often a significant aspect, it's essential to recognize that success can also be defined by improvements in overall health, increased mobility, a reduced need for medications, better quality of sleep and much more!

Believe in your capacity to achieve whatever you set your heart on. Reframe any negative thoughts and beliefs, and cultivate a positive and can-do mindset. Remember, nothing is impossible. Focus on one aspect at a time. If something seems overwhelming, break it down into smaller, more manageable steps. Step-by-step, you will reach your goals.

Best wishes on your journey to a healthier and better you.

- Your bariatric surgery nutrition team

1. Understanding Nutrients And Food Groups

1.1 What are nutrients?

Nutrients (such as proteins, carbohydrates, fats, vitamins and minerals) are the building blocks of food. They are essential to the growth, maintenance, and proper functioning of the body. Nutrients are divided into 2 main categories:

Macronutrients (proteins, carbohydrates, and fats) needed in large amounts.
Micronutrients (vitamins and minerals) needed in small amounts.

MACRONUTRIENTS	**Proteins**	• Maintain muscle mass while losing fat • Support your healing process after surgery • Reduce hair loss and help keep your skin, nails and organs healthy • Keep you feeling full longer
	Carbohydrates	• Come in 2 types: 1. Simple carbohydrates (e.g., sugar, sweets, soda, juice, pastries); **LIMIT THESE** 2. Complex carbohydrates (e.g., whole grains and starchy vegetables such as oats, brown rice, quinoa, barley, bulgur, potato, sweet potato or corn), typically high in fiber; **FAVOUR THESE** • Try to favour complex carbohydrates instead of simple carbohydrates to better control your blood sugar
	Fats	• Help with vitamin A, D, E, K absorption • Help with brain function and protect your organs • Fats are high in calories, it's important to watch portion sizes • **Favor** foods containing healthy fats like nuts, seeds, avocados, fatty fish (like salmon), olive oil, canola oil, etc. • **Limit** foods with high amounts of unhealthy fats like chips, coconut oil, palm oil, fried foods, fast foods, sweets, pastries, baked goods, lard, butter, etc.
MICRONUTRIENTS	**Vitamins**	• Build strong bones and muscles • Essential for bodily functions and the growth and repair of cells • Help fight infections • Keep your skin, hair and nails healthy • Support wound healing and good eye sight • Help the brain communicate with tissues and organs throughout the body • Antioxidant properties • Important for blood circulation
	Minerals	• Good for bone health and teeth • Important for your nerve, heart and muscle health • Help the body absorb fluids and stay hydrated • Help with blood formation and stopping a bleed • Antioxidant properties • Certain minerals, such as iron, help carry oxygen throughout the body

1.2 What are food groups?

Food groups, on the other hand, are classifications or categories of foods that share similar nutritional properties. Common food groups include:

Meat and alternatives

These are good sources of **protein** and contain important minerals such as iron and zinc. Examples include:

Beef | Pork | Chicken | Veal | Lamb | Ham

Game meat (like deer, moose, turkey, caribou, bison, pheasant, duck, quail, rabbit)

Fish and shellfish | Egg | Legume (like bean, lentil, chickpea)

Tofu | Tempeh | Edamame | Textured vegetable protein | Nut, seed, and nut butter

Tips:

- ✓ Choose lean cuts of meat.
- ✓ Nuts, seeds, and nut butters are rich in protein and healthy fats, making them nutritious for the body. However, it's important to watch portion sizes because these foods are also high in calories.
- ✓ Make sure to eat fish at least twice a week.
- ✓ Alternate between animal-based and plant-based protein sources.

Milk and alternatives

These are a good source of **protein**. These products are also rich in vitamin D and minerals such as calcium. Examples include:

Cheese | Fortified soy beverage | Milk | Yogurt | Ricotta

Cottage cheese | Kefir

Tips:

- ✓ Choose low-fat cheeses when possible (15% M.F. or less).
- ✓ Choose milk products with 2% M.F. or less.
- ✓ Oat, almond, cashew, coconut milk are not considered protein sources.

Fruits and non-starchy vegetables

These are a good source of vitamins, minerals and fibre. Examples include:

Zucchini | Dark leafy green | Asparagus | Beet | Brussels sprout

Tomato | Eggplant | Mushroom | Bell pepper | Green bean

Banana | Berrie | Grape | Kiwi | Apple | Mango

Peach | Pear | Cucumber | Plum | Nectarine

Tips:

- ✓ Choose fresh, frozen, or canned fruits and vegetables. For canned fruit, pick options without added juice or sugar.
- ✓ Potatoes, sweet potatoes, and corn are classified as starchy vegetables (see next point).

Grain products and starchy vegetables

These are rich in carbohydrates and are a good source of vitamins, minerals, and fibre (especially whole grains). Examples include:

Squash | Potato | Sweet potato | Rice | Couscous

Quinoa | Bread | Pasta | Corn

Tips:

- ✓ Choose whole grains like brown rice, quinoa, oats, barley, whole-wheat bread, and whole grain pasta.
- ✓ Bake potatoes and sweet potatoes instead of frying them.

Eating a balanced diet that includes all food groups is important for maintaining overall health. For guidance on creating a nutritious plate after bariatric surgery using these food groups, please turn to **Page 23**.

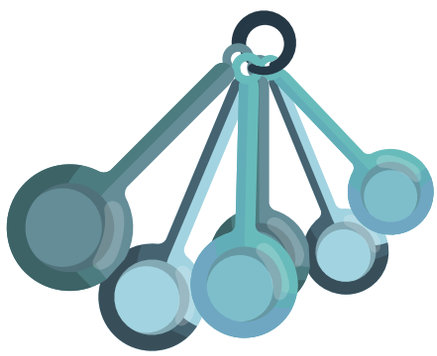
2. Understanding Food Measurements

Millilitres (mL) to cups

In this guide, we use millilitres (mL) to measure the portion sizes of meals and snacks. Do not guess or 'eye ball' your portions. Instead, buy measuring cups and measure all of your food and beverages.

Below are common portions in millilitres (mL) and in cups.

60 mL = ¼ cup
125 mL = ½ cup
175 mL = ¾ cup
250 mL = 1 cup

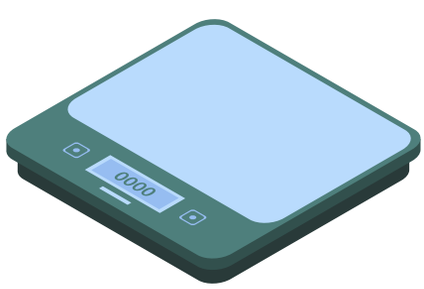


Grams (g) to ounces (oz)

In this guide, we use grams (g) to measure the portion sizes of meats and alternatives. Do not guess or 'eye ball' your portions. Instead, buy an electronic kitchen food scale and weigh all of your cooked meat and alternative portions.

