

Food Guide

for
Bariatric surgery

This document is a tool for the bariatric surgery patient,
it is not intended to replace a consultation with a registered dietitian-nutritionist.

This food guide is adapted from the Bariatric Surgery Food Guide developed by the Hôpital du Sacré-Coeur and revised by Anne-Marie Mitchell, RD. in 2009.

Revised by Andr ea Hamel, RD. and Anne-Marie Mitchell, RD. in 2011.

Re-edition : November 2013.

Latest version revised by Claudia De Simone, RD. and Anne-Marie Mitchell, RD. of RocklandMD, September 2016

NAME:

INTERVENTION:

SURGEON:.....

NUTRITIONIST:.....

TELEPHONE:.....

DATE OF SURGERY:.....

BEFORE

surgery

PRE-OPERATIVE FOOD PROTOCOL

GOAL

To lose weight and reduce the size of the liver in order to limit the risk of complications associated with surgery.

STRATEGY

Loss of 5 to 10% of current weight through a high protein, low-carbohydrate, low-calorie diet.

DESCRIPTION

Liquid diet to follow depending on your Body Mass Index (BMI)

BMI of 35 to 40 with co-morbidity: 2 weeks;

BMI of 40 to 50: 2 weeks;

BMI of 50 to 60: 4 weeks;

Your BMI = _____, therefore, you will be on a liquid diet for :
_____ weeks.

DAILY Liquid Diet

4 pouches of Optifast® / day =
900 Kcal, 90 g protein / day

4 pouches Optifast® 900 – vanilla or
chocolate – each 54 g pouch prepared
with 300 ml of cold water

YOUR «CHECKLIST» FOR THE PRE- OPERATIVE DIET



- 1 Between the «Optifast® meals», drink water so as to reach a total of 1.5 to 2 litres of liquids or more daily. Coffee, herbal tea or tea (no sugar) is limited to 1 to 2 cups per day.
- 2 Taking chewable vitamins and mineral supplements, such as Centrum Select®, is recommended for approximately eight weeks before surgery, and while you are on a liquid-only diet. It is important to continue taking chewable Centrum Select® after surgery for at least one to two months, i.e., during the postoperative diet period. After that, you can swallow non-chewable tablets. You are advised to take a multivitamin for at least 1 year following surgery.
- 3 Include up to 3 cups of vegetables (low in carbohydrates) with each Optifast meal. The vegetables you add to complement your Optifast meals must be eaten plain, and be raw or steamed. Here are some examples of vegetables you can consume:

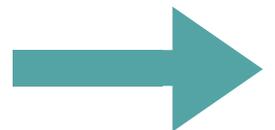
broccoli, cauliflower, radishes, asparagus, spinach, lettuce, cucumbers, peppers, mushrooms, tomatoes, celery, green beans, eggplant, zucchini, bok choy, cabbage.
- 4 To prevent or relieve constipation, in addition to eating vegetables you may use an inulin fibre supplement. E.g., Benefibre®, Life Brand Clearly Fiber® (see directions for use on the container).



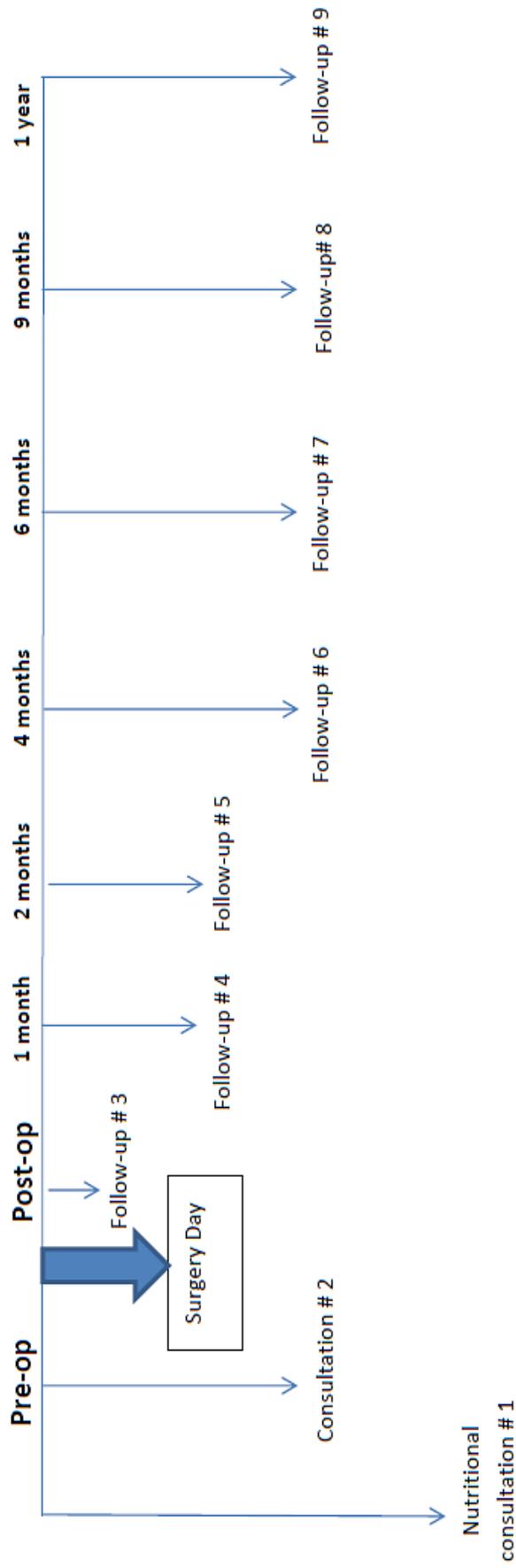
5 You are diabetic ?

