

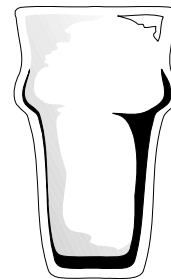
Gastric

Bypass



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Gastric Bypass



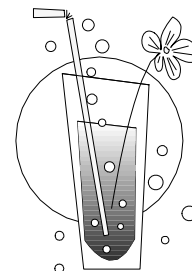
What are the vitamin deficiencies?

- *Fe, B12, Folic Acid, Calcium, Vitamin D
- See FFF Vitamin and Minerals
- Lifelong MVI (multivitamin), B12, Calcium needed
- to prevent anemia, osteoporosis, vitamin deficiencies



Stages: All Sugar Free & Low Fat

- *Stage I- Water
- *Stage II- Clear Liquids
- *Stage III- Full Liquids
- *Stage IV - Pureed or Blended
- *Stage V- Solid Foods
- See FFF Diets for each stage



Identifying Food Intolerances:

- *Vary with each individual
- any food that causes discomfort do not eat (keep a list)
- try 1 teaspoon and chew 20-30 times until mushy, swallow, wait 10 minutes, do again with 2 teaspoons and then 3 teaspoons (1 T.)
- if at any time causes discomfort- STOP and write down
- if no discomfort continue----You get a smile!!!



What can I do?

- *Stop when you feel full
- *Allow 30 minutes per meal, do not eat too fast
- *Do not lie down after eating
- *Avoid foods that cause discomfort**
- *Eat more pureed or liquid foods as tolerated
- *Talk with your Physician and his staff as needed
- *Talk with a RD about Meals, Complications



Gastric Bypass-Stage II Clear Liquid Patient

Bread or Starch Group:

Breakfast: Lunch: Supper: Snack:

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Desserts: (All Unsweet)

Plain gelatin, popsicles, fruit ices, sorbet, clear candy, use an artificial sweetener if desired

Fruit Group:

Breakfast: Lunch: Supper: Snack:

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Juices: (Strained, Sugar Free/Unsweet)

Clear Juices as: Apple, Grape, Cranberry, Pear, Cherry, Pineapple, Grapefruit (strained), Orange (strained), Lemon, Lime, Peach, **No:PULP**

Beverage Group: (Iced or Hot)

Breakfast: Lunch: Supper: Snack:

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All drinks and beverages must be unsweet as well as popsicles, decaffeinated as Diet Caffeine Free Coke, Pepsi, Sprite, Mountain Dew, coffee, tea, lemonade, limeade, grape, orange, or any drink that is sugar free and decaffeinated, water, broth

*This diet only provides about 500 to 700 calories per day, 10 to 12 grams of protein with <1 gram of fiber. Na is about 3 grams and Vitamin C at 155 mg per day and all other nutrients are inadequate.

*The **Clear Liquid Diet** only provide 500 to 700 calories per day. This is what your Physician has planned with your Gastric Bypass.

*To provide liquids with NO RESIDUE in the gastrointestinal tract.

***SHORT TERM DIET ONLY!!!!**



*Maximum time to use is 3 days and after this time advance to a Gastric Bypass Full Liquid Diet Plan as your Physician prescribed.

*Used in an acute illness, pre and post surgery, limit residue in the colon, gastric bypass surgery and some radiological procedures.

*Add procel or promod if extra protein is needed, get with your Physician

*Choose low-fat < 5 grams of fat a serving.

*< 10 grams of sugar per servings, avoid sweets, candies, cakes, pies, sugar foods.

***Avoid carbonated drinks to begin with , if drink leave out 1 hour to avoid stomach distention and abdominal distress, decreases carbonation.**

Soup Group:

Breakfast: Lunch: Supper: Snack:

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(If High Blood Pressure talk with your Physician) Clear chicken broth, chicken bouillon, beef broth, beef bouillon, consomme' - **all are high in sodium**

Purpose: The **Clear Liquid Diet (CLD)** is designed to minimize the amount of undigested material in the gastrointestinal (GI) tract where there is no residue, supplies fluid and energy.