Below are common portions in grams (g) and in ounces (oz).

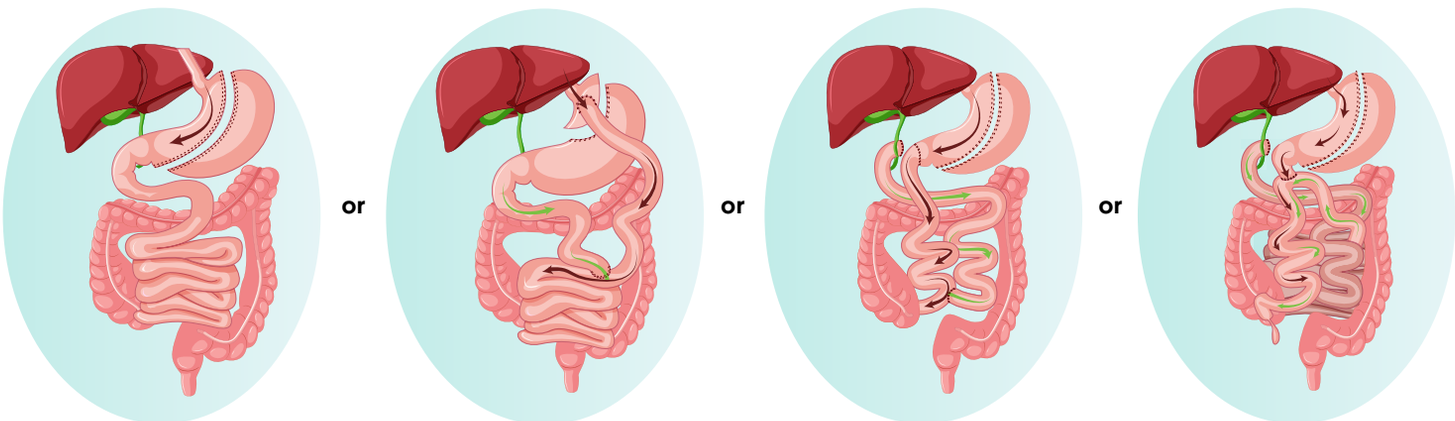
30 g = 1 oz
50 g = 1.5 oz
60 g = 2 oz
90 g = 3 oz



3. Tracking My Weight Loss

What surgery will I have?

I am planned for:



Sleeve Gastrectomy (SG)	Roux -en- Y Gastric Bypass (RYGB)	Biliopancreatic Diversion with Duodenal Switch (BPD/DS)	Single Anastomosis Duodeno-Ileal Bypass with Sleeve Gastrectomy (SADI-S)

Date of my bariatric surgery: _____

Name of my bariatric surgeon: _____

Weight at the start of the liquid diet before my bariatric surgery: _____

Weight the morning of my bariatric surgery: _____

My weight at:

2 weeks after surgery: _____

6 weeks after surgery: _____

3 months after surgery: _____

6 months after surgery: _____

9 months after surgery: _____

12 months after surgery: _____

15 months after surgery: _____

18 months after surgery: _____

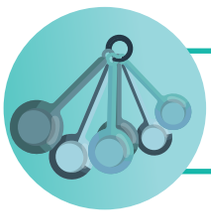
21 months after surgery: _____

24 months after surgery: _____

Reminder : *Be realistic when setting your weight loss goal. Your target weight should be the weight at which you feel your best while maintaining a fulfilling lifestyle.*

4. Preparing For Surgery: Kitchen Tools

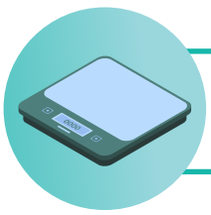
To get ready for your bariatric surgery, we recommend getting these kitchen tools:



Measuring cups and measuring spoons to help portion your food.

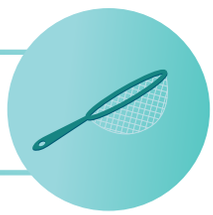
Blender or food processor for blending soups and purees.





Electronic kitchen food scale for measuring the exact weight of your protein (like cooked meat, fish, chicken).

Fine-mesh strainer to strain and remove any solid pieces, especially during the full liquid phase (please refer to page 16 and 17).

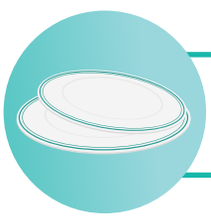




Food storage containers to pack your meals and snacks with you. You can also use mason jars, which come in many different sizes.

A reusable water bottle to help you stay hydrated.





Small plates (like bread plates) and bowls to help you control your meal portions.

Small spoon and fork for taking smaller, easier bites.





Pots, pans, and mixing bowls for cooking and prepping your meals.

You can find some of these items at discount stores, like a dollar store.

5. Staying Hydrated After Bariatric Surgery

✓ Drink 6 to 8 cups (about 1.5 to 2.0 litres) of water per day to stay properly hydrated. It may take a few weeks after surgery to drink this much comfortably.

✓ Limit your coffee intake to 2-3 cups per day. If you typically use cream or sugar, consider using milk or sugar substitute instead. Also, it's recommended to wait four weeks after surgery before reintroducing regular coffee and tea; during this time, opt for decaf options.

✓ Do not eat and drink at the same time for the rest of your life to avoid vomiting and weight regain long-term. Stop drinking 15 minutes before eating and wait 30 minutes after eating before drinking again.

✓ Take small sips instead of large gulps.

✓ Limit and try to avoid carbonated beverages, including sparkling water, soda, and diet soda.

✓ Limit and try to avoid juices, energy drinks, and other high-calorie liquids such as milkshakes, sweetened coffee drinks (e.g., flavored lattes, mochas), sweetened teas (e.g., sweet tea, boba tea, bottled iced tea with added sugars).

✓ Limit alcohol intake:

- No alcohol for the first 6 months after bariatric surgery.
- After surgery, your body may react differently to alcohol than before.
- Alcohol is high in calories and can lead to weight regain long-term if you have it on a regular basis and in large amounts.

Tips for drinking more water throughout the day:

– Set reminders using an application or alarm on your smartphone or smartwatch
– Carry a reusable bottle
– Add low-to-no calorie water enhancers (e.g. Mio® or Crystal Light®)
– Try infused water recipes (e.g. add cut up strawberries and mint to your water)
– Always have a glass of water within reach (e.g. work desk or nightstand)
– Consider investing in a water filter
– Keep ice cubes in your freezer to add to your water
– Try herbal teas

6.The Importance Of Protein After Bariatric Surgery

Why is protein important after bariatric surgery?