If YES, it is important to schedule an appointment with your physician to review the dosage of your medication to be taken along with your liquid diet and as you lose weight. Increase blood glucose monitoring to four times per day before each «Optifast meal» and before going to bed, to ensure better self-monitoring.

6 See diagram of Rockland MD's bariatric nutritional follow-up program on next page. .



Nutritional consultations for bariatric surgery patients, suggested by Rockland MD, adapted from *Canadian bariatric surgery guidelines*.





Have you thought about making a few changes now?

It is important to see your nutritionist at least twice prior to surgery. Afterwards follow-ups are encouraged to monitor the progress in your weight loss, nutritional status and newly acquired dietary habits.

Some adjustments will need to be made to modify your eating habits following the surgery, both over the short and the long term. We encourage you to prepare yourself mentally ahead of time for changes in menu planning, purchases, and food preparation, as well as begin to apply these new practices on a daily basis. Follow the «Successful Nutrition Strategies» guide on pages 27-28 to familiarize yourself with the basic principles to ensure the long-term success of your surgery results.

To make an appointment with the nutritionist for the bariatric surgery program, refer to the contact information on the first page of your guide. Consultations in person are strongly advised, but consultations via phone or Skype™ are also available to accommodate you.



OR



OR



Preferably :-)

AFTER

surgery.

A NEW LIFE . . . NEW FOOD AFTER SURGERY!

Following surgery, the first month is the «postoperative diet» stage. This guide describes each stage and the progression towards reaching the fifth week, i.e., the stage of more «normal» eating. It goes without saying that each person will need to take the time they require to progress in their «postoperative diet» to encourage healthy weight loss and minimize the risk of complications. Listen to your body, follow your own pace and tolerance. You can prepare pureed and chopped food ahead of time and freeze them to make these foods available after surgery for the «postoperative diet».

It is important to understand that, following surgery, your stomach will be very small in size. This is one of the goals of the surgery, to help you eat much smaller portions of food at one time. That is why it is important to eat three meals a day, and protein snacks as needed, to obtain optimal nutritional intake and avoid slowing down your metabolism.

In addition to reduced serving sizes, it is important to review how you shop for a supply of healthy food; you may need assistance to do your groceries. Make a habit of preparing a grocery list and dividing your list into four categories, corresponding to each of the groups in Canada's Food Guide.

In addition, you are encouraged to limit your consumption of foods that are high in sugar, salt and fat, which are often responsible for excess pounds in a poor diet.

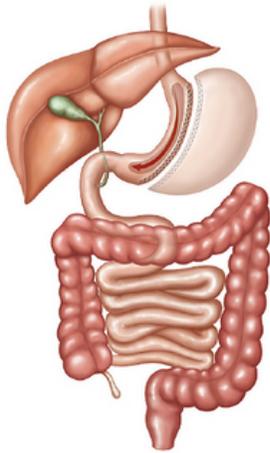
Instead, get your taste buds accustomed to appreciating various tastes. Be open to exploring new flavours (i.e., different vegetables and whole grains) to reap more benefits. It will be beneficial to modify your daily activities (meal preparation, getting to work, etc.) by moving more! Every little step added to your daily routine can help.

Stay in contact with the bariatric surgery team to ensure that your lifestyle and healthful eating habits are being properly managed after surgery to minimize complication risks.

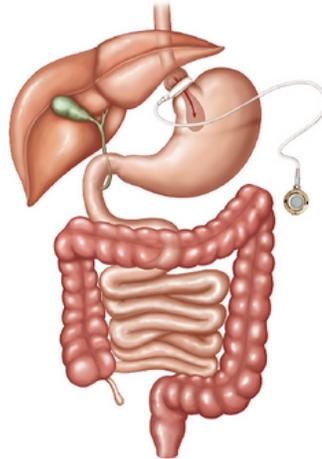
We hope your journey is a good one, particularly with regard to food, and that your health and weight loss will be optimized by targeting lifestyle changes for longterm success!

