

BARIATRIC SERVICES

# Before Bariatric Surgery

Your nutrition guide



**OHSU**  
Health



Contact your dietitian if you have questions by using MyChart or calling the main clinic number at 503-494-1983.

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## Meal guidelines

### When to eat

- Eat something within one hour after you wake up every morning. Then, eat something every three to four hours during the day.
- You will typically eat about three meals and two to three snacks a day.

### What to eat

- Eat plenty of protein. Aim for 14–20 grams at each meal and about 7 grams in each snack. See pages 9–12 for specific guidelines.
- Eat foods with less than 14 grams of sugar and 10 grams of fat per serving.

### What to drink

- Staying hydrated is very important. Drink at least 64 ounces (8 cups) of fluids each day. See pages 14–17 for specific guidelines.



### Helpful websites and apps

Baritastic app

[myfitnesspal.com](https://myfitnesspal.com)

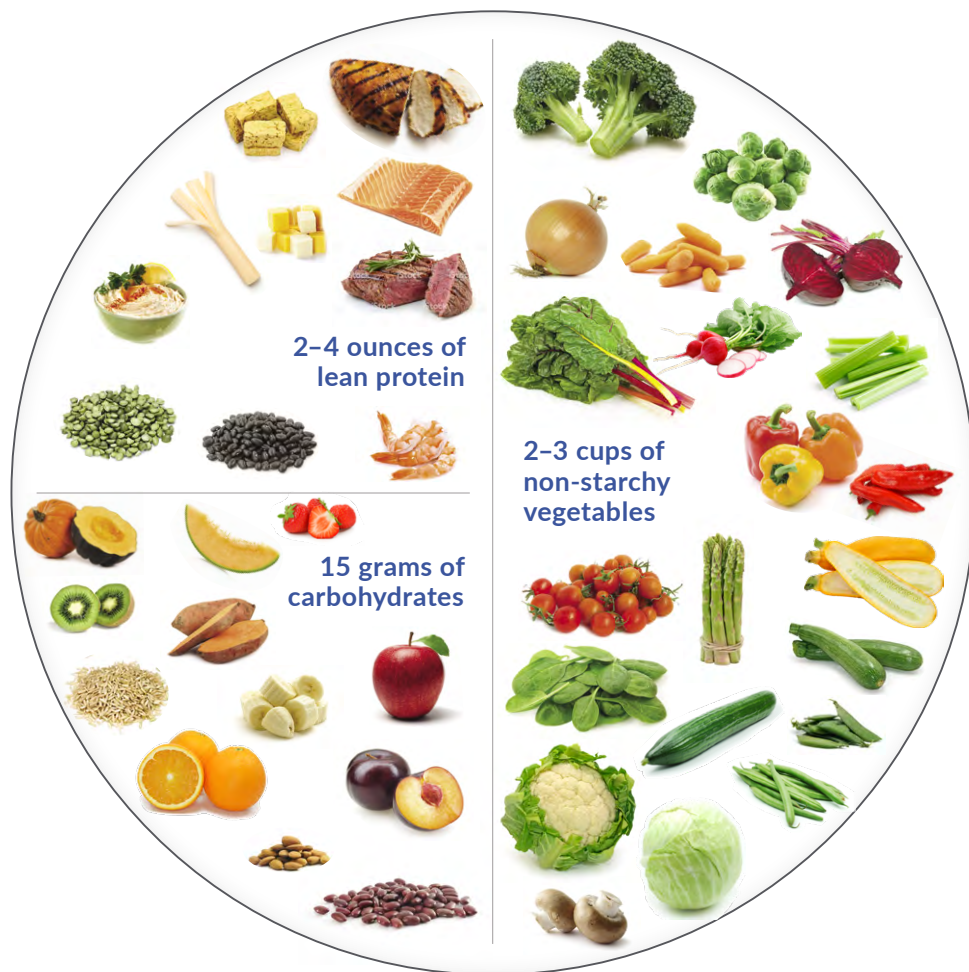
[sparkpeople.com](https://sparkpeople.com)

[fitday.com](https://fitday.com)

## Your healthy plate before surgery

This is an example of a healthy plate that combines proteins, vegetables and carbohydrates.