- ✓ Maintains muscle mass while losing fat
- ✓ Supports your healing process after surgery
- ✓ Reduces hair loss and helps keep your skin, nails and organs healthy
- ✓ Keeps you feeling full longer

How much protein do I need every day?

The amount of protein you need depends on:

- ✓ Your height and weight
- ✓ Muscle mass
- ✓ The type of bariatric surgery you had
- ✓ How much exercise you get and the type of exercise you do in a day
- ✓ How well your kidneys work

Your nutritionist will tell you how much protein you need at your first appointment after your bariatric surgery.

Do I need to use a protein supplement after surgery?

A protein supplement is meant to help you meet your protein needs if you cannot reach them with food alone.

After bariatric surgery, especially in the first few weeks to months, many patients find it hard to get enough protein from protein-rich foods alone. This is because they are healing and recovering from surgery while also adjusting to their new bariatric lifestyle.

We recommend using a protein supplement (powder or shake) for the first **5 weeks or until you speak with your bariatric nutritionist after surgery.Your powder or shake should provide a total of 30 to 36 grams of protein throughout your day, this is in addition to your protein meals and snacks.Choose one of the options below:**

PROTEIN SUPPLEMENT	AMOUNT EACH DAY	WHERE TO BUY
Option 1: Skim milk powder 2 tablespoons = 6 grams of protein 	2 tablespoons of skim milk powder at each meal and snack, totaling 12 tablespoons per day, which provides 36 grams of protein.	Any grocery store
Option 2: Beneprotein® 1 scoop = 6 grams of protein 	1 scoop at each meal and snack, totaling 6 scoops per day, which provides 36 grams of protein.	Pharmacy
Option 3: Protein shake. You can use a ready-made shake or choose a powder (whey or soy-based) and mix it with water. Your shake should contain 30 grams of protein and less than 200 calories.	Drink 1 shake throughout the day and only eat 2 snacks per day rather than 3.	Walmart, Costco, grocery store, pharmacy, supplement store

7. After Bariatric Surgery Meal Plan

To help you get slowly used to your smaller stomach, you'll go through four menu phases after bariatric surgery. We'll guide you on what to eat and how much to eat for each phase.

In the first couple of weeks after surgery, some might find it challenging to have 5 to 6 small meals a day and reach the recommended portions. It's normal to face some challenges in the beginning, but your tolerance will improve over time. Remember to cut foods in small pieces, eat slowly, take small bites, chew thoroughly, and stop eating when you feel comfortably satisfied, even if you haven't finished your portion.

Avoid skipping meals or snacks. You might also develop food intolerances and taste changes.

If you're having trouble, don't hesitate to reach out to your bariatric nutritionist for support.



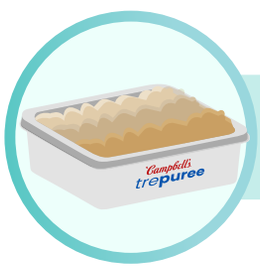
Menu Phases After Bariatric Surgery



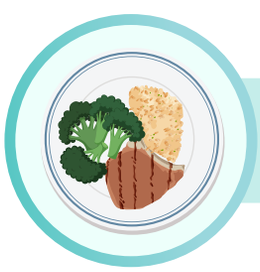
Phase 1 - Clear Liquid Menu For The First 24 Hours After Surgery



Phase 2 - Full Liquid Menu For 14 Days (2 Weeks)



Phase 3 - Purée/ Soft Menu For 14 to 21 days (2 to 3 Weeks)



Phase 4 - Regular Menu For Life

Follow the suggested time frame for each menu to make sure you have a smooth recovery. Going through these phases too quickly may result in complications such as vomiting and food blockage.

Pro-tip : *Buy, prepare, and freeze some foods in advance. This is to make sure you have everything you need when you come home from the hospital.*

Phase 1 - Clear Liquid Menu For The First 24 Hours After Surgery

Clear liquids are liquids that you can see through (transparent) and are not thick in consistency. The goal of drinking clear liquids is to stay hydrated. These liquids contain very little nutrition, and you will only be on this phase for 24 hours.

1. **How often do I have to drink during the first 24 hours after surgery?**

   Take small sips every 5 to 10 minutes while you are awake.

2. **How much clear liquid do I need to drink?**

   Aim for at least 2 cups (500 mL) or more of clear liquids for the first 24 hours after surgery.

3. **Do I need to consume a protein supplement for the first 24 hours after surgery?**

   No protein shake or powder needed for the first 24 hours.

4. **What can I eat or drink during a clear liquid menu?**

   - ✓ Water
   - ✓ Clear broth (chicken, beef, vegetable)
   - ✓ Decaffeinated coffee or tea
   - ✓ Herbal teas
   - ✓ Sugar-free popsicles and gelatin (e.g. Jell-O)
   - ✓ Low-to-no calorie juices or sports drinks

Phase 2 – Full Liquid Menu For 14 Days (2 Weeks)

24 hours after your bariatric surgery, you will start a liquid menu for 14 days (2 weeks) after surgery. During this phase, all your foods will be in a liquid or semi-liquid form, with **no chunks or solid pieces**. These liquids are thicker than clear fluids.

1. **How many meals and snacks will I eat on the full liquid menu?**
   You will eat 3 meals and 2-3 snacks a day. Spread them out evenly throughout the day.
2. **What is the recommended portion size?**
   ½ cup (125 mL) for each meal and snack.
3. **Pick your protein supplement.** Choose **one** of the options below (see table on page 12 for more information):

   Option 1: Add 2 tablespoons of skim milk powder at each meal and snack.
   Option 2: Add 1 scoop of Beneprotein® at each meal and snack.
   Option 3: Sip on a protein shake containing 30 grams of protein throughout the day. There's no need to add any protein powder to your meals and snacks if you opt for a protein shake, eat only two snacks instead of three.