-The bariatric surgery team at Rockland MD

FOUR TYPES OF BARIATRIC SURGERIES



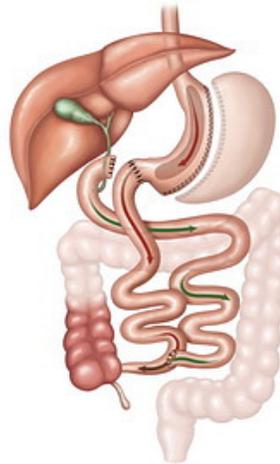
Gastric Sleeve



Gastric Band



Roux-en-Y
Gastric Bypass

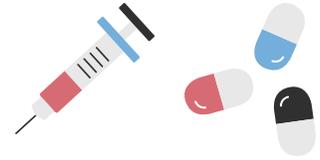


Biliopancreatic
Diversion

Restrictives
Surgeries

Malabsorptive
Surgeries

MICRO-NUTRIENT DEFICIENCIES TO AVOID AFTER SURGERY



Vitamin B12 deficiency

Vitamin B12 is essential for DNA synthesis, healthy red blood cell production and maintenance of the nervous system. A vitamin B12 deficiency can result in a type of anemia called “pernicious anemia”. A folate or vitamin B12 deficiency can result in the formation of red blood cells that are less efficient in oxygen transport (macrocytic anemia). Vitamin B12 absorption can be reduced following bariatric surgery. It is important to include B12-rich foods in the diet and add a complementary B12 supplement to the multivitamin if deemed necessary. Numbness in the legs, tingling in the hands and feet, and diminished concentration or memory can all be linked to a vitamin B12 deficiency.

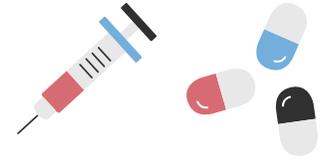
Iron deficiency

Insufficient iron can lead to decreased production of hemoglobin (iron-deficiency anemia), or can lead to the production of smaller and paler red blood cells (microcytic-hypochromic anemia). Anemia is essentially expressed by a decline in oxygen-transport in the body, and results in symptoms such as fatigue and difficulty breathing. Other symptoms of iron-deficiency include decreased physical strength and performance, as well as decreased cognitive function. Hair loss can also occur with severe iron-deficiency. Furthermore, it can lead to pallor (pale skin), disturbances in body temperature regulation and restless leg syndrome.

Vitamin D deficiency

Also known as the “sunshine vitamin” since our body can produce it through sun exposure, vitamin D is essential for calcium absorption and maintenance of healthy bones and teeth. Precursor to a variety of hormones, this vitamin plays an important role in cancer prevention, and contributes to muscle and immune health. It is of note that the darker the skin, the longer sun exposure is needed to produce sufficient amounts of vitamin D. Furthermore, obesity increases vitamin D needs because it is stored in fat tissue. Maintaining adequate vitamin D levels can prevent diseases such as osteoporosis.

MICRO-NUTRIENT DEFICIENCIES TO AVOID AFTER SURGERY



Calcium deficiency

Calcium is a mineral essential to bone and teeth structure, but it also plays other vital roles. Muscle contraction, blood clotting, nerve-cell transmission, hormone secretion, activation of enzymatic reactions, as well as maintenance of normal blood pressure all depend on calcium. The skeleton, or bone mass, acts as your calcium bank account, and vitamin D helps calcium enter the bone mass. When calcium is leached from bone mass faster than it gets deposited inside it, this leads to a calcium deficit which can result in reduced bone density (osteopenia), and in the long term can lead to deterioration of bone tissue (osteoporosis). Bone fracture risks increase, without any visible warning signs. However a simple bloodtest is not an adequate test to detect calcium deficiency; a bone densitometry is needed in this case.

How to know if you have a deficiency ?

Once you do your blood tests before surgery your nutritional status will be assessed. Afterwards additional blood testing will be done at **6 and 12 months post-surgery** to ensure optimal nutritional status.

Taking the vitamin and mineral supplements recommended by the bariatric team will put chance on your side and avoid you having nutritional issues.

Pre-op test	Results	Supplements to take
Vitamine D		
Vitamine B12		
Iron status		

FOOD PROTOCOL AFTER SURGERY

GOALS OF THE PROTOCOL

- ✔ To optimize loss of body fat while also improving health and minimizing loss of muscle mass.
- ✔ To optimize nutritional status, instil a healthier lifestyle and identify strategies that will allow you to avoid surgery-related complications and to ensure long-term success.
- ✔ To minimize side effects and possible surgery-related discomfort (nausea, vomiting, reflux, diarrhea, food intolerance, wound infections, food blockages).

After surgery you will be accompanied by your nutritionist, to follow-up on changes in nutritional status and weigh.



WARNING

Given that your stomach will become very small following surgery, with a capacity of approximately 60 to 125 ml (¼ cup to ½ cup), you will feel full very quickly; in other words, you will no longer be hungry. Therefore, it is very important that you avoid eating large portions that could cause you digestive discomfort.

Note that the quantities indicated in this guide serve as recommendations. Do not be discouraged if you are not able to eat all of the suggested quantities.

