

# Beaumont

## *Bariatric Patient Education Booklet*

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# INTRODUCTION

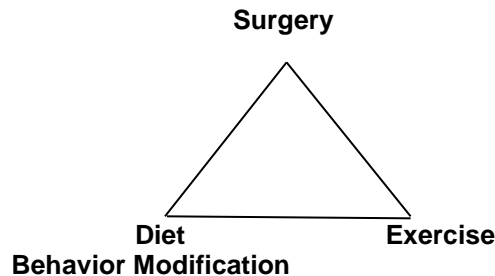
You are on a journey to become a healthier and happier person. With the proper tools and support, you will achieve success.

The purpose of this guide is to provide you and members of your family and friends with the information about the surgery that you will need pre and post-operatively. Please READ and RE-READ all the information in this guide, and please share it with your support persons. Remember, these are only guidelines and your plan of care may differ slightly. Always refer to your bariatric team for specific questions about your personal plan of care.

For best results from surgery you should understand “The Triangle of Success.” Most of you have tried diet and/or exercise to lose weight and even medication. If you were successful in losing weight and keeping it off, you would not be reading this booklet. Surgery is a big step toward losing weight. However, you should know that surgery alone will not make you lose weight unless you combine it with both diet and exercise. Remember that we are here to help you. You will never be left alone.

Good luck on your journey!!

## The Triangle of Success



# WHEN SURGERY HAS BEEN SCHEDULED

## Work Preparations:

- Plan to be off work for at least 1 week up to 4 weeks, depending on the type of work you perform and type of surgery you are having. Those with jobs requiring lifting may need to be off work for a period of 4 weeks.
- Be sure to submit paperwork required in order to take a medical leave of absence.

## Transportation:

- You will not be able to drive 1 week after surgery. You will need to arrange for someone to assist you with driving anywhere you need to go during this time period. Remember this includes going home from the hospital and coming to our office for your first follow-up appointment.

# BEFORE SURGERY

- You will be on a special diet starting 7 days prior to your surgery. The purpose of this diet is to decrease the size of your liver. This will help to make your surgery easier with fewer anesthetics and less operative time. Refer to the nutrition section of this booklet for the diet.
- You may be required to perform pre-surgical testing which may include, Labs, EKG and Chest X-ray. Our surgical scheduler will inform you if this is necessary. You should be receiving a call from the Beaumont STTAR Clinic shortly after being scheduled. These tests are required to be completed no longer than 2 weeks prior to your surgery.

# THE DAY BEFORE SURGERY

You will receive a call from the hospital the day before surgery to let you know what time you need to arrive. If you have not received a call by the afternoon before your surgery, you can call the hospital surgical scheduling office (call the hospital main number at 248-828-5100 and ask to be connected to the "Troy Appointment Center").

You will be on **clear liquids** the day before your surgery, and nothing to eat or drink after midnight. Refer to the nutrition section of this booklet.

# WHAT YOU NEED FOR THE HOSPITAL STAY

## Bring the following items:

- Photo ID
- Health insurance card
- Advance directives (if you have them)
- Personal toiletries
- Magazines or books
- Comfortable clothes for the day of discharge (elastic waistbands, no zippers or buttons)
- Comfortable slippers
- You may bring your own cellular phone.
- **If you use a CPAP machine, you must bring it with you to use during your hospital stay**
- If you wear glasses and/or dentures, they will need to be removed before you are taken to surgery.

## Do NOT bring:

- Expensive valuables (phones, laptops & tablets are included)
- Any kind of jewelry

# DAY OF SURGERY

**Prior to your arrival at the hospital, you must take a shower. Use antimicrobial soap such as “Dial.” Wash your stomach for 2 to 3 minutes, then rinse and pat dry.**

After surgery, you will arrive on the surgical unit or the Intensive Care Unit if indicated. You will arrive with IV Fluids, compression device stockings, a possible JP drain, a possible Foley catheter, and possibly a pain device such as a PCA pump. Your vital signs will be monitored.

**Remember: WALK!! Walking a few hours after surgery will help with circulation and prevention of blood clots.** We encourage you to bring slippers or non-skid footwear to the hospital with you. Slippers are available, but may not be as comfortable as your own. Again, walking is important! Try to walk 5 to 10 minutes per hour while you are awake.

We also want you to use your incentive spirometer 10 times every hour while awake and to do your deep breathing and coughing exercises. You will be given ice chips and/or sugar-free popsicles the evening of surgery, but remember to take them slowly.

## DAY ONE AFTER SURGERY

- Continue to use incentive spirometer 10 times per hour while awake.
- Continue deep breathing and coughing exercises to help promote good airway exchange, prevention of pneumonia and collapsed lungs.
- **WALK! WALK! WALK!** This will help prevent and reduce the risk of blood clots, promote faster recovery, improve circulation and reduce gas.
- When you are awake sit up in the chair as much as possible.
- Your nurse in the hospital will give you anti-coagulation shots and demonstrate how to do this for yourself when you are discharged home if you need to continue on it.
- While hospitalized you will be scheduled for a swallow test through the Radiology Department to check your band placement or to check for a gastric leak if you have had the gastric sleeve. **DO NOT EAT ANYTHING PRIOR TO THIS PROCEDURE!**
- If you tolerate the liquid diet you will be ready for discharge.
- If you are unable to tolerate the liquid diet or your pain is not controlled with oral pain medication, you will be staying extra days until your problem is controlled or fixed.

## DISCHARGE INSTRUCTIONS

On your day of discharge you will receive written discharge instructions on what you need to do after you leave the hospital. Please make certain that you understand these directions thoroughly. If you do not, check with the RN taking care of you or call our clinic. It is important to follow your instructions including taking the medications that have been prescribed for you. **Also, please make sure to pick up your medications from the outpatient pharmacy prior to discharge.** Do not hesitate to contact your surgeon if you have any questions after your discharge. Our office phone number is 248-964-1160. If you need to contact our office after normal business hours or on a weekend or holiday, the answering service will pick up and contact your surgeon. The Answering Service number is 248-543-5677. Identify yourself as a bariatric patient.

## TAKING YOUR MEDICATIONS AFTER SURGERY

Upon discharge from the hospital, advise your primary care physician which medications you were taking prior to surgery and whether you can continue taking these or if alternatives are necessary. If you have any questions about your medications please contact your PCP. Please make certain that you always take your medications as directed. If a medication needs to be taken with food, it can be taken with your yogurt or protein drink. Also, be sure to advise any physician or pharmacist that you have a smaller, more sensitive stomach as a result of surgery and suggest that they prescribe medications that are gentler to the stomach. If you have any questions about any medication, please contact your health care provider or call us.

## **How to take medications after surgery**

- Sit or stand to take your medication.
- Take medication with small amounts of liquids.
- Do not take multiple pills at once-space them out about 5 minutes apart.

## **Pain Medication**

While you are in the hospital, you will receive pain medication that will help control your pain. Your pain will significantly decrease during your hospital stay. Patients may not require pain medication after discharge, but most will be prescribed a liquid pain medication for a short time. If you are not allergic, Extra Strength Tylenol (in liquid form) is recommended once your pain can be managed without prescription pain medication. If you experience a great deal of pain, even when taking medication when you are home, call our office at 248-964-1160.

## **Anti-Coagulant Medication**

You may go home with a medication to help prevent blood clots. The two most common medications are called Lovenox and Heparin. These are given as injections. The RN in the hospital will show you how to give yourself these injections. If you do go home on them, it is usually for one week after surgery.

## **Crushing or cutting medications- (for Gastric Bypass Surgery Only)**

It is important to prevent anything becoming lodged in your new stomach. Therefore, you may need to cut or crush your medications in the early stages after your procedure. If a pill is larger than the size of an M&M®, it needs to be crushed or split for the first 6 weeks after surgery. Capsules can usually be swallowed or opened up. Certain medications may not work properly if they are cut or crushed. These medications may include those that are “long-acting”, “sustained release”, “extended” or “time-released.” If you have a question regarding medication, contact your pharmacist or the prescribing physician.

## **Medications to avoid after surgery**

After your surgery, you will have a smaller stomach. The lining of your stomach may be subject to harm if exposed to certain medications.

- Do not take NSAIDS (non-steroidal anti-inflammatory drugs). NSAIDS include Advil®, Aleve® (Naprosyn), Aspirin, Excedrin®, Ibuprofen®, and Motrin®. LAP BAND AND SLEEVE GASTRECTOMY PATIENTS MAY RESUME OCCASIONAL USE OF NSAIDS 1 MONTH AFTER SURGERY.
- Do not take capsules. Open them up and mix the contents with liquid or food.
- Do not take Nyquil ® or other cough syrups containing alcohol.
- Do not take Erythromycin or Feldene.
- Do not take other medications that you have been told to avoid by your pharmacist or doctor.

## **Safe medications after surgery**

### **Constipation:**

Colace  
Fleets enema  
Glycerin suppositories  
Milk of Magnesia  
Pericolace  
Miralax

### **Diarrhea & Upset Stomach:**

Call the office  
248-964-1160

### **Gas:**

Gas-X  
Mylicon  
Phazyme

### **Pain:**

Tylenol  
Tylenol Extra Strength

### **Cold symptoms:**

Benadryl  
Dimetapp  
Robitussin  
Safetussin  
Sudafed  
Triaminic  
Tylenol Cold products  
**\*\*MAKE SURE THE PRODUCTS  
ARE ALCOHOL-FREE**

## **PLEASE CALL THE OFFICE IF YOU NOTE THESE SYMPTOMS**

While most patients will have a smooth recuperation, a small number may experience one or more of the symptoms below, if you do call our office at 248-964-1160.