Use: The **Clear Liquid Diet (CLD)** is used in pre and postoperatively, in acute inflammatory conditions of the GI tract, and in acute stages of any illness. Used with an elevated temperature, to decrease the amount of fecal material in the colon, and in some radiological studies. Should be short term not more than 24 to 48 hours.

Helps to prevent dehydration and thirst. Used for Gastric Bypass Surgery.

Foods Allowed: Foods that are liquid at room temperature & that you can see through. CLD provides fluids that do not stimulate digestive processes. Protein Powder as needed.



Adequacy: Inadequate in all nutrients except Vitamin C based on 1989 RDA's (Recommended Daily Allowances). Advance to a Full Liquid Gastric Bypass Diet as MD directs.

Choose from: Water, diluted juices (pulp free) 1 part juice/10 parts water, Diet Gelatin, unsweet drinks, sugar free popsicles, clear broth, decaffeinated drinks, NO Carbonated Drink unless MD or RD approves-must leave out 1 hour to decrease carbonation, stomach distress and discomfort.

Miscellaneous:

High protein broth, high protein gelatin, salt, salt substitute (salt substitute can only be used if physician agrees). If you have high blood pressure do not use salt because many of the foods on the CLD are high in sodium. Salt, pepper, sweet and low or artificial sweetener may be used if Physician allows.

***NO PRUNE JUICE**-stimulates peristalsis

***CLD (Clear Liquid Diet)** is low in calories, protein and other nutrients. Talk with your **Physician** about the addition of a **PROTEIN SUPPLEMENT.**



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Post Gastrectomy (STAGE V)

Used for: Retard the passage of food in the intestine; gastric bypass, vagotomy, pyloroplasty, hemigastrectomy involving Billroth I and II anastomoses, total gastrectomy, Whipple's procedure, or gastroenterostomy

Need to: Eat slow; chew food well, rest before and after meals, avoid stress, take medications as physician prescribes, avoid hot and cold foods, drink fluids between meals. First day begin with 3 oz. servings and 13 small meals, Second day 4 oz. servings, Third day with 5 oz. servings and Fourth Day with 6 oz. servings. **GOAL: After 4-5 days advance to a Bland diet and talk with your MD before continuing this diet plan.**

Foods:

Allowed:

Avoided:

Dairy

Cream, nondairy creamer, cottage cheese, mild cheeses milk-whole or lowfat

All others as cheese with peppers or highly seasoned cheeses, lowfat low calorie better to begin with

Meats

Tender meats, baked, broiled

Sausage, bacon, ham, high fat meats

Eggs

Scrambled, poached

Limit 2 eggs and 4 oz. Meat per day

Breads/Starches

White bread, grits, oatmeal,

Dried peas and beans, whole wheat

& Potatoes

saltines, potatoes, noodles

and whole grain breads and cereal

Vegetables

Cooked carrots, green or wax beans, summer squash, okra, spinach, tomato juice, beets

Lettuce, tomato, cucumber, onions, artichoke, broccoli, brussel sprouts, turnip and collard greens, eggplant

Fruits

Fruit Juices, unsweet

Prune juice

Fats

Butter, margarine

Bacon, oil, shortening

Sweets/Desserts

Gelatin, custard, whip cream

All others as cakes, pies, pastries

Beverages

Fruit juices, water, milk

Condiments

Salt, artificial sweetener

Pepper, sugar,

Meals and Times: Goal: Day 1--3 oz. per serving and increase 1 oz. per day per serving

Breakfast, 8:00 am 1 scrambled egg with margarine, 1/2 slice toast with butter

9:00, 11:00, 1:00, 3:00, 5:00, 7:00 3 oz. Unsweet Juice ---increase 1 ounce per day

10:00 2 oz. Cottage Cheese and 3 Saltines----increase 1 oz. per day

12:00 and 6:00 pm: 2 oz. Tender Chicken or Fish, 1/2 slice toast with margarine

2:00 3 oz. Gelatin, unsweet---increase 1 oz. per day

8:00 3 oz. Custard, unsweet ---increase 1 oz. per day

Second Day: Add 1/2 cup mashed potatoes, hot cereal as grits, 2 oz. creamer, 1/4 cup custard

Third Day: Add 4 oz. of milk, tomato juice, and noodles, 6 oz. unsweet beverages

Fourth Day: Add 2 oz. Mild Cheddar Cheese, buttered vegetable, saltines, vegetable

******Try Ice Cream before diet is advanced for Carbohydrate Tolerance**

Gastric Bypass

(Exercise, Heart Rate)



Why do I need to exercise?