BREAKFAST OPTIONS	LUNCH AND SUPPER OPTIONS	SNACK OPTIONS
Choose 1 of the following: ✓ Hot cereal like blended instant oatmeal, baby cereal Pablum, cream of wheat or cream of rice without nuts or fruit pieces; use milk to prepare ✓ Plain or flavoured yogurt (no fruit pieces; 2% M.F. or less) ✓ Milk-based smoothie (see page 17)	**Choose 1 of the following:** **These soups must be blended or pureed to remove any solid pieces.** ✓ Milk-based soups (homemade or store-bought, such as cream of chicken or cream of broccoli). Prepare your soup with milk, see page 17. or ✓ Pureed bean, lentil, split pea, or chickpea soup. Thin the soup with broth to achieve a liquid consistency, rather than purée.	**Choose 1 of the following:** ✓ Plain or flavoured yogurt (no fruit pieces; 2% M.F. or less) ✓ Yogurt drinks ✓ Sugar-free pudding ✓ Milk (2% M.F. or less) ✓ Kefir (2% M.F. or less) ✓ Fortified soy beverage (unsweetened) ✓ High-protein Jell-O® (see page 17) ✓ ¼ cup unsweetened pureed fruit (e.g., applesauce) + ¼ cup yogurt ✓ Protein popsicles (see page 17)

***Pro-tip**: You can adjust your meals and snacks based on what you like. Make the flavour better with your choice of powdered herbs, cinnamon, garlic powder, onion powder, lemon or lime juice, flavour extracts, spices, salt, pepper and reduced-sugar jams.*

***Stay hydrated**: Take sips of water or other liquids that are caffeine-free, sugar-free, non-carbonated, and low in calories between meals and snacks. Stop drinking 15 minutes before eating and wait 30 minutes after eating before drinking again.*

Recipes For Phase 2

Homemade milk-based soup

1. Boil about 2 cups (500 mL) of any chopped vegetable.

2. Strain the vegetables. Throw out the water.

3. Put the vegetables in a blender.

4. Add about 2 cups (500 mL) of skim, 1% or 2% milk to the blender and season with spices, herbs, and/or salt.

5. Purée until well blended and no pieces remain.

6. Measure ½ cup (125 mL) of soup into a bowl.

Store bought condensed canned soups

1. Buy any reduced-fat condensed canned soup.

2. Follow the instructions on the packaging. Instead of adding water, add skim, 1% or 2% milk.

3. Cook the soup either in a microwave or on the stove.

4. Strain or purée the soup to remove any solid food.

5. Measure ½ cup (125 mL) of soup into a bowl.

Milk based smoothie

1. Measure 1 cup (250 mL) of milk (skim, 1% or 2%) or soymilk in a blender or food processor.

2. Add ¼ cup (60 mL) frozen fruit.

3. Blend and strain to takeout any seeds and residue. Use a fine-mesh strainer.

4. Measure ½ cup (125 mL) and enjoy.

High protein Jell-O

1. Empty 1 box of sugar-free gelatin powder into a bowl.

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

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

4. Divide the Jell-O® mix into 4 servings of ½ cup (125 mL).

5. Refrigerate for a few hours.

Protein popsicles

1. Empty 1 bottle of any protein or nutritional drink (e.g. Glucerna®, Boost diabetic®, Ensure high protein® or Ensure max®) into a bowl.

2. Add 4 scoops of Beneprotein® or 8 tablespoons of skim milk powder. Mix well.

3. Pour into popsicles molds.

4. Place the molds in the freezer to set.



Phase 3 - Purée/ Soft Menu For 14 to 21 Days (2 to 3 Weeks)

You have finished 14 days of the full liquid menu and are now ready to move to the purée/ soft menu. During this stage, most foods must be blended so there are no lumps in it. You will be on this menu for 14 to 21 days (2 to 3 weeks) depending on how well you tolerate it.
After 14 days of eating purée/ soft foods, if you are doing well and are not having any problems like vomiting and food blockage, you can slowly move onto phase 4 - regular menu.

1. How many meals and snacks will I eat on the purée/ soft menu?
You will eat 3 meals and 2-3 snacks a day. Spread them out evenly throughout the day.

2. What is the recommended portion size for this phase?
½ cup (125 mL) to ¾ cup (175 mL) for each meal and snack.

3. Pick your protein supplement. Choose **one** of the options below (see table on page 12 for more information)

Option 1: Add 2 tablespoons of skim milk powder at each meal and snack.
Option 2: Add 1 scoop of Beneprotein® at each meal and snack.
Option 3: Sip on a protein shake containing 30 grams of protein throughout the day. There's no need to add any protein powder to your meals and snacks if you choose a protein shake, eat only two snacks instead of three.

BREAKFAST OPTIONS	LUNCH AND SUPPER OPTIONS	SNACK OPTIONS
Choose 1 of the following: ✓ Any breakfast option from the full liquid menu ✓ Soft-boiled or poached egg mashed with a fork ✓ Scrambled eggs with cottage cheese (see page 19) ✓ Cottage cheese (2% M.F. or less) ✓ Light ricotta ✓ Cold cereal with no nuts or fruit pieces (see page 19)	**Eat ½ cup (125 mL) of pureed meat or meat alternative. If you are still hungry after that, eat ¼ cup (60 mL) of pureed vegetable, potato or sweet potato.** → You can make your purées from scratch (see page 19) or → You can buy pre-made pureed meals or items (e.g. Epikura®, Campbells Trepuree®, or any baby food)	**Choose 1 of the following:** ✓ Any snack option from the full liquid menu ✓ Plain or flavoured Greek yogurt (no fruit pieces; 2% M.F. or less) ✓ Cottage cheese (2% M.F. or less) ✓ Light ricotta ✓ Bocconcini cheese

***Pro-tip**: You can adjust your meals and snacks based on what you like. Make the flavour better with your choice of powdered herbs, cinnamon, garlic powder, onion powder, lemon or lime juice, flavour extracts, spices, salt, pepper and reduced-sugar jams.*

***Stay hydrated**: Take sips of water or other liquids that are caffeine-free, sugar-free, non-carbonated, and low in calories between meals and snacks. Stop drinking 15 minutes before eating and wait 30 minutes after eating before drinking again.*

Recipes For Phase 3

Homemade pureed proteins

1. Cook the chosen protein (meat, fish, tofu, chicken, lentils, beans, chickpeas, eggs) using low-fat cooking methods (sauteing, roasting, steaming, baking, or boiling).

2. Season with herbs, spices, and/or salt.

3. Cut the cooked meat or meat alternative into small pieces.

4. Add the cooked and seasoned protein to a blender.

5. Choose one sauce (e.g. tomato sauce, vegetable juice, broth, low-fat gravy, hummus, tzatziki, low-fat mayonnaise).

6. Add a few tablespoons of the chosen sauce to the blender.

7. Purée until well blended, making sure there are no lumps.

8. Measure ½ cup (125 mL) and enjoy.

Homemade pureed vegetables, potatoes or sweet potatoes

1. Choose any starchy or non-starchy vegetables that you like (e.g. carrots, broccoli, peas, zucchini, squash, spinach, potato or sweat potato) .Wash, **peel** and cut into small pieces.

