

Bariatric Surgery

Section 2



Congratulations! You are on your way to a healthier, happier and more active way of living. Your first clinic appointment will be with a registered dietitian who helps bariatric surgery patients achieve long-term success. You will find out about healthy meals and snacks that are delicious and satisfying and give you the energy you need to be active.

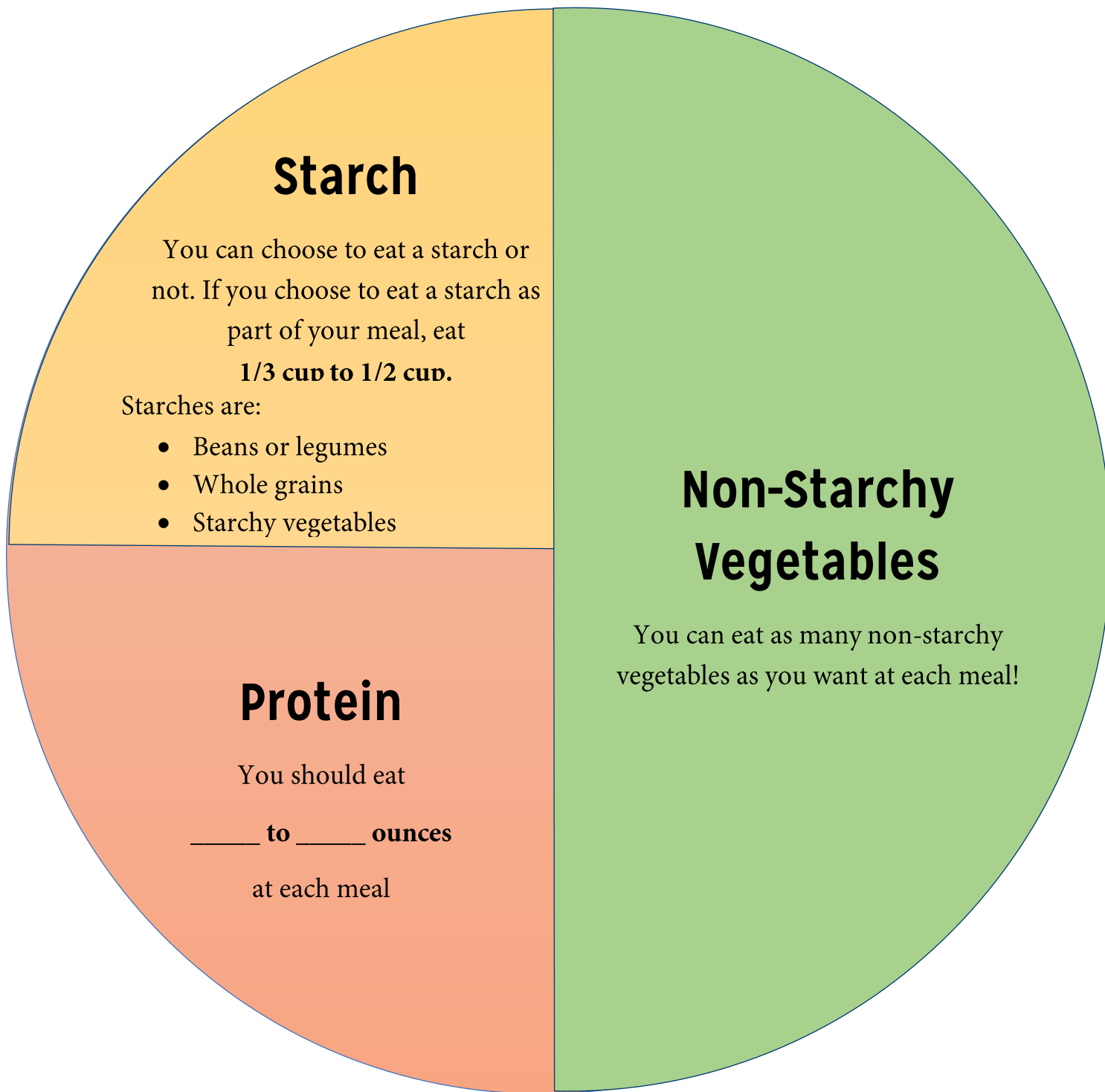
Next, you will learn how intentional exercise will further boost your energy level and increase your ability to lose weight and keep it off. You will also receive personal support to help you through the emotional ups and downs that can come with making this important life change.

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Meals

About half of your plate should be non-starchy vegetables. You can fill the other half with equal parts of starch and lean protein. Your registered dietitian will go over this with you and help you choose foods that taste good and fit your needs.



Vegetables

Eating vegetables is an important part of a well-balanced diet. Vegetables have a lot of vitamins, minerals, fiber, and antioxidants. There are 2 different types of vegetables, starchy and non-starchy.

- Starchy vegetables have a higher carbohydrate content and more calories.
- Non-starchy vegetables have fewer calories per serving.

You can have unlimited amounts of non-starchy vegetables when you are hungry to help increase weight loss.



Non-starchy Vegetables		Starchy Vegetables
Artichoke Hearts	Leeks	Beans (Kidney, Navy, Pinto, Lima)
Asparagus	Mushrooms	Corn or Corn on the Cob
Beans (green, yellow, wax)	Okra	Lentils
Bean Sprouts	Onions	Parsnips
Beets	Parsley	Peas
Broccoli	Pea Pods	Potatoes (Sweet, White, Etc.)
Brussel Sprouts	Peppers (all kinds)	Pumpkin
Cabbage (green, Bok Choy, Chinese)	Radish	Squash (Acorn, Butternut)
Carrots	Rhubarb (without leaves)	Taro
Cauliflower	Rutabaga	Yam
Celery	Salad Greens	
Cucumber	Tomato (fresh or paste)	
Eggplant	Turnips	
Swiss Chard	Water Chestnuts	
	Greens (collard, kale, mustard, turnip)	
	Squash (summer, Crookneck, zucchini)	

You can choose vegetables that are fresh, frozen or canned. Remember that frozen or canned products may have sodium, fat or sugar. It is important to read labels, drain vegetables and rinse them with water.