To optimize your protein intake after the surgery, add protein supplements (e.g., whey protein such as Beneprotein®). It is important to include at least six measuring scoops of powdered protein concentrate each day, i.e., one scoop per meal and per snack during stages 1, 2, 3, and 4 (see p. 8). For optimal results, mix each measuring scoop of Beneprotein® with at least 125 ml (½ cup) of liquids (diluted juice, milk, yogurt, soup, etc.) You can mix it in the blender to obtain a homogenous consistency. See page 19 for examples of alternatives to protein powder.

.In order to stay properly hydrated, drink 1.5 to 2 litres of liquid per day, especially water, swallowing small amounts of no more than 60 ml (¼ cup) at a time. Avoid regular and diet carbonated beverages.

To avoid constipation, it is recommended to use 1 to 4 teaspoons of inulin fiber (ex: Ex: Benefibre®) per day.

Surgery Day	
	Day 0



Right after the surgery, you can either take a sip of water or suck on an ice cube.

Rate of liquid consumption: 30 ml (1 oz) of water/hour.

Warning: When drinking, drink slowly and take small sips (a teaspoon is suggested to help control the speed of consumption).

NB: You will find important notes on the dietary differences to consider and supplementation for each type of surgery on page 26.



SMALL-DOSE PROGRESSIVE DIET

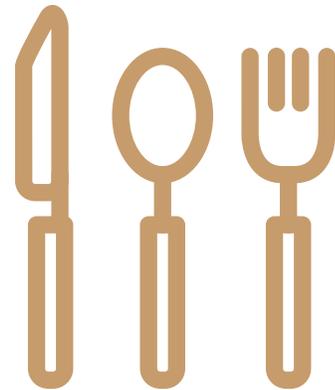
Stage 1 (Beginning the day after surgery, hence day 1 to 4)
Strictly liquids
duration = 3 days

Stage 2 (Day 5 to 8)
Semi-liquid diet
duration = 4 jdays

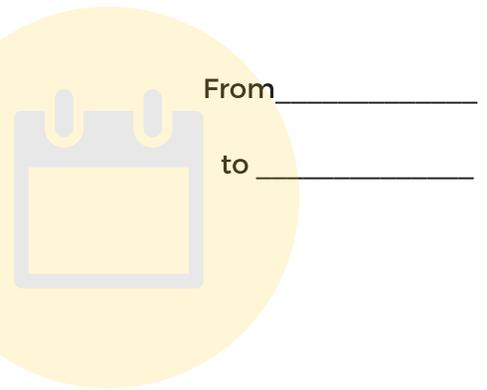
Stage 3 (Day 9 to 15)
Purée/soft diet
duration = 7 days

Stage 4 (Day 16 to 30)
Minced/purée diet
duration = 14 days

Stage 5 **Normal/tender diet**



Diet progression – Stage 1	
1-4	Strictly liquids (Small quantities)



LIQUIDS PERMITTED:

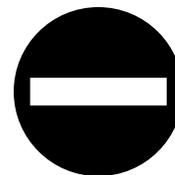
- Water;
- Clear broth;
- Suggested fruit juice (see recipe on p. 17)
- Protein-enriched Jello fruit gelatine (see recipe on p. 16)

9 SMALL SNACKS of 60 to 125 ml (¼ to ½ cup).

Drink 1.5 to 2 litres (six to eight cups) of liquids per day, including water, to avoid being dehydrated, maximum of 60 ml (¼ cup) at a time.

Drink slowly, swallowing small amounts at a time, to avoid nausea and/or vomiting.

Avoid liquids that are very cold or very hot.



Avoid carbonated beverages that can cause abdominal discomfort.

Avoid caffeine or tea.

NB: The suggested juices and enriched gelatins are to be taken for the first month, given the difficulty to attain daily protein requirements. They should be stopped at stage 5, due to their high sugar content.

Recipes

PROTEIN ENRICHED GELATIN

Strawberry or other flavor

INGREDIENTS

- 1 85 g box (125 ml) gelatine powder - strawberry or other flavor
- 1 cup (250 ml) boiling water
- 1 cup (250 ml) cold water
- 4 measuring scoops (4 x 20 ml) Beneprotein® protein concentrate

PREPARATION

Dissolve the gelatine powder in the boiling water. Add the cold water. Add the protein concentrate. Mix gently with a whisk, so as not to cause the mixture to become too foamy, and just until everything is well dissolved and not lumpy.

Let it stand for a few minutes so that the froth dissolves as much as possible. Portion out into half-cup (125 ml) containers and refrigerate at least two hours.

YIELD: 6 portions of ½ cup or 125 ml



Recipes

Protein enriched - HYDRATING DRINK

Protein Enriched Orange Drink

INGREDIENTS

2 cups (500 ml) pure unsweetend orange juice

1 cup (250 ml) fresh water

6 measuring scoops (6 x 20 ml) **Beneprotein®** protein concentrate

PREPARATION

Combine all ingredients. Mix well using a whisk.