2. Season the vegetables with herbs, spices, and/or salt and cook until soft (e.g. boil or bake).

3. Add them to a blender.

4. Choose one sauce (e.g. tomato sauce, vegetable juice, broth, low-fat gravy, hummus, tzatiki, low-fat mayonnaise).

5. Add a few tablespoons of the chosen sauce to the blender.

6. Purée until well blended, making sure there are no lumps.

7. Measure ¼ cup (60 mL) and enjoy.

Scrambled eggs with cottage cheese

1. Mix 2 eggs and 1 tablespoon of cottage cheese.You could also add milk instead of cottage cheese. Mix well.

2. Season with salt and pepper.

3. Cook and enjoy.

Cold cereal

1. Choose 1 of the following: Rice Krispies®, Special K®, Corn Flakes®, Cheerios® or Multigrain Cheerios®.

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

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

Phase 4 - Regular Menu For Life

Congratulations! You are now ready to start eating solid foods again! Things to remember when you move to the regular menu and solid foods:

- ✓ Continue eating 3 meals and 2-3 snacks a day. Space your meals and snacks 2-3 hours apart.
- ✓ Continue adding 2 tablespoons of skim milk powder or 1 scoop of Beneprotein® at each meal and snack or drink 1 protein shake per day until you speak with the nutritionist.
- ✓ Continue to drink water or other liquids that are caffeine-free, sugar-free, non-carbonated (not bubbly).
- ✓ Stop drinking 15 minutes before eating, and wait 30 minutes after eating before drinking again.
- ✓ Try one new food at a time. This way, if you have any trouble with a specific food (for example, trouble digesting), you will be able to know which food is causing the problem.
- ✓ We recommend 1 cup (250 mL) of food for a meal and ½ cup (125 mL) to 1 cup (250 mL) of food for a snack. It can take several months before you will be able to have certain foods without any trouble and achieve a portion size of 1 cup.
- ✓ Try cutting your food into small pieces, take small bites (pea size) and chew your food well (purée consistency) before swallowing. Stop eating when you are comfortable and not overly full.
- ✓ You may struggle with tolerating tough, dry cuts of meat, as well as doughy and stringy foods. For guidance on transitioning from pureed to solid foods, refer to pages 21 and 22.

8. Tips For Transitioning From Pureed To Solid Foods

Some patients find it difficult to move from purées to solid foods. Here's a guide if you're having trouble. Be patient and give yourself several months; eventually, you'll adjust to most solid foods.

MEATS AND ALTERNATIVES

1. Consider starting with the following recipe ideas:

- ✓ Lean ground meat recipes (e.g. chili, meatloaf, meatballs)
- ✓ Braised or stewed meat recipes
- ✓ Slow-cooked pulled pork
- ✓ Scrambled, poached and soft-boiled egg recipes
- ✓ Omelets
- ✓ Favor dark meats like chicken or turkey drumsticks or thighs as they tend to be more tender compared to white meat cuts (e.g. chicken or turkey breast)
- ✓ Minced chicken recipes
- ✓ Baked fish
- ✓ Canned tuna recipes
- ✓ Silken tofu recipes
- ✓ Canned legume (e.g. lentils, beans, chickpeas) recipes
- ✓ Textured vegetable protein recipes

2. Add low-calorie sauces and condiments to stop the meats, fish and poultry from being too dry.

3. Cut in small pieces, take small bites and chew properly.

MILK AND ALTERNATIVES

1. Choose cheeses with 15% M.F. or less. (e.g. Bergeron le 6% cheese®, Allégro 9% cheese®, Babybel Light®).

2. Choose milk products with 2% M.F. or less.

3. Soy milk is the only milk alternative that is a good protein source. If you choose almond, coconut, oat, rice, or cashew milk, add 1 scoop of Beneprotein or 2 tablespoons of skim milk powder to each 1 cup (250 ml) to increase the protein content.

4. If you have lactose intolerance, choose lactose-free items.

VEGETABLES AND FRUITS

1. Start with well-cooked soft vegetables first. You can also remove any tough parts, (peel, broccoli stem). If you are able to eat soft cooked vegetables without any trouble, slowly add raw vegetables to your diet.

2. Start with fruits that you can peel and have no seeds, such as apples, peaches, pears, and bananas, or opt for canned fruit packed in water. If you tolerate them well, gradually introduce other fruits.

3. Fibrous or stringy vegetables and fruits such as celery, pineapple, artichokes, and asparagus can be hard to eat in the beginning. If you don’t tolerate them immediately, wait a few weeks before reintroducing them again.

GRAIN PRODUCTS AND STARCHES

1. Only add grains and starches after you are able to eat enough protein and vegetables.

2. Grains and starches, such as pasta, rice, and bread, can give you a feeling of food being "stuck" after swallowing, a condition called dysphagia. Here are some food options to start with to avoid dysphagia:

- ✓ Toast your bread or consider gluten-free options
- ✓ Overcook your pasta and rice
- ✓ Gluten-free or legume-based pasta options
- ✓ Spaghetti squash or zucchini noodles
- ✓ Shirataki noodles
- ✓ Try other carb sources such as quinoa or couscous

3. Choose whole grains as much as possible. While they may be a bit tough to digest at first, it will improve over time. Examples include brown rice, quinoa, oats, barley, bulgur, farro, millet, buckwheat, whole wheat, and wild rice.

NUTS AND SEEDS

1. From week 6 onward, you can slowly add nuts, seeds, and nut butters.

2. Limit nut and seed consumption to ¼ cup per portion.

3. Choose plain nuts and seeds (not salted).

4. When you choose a nut butter (such as peanut butter), choose one that is natural and does not contain any added sugar or oils.

9. Bariatric Plate Model

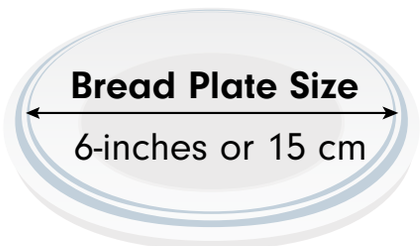
Use this model as a guide when building your meals

The total amount of food for one meal = 1 cup

½ cup protein
¼ cup non-starchy vegetable
¼ cup grain product or starch



AVOID DRINKING WHILE EATING





1

PROTEIN FIRST

Choose **one** of the following:

- ✓ 2-3 ounce (60 to 90g) cooked lean beef, pork, veal, chicken, turkey, lamb, veal, fish or shellfish
- ✓ 3.5 ounces (100g) tofu
- ✓ 2 eggs
- ✓ ½ to ¾ cup legumes (e.g. lentils, beans, chickpeas)
- ✓ ½ cup canned fish or chicken
- ✓ ½ cup regular or Greek yogurt

2

NON-STARCHY VEGETABLE SECOND

Choose **one** of the following:

¼ cup of dark greens (e.g. broccoli, dark leafy greens), carrots, bell peppers, tomatoes, asparagus, beets, brussels sprouts, cabbage, cauliflower, celery, cucumber, zucchini, eggplant, mushrooms, green beans

3

GRAIN PRODUCT AND STARCH LAST

Choose **one** of the following:

- ✓ ¼ cup grain product (e.g. brown or wild rice, couscous, quinoa)
- ✓ ¼ cup potatoes or sweet potatoes
- ✓ ¼ cup corn
- ✓ ¼ cup squash
- ✓ ½ whole grain bagel or English muffin
- ✓ 3-4 whole grain crackers
- ✓ 6-inch tortilla
- ✓ 1 slice of whole grain or whole wheat bread

10. Menu Sample

Here is a sample menu that takes into consideration the balanced plate model after bariatric surgery. Please note that this is only an example of how you should eat. We encourage you to have a varied diet tailored to your personal preferences while always prioritizing protein.