Protein Amounts in Common Foods

Bariatric surgery changes the way your body absorbs nutrients. You will be eating smaller amounts of food and losing weight at a faster than normal rate. For these reasons, it is very important to make sure you are getting enough protein from the foods you eat and by taking nutritional supplements. Lean protein should be included in every meal and snack. Your registered dietitian will discuss this with you.

The amounts listed below are estimated. Read nutrition labels for exact amounts of protein.



Meat, Poultry, Fish	Portion Size	Protein
Beef or Turkey Jerky	1 ounce	10 – 15 grams
Lean, Natural Beef or Chicken Sausage	1 ounce	12 grams
Beef & Skinless Poultry	1 ounce	9 grams
Lamb & Pork	1 ounce	7.5 grams
Fish (Tuna, Salmon, Cod)	1 ounce	7 grams
Shrimp, Lobster, Crab	1 ounce	6 – 6.5 grams
Egg (Large, whole)	1 ounce	6 grams

Soy	Portion Size	Protein
Edamame, dry roasted, fresh or frozen	4 ounces (1/2 cup)	10 – 13 grams
Soy Nuts	1 ounce	10 grams
Soy Milk	8 ounces (1 cup)	8 grams
Tempeh	1 ounce	6 grams
Tofu	1 ounce	2.5 grams

Legumes	Portion Size	Protein
Pinto Beans	4 ounces (1/2 cup)	11 grams
Lentils, Adzuki Beans	4 ounces (1/2 cup)	9 grams
Black, Red Kidney, Navy, Cannellini Beans	4 ounces (1/2 cup)	8 grams
Peanut Butter Powder	2 Tablespoons	8 grams
Peanuts, Chickpeas, Black Eyed Peas, Fava Beans	1 ounce	7 grams
Lima Beans	4 ounces (1/2 cup)	6 grams
Green Peas	1 oz	4 grams
Peanut Butter (Natural)	1 Tablespoon	3 – 4 grams
Hummus	2 Tablespoons	2 grams

Nuts and Seeds	Portion Size	Protein
Pumpkin Seeds	1 ounce	9 grams
Almonds, Pistachios, Flax & Sunflower Seeds	1 ounce	6 grams
Chia Seeds	1 ounce	5 grams
Walnuts, Cashews	1 ounce	4 grams
Hemp Seeds	1 Tablespoon (TBS)	3 grams

Whole Grains	Portion Size	Protein
High Protein Cereals	3/4 cup	8 – 13 grams
Wheat Berries, Kamut	1/2 cup	6 grams
Quinoa	1/2 cup	4 grams
Rice or Pasta	1/2 cup	3 grams
Whole Grain Bread	1-ounce slice	3 grams

Dairy (choose 1% or Non-Fat/Skim)	Portion Size	Protein
Cottage Cheese & High Protein Yogurt (Greek, Icelandic)	4-6 ounces	12 – 22 grams
FairLife milk (lactose free) & Horizon Organic High Protein milk	8 ounces (1 cup)	12 – 13 grams
Ricotta Cheese	4 ounces (1/2 cup)	12 grams
Milk	8 ounces (1 cup)	8 grams
Cheese (Mozzarella, Blue, Feta, Swiss, Cheddar, Goat)	1 ounce	5 – 8 grams

Vegetables	Portion Size	Protein
Asparagus, Brussels Sprouts	8 ounces (1 cup)	3 grams
Broccoli, Cauliflower, Squash, Mustard Greens, Dark Leafy Greens, Sprouts, Bok Choy	8 ounces (1 cup)	0.5 – 2.5 grams



Suggested Protein Supplements

You will not be able to get the right amount of protein from food alone after bariatric surgery. You will need to use nutritional supplements before and after your surgery to provide you with the right amount of good protein. Choose from already mixed shakes and drinks, or protein powders. The powders can be mixed with:

- Water.
- Skim or 1% milk (has added protein)
- Unsweetened non-dairy milk (has added protein)
- Low or sugar free beverage mix (10 calories or less per serving)

15-5-5 Rule

Follow the 15-5-5 rule with any protein supplement to avoid added calories. Make sure it has:

- At least 15 grams protein per serving
- No more than 5 grams of sugar per serving
- No more than 5 grams of fat per serving

Protein Supplement Tips

- The higher the protein content, the stronger the taste and smell.
- Look for protein supplements that have more than 1 gram of protein per ounce or at least 15 grams of protein per 100 calories.
- Consider purchasing a shaker bottle to easily mix protein powders on the go.
- Try making a smoothie or create a drink with unflavored protein powder and a low calorie or calorie free drink or mix if you have trouble finding a protein supplement you like.
- Add unflavored protein powder to food.

What are collagen based protein supplements?

Collagen based protein supplements are targeted towards hair, skin, nails, etc.

Collagen based protein supplements should not count towards your daily protein.

Each brand has different flavors and varieties that may not fit the 15-5-5 rule. Please read nutrition labels and choose appropriately.



Suggested Protein Supplements

Clear	Calories	Protein (g)	Sugar (g)	Protein Source	Protein g/oz
*Trimino® Protein Infused Flavored Water	28	7	0	Whey Isolate	0.4
*Isopure® Zero Carb, 20 oz	160	40	0	Whey Isolate	2.0
*Isopure®, 16 oz	80	20	0	Whey Isolate	1.25
*Protein ₂ O®, 16.9 oz	60	15	0	Whey Isolate	0.89
*Premier Clear®, 16.9 oz	90	20	0	Whey Isolate	1.18
*BiPro®, 16.9 oz	90	20	0	Whey Isolate	1.18
*Cocotein® Coconut Water, 16 oz	100	20	5	Whey Isolate	1.25
*TrueSource® Protein Water, 16 oz	80	20	0	Whey Isolate	1.25
*About Time Pro Hydrate®, 1 scoop	70	10	5	Whey Isolate	n/a

