

Weight Loss Surgery Dietary Information

Stages 1 - 6

Columbia University Center for Metabolic
and Weight Loss Surgery

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Stage 1 – Pre-Surgery Diet

DURATION: Two weeks prior to surgery.
 FOOD/BEVERAGES: High protein, low fat and low carb meal replacement protein shakes. Three servings of raw vegetables can be added each day after the first 3 days. See separate handout given to you by your dietitian.

Stage 2

DURATION: Day before surgery.
 FOOD/BEVERAGES: Meal replacement protein shakes and non-sugared liquids. **No food!**

Stage 3

DURATION: **Gastric Bypass and Sleeve Gastrectomy:** Day of surgery and about 24 hours after surgery.
Adjustable Band and some sleeve patients: Day of surgery till after surgery.
 FOOD/BEVERAGES: None.

Stage 4

DURATION: **Gastric Bypass and Sleeve Gastrectomy:** Day after surgery, if well tolerated, and for rest of hospital stay. Some sleeve patients may be allowed liquids after recovery (to be determined by your surgeon).
Adjustable Band: After recovery and for rest of hospital stay.
 FOOD/BEVERAGES: Clear liquids and water – **1 to 2 ounces every 20 minutes while awake** (G2®, chicken broth, decaffeinated tea)
 SUGGESTIONS:

- 1) Sip slowly.
- 2) Stop sipping as soon as you feel full. Never force yourself to finish. “When in doubt, wait it out!”
- 3) Ask the nurse for 1 oz. medicine cups if they were not given to you and use these to measure your liquids.

Stage 5

DURATION: **For one week**, starting the day that you get home from the hospital (discharge day).
 FOOD/BEVERAGES: Full liquids plus **2 high protein shakes with at least 25g of protein daily. Consume 1 to 2 ounces every 20 minutes while awake.**

FULL LIQUIDS		
2 HIGH PROTEIN SHAKES DAILY, 25G PROTEIN PER DRINK		
Water	Broth	Coffee
Tea	Fat free or 1% milk	Crystal Light
Diet Snapple	G2	Powerade Zero
Vitaminwater Zero	Watery pureed soup	Sugar free frozen fruit pops
No sugar added frozen fruit pops	Sugar free hot cocoa	<i>Fat free or light yogurt, plain or flavored, smooth without bits of fruit</i>
<i>Sugar free pudding</i>	<i>High protein pudding</i>	Light soymilk
Rice milk	Almond milk	Bai®
CORE® Organic		

- SUGGESTIONS:
- 1) Sip slowly.
 - 2) Stop sipping as soon as you feel full. Never force yourself to finish. "When in doubt, wait it out!"

Stage 6

DURATION: The 2nd and 3rd week after discharge.
FOOD/BEVERAGES: Pureed foods and liquids **with an emphasis on those high in protein** (see the table on page 4).

To puree food:

1. Cook the food, if necessary.
2. Cut into small pieces.
3. Put into a food processor or blender with some liquid.
4. Puree to the consistency of applesauce or baby food.

The food is pureed to the proper consistency if it **quickly** falls off a spoon when the spoon is turned sideways. Would you be able to drink your pureed food through a straw?

No more than 2 ounces of food every 2-3 hours, except for yogurt and soup. You can consume up to 4 ounces of yogurt or ½ cup soup at one time.

- SUGGESTIONS:
- 1) Eat slowly.
 - 2) Use a baby spoon or an espresso spoon to eat. Even better, purchase Godinger's Diet Tools (spoon, fork and knife).
 - 3) If you don't already have these items, please purchase:
 - Measuring cups and spoons.
 - A scale to weigh your food and YOU.
 - A blender or food processor.

