



# Nutrition Guide After Bariatric Surgery



**Baptist Health**

BARIATRIC CENTER  
Little Rock

# Hospital Admission Care Partner Daily Activity Checklist

## Day of Surgery:

- ☐ Ice Chips 1-2oz. every hour as tolerated on arrival to room
- ☐ Walk at least once
- ☐ Leg Compression Device on while in bed
- ☐ Cough and Deep Breath with Device
- ☐ Start Clear Liquids for Sleeve, Bypass may wait until day after surgery.

## Day After Surgery:

- ☐ Walk in hallway 8-10 separate times
- ☐ Leg Compression Device back on after walk
- ☐ Cough and Deep Breath with Device
- ☐ Encourage the 5 S's
  - Slow
  - Steady
  - Sips
  - Stop when full and wait
  - Stop before and after meals

## Day of Discharge:

- ☐ Walk in hallway every hour until discharge
- ☐ Leg Compression device back on after walk
- ☐ Cough and Deep Breath with Device
- ☐ Encourage the 5 S's
- ☐ 0600 Discuss and write down any questions your team may have for the MD

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Patient Must Do's Before Discharge:

- ☐ Tolerate oral pain meds if needed
- ☐ Able to drink adequate amounts of oral fluids

## Travel from Hospital to Home:

- ☐ Stop and walk around EVERY hour on the drive home

# Nutrition Guide after Bariatric Surgery

- Goals:**
- Achieve and Maintain your desired weight loss.
  - Prevent nausea and vomiting.
  - Remain nutritionally healthy while you are losing weight.

## What we will cover today:

- How to Eat
- Protein, Vitamins & Minerals
- Recommended Fluids
- What to Eat
- Foods to Avoid
- Sample Menus
- Avoiding Nausea & Vomiting
- Grocery Shopping
- Activity

Dietitian's Name: \_\_\_\_\_

Email Address: \_\_\_\_\_@baptist-health.org

## Contact numbers for dietitians:

Baptist Health Medical Center-Little Rock

(501) 202-1877



## How to Eat After Surgery

1. **Sip** at least 6-8 cups of fluid each day (48-64oz. total). Beverages should be sugar free.
2. Do NOT use a straw. This can cause gas or bloating.
3. Do NOT drink Carbonated Beverages. These can cause gas or bloating.
4. Always eat your protein food first.
5. Do NOT drink fluid with your meals. This could overfill your pouch and cause vomiting.
6. Wait at least 30-60 minutes after you eat to begin drinking fluids.
7. Chew your food at least 20-30 times. Food should be mushy before swallowing (like applesauce).
8. Eat SLOWLY. It should take you about 30-45 minutes to eat your meals.
9. Stop eating as soon as you feel full. Remember, your stomach is smaller than before.
10. Serve food on a small plate and use small utensils to help you eat slower.
11. Eat at the table. Avoid any activity that could distract you - phone, computer, video games, tablets, TV which can cause you to eat too fast or not realize when you are full.
12. Don't skip meals. Eat 3 balanced meals each day with protein supplements between meals.
13. Take your vitamins and calcium as directed.
14. Do NOT chew gum. This can cause gas, and if you accidentally swallow the gum, it can cause a blockage.
15. Food intolerances are common. It varies from one person to another and is not always permanent. If you find that you do not tolerate a certain food, just stop eating that food for a while and try it again later.

## Your Protein Needs

Protein is necessary to help your body heal from surgery, as well as preserve muscle while you are losing weight. Your body does not store protein; it must be replaced every day.

You will need at least 60-80 grams of protein each day. Do not consume more than 120 grams per day.

### The BEST SOURCES of protein are:

Food Item	Serving Size	Grams of Protein
Lean Beef, Chicken, Fish, Turkey, Pork	1 oz.	7
Skim Milk, Yogurt	1 cup	8
Canned Tuna, Salmon, Ham or Chicken (water packed)	¼ cup	7
Low Fat Cottage Cheese	¼ cup	7
Low Fat Cheese	1 oz.	7
Egg	1 each	7
Smooth Peanut Butter	1 Tbsp.	4

## Protein Supplements

You will need liquid protein supplements between meals.

**Recommendations:** 1-3 shakes per day, depending on how much protein is in the supplement.

\*Look for supplements that are high in protein and low in sugar/calories.