*Lactose Free

Shakes	Calories	Protein (g)	Sugar (g)	Protein Source	Protein (g per oz)
Premier Protein®, 11oz	160	30	1	Milk	2.7
Orgain® Clean Protein Grass Fed, 11oz	140	20	4	Milk	1.8
*Ensure® Max Protein, 11oz	150	30	1	Milk	2.7
Glucerna Hunger Smart®, 10oz	180	15	6	Milk	1.5
Boost Glucose Control®, 8oz	190	16	4	Milk	2.0
Boost® Max, 11oz	160	30	1	Milk	2.7
Muscle Milk® Pro Series, 11oz	160	32	1	Milk	2.9
Equate® High Performance, 11oz	160	30	1	Milk	2.7
*Fairlife Core Power®, 14oz	170	26	5 – 7	Milk	1.86
*GNC® Lean shake 25, 14oz	180	25	3	Milk	1.79
Pure Protein®, 11oz	140	30	1	Milk	2.7
Unjury®, 8.5 oz	110	20	2	Milk	2.4
*Orgain® Organic Vegan Protein, 14oz	150	21	0	Pea	1.5
*Aloha® Vegan, 11oz	160	18	5	Pea/brown rice	1.6

*Lactose Free

Protein Powders	Calories	Protein (g)	Sugar (g)	Protein Source
*About Time®, 1 scoop	110	25	1	Whey Isolate
Unjury®, 1 scoop	90	21	0	Whey Isolate
*Bariatric Advantage®, 2 scoops	100	20	1	Whey Isolate
Isopure® Zero Carb, 1 scoop	105	25	0	Whey Isolate
*Jay Robb® unflavored, 1 scoop	120	24	0	Egg White
*Orgain® Organic, 1 scoop	150	21	1	Brown Rice, Hemp, Chia, Pea
*Syntrax® Nectar, 1 scoop	100	24	0	Whey Isolate
Premier Protein®, 1 scoop	180	30	3	Whey
Quest®, 1 scoop	100	20	0	Milk Whey Isolate
Vega® Clean, 1 scoop	130	25	2	Pea, Hemp, Pumpkin, Alfalfa
*Aloha® Organic, 2 scoops	150	18	4	Pea, Pumpkin & Hemp seed

*Lactose Free

Snacks

A healthy snack will boost your energy, lessen your cravings, and keep you feeling satisfied longer. All of this will help you avoid overeating. Your registered dietitian will talk with you about when and how often you can have a healthy snack.

Choose 1 Complex Carb and 1 protein for every snack.
Each snack should be 200 calories each or less.

Remember that exact calories per serving may be different from one brand to another. It is important to read the nutrition facts label for measurements and calorie counts.

Helpful websites to help find out calories for specific foods are: nutritionix.com, calorieking.com, myfitnesspal.com, myfooddiary.com, and fatsecret.com.

Complex Carb (Fiber)	Calories
1 cup of mixed berries	70
1 medium Banana	105
1 small Orange	45
1 medium Apple	95
4 prunes	92
5 dried apricots	100
½ cup canned fruit (in water)	70
1 medium tomato	22
1 medium cucumber	30
1 cup bell pepper strips	40
1 cup carrots	50
3 cups plain, air-popped popcorn	93
1 slice whole grain bread	70-140
1 high-fiber muffin (2 oz.)	Varies
Should have at least 3g of Fiber	
6 Triscuits / whole grain cracker	120
½ cup mini shredded wheat	85
Kashi® cereal bar	130

Protein	Calories/Protein
10 Walnut halves	130 / 4g
18 Almonds	125 / 6g
24 Pistachios	95 / 6g
1 oz. Cashews	155 / 5g
2 oz. Deli turkey (no salt added)	70 / 18g
2 oz. Tuna	60 / 14g
1 Laughing Cow® cheese wedge	30-50 / 2-3g
½ cup Low-fat cottage cheese	100/ 12-20g
1 oz. Parmesan cheese	150 / 10g
1 Low or non-fat string cheese	50-80 / 6g
1 Babybel® Light cheese	50 / 6g
1 Tbsp. Peanut butter (natural)	100 / 4g
1 Tbsp. Almond butter (natural)	100 / 3.5g
Protein Shake / Bar (15-5-5 Rule) (Premier®, Pure Protein®, Quest®)	140-200 / 15g or more
1 scoop Protein powder	about 110 / 15g or more
½ cup Greek yogurt	80-100 / 12g or more
1 oz. Hummus	150 / 4g
1 oz. Pumpkin seeds	150 / 9g
1 Hard-boiled egg	80 / 6g
2 Egg whites	35 / 7g
½ cup Fat-free refried beans	110 / 5g
4-6oz Greek light yogurt	70-100
1 cup 1% or Skim milk	80-100 / 8-13g

Carb and Protein Snack Examples

- ½ cup high-protein cereal (ex. Kashi)
- Luna® Protein Bar
- Kind® Bar
- 1 Cup Chili or Bean soup
- 8-12oz Smoothie w/ added protein

Are you ready for bariatric surgery?

Bariatric surgery is a tool to make lifestyle changes easier. It is important to prepare and practice some healthy habits before surgery. Work with your bariatric team on these lifestyle changes and check off the boxes once you feel comfortable with that behavior change.