***GOAL: A minimum of 60 grams of protein daily.
Choose foods and beverages from the table on page 4 to
achieve this goal.***

***REMEMBER! You need to eat every 2-3 hours even though
you are not hungry!!!***

***Every day you must have one high protein shake that will
provide at least 25g of protein. Drink half at one meal and
half at a second meal.***

FOOD / BEVERAGE	PORTION	AMOUNT OF PROTEIN (GRAMS)
THESE FOODS DO <u>NOT</u> NEED TO BE PUREED:		
<i>Fat free or light yogurt</i>	4 ounces	4
<i>Fat free Greek yogurt</i>	4 ounces	9
<i>Cottage cheese: fat free, 1%, 2%</i>	¼ cup	7
<i>Ricotta cheese: fat free, lite, part skim</i>	¼ cup	7
<i>Cheese, sliced: no more than 3g of fat</i>	¾-1 ounce	6-7
<i>Cheese, string: no more than 3g of fat</i>	1 piece	6
<i>Cheese, shredded: fat free, lite</i>	2 TBSP's	4
<i>Split pea soup</i>	¼ cup	5
<i>Egg, scrambled until small curds are formed that are soft but not runny</i>	1	7
<i>Peanut, almond, cashew and soy nut butter: creamy without sugar</i>	2 TBSP's	7
<i>Baby food: Stage 1 or 2, <u>meat or poultry only</u></i>	2 ounces	6-7
<i>High protein pudding</i>	2 ounces	6.8
<i>Hummus</i>	¼ cup	4
THESE FOODS NEED TO BE PUREED:		
Beef: sirloin, loin, round	1 ounce	7
Veal: loin, leg	1 ounce	7
Pork: tenderloin, loin, ham cuts	1 ounce	7
Lamb: loin, sirloin or leg cuts	1 ounce	7
Chicken/turkey without skin	1 ounce	7
Fish, fin or shellfish	1 ounce	7
Egg, small (pureed except as cooked above)	1 whole	7
Egg whites	1-2	3-6
Egg substitutes	¼ cup	5-7
Beans	¼ cup	4-5
Bean soups	½ cup	4-5
Tofu	¼ cup or 2 ounces	4-5
Edamame	¼ cup	5
HIGH PROTEIN BEVERAGES:		
Fat free or 1% milk	1 ounce	1
Fairlife, Skim Plus or Smart Balance milk	1 ounce	1.6/1.4/1.3
Soy milk	1 ounce	0.75

SAMPLE MENUS

SAMPLE DAY FOR PUREED FOOD

		PROTEIN GRAMS
7am	½ cup fat-free milk blended with ½ scoop Isopure® powder	4 12.5
	<u>OR</u>	
	Half of a pre-mixed shake like Premier Protein (keep sipping until the half is finished)	15
10am	¼ cup fat free refried beans with 2 TBSP fat free or lite shredded cheese	3 4
	1 oz. cooked, ground turkey, blended	7
4pm	½ cup fat-free milk blended with ½ scoop Isopure® powder	4 12.5
	<u>OR</u>	
	Half of a pre-mixed shake like Premier Protein (keep sipping until the half is finished)	15
7pm	2 tablespoons peanut butter	7
10pm	4 ozs. Total 0% Greek Yogurt	12

63-66g

SAMPLE DAY FOR PUREED FOOD FOR OVO-LACTO VEGETARIANS

		PROTEIN GRAMS
7am	½ cup fat-free milk blended with ½ scoop Isopure® powder	4 12.5
	<u>OR</u>	
	Half of a pre-mixed shake like Premier Protein (keep sipping until the half is finished)	15
10am	¼ cup tofu, blended with 2 tsp soy sauce	3.5
1pm	¼ cup cooked chick peas blended with lemon juice and cumin	3.5
4pm	¼ cup lite ricotta cheese	7
7pm	½ cup fat-free milk blended with ½ scoop Isopure® powder	4 12.5
	<u>OR</u>	
	Half of a pre-mixed shake like Premier Protein (keep sipping until the half is finished)	15
10pm	1 oz. fat free or low fat cheese	7
10:30 pm	1 cup Skim Plus® milk	11

62-65g

SWEETENERS AND SUGAR

You should **not** consume any foods or beverages made with sugar. The following artificial sweeteners /sugar substitutes are acceptable:

- ***Aspartame (Equal[®], NatraTaste[®]),***
- ***Acesulfame-K (Sweet One[®]),***
- ***Saccharin (Sweet 'N Low[®], Sugar Twin[®]),***
- ***Sucralose (Splenda[®]),***
- ***Stevia (Truvia[™], Pure Via[™], SweetLeaf[®]).***

The following is a list of **sugar alcohols** that manufacturers use instead of sugar. Note that most of them end in “ol” but not all do. These sugar alcohols could cause stomach pain, gas and diarrhea. **If you see any sugar alcohol listed among the first three ingredients, test that product at home. If you experience any discomfort, you should eliminate that product from your diet.**

arabitol	Glycerol (glycerin)	lactitol	ribitol
dulcitol	Hydrogenated starch (hydrolysate)	maltitol	sorbitol
erythritol	iditol	mannitol	threitol
glycol	isomalt	polyglycitol	xylitol

The following are some foods/beverages that are high in added sugar and should be eliminated from your diet, especially for gastric bypass patients:

Baked goods, cakes, cookies, pies, donuts, pastries, etc.	Gelatin (sugared)	Sherbet
Canned fruit in syrup	Gelato	Soft drinks (sugared)
Cereal (sugar coated)	Honey	Sorbet
Chewing gum (sugared)	Ice cream (sugared)	Sweetened condensed milk
Chocolate milk	Italian ice	Syrup (e.g. pancake)
Custard	Jam and jelly (sugared)	Tapioca pudding
Dried fruits	Maple syrup	Yogurt, sugared
Drink mixes (sugared)	Marmalade (sugared)	Yogurt, fruit on the bottom
Frozen yogurt (sugared)	Mystic [®] beverages	
Fruit drinks (sugared)	Popsicles (sugared)	
Gatorade [®] /POWERADE [®]	Pudding (sugared)	

Beverages

The following are acceptable beverages:

- Water, plain or flavored without sugar
- Fat free or 1% milk
- Fairlife[®], Skim Plus[®], Smart Balance[®] or other high protein milk
- Fat free or 1% Lactaid[®] milk
- Fat free or reduced fat soy milk
- Crystal Light[®]

- Sugar-Free Kool-Aid®
- Coffee or tea
- Bouillon or broth (preferably low sodium)
- Bai®
- CORE® Organic
- Diet Snapple®
- G2® by Gatorade®
- POWERADE ZERO™
- vitaminwater zero®
- Diet gelatin (Diet Jell-O®)
- Sugar-free or “No Sugar Added” popsicles
- Sugar free, fat free hot chocolate (preferably made with fat free or 1% milk)

Keep the following in mind when consuming beverages:

- 1) DRINK FLUIDS SLOWLY (I.E. SIP, NOT GULP) AND DO NOT USE A STRAW.
- 2) **DO NOT DRINK WHILE YOU ARE EATING** AND WAIT **30 MINUTES** AFTER YOU HAVE FINISHED EATING TO START DRINKING AGAIN. While the protein shake is considered a meal, it is still a liquid so you do **NOT** have to observe this drinking rule with the protein shake.
- 3) **WHEN YOU START STAGE 6 OF YOUR DIET PROGRESSION, STOP USING THE ONE OUNCE MEDICINE CUPS TO DRINK FLUIDS.** Use regular glasses and cups to drink
- 4) **TRY TO DRINK AT LEAST FIVE 8-OZ. CUPS (40 OZS.) OF BEVERAGES EVERY DAY.** Drink 4 ozs. every 30 minutes between your meals or you can take small frequent sips between your meals.
- 5) DO NOT FILL UP ON FLUIDS. You need to eat!
- 6) DO NOT DRINK ALCOHOLIC BEVERAGES (beer, wine and liquor) FOR **ONE MONTH** AFTER SURGERY.
- 7) **DO NOT ANY DRINK JUICE, SMOOTHIES OR COCONUT WATER** after surgery.
- 8) **NO CARBONATED BEVERAGES** after surgery.
- 9) **For Gastric Bypass patients only:** No more than 16 ounces of a caffeinated beverage daily.
- 10) **NOTE:** Diet gelatin (Diet Jell-O®) and the frozen fruit pops are considered liquids and should not be consumed as a snack or meal. Treat them as liquids and consume them between your meals and snacks.
- 11) **NOTE:** Water may be difficult to drink after surgery as it may feel too heavy in your stomach. You can try:
 - squeezing fresh lemon or lime into your water to make it lighter, or
 - another brand of water, or
 - a brand of water that has electrolytes like **smartwater®**, or
 - drinking other beverages until you can drink water again.