<b>Protein</b>	At least 15-30 grams per serving (no more than 30g per serving)
<b>Sugar</b>	< 5 grams per serving
<b>Calories</b>	< 200

## Good Examples

### Premier Protein

Protein = 30 grams  
Sugar = 1 grams  
Carbs = 4 grams  
Calories = 160



### Protein2O Protein Infused Water

Protein = 15 grams  
Sugar = 0 grams  
Carbs = 0 grams  
Calories = 60



### Slim Fast High Protein

Protein = 20 grams  
Sugar = 1 grams  
Carbs = 4 grams  
Calories = 190



### Bariatric Fusion (4-6oz serving)

Protein = 27 grams  
Sugar = <1 grams  
Carbs = 9 grams  
Calories = 150



\*Unflavored Protein Powder can be mixed into foods to add protein.

**DO NOT USE GENEPRO UNFLAVORED PROTEIN**

## Recommended Fluids

Drink all beverages BETWEEN meals

- Water
- Skim Milk
- Tea or Coffee (unsweetened/Decaf)
- Crystal Lite or other sugar free beverages
- Protein Shakes

To prevent dehydration, sip at least 6-8 eight ounce cups of fluid each day (aim for 48-64oz. total).

Do NOT drink Carbonated Beverages. These can cause gas or bloating.

Do NOT drink beverages sweetened with sugar. These can cause weight gain.

## Dehydration

Symptoms of dehydration include:

- Dizziness
- Nausea
- Dark urine
- Lightheadedness
- Headache within the first few weeks after surgery
- Dry mouth
- Decrease in urine output

## Treatment

Increase fluid intake and if condition does not improve try sugar free popsicles. The earlier you notice the easier it is to reverse and prevent a trip to ER.

Call Surgeon's office if symptoms do not improve in 24-48 hours: 501-227-9080

## Alcohol

Alcohol consumption is not advised after bariatric surgery due to:

- High in calories
- Tolerance of alcohol is altered after surgery
- Higher blood alcohol content
- Faster alcohol absorption
- May increase risk for ulcer formation
- RYGB experience pharmacokinetic changes that increase alcohol absorption and the time required to eliminate alcohol

There is a high incidence of alcohol abuse after bariatric surgery, avoiding alcohol is the best option.

# Dumping Syndrome

- Occurs mainly in Gastric Bypass surgeries, but can occur in Gastric Sleeve surgeries.

“Dumping Syndrome” occurs when undigested food is “dumped” into the small intestine 10 to 15 minutes after eating. Food should be released gradually in small amounts from the stomach to the small intestine.

## Symptoms of dumping syndrome include:

- abdominal fullness
- cramping abdominal pain
- nausea
- diarrhea

In addition to these symptoms, you may also feel warm, dizzy, weak, and faint, have an increased pulse rate, or break into a cold sweat.

## General Guidelines:

1. Liquid consumption should resume 30 to 60 minutes after meals.
2. Continue small, frequent meals to avoid overfilling your stomach.
3. Avoid concentrated sweets. Diet should be high in complex carbohydrates and protein with limited fat.
4. If dumping is a problem, it may be helpful to lie down for 20 to 30 minutes after meals to slow dumping to the small bowel.
5. If dumping occurs or continues, stop liquids 20-30 minutes before eating your meals.

## Meal Time Portion Progression

**Week 1-3:** 1-2 tablespoons per meal (about 1/8 cup)  
(Days 1-20)

**Weeks 4-5:** 2-4 tablespoons per meal (about 1/4 cup)  
(Days 21-34)

**Weeks 6-8:** 4-6 tablespoons per meal (about 1/3 cup)  
(Days 35-56)

**Week 9 and beyond:** 8 tablespoons per meal (about 1/2 cup)  
(Day 57)

Do NOT ever exceed 8 tablespoons per meal (1/2 cup).

It takes 6-9 months, possibly longer, for stomach size to stabilize and allow you to determine your normal meal time amount.





# What to Eat After Surgery

## Phase 1: Clear Liquids

### Day of Surgery (Day 0)

The first thing you will be given after surgery is ice chips. Eat the ice chips VERY slowly.

#### Volume Guidelines

Ice chips: 1-2oz. per hour

**\*Gastric Bypass Patients might be required to continue with “Day of Surgery” protocol through days 1 and 2 after surgery.**



Once ice chips are tolerated:

**Liquids:** Drink at least 2-3oz. (2-3 Medicine Cups) over an hour.

Sip VERY slowly and STOP as soon as you feel full. **Do NOT** use a straw.