**Plate should be 9 inches or less.**



## Protein

You should eat protein during every meal and snack. One-quarter of your plate should always include lean protein. Avoid breading or heavy sauces.

## Vegetables

These should make up one-half of your plate and include non-starchy vegetables such as leafy greens, carrots, cauliflower and green beans.

## Carbohydrates

You can eat foods high in carbohydrates if you do not eat too much of them. We recommend about 15 grams of carbohydrates per meal and snack. Choose from a variety, such as:

- Grains, beans and starchy vegetables. Starchy vegetables are potatoes, peas, sweet potatoes, yams, corn and others.
- Low-fat milk and yogurt.
- Fruit.

## Fats

Limit the amount of fat you add to your food. About four servings a day is recommended.

A serving is:

- 1 teaspoon of oil or butter.
- 2 tablespoons of avocado.
- 1 teaspoon of mayonnaise.
- 1 tablespoon of regular salad dressing, dip, crema or sour cream.

## How to cook

Now is a good time to start using healthy cooking methods if you do not already. They include:

- Baking
- Broiling
- Poaching
- Stir-frying
- Roasting

# Reading food labels

All nutrition information is based on the listed serving size.

## Serving Size

After your surgery, you may not be able to eat the listed serving size.

## Total Fat

Look for products with 10 grams of fat or less per serving.

## Total Carbohydrate

Aim for about 15 grams per meal or snack.

## Sugar

Look for products with 14 grams of sugar or less per serving.

## Protein

You need 60–80 grams per day. Ask yourself if this food has enough protein to help meet your goal.

Nutrition Facts	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

## Protein is important

Include protein in every meal and snack. This may help you lose weight before surgery, because protein keeps you feeling full longer than other foods. After surgery, it will help you heal and maintain enough muscle. Protein also helps keep your body's infection-fighting system, called the immune system, strong. Finally, it may help prevent hair loss. **You will need 60–80 grams of protein a day after your bariatric surgery.**

### How to measure protein

Packaged foods list the amount of protein in each serving on the label.

Many foods have a certain amount of protein per ounce. You can place your food on a food scale to see how many ounces your serving weighs. This booklet includes charts with how many grams of protein are in many common foods. Talk to your nutritionist if you do not see your common foods on this list. They can help you figure out how much protein is in them.

Every cell in your body is made with protein. Your body needs a certain amount of protein each day to stay healthy and function normally, so it is an important part of your diet.



## High-protein foods

FOOD	SERVING SIZE	PROTEIN GRAMS IN A SERVING
<b>Meat and fish</b>		
Cooked chicken or turkey, no skin	3 ounces	21 grams
Cooked fish, such as salmon or tuna, and other seafood, such as shrimp, crab, mussels and clams, and canned fish or seafood	3 ounces	21 grams
Cooked beef, pork, lamb, elk, venison and other lean meats	3 ounces	21 grams
<b>Cheese</b>		
Low-fat cheese, such as string cheese or 2% cheddar	1 ounce	7 grams
Low-fat feta cheese	2 ounces	7 grams
Cottage cheese or ricotta cheese, 2% or part skim	1/2 cup (4 ounces)	14 grams
Parmesan cheese, grated	1/4 cup (2 ounces)	7 grams
Babybel Light cheese	1	6 grams
<b>Other foods made with milk</b>		
Low-fat or skim milk	1 cup (8 ounces)	7 grams
Low-fat or nonfat yogurt	3/4 cup (6 ounces)	6–7 grams

 Milk products and eggs

 Vegetarian and vegan

FOOD	SERVING SIZE	PROTEIN GRAMS IN A SERVING
Low-fat or nonfat Greek yogurt	1/2 cup (4 ounces)	12–15 grams
Canned soup made with skim milk (tomato, clam chowder, other soups made with milk)	1 cup (8 ounces)	Depends on soup
Sugar-free, fat-free pudding made from mix, with skim milk	1/2 cup (4 ounces)	5 grams
<b>Eggs</b>		
Whole egg	1	6 grams
Egg whites	2	7 grams
Egg substitute, such as Egg Beaters	1/4 cup (2 ounces)	7 grams
<b>Vegetarian and vegan options</b>		
Soy milk	3/4 cup (6 ounces)	7 grams
Pea milk, such as Ripple brand	1 cup (8 ounces)	8 grams
Veggie patty or link, such as Boca or Quorn	1	7–10 grams
Tofu	3 ounces	Depends on tofu
Tempeh	1/2 cup (4 ounces)	16 grams
Edamame	1/2 cup (4 ounces)	11 grams
Soy nuts	1 ounce	9 grams