REMEMBER! YOU SHOULD EAT YOUR CALORIES; DO NOT DRINK THEM!!

Swallowing Pills

For the first week after surgery, you can't swallow pills or capsules. Internal swelling could cause the pill or capsule to get stuck. You will need to crush your pills or open capsules into food or beverages or obtain liquid forms of your medications, if available. After the first week, you can swallow pills and capsules **if they are no bigger than the tip of your little finger**. Otherwise, continue to crush your pills or open capsules into food or beverages or continue with your liquid medications for **the next one to two weeks, until you can tolerate soft solid food**.

Vitamins/Minerals

When you get home from the hospital, start taking a multivitamin with minerals in non-pill form:

Examples of the various **forms** of multi-vitamin/mineral supplements are as follows: **children's chewable** (e.g. Flintstones® Complete, Freeda® Vitalets, Maxi-Health® Children's Kiddievite®, Chewable Maxi Health), **adult melt-in-mouth** (BariMelts), **adult chewable and soft chews** (e.g. Centrum® chewable, GNC Women's Ultra Mega or Mega Men soft chews, prescription tablets, Bariatric Advantage® Complete Multi Formula or Essential Multi chewable, Celebrate® Multivitamin (with minerals) chewable and soft chews, Celebrate Essential Multi 2 in 1 chewable, Celebrate Multi-Complete with 18/36/45/60 mg of iron chewable, Bariatric Fusion Vitamin and Mineral Supplement chewable and soft chews, Maxi Health Chewable Pre-Natal), **adult liquid** (e.g. Centrum® Liquid, Maxi Health Multi-Vite, Alive Multi-Vitamin Maximum Potency, Source of Life, Tropical Oasis®, ReViva® Liquid Multi-High Potency Multivitamin (with minerals), NOW Liquid Multi, Wellesse Multi Vitamin+), **children's liquid** (e.g. Maxi-Health® Kiddievite™) and **adult powder** (e.g. Celebrate® Multi 3 in 1 Drink Mix, Bariatric Fusion Multivitamin (and minerals) Stick Packs, Bariatric Advantage Complete Multivitamin (with minerals) Crystals, Isotonix®, All One®).

Purchase: Centrum® and the Flintstones® in a pharmacy, supermarket or retail store like Target; Twinlab®, and All One® at www.VitaminShoppe.com or call 1-866-293-3367; BariMelts at www.BariMelts.com; Bariatric Advantage® and Tropical Oasis® at www.BariatricAdvantage.com or call 1-800-898-6888; Maxi-Health® at www.MaxiHealth.com or call 1-800-895-9555; Freeda® at www.KosherVitamins.com or call 1-800-895-9555; Celebrate® at www.CelebrateVitamins.com or call 1-877-424-1953; Isotonix® at www.IsotonixSupplementStore.com and Bariatric Fusion at Melbran Pharmacy (605 W168th Street) or at www.BariatricFusion.com.

DO NOT CRUSH YOUR VITAMINS AND MINERALS!!!! There are plenty supplements available that are in chewable, liquid or water-soluble powder form.

DO NOT BUY ANY GUMMY MULTI-VITAMINS OR CENTRUM FLAVOR BURST OR VITAMINTS MULTI-VITAMIN!! Most do not have minerals and all are missing some of the B vitamins.