YIELD: 750 ml

Homemade - HYDRATING DRINKS

Apple Drink

INGREDIENTS

4 cups (1L) Pure unsweetend apple juice

½ teaspoon (3ml) Salt

4 cups (1L) Fresh water

YIELD : 2 L

Grape Drink

INGREDIENTS

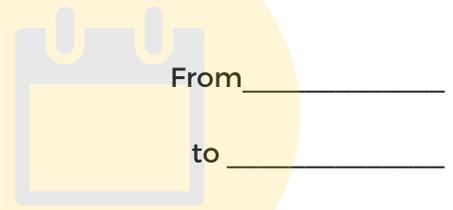
3 cups (750 ml) Pure unsweetened grape juice

½ teaspoon (3 ml) Salt

5 cups (1.25 L) Fresh water

YIELD : 2 L

Diet progression - stage 2	
5-8	Semi-liquid diet



Add 1 scoop of Beneprotein® protein powder to each item listed below

BREAKFAST

125 ml (½ cup) dry cereal, softened in 60 to 125 ml of milk

Exemples :

- Corn Flakes®
- Spécial K®
- Rice Krispies®

OR

125 ml (½ cup) hot cereal

- Oatmeal
- Cream of wheat
- Baby cereal

60 to 90 minutes later

-125 ml (½ cup) milk (2%, 1% or skim)

OR

-125 ml (½ cup) suggested fruit juice (see page 17)

LUNCH AND SUPPER

125 ml (½ cup) smooth creamed soup, with :

-60 ml (¼ cup) pureed fruit

OR

-125 ml (½ cup) milk dessert or yogourt

SNACKS (between meals, up to 3 times a day)

-125 ml (½ cup) suggested fruit juice (see recipe on p. 17)

-125 ml (½ cup) pureed fruit

-Protein-enriched milkshake (smoothie) (see p. 19)



Recipes

MILKSHAKE – Protein-Enriched

INGREDIENTS

- 100 g (125 ml) soft tofu or plain or flavoured silken tofu
- 1/2 tasse (125 ml) skim or 1% M.F. milk or soy milk
- 1/2 tasse (250 ml) fresh or frozen mixed fruits
- 2 measuring scoops (2 x 20 ml) Beneprotein® protein concentrate
- 1 teaspoon (15 ml) maple syrup

PREPARATION

Place the tofu, milk, fruit and protein powder in a blender.
Mix until the consistency is smooth.

YIELD : 3 portions of ½ cup or 125 ml

VARIATIONS

You can replace the protein concentrate with ground almonds or pasteurized liquid eggs (Naturegg®). For other alternatives see table below.

You can also add yogurt to your mixture, to increase the protein content, depending on your preference.

Preferably avoid fruit with small seeds (strawberries, blackberries).

**1 MEASURING SCOOP OF BENEPROTEIN PROVIDES 6 GRAMS OF PROTEIN,
WHICH CAN BE REPLACED WITH :**

1 complete egg

**¼ cup Natureuf™
egg whites**

**3 tablespoons skim
milk powder**

**2 tablespoons
ground hemp seed***

**¼ cup plain
greek yogurt**

**¼ cup ground
almonds***

*Good source of Essential fatty acids

Recipes

POPSICLES - Protein-enriched

INGREDIENTS

1 cup (250 ml) pure fruit juice of choice

4 measuring scoops (4 x 20 ml) Beneprotein® protein concentrate

4 popsicle moulds of 60 ml each

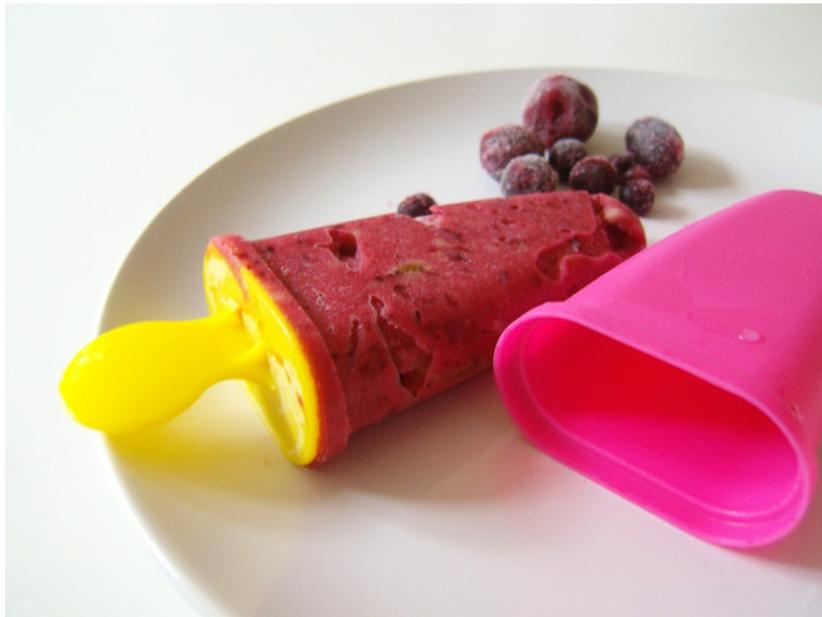
PREPARATION

Mix Beneprotein® with jus.