Bariatric Surgery Checklist	
<input type="checkbox"/>	I keep a food journal. <input type="checkbox"/> I follow a calorie goal of _____ calories per day. <input type="checkbox"/> I achieve my protein goal of _____ grams of protein per day.
<input type="checkbox"/>	I eat 4 to 6 times a day <ul style="list-style-type: none"> • Breakfast or snack can be a protein shake.
<input type="checkbox"/>	I include lean protein with each meal and snack.
<input type="checkbox"/>	I eat at least 1 to 2 servings of fruits and 1 to 2 servings of vegetables every day.
<input type="checkbox"/>	I only eat fried foods and sweets 1 to 2 times per month or less.
<input type="checkbox"/>	I have lowered or eliminated fast food and eat more meals at home.
<input type="checkbox"/>	I limit the number of caffeinated beverages I drink to 1 to 2 per day.
<input type="checkbox"/>	I do not drink carbonated beverages, pop, or soda.
<input type="checkbox"/>	I do not drink juice, fruit juice, or 100% fruit juice.
<input type="checkbox"/>	I drink at least 64 ounces or more of water each day.
<input type="checkbox"/>	I practiced not drinking 30 minutes before, during, and after a meal.
<input type="checkbox"/>	I practiced taking small sips of my beverages and drink slowly.
<input type="checkbox"/>	I practiced taking small bites and chew my food 20 to 30 times before I swallow.
<input type="checkbox"/>	I tasted and bought a protein shake that I will use before and after surgery.
<input type="checkbox"/>	I increased my activity or exercise from where I started.
<input type="checkbox"/>	I take vitamins and minerals as recommended: <input type="checkbox"/> Multivitamin with at least 18 milligrams of iron. <input type="checkbox"/> 50,000 international units of Vitamin D weekly OR my recommended amount of Vitamin D daily. <input type="checkbox"/> Others:

SMART Goals

Make a goal below to help start healthy habit changes today.

SMART goals can help you to achieve a healthier you! SMART Goals are Specific, Measurable, Achievable, Realistic, & Time-bound.

They include:

1. What you are going to do.
2. When/how often you are going to do it.
3. Where you are going to do it.
4. How long you are going to do it.
5. Why you are going to do it.

Example:

I will eat 1 cup of vegetables with my meal (what), for 5 days (when/how often), at lunch and dinner (where), this week (for how long), in order to help me feel full and not overeat (why).

My SMART Goals

Fill in the blanks to help create your SMART goal. You do not need to use each blank, however they may help you make your goal specific.

I will _____ (what), _____ (when/how often),
_____ (where), _____ (for how long), in
order to _____ (why).

I will _____ (what), _____ (when/how often),
_____ (where), _____ (for how long), in
order to _____ (why).

I will _____ (what), _____ (when/how often),
_____ (where), _____ (for how long), in
order to _____ (why).

1,200 Calorie Sample Meal Plan

Use this sample meal plan before surgery until the pre-operative diet starts. Your dietitian will tell you when to foods back into your diet. After surgery the amount and types of food you eat may be different from this meal plan. These are only suggestions for meals and snacks.

Day 1

Breakfast	½ cup cooked oatmeal + 1 scoop protein powder + dash cinnamon + ½ cup raspberries
Snack	1 piece thin-sliced whole grain toast + ¼ cup fat free ricotta cheese + 1 Tablespoon jelly
Lunch	3 oz. grilled cod + 1 cup grilled zucchini + ½ cup wild rice
Snack	1 cup bell peppers sliced + 1 oz. hummus
Dinner	2 cups sirloin stew (with potatoes, carrots, onions, corn, celery) + 1 baseball-sized apple

Day 2

Breakfast	1 fat-free yogurt + ⅓ – ½ cup high fiber cereal sprinkled on top
Snack	1 hard-boiled egg + 1 cup melon
Lunch	1 soy-based vegetarian burger + 1 whole grain hamburger bun
Snack	1 low-fat string cheese + 6 low sodium, high fiber crackers
Dinner	4 oz. shredded chicken + 1 tablespoon reduced sugar BBQ sauce + 1 cup steamed carrots + ½ baked sweet potato

Day 3

Breakfast	2 hardboiled eggs + 1 whole grain English muffin + ¼ mashed avocado on top
Snack	1 oz. grape tomatoes + 1 oz. pearl-sized mozzarella balls
Lunch	3 oz. (93% lean) ground beef + ½ cup chickpea pasta + 1 cup steamed broccoli + ½ cup low-sodium marinara
Snack	1 baseball sized apple + 1 Tablespoon almond butter
Dinner	3 oz. grilled shrimp + 1 cup grilled bell peppers and onions + ½ cup black beans

Day 4

Breakfast	1 light whole grain waffle + 1 Tablespoon peanut butter + ½ banana + dash cinnamon
Snack	1 grab-and-go premade protein shake + 1 baseball-sized orange
Lunch	4 oz. grilled chicken breast + 1 cup romaine lettuce + 1/3 cup chickpeas + ¼ cup cucumber + sprinkle low-fat feta cheese + 1 Tablespoon Greek salad dressing
Snack	1 hardboiled egg + 2 oz. fat-free plain Greek yogurt + dash garlic powder + ½ bell pepper
Dinner	½ block sautéed tofu + 1 teaspoon low sodium teriyaki sauce + 1 cup roasted broccoli + ½ cup brown rice

Day 5

Breakfast	½ cup frozen berries + ½ banana + ½ cup water + 1 scoop protein powder (blended smoothie)
Snack	½ cup reduced-fat cottage cheese + 1 baseball sized diced peach
Lunch	4 oz. low sodium turkey luncheon meat on top of 1 1/2 cup mixed green salad + 1 Tablespoon Italian dressing
Snack	1 sliced red pepper + 1 ounce guacamole
Dinner	4 oz. grilled chicken + ½ cup grilled asparagus + ½ cup mashed cauliflower

Day 6

Breakfast	4 scrambled egg whites + onions + peppers +1 high-fiber 6-inch tortilla + 2 Tablespoon salsa
Snack	5 dried apricots + 10 raw almonds
Lunch	4 oz. ground turkey + salt-free taco seasoning + ¼ cup fat-free refried beans + ¼ cup corn + 1 cup grilled peppers/onions
Snack	1 grab-and-go premade protein shake + 17 grapes
Dinner	4 oz. baked salmon + 1 cup roasted yellow summer squash + 1/3 cup quinoa

Day 7

Breakfast	2 poached eggs + 1 piece thin sliced whole grain toast + 1 baseball sized apple
Snack	1 fat-free, reduced sugar Greek yogurt
Lunch	½ sliced cucumber topped with 4 oz. tuna packed in water (or flavored tuna packet)
Snack	¼ cup raisins + 15 raw peanuts
Dinner	4 oz. baked pork loin + 1 cup steamed green beans + ½ baked potato

Recipes

The recipes included in this section have been changed by registered dietitians on the Henry Ford Bariatric Surgery team. These recipes fit the nutritional needs of bariatric surgery patients.