Tips to maximize absorption of vitamins and minerals:

- For better absorption and avoidance of nausea/vomiting, **do NOT take supplements on an empty stomach**.
- **Take your supplements with plain water**. Caffeinated beverages like tea and coffee interfere with the absorption of some vitamins and minerals. Also, the ingredients in other types of beverages may cause unwanted interactions with the nutrients in the supplements.

- **Do NOT take more than 500-600mg of calcium** as your body will not absorb more than this amount at one time.
- **Do NOT take calcium and iron at the same time**; take them at least 2 hours apart. Calcium and iron interfere with the absorption of each other.
- **Calcium and iron may decrease the absorption of thyroid hormones (e.g. Synthroid®)**. Take calcium supplements separately from your thyroid hormone pill by 2 hours and iron separately by 4 hours.
- **Iron should be taken on an empty stomach**, if tolerated, to increase absorption. Vitamin C also helps the absorption of iron.
- **Wait at least one hour between taking any of your supplements and taking prescription medications** as they could decrease the efficacy of each other.

Serious problems can occur if you do not take your vitamins and minerals every day:

<u>Vitamins/Minerals</u>	<u>Deficiency Problems</u>
Multi – vitamin/mineral	Eye problems, depression, anxiety, mental confusion, diarrhea, mouth sores, skin problems, difficulty eating and swallowing, fatigue, anemia, easy bruising, slow healing, teeth and gum problems, peripheral neuropathy, abnormal bleeding, hair loss, etc.
Calcium	Weak & broken bones, collapsed spine, muscle spasms
Iron	Anemia, bleeding problems, fatigue, dizziness, memory loss, insomnia, hair loss
Vitamin B ₁₂	Tingling in hands & feet, nerve damage, paralysis, trouble walking
Vitamin D	Weak & broken bones, collapsed spine, impaired immune system

CHANGES IN BOWEL HABITS

For constipation:

- Take 2 tablespoons of Milk of Magnesia twice in one day.
- Drink at least 40 ounces of fluids daily, **not** including your protein shake.
- Eat every 2-3 hours.
- Walk every day.
- Take a daily stool softener (e.g. Colace) or take MiraLax daily for 7 days.

For gas:

- Take over-the-counter chewable Gas-X tablets.
- Take beano® Meltaways if specific foods cause gas (e.g. beans)
- Walk every day.
- Eat and drink slowly.
- **Do not skip meals.**

For vomiting:

If you vomit, you have probably eaten or drunk too quickly and/or too much or your pureed food may be too solid or you are drinking too soon after eating/while eating. However, if you continue to vomit whenever you try to eat something:

- Do not eat or drink for **four** hours and then try one ounce of a non-sugared, clear liquid.
- If this liquid does not make you nauseous or vomit, then continue with non-sugared liquids for 24 hours.
- Then you can try pureed foods again or just continue on liquids if you are not at the pureed food stage yet.

If you continue to vomit, call the office at 212-305-4000. If you also have abdominal pain, go to an emergency room.

When you eat, make sure that you:

- Eat slowly. Put your spoon down after taking a bite. Wait 10-15 seconds after swallowing to take another bite.
- Do not eat more than 1-2 ounces of the pureed high protein foods, 4 ounces of yogurt or ½ cup of pureed soup at one meal.
- Make sure that your pureed food is the consistency of baby food or applesauce.
- Do not drink at the same time and wait 30 minutes after eating to drink again.

EXERCISE

Exercise is extremely important for your weight loss and subsequent weight management program.

Start a **walking** program after discharge from the hospital unless a member of your medical team recommends against your walking. You should start **SLOWLY**, even as little as a 10-minute walk. Increase the time that you walk by five minutes per week. You should walk for as long as you feel comfortable, **both inside and outside of the house**, but **DO NOT OVERLY EXERT YOURSELF. YOUR GOAL IS TO WALK FOR 30 CONSEQUITIVE MINUTES WITH ELEVATED HEART RATE PER DAY.**

Also, do not sit longer than one hour without getting up and moving, e.g. walk into another room.