- Breathing or respiratory problems including shortness of breath, breathing difficulties, pain while breathing, or inability to walk more than a couple of steps without feeling winded
- Coughing up blood
- Signs of deep vein thrombosis (DVT-vein clot in leg)-such as significant swelling or pain usually in only one leg
- Dizziness or fainting
- Persistent nausea and vomiting
- Inability to keep food down, including liquids or discomfort following early ingestion of solid foods
- Unexplained sharp pain or extreme pain that is not improved with pain medications
- Fever of more than 101 degrees
- Chest Pain
- Incision changes (see wound care below)



# WHEN TO GO TO THE EMERGENCY DEPARTMENT

In the event of an emergency, go immediately to the nearest hospital emergency department or to the hospital where you had your surgery. Please call **(248)-964-1160** and advise us of your condition. It may be beneficial to carry a medical identification card or bracelet stating that you have had bariatric surgery. You should specify what type of surgery you have had.

## WOUND CARE

- Shower daily. Remove your dressings before you shower and change your dressings as needed.
- Gently wash your incisions daily with soap and water and gently pat dry.
- Do not remove steri-strips-they will naturally come off during the healing process.
- Do not apply creams or lotions to the incision. **DO NOT** apply antibiotic ointment.
- Keep your incision clean and dry.
- Notify surgeon at the office if any of the following conditions are noted:
  - Foul odor from the incision
  - Redness around your incision
  - Bleeding
  - Extreme tenderness, or constant pain
  - Purulent (pus) or bloody drainage (clear or yellow is normal)
  - Temperature of greater than 101 degrees (Take your temperature at the same time each day)
  - Unusual warmth and/or swelling at the wound site

## PREVENTION OF PULMONARY EMBOLISM

One of the most significant risks with any surgery, including bariatric surgery, is a pulmonary embolism, commonly known as a blood clot. Problems may be created if a blood clot travels to the lungs. In many instances, a pulmonary embolism can be fatal. While you are hospitalized, we will take steps to prevent pulmonary embolism, including medications such as Heparin or Lovenox, special stockings, and encouraging you as soon as possible to walk on the patient unit to improve your circulation.

Your physician will give you instructions to follow after you have been discharged from the hospital. Specifically, you may be asked to continue medications and encouraged to continue to ambulate. If you live more than one hour from the hospital, you will be asked to stop every hour on your way home to exit your vehicle and walk for ten minutes, as this is very important to prevent pulmonary embolism. Furthermore, after you are home, you are encouraged to move around and get up every hour and to continue to walk frequently during the day to improve circulation. **Remember, walk, walk, walk!**

# **FOLLOW-UP VISITS WITH YOUR SURGEON AND FAMILY PHYSICIAN**

Following your surgery you will need to return to our office for check-ups with your surgeon to assure that you are progressing as expected. These visits will be approximately 1 week after your surgery, 1 month after your surgery, 3 months after your surgery, 6 months after your surgery and one year after your surgery. Then annually after that so we can check your lab work and your progress. For LapBand patients, you may need to come in every 4 –6 weeks for the first year until you reach the right amount of fill in the band. Your surgeon may adjust these appointments based on your individual plan of care. These visits are important even if you feel that you are doing well. Your surgeon will monitor your weight loss as well as check for symptoms that some patients experience after surgery. You will also be encouraged to follow-up with your family doctor for your other medical problems.

If at any point after your surgery you have questions about your care or experience difficulties, please contact our office at **(248)-964-1160**. After normal business hours, the answering service will direct your call to your bariatric surgeon. If you feel your condition is an emergency, go immediately to the nearest hospital emergency department or if possible to the hospital where you had your surgery.

It is strongly recommended that you have your other medical problems followed by your primary care physician. We also want to communicate with your doctor regarding your progress and follow-up care. We will make every effort to answer any questions your primary care physician may have as well as provide results of lab work and other tests if needed.

If you have medical problems which require you to see a specialist, we can also communicate with your specialist if you request us to do so. Please be prepared to provide us with the correct spelling of your physician's name, his/her address and telephone number to assist us in the communication process.

Since not all physicians are familiar with bariatric surgery, always advise other physicians that you see that you have had this surgery. Encourage them to call us if they have any questions about your procedure or treatments that they plan on ordering. There are some diagnostic tests that are not recommended for patients who have had bariatric surgery. By having your physician call us before performing any procedures, you can assure that you receive good patient care consistent with your health status.

## **MICHIGAN COLLABORATIVE**

In Michigan all bariatric patients are asked to participate in a state-wide collection of data to evaluate the results of different bariatric procedures. You will be asked to be a part of this study. Each participant will be followed for five years. Our office staff will contact you yearly to see how you are doing and report your results.

## **RECUPERATION**

Each person will recover at their own rate. During your recuperation period, avoid bathing, Jacuzzis, hot tubs and/or swimming pools until your incisions are completely healed. Most surgeries are done laparoscopically or robotically so healing time is usually faster, but you still need to avoid the above until your incisions are completely healed. Until then you may shower and just pat your incisions dry. Remember to remove your dressings before you shower and change your dressings as needed. Wash the incisions with antibacterial soap, such as “Dial.” It is also recommended that you avoid any pushing, pulling, lifting (5 pounds or more) or other strenuous activity that will strain your stomach muscles. You should avoid driving a car for the first week after surgery. You may resume driving when your surgeon gives permission.

## **RETURNING TO WORK OR NORMAL ACTIVITY**

Most patients return to work or normal activity within 1- 2 weeks after their surgery. Lap Sleeve Gastrectomy patients usually return to work within 1 –2 weeks. If you are younger, have a less physically demanding position, or heal more quickly, you may be able to return to work sooner. Each individual patient progresses at a different rate; your surgeon will evaluate your condition and help you determine when you should be able to return to work.

## **SEXUAL RELATIONS AND PREGNANCY**

Initially after surgery, you are strongly encouraged to refrain from sexual intercourse. You should wait approximately 2 – 4 weeks before resuming sexual intercourse or as directed by your surgeon.

During the first year after surgery, it is highly recommended that women do not attempt to become pregnant. Discuss birth control measures with your primary care physician or obstetrician/gynecologist before your operation. Use your desired birth control means regularly as directed to prevent pregnancy in the first year after surgery. Barrier precautions are preferred as weight loss can affect hormone fertility.

A year after surgery, you may attempt to become pregnant. Advise your doctor, however, that you have had bariatric surgery. Our bariatric surgeons will be happy to work with your obstetrician/gynecologist.

# RELATIONSHIPS

Once you start losing weight, you may be surprised to find that friends and acquaintances do not recognize you. Do not be surprised or angry. Your appearance, clothes and attitude may change in such a way that surprises people who do not see you on a regular basis. This is part of the transition you are making to a new life. Therefore, do not be embarrassed to “reintroduce yourself” if people seem confused.

Sometimes, those around you may not want you to succeed at your weight loss. The support of loved ones, family and friends is generally quite important to your post-operative results. Remind those important to and near you why you had the surgery and encourage their support. Tell them of the changes, particularly in eating, that you need to make and thank them in advance for their support.

Sometimes the changes that occur after your surgery may cause conflict with your significant other. Your weight loss and life changes may be threatening to them and may cause the need for greater supportiveness in key relationships. Psychological counseling or marital therapy can frequently be helpful. Assure that these relationship issues are properly addressed, particularly if you value the relationships. You may also find that personally you have difficulty coping with some of the lifestyle changes and relationship changes after surgery. We can provide you with contact information for mental health professionals who can help you with these adjustments.

**Nutrition is a very important component of your weight loss journey. Our patients have enjoyed great success when they follow our nutritional guidelines. Your newly created pouch will assist you in controlling your hunger and the amount of food you eat, but it is ultimately up to you to make the right choices regarding what and how much food you consume.**

## **NUTRITION OVERVIEW**

Dietary guidelines play an important role in the healing process after surgery, as well as maintaining good nutritional status. The surgery is a **Tool**; you must use this tool effectively in order to obtain maximum success. You will need to be consistent in making appropriate food choices and overall lifestyle changes. Be sure to keep all follow-up appointments with the clinic so your team has the opportunity to provide you with all of the information you will need.

### **Patient Responsibilities:**

- **Compliance with diet guidelines and restrictions**
- **Consistently make appropriate food choices**
- **Protein supplementation**
- **Vitamin and Mineral supplementation**
- **Increase in physical activity and exercise**
- **Follow-up for life**

# NUTRITION BEFORE SURGERY

Begin to eliminate alcoholic and carbonated beverages and caffeine intake. You also need to avoid high fat foods and binging, which could increase the size of your liver. You also need to avoid any weight gain from now until surgery. If you do gain weight, the surgeon may postpone your surgery at his discretion.

## Pre-Surgical Diet

Start date: \_\_\_\_\_ (7 days prior to surgery)

Your doctor will ask you to begin this pre-surgical diet prior to surgery. This is to help your body prepare for surgery. It also helps you prepare for the diet after surgery.

### Days 3-7 before surgery, follow this diet:

- Drink 1-2 protein drinks per day.
- Include 6 servings per day from the following food choices:
  - 1 cup skim milk, ½% milk or 1% milk
  - ½ cup plain oatmeal, Cream of Wheat®, or Cream of Rice®
  - 1 cup sugar-free pudding
  - 6 ounces light yogurt
  - ½ cup unsweetened applesauce
  - Raw vegetables
  - Drink water or sugar-free beverages as needed during the day such as water, broth, Crystal-Light®, sugar-free Jell-O®, decaffeinated coffee or tea.
  - Note: It is okay to use sugar substitutes during any stage of your diet, before or after surgery.

### 2 days before surgery, follow this diet:

- Sugar-free pudding, skim milk, plain oatmeal, Cream of Wheat® or Cream of Rice®, light yogurt, vegetable juice, protein drinks.

### 1 day before surgery, follow this LIQUID diet:

**DO NOT ATTEMPT TO CONSUME ANY SOLID FOODS DURING THIS DIET PHASE!**

- Water, ice chips, apple juice, white grape juice, white cranberry juice, chicken or beef broth, Gatorade®, Sugar-Free Jell-O®, Sugar-Free Crystal Light®, Sugar-Free popsicles, decaffeinated coffee or tea (No creamer), Clear liquid protein drinks such as Isopure ®. Nectar®, Boost Breeze® or Ensure Clear®. NOTHING RED!!

### You should have nothing to eat or drink after 10:00pm the night before surgery.

If you are instructed to take medications the morning of surgery, do so with only small sips.