BREAKFAST IDEAS

1. Choose 1 protein source:

- ✓ 1 egg
- ✓ 30 to 50 grams (1 to 1.5 oz) of low-fat hard cheese
- ✓ ¼ cup (60 ml) to ½ cup (125 ml) of low-fat soft cheese (e.g. cottage cheese, ricotta, or bocconcini)
- ✓ 1-2 tablespoons peanut butter
- ✓ 1-2 tablespoons lean crétons

2. Choose 1 grain product or starch:

- ✓ 1 piece of toasted whole wheat or whole grain sliced bread
- ✓ ½ toasted bagel
- ✓ ½ toasted English muffin
- ✓ 3 whole grain crackers
- ✓ ½ cup of high-protein cereal or cooked oatmeal (add milk or yogurt as your protein source)
- ✓ 6-inch tortilla

LUNCH AND DINNER IDEAS

1. Choose 1 protein source:

- ✓ Measure 60 to 90 grams (2 to 3 ounces) of cooked meat (e.g. beef, lamb, pork, chicken or fish)
- ✓ ½ cup (125 ml) to ¾ cup (175 ml) of legumes (e.g. lentils, chickpeas)
- ✓ 2 eggs
- ✓ 100 grams tofu

2. Choose 1 non-starchy vegetable:

- ✓ Measure ¼ cup (60 ml) of cooked or raw vegetables. Choose any vegetables that you like (e.g. carrot, broccoli, pea, zucchini, spinach, bell pepper).

3. Choose 1 grain product or starch:

- ✓ Measure ¼ cup (60 ml) of any grain product that you like (e.g. brown rice, whole grain pasta, quinoa). You may also have boiled, mashed, or roasted potato, sweet potato, squash or corn.

SNACK IDEAS (MORNING, AFTERNOON, EVENING)

Choose 1 protein source:

- ✓ 1 cup (250 ml) of skim, 1%, or 2% milk
- ✓ 1 hard-boiled egg
- ✓ ½ cup cottage cheese (2% M.F. or less)
- ✓ ½ cup light ricotta
- ✓ ½ cup regular or Greek yogurt (2% M.F. or less)
- ✓ ¼ cup unsalted nuts
- ✓ 1 tablespoon natural nut butter
- ✓ ¼ to ½ cup edamame (roasted option available)
- ✓ 30g (1 oz) low-fat cheese
- ✓ 1 cup soy beverage
- ✓ 1 string cheese
- ✓ 3 cocktail shrimps
- ✓ ½ cup bocconcini
- ✓ ½ cup roasted lentils or chickpeas

If you are still hungry, you can add a portion of fruit, vegetable or grain product (optional).

11. Foods To Eat Regularly And Foods To Limit

Eating a balanced diet means consuming a variety of foods from different food groups in appropriate proportions to meet your body's nutritional needs. It involves incorporating a combination of fruits, vegetables, whole grains, lean proteins, and healthy fats into your meals.

Here is a table to help you choose foods to consume after bariatric surgery. The table outlines the difference between foods you should eat **regularly** and those you should consume **less often** or **in smaller quantities**.

Remember, there are no forbidden foods after surgery, however, we do encourage our patients to choose nutritious foods more often than less nutritious foods for optimal health.

FOOD GROUP	CHOICES TO EAT OFTEN	CHOICES TO LIMIT
MEAT AND ALTERNATIVES	Poultry (e.g. chicken, turkey)	Deep fried fish, chicken or shell fish
	Lean beef, pork, or veal	Ready-made breaded fish or meat products (e.g. fish sticks, chicken nuggets, breaded patties)
	Lean ground meats	
	Game meats	
	Organ meats	
	Eggs	Regular ground beef, hot dogs, bacon, sausages, and pepperoni
	Fresh fish or shellfish	Deli meats
	Canned fish or chicken in water	Ready-made trail mix
	Smoked salmon	
	Legumes (e.g. beans, lentils, chickpeas)	Nut butters that have added oil and sugar
	Soy products (e.g. tofu, tempeh, textured vegetable protein, soybeans)	Nuts and seeds with coating or heavy seasoning
	Hummus	
	Plain nuts, seeds and nut butters (also a source of healthy fats)	

FOOD GROUP	CHOICES TO EAT OFTEN	CHOICES TO LIMIT
MILK AND ALTERNATIVES	Milk (skim, 1% or 2% M.F.)	Regular cheese (soft and hard)
	Fortified soy beverage (unsweetened)	3.25% M.F. milk
	Low-fat hard cheese (15 % M.F. or less)	Heavy cream and whipped cream
	Cottage cheese (2% M.F. or less)	Milkshakes
	Regular or Greek yogurt (2% M.F. or less)	Eggnog
	Kefir (2% M.F. or less)	Coffee creamers
	Light ricotta cheese	Frozen desserts like ice cream
		Processed cheese spread (e.g. Cheese Whiz®)
		Cream cheese
FRUITS AND VEGETABLES	Fresh, frozen, or canned vegetables and fruits	Deep fried vegetables
		Dried fruit
		Fruit juice
		Canned fruit in juice and syrups
GRAIN PRODUCTS AND STARCHES	Whole grain bread	Sweets and pastries such as croissants, muffins, cookies, cake, chocolate, candy, doughnuts, pies
	Whole wheat pasta	
	Whole-grains such as quinoa, wild rice, barley, bulgur, kamut, farro, oatmeal	High-fat crackers such as butter crackers, Ritz crackers®, Goldfish®
	Whole grain crackers	Sugary cereals (e.g. Fruit Loops®, Cap'n Crunch®, Lucky Charms®, Apple Jacks®)
	Whole grain cereal	Cereal bars
	Squash, potatoes, sweet potatoes and corn	Chips, tater tots, French fries, and hash browns
	Couscous	Frozen pizza
OILS AND FATS	Non-hydrogenated margarine	Butter, lard, shortening
	Olive, canola, peanut, sesame, soybean, flaxseed, sunflower oil	Palm and coconut oil
	Vinaigrettes	Hydrogenated margarine (often found in ready-made baked goods)
	Avocado	Canned coconut milk or cream
		Mayonnaise and salad dressings