Snacks

- 3 oz. tuna with 1 teaspoon fat free mayo on ½ cup cucumber or carrot slices (18g protein)
- 1 oz. deli turkey rolled up with 1 slice reduced fat cheese on Bibb lettuce leaf (15g protein)
- 2 oz. grilled chicken breast with ¼ cup salsa (14g protein)
- 1 veggie burger topped with ¼ cup black beans and ¼ cup salsa (14g protein)
- 6 oz. plain non-fat Greek yogurt with ½ cup berries (15g protein)
- 1 egg scrambled with 1 oz. low-fat cheese topped with ¼ cup salsa (15g protein)

Dips and Spreads

Greek Onion Dip

Ingredients:

- 1 ½ cup (12 oz.) non-fat plain Greek yogurt
- ½ cup green onion, diced
- ½ cup fresh parsley
- 1 tsp. ground mustard
- 1 clove garlic, minced

Directions:

Combine in blender, chill, and serve

Serving size: 1/3 cup

Nutrition: 45 calories, 5 g protein, 0 fat

Peanut Butter Whip

Ingredients:

- 1 cup (8 oz.) non-fat plain Greek yogurt
- ½ cup peanut butter
- 1 tbsp. honey

Directions:

Mix together, chill, and serve

Serving size: ¼ cup

Nutrition:

160 calories, 8 grams protein, 11 grams fat

Ranch Dip

Ingredients:

- 2 cups (16 oz.) non-fat plain Greek yogurt
- 1 package ranch seasoning packet

Directions:

Mix together, chill, and serve

Serving size: 2 oz.

Nutrition: 50 calories, 6g protein, 0 grams fat

Apple Cinnamon Yogurt Dip

Ingredients:

- 6 oz. non-fat plain Greek yogurt
- ½ cup unsweetened applesauce
- 1 tsp. cinnamon

Directions:

Mix together and serve

Serving size: 2/3 cup

Nutrition: 80 calories, 9 g protein, 0 g fat

Meals

Chicken Enchiladas

Ingredients:

- 1 (6-in.) corn tortilla
- 2 oz. chicken (chopped)
- ¼ cup enchilada sauce
- ½ cup chopped onion, bell peppers, and green onions
- 1 oz. Kraft fat-free shredded cheddar cheese
- 1 Tbsp. non-fat plain Greek yogurt
- 1 Tbsp. salsa (optional)

Directions:

1. Sauté peppers and onions.
2. Add chicken and enchilada sauce to the sautéed vegetables. Cook chicken thoroughly.
3. Spoon mixture into tortilla, roll, and top with remaining sauce and shredded cheese.
4. Bake at 350 for 15-20 minutes. Top with Greek yogurt and salsa if desired.

Nutrition: 250 calories, 24 grams protein, 5 grams fat, 28 grams carbohydrates

Turkey burger and sweet potato fries

Ingredients:

- 2 oz. ground turkey (97% lean)
- ½ cup chopped vegetables (carrots, zucchini, onion)
- 1 tbsp. eggbeaters
- 1 tsp. Worcestershire sauce
- 1 tsp. mustard
- 1/8 tsp. black pepper
- Bibb lettuce leaves
- 1 medium sweet potato
- Season potatoes with: chili powder and black pepper

Directions:

1. Mix together chopped vegetables, ground turkey, eggbeaters, Worcestershire sauce, mustard, and black pepper. Form into a patty.
2. Grill patty until thoroughly cooked.
3. Cut sweet potatoes into French fry shape. Season with chili powder, black pepper, and any other seasoning of choice. Bake at 350 degrees for 20 minutes.
4. Serve turkey burger in Bibb lettuce.

Nutrition (turkey burger): 120 calories, 13 grams protein, 4 grams fat

Nutrition (whole sweet potato): 110 calories, 2 grams protein, 0 grams fat, 25 carbohydrates

Taco Salad

Ingredients:

- 2 oz. ground turkey
- ¼ cup beans
- 1 oz. low-fat cheese
- Lettuce and salsa to serve with salad

Directions:

1. Cook the ground turkey thoroughly
2. Combine ingredients of salad together
3. Serve over lettuce with salsa

Serving size: ½ to 1 cup

Nutrition: 185 calories, 22 grams protein, 6 grams fat, 10 grams of carbohydrates

Greek Style Tuna Salad

Ingredients:

- ½ cup (4 oz.) plain non-fat Greek yogurt
- 2 (6 oz.) cans chunk tuna light in water
- 2 Tbsp. pickle relish
- 1 Tbsp. Dijon mustard
- 2 stalks celery, chopped

Directions:

Combine all ingredients wrapped in a leaf of Bibb lettuce or place on top of thickly-sliced cucumbers.

Serving size: 1/3 cup

Nutrition: 80 calories, 15 grams protein, 3 grams carbohydrates, 1-gram fat

Protein Shakes and Smoothies

Banana Raspberry Protein Shake

Ingredients:

- 1 cup (8 oz.) unsweetened almond milk
- 1 scoop vanilla whey protein powder
- ¼ large banana
- ¼ cup raspberries

Calories: 220

Protein: 28 grams

Carbohydrates: 20 grams

Strawberry Creamsicle Smoothie

Ingredients:

- ½ cup (4 oz.) unsweetened almond milk
- 1 scoop vanilla whey protein powder
- 1 cup strawberry halves
- ⅛ tsp. vanilla extract

Calories: 220

Protein: 29 grams

Carbohydrates: 20 grams

Tropical Break

Ingredients:

- ½ cup (4 oz.) skim milk
- 1 scoop unflavored protein powder
- ½ cup papaya
- 1 tsp. grated lemon peel
- ⅛ tsp. vanilla extract

Calories: 180

Protein: 25 grams

Carbohydrates: 20 grams

Berries and Cream Smoothie

Ingredients:

- 6 oz. Vanilla Premier Protein shake
- 1 cup frozen mixed berries, no added sugar

Calories: 160

Protein: 18 grams

Carbohydrates: 20 grams

Sunshine Lemon Smoothie

Ingredients:

- ¼ cup (2 oz.) skim milk
- ½ cup (4 oz.) light lemon yogurt
- 1 scoop vanilla whey protein powder
- 1 tbsp. sugar-free lemonade mix
- ½ cup ice

Calories: 220

Protein: 33 grams

Carbohydrates: 18 grams

Iced Caramel Latte Smoothie

Ingredients:

- 11 oz. Slim Fast High Protein Caramel Latte
- ½-1 cup ice

Calories: 180

Protein: 20 grams

Carbohydrates: 7 grams

Chocolate Peanut Butter Cup

Ingredients:

- ½ cup (4 oz.) skim milk
- ½ scoop chocolate whey protein powder
- 1 tbsp. natural creamy peanut butter
- ½ cup ice

Calories: 190

Protein: 18 grams

Carbohydrates: 13 grams

Island Sunset

Ingredients:

- ½ peach
- 1 vanilla premier protein shake
- ⅛ tsp. McCormick pineapple extract
- ½ cup ice

Calories: 190

Protein: 30 grams

Carbohydrates: 15 grams

Apple Cinnamon Smoothie

Ingredients:

- ¼ cup unsweetened vanilla almond milk
- 5.3 oz Chobani apple cinnamon yogurt
- ¼ scoop vanilla whey protein powder
- ¼ cup no added sugar apple sauce
- Pinch of nutmeg
- Pinch of cinnamon

Calories: 185

Protein: 20 grams

Carbohydrates: 23 grams

Key Lime Smoothie

Ingredients:

- ½ cup (4 oz.) skim milk
- 5.3 oz Dannon Light and Fit Greek yogurt (Key Lime)
- ¼ scoop unflavored protein powder
- 1 tsp. sugar-free lime Jell-O

Calories: 225

Protein: 20 grams

Carbohydrates: 24 grams

Vanilla Shake

Ingredients:

- ½ cup (4 oz.) skim milk
- ½ scoop vanilla whey protein powder
- ¼ cup (2 oz.) vanilla Greek yogurt
- ½ cup ice
- 1/8 tsp. vanilla extract

Calories: 164

Protein: 22 grams

Carbohydrates: 16 grams

High Protein Hot Cocoa

Ingredients:

- 1 cup unsweetened vanilla almond milk
- 1 packet no added sugar hot cocoa
- ½ scoop chocolate whey protein powder

Calories: 145

Protein: 13 grams

Carbohydrates: 14 grams

Daily Food Diary

Before and After Surgery

Date: _____

	Food Choice	How much	Calories	Protein	Situation Stress, hungry, bored, sad
Breakfast Time:					
Snack Time:					
Lunch Time:					
Snack Time:					
Dinner Time:					
Snack Time:					

Total:

--	--

How much water did you drink?	
How many minutes did you exercise?	
What type of exercise(s)?	

Physical Activity

Physical activity is movement that gets you away from your desk or couch. It burns calories and can improve your health. Physical activity can be things like gardening, golfing, and light housework.

Why it is important?

Physical activity is important for weight loss and keeping it off. You can burn calories through easy everyday activities. For example:

- When you look for a parking spot, do you try to find the closest spot, or do you park further back?
- If you have a desk job, do you take breaks during your day to stand up, stretch, or walk around?

Studies have found that people who move around more doing things like cooking, gardening, or taking the stairs have better long-term weight loss and a lower risk of chronic diseases and death.

How do I increase physical activity?

We would like everyone in our program to track their steps as a tool to help you stay more active and burn more calories. You can buy a device to wear (like a watch) that tracks your steps. Smartphones can also track steps.

How many steps should I get in a day?

Increasing your daily steps can give you more energy and positive health changes. **The more steps you walk, the better.** We suggest increasing your daily steps by at least 3,000 per day. That means if you currently average 5,000 steps a day, your new goal is to work up to 8,000 steps each day.

Planned Exercise

Planned exercise is physical activity that:

- Involves large muscle groups such as your legs, arms, or torso.
- Is structured or planned out before.
- Is done over and over (repetitive).

Why it is important?

Exercising before and after surgery is important for long term weight loss. The benefits of regular exercise can improve many aspects of your life such as:

- Overall energy and sleep
- Your ability to do everyday activities
- Brain function and decision making
- Blood pressure
- Blood Sugar
- Feelings of anxiety and depression

Exercise can also lower your risk of developing heart disease, stroke, cancer, diabetes, and osteoarthritis.

What kinds of planned exercise are there?

- **Aerobic (Cardiovascular) Exercise:** Activities that raise your heart rate and breathing. This is good for your heart and builds endurance.
- **Strength Training:** Specific exercises for your individual muscle groups. This improves and keeps the muscles in your body strong, making everyday activities easier.
- **Flexibility Training (stretching):** Activities that gently stretch your muscles at your joints. This can help your range of motion and may help reduce pain and injury.

Aerobic Exercise Schedule

1. Warm-up

Muscles that are warmed up work better and are less likely to be hurt. Spend 5 to 10 minutes with a warm-up. This could be moving the body, such as your arms and your legs, at a slow smooth pace. Or if you are doing aerobic exercise, your warm-up could be moving at a slower speed than your exercise speed.

Examples: Marching in place, arm circles, walking at a natural walking pace before walking at your exercise speed, biking at a slower speed than you normally ride.

2. Exercise

Choose an aerobic exercise you feel comfortable doing. Follow the guidelines from your exercise physiologist.

Remember to start slow and go slow. This lowers the chance of injury, soreness, and burnout. Break up your exercise into short bouts during the day. This can be as little as 5 to 10 minutes at a time. Remember every minute counts when you exercise.

3. Cool Down

A cool down lets the body come back to a normal resting state. Not cooling down well can cause you to be lightheaded, dizzy, or pass out. Slow the intensity of your exercise for 5 to 10 minutes for a good cool down.