#### Sugar Free Clear Liquids:

- Broth
- Sugar Free Jell-O
- Coffee/Tea
- Sugar Free Popsicles
- Protein Waters

*Sip liquids VERY slowly (At least 2-4oz. per hour).*



## Phase 2: Full Liquids (Days 1-6)

Continue to sip clear liquids. At Phase 2 you can begin eating soup, pudding, yogurt or cereal. Eat VERY slowly and STOP as soon as you feel full.

### Serving Size Guideline:

Clear liquids — At least 2-4oz. or 2-4 medicine cups over an hour

Foods — 1-2 tablespoons every 4 hours

### Food Choices

Hot Cereals (thin) : Oatmeal, Cream of Wheat, or Grits

*Make Cereal with Skim Milk (to add protein).*

Low Fat Cream Soup - 98% Fat-free: *Make Soup with Skim Milk (to add protein). Blend or strain if not smooth.*

- Tomato Soup
- Cream of Mushroom
- Cream of Chicken
- Cream of Celery
- Cream of Broccoli
- Cream of Broccoli & Cheese

Yogurt Sweetened with Splenda - No chunks

Skim Milk

Sugar Free Pudding – limit to 1 tablespoon per day

High Protein / Low Calorie Shakes

*Sip liquids VERY slowly (At least 2-4oz. per hour). As the surgery swelling goes down, you will be able to increase fluids to reach the 48-64oz. of fluid a day.*



## Phase 2: Full Liquids

### Sample Menu (Days 1-6)

Day 2	
Meal 1	
Oatmeal with Skim milk	1-2 tablespoons
Wait 30-60 minutes after meal before you drink fluids (High Protein Shake-4oz.) along with water	
Meal 2	
Yogurt	1-2 tablespoons
Wait 30-60 minutes after meal before you drink fluids (High Protein Shake-4oz.) along with water	
Meal 3	
Cream soup with Skim milk	1-2 tablespoons
Wait 30-60 minutes after meal before you drink fluids (High Protein Shake-4oz.) along with water	
Meal 4	
Yogurt	1-2 tablespoons
Wait 30-60 minutes after meal before you drink fluids (High Protein Shake-4oz.) along with water	
Meal 5	
Cream soup with Skim milk	1-2 tablespoons
Wait 30-60 minutes after meal before you drink fluids (High Protein Shake-4oz.) along with water	
Meal 6	
High Protein Shakes	1-2 tablespoons
Wait 30-60 minutes after meal before you drink fluids (High Protein Shake-4oz.) along with water	

Day 3	
Meal 1	
Cream of Wheat with Skim milk	1-2 tablespoons
Wait 30-60 minutes after meal before you drink fluids (High Protein Shake-4oz.) along with water	
Meal 2	
Oatmeal with Skim milk	1-2 tablespoons
Wait 30-60 minutes after meal before you drink fluids (High Protein Shake-4oz.) along with water	
Meal 3	
Cream soup with Skim milk	1-2 tablespoons
Wait 30-60 minutes after meal before you drink fluids (High Protein Shake-4oz.) along with water	
Meal 4	
Oatmeal with Skim milk	1-2 tablespoons
Wait 30-60 minutes after meal before you drink fluids (High Protein Shake-4oz.) along with water	
Meal 5	
High Protein Shake	1-2 tablespoons
Wait 30-60 minutes after meal before you drink fluids (High Protein Shake-4oz.) along with water	
Meal 6	
Cream soup with Skim milk	1-2 tablespoons
Wait 30-60 minutes after meal before you drink fluids (High Protein Shake-4oz.) along with water	

#### Sip on Liquids (about 2-3oz. per hour) Between Meal Beverages:

Protein shake  
Water

Sugar free beverage without carbonation  
Tea/Coffee

Sugar free Jello or Popsicles  
Broth

See page 12 for food choices • See page 5 for protein examples

## Phase 3: Soft Blended Days 7-34 (Weeks 2-5)

Now you will eat soft or blended foods at meal time. Chew food until it is the texture of applesauce. Include a protein food at each meal and drink High Protein Shakes BETWEEN meals. Eat VERY slowly and STOP as soon as you feel full.