12. Lifelong Habits

Food behaviors to practice:

1. Eat a balanced diet consisting of 3 meals and 2-3 snacks daily, with a focus on protein and fiber.
2. Aim for a portion size of 1 cup (250 mL) for meals and ½ cup (125 mL) to 1 cup (250 mL) for snacks. Do not eat more than 1 cup of food.
3. Take small bites, eat slowly, and thoroughly chew your food before swallowing.
4. Avoid eating mindlessly. Savor your food and avoid distractions like reading, working, or watching television while eating. Mindless eating can lead to overeating as you may not be fully aware of how much and what you are eating.
5. Limit consumption of low-nutrient-dense foods typically high in fat and sugar, such as baked goods, processed foods, chocolate, cookies, cakes, frozen desserts, pizza, French fries, fried and fast food, etc.
6. Sit up straight during and after meals.

Hydration behaviors to practice:

1. Do not eat and drink at the same time. Stop drinking 15 minutes before eating and start drinking again 30 minutes after eating.
2. Drink 6-8 cups of fluids a day between meals and snacks. Choose water or any other liquid that is caffeine-free, sugar-free, non-carbonated (not bubbly), and low-calorie.
3. Limit coffee to 2-3 cups a day. If you don't take your coffee black, avoid adding cream or sugar; instead, use milk and/or a sugar substitute.
4. Limit and try to avoid juice, carbonated beverages and alcohol as it can lead to a weight regain.

Other behaviors to practice:

1. Consistently take your daily vitamins and minerals for life.
2. Find ways to cope with your emotions without turning to food.
3. Be physically active and incorporate regular exercise into your routine.
4. Take care of your mental well-being.
5. Practice gratitude and mindfulness regularly.

13. Things To Know And Possible Side Effects

1. Biliopancreatic diversion with duodenal switch (BPD/DS) or Single Anastomosis Duodeno-Ileal Bypass with Sleeve Gastrectomy (SADI-S)

If you had one of these surgeries, your protein needs are higher, and as a result, you will need to take a daily protein supplement, such as powder, shake, or bar, for the rest of your life.

2. Dumping syndrome in Roux-en-Y gastric bypass patients

A high consumption of foods high in sugar and in fat content can trigger dumping syndrome after a gastric bypass. In this condition, food moves from your stomach into your small intestine too quickly, leading to symptoms like stomach cramps, sweats, shakiness, dizziness, rapid heart rate, fatigue, and diarrhea, usually occurring 10 to 30 minutes after eating. This is referred to as "early dumping." Dumping syndrome can also happen 1 to 3 hours after a meal (referred to as "late dumping"), with symptoms caused by low blood sugar.

LIST OF FOODS THAT CAN CAUSE DUMPING SYNDROME

- Ice cream
- Sugary drinks (e.g. juice, regular sports drinks, regular iced tea or lemonade)
- Sweets and pastries (e.g. cakes, cookies, pies, doughnuts, muffins)
- Sugar coated or sweetened cereals
- Regular gelatin or pudding
- Milkshakes
- Regular chocolate milk
- Deep fried foods
- Syrups
- Molasses
- Honey
- Candy
- Chocolate
- Regular jams and jellies
- Dried or canned fruit in syrup

3. Vitamins and minerals

You will need to take vitamin and mineral supplements for the rest of your life. Talk to your bariatric surgery team before taking over-the-counter products. Gummy and children's multivitamins are not recommended for bariatric patients.

4. Hair loss

Weight loss surgery may cause temporary hair loss. This can last for up to 6 to 10 months. Keep taking the right amount of protein, take your vitamins and minerals every day, and eat a balanced diet to minimize excessive hair loss. If it continues, talk to your bariatric nutritionist to see if you are missing any nutrients, and how you can add more to your diet.

5. Religious fasting

Avoid religious fasting for the first year after surgery. Wait until your weight stays the same and you can feed your body enough before starting any fasts.

6. Reset diet

If you stop losing weight or start to gain weight, do not redo the pre-operative liquid diet as a solution or "reset diet." Instead, focus on maintaining a balanced and nutritious diet while following the lifelong bariatric lifestyle and dietary recommendations.

7. Constipation

To help with constipation, we recommend drinking 1.5 to 2.0 liters of water every day and including a variety of fruits, vegetables, whole grains, nuts, and seeds in your diet. You can also add 3 tablespoons of psyllium fiber, ground flax seeds, or wheat bran to yogurt, smoothies, or hot cereals. Lastly, incorporate regular physical activity.

8. Diarrhea

Diarrhea is characterized by having three or more loose, watery, and unformed stools (poops) per day. To help control diarrhea, it is advisable to limit the consumption of high-fat and greasy foods, as well as sugar alcohols. Opt for lactose-free dairy products and gradually incorporate soluble fiber from foods such as oatmeal, bananas, and applesauce into your diet. Stay hydrated by drinking plenty of water, and consider consulting with your nutritionist about incorporating probiotics.

9. Chronic kidney disease

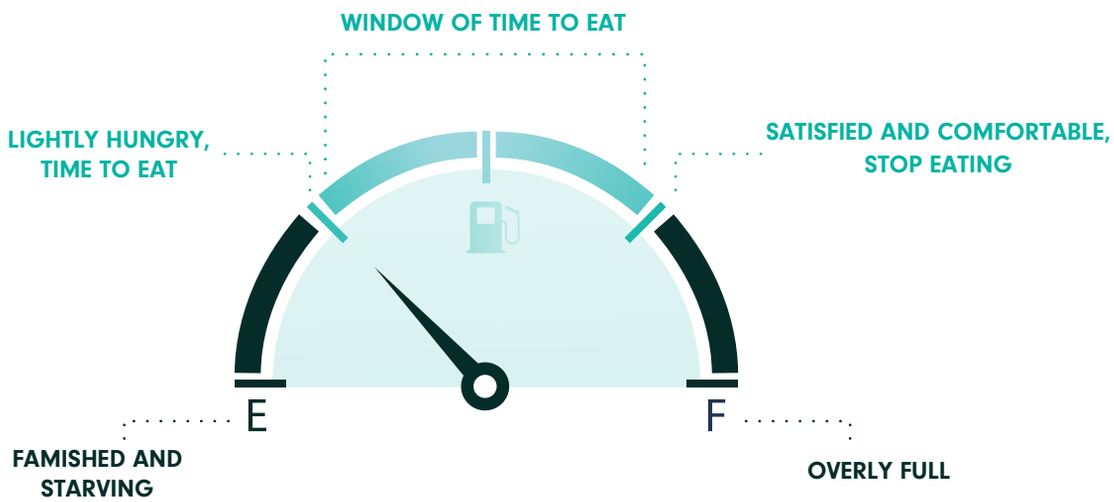
If you have chronic kidney disease, please contact your bariatric nutritionist as modifications to your eating habits may be necessary.