- *Exercise is essential to any weight loss program
 - *Burns Fat
 - *Reduces calories
 - *Builds Muscles
 - *Reduces Stress
 - *Better Self-Esteem
- *Helps you keep your weight down
- *Feel better, more alert, a healthier you



Goal:

- *Walk 15 minutes daily
- *Aerobic exercise 20 minutes 3 times weekly - jogging, brisk walking, swimming, cycling, dancing, roller balding

Heart Rate:

* $220 - \text{AGE} = \text{Maximal Heart Rate (MHR)}$

* $\text{MHR} \times .60-.80 = \underline{\hspace{2cm}}$

beats per minute during aerobic exercise

*Then divide by 6 = target heart rate with a 10 second pulse

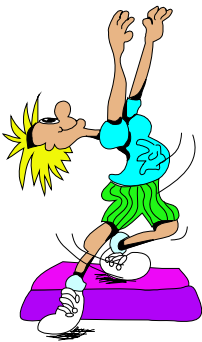
*While exercising take pulse at base of thumb or at side of neck for 10 seconds

*Your pulse should be within this rate for an effective workout

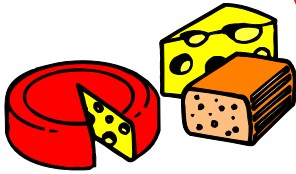
*If higher you are working too hard

What can I do?

- *Get your Physician's approval for your exercise program
 - *See a Physical Therapist
 - *See a Certified Fitness Instructor
 - exercise within your target heart rate
 - ask your Physician what your heart rate is



Gastric Bypass Deficiencies



Side Effects:

***Anemia -**



-Macrocytic Anemia- Vitamin B12 deficiency caused by

--bypassing of food of the IF (Intrinsic Factor) producing area of the stomach
decrease in gastric acid (pepsin, HCl, IF) secreted by the stomach
inefficient B12 and IF interaction



**Need lifelong supplementation of 500 mcg tablets daily

-1000 mcg sublingual or

-1000 mcg intramuscular injections monthly



-Hypochromic Microcytic Anemia- results from iron (Fe) deficiency

-decreased amount of HCl (hydrochloric acid) to mix with food, iron is not changed
to its absorbable ferrous form

-bypass of the duodenum where iron is normally absorbed

-add MVI (multivitamin) daily to help prevent iron deficiency

-increased dose may be given to treat or prevent iron deficiency

-may require parenteral iron

-Megaloblastic Anemia-

***Folic Acid Deficiency-** if take vitamin and mineral supplementation as your
MD directs rarely seen



***Calcium-** development of osteoporosis is a concern (middle aged females), change
in sex hormone levels, decrease weight on weight bearing joints

- decrease release from calcium from food by gastric digestion

-bypassing of duodenum and proximal jejunum, primary absorption sites

-1200 mg. daily

-15 minutes of sunshine daily for Vitamin D

***Osteomalacia-** seen on patients who are malnourished prior to surgery



What can I do?

*Follow your Physician's recommendations

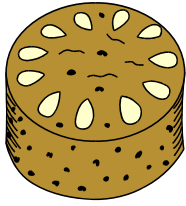
*See a Registered Dietitian

*See a FFF RD on line for help



-Protein/Calorie Malnutrition- Need 60 gram Protein minimum, see Protein sheet





Dumping Syndrome



What is Dumping Syndrome?

- *Complex physiological response to the rapid emptying of gastric contents into the small intestines
- *Sometimes associated with consuming **Carbohydrate RICH FOODS** as:
-cakes, pies, pastries, ice cream, sugar, honey, jellies, jams, milkshakes, honey, fruit juices, colas, sweetened beverages, etc...

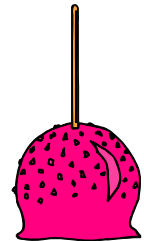
What are the symptoms?