Pour one quarter of the container (approximately 60 ml) into each mould.

Insert sticks and freeze until solid.

YIELD : 4 portions of $\frac{1}{4}$ cup or 60 ml.

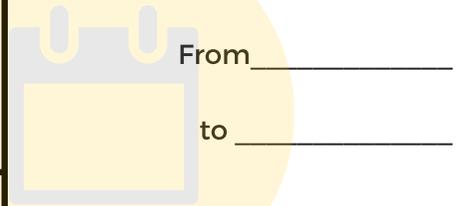


INTRODUCING SOLID FOODS

General advice

-  Eat three small meals a day. Have at least three of the four food groups at each meal, **emphasizing protein sources**.
-  Choose 2 to 3 healthful protein-enriched snacks a day. **Eat slowly and chew your food longer**, approximately fifteen to twenty times per mouthful. A small meal should take you **at least thirty minutes to eat**.
-  **Pay attention to your physical signs of hunger**. As these signs are often absent after surgery, take the habit of eating every 3 hours.
-  To keep yourself well hydrated, drink 1.5 to 2 litres of liquid per day, especially water, in small sips of a maximum of 60 ml ($\frac{1}{4}$ cup) at a time. Regular or diet carbonated beverages should be avoided.
-  **Do not drink while eating**, in order to save enough room in your stomach for nutritious solid foods. Take liquids (e.g., a drink or soup) thirty minutes before meals and 60 to 90 minutes after meals.
-  Avoid dry, sticky and stringy foods: nuts, popcorn, dried fruit, caramel, celery, rhubarb, corn, etc. to avoid blockages caused by food masses.
-  **Since the cereal products recommended during the first month after surgery are quite «refined» to allow for easier digestion**, this will unfortunately result in lower fibre intake. So it is a good idea to add a fibre supplement such as **Benefibre®** to your menu.
-  **Stop eating as soon as you feel full.**
-  Do not lie down after eating, to prevent gastric reflux.
-  As you progress through your eating stages, it is important to **try one new food at a time**. This way, if this food is not tolerated, you will know which food was the cause.
-  Start walking as soon as possible. It is recommended to resume all other forms of physical activity **1 month post-operatively**.

Diet progression - Stage 3	
9-15	Soft-pureed texture



**Add 1 scoop of Beneprotein® protein powder
to each item listed below**

BREAKFAST

125 ml (½ cup) dry cereal, softened in 60 to 125 ml of milk or 1/2 cup (125 ml) hot cereal

Exemples :

- Corn Flakes® -Liquid oatmeal
- Spécial K® -Cream of wheat
- Rice Krispies® -Baby cereal

OR

1 piece of white toast without the crust, with non-hydrogenated soft margarine with 1 egg (omelette or hard boiled & mashed)

60 to 90 minutes later

- 125 ml (½ cup) milk (2%, 1% or skim)
- 125 ml (½ cup) suggested fruit juice (see page 17)

LUNCH AND SUPPER

No soup (if you are having a solid meal)

- 60 g (¼ cup) of meat, pureed chicken or poached fish with a light sauce (béchamel, tomato sauce), silk tofu or omelette (2 eggs) WITH
- 60-125 ml (¼-½ cup) pureed vegetables WITH/OR
- 60-125 ml (¼-½ cup) pureed potato

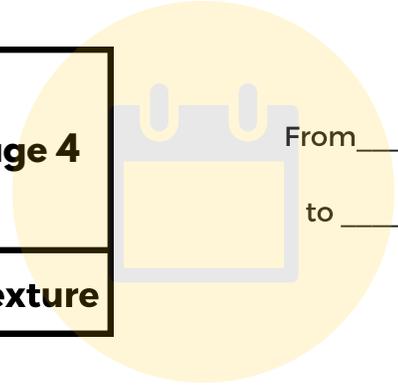
60 to 90 minutes later

- 125 ml (½ cup) diluted fruit juice, skim milk or enriched milk shake (see recipe on p. 19)
- 125 ml soup
- 125 ml high protein liquid (e.g., Boost®) or a popsicle (see recipe on p.20)

SNACKS (between meals, up to 3 times a day)

- 125 ml (½ cup) pureed fruit, or skim-milk dessert or yogourt
- 2 soda crackers/Melba® with 15 ml nut butter (peanut, almond, etc.) or hummus
- Protein-enriched gelatin (see page 16)

Diet progression - Stage 4		From _____
16-30	Soft-minced texture	to _____



This diet is comprised of foods that are easy to digest which can be easily cut with a fork, without needing a knife.