# LIQUID DIET- AFTER SURGERY

## Days 1-4 after surgery: Low-sugar clear liquids (Phase 1)

- Ice chips or water
- Sugar-free liquids including sugar-free Kool-Aid®, sugar-free Crystal Light®, sugar-free popsicles, sugar-free lemonade
- Low-sugar, non-carbonated flavored waters such as Propel®, and Original Fruit 2 0®
- Sugar-free gelatin
- Herbal or decaffeinated tea
- Decaffeinated coffee
- Broths (chicken, beef, or vegetable)
- Protein powder mixed with water or sugar-free beverage (such as Crystal Light® or sugar-free Kool-Aid®), or clear liquid protein drinks such as Isopure® or Nectar®

## Days 5-14 after surgery: Low-sugar full liquids (Phase 2)

**(Remember to always choose protein foods first or add protein powder to foods to increase protein intake.)**

- Protein Drinks (see pages 48-49)
- Skim Milk, ½% milk or 1% milk
- 100% Tomatoe Juice, V-8 Juice®, or Diet V-8 Splash®
- No sugar Added Carnation Instant Breakfast®
- Sugar-free pudding
- Cream of Wheat®/Cream of Rice®/plain oatmeal (cooked well, made thin or soupy)
- Instant mashed Potatoes (made smooth, and thin with milk)
- Light Yogurt (sweetened with artificial sweetener) **(No fruit pieces) (Examples: Dannon Light N Fit®, Blue Bunny Lite 85®)**
- Low fat cottage cheese (Mash with fork and make smooth)
- Low-fat strained soups prepared with low-fat or skim milk **(Examples: Campbell's® Healthy Request Cream of Mushroom or Cream of Chicken, Healthy Choice® brand soups)** Be careful of tomato soup because of the sugar content.

\*Condiments such as low-fat or spray margarine, salt & pepper are okay to use starting on the Phase 2 diet phase. Sugar substitutes are also okay to use. They are sugar-free and calorie-free. Some common sugar substitutes are: Sucralose (Splenda®), Aspartame (NutraSweet®), Saccharin (Sweet-n-low®).

# What can I Eat? PHASE 3 (Days 15-20)

All foods on the liquid diet list + appropriate foods and liquids on the pureed diet:

## PUREED Meats/Meat Substitutes/ High Protein Foods

Chicken, turkey, tuna or salmon canned in water  
Eggs/egg substitute  
Fat free refried beans  
Beans  
Tofu  
Hummus

## PUREED Fruits

Ripe mashed banana  
Unsweetened applesauce  
Fruit canned in water or its own juice (Drain, rinse and puree.)

## PUREED Soups

Turkey  
Chicken  
Vegetable (no corn)  
Bean

## PUREED Vegetables

Green beans  
Carrots  
Peas  
Yams (fresh only)  
Squash or Zucchini (no seeds)

## Condiments

The condiments below are okay to use. Always check the labels for added sugars.

Lemon	Salsa	Vinegar	Low fat sour cream
Soy sauce	Lime	Low fat margarine	Spray margarine
Mustard	Low fat mayo	Low fat/low sugar marinades	



**Avoid over use of ketchup and barbeque sauce due to their high calorie content.**

## MEAL IDEAS

### **Tuna or Chicken Salad**

1 – 6 oz. can light tuna or chicken packed in water (drained)  
2 tablespoons fat-free or light Miracle Whip® or mayo  
1 teaspoon mustard  
¼ teaspoon celery salt

Add all ingredients to blender. Blend on high speed until smooth. Refrigerate.

### **Refried Beans & Cheese**

1 can fat-free refried beans  
Shredded low-fat cheddar cheese  
Mash refried bean with a fork until smooth. Sprinkle cheese over beans. Heat until melted.



### **Chicken & Vegetable Supreme**

1 large boneless, skinless chicken breast  
1 bag frozen broccoli (or vegetable of your choice)  
1 can chicken broth  
1 can low-fat cream of chicken soup  
Mashed potato flakes

Cook chicken and vegetables in chicken broth for about an hour simmering on low heat. Add cream of chicken soup and process in blender. Add mashed potato flakes to desired consistency.

### **Deviled Eggs**

6 large eggs  
¼ cup low-fat cottage cheese  
3 tablespoons light mayo or Miracle Whip  
½ teaspoon mustard

Place eggs in a large saucepan and cover with water. Bring to a simmer and cook for about 10 minutes. Drain and set the pan under cold running water for 2 minutes. Peel the eggs and slice them in half. Remove the yolks with a spoon and mash with a fork. In a blender, puree the cottage cheese until smooth (add egg whites if desired). In a bowl, mix egg yolks, cottage cheese blend, mayo, and mustard.

## **SOFT DIET PHASE 4 (Days 21-24)**

Foods should be low in calories and high in protein. Foods no longer need to be pureed. Initially, all foods should be cooked to a very soft consistency. You should include a protein food with each meal. The focus of meals should be small bites and chewing the food slowly and completely.

Tips:

- Make sure meats are chopped and easy to chew. Moist meats are more likely to be tolerated than those that are dry. It often helps to cook meats in a slow cooker or moisten them with fat free gravy or low fat cream soup.  
Red meat is usually difficult to tolerate after surgery. It is recommended to wait until 2 months after surgery before trying, especially steaks.

# What Can I Eat?

## Appropriate Foods/Liquids on the Soft Diet:

All foods on liquid and pureed diets, plus:

### Meats/Meat Substitute/ High Protein Foods

String Cheese, Low-fat cheese

Chicken, turkey (skinless)

Ground turkey or ground chicken

Pork

Eggs/egg substitute

Fat-free refried beans

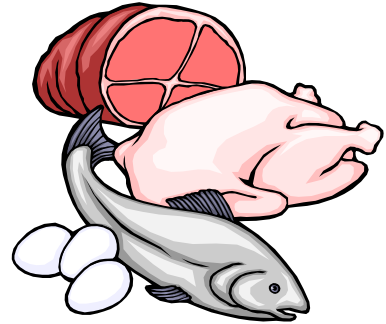
Beans (soaked, rinsed and cooked thoroughly)

Tofu

Hummus

Fish, tuna, seafood such as crabmeat, lobster, shrimp (No fried foods.)

Low fat deli meats (chicken, turkey, ham)



### Fruits

Canned fruit (in water or 100% juice, drained)

Ripe banana

Unsweetened applesauce

100% unsweetened fruit juice-dilute 50-50 with water. Juice should be considered a food item rather than a beverage due to the high calorie content and you should only consume about 4 ounces daily.

### Vegetables

All vegetables included on pureed diet, plus the following cooked vegetables:

Peppers

Mushrooms

Spinach

Turnips

Asparagus

Cabbage\*

Onions

Broccoli\*

Greens

Scallions

Brussels sprouts

Bean Sprouts

\*may cause gas

# REINTRODUCTION OF FOODS

Weight loss surgery patients differ in their tolerance of foods after surgery. Try new foods gradually (one new food at a time) in order to assess tolerance. It is important to keep a food diary in order to track those foods that you are not able to tolerate. The time frame for reintroducing foods is a guideline based on past surgery patients.

- **Crunchy Raw Fruits and Vegetables**

Raw fruits and vegetables may be more difficult to digest than cooked vegetables or canned fruits. You may try to remove the skins to improve tolerance. Some raw fruits and vegetables such as melons may be tolerated first; fruits with membranes or skin may be the most difficult to tolerate. When these foods are added to your diet, remember to peel, cut into small pieces, and chew thoroughly. Try one new food at a time to determine your tolerance.



- **Grain Products**

Bread products can swell and form a ball-like lump, making it difficult to pass out of your new stomach. Always consume bread products in small quantities due to low protein and high carbohydrate content, and choose them after your protein choices. Choose whole grain bread products to increase fiber.

\*Grain foods are high in calories, even in small portions, and may slow down your weight loss if consumed too frequently. Always choose protein foods first, then vegetables and fruit before grain products.

# DIET MODIFICATIONS

Modification	Reason
Once you are two-three months from your surgery, eat small meals three to four times a day. An average portion size is about ½ cup (4 ounces) of food per meal. <b>Remember, a protein drink would count as a meal.</b>	If you eat every hour or two you will not lose weight!
<b>DO NOT SNACK BETWEEN MEALS.</b>	Snacking or grazing is one of the most common ways patients can slow down weight loss or cause weight regain.
Take very small bites/sips. Use a baby spoon or a cocktail fork to help force you to take smaller bites.	Small bites are easier to chew and it helps control the speed of your eating.
Chew your food well. Chew each bite 30 – 35 times. Do not chew your food until it is liquefied, but chew it to a pureed texture.	If you swallow food without chewing well, you may block the outlet of your new stomach. Keep in mind that your new stomach is approximately the size of an egg, and the opening is approximately the size of a dime.
Eat/drink very slowly. Wait 1 – 2 minutes between each bite.	Eating fast can cause you to feel sick and/or vomit.
Eat/drink only to the size of your new stomach. If you feel full, stop eating.	Overeating can cause you to feel sick and/or vomit.
<b>Don't drink liquids with solid meals to maximize solid foods "hang time".</b> <ul style="list-style-type: none"> <li>• For Example: stop drinking fluids 30-40 minutes before eating and 1 – 2 hours after a meal.</li> </ul>	Fluids can push the food through your stomach quickly, causing you not to get an early feeling of fullness. This will cause you to feel hungry again soon.
Consume 48 – 64 ounces of fluid daily. Make sure you are sipping slowly. Do not gulp.	Adequate fluid intake will help prevent dehydration & constipation.
Avoid alcohol and carbonated beverages!	Alcohol is high in calories and can irritate the stomach. The gas from carbonation can expand the stomach as well as irritate it.
<b>Consume 60 – 80 grams of protein daily. Consume protein foods at the beginning of each meal.</b>	Adequate protein will help you heal after surgery & preserve lean body mass.
Avoid drinking from a straw.	This may cause you to swallow more air, which in turn may cause more gas production.
Avoid gum chewing.	An obstruction may occur if swallowed, especially in the early stages after surgery. It also causes you to swallow more air, which can increase gas production.