FOOD	SERVING SIZE	PROTEIN GRAMS IN A SERVING
Hummus	1/4 cup (2 ounces)	5 grams
Cooked beans or lentils	1/4 cup (4 ounces)	8 grams
<b>Nuts and seeds</b>		
Almonds	1 ounce – about 22	6–7 grams
Peanuts	1 ounce – about 28	6–7 grams
Pistachios	1 ounce – about 50	6–7 grams
Cashews	1 ounce – about 18	4–5 grams
Walnuts	1 ounce – about 14 halves	4–5 grams
Pumpkin seeds	1 ounce	9 grams
Sunflower seeds	1 ounce	5 1/2 grams
Peanut butter, almond butter	2 tablespoons	7–8 grams
<b>Supplemental shakes</b>		
Protein shakes such as Premier Protein shake	1 shake	30 grams

 Milk products and eggs

 Vegetarian and vegan



## Fluids: What you need to know

You should get in the habit of getting enough fluids before your surgery. This is important because after surgery you need to drink at least 64 ounces of fluid every day. This will help you avoid getting dehydrated and very tired. Your new pouch will fill with liquids quickly and empty slowly. You will have to sip, not gulp, after surgery, so start practicing now.



### Tips

#### Things to do:

- Always carry a water bottle with you.
- Drink water or other beverages in small, frequent sips throughout the day.

#### Things to avoid:

- Don't wait until you're thirsty to drink. Being thirsty is a sign that you are already dehydrated.
- You may have gas, bloating and discomfort if you drink carbonated (bubbly) drinks or use a straw. Avoid these things if you have these symptoms.
- Limit your caffeine intake to about 16 ounces per day. This is about 2 cups, 1 pint or the grande size at some coffee shops.
- Avoid sugary beverages. This includes fruit juice, smoothies, soda, energy drinks, sports drinks, sweet tea and sugary coffee drinks such as mochas and Frappuccinos. Ask your nutritionists if your favorite coffee drink is acceptable. They might be able to help you make it healthier.



## **Drinking fluids after your surgery**

After surgery, you will change the way you eat and drink to stay comfortable. You will avoid drinking any fluids during meals or snacks and for 30 minutes after. This is because your new pouch holds less than your stomach did. You can start practicing your new habits now, before surgery. Set a timer on your phone. You can also get the Baritastic app for your phone and use the timer.

## Tips


### Practice drinking slowly:

- Freeze water bottles overnight. The next day, sip from them while the water is thawing out.
- Set your cup down after each swallow of your drink.
- Use a child's sippy cup.

## Recommended drinks

Healthy drinks have fewer than 10 calories per serving. Good fluid choices include:

- Water
- Vitamin Water Zero
- Crystal Light
- Wyler's
- Decaffeinated coffee and herbal tea
- Diet Snapple
- Diet Ocean Spray
- Sugar-free Popsicles and Jell-O
- Mio/Stur
- Powerade Zero or Gatorade Zero



Water is always the healthiest choice.

## About drinking alcohol

You should avoid drinking alcohol after gastric bypass. If you have a sleeve, you should limit the amount you drink.

Your body's ability to process alcoholic drinks will change after bariatric surgery. Alcohol has calories but no nutritional value and the extra calories could slow down your metabolism. Things to consider:

- You might become intoxicated with smaller amounts of alcohol than you did before.
- Alcohol may raise your risk for stomach irritation, inflammation or acid reflux.

Talk to a member of your bariatric team about drinking alcohol if you are concerned.



## Mindful eating

Mindful eating means paying attention to what you eat, when you eat it. You pay attention to every bite, including the smell, feel and taste of the food. You allow your body to signal when it is full, but not too full.





Mindful eating can have the following benefits:

- You learn to eat when you are hungry and to stop when you are full.
- It reduces “mindless” eating, when you eat without paying attention to the food or what you are doing. You might be eating while being distracted, being stressed, watching TV or doing something else.
- It prevents overeating.
- It helps with weight loss before bariatric surgery.
- It helps you get ready for surgery.