14. Hunger And Fullness Cues After Bariatric Surgery

Eating at regular intervals, typically every 2-3 hours, helps maintain a stable level of satiety. In doing this, you shouldn't have the uncomfortable feeling of being too hungry, which can lead to overeating or making unhealthy food choices.

Think of your body as a car that needs fuel to go forward, where,

- your body is the car,
- your stomach is the fuel tank, and
- proper food is the fuel.



Some common signs of hunger are:

- Stomach growling
- Fatigue, weakness, and low energy
- Trembling and shakiness
- Hard time concentrating
- Feeling like your stomach is empty
- Not having eaten something in the last 2-3 hours

Some common signs of fullness:

- A feeling of pressure or tightness in the upper abdomen
- Less interest in food
- Your stomach feels full or stretched
- Sneezing
- Burping
- Hiccups
- Runny nose
- Sighing

If you're struggling to identify hunger and satiety cues after surgery, we recommend following the plan, which includes 3 meals and 2-3 snacks per day, and portion your meals and snacks as indicated.

15.Protein Content Sheet

Here is a list of foods and their protein content. Use this sheet to count how much protein you are getting in a day.

A portion refers to the serving size of a food, while the protein content refers to how much protein is in that portion.

For example, for cooked shrimp, the portion is 85 grams, but in that 85 grams, there are 21 grams of protein. Please note that these are only estimates and might not be the exact amount.

MEAT AND ALTERNATIVES	PORTION	PROTEIN CONTENT (GRAMS)
Cooked meat (beef, pork, lamb, veal), fish, poultry	2-3 ounce / 60-90 g	14-26g
Chicken thigh	1	10 g
Chicken drumstick	1	11 g
Chicken wing	1	6 g
Cooked shrimp	3 ounce / 85 g	21 g
Canned fish	Small can or ½ large can	15 g
Deli meat	2 slices	8-10 g
Cretons	2 tablespoons	5 g
Egg	1-2	6-12 g
Firm tofu	3 ounce / 85 g	8 g
Tempeh	3 ounce / 85 g	16 g
Legumes (beans, lentils, peas)	½ cup / 125 mL	7-10 g
Hummus	1 tablespoon	1-2 g
Tofu spread	1 tablespoon	1.5 g
Edamame	½ cup	8-9 g
Textured vegetable protein	¼ cup	12-13 g
MILK AND ALTERNATIVES	**PORTION**	**PROTEIN CONTENT (GRAMS)**
Milk (Skim, 1%, or 2% MF)	1 cup / 250 mL	9 g
Natrel Plus milk® (2% MF)	1 cup / 250 mL	18 g
Joyya milk ultrafiltered® (2% MF or less)	1 cup / 250 mL	18 g
Fairlife milk ultrafiltered® (2% MF or less)	1 cup / 250 mL	14 g
Lactantia UltraPur milk® (2% MF or less)	1 cup / 250 mL	14 g
Fortified soy beverage	1 cup / 250 mL	7-9 g
Almond, cashew or oat milk	1 cup / 250 mL	1-2 g
Kefir	1 cup/ 250 mL	7 g
Regular yogurt	½ cup	6-7 g
Greek yogurt	½ cup	12-15 g
Cottage cheese	½ cup	15 g
Ricotta cheese	½ cup	12 g
Pressed dry cottage cheese	¼ cup	11 g
Cheese string	1	6 g
Baby bell cheese®	1	5 g
Cheese (less than 20% MF)	1.0-1.5 ounce / 30 - 50 g	7-11 g
Cream cheese	2 tablespoons	2 g
Laughing cow cheese®	1 portion	2 g

NUTS	PORTION	PROTEIN CONTENT (GRAMS)
Almonds	¼ cup	6-8 g
Brazil	7	4 g
Cashews	18	4.5 g
Hazelnuts	20	4 g
Macadamia	11	2 g
Peanuts	¼ cup	10 g
Pecans	19 halves	3 g
Pine nuts	160	4 g
Pistachios	49	6 g
Walnuts	14 halves	7 g
Soy nuts	¼ cup	11 g
NUT BUTTERS	**PORTION**	**PROTEIN CONTENT (GRAMS)**
Peanut butter	2 tablespoons	8 g
Cashew butter	2 tablespoons	5.5 g
Almond butter	2 tablespoons	6.5 g
SEEDS	**PORTION**	**PROTEIN CONTENT (GRAMS)**
Pumpkin seeds	¼ cup	10 g
Sunflower seeds	¼ cup	6 g
Chia	1 tablespoon	2 g
Hemp	3 tablespoons	10 g
Flax (whole)	1 tablespoon	2 g
Flax (ground)	1 tablespoon	1 g
PROTEIN POWDERS	**PORTION**	**PROTEIN CONTENT (GRAMS)**
Beneprotein®	1 scoop	6 g
Skim milk powder	2 tablespoons	6 g
Any whey protein isolate	1.5 tablespoons	6 g

How much protein do I need to eat in a day?

I need to eat between ____ to ____ grams of protein per day.

16.Protein Supplements (Shakes, Powders, Bars)

Protein supplements are a common and useful way to help people eat enough protein, especially when they cannot get enough protein from foods alone.

Protein supplements are a high source of good protein, which means you can get a lot of protein in a small portion.

When choosing a protein supplement (shake, powder or bar) after bariatric surgery, you need to make sure they have the following nutrition criteria:

Protein shakes and powders

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

- Whey protein isolate or concentrate
- Soy protein isolate or concentrate

The protein powder you choose should also have:

- Less than 200 calories per serving
- About 20-30 grams of protein per serving
- Less than 5 grams of fat per serving
- Less than 20 grams of carbohydrates per serving
- Less than 5 grams of sugar per serving



Protein bars

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

- Whey protein isolate or concentrate
- Soy protein isolate or concentrate

The protein bar you choose should also have:

- Less than 200 calories per serving
- About 15-20 grams of protein per serving
- Less than 5 grams of fat per serving
- Less than 20 grams of carbohydrates per serving
- Less than 5 grams of sugar per serving



17. Contact Us

Ask your bariatric nutritionists if you have any questions. We are here to help you!

Call us if you have any questions or concerns about your post-operative bariatric surgery eating guidelines:

514-934-1934, extension **35280.**

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