**Volume Guideline:** Weeks 2-3 — 1-2 tablespoons or maximum of 1/8 cup  
Weeks 4-5 — 2-4 tablespoons or a maximum of 1/4 cup

### High Protein Foods (choose 1 per meal, eat protein foods first)

- Yogurt (Sweetened with Splenda)
- Cottage Cheese (Low fat or Non-fat)
- Cheese (Low fat or Non-fat)
- Soft Poached or Scrambled Egg  
(Hard Boiled Egg if grated into tiny flakes)
- Canned Salmon/Tuna/Chicken/Ham Salad  
(packed in water) Mix with Low fat or Non-fat  
Mayonnaise, or Plain Greek yogurt - not chunky
- Smooth Peanut Butter



### Other Foods (choose 1 per meal)

#### Non Starchy-Vegetable Group

Canned Vegetables  
Soft Cooked Vegetables –  
peeled (no raw vegetables)

#### Carbohydrate Group

Canned Fruit (*packed in water or juice*)  
Applesauce  
Banana  
Soft Pear (peeled)  
Peaches or Nectarines (peeled)  
Melons

Whole Grain Crackers  
Melba toast  
Whole Wheat Pasta  
Brown or Wild Rice (*if you tolerate*)  
Sugar Free Frozen Yogurt (*Low fat  
or Non-fat*)  
Sugar Free Pudding (*Make with skim  
milk*) (*Limit to 2 oz.*)

Vegetables to avoid: Corn, Broccoli, Cauliflower, Celery, Asparagus  
NO BREAD



## Sample Menu for Phase 3: Soft Blended Diet Post-Surgery Days 7-20 (Week 2 and 3)

Volume of food should be 1-2 tablespoons per meal (Maximum of 1/8 of a cup)

Meal 1	
Protein	1 tablespoon
Carbohydrate or Fruit	1 tablespoon
Wait 30-60 minutes after meal before you drink fluids (High Protein Shake 4oz.)	
Meal 2	
Protein	1 tablespoon
Whole grain or Fruit	1 tablespoon
Wait 30-60 minutes after meal before you drink fluids (High Protein Shake 4oz.)	
Meal 3	
Protein	1 tablespoon
Non-starchy Veggie	1 tablespoon
Wait 30-60 minutes after meal before you drink fluids (High Protein Shake 4oz.)	
Meal 4	
Protein	1 tablespoon
Fruit or Non-starchy Veggie	1 tablespoon
Wait 30-60 minutes after meal before you drink fluids (High Protein Shake 4oz. if protein goal has not been met)	
Meal 5	
Protein	1 tablespoon
Non-starchy Veggie	1 tablespoon
Wait 30-60 minutes after meal before you drink fluids (High Protein Shake 4oz. if protein goal has not been met)	
Meal 6	
Protein	1 tablespoon
Whole grain, Fruit, or Non-starchy Veggie	1 tablespoon
Wait 30-60 minutes after meal before you drink fluids (High Protein Shake 4oz. if protein goal has not been met)	

See page 5 for protein rich food examples.  
See page 14 for appropriate carbohydrate examples and portions.



# Sample Menu for Phase 3: Soft Blended Diet Post-Surgery Days 21-34 (Week 4 and 5)

Volume of food should be 2-4 tablespoons per meal (Maximum of ¼ cup)

Meal 1	
Protein	1-2 tablespoons
Carbohydrate or Fruit	1-2 tablespoons
Wait 30-60 minutes after meal before you drink fluids (High Protein Shake-4oz.)	
Meal 2	
Protein	1-2 tablespoons
Whole grain or Fruit	1-2 tablespoons
Wait 30-60 minutes after meal before you drink fluids (High Protein Shake-4oz.)	
Meal 3	
Protein	1-2 tablespoons
Non-starchy Veggie	1-2 tablespoons
Wait 30-60 minutes after meal before you drink fluids (High Protein Shake-4oz.)	
Meal 4	
Protein	1-2 tablespoons
Fruit or Non-starchy Veggie	1-2 tablespoons
Wait 30-60 minutes after meal before you drink fluids (High Protein Shake-4oz. if protein goal has not been met)	
Meal 5	
Protein	1-2 tablespoons
Non-starchy Veggie	1-2 tablespoons
Wait 30-60 minutes after meal before you drink fluids (High Protein Shake-4oz. if protein goal has not been met)	
Meal 6	
Protein	1-2 tablespoons
Whole grain, Fruit, or Non-starchy Veggie	1-2 tablespoons
Wait 30-60 minutes after meal before you drink fluids (High Protein Shake-4oz. if protein goal has not been met)	

See page 5 for protein rich food examples.  
See page 14 for appropriate carbohydrate examples and portions.