Foods such as untoasted bread, pasta, rice, whole red meats can cause problems; avoid them. Wait two weeks after stage #5 before integrating small quantities of these foods.

Fatty foods such as those that are fried, breaded, or include greasy sauces can cause discomfort and are not recommended if you want your weight loss process to be successful. If ingesting solid foods causes nausea or vomiting, you need to resume the semiliquid diet.

Allowable choices

- omelette or boiled egg;
- cottage cheese, ricotta or soft cheeses that are less than 20% M.F.;
- eggs garnished with plain yogurt and light mayonnaise;
- lentils or other legumes;
- canned fruit or fruit compote;
- poached or grilled fish;
- minced chicken, with light sauce;
- semi-firm or firm tofu;
- lean or extra-lean ground meat..

Between meals, choose protein-enriched snacks such as milk pudding, yogurt, a hard-boiled egg, skim milk, skim milk cheese.

Consume two portions or more of skim or partly skimmed milk products a day.

Limit your intake of added fats to 15-30 ml (three to six teaspoons) a day, preferably healthful, cold-pressed vegetable oils.

Diet progression - Stage 4		From _____
16-30	Soft-minced texture	to _____

Add 1 scoop of Beneprotein® protein powder to each item listed below

BREAKFAST

125 ml (½ cup) dry cereal, softened in 60 to 125 ml of milk or 1/2 cup (125 ml) hot cereal

Examples :

- Corn Flakes®
- Spécial K®
- Rice Krispies®
- Liquid oatmeal
- Cream of wheat
- Baby cereal

OR

1 piece of white toast without the crust, with non-hydrogenated soft margarine **with** 30g (1 ounce) light cheese or lean cretons or 15 ml (1 tablespoon) nut butter, or 1 egg.

LUNCH AND SUPPER

No soup (if you are having a solid meal)

- 60 g (¼ cup) of meat, pureed chicken or poached fish with a light sauce (béchamel, tomato sauce), silk tofu or omelette (2 eggs) WITH
- 60-125 ml (¼-½ cup) minced/chopped vegetables WITH/OR
- 60-125 ml (¼-½ cup) small lentils or sweet potato

Wait 60 to 90 minutes after eating to drink

- 125 ml (½ cup) of diluted fruit juice, skim milk or enriched milk shake (see p. 19)
- 125 ml soup
- 125 ml high protein liquid (e.g., Boost®) or a popsicle (see recipe on p.20)

SNACKS (between meals, up to 3 times a day)

- 125 ml (½ cup) pureed fruit, or skim-milk dessert or yogourt
- 2 soda crackers/Melba® with 15 ml nut butter (peanut, almond, etc.) or hummus
- Protein-enriched gelatin (see page 16)

Diet progression - Stage 5	
WEEK 5	Normal Diet

Food cannot pass through the opening of the new stomach unless it is chopped into very small pieces. **So, chew your food as much as possible and be attentive to when your body tells you that you are hungry or full. A small meal should take you at least thirty minutes to eat.**

Wait two weeks (week 7 post-surgery) before including small quantities of bread, pasta, rice and whole red meats, which can be more difficult to swallow.

Gradually aim for the food variety outlined in Canada's Food Guide. Ideally the minimum portions of every food group should be consumed, but this will be difficult because of your small stomach. As the months progress, your intake will evolve. To begin aim for these portions:

- 3 to 4 portions low-fat milk and substitutes per day;
- 1 to 2 portions of fruit and at least 2 to 3 portions of vegetables per day;
- 3 portions of whole grain products (or starches) per day (whole grain bread, whole wheat pasta, baked potato or sweet potato, brown rice);
- 2 to 3 portions of meat and substitutes per day. Remove visible fat from meat as well as poultry skin, and choose non-fat cooking methods: in the oven, on the grill, steamed, etc.

1 serving of meat and alternatives is equal to:
 -2 to 2½ ounces (75 g) of meat, poultry or cooked fish
 -1 to 2 eggs
 -2 tablespoons (30 ml) of peanut butter
 -½ cup (125 ml) of legumes.

Eat 3 small meals with 2 to 3 protein snacks every day to ensure that you maintain optimal weight and to better manage your hunger and feeling full.

Focus primarily on your protein intake in the beginning and gradually leave more room for other foods on the long term so as to achieve balanced meals according to the Healthy Plate concept and Canada's Food Guide.



USEFULL INFORMATION FOR ALL BARIATRIC SURGERIES

It will be important to avoid stretching your small stomach during the first weeks, i.e. by vomiting. Vomiting may lead to gastritis, cause pain and render the surgery less effective.

It will be necessary to consult with your pharmacist to know if your medication may be crushed or if it is available in syrup form to make its consumption easier after surgery. Refrain from chewing gum; if swallowed, it may cause an obstruction.

VITAMIN AND MINERAL SUPPLEMENTS

Blood testing will be necessary 6 and 12 months after your surgery, at the very least, regardless of the type of surgery. Afterwards, the frequency of these tests will be decided by your doctor and nutritionist. Complete multivitamins are recommended for all surgery types, and other vitamins and minerals will be added based on your medical and nutritional status. Nutritional supplements.