# Regular Diet

## Week 8 and beyond

- Eat three meals per day with one carefully planned snack
- Do not eat between meals
- Drink 48-64 ounces of water or other fluid per day.
- Do not drink while you are eating-try to space your fluids out so that they are an hour before and an hour after your meals.
- Chew your foods 30-40 times per bite and take a break between each bite
- Do not drink carbonated beverages after your surgery
- Do not consume high calorie liquids.
- Do not consume foods that are low in nutritional value i.e. junk foods
- Take your multivitamin every day
- Journal your food and exercise every day
- Get at least 30 minutes of physical activity every day
- Do not weigh yourself every day
- Stop eating at the first sensation of fullness

### **INTAKE GOAL (for all diet stages):**

3-4 ounces per meal over a 30-minute time period (3 meals and one snack a day).  
60-80 grams of protein daily. Be sure to consume protein foods first at the beginning of each meal.

Fluid goal: 48-64 ounces of fluids daily.

Wait 1-2 hours before and after each meal before consuming liquids.

### **REMEMBER:**

1. Add one new food at a time. If you do not tolerate a food item, write it down. You want to know which food is responsible for the intolerance.
2. Take small, baby spoon size bites.
3. Chew very well (35 times per bite).
4. Wait 1-2 minutes between bites.
5. Continue to consume high protein foods at the beginning of each meal.
6. Continue with chewable vitamin and mineral supplement.
7. NO carbonated (fizzy) liquids.

**Following your surgery you will need to carefully monitor your caloric intake and the amount of protein you consume every day. During the active weight loss phase, you should limit your caloric intake to about 1200 calories and at least 60-80 grams of protein per day. It is very important that you take your multivitamin every day!**

## **PROTEIN OVERVIEW**

Protein is one of the most important nutrients your body will need after surgery. **Your goal is 60-80 grams of protein per day.** The next page lists common sources of protein to help you determine how much protein you are getting from food each day.

### **A word of caution about protein powders:**

Remember to follow the product instructions when it comes to mixing protein powders in liquids or foods. You should not mix protein powders in hot liquids (over 130 degrees Fahrenheit) because your protein powder will likely form clumps and be undesirable to drink.

# PROTEIN CONTENT OF COMMONLY CONSUMED FOODS AND BEVERAGES

*\*\*You need ~60-80 grams of protein per day!*

Food	Serving Size	Protein in Grams (approximate)
<b>Dairy</b>		
Milk (use skim, ½% or 1%)	8 oz.	8
Yogurt (use light yogurt)	6 oz.	6 (varies, read food label)
Kroger Carb Master Yogurt	6 oz.	12
Greek Yogurt	6 oz.	14 (varies, read food label)
Low-fat Cottage Cheese	4 oz.	14
Low-fat Cheese	1 slice	8
String Cheese	1 stick	8
Egg	1 whole	7
Egg White	1	4
Egg Substitute	¼ cup	5
Cream Soup prepared with milk	1 cup	6
<b>Meat</b>		
Chicken	3 oz.	18
Fish	3 oz.	18-21
Canned chicken or tuna	3 oz.	21
Beef	3 oz.	18
Pork	3 oz.	18
Deli-Lunchmeat	2 oz.	10
Low-fat hot dog (turkey)	1 dog	5
Low-fat sausage (turkey)	1 ounce	7
<b>Soy</b>		
Soy beans-cooked	½ cup	14
Soy Milk	8 oz.	11
Soy Yogurt	6 oz.	7
Tofu	½ cup	20
Tempeh	½ cup	16
Miso	½ cup	16
Soy Burger	1 patty	15 (varies, read food label)
<b>Legumes</b>		
Black, Kidney, or Pinto beans	½ cup	6
Refried Beans	½ cup	7
Split Peas-cooked	½ cup	8
Peanut Butter	1 Tbsp.	4
<b>Cereals</b>		
Kashi Go Lean	½ cup	6.5
Special K Protein	¾ cup	10

# PROTEIN BARS – Do not try until 8 weeks after surgery

**Atkins Advantage Caramel Bars (available at grocery stores, drug stores, GNC, Vitamin Shoppe)**

Caramel Double Peanut Nougat, Caramel Cookie Dough, Caramel Fudge  
1 bar = 160 calories, 12 grams protein



**Pure Protein Bars (available at grocery stores, drug stores, GNC, Vitamin Shoppe)\***

Chocolate Peanut Butter, Peanut Marshmallow Eclipse, Strawberry Shortcake, Chewy Chocolate Chip, S'mores, Blueberry Crumb cake  
1 bar = 190 calories, 20 grams protein



**Atkins Advantage Bars (available at grocery stores, drug stores, Vitamin Shoppe)**

Chocolate Peanut Butter, Chocolate Chip, Peanut Butter, S'mores  
1 bar = 160 calories, 12 grams protein



**EAS Myoplex Carb Control Bars (available at Rite Aid, GNC)\***

Chocolate Peanut Butter, Chocolate Chip Brownie, Cookies and Crème  
1 bar = 250 calories, 28 grams protein





**Atkins Advantage Morning Bars (available at grocery stores, drug stores, Vitamin Shoppe)**

Peanut Butter Crisp, Oatmeal Raisin, Cranberry Almond, Cinnamon Bun, Apple Crisp Bar

1 bar = 140 calories, 11 grams protein



**Bari-15 Wafer Snack (available at [www.smartforme.com](http://www.smartforme.com))**

Chocolate, Mocha, Vanilla, Strawberry

1 bar = 200 calories, 15 grams protein



**Revival Soy Bars (available at [www.revivalsoy.com](http://www.revivalsoy.com))\***

Chocolate Peanut Butter Paradise, Chocolate Raspberry Zing, Autumn Apple Frost, Peanut Butter Chocolate Pal, Apple Cinnamon Celebration, Marshmallow Crunch

1 bar = 230 calories, 20 grams protein

# VITAMINS & MINERALS

## Multivitamins

- **Take a multivitamin every day.**
- **Do not take your vitamin within one hour of your calcium.** Your body simply cannot absorb all of the nutrients at once, so space them at least an hour apart.
- **For the first 12 weeks your multivitamin needs to be chewable or liquid.**
- Some chewable and liquid brands that we recommend are:
  - Centrum® Adult Chewables
  - Centrum® Liquid
  - Nature Made® Multi Chewable for Adults
  - Flintstones® Complete Chewable

## Vitamin D

Your multivitamins will provide some vitamin D. However, you may need additional vitamin D because the amount of vitamin D in multivitamins varies among brands. We recommend that your total vitamin D is 2000 IU daily. If you need additional vitamin D, we typically recommend that you choose vitamin D in the form called vitamin D3 (also called cholecalciferol). You can purchase vitamin D3 at most pharmacies or drug stores.

## Other Supplemental Nutrients

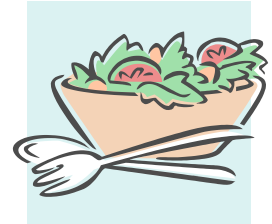
Your surgeon and dietitian will monitor your lab values and inform you if you need to consume additional supplements. It is important that you keep your follow-up appointments with your surgeon because routine lab values drawn by a primary care physician alone are not enough for bariatric surgery patients. Our office will communicate with your primary care physician regarding your lab work.

# FIBER

Fiber is found in fruits, vegetables and whole grains. As your diet advances, you should include fiber on a daily basis. Fiber is important to your digestive tract, it keeps your bowel movements regular and helps prevent constipation. Fiber and fluid work together to keep your digestive tract running smoothly, therefore remember to drink 48-64 ounces of fluid every day!

## **Ways to increase your fiber:**

- Include fruits and vegetables every day.
- Choose whole grains, such as high fiber breads, crackers and cereals.



## **Fiber supplements:**

If your diet phase does not allow fruits, vegetables and/or whole grains, you may need to supplement your fiber intake through the use of a fiber supplement. Below is a list of some fiber supplements that are safe to use:

- Benefiber®
- Sugar-free Citrucel®
- Sugar-free Metamucil®
- Fiberchoice® Sugar-free Chewables

# LABEL READING

**Step 1:** Look at the **Serving Size**.

**Step 2:** Check the number of **calories** per serving.

**Step 3:** Check the amount of **protein** per serving.

**Step 4:** Determine the **Protein/Calorie Ratio** (divide the number of calories per serving by the number of grams of protein—a ratio <12 means the food/beverage is a lower calorie protein source!)  
*The product on the right has a ratio of 28—not a great choice!*

Nutrition Facts	
Serving Size $\frac{3}{4}$ cup (55g)	
Servings Per Container 5	
Amount Per Serving	
Calories 250	Calories from Fat 50
<hr/>	
	% Daily Value*
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Cholesterol <5mg	<2%
Sodium 200mg	8%
Total Carbohydrate 40g	13%
Dietary Fiber 4g	16%
Sugars 18g	
Protein 9g	18%
<hr/>	
Vitamin A 25% • Vitamin C 50% • Calcium 30% • Iron 25%	
*Percent Daily Values based on a 2,000 Calorie diet.	

# POSSIBLE COMPLICATIONS/COMPLAINTS AFTER SURGERY

## Constipation

Constipation can occur after surgery due to decreased intake of fiber, fluid and movement. It may be more of a problem during the early stages after surgery. To help alleviate constipation try the following:

- Drink adequate amounts of fluid. Your minimum goal is 48-64 ounces per day.
- Increase activities and walk/exercise as tolerated.
- Increase fiber.
  - If you are on a full liquid diet try 2 ounces of prune juice diluted 50/50 with water.
  - On the pureed diet, try the above and a ripe banana, prune puree or pureed peas.
  - On a soft diet, try all of the above plus soft cooked vegetables or fruits canned in their own juice.
  - As your diet progresses, you may also use prunes, bran cereal and fruits and vegetables.
- If increasing fiber from food does not work, consult your bariatric nurse, dietitian, surgeon or family physician regarding adding a fiber supplement (such as Benefiber® or Fiberchoice® Sugar Free Chewables), Milk of Magnesia, laxative or stool softener. Sugar-free Citrucel® and Sugar-free Metamucil® are safe to use.
- Call us if:
  - You still do not produce a bowel movement after trying the above suggestions, or if you have not had a bowel movement for three days.
  - No bowel movement is associated with bloating and/or continuous nausea and vomiting.

