

**TO HELP YOU LOSE WEIGHT AFTER YOUR GASTRIC BYPASS REVISION, YOU CAN CYCLE BETWEEN SOLID AND LIQUID FOODS AS PER THE INSTRUCTIONS BELOW:**

- Start with 2 weeks of protein shakes (Stage 3)
- Then revert back to the solid calorie diet (Stage 5) for 2 weeks.
- DO NOT eat solids when taking in protein shakes and do not drink protein shakes when eating the solid calorie diet.

These stages are reproduced below for your convenience:

**STAGE 3: PROTEIN SHAKES**

Begin: 24 hours after procedure

Duration: 45 days

Fluid Goal: 60 ounces per day  
(protein drinks count towards fluid goal)

Protein Goal: 60 grams per day

Calorie Goal: 900 – 1000 calories per day

- Vitamins:
- 1) TWO chewable multivitamins (children's or adult)
    - Centrum adult or children's complete chewable
    - Flintstone's complete chewableOR
    - TWO tablespoons of liquid multivitamin
      - Centrum liquid
  - 2) Calcium Supplement with Vitamin D 1200 – 1500mg per day
    - Maximum 500 mg per dose
    - Calcium Citrate is preferred due to better absorption

DO NOT take the multivitamin and calcium at the same time taking together may interfere with each other's absorption

Diet instructions:

- Record all fluid intake
- Use 1 ounce medicine cups and take 1 sip every 5mins
- Do not exceed **8** ounces per hour
- Sip slowly and stop as soon as you feel full
- Do not use straw
- Avoid gulping, it introduces air into your system and may cause gas pains
- Plan ahead and have the protein drinks ready to drink
- Do not drink with meals
- It is VERY important that you stay hydrated

Guidelines for High Protein Supplement:

- Calories: 150-200cal/serving
- Protein: minimum of 15gm/serving
- Sugar: maximum of 10gm/serving

Fluid options: All from Stage 1:

- Water
- Crystal light
- Propel Fitness Water or G2
- Bouillon or broth
- Fruit<sub>2</sub>O
- Decaffeinated coffee or tea (Diet Snapple)
- "Flat" decaffeinated diet soft drink or diet ginger ale
- Sugar – free popsicle (less than 20 calories each – limit 2-3 per day)

Sample Meal Plan:

8am	8oz Protein drink – 100-150cal
9am	8oz Water
10am	8oz Protein drink – 100-150cal
11am	8oz Water
12pm	8oz Protein drink – 100-150cal
1pm	8oz Water
2pm	8oz Protein drink – 100-150cal
3pm	8oz Water
4pm	8oz Protein drink – 100-150cal
5pm	8oz Water
6pm	8oz Protein drink – 100-150cal
7pm	8oz Water
8pm	8oz Protein drink – 100-150cal
9pm	8oz Water

Sample protein shakes: See the end of this handout

**STAGE 5: SOLID CALORIE DIET**

Start: 2 months postoperatively

Duration: Ongoing

Diet Instructions:

- 900 – 1200 calories a day
- Do not consume protein shakes unless directed to do so by your physician
- all beverage should have zero calories, for example Crystal Light, Diet Snapple, Fruit 2O, water (see Fluid options above)
- Avoid all high calorie and soft, mushy foods that can easily pass through a dilated gastric pouch or dilated GJ outlet (stoma).
- Avoid any foods that dissolve in your mouth or do not require chewing

- Avoid all highly refined or processed foods
- Avoid condiments
  - i.e. butter, gravy, cream cheese, peanut butter, oil
- Avoid liquid calories, all beverage should have zero calories
  - Crystal Light, Diet Snapple, Fruit 2O, water, etc are ok to drink
- **Examples of foods to avoid:**
  - Beverages high in calories
    - Fruit juice, fruit smoothie or frappes
    - power drinks, soda, coffee with added cream or sugar
  - Foods that do not require chewing
    - Soups, cottage cheese, yogurt, peanut butter, mashed potato
    - apple sauce, pudding, ice cream
  - Foods that dissolve in your mouth
    - White rice, white bread, crackers, chips, pretzel, cereal
  - Foods that are processed
    - Cookies, protein bar, prepackaged foods, frozen meals
    - Fast food, 100 calorie packs of any kind
- **We encourage you to eat solid, bulky, high fiber, low fat foods.**

Sample Diet Plan:

Meal	Food	Liquid	Calories	Protein
Breakfast	-1 scrambled egg		78	6
	-1 piece whole wheat toast		100	3
	-2 links turkey sausage		140	13
		8 oz Decaf coffee	5	0
		8 oz water		
Snack	1 serving fruit		60	0
	Chewable Calcium	8 oz water	0	0
Lunch				
	2 cups salad greens with non-starchy vegetables 4 oz grilled/steamed chicken 2 teaspoons oil 1 Tablespoon vinegar OR 1 Tablespoon light dressing Herbs, salt, pepper		250-330	21-28
Snack	Chewable Multivitamin	8 oz water	0	0
	1 hard boiled egg		78	6
Dinner		8 oz water	0	0
	-3 oz grilled/steamed/poached fish -1 cup steamed broccoli -1/3 cup sweet potato Sodium free herbs/seasoning		120-150 50 80 0	21 2 3 0
Snack	Chewable Calcium	8 oz water	0	0
	1 serving fruit		60	0

		8 oz water	0	0
		8 oz water		
<b>Total</b>		<b>64 oz water</b>	<b>1021-1131</b>	<b>75-82g</b>

Variations:

*Instead of:*

1 Egg  
2 turkey sausages  
1 piece whole wheat toast

Breakfast above

1 serving fruit in AM

Lunch above

2 teaspoons oil and  
1 Tablespoon vinegar

1 hard boiled egg

Dinner above

1 cup cooked vegetables

*Use:*

¼ cup Egg beaters (30 calories, 6 g protein)  
2 veggie sausages (120 calories, 13 g protein)  
½ Whole wheat English Muffin

1 cup skim milk and ½ cup of steel cut or Irish oatmeal

½ cup grapes  
1 cup cubed melon  
1 cup fresh pineapple  
½ whole pear

3-4 oz meat, fish, or poultry, a non-starchy vegetable, and a starch (rice, pasta, potato)

1 Tablespoon regular salad dressing  
2 Tablespoons light salad dressing

¼ cup boiled edamame (soybeans)

3-4 oz meat, fish, or poultry, a non-starchy vegetable, and a starch (brown rice, whole grain pasta, baked potato)

2 cups raw vegetables (exclude starchy vegetables, such as peas, corn, potatoes, lima beans, plantain, squash, and yams)

### Protein drink options:

- **Isopure** – 40gm protein (liquid beverage), 25gm protein (1 scoop powder)
- **Liquacel** – 16gm protein, 0gm sugar (available at Target)
- **Gelatein** – 20gm protein, 0gm sugar:  
<http://www.medtrition.com/products/prosource-gelatein>
- **Slim Fast High Protein** – 20gm protein, 2gm sugar
- **Premier Protein High Protein Shake** – 30gm protein, 1gm sugar
- **Muscle Milk Light** – 20gm protein, 0gm sugar
- **EAS Myoplex Lite** – 20gm protein, 4gm sugar
- **EAS Advant Edge Carb Control** – 17gm protein, 0gm sugar
- **Pure Protein** – 35gm protein, 1gm sugar
- **Body Fortress Whey Protein Powder** – 30gm protein, 1gm sugar
- **Ensure High Protein** – 25gm protein, 5gm sugar
- **Glucerna Hunger Smart Shake** – 15gm protein, 6gm sugar
- **Optisource** – 24gm protein, 0gm sugar
- **Optifast HP** – 26gm protein, 10gm sugar

### High Protein Food choices

#### Gelatein 20

- Serving size 4 oz
- Calories 90
- Protein 20 gm
- Sugars 0 gm



Available online only

#### Six Star Whey Isolate

- Serving size 8 oz
- Calories 140
- Protein 30 gm
- Sugars 0 gm



Available at Wal-Mart, Target,  
CVS pharmacy and online

### Liquacel

- Serving size 4 oz
- Calories 90
- Protein 16 gm
- Fat 0g
- Sugar 0gm



Available online at Target.com

### Muscle Milk Light Protein Shake

- Serving Size 8 oz
- Calories 100
- Protein 14 gm
- Sugars 6 gm

Available at Wal-Mart, Target, GNC,  
Vitamin Shoppe and online



### Muscle Milk Light Protein Powder

- Serving size 8 oz
- Calories 100
- Protein 14 gm
- Sugars 6 gm



Available at Wal-Mart, Target, GNC,

Vitamin Shoppe and online

**Optisource: Very High Protein Drink**

- Serving size 4 oz
- Calories 100
- Protein 12 gm
- Sugars 0 gm



Available online only

**Optifast HP**



- Serving size 8 oz
- Calories 200
- Protein 26 gm
- Carbohydrate 10 gm

Available online only

**Glucerna Hunger Smart Shake**

- Serving Size 11 oz
- Calories 180
- Protein 15 gm
- Sugars 6 gm



Available at Wal-Mart, Target and online

**Ensure Active High Protein**

- Serving size 14 oz
- Calories 210
- Protein 25 gm
- Sugars 5 gm



Available at Wal-Mart, Target, Walgreens and online

**Body Fortress Super Advanced Whey Protein**

- Serving Size 1 scoop (50 gm) in 8 o
- Calories 200
- Protein 30 gm
- Sugars 4 gm



Available at Wal-Mart, Target,  
Walgreens pharmacy and online



### Pure Protein Shake

- Serving size 11 oz
- Calories 170
- Protein 35 gm
- Sugars 1 gm



Available at Wal-Mart, Target and online

### Isopure Zero Carb Drink

- Serving size 10oz
- Calories 80
- Protein 20gm
- Sugars 0gm



Available at GNC, Vitamin Shoppe and online

### Isopure Low Carb Protein Powder

- Serving size 8oz
- Calories 210
- Protein 50gm
- Sugars 1gm



Available at GNC,

Vitamin Shoppe and online

## Premier Protein High Protein Shake

- Serving size 11oz
- Calories 160
- Protein 30gm
- Sugars 1gm



Available at Wal-Mart, BJ's,  
Costco and online

## EAS Myoplex Lite

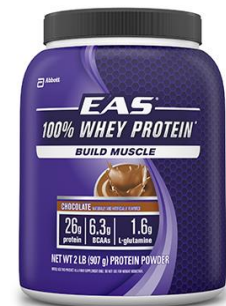
- Serving Size 11oz
- Calories 170
- Protein 20gm
- Sugars 4gm



Available at Wal-Mart, Target,  
major grocery stores and online

## EAS 100% Whey Protein

- Serving Size 1 scoop (39gm) in 8oz
- Calories 150
- Protein 26gm
- Sugars 2gm



Available at Wal-Mart, Target,  
major grocery stores and online