## Phase 4: Soft Diet

### Days 35-56 (Weeks 6-8)

Continue to sip fluids between meals, wait 30 minutes after meals. Now you will eat soft textured foods at meal time. Continue with High Protein Shakes or Supplements as needed between meals to reach 60-80 grams of protein a day. Chew slowly, take small bites, chew very well and STOP as soon as you feel full.

- Chicken, Turkey, Pork, Ham, Fish, Roast Beef, Lean Lunch Meats, etc
- Chopped/shredded meats at first, then regular meats
- Choose lean meats, moist, NOT dry
- You may use a food processor to grind, shred or chop meat

**Volume Guideline:** Liquids — 48-64 oz. per day  
Soft Foods — 2-4 tablespoons or a maximum of 1/3 cup

### More High Protein Foods

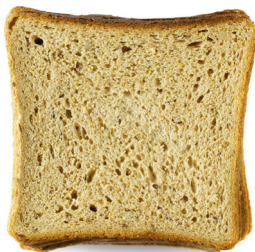
Start with shredded or chopped meat, then sliced

- Chicken or Turkey (no skin)
- Lean Ground Beef or Turkey
- Lean Pork
- Lean Sliced Deli meat
- Fish
- Lean Ham or Lean Beef



### Other Foods

Start with **toasted** whole wheat bread, ¼ slice



## Sample Menu for Phase 4: Soft Diet Post-Surgery Days 35-56 (Weeks 6-8)

Volume of food should be 4-6 tablespoons per meal (maximum of 1/3 cup)

Meal 1	
Protein	3 tablespoons
Whole grain or Fruit	3 tablespoons
Wait 30-60 minutes after meal before you drink fluids (High Protein Shake-4oz.)	
Meal 2	
Protein	3 tablespoons
Whole grain or Fruit	3 tablespoons
Wait 30-60 minutes after meal before you drink fluids (High Protein Shake-4oz.)	
Meal 3	
Protein	2 tablespoons
Non-starchy Veggie	2 tablespoons
Whole grain or Fruit	2 tablespoons
Wait 30-60 minutes after meal before you drink fluids (High Protein Shake-4oz.)	
Meal 4	
Protein	2 tablespoons
Non-starchy Veggie	2 tablespoons
Whole grain or Fruit	2 tablespoons
Wait 30-60 minutes after meal before you drink fluids (High Protein Shake-4oz. if protein goal has not been met)	
Meal 5	
Protein	3 tablespoons
Non-starchy Veggie	3 tablespoons
Wait 30-60 minutes after meal before you drink fluids (High Protein Shake-4oz. if protein goal has not been met)	
Meal 6	
Protein	2 tablespoons
Non-starchy Veggie	2 tablespoons
Whole grain or Fruit	2 tablespoons
Wait 30-60 minutes after meal before you drink fluids (High Protein Shake-4oz. if protein goal has not been met)	

See page 5 for protein rich food examples.  
See page 14 for appropriate carbohydrate examples and portions.

## Phase 5: Week 9 Bariatric Maintenance Diet

After week 8, you will begin eating the “bariatric maintenance” diet. You may now add fresh bread, raw vegetables and other meats. You should continue to use the “trial and error method” of adding new foods according to how well you tolerate the new items. Be sure that you only try to add one new food item at a time to see if you will be able to tolerate it. Be sure you eat 3-6 balanced meals each day. You will need to include 2 servings of dairy, 3 servings of meat/protein, 3 servings of fruits and vegetables and 2 servings of whole grains. Continue to avoid high-fat and high-sugar foods. Drink 48-64 oz. of fluid daily.

**Volume Guideline:** Meal time 6-8 tablespoons (maximum of ½ cup)

Suggested portion per meal:

- 1/4 cup protein (4 tablespoons)
- 1/8 cup vegetable (2 tablespoons)
- 1/8 cup fruit or whole grain (2 tablespoons)

The majority of people are eating between 1,000-1,200 calories to lose and will make slight increases for exercise.

## Calorie Calculation

- Men:  $10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age (y)} + 5$
- Women:  $10 \times \text{weight (kg)} + 6.25 \times \text{height (cm)} - 5 \times \text{age (y)} - 161$

Weight from lbs → kg:  $\# \text{ lbs} / 2.2$

Height from inches → cm :  $\# \text{ inch} \times 2.54$

Subtract 500 from calculation to lose 1lb a week.