## Diarrhea

Diarrhea, which is characterized by frequent, loose, watery stools, is a problem for some patients after bariatric surgery. Your diarrhea could be caused by several different factors, including: gallbladder removal during surgery, lactose intolerance or a reaction to certain medications. Keep a food/medication diary to help pinpoint the cause. Here are some tips to try and alleviate diarrhea; if diarrhea persists contact your surgeon as diarrhea can lead to dehydration.

- Eliminate foods high in sugar and/or fat.
- Avoid spicy foods.
- Avoid beverages with caffeine or alcohol.
- If you are sensitive to lactose, use soymilk or lactaid products.
- Increase fiber in your diet, either with food or a supplement.

## Hair Loss

Hair loss after bariatric surgery *may* occur and it is thought to reflect low protein, biotin and/or zinc levels. Hair loss usually begins to occur about 3-6 months after surgery and it is usually temporary. Always consume 60-80 grams of protein daily and speak to your dietitian about taking added zinc and biotin.

## Nausea/Vomiting and Feedback

Feedback is described as “feed” going down and “feed” coming back up. It rarely means you are “vomiting” because you are sick. Feedback is a message from your stomach that is usually caused by eating improperly.

If you are experiencing nausea or feedback, remember your dietary modifications: wait 1-2 minutes between bites/sips, do not drink fluids for at least 60 minutes after meals, do not eat too large of portions, do not eat foods before they are recommended, and chew each bite thoroughly. Following these guidelines will resolve many cases of nausea and/or feedback. If yours does not resolve, call us.

If you should experience persistent nausea and vomiting postoperatively which lasts more than 24 hours, please contact our office and discuss your symptoms with the nurse and/or surgeon. Persistent vomiting in the early weeks following surgery could be a sign of a complication.

## Gas

Patients may experience gas after surgery. To help prevent gas after surgery:

- Avoid straws.
- Sip fluids slowly. Do not gulp.
- Do not drink carbonated beverages.
- Try lactaid if you are experiencing gas with milk products.
- Eat slowly, waiting 1-2 minutes between bites/sips.
- Avoid gas-forming foods, such as, beans, broccoli, brussel sprouts, cauliflower, onions and peas.
- Gas-X® strips that dissolve in your mouth may be useful immediately after surgery. You can also use Mylicon and Phazyme as described in the medication section of this packet.

## Blockage of the opening from the stomach

This is rare and usually occurs in the first 2-8 weeks after surgery. The most likely cause would be trying to advance the diet too quickly or not chewing foods well. If you are unable to keep any foods or liquids down, contact your surgeon immediately.

# DINING OUT

You CAN go to restaurants and even eat fast food after your surgery but there are some smarter ways to do so. Below are tips to fit restaurant food and fast food into your new healthy lifestyle.

- Take your **Special Diet Request** card with you-some restaurants will allow you to order from the children's menu or allow half portions.
- **Familiarize yourself with portion sizes.** Use measuring cups and spoons and a food scale at home to learn what portion sizes look like. Once you have done so several times you should be able to "eyeball" a proper portion and can use that skill to consume adequate portion sizes in restaurants.
- **Plan ahead.** If you have never been to a particular restaurant, call ahead and request the menu or look it up on the Internet to see what healthier options they offer.
- **Remember to keep your food and fluids separate. Chew 30-35 times per bite and wait one to two minutes per bite.**
- **Order first.** Once you hear what other diners are ordering you may be tempted to change your mind. Order your healthy food first and stick with your healthy selection.
- **Do not let others influence you.** Stick with what you know is healthy for you. Do not let a friend or family member persuade you to eat an unhealthy item you know you should not have.
- **Think small portions.** Order a lunch size portion, a reduced size portion or an appetizer for your meal. One of the healthiest, high protein appetizers is shrimp cocktail; order it with a side salad for a complete meal.
- **Skip the breadbasket.** Ask that your server NOT bring the bread or chips to the table. If you are very hungry, it is likely that you will overeat high carbohydrate foods. If your dining companion insists on having the basket, keep it on their side of the table.
- **Choose these cooking methods:** grilling, baking, broiling, steaming, and boiling.
- **Avoid these cooking methods:** deep-frying, pan frying, sautéed and smothered.
- **Plan your meal.** Make sure your order has protein and vegetables. You should aim for a 3-ounce (size of your palm or a deck of cards) serving of protein and choose the vegetable side. Another option is to have a salad with protein and low-fat dressing.
- **Hold the high fat ingredients.** Ask for all dressings, sauces and gravies to be served on the side, so you control the amount that goes on the food. Ask that your meat and vegetables be prepared without added fats.
- **Split the meal.** Restaurants serve very large portions. Plan to split a meal with your dining companion or take part of the meal home. Ask that a take-out container be brought with your meal. Split the meal and put (at least) half in the box right away to take home for another meal.

- **Choose high quality protein sources.** Protein should be the first food you consume when eating a meal. Choose high quality protein like grilled or baked fish, chicken, lean beef or pork, a lean tofu or soy option or a lentil or bean dish.
- **Choose two vegetable sides.** Instead of having one carbohydrate side and one vegetable side, double up on the vegetables by asking for two vegetables sides.
- **Fast food tips**
  - Select the grilled chicken sandwich with no mayonnaise and either skip the bun or only eat half. Enjoy with a side salad with low-fat dressing.
  - Select a salad with grilled chicken and low fat dressing.
  - Avoid sodas, milk shakes, fries, onion rings and high fat sauces.



# WEIGHT LOSS, MAINTENANCE, and PLATEAUS

Immediately after surgery you may lose weight quickly. As you get further away from your surgery date, your weight loss will occur more gradually and you may even find it difficult to lose weight. Here are some tips to ensure you meet and maintain your full weight loss potential.

- ❖ **Keep all follow-up appointments and attend support groups.** Our support group is here to help you. Call us or schedule an appointment if you hit a plateau or gain more than 10#.
- ❖ **Keep fluids and foods separate.** Fluid will cause the food to exit your stomach more quickly allowing you to eat more in a meal and feel hungry more quickly.
- ❖ **Eat protein first.** Not only is protein important for keeping up your energy, but it also digests more slowly than carbohydrates, which helps you to stay full longer.
- ❖ **Avoid sweets.** Sugar provides calories but NO nutritional value. Sugar digests very quickly leaving you hungry again shortly after eating.
- ❖ **Avoid refined carbohydrates.** White bread, pasta, and rice, as well as sugary cereals, large bagels, chips and most crackers are high in calories but low in fiber and protein. This means they will be digested quickly, leaving you hungry soon after eating them. Stick with protein first and high fiber carbohydrates such as whole grains, fruits and veggies.
- ❖ **Choose low-fat foods.** Fat has twice as many calories per gram as protein. Avoid fried foods, creamy sauces, regular mayonnaise, salad dressing, cream cheese, etc.
- ❖ **Eat slowly.** It takes 20 minutes for your stomach to tell your brain you are full. Put your utensils down between bites, chew your food thoroughly, and stop eating when you feel satisfied.
- ❖ **Avoid distractions while eating.** Do not do any other activities while you eat; do not eat while driving, talking on the phone or watching TV. When you are distracted you are more likely to overeat. Focus on the taste, smell, mouth feel and texture of the food you are consuming.
- ❖ **Plan ahead.** Do not leave it up to chance; plan ahead for all meals and snacks. Shop from a list at the grocery store. Plan what you will eat at parties, work meetings, on vacation, etc.
- ❖ **Eat small meals and snacks.** Aim for 4-8 ounces per meal, but overall listen to your body. When you are full, stop eating.
- ❖ **Do not graze.** When you pick at foods all day long, those calories really add up and can cause weight gain. Plan your snacks; make sure they contain protein and if you want crackers or another starch snack food, count out the serving size onto a plate, put the box away and leave the room before beginning to eat.

- ❖ **Sugar-free does not mean calorie-free.** Sugar-free cookies, ice cream, candies, etc. can have just as many calories as the regular version. Check the food label for calories as well as sugars and eat these foods sparingly.

Avoid high calorie and carbonated beverages. **The bubbles in carbonated beverages can make your pouch expand, allowing you to eat more. High calorie beverages do not make you feel full, so you still have room to add calories from food. Choose sugar-free beverages instead.**

## **AFTER ACHIEVING YOUR WEIGHT LOSS GOALS**

After achieving their weight loss goals, the vast majority of patients eventually go back to a regular modified diet. Calorie levels of 1000 – 1400 calories daily are an average intake long-term but everyone is different so check with your bariatric dietitian if you have questions. You should also continue to focus on a high-protein diet that is low in calories. Vitamin and mineral supplementation should continue for the balance of your life as recommended.

## **CONCLUSION**

This patient education packet was written for the purpose of preparing our patients for the life changes that will follow their weight loss surgery. Our goal at Hawasli & Associates is to assist you in losing weight, improving your health, and enjoying a new life. While our comprehensive program is an important first step, your follow-through and compliance will help you achieve the results you desire. We wish you the best as your life's journey continues with what hopefully will be wonderful changes.

**NOTE: If you did not have your weight loss surgery by Hawasli & Associates, these guidelines may not be applicable to you. Consult your own surgeon or physician for follow-up advice.**

# **FITNESS/EXERCISE**

Light walking immediately after your surgery for 5-10 minutes is necessary. It is also important during the first several weeks after surgery that every hour of the day, you get up and move around. You can initially walk in your house, progressing to outside walks when you are ready. You can progress to more demanding exercise after you return to work when you feel up to it. If walking is your primary exercise, try increasing your walking distance to 1 mile per day.

To assist you in enjoying your exercise, we recommend that you make it part of your regular routine, that you exercise with a friend, and that you consider exercising to music. It is also important that you find a type of exercise that you enjoy. Many patients enjoy mall walking or water aerobics, as examples.

If you have any questions about your ability to endure any type of fitness program, specific exercise or physical activity, ask your doctor.

