

PRE-OP DIET

Gastric Sleeve / Mini Gastric Bypass

Recommendations

- 1.Drink at least 2 -3 protein shakes per day
2. Eat raw and cooked vegetables as many as you want.
- 3.Avoid peas, corn, potatoes, sweet potatoes, pasta, rice, bread, yams, cereals, oatmeals, popcorn, refined grains, or sauces with sugar
4. Eat at least 2 servings of 4 ounces of lean protein per day. Choose chicken, turkey, fish, lean ground beef, eggs or tofu.
- 5.Add 1/2 cup of frozen berries or strawberries to your protein shake
- 6.Add unsweetened almond milk, coconut milk or milk 2 % to your protein shake
- 7.Add chía seeds, almonds, nuts or physillium his to help you stay satisfied.
- 8.Drink at least 50 -60 ounces of water. Avoid sweet drinks (sugar added)
- 9.Avoid carbonated drinks (soda, carbonated water, beer).
- 10.Avoid caffeine drinks (coffee, black tea)

Follow pre-op diet

Goal: The purpose of this diet is to help shrink your liver prior to surgery by depleting stored glycogen.

BMI	Diagnosis	Starting point
30.0-34.9	Obesity I	1 week before
35.0-39.9	Obesity II	2-3 weeks before
40.0-49.9	Morbid Obesity	1 month
50.0-59.9	Super obesity	2 months
>60.0	Super super obesity	3-4 months

Guideline:

Breakfast:

- ♦2 eggs + vegetables + 1 teaspoon of oil

Snack:

- ♦1 protein shake

Lunch

- ♦4 ounces of lean meat + vegetables + 1 teaspoon of oil or 1 slice of avocado.

Snack:

- ♦1 protein shake

Dinner

- ♦4 ounces of lean meat + salad + 1 tablespoon of dressing

BREAKFAST

<ul style="list-style-type: none"> ◆ Scramble eggs with mushrooms ◆ Scramble eggs with spinach ◆ Scramble eggs with green beans ◆ Scramble eggs with zucchini ◆ Scramble eggs with bell pepper 	<ul style="list-style-type: none"> ◆ Scramble eggs with tomato and onion ◆ Scramble eggs with broccoli ◆ Scramble eggs with cauliflower ◆ Scramble eggs with nopales ◆ Scramble eggs with asparagus 	<ul style="list-style-type: none"> ◆ Scramble eggs with kale ◆ Scramble eggs with portobello ◆ Scramble eggs with ham ◆ Omelette ◆ Boiled egg with salad ◆ Boiled egg with tomato slices ◆ Boiled egg with asparagus 	<ul style="list-style-type: none"> ◆ Scramble eggs with tomato sauce ◆ Boiled egg with green beans ◆ Scramble eggs with tomato cherry ◆ Spinach quiche ◆ Side up egg with cooked spinach ◆ Side up egg
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LUNCH

<ul style="list-style-type: none"> ◆ Chicken fajitas ◆ Spinach and tomato cherry stuffed chicken ◆ Grill chicken with cooked vegetables ◆ Chicken soup with vegetables ◆ Chicken with mushrooms ◆ Chicken with asparagus ◆ Chicken salad ◆ Chicken soup 	<ul style="list-style-type: none"> ◆ Steam fish with cooked vegetables ◆ Mustard fish and sauté vegetables ◆ Pesto fish with vegetables ◆ Tomato and herb fish with vegetables ◆ Orange romero fish with vegetables ◆ Garlic fish foil pack ◆ Lemon and basil fish with vegetables 	<ul style="list-style-type: none"> ◆ Steak with mushrooms and onions ◆ Beef fajitas ◆ Beef roll up with vegetables ◆ Beef stew ◆ Grill beef with vegetables ◆ Beef soup ◆ Meatballs with vegetables ◆ Meatloaf with vegetables 	<ul style="list-style-type: none"> ◆ Turkey meatballs with zucchini noodles ◆ Herb roasted turkey with vegetables ◆ Mushroom spinach filled turkey breast ◆ Turkey taco lettuce cups ◆ Turkey soup with vegetables ◆ Zucchini stuffed with ground beef ◆ Rosemary and thyme turkey breast
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DINNER

Choose 1	All you can eat	Choose 2	
Protein	Raw vegetables	Dressing	
<ul style="list-style-type: none"> ◆ Chicken ◆ Fish ◆ Salmon ◆ Tuna ◆ Turkey ◆ Beef ◆ Egg 	<ul style="list-style-type: none"> ◆ Lettuce ◆ Spinach ◆ Kale ◆ Arugula ◆ Carrot ◆ Tomato ◆ Cucumber ◆ Onion ◆ Bell pepper 	<ul style="list-style-type: none"> ◆ Cabbage ◆ Broccoli ◆ Cauliflower ◆ Mushrooms ◆ Zucchini ◆ Edamames ◆ Sprouts ◆ Beets ◆ Celery 	<ul style="list-style-type: none"> ◆ Avocado ◆ Olives ◆ Vinaigrette ◆ Italian dressing ◆ Olive oil ◆ Balsamic vinegar ◆ Lemon ◆ Salt and pepper



How to choose a protein shake?