Subtract 1,000 from calculation to lose 2lb a week.

(eating under 1,000 cals in some cases can stop/slow weight loss)

Example for someone that needs 1,000-1,200 calories a day:

130g Carb RDA → 45-50% of calories

60-80g Protein → 25% of calories

30-40g Fat → 30% of calories

# Sample Menu for Bartiric Maintenance Diet

## Day 57 (Week 9 and beyond)

Volume Guideline: Meal time 6-8 tablespoons (maximum of ½ cup)

Meal 1	
Protein	4 tablespoons
Whole Grain or Fruit	4 tablespoons
Wait 30-60 minutes after meal before you drink fluids (High Protein Shake-4oz.)	
Meal 2	
Protein	4 tablespoons
Non- starchy Vegetable	2 tablespoons
Whole grain or Fruit	2 tablespoons
Wait 30-60 minutes after meal before you drink fluids (High Protein Shake-4oz.)	
Meal 3	
Protein	4 tablespoons
Non-starchy Vegetable	2 tablespoons
Whole grain or Fruit	2 tablespoons
Wait 30-60 minutes after meal before you drink fluids (High Protein Shake-4oz.)	
Meal 4	
Protein	4 tablespoons
Non-starchy Veggie	2 tablespoons
Whole grain or Fruit	2 tablespoons
Wait 30-60 minutes after meal before you drink fluids (High Protein Shake-4oz., if protein goal has not been met)	
Meal 5	
Protein	4 tablespoons
Non-starchy Veggie	2 tablespoons
Whole grain or Fruit	2 tablespoons
Wait 30-60 minutes after meal before you drink fluids (High Protein Shake-4oz., if protein goal has not been met)	
Meal 6	
Protein	4 tablespoons
Non-starchy Veggie	2 tablespoons
Whole grain or Ffruit	2 tablespoons
Wait 30-60 minutes after meal before you drink fluids (High Protein Shake-4oz., if protein goal has not been met)	

See page 5 for protein rich food examples.  
See page 14 for appropriate carbohydrate examples and portions.



## Additional Tips

### Foods to Avoid

- Tough or Dry Meats
- Membranes of Oranges and Grapefruit
- Peelings of Fruits and Vegetables
- Raw Vegetables
- Fresh Bread (Toasted Bread is OK after the 6th week)
- Fried Foods (breading will make you sick even if it is baked breading)
- Sweets: Cookies, Cakes, Pies, Candy, Regular Soft Drinks, Regular Ice Cream, Sherbet, Jelly, Jam, Syrup, other Sweets

### Nausea & Vomiting Trouble Shooting Guide

Learn and follow the guidelines for portion size, chewing, and liquid intake to prevent nausea and vomiting.

Pay attention to your body. If you feel pressure or fullness in your stomach, STOP EATING! Just “one more bite” may cause pain or vomiting. During the meal, it may help to stand up briefly to better judge your feelings of fullness.

Below are some trouble-shooting questions if you have nausea:

### You should AVOID Vomiting. Vomiting can lead to complications.

1. Did you eat too fast or not chew your food well enough?
2. Did you eat too much?
3. Did you drink fluids too soon after the meal?
4. Did you eat hard to digest foods such as tough meat or fresh bread?
5. Did you lie down too soon after the meal?

### Suggestion:

1. If you feel like food is “stuck” in your stomach, try the following recipe to help break down food particles:
  - ½ teaspoon meat tenderizer
  - 1 teaspoon lemon
  - ½ cup of water

If you cannot tolerate the recipe above, some patients have had success by taking Papaya Enzyme. This comes in a capsule form and is available at most health food stores, grocery stores or pharmacies that carry vitamin supplements.

2. Thick nasal drainage during colds and sinus infections can lead to nausea. If you experience nausea and fullness with any illness that causes mucous try the following:
  - 1/2-1 teaspoon Lemon Juice

\* Contact your physician for excessive vomiting and prolonged feelings of fullness.\*

### Constipation

1. Check that you are getting 48-64oz. of fluid daily?
2. Are you walking or doing some physical activity?
3. Are you eating enough fiber foods?

If constipation continues, call your surgeon's nurse. Do not take fiber laxatives for the first 8 weeks after surgery as these may cause blockages.