## **WHY IS EXERCISE IMPORTANT?**

- Exercise helps improve your energy level.
- Exercise helps build and keep muscle; muscle burns more calories than fat, so as you build more muscle, you will burn more calories throughout the day.
- Exercise can help strengthen your bones, especially weight-bearing exercise such as walking which can help against osteoporosis.
- As you start to notice the positive changes in the way your body looks, your confidence and self-esteem will improve.
- A regular physical activity routine improves your coordination and balance, which helps to avoid injuries.

## **CHOOSING PHYSICAL ACTIVITY**

There are certain features you should look for when choosing the ideal exercise to engage in regularly. Consider the following things when developing an exercise program:

- Do not start to exercise until your surgeon gives you permission.
- Exercise should be fun to do. If you want to make something a routine, you need to find something you enjoy. Whether it is walking, running, swimming, or dancing to name a few, the exercise you choose must be something YOU choose to do.
- Exercise activity should fit within your financial budget. You do not need to join a gym in order to be active. You should consider all costs if you decide to join a class or fitness

center. Or if you choose to purchase equipment for home, keep in mind the quality of construction. Walking is one of the best forms of physical activity, and it's FREE!

- Choose exercise that can fit into your daily schedule. If it's inconvenient, it won't last!
- Consider limitations or injuries. Not everyone is meant to do certain activities, so make sure you discuss your exercise program with your primary care physician or surgeon.
- The type of exercise is also an important component to your routine. You need aerobic activity (ex. Walking) as well as strength training. It can help you create muscles, which burns fat.
- Exercise should be a year-round activity. Adding seasonal activities to your regular exercise routine can be fun and help prevent boredom that can occur into your daily exercise routine.

## **IMPORTANCE OF STRETCHING**

The long-term effects of implementing a more active daily living pattern will help improve the quality and longevity of life. Stretching is the first step in developing an exercise routine. Below are some simple ideas to help get you started on stretching:

- Upon waking in the morning, stretch! Start with a yawn; stretch your arms, legs, hands, and feet. Move all of your joints before getting up – it will help wake you up and become part of your daily routine. (Notice this is how dogs and cats always wake up)
- Stretch your neck muscles by turning your head from side to side as far as it will go with your chin above the top of your shoulder.
- Lift your chin by tilting your head back as high as you comfortably can, then tilt your head forward again, to straight up and down.
- Use cat-like motions, stretch your trunk muscles by extending your arms sideways and twisting your body to the right and then to the left. Take your time and do not make jerking motions.
- Stretch your back muscles by bending over and grasping both ankles with both hands from behind. Pull your shoulders towards your knees as far as they will go using only a gentle stretch.
- Lastly, lift your right arm straight up with your hand above your head, and reach for the ceiling. Reach as high as you can, then repeat with the other arm.

These five basic stretches will take about a minute to complete and will put you on a start to be more flexible. As you feel more comfortable doing them, make it your goal to stretch several times a day.

# WAYS TO INCREASE ACTIVITY

Our society has made it easier to do everything from washing dishes to changing the channel on the television. This has made us less physically active. Set some goals for yourself to increase your activity in everyday life. Here are a few ideas:

1. Start out being on your feet for at least one hour per day more than you are now and gradually add more and more time per your comfort level.
2. If you work at a desk, try to take breaks where you stand, and take telephone calls standing up when possible. When doing chores such as ironing and folding clothes, stand.
3. When standing, fidget – try to move some of your muscles, shift your weight, and raise and lower yourself up and down on your toes. This can be accomplished while cooking, waiting for an elevator, or brushing your teeth.
4. Always sit down when eating a meal. Take time to eat small bites and eat slowly. Remember also to chew thoroughly.

In order to increase activity, you also need to build your endurance. It will help you prepare for an exercise program and everyday activities can help accomplish this.

1. Start walking past your house 3 -5 houses and back. Gradually increase the number of houses per your comfort level to help build endurance. Before you know it you'll be walking miles!
2. Walk around your house and use a pedometer to gauge the number of steps you take when doing chores.
3. Begin strength training. Try quad flexing, mini-squats, or using soup cans for arm lifts.
4. Use the stairs instead of an escalator or elevator.
5. Put away the remote control – get up to change channels.
6. Park farther away from your destination and walk.

# PULSE RATE

Your pulse rate is a good indicator of how hard your body has to work in response to an exercise load.

A slower pulse with exercise = better fitness.

To find your pulse, place your wrist with palm up. Use your 2<sup>nd</sup> and 3<sup>rd</sup> fingers from your opposite hand and place them on the groove on the thumb side of your wrist. You should be able to feel a pulse. Another good place to find your pulse is over the large carotid artery on the side of your neck. Place your 3 middle fingers just above the collarbone in front of the strip of muscles running vertically in the neck.

After finding your pulse, count it so you know how many beats per minute your heart is beating. Start by counting your pulse for a full minute. A stopwatch or a wristwatch with a second hand may be helpful. You should get in the practice of knowing your pulse rate before, during, and immediately after stopping exercise. Once you practiced taking your pulse rate, a shortcut is to take your pulse for 15 seconds and then multiply it by four. In order to build muscle and improve your fitness level, you need to exercise at the proper intensity level. You want to get your pulse rate to a target zone and maintain that zone for at least 5 minutes

## **TARGET HEART RATE**

On the next page is a chart for the average target heart rate for different ages. Look at the age closest to yours to find your average target heart rate. When you are starting an exercise program, you should aim for the lower end of your target heart rate zone (50%). You can continue to build up to a higher intensity workout, which would put your heart rate at the higher end of the target zone (75%). Your maximum heart rate is about 220 minus your age.

Note: Some medications can affect your heart rate; high blood pressure medications in particular can lower your maximum heart rate and target zone rate. You should always contact your physician if you are taking medications that may affect your heart rate before you begin an exercise program to help determine the best heart rate zone for you.

When first starting an exercise program, you should take your heart rate often to help you determine if you are at your target heart rate. After you develop a skill in determining your target pulse rate, you will only have to check your pulse rate at the end of each fitness session. As your fitness improves, you will notice the same level of exertion produces a slower pulse rate

# Target Heart Rate Zones

<b>Age</b>	<b>Target HR Zone 50–85 %</b>	<b>Average Maximum Heart Rate 100 %</b>
20 years	100–170 beats per minute	200 beats per minute
25 years	98–166 beats per minute	195 beats per minute
30 years	95–162 beats per minute	190 beats per minute
35 years	93–157 beats per minute	185 beats per minute
40 years	90–153 beats per minute	180 beats per minute
45 years	88–149 beats per minute	175 beats per minute
50 years	85–145 beats per minute	170 beats per minute
55 years	83–140 beats per minute	165 beats per minute
60 years	80–136 beats per minute	160 beats per minute
65 years	78–132 beats per minute	155 beats per minute
70 years	75–128 beats per minute	150 beats per minute

Source: American Heart Association Website  
[www.americanheart.org](http://www.americanheart.org)

# **PRESCRIPTION FOR FITNESS**

- Before exercising, spend 5 to 10 minutes in a warm-up period – this should be a moderately progressive increase in moving the joints through their full range of motion and increase your heart rate to about 50% of your maximal heart rate.
- Aerobic, rhythmic and repetitive activity should be 20 – 30 minutes long
- The Activity should be continuously sustained with your heart rate in the target zone for a minimum of 5 minutes, longer as you build up your endurance.
- After your 20 – 30 minute workout, you should complete it with a 5 to 10 minute cool down period. Fitness activity should never stop abruptly – this could lead to a sudden drop in blood pressure or lightheadedness or dizziness. Instead, you should decrease your movement and perform gentle stretches to conclude your session.
- Alternate aerobic and strength training throughout the week.
- You should be doing aerobic exercise 3 to 5 days a week and strength training should be done 2 to 3 days a week on non-consecutive days.

## **INCORPORATE WALKING INTO YOUR NEW LIFESTYLE**

Walking is one of the easiest forms of exercise, requires no special equipment, and can be done in most any weather. The American Medical Association reports “Walking briskly, not just strolling is the simplest and also one of the best forms of exercise.” Michigan has created The Michigan Steps Up program to help get you motivated to begin a healthier lifestyle – [www.michiganstepsup.org](http://www.michiganstepsup.org). It includes not only tips for physical exercise, but also for other healthy lifestyle changes. Here are a few tips to start a walking program. If you are not ready for more exercise, walking is a great way to start.

- Select a site where you will complete your walking activity and measure the distance using a pedometer. A mile is a good distance to start with.
- When you start walking, walk the mile at a comfortable pace. As you improve your endurance, increase the speed of your walk to a brisk pace.
- Practice taking your pulse like mentioned in the above section
- Eventually you want to build up to a pace that will build your endurance (at least 3 mph on average). Aim for a speed rate of about 3.5 mph.



## BENEFITS OF WALKING

1. May prevent the formation of blood clots in your arteries and veins.
2. Helps counteract the nervous stress and strain of daily living – clears your mind.
3. Puts spring in your step.
4. Enables you to enjoy life.

If walking is still difficult on your joints, try swimming or water aerobics as a great alternate activity. Water aerobics allows the buoyancy of the water to help keep your movement. Water activities also can help you improve your flexibility, strength, and cardiovascular endurance while decreasing the possibilities of injury.

## FACTS ABOUT EXERCISE:

- To lose one pound = 3500 calories
- Strenuous exercise = 10 calories per minute
- 30 minutes exercise = 300 calories
- To lose one pound = 7.5 hours of strenuous exercise
- Remember: 1 candy bar has 200-300 calories (that is one half hour of exercise)
- On average, walking 1 mile = burning about 125 calories
- To lose one pound = walking 22.5 miles at a normal pace

## THE IMPORTANCE OF A FITNESS PROGRAM

In order to achieve a level of fitness, you cannot simply repeat the same exercise or type of movement at each session. At the end of the year, you would not be much better off than after the first month of starting the exercise program. If your goal is to improve your endurance, you always just need to do a little bit more than what you did before.