- ***Feeling Full** - abdominal fullness
- ***Nausea** - unpleasant feeling in the pit of the stomach
- ***Cramp abdominal feeling** - followed by diarrhea 10-15 minutes after eating
- *Feeling faint, warm, dizzy, cold sweat, weak, produces a lot of saliva, chills, headache, tremor, anxiety, rapid heart beat
-may lead to vomiting
- drink 1 ounce Clear Liquids every 20 minutes*** - Sugar Free, Decaffeinated
- Avoid Citrus Juices*** - Orange, Grapefruit, fruits with sections
- *Advance to Full Liquids as tolerated



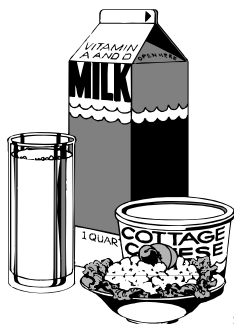
Foods to **Avoid:**

- ***Rich Carbohydrate Foods**
- Desserts- Chocolate Candies- Fudge, Pralines,**
- Ice Cream- loaded with Fat and Sugar**
- Cakes- Red Velvet, Italian Cream, Coconut, Cake made at the Bakery**



What can I do?

- *Watch out for dehydration and increase fluids as your Physician recommends
- ***Eat lower calorie, lower fat foods**- graham crackers, vanilla wafers, Angel Food Cake, Ginger Snaps, Sugar Free Plain Cookies
- Ask your Physician or Registered Dietitian about
- See on line FFF Registered Dietitian



Gastric Bypass

(Milk, Calcium)



What can I expect with Milk?

- *Milk-** supplies calcium and protein and is essential
- if do not get 60 grams of protein daily your hair will fall out
- if do not drink milk or yogurt you risk protein malnutrition and osteoporosis

What can I do to improve the taste of milk?

- *Add vanilla extract
- Add Sugar Free Nestle's Quick
- Try 1/3 cup nonfat dry milk powder to 8 ounces of skim milk, blend until dissolved



Facts:

- *Need 2 cups of milk per day, minimum



What can I do if I am Lactose Intolerant?

- *Drink lactose-free milk-** Lactaid, nondairy milk, soy milk, rice milk
- light variety, calcium fortified
- Yogurt if tolerated

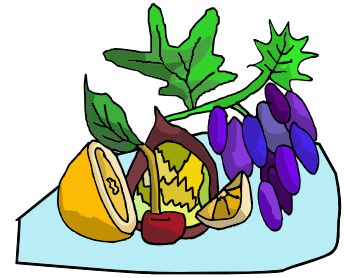
*Take a calcium supplement daily even with the milk as

- 4 chewable Tums
- 2 "Viactiv" - 20 calories each (soft chews)
- 1000 mg. if 19-50 years of age
- 1200 mg. if > 50 years of age
- take Calcium with meals
- *Calcium interferes with iron absorption
- take iron pills and MVI separately
- *Talk with your Physician or RD as needed





Post Gastrectomy (Sample Meal Plan)



Breakfast:

*1/2 cup Grapefruit Sections or 1/2 Grapefruit

*1 slice Whole Wheat Toast with 1 teaspoon Margarine

*1 Scrambled Egg (Fully cooked)

*1 cup Low Fat or 2% Milk or Skim Milk as tolerated- drink 1/2 to 1 hour after meal

MidMorning or MidAfternoon Snack:

*2 Tablespoons Peanut Butter or 2 oz. Cheese, Low Fat

*4 Saltine Crackers or 1 slice Whole Wheat Toast or 2 Graham Crackers

Lunch:

*3 oz. Lean Fish or Chicken- Broiled, Boiled, Baked, Roasted, Stewed or Grilled

*1 Whole Wheat Roll or 1 slice Rye Bread or 1 Roll with 1 teaspoon Margarine

*1-2 slices Lettuce and Tomato

*1 piece of Fresh Fruit as an Apple, Peach, Pear, or Nectarine



Dinner:

*2 oz. Filet Mignon

*1 Baked Potato with 1 teaspoon Margarine or Reduce Fat 2 teaspoons and 2 T. Sour Cream or 3 T. Reduced Fat Sour Cream

*1/2 cup Green Beans

*1/2 cup unsweet Fruit as Fruit Cocktail or a Fresh Fruit Cup

*1/2 cup Low Fat or 2% Milk or Skim Milk- drink 1/2 to 1 hour after meal

Bedtime Snack:

*2 oz. Roast Turkey

*1 slice Whole Wheat Bread with 1 teaspoon Mustard





Protein



What does it do?