FOLLOW-UP APPOINTMENTS

After surgery, you will meet with your surgeon/nurse practitioner and dietitian at specific time intervals.

Gastric Bypass and Sleeve Gastrectomy patients:

Surgeon/NP: 2-3 weeks, 5-6 weeks, 6 months, 1 year and yearly for years 2-5 after surgery

RD: 2-3 weeks, 5-6 weeks, 3 months, 1 year and yearly for years 2-5 after surgery

Then, your care will be transferred back to your primary care doctor five years after surgery.

You will need to go for blood tests at 3 and 6 months, one year and then yearly after surgery.

Sleeve Gastrectomy patients will need an upper endoscopy at 1 and 3 years after surgery.

Adjustable Band patients:

- 2-3 weeks and 5-6 weeks after surgery with your surgeon/NP and RD

- Every 3-4 weeks until the Band is appropriately adjusted for you after the 5-6 week follow-up appointment with your surgeon or NP.

Then, appointments will be scheduled on an as needed basis with the appropriate practitioner.

REMEMBER! YOU HAVE TO EAT (PROTEIN FOODS) TO LOSE WEIGHT --- EVEN IF YOU ARE NOT HUNGRY!!!

YOUR MAIN TASKS AFTER SURGERY ARE TO:

- 1) CONSUME AT LEAST 60G OF PROTEIN DAILY.**
- 2) EAT EVERY 2-3 HOURS, EVEN IF YOU ARE NOT HUNGRY.**
- 3) DRINK AT LEAST 40 OUNCES OF NON-SUGARED FLUIDS BETWEEN YOUR MEALS.**
- 4) WALK EVERY DAY, AT LEAST 30 MINUTES IF POSSIBLE.**
- 5) SLEEP 7-9 HOURS A NIGHT AS RECOMMENDED BY THE NATIONAL SLEEP FOUNDATION.**

CALL YOUR DIETITIAN WITH ANY DIET-RELATED QUESTIONS!

NANCY RESTUCCIA, MS, RDN, CDN
(212) 305-0118

*5/12, 12/12, 1/13, 1/28/15, 3/15, 6/15, 3/16,
5/16, 8/16, 10/16, 12/17, 5/17, 9/17, 11/17,
1/18, 4/18*

FOR GASTRIC BYPASS PATIENTS

Dumping Syndrome

- CAUSES: 1) Consumption of too much added sugar or natural sugar that is too concentrated (e.g. fruit juice).
2) Drinking fluids while eating or too soon after eating.
3) Eating foods or drinking beverages that are too hot or too cold (rare).
- SYMPTOMS: Nausea, sweating, weakness, abdominal cramping, rapid heart rate, lightheadedness, and diarrhea characterize this syndrome.
- DURATION: The symptoms first appear about 10 to 20 minutes after eating. They can last for 20 minutes or several hours.
- PREVENTION: 1) You will have to scrutinize food/beverage labels for added sugars in the list of ingredients. If one is listed among the first three ingredients, you should not consume that product.
2) Do not drink while eating and wait 30 minutes after you have finished eating to drink again.
3) Try very hot foods like hot soup and very cold liquids like ice water at home first to see if they cause dumping for you. If yes, then you will need to moderate the temperature of your foods and beverages. If no, then enjoy your foods and beverages at the temperature that you prefer.

Consumption of Sugar

Sugar comes from many different sources and in many different forms. Any of the following can be found among the list of ingredients in foods and beverages:

apple sugar	confectioner's sugar	invert sugar	powdered sugar
Barbados sugar	date sugar	jiggery sugar	raw sugar
beet sugar	demerara sugar	malt sugar/syrup	turbinado sugar
brown sugar	fruit sugar	maple sugar/syrup	unrefined sugar
cane sugar	golden sugar/syrup	muscovado sugar	white sugar
Castor sugar	granulated sugar	palm sugar	yellow sugar
Coconut sugar/nectar	grape sugar	panocha sugar	
coconut palm sugar	icing sugar	piloncillo sugar	