4. Stretch

Stretching is important after exercise. It allows the muscles to be more flexible, have better range of motion, and be more fluid in future workouts. You should stretch your legs, arms, chest, back and shoulders. Always do each stretch in a slow, controlled way, and never bounce. Take a deep breath and reach to the point that you feel the muscle pull slightly. Relax and breathe normally during the stretch. Hold each stretch for 15 to 30 seconds and repeat each stretch 2 to 3 times. You should not experience pain during or after stretching.

Dos and Don'ts of Exercise

Do	Don't
✓ Add a variety to your weekly exercise routine.	X Don't start your exercise doing bouncing exercises like jump rope, jumping jacks, or jogging.
✓ Break-up your daily exercise minutes into smaller amounts of 5 to 15.	X Don't over dress to sweat more. This doesn't cause weight loss and is dangerous.
✓ Dress properly for weather conditions. Choose light, loose-fitting clothes in the heat, and layered clothes you can remove on cooler days.	X Exercise outdoors when the temperature is above 85° F or below 20° F.
✓ Have a backup plan for days you need to do home exercise (workout video, treadmill, resistance bands).	X Don't try random exercise videos online. Talk to your exercise physiologist.
✓ Find support to help you exercise. This can be a workout buddy, class, or walking group. Having support is important for long-term success.	

Exercise Examples

Low Risk Exercises

Good for most people, especially beginners or those with chronic health conditions.

Aerobic	Resistance Training
<ul style="list-style-type: none">• Walking• Low-impact aerobics• Water aerobics• Riding a stationary bike• Nu-Step®• Chair aerobics• Rowing machine	<ul style="list-style-type: none">• Wall push-ups• Resistance band exercises• Weight machines• Assisted squats



Advanced Exercises

Good for more fit and experienced people.

Aerobic	Resistance Training
<ul style="list-style-type: none">• Elliptical• Nordic Track• Swimming• Dancing or Zumba® classes• Step-ups• Stairs• Jogging• Interval training	<ul style="list-style-type: none">• Planks• Regular push-ups• Free weight exercises• Squats• Lunges



Exercises You Should Not Do:

- Cardio-glider
- Cross-Fit
- Burpees
- Deep knee bend squats
- Power lifting
- Jumping jacks
- Sit-ups

Aerobic Exercise Duration

Duration means how many minutes per week you exercise. You will work up to 250 minutes or more of exercise each week.

Aerobic Exercise Intensity

Exercise intensity is how hard you push yourself during exercise. Knowing how hard to push yourself is important for safe weight loss. Not pushing yourself enough will not give you the results you want. Pushing yourself too hard can cause injuries. There are ways you can measure your exercise intensity. The method we suggest is the rate of perceived exertion (RPE).

Rate of Perceived Exertion Scale

The RPE scale can be used by anyone. This scale goes from 6 to 20, and we suggest exercising somewhere between 11 and 15.

Use this chart while exercising. The more you use this chart while exercising, the better you will recognize your intensity.

Rate of Perceived Exertion Scale

6 7 Very, Very , Light 8 9 Very Light 10	How you feel when you are sitting on the couch- no effort
11 Fairly Light 12 13 Somewhat Hard 14	Target range; How you should feel with exercise or activity
15 Hard 16 17 Very Hard 18 19 Very, Very, Hard 20 Maximum Exertion	How you felt with the hardest work you have ever done. Don't work this hard!

As you exercise, ask yourself how the exercise feels in terms of how tired your muscles are and breathing.

- **6 to 10:** the exercise does not feel hard.
- **11 to 14:** the exercise feels somewhat hard and you can keep your exercise pace.
- **16 to 20:** the exercise feels too hard to continue or you cannot talk.

Other Ways to Measure Exercise Intensity

There are 2 other ways to measure exercise intensity

Talk Test

- If you can't have a conversation while you exercise you need to slow down or lower your intensity.
- Make sure the exercise isn't easy enough where you could sing during exercise.
- Find the point where you can still talk, but your breathing is heavy enough that you need to pause your talking from time to time to catch your breath.

Percent of Maximal Heart Rate

- This is a very accurate way to measure exercise intensity and is based on an exercise stress test done in a doctor's office.
- It considers things like your age, the medicine you take, and your fitness level. Heart rate calculators you see on a treadmill are not as accurate because they do not have this information.
- Your clinical exercise physiologist can help give you direction on heart rate no matter what method you choose.

Exercise Progression

Exercise progression is when you slowly increase how many days you exercise a week, how long you exercise, and how intense your exercises are. Good exercise progression is key to lower your chance of injury and increase your long-term success.

If you are in a lot of pain while exercising, stop! While you exercise you may breathe harder or have a burning feeling in your muscles, but you should not be in a lot of pain.

Before Surgery

An exercise physiologist will design a program for you. It is important to start the program before surgery.

- Usually the more fit you become, the lower your risk for issues in surgery and the quicker your recovery.
- Exercise decreases visceral fat, which is the fat in the abdomen region around your liver, stomach, and intestines. Having less fat in this area may make it easier for your surgeon.
- It is important to start slow and find exercises that don't cause pain or too much shortness of breath.
- If you experience muscle soreness or fatigue after exercise, you may need to take an extra day off to recover.

Where do I start?

- At least 10 to 20 minutes of light aerobic exercise every other day.
- Increase exercise by about 5 to 10 minutes each week and add 1 more day of exercise each week.

The minimum goal before surgery is at least 20 minutes of moderately intense (11-14 RPE) exercise at least 4 days a week. If you have a pre-surgical weight loss goal, you may need to increase your exercise minutes beyond the minimum goal. All patients will meet with an exercise physiologist before surgery to go over an individualized exercise plan.

After Surgery

1 to 2 weeks after surgery

- Don't try to overdo it.
- Start with light walking for a total of 10 to 30 minutes each day. Break up the time in 5 or 10 minute walks if needed.
- No strength training.