## Grocery Shopping Tips

### Choose Low Fat or Fat-free Products

*(no more than 5 grams of Fat per serving)*

Skim or 1% Milk  
Low Fat or Fat-free Cottage Cheese  
Low Fat or Fat-free Sour Cream  
Low Fat or Fat-free Cheeses  
Low Fat or Fat-free Mayonnaise  
Fat-free Salad Dressings  
Low Fat or Fat-free Whole Grain Crackers  
Tuna or Chicken packed in water (not oil)  
Low Fat Soups  
Lean Meats (remove visible fat and skin)

### Choose Sugar Free or No Sugar Added Products

*(no more than 5 grams of Sugar per serving)*

Sugar Free Pudding  
Canned Fruit packed in water or juice  
Sugar Free Jell-O  
Yogurt with No Sugar Added - Sweetened with Splenda  
Sugar Free or Zero Calorie Beverages  
Cereal without added sugar

### Choose Whole Grain Products

Whole Wheat Bread (not white or wheat)  
Brown Rice or Wild Rice (not white rice)  
Whole Grain Crackers  
Whole Wheat Pasta

## Preparing Foods

- Bake, Grill, or Broil Meats - Avoid Frying.
- Avoid adding fats and oils to foods. You may use cooking spray (Pam).
- Prepare meals at home to take to work instead of eating out.
- You may find it helpful to purchase some small food containers with lids to portion your leftovers.
- You may use artificial sweeteners as desired (ie. Sweet N Low, Equal, Splenda).
- Make time in your schedule to plan balanced meals.
- You can prepare some foods ahead of time and freeze until needed.

## Be Active Everyday

- Exercise is an important part of your new healthier lifestyle.
- Studies prove that the most successful weight loss occurs for people who engage in 40 minutes of cardiovascular exercise 3-5 days per week and strength training 3 days per week.  
**Examples of Cardiovascular exercise:** Walking, swimming, biking, elliptical trainer  
**Examples of Strength Training equipment:** Dumbbells, resistance bands, machines
- Begin an exercise routine by starting with 5 minute segments and gradually increase by 1 minute every other workout session. Continue until you have reached 40 minutes 5-6 days a week. If weight bearing exercises are a challenge for you in the beginning, start with chair exercises or routines in the water.
- A combination of two types of exercise –Cardiovascular and Strength Training are most effective in toning and long term weight management.
  - Strength training increases muscle cell size and requires more energy at rest. This increases metabolism. Strength training exercises also increase bone density.
  - Cardiovascular exercises burns calories.
- Make exercise part of your daily routine.

## Post-surgery Workout: Cardiovascular Exercise Only

- Day of Surgery: Up for 1 minute every hour
- First Month after surgery: 3 minutes, 5 times per day
- 4-6 weeks after surgery: 5 minutes, 5 times per day  
If you were active prior to surgery you can perform 1 bout of 25 minutes and add weekly in 3-5 minute increments.

## When Cleared for Full Activity:

- Example workout plan: Walk (outside or treadmill), bike (stationary or recumbent) or pool
- **Workout 1:** Repeat strength training routine 3 times per week  
Warm-up: 5 minutes on bike or walking  
Any 6 machines (working large muscle groups): 2 sets of 10 reps with 1 minute rest between sets.  
Chest press or wall push-ups  
Leg press or sit to stands  
Lat pull down or wall slides  
Leg extension with or without resistance  
Leg curl or towel slides  
Seated row
- **Workout 2:** Repeat cardiovascular training routine 2-3 times per week  
1 minute of work followed by 2 minutes rest/recovery: repeat 5 rounds  
Add a "round" each week up to 8 rounds  
3 minutes of work followed by 2 minutes rest/recovery: repeat 5 rounds  
Add a "round" each week up to 5 rounds  
4 minutes work followed by 1 minute rest/recovery: repeat 5 rounds  
Add a "round" each week up to 8 rounds
- **Work:** Refers to increasing the intensity of your activity.  
For example if walking at 3.0 mph is comfortable (rest), you would increase your speed to 3.5 mph during your work segment. As you become more fit you can either increase your speed or add resistance (incline) to continue to improve your fitness level.
- **Rest/recovery:** refers to decreasing the intensity of your activity.  
This time allows you to recover, but still be active.

## Helpful Workout Apps:

- Nike Training Club
- Studio Sweat on Demand

If you do not know how to execute the exercise or set machine correctly, ask for help.