The following is also a list of sugars used in foods and beverages:

agave syrup/nectar	corn sweeteners	honey	molasses
amasake	dextrose	lactose	rice syrup/malt
barley malt	fructose	levulose	saccharides
brown rice syrup	glucose	maltose	sorghum
cane juice (evaporated)	glycerides	maple syrup extract	sucrose
corn syrup	high fructose corn syrup	maltodextrin	Treacle

Note: if an ingredient ends in "ose", it is usually a sugar. Two exceptions are cellulose and sucralose (Splenda®). Not all sugars end in "ose", e.g. fructose and honey are both sugars, however.

For Sleeve Gastrectomy Patients

Rapid Gastric Emptying (RGE) – rare!

- CAUSES: 1) Consumption of too much added sugar or natural sugar that is too concentrated (e.g. fruit or fruit juice).
 2) High fat foods.
- SYMPTOMS: Nausea, sweating, weakness, abdominal cramping, rapid heart rate, lightheadedness, and diarrhea characterize this syndrome.
- DURATION: The symptoms first appear about 10 to 20 minutes after eating. They can last for 20 minutes or several hours.
- PREVENTION: Do not consume foods high in sugar or fat.

If you experience RGE, make note of the food or beverage that you consumed prior to experiencing the RGE symptoms. Do not consume that food or beverage again for one month then try a little of it again. If you experience the same symptoms, eliminate that food or beverage from your diet. If you don't experience the RGE symptoms, then continue to consume that food or beverage.

Creative Suggestions During Pureed Stage

- 1) Mix baby food fruit into cottage cheese (add sugar substitute to sweeten).
- 2) Low fat shredded cheese melted into ¼ cup of fat free refried beans.
- 3) Puree a 1-ounce meatball made from ground sirloin with pasta sauce.
- 4) Puree low fat chili. Wendy’s makes a tasty, low fat, high protein chili.
- 5) Puree egg salad and tuna fish salad. The tuna salad may need water from the can to puree.
- 6) Make a high protein, sugar-free pudding with 2 cups of Skim Plus[®], Smart Balance[®] or Fairlife[®] milk and added high protein powder.
- 7) Make sugar-free cocoa with 1 cup of Skim Plus[®], Smart Balance[®] or Fairlife[®] milk (13-15 g of protein)
- 8) Make protein powder more interesting:
 - add flavored extracts to vanilla powder to create new flavors
 - add 1 tsp instant coffee to vanilla powder to make coffee flavor
 - add 1 tsp instant coffee to chocolate powder to make mocha flavor
 - blend powder with ice cubes to create low calorie frappe
 - add fruit, peanut butter and/or sugar-free, non-fat frozen yogurt to your favorite flavor of powder
- 9) Flavor plain, nonfat yogurt with extracts, sugar substitutes, diet Jell-O[®], Crystal Light[®], baby food fruit or sugar free hot cocoa powders.
- 10) Add unflavored protein powder to beverages and pureed food to increase the protein content.
- 11) Try using ice cube trays for storing pureed food portions. Each ice cube section holds about 1 ounce or ⅛ cup. Freeze the food in the ice cube trays. When frozen, remove the cubes and store in a freezer bag in the freezer. Use 2 cubes as one serving.
- 12) Use small glass custard cups for defrosting the cubes in the refrigerator, microwave or in a pot of water on the stove. If using the later method, the water in the pot should not be higher than ⅔’s of the height of the glass cup.
- 13) Baby warmer trays can be used to keep pureed food warm while you are slowly eating your meal.

Simple Eggnog Shake

6 ounces of Skim Plus [®] milk (83 Kcal, 8g protein)	Rum or vanilla extract to taste
2 ounces (¼ cup) egg substitute (30 Kcal, 6g protein)	Several ice cubes
Artificial sweetener to taste	Optional: ⅛ tsp nutmeg

Put everything in a blender or food processor and blend until smooth. Sprinkle cinnamon powder on top if desired.

Calories: 113 Protein: 14 grams