*Forms part of enzymes, hormones and body fluid

*Growth- Builds and repairs tissue

*Builds blood

*Forms antibodies- to fight infection See FFF Immunity

*Supplies energy

*Animal protein increases calcium and uric acid= kidney stones

What are the deficiency symptoms?

*Limit for those at risk for kidney stones- 6 ounces per day

-See FFF Kidney Stones

*Increase calcium and uric acid in the urine See FFF Calcium



Best Food Sources:



*Eggs, meat, cheese, fish, poultry, milk, game, dried legumes (peas and beans), soy protein products, peanut butter, nuts, soy protein, tofu

U.S. RDA (Recommended Daily Allowance):

*1 gram per kilogram normally

*See your Physician

*See RD for exact protein needs, more or less depending on disease and diagnosis

*See a Registered Dietitian on line

*See a Physician on line



Breakfast:

1/2 cup Orange Juice, unsweet
1/2 cup Strained Oatmeal
1 c. **Low Fat, Sugar Free** Milkshake
1 cup Skim Milk

Mid-Morning:

1/2 cup Sugar Free Jello or Gelatin

Lunch:

1/2 cup Tomato Juice
1 cup Cream of Chicken Soup
1/2 cup Low Fat Yogurt
1 cup Skim Milk
Iced Tea or a Carbonated Drink, Unsweet

Mid-Afternoon

1 c. Sugar Free Low Fat Ice Cream

Supper:

1/2 c. Orange or Grapefruit Juice, unsweet
1 c. Cream of Potato Soup
1/2 c. Orange Gelatin/Jello, unsweet
12 ounces (1) Diet Coke or Diet Cola, Caffeine Free Low Calorie, Diet

Snack at Night:

1/2 c. Caffeine/Sugar Free Diet Cola

*This diet only provides about 1100 to 1200 calories per day and about 10 to 12 grams of protein with <1 gram of fiber. Sodium is about 3 grams and Vitamin C at 155 mg. per day and all other nutrients are inadequate.

*Many Clear Liquid Diets provide 500 to 700 calories per day depending on the person and the amount the person intakes.

*Liquids with NO RESIDUE in the GI tract.

***SHORT TERM DIET ONLY!!!!**

*Maximum time to use is 3 days and after this consult with your Physician if had Gastric Bypass Surgery, advance as tolerated.

*Used in an acute illness, pre/post surgery, limit residue in the colon, and some radiological procedures.

*Add water if more fluid is needed.

*Add procel or promod if extra protein is needed. **Goal: 80-100 gm/day**

*Choose from: Nonfat Acidophilus Milk, Plain Soy Milk, Sugar Free Yogurt or Pudding, No Sugar Added Carnation Instant Breakfast Drink, Low Fat Cream Soups, Cream of Wheat/Rice, Unsweet Applesauce, Infant strained fruits, Crystal Light, Sugar Free Kool-Aid/Tea

**Full
Liquid
Gastric Bypass
(Stage III)**

Patient: _____

**Full Liquid Diet
is designed to provide
foods that are liquid
at room temperature,
foods that
melt in your mouth.**

**Need Protein--
talk with RD
or MD as needed.**

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Purpose:

The **Full Liquid Diet (FLD)** is designed to advance from a Clear Liquid Diet to a Soft Diet. It also supplies fluid and energy.

Use: (For Gastric Bypass Patient)

The **Full Liquid Diet (FLD)** is used postoperatively, in acute inflammatory conditions of the GI tract, and in acute stages of any illness after advanced from a CLD. Also provides nutrition for persons with facial trauma, mandibular fractures, esophageal strictures, poor dentition or injury or surgical procedures to the oral cavity, neck or face cavity.