First step: Quantity of protein per shake

The amount of protein recommended will be between 20-30 grams per shake.

Second step: Type of protein

They are four types of protein: isolated whey, whey, plant-based and soy based. The difference between each other will be the absorption efficacy, based on that the one that we recommend the most is whey but if you don't tolerate it you could choose another one.

Third step: Quantity of carbohydrates and sugar per shake

The amount of carbohydrates and sugar allowed will be less than 5 grams per shake.

Fourth step: Protein products

They are three types of products: powder, drinks and cleared drinks. The three options will be allowed to use.

Fifth step: Protein brand

They are a diversity of protein brands we could choose. The recommendation will be choose the ones that they are sold in specialized stores. The most tolerated and effective ones are:

Powders: ON whey protein isolated and ISOPURE zero carb

Drinks: premier protein, muscle milk Cleared drinks: isopure and premier protein

Recommendations

- ♦ Supplementation before surgery will prevent future deficiencies.
- ♦ STOP vitamins, minerals and probiotics 1 WEEK BEFORE SURGERY

Supplementation (*Before surgery*)

-Multivitamin for adult:



NOTE: Any presentation will be allowed (capsules, tablets, soft gels, chewable, gummy, dissolving tablet, liquid, etc)

Probiotics:

15-40 Billion CFU (Lactobacillus and Bidifdobacterium)



2 Days prior to Surgery

Recommendations

- ♦ Add two greek yogurts per day, it could be flavored but no pieces of fruit. This helps with post healing and providing healthy bacteria in your gut.

♦Start CLEAR LIQUID DIET + greek yogurt

Includes:

- ♦Gatorade or Powerade zero carb
- ♦Electrolytes
- ♦Apple juice diluted 50 %
- ♦Chicken, beef or fish broth
- ♦Light gelatina
- ♦Popsicles sugar free
- ♦Chamomile tea

8 Hours prior to Surgery

Absolutely nothing to drink after midnight preceding surgery or 8 hours prior to your surgery

Recommendations

- ◆ Do not swallow the ice.

5 Hours post Surgery

Start chewing ice chips to decrease nausea and walk to decrease de gas pain.

Recommendations

- ◆ Small sips, looking for your tolerance
- ◆ Liquid intake will be 30-50 ounces per day
- ◆ Avoid using straws; it will make you suck air and effort.
- ◆ Avoid chewing gum; it will increase the acid reflux.
- ◆ Ice will decrease the nausea

1 Day post Surgery

After de leak test you will start with the phase I.

“Cleared Liquid Diet” (Day 1-3)

Goal: hydration and tolerance to liquids.

Includes:

- ◆ Gatorade or Powerade zero carb
- ◆ Electrolytes
- ◆ Apple juice diluted 50 %
- ◆ Chicken, beef or fish broth
- ◆ Light gelatina
- ◆ Popsicles sugar free
- ◆ Chamomile tea
- ◆

Start drink 1 ounce per hour to 2 ounces per hour till tolerance.

Recommendations

- ♦ Take vitamins after breakfast.
- ♦ Do not take at the same time IRON and CALCIUM. They will compete in the absorption (3 hours between each other)
- ♦ Be sure that vitamins are covering every requirement if it's not buy them separately.

Hairloss

Hairloss is a common symptom after surgery. It is caused by a hypocaloric diet and lack of micronutrients.

Hair cycle it's every three months, so the first loss of hair could happen after 3-6 months after surgery and it would grow up after that.

If you are experiencing hairloss, be sure that you are having at least the next nutrients:

- ♦ Collagen
- ♦ Zinc
- ♦ Iron
- ♦ Biotin

Energy

Energy level could decrease significantly after surgery because of the restriction.

- ♦ Energy requirements 2500 cal
- ♦ Bariatric requirements: 500-100 cal

If you are experiencing low energy levels, be sure that you are covering the next nutrients:

- ♦ B12

Supplementation *(After surgery on Phase 2)*

Multivitamin:

Supplementation	Requirements
Multivitamin	2 per day
Calcium citrate + Vit D	1200-2000 mg
Iron	40-65 mg
B12	350 mg
Biotin	250-400 mg
Zinc	5 mg

Presentation: chewable, liquid, dissolve or shot

NO capsules or tablets because they will cause intolerance to digest (nausea and throw up). This is only apply for vitamins and minerals not for medication.

Specific brands:

- ♦ Celebrate (Multi -complete)
- ♦ Bariatric advantage (Advance Multi EA - chewable)
- ♦ Tespo (Bariatric complete)
- ♦ Bari Melts (Multivitamin, Iron and Calcium)



Probiotics:

15-40 Billion CFU (Lactobacillus and Bifidobacterium)



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