2 to 4 weeks after surgery

- You should be able to speed up daily walks and slowly add other types of aerobic exercises (e.g. stationary bike, rower, elliptical).
- You should exercise for 30 minutes most days or 150 minutes per week.
- No strength training.

After 4 weeks

- **Most patients can begin a light strength training program, unless told not to by their surgeon.**
- Your aerobic exercise should be around 200 minutes per week, with the goal of 250 minutes per week or more.

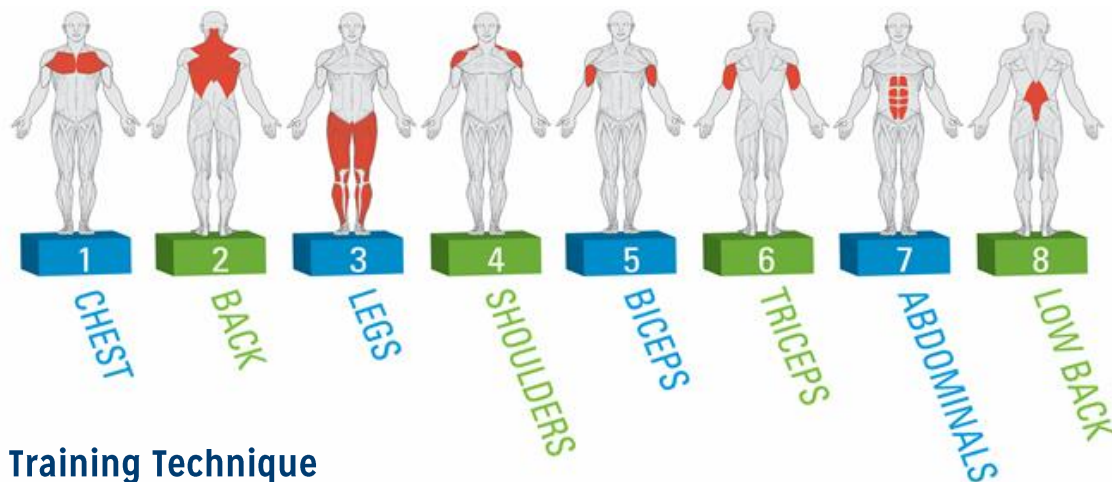
Strength Training

Resistance training is important because many people lose muscle mass after surgery. This can cause your body's metabolism to slow down, slowing down your weight loss.

Getting Started

Resistance training is a set of specific exercises to improve strength and endurance in a muscle, or group of muscles. It is important to start light and choose exercises that focus on the major muscle groups.

Major Muscle Groups



Strength Training Technique

- Lift and release in a controlled fashion. Not too fast or slow.
- Use the rule of 2:
 - 2 seconds up.
 - 2 seconds down.
- Do not hold your breath.
 - Exhale when you're lifting.
 - Inhale on the release.
- Strength training should be done 2 to 3 times per week. Do not exercise the same muscle groups 2 days in a row.
- Give the individual muscle groups 48 hours to rest.
- A repetition, or rep, is 1 instance you perform an exercise. A set is the number of times you repeat the reps. For example, you may do 2 sets of 15 reps of an arm curl. In total, you will have done 30 arm curls.

Strength Training Intensity

Begin with one set of 12 to 15 repetitions (reps) for each major muscle group. Once you can do 2 sets of 15 repetitions comfortably, slowly increase the weights by 1 to 5 pounds a week until you reach a weight that is challenging to lift for 10 to 15 repetitions.

- You should feel a slight burning sensation when lifting weights.
- Your muscle should feel tired by your last rep.
- You should not feel pain during strength training.

Examples of Strength Training Exercises

Below are some strength exercises you can try at home to get started. You should not have any pain when you do these exercises. You don't have to use a resistance band if you don't want to or are not comfortable. You can use something as simple as a water bottle for a hand weight instead.

Modified Wall Push-Up

1. Stand facing a wall, about 12 to 18 inches away.
2. Place your hands on the wall at shoulder height.
3. Slowly bend your elbows and bring your face toward the wall, moving your hips and shoulders forward together.
4. Push slowly back to the starting position.
5. Start with 5 reps and work up to 8 or 12.
6. Rest for one minute, and repeat the exercise.



Shoulder Press

1. Sit or stand with your palms facing out.
2. Slowly raise your hands over your head while keeping your palms out.
3. Relax and slowly return to your starting position.
4. Repeat 10 to 15 times.



Bicep Curl

1. Sit or stand with your palms facing out.
2. Slowly bend your elbow and bring your hand toward your shoulder.
3. Relax and slowly return to your starting position.
4. Repeat 10 to 15 times.



Bicep curl with resistance band



Bicep curl with dumbbell

Two Hand Triceps Pull Down

1. If you use a resistance band, stand to face where the band is secured.
2. Hold one end of the band in each hand with your hands at shoulder level.
3. Keep your elbows tucked in at your sides.
4. Slowly pull the bands down so your arms are straight at your sides.
5. Return slowly to your starting position.
6. Repeat 10 to 15 times.



Standing Back Row

1. If you use a resistance band, stand to face where the band is secured.
2. Hold equal lengths of the band in each hand.
3. Start with your arms straight out in front of you.
4. Pull the bands back and move your shoulder blades together.
5. Return to the starting position.
6. Repeat 10 to 15 times.



Chair Squat

1. Sit in a chair, lean forward and stand pushing through your heels.
2. Straighten to a full standing position.
3. Slowly return to your starting position.
4. Repeat 10 to 15 times.



Seated Leg Extension

5. Sitting in a chair, start with both knees bent.
6. Straighten one leg and hold while you slowly count to 5. Be sure to not lock your knee.
7. Slowly return to your starting position.
8. Repeat 10 to 15 times on each leg.



Heel Raise

1. Stand with your feet a few inches apart. Your hands can lightly rest on a counter or chair in front of you.
2. Slowly raise your heels off the floor while keeping your knees straight.
3. Hold for about 6 seconds, then slowly lower your heels to the ground.
4. Repeat 10 to 15 times several times a day.