SPECIFICS FOR BILIOPANCREATIC DIVERSION AND ROUX-EN-Y GASTRIC BYPASS SURGERIES

Start taking your supplements 3 to 4 weeks after your surgery, when your surgeon gives you the prescription. Blood tests and nutritional supplements will be required for the rest of your life when undergoing these types of surgeries.



- Complete multivitamin, one tablet / day (prenatal = higher in iron)
- Calcium (citrate, preferably) 1500 to 2400 mg per day
- Vitamin D 10,000 I.U., once a week, up to 5000 IU per day (for BPD)
- Vitamin A 50,000 I.U. once a week, up to 10 000 IU per day (for BPD)
- Vitamin K 300 mcg/day and vitamin E 400 IU / day (for BPD)
- Ferrous sulphate 300 mg once a day (evening)
- Vitamin B12 350-500 mcg once a day or 1000 mcg injx once a month

SPECIFICS WITH THE ADJUSTABLE GASTRIC BAND

If you can't easily reach satiety, adjustments to the band cannot be made before four to six weeks after your surgery. Time may vary from patient to another. Adjustments are performed by inserting a very small quantity of saline solution in the band. After each adjustment, you will be asked to drink small quantities of liquids to test your tolerance to liquids before moving on to solid foods. Make sure the band is not too tight, allowing you to eat a variety of solid foods included in a balanced and healthy diet.



Your surgery can improve your health and reduce obesity for the long term if you change your food habits and lifestyle which includes exercise.

Ensure that you have follow-up appointments with your nutritionist after your surgery. Your nutritionist will help you maximize the results of the surgery over the short and long term.

- Eat 3 small meals and 2 to 3 protein snacks / day
- Eat in small plates, using small spoons and other small utensils.
- Take liquids (including soup) between meals, i.e., 30 minutes before and 60 to 90 minutes after meals. Be sure to avoid mixing liquids and solids.
- Eat slowly (approximately 30 to 40 minutes per meal) in a relaxed setting, and chew your foods at least 15 to 20 times per mouthful.
- Ensure that you spend a longer time chewing sticky, dry and stringy foods: rice, fresh bread, corn, nuts, seeds, fruits and vegetables with peels, lettuce, tough meats, etc., to prevent blockages and digestive discomfort.
- Savour your foods and avoid having your attention distracted by reading or watching television during meals.
- Drink water a little at a time, but frequently. Ensure that you drink 1.5 to 2 litres of liquids a day between meals and limit fruit juice, alcohol and sweetened beverages.
- Avoid diet and regular carbonated beverages. These can cause discomfort.
- To avoid filling your small stomach unnecessarily with air, limit chewing gum and drinking with a straw.
- Limit foods that are processed, high in fat and/or sugar and salt: pastries, chips, honey, maple syrup, candy bars, jams, deli foods, etc. Foods with a high sugar concentration can increase the risks of bloating and diarrhea.
- Listen to your hunger and satiety signals instead of severely restricting your intake.

- Do not undertake any other weight reduction program without discussing it with your nutritionist. Several weight reduction products and diets that result in major weight loss can cause unwanted side effects such as loss of muscle mass, reduced basal metabolism (energy expended at a resting state), heart arrhythmia, gallstones, nutritional deficiencies, etc.
- Remember that food is meant to be tasted, so take the time to eat and enjoy your foods. The more you enjoy each bite, the fewer bites you'll need to take!
- Be realistic in your weight loss objective. Too-rapid weight loss, can threaten your health. However, it is possible for you to lose more than 1 kg per week during the first weeks following surgery. It is also possible to hit a "weight-loss plateau" during this process. Avoid comparing yourself to others; everyone is different.
- Get moving! Any increase in physical activity, however small it may be (10 minutes at a time), is helpful. Get a pedometer and aim for 6,000 to 10,000 steps per day in the long run.
- Above all, aim to improve your health and well-being.





Ordre professionnel des diététistes du Québec : www.opdq.org (French only)

Groupe d'action sur le poids : www.equilibre.ca (French only)

Extenso, Centre de référence sur la nutrition humaine : www.extenso.org (French only)

Documentary made by Enzyme Communication : « Régimes à satiété » :
<http://www.enzyme.ca/tv/> (French only)

Story of Jimmy Sévigny : <http://www.jimmysevigny.com> (French only)

Passeport Santé : www.passeportsante.net (French only)

Heart and Stroke Foundation :

-In English : www.fmcoeur.com

-In French : www.heartandstroke.ca

Kino-Québec : www.kino-quebec.qc.ca (French only)

Diabetes Québec : www.diabete.qc.ca/en

Ordre des psychologues du Québec: www.ordrepsy.qc.ca/en

Défi Santé 5/30: www.defisante530.com (French only)

S.O.S. Cuisine: www.soscuisine.com/en