## Simple first steps to mindful eating

- Measure your food servings.
- Take teaspoon-sized bites. Put your utensils down between bites.
- Chew your food until it is like a liquid. Savor the flavor.
- Aim for your meals to last 20–30 minutes.
- Use baby spoons, forks or chopsticks and smaller plates. For example, you could use a salad plate instead of a dinner plate.
- To help slow down eating, try eating with your non-dominant hand.
- Eat without distractions, such as the TV, phone or computer.
- Eat sitting down.





### Here's a guided exercise to try at home:

1. Take one teaspoon-sized bite of your meal and then close your eyes. Do not begin chewing yet.
2. Try not to pay attention to the ideas running through your mind, just focus on the bite. Notice anything that comes to mind about taste, texture, temperature and sensation in your mouth.
3. Begin chewing now. Chew slowly, only noticing what it feels like. It's normal that your mind will want to wander. If you notice you're paying more attention to your thinking than to the chewing, just let go of the thought for the moment and come back to the chewing. Notice each tiny movement of your jaw.
4. In these moments, you may find yourself wanting to swallow the bite. See if you can stay present and notice the subtle transition from chewing to swallowing.
5. As you prepare to swallow the food, try to follow it moving toward the back of your tongue and into your throat. Swallow the food, following it until you can no longer feel any sensation of the food remaining.
6. Take a deep breath and exhale.

What did you notice  
while chewing?

Why did you swallow?

Was the food no  
longer tasty?

Did it dissolve?

Were you bored?



# Meal examples

## Breakfast

Eating breakfast may help your body burn more calories in a day. It can also decrease the temptation to eat too much later in the day.

Cottage cheese and fruit – 1/2 cup to 1 cup of cottage cheese. A serving of fruit is 1/2 cup or a small piece, such as a small apple or 1/2 cup of berries.	1 cup of low-fat plain yogurt or low-sugar flavored yogurt. Add 1/4 cup of berries and 1 or 2 tablespoons of nuts.
Half an English muffin with 1 ounce of low-fat cheese, plus 2–3 ounces of ham or turkey	One protein bar (Look for a bar with at least 8 grams of protein, less than 14 grams of sugar and less than 10 grams of total fat.)
One or two eggs with one slice of whole-wheat bread. Eggs may be cooked any way you like. You can add vegetables such as chopped or sliced tomato, chopped onion or 2 tablespoons of mashed avocado.	A protein shake (Look for one with more than 10 grams of protein, less than 14 grams of sugar and less than 5 grams of total fat.)



## Snacks

A piece of low-fat string cheese with 1/2 cup of fruit or one small piece of fruit	1/4 cup (4 tablespoons) of hummus with raw cut-up vegetables, such as carrot and celery sticks, sweet pepper strips or cherry tomatoes
Homemade protein snack packs or P3 packs (Each pack has 12 almonds, four small cubes of cheese and 1 tablespoon of golden raisins.)	A protein bar. Look for one with more than 8 grams of protein, less than 14 grams of sugar and less than 10 grams of total fat.
1/4 cup (4 tablespoons) of trail mix (Avoid trail mix with candy or chocolate pieces.)	One Babybel Light cheese with four to five whole-grain crackers (A whole-grain cracker is one with more than 3 grams of fiber per serving.)
1/4 cup (4 tablespoons) of nuts with 1/2 cup of fruit or one small piece of fruit	1/2 cup of 2% cottage cheese with fruit or vegetables
A hard-boiled egg and cut-up vegetable sticks, such as carrot and celery sticks, sweet pepper strips or cherry tomatoes	Cut-up raw vegetables with savory yogurt dip (To make dip, mix 1/2 cup of plain nonfat Greek yogurt and a packet of powdered salad dressing mix, or less dressing mix if you like a milder dip.)
1/2 cup of edamame (These are soybeans in the pod.)	1 ounce of jerky and 15 grapes



## Lunch and dinner

Use the “healthy plate” method shown on page 6. The healthy plate is based on a 9-inch dinner plate. If your plates are larger than 9 inches, do not fill your plate as much as it shows on the healthy plate plan but adjust with smaller portions.

## Meal planning

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## Notes

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