When you first begin exercising start slightly above your current level of ordinary activity. As you become more and more physically fit, you should be able to push yourself a little harder each day. Even if you think you are “unfit” right now, you can improve yourself by gradually increasing the amount of workload that is within your limit of tolerance. If you continue improve upon your fitness goals, you will definitely be in better shape than from a year ago when you started. This is the difference between a fitness program and a series of uncoordinated workouts.

Use your target heart rate as a guide. If you are walking at 3 mph and it does not get you into your target heart rate zone, you probably need to increase your speed to around 3 ½ mph. In a few weeks you will most likely need to increase your speed again to achieve the same results. You want to continually upgrade your fitness program.

Important Tips:

- If you don't use it, you will lose it! If your fitness routine has been interrupted, you must work yourself back gradually to recapture your prior level of fitness.

- **Regular fitness habits must become part of your everyday life to be successful!** After 48 to 72 hours, you must use your muscles again to maintain the desired fitness results; in 5 weeks of discontinued exercise, all gains will be lost.
- **Fitness is a benefit you can't buy!** Fitness and the benefits to your health that it provides is the best investment you can make. The health profits are immeasurable.

**So now you are ready to start moving! Just remember:**

1. Instant fitness is not possible, so don't overdo it.
2. Ease into your fitness program to avoid symptoms of overexertion.
3. An irregular pulse reading during exercise is cause to stop the activity immediately and to consult your physician before resuming.
4. Your heart rate at the end of the fitness session should serve as a guide to make sure your exercise was the appropriate intensity. If your heart rate is too high, you may need to decrease the speed or intensity of your exercise.
5. Observe your breathing during the cool down period. If you are still short of breath at 10 minutes after your workout, you are probably working out too hard.

**A slow, steady, regular and progressive increase in workload is the key to a lifelong successful fitness program.**

# USEFUL WEBSITES: GENERAL INFORMATION

## <http://www.bsresourcecenter.com>

- Provides information and resources for post-surgical patients including surgical patient's stories, chat room, and resources.

## <http://www.obesityhelp.com>

- Provides resources and peer support for morbid obesity and weight loss surgery including finding a surgeon, researching surgery, insurance questions, post-surgery support, before and after pictures of post-op patients and an on-line chat room just to name a few of its resources.

## <http://www.nlm.nih.gov/medlineplus/obesity.html>

- Provides multiple articles regarding obesity in the general population from various internet websites.

## <http://www.homanmd.com>

- Provides detailed information on the Roux-en-Y gastric bypass procedure including information regarding anesthesia, bariatric frequently asked questions and testimonials.

## <http://www.asbs.org>

- Provides information regarding the types of bariatric surgery including risks and complications. The site is a reference for healthcare professionals regarding surgery standards.

## <http://www.obesity.org>

- Provides a very comprehensive look at the disease of obesity as well as provides advocacy information.

## <http://www.yaleruddcenter.org>

- Provides information on food policy and obesity as well as the latest research about how food marketing in the media influences the population.

## <http://www.livingafterwls.com/index.html>

- Provides a no nonsense resource for people living after weight loss surgery.

## <http://health.groups.yahoo.com/group/ossg/>

- Provides discussion and support for the physical and emotional issues as they relate to obesity surgery for the morbidly obese.

## <http://www.obesityaction.org>

- Coalition for patients, family members, and healthcare professionals.

**<http://www.mayoclinic.com/health/gastric-bypass/HQ01465>**

Provides detailed information about weight loss surgery options as well as videos detailing each procedure.

**<http://www.thinnertimes.com>**

- Provides information by two surgeons who perform gastric bypass surgery including detailed pictures on the surgery, as well as a forum and a discussion group.

**<http://www.healthchecksystems.com/food.htm>**

- Provides nutritional information on the healthiest food choices at fast food restaurants.

**<http://www.cdc.gov/obesity>**

- Online source for credible health information. Search for obesity articles and healthy lifestyle topics.

**<http://www.blonz.com>**

- Provides scientific information nutrition, health and wellness through a series of articles.

**<http://www.shapeup.org>**

- Provides fitness and weight loss programs as well as fitness focus and portion control quizzes to help you get started.

**<http://www.diabetes.org/home.jsp>**

- Provides information about the disease of diabetes including nutrition, recipes, weight loss, exercise, recipes, food labels, and prevention.

**[http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/nutrition\\_350\\_ENU\\_HTML.htm](http://www.eatright.org/cps/rde/xchg/ada/hs.xsl/nutrition_350_ENU_HTML.htm)**

- Provides a series of "fact sheets" designed to answer questions about food, nutrition, and weight management by the American Dietetic Association.

**<http://www.essentialnutrition.org/>**

- The Partnership for Essential Nutrition is a broad-based group of non-profit consumer, nutrition and public health organizations formed in 2004 to promote programs, policies and research that will advance public understanding about the essentials of a nutritionally balanced diet for weight loss and beyond...

**<http://amplestuff.com>**

- Amplestuff is a unique company which was established in 1988 to serve the special needs of the millions of men and women who are plus or supersize. Some products are plus-sized versions of items that are readily available to average size people.

**<http://www.justwalk.com/index.aspx>**

- This is an on-line exercise / weight loss tracking journal that keeps you motivated and in shape!

**[http://www.truestarhealth.com/health\\_software/nutritionpage.asp](http://www.truestarhealth.com/health_software/nutritionpage.asp)**

- Truestar's cutting edge Nutrition plan is perfect for weight loss, muscle building, dealing with a medical condition, or simply healthy eating and optimal wellness.

**<http://www.prevention.com>**

- Prevention magazine site provides diet and weight loss news, wellness, health and fitness information, exercise tips, message boards, food recipes, and tools.

**<http://www.win.niddk.nih.gov>**

- Weight Control Information Network- Provides obesity statistics and facts. Available publications and resources on nutrition, physical activity, and weight control.

**<http://www.healthwalkers.com>**

- Health Walkers is a walking club and fitness tracking website where individuals statistically monitor their goal progress and health activities for motivational value.

**<http://www.makemeheal.com>**

- Online source of post-gastric bypass surgery compression garments for men and women, pre- and post-bariatric vitamins and high weight capacity recovery and daily living products for home use.

**<http://www.lipoinabox.com>**

- Women's compression garments that offer support and comfort.

**<http://www.walkerswarehouse.com>**

- Retailer for walking shoes, pedometers, clothing, and fitness related products. Stores and online /mail order available.

# WEBSITES FOR VITAMINS, PROTEIN SUPPLEMENTS AND RECIPES

## **www.revivalsoy.com**

- Web store and information source for high quality soy protein products including shakes, bars, chips, nuts, pasta, and coffee.

## **www.allrecipes.com**

- Provides thousands of free recipes. Take caution when searching this site as many "low calorie" recipes are not always truly low in calories. There are low carbohydrate, low sugar and recipes made with Splenda.

## **www.smartforme.com**

- Specifically designed products provide a convenient source for high protein products.

## **www.allthewhey.com**

- Source for protein products.

## **www.unjury.com**

- Unjury meets the needs of bariatric surgery patients as a source of protein.

## **www.bariatricchoice.com**

- Protein foods, vitamins, and supplements.

## **www.bariatriceating.com**

- Provides protein supplements, vitamins, sugar free products and more.

## **www.walgreens.com**

- Walgreens pharmacy that provides online orders for high quality bariatric vitamin And protein supplements.

## **www.absolutesupplements.com**

- Bariatric support to find large selection of protein powders and bars.

## **www.isopurerx.com**

## **www.a1nutrition.com**

## **www.cheapvitamins.com**

## **www.vitaminworld.com**

## **www.drugstore.com/isopure**

## **www.planetsupplements.com**

## **www.supplementwarehouse.com**

# WEBSITES FOR FOOD JOURNALING OR CALORIE INFORMATION

[www.livestrong.com](http://www.livestrong.com)  
[www.sparkpeople.com](http://www.sparkpeople.com)  
[www.calorieking.com](http://www.calorieking.com)  
[www.fitday.com](http://www.fitday.com)  
[www.caloriecounter.com](http://www.caloriecounter.com)

# RECIPES

**Protein Drinks** – Below are some recipes to help get in your protein with some variety and flavor!

## **BANANA PROTEIN NOG**

1 scoop vanilla protein powder

1 cup skim milk

A one inch chunk of banana

1/8 teaspoon nutmeg

1/2 teaspoon vanilla

Place all ingredients in blender and process until smooth.

## **CHOCOLATE PEANUT BUTTER SMOOTHIE**

12 ounces of water

12 ice cubes

1 scoop chocolate protein powder

1 teaspoon of natural peanut butter

Place all ingredient in blender and process until thick.

## **HAZELNUT CAPPUCINO**

1 scoop Nectar Cappuccino protein powder or other coffee flavored protein powder

1-cup cold decaf coffee

1-2 tablespoons sugar free hazelnut syrup

Ice

Process in blender until smooth and creamy.

## **PROTEIN FRUIT SMOOTHIE**

1 scoop of protein powder, flavor of your choice

1-inch chunk banana

2-3 strawberries or ¼ cup blueberries

½ cup no sugar added vanilla or plain yogurt

Ice

## **CHOCO-VANILLA PROTEIN SHAKE**

1 scoop Chocolate protein powder

1 scoop Vanilla protein powder

1 cup milk

½ cup water

Ice

Mix until smooth.



### **DREAMSICLE PROTEIN DRINK**

2 scoops vanilla protein powder

1/2 cup cold skim milk

1 cup orange Sugar-free Tang, or orange-flavored Crystal-lite

10 ice cubes

Place all ingredients in blender and blend until smooth and creamy

### **CREAMY FUZZY NAVEL**

1 scoop Nectar Fuzzy Navel protein powder

1/2 cup fat-free milk

1/2 cup no sugar added peach or vanilla yogurt

3-4 ice cubes

Process in blender until smooth and thick.