Foods Allowed:

Foods that melt in your mouth, unsweet.

Adequacy:

Adequacy depends on a persons intake. A commercial supplement should be added to meet the Recommended Daily Allowances.

SALT may be used but SALT SUBSTITUTE may only be used with your Physician's approval. Talk with your Physician and Registered Dietitian.

Breakfast: Lunch: Supper: Snack:

Beverages: All Beverages must be decaffeinated Sugar Free Colas as Diet Coke, Diet Pepsi, unsweet Decaffeinated Tea or Coffee, unsweet Lemonade, or any other beverage that is Sugar Free and that is Decaffeinated.

Breakfast: Lunch: Supper: Snack:

Juices: ALL UNSWEET- Apple, Grape, Cranberry, Cherry, Pineapple, Grapefruit, Lime, Lemon, Peach, Skim Milk, Orange, Low Fat Milkshakes, Low Fat Plain or Vanilla Yogurt, Instant Breakfast that is made with Skim Milk

Breakfast: Lunch: Supper: Snack:

Desserts: (All is to be Sugar Free) Plain gelatin, popsicles, fruit ices, sorbet, jello

Breakfast: Lunch: Supper: Snack:

Soups: (All to be Fat Free) Clear chicken broth, chicken bouillon, beef broth, beef bouillon, consomme'

Breakfast: Lunch: Supper: Snack:

Sugar/Sweets: (All Sugar Free)

Plain gelatin, popsicles, fruit ices, sorbet, sugar, sugar substitute, Sugar Free Candies and gums as directed by your Physician.

Breakfast: Lunch: Supper: Snack:

Miscellaneous: High protein broth, high protein gelatin, salt substitute (salt substitute can only be used if physician agrees). If you have high blood pressure do not use salt because many foods on the CLD are high in salt or sodium. Melted Cheese, Cottage Cheese if tolerated. Strained meats added to cream soups and broths, soft cooked or scrambled eggs. Cream of wheat, cream of rice, grits, thinned strained oatmeal, low fat sour cream, diet margarine, low fat plain ice cream, sherbet, low fat sugar free pudding, and any food or beverage that melts in your mouth that is unsweet and low fat that your Physician approves for you to eat. All Cheese is to be Low Fat. Cheese if high in sodium.



Advance Diet and Exercise



Protein Foods:

***All Low Fat/Nonfat, Artificially Sweetened**-Cottage Cheese, Yogurt, String Cheese, Eggs, Tofu, Refried/Black Bean, Lentil/Split Pea Soup, Miso/Egg Drop Soup
***Chicken, Turkey or Fish**- soft, moist, fresh, canned, thinly sliced deli, Fat Free or Low Fat, not BBQ or Fried

***First Month**- eat Protein 1-2 meals/day, eventually 1/2 of meal



Suggestions:



***Small amounts of cooking spray as PAM**

***Small amounts**- Nonfat Mayonnaise or Salad Dressings- use to soften foods

***Walk 20 to 30 minutes per day to begin with and increase as MD/RD feels is right for you**

***Must keep MD appointments**- suggestion of 1 time per month minimum during the first year, do as your MD recommends

Facts:

***First Month**- stomach pouch and opening in the intestine is very small, swollen

***Will be able to eat limited amounts of food**

***Eat protein foods to promote healing**

-must be soft, moist, well chewed to pass through your tiny stomach

-if eat too fast or too much will result in heartburn, make you sick

*-be careful and **STOP** when feel full*



How do I eat?



***In the beginning eat 1 to 2 meals per day**

***Do not force yourself to eat**- just because it is mealtime, eat only as you feel like it
-keep a diary to share with your MD, staff and RD

***Chew all foods thoroughly**- eat slow, avoid snacking

***AVOID**- Sweets, High Fat Foods, Fried Foods, Starches, coarse/crunchy foods

***Build up to 8 glasses of water per day**- drink small amounts, frequently, after meals

*-to begin with **AVOID**- alcohol, colas, coffee, tea when drink has to be Sugar Free*

-water/fluids flush the kidneys, elasticity of skin, keeps you full, drink plenty of water