### **NECTAR PROTEIN COCKTAIL**

1 tub Crystal Light

4 scoops Nectar, fruit juice flavored whey isolate

Prepare the Crystal Light in a plastic pitcher using 64 ounces of water, or to your taste. Using a silicon whisk or large spoon, blend in 3-4 scoops of Nectar. Keep chilled and consume within 24 hours of preparation to ensure freshness. Stir before pouring as some settling occurs. Great flavor combinations include:

**Crystal Light Fruit Punch and Nectar Twisted Cherry**

**Crystal Light Sunrise Orange and Nectar Fuzzy Navel**

**Crystal Light Pineapple Orange and Nectar Fuzzy Navel or Caribbean Cooler**

**Crystal Light Peach Tea and Nectar Lemon Tea**

**Crystal Light Raspberry Lemonade and Nectar Roadside Lemonade, Strawberry Kiwi or Twisted Cherry**

### **PROTEINA COLADA**

1 scoop Vanilla Protein Powder

1 cup skim milk

2 drops McCormick Imitation Pineapple Extract

2 drops McCormick Imitation Coconut Extract

Mix the vanilla protein with milk. Add the coconut and pineapple extract. Adjust to taste.

### **DIET V-8 SPLASH PROTEIN DRINK**

6-8 ounces Diet V-8 Splash

One scoop of unflavored protein powder

Mix until blended.

These are just a few ideas. Experiment! Mix different flavors with milk, yogurt, or sugar-free beverages to find your favorite protein drink!

**Appetizers/Salads** – Here are some good recipe ideas for entertaining and to bring with you to parties.

### **DEVILED EGGS**

8 hard boiled eggs  
2 tablespoon dill pickle, finely chopped  
4 tablespoons celery, finely chopped  
2 green onion, finely chopped  
4 ounces cooked ham, finely chopped  
4 tablespoons light mayonnaise  
3 tablespoons mustard  
Salt and pepper to taste

Optional garnish: paprika

Cut eggs in half lengthwise; remove yolks and place into a bowl. Mix in pickle, celery, green onion, ham, mayo, and mustard. Season to taste with salt and pepper. Fill egg halves with mixture. Yields 8 servings.

### **LOW CAL MANDARINE ORANGE SALAD**

1 box sugar –free orange Jell-O  
8 oz. low fat cottage cheese  
1 container light Cool Whip  
1 small can mandarin oranges drained  
Prepare Jell-O by following directions on box (by boiling one cup water and dissolving Jell-O, add one cup cold water). Do not refrigerate yet.  
Combine Jell-O mix, cottage cheese, light Cool Whip and mandarin oranges until all ingredients are mixed together  
Refrigerate for at least six hours or until dish is set  
Makes 8 servings

### **CRAB DIP**

8 ounces light cream cheese, softened  
1/3 cup light mayonnaise  
½ teaspoon seasoned salt  
1 ½ tablespoons dried minced onion  
1 teaspoon prepared mustard with horseradish  
1 tablespoon chopped parsley (dried)  
Dash of garlic powder  
1 can (6 oz.) of crab meat  
Fresh raw veggies for dipping  
Blend together cream cheese, mayo, mustard, onion, and seasoned salt. Fold in parsley, garlic powder, and crab meat. Serve hot or cold.

### **THREE BEAN SALAD**

1 can garbanzo beans (drained and rinsed)  
1 can kidney beans (drained and rinsed)  
1 can black beans (drained and rinsed)  
½ small onion (finely chopped)  
1 large tomato (finely chopped)  
1 cup green olives (thinly sliced)  
1 cup black olives (thinly sliced)  
½ bunch fresh dill (finely chopped)  
3 cloves garlic (minced)  
½ cup olive oil  
4 tablespoons lemon juice

Salt & Pepper to taste

Place all ingredients into a large bowl and mix well. Marinate overnight. Makes 4 servings.

### **PUMPKIN PUDDING**

1 package vanilla Jell-O Sugar-free Instant Pudding Mix

1 cup skim milk

2 scoops vanilla protein powder

½ cup canned pumpkin (not pumpkin pie mix)

½ teaspoon pumpkin pie spice

Measure 1 cup of cold skim milk

Add 2 scoops of protein powder to the 1 cup milk

Mix thoroughly the by shaking or stirring

Then follow the pudding package directions by putting the Jell-O Sugar-free Instant Dry Pudding Mix into a bowl

Add pumpkin pie spice to dry pudding mix

Blend spice and dry pudding mix with a fork

Pour in protein powder and milk mixture

Add ½ cup canned pumpkin

Stir/beat until thoroughly mixed (a wire whisk or mixer works best)

Place in a small container and chill in the fridge

Top with 1 tablespoon Sugar-free Cool Whip. Enjoy!

Makes 3 – ½ cup servings

**Main Dishes** – Here are a few quick meal ideals for anytime of the day

### **HERB SCRAMBLED EGGS**

1 tablespoon low-fat margarine

4 eggs

1 ½ tablespoons skim milk

¼ teaspoon salt

1 teaspoon chopped fresh tarragon, parsley, chives, or thyme (or a combination of them)

Salt and pepper to taste

Melt margarine in a nonstick skillet over medium heat. Pour in the eggs. Cook for one minute.

Gently scramble the eggs; add herbs when eggs are about done. Makes 4 servings.

## **CHILI**

2 pounds extra lean ground beef or ground turkey

3/4 cups onion, diced

3/4 cups red or green pepper, diced

16 ounces stewed or diced tomatoes

8 ounces tomato sauce

2 ½ tablespoons Worcestershire sauce

½ tablespoon oregano

2 teaspoons chili powder

½ teaspoon Tabasco sauce, or to taste

Sauté onions and green peppers. Brown beef and turkey and then remove grease. Add tomatoes, ½ of the seasoning, onion and peppers, and cook through. Add remaining seasonings about 10 minutes before serving.

## **WHITE CHILI**

1 pound boneless, skinless, chicken, cut into cubes

1 medium onion chopped

1 ½ teaspoon garlic powder

1 tablespoon canola oil

2 cans (15 ½ oz.) great northern beans

1 can chicken broth

2 cans chopped green chilies

1 teaspoon salt

1 teaspoon cumin

1 teaspoon oregano

½ teaspoon pepper

¼ teaspoon cayenne pepper

1 cup low fat sour cream

Sauté chicken, onions, and garlic powder in oil until chicken is no longer pink. Add beans, broth, chilies, and seasonings. Bring to a boil; reduce heat and simmer for 30 minutes. Remove from heat, stir in sour cream and serve immediately.

## **BAKED CITRUS-HERB SALMON**

1 skinless salmon fillet 1 teaspoon sea salt

1/2 teaspoon freshly ground black pepper

1 tablespoon grated orange rind

1 bunch fresh herbs: chives, thyme, oregano and tarragon

2 tablespoons grated lemon rind

1 or 2 lemons thinly sliced

Non-fat Cooking spray

Preheat oven to 450°

Line a shallow roasting pan with foil then coat foil with cooking spray.

Sprinkle salmon with salt and pepper. Mix rinds; spread over fish.

Arrange chives, thyme, oregano, and tarragon horizontally across fish.

Position lemon slices on top of herbs.

Place fish on prepared pan. Cover with foil; seal. Bake at 450° for 30 minutes or until fish flakes easily when tested with a fork. Serve warm or at room temperature.

Prepares 4 – 4 oz. portions

### **GRILLED SALSA CHICKEN**

1 jar of your favorite salsa

Boneless skinless chicken breast

1 package shredded low-fat cheese

Black beans

Salt & Pepper to taste

Heat grill to medium high (or heat broiler).

Salt and pepper both sides of the chicken pieces

Place on grill and cook approximately 6 minutes per side until cooked thoroughly. Spoon some salsa on each cooked piece of chicken and top with shredded cheese, and sprinkle with a few black beans. Turn heat to low and close grill lid allowing the cheese to melt atop the salsa. Serve warm. Source: [www.livingafterwls.com](http://www.livingafterwls.com)

### **CHICKEN & SWEET ONION CASSEROLE**

3 - 4 Boneless skinless chicken breast halves

3 - 4 large red-skinned or Yukon Gold potatoes, peeled and sliced 1/4 inch thick

3 - 4 medium Vidalia sweet onions, peeled and sliced 1/4 inch thick

1 can low-sodium condensed cream of mushroom soup

1/4 cup plain yogurt

1/4 cup chicken broth

8 ounces sliced mushrooms

Salt, pepper, and paprika

Pre-heat oven to 350 degrees.

In the bottom of a two-quart casserole dish, layer the potatoes, mushrooms, onion, and chicken. Sprinkle with salt and pepper to taste.

In a small bowl combine the condensed soup, yogurt, and chicken broth. Pour over casserole ingredients. Sprinkle with paprika. Cover casserole tightly with foil and bake for 1 hour.

Allow to stand at room temperature 5-10 minutes and then enjoy!

# COOKBOOKS

- [www.livingafterwls.com](http://www.livingafterwls.com)

A Neighborhood Collection of Recipes – “Living After WLS” cookbook for Weight Loss Surgery Patients by Weight Loss Surgery Patients – available to order on the website.



[www.obesityaction.org/walk/walkfromobesitycookbook.php](http://www.obesityaction.org/walk/walkfromobesitycookbook.php)

- The Walk from Obesity is excited to debut the official “Walk from Obesity” cookbook. The purpose of this cookbook is to provide readers with healthy delectable recipes that will provide their palate with a flavorful sense of exquisite taste and nutrition.” Cookbook can be ordered from the website. Proceeds go to the walk from Obesity.
- “Eating Well After Weight Loss Surgery: Over 140 Delicious Low-Fat High-Protein Recipes to Enjoy in the Weeks, Months and Years After Surgery” (Paperback). Available at [www.amazon.com](http://www.amazon.com)
- “Recipes for Life After Weight-Loss Surgery: Delicious Dishes for Nourishing the New You” (Paperback). Available at [www.amazon.com](http://www.amazon.com)



[www.bariatriceating.com](http://www.bariatriceating.com)

- “Before and after” cookbook, revised 2007 edition – “Before & After” is both a memoir and a cookbook—an intimate account of Leach’s own transformation, as well as a guide for those who have undergone or are considering the procedure. As Leach has learned in the six years since her operation, weight-loss surgery is not an event with a finish line or a goal weight—it is the beginning of a new way of life.”