

Start Your Homework

- Start taking a complete multivitamin with minerals every day. **Do not purchase gummy multivitamins or Centrum Flavor Burst** as they do not contain Vitamin B1 and most lack minerals. *Try Centrum.*
- Start taking _____mg of calcium with vitamin D ____ times per day, after a meal. Your body absorbs only 500-600mg of calcium at one time. *Try Viactiv or Caltrate 600.*
- Look for a protein drink that has **at least 25 grams protein** and **8 grams or less of sugar** (see pages 3 and 4 for some examples).
- Practice separating liquids from solids. Start by **NOT** drinking **WITH** your meals for 2-3 weeks. Don't even have a beverage glass/bottle where you eat. Then, don't drink for 5 minutes after finishing your meal. Extend this time by 5 minutes every week until you are waiting for at least 30 minutes after eating to drink.
- Start incorporating some physical activity into your daily routine, e.g. walk more, take the stairs.
- Start/continue reading labels, nutrition facts and ingredients. For a good explanation of the Nutrition Facts label, go to: <http://www.fda.gov/Food/ResourcesForYou/Consumers/NFLPM.htm>. Click on "How to Understand and Use the Nutrition Facts label".
- Start your D.I.E.T. (Develop Intelligent Eating Techniques) now:
 - Eat breakfast and don't skip other meals.
 - Stop drinking high calorie beverages like juice, regular soda and sugar in coffee/tea.
 - Stop drinking carbonated beverages.
 - Limit your sweet food intake.
 - Limit fried food.
 - Limit your alcohol intake
 - Eat at least 3 servings of vegetables (½ cup cooked or 1 cup raw) and 2 servings of fruit daily.
- Join our online support group. Send an email to: DrBesslersPatientsNYC-Subscribe@YahooGroups.com and wait for the return email with instructions.
- Try www.ObesityMD.org, www.ObesityHelp.com and/or www.BariatricPal.com.
- Read through your diet booklet that you received from your dietitian. Call your dietitian if you have any questions.
- Make a list of the goals that you want to achieve after weight loss surgery. Put aside for your one year post-op anniversary.
 - Examples:
 - Being able to cross your legs
 - Climbing a flight of stairs without being out of breath
 - Fitting into chairs
 - Being able to buy clothes in regular stores
 - Getting rid of or improving a health problem

HIGH PROTEIN DRINKS/POWDERS

(Yield: approximately 25g protein)

DRINKS

- 1) Myoplex Carb Control (25g protein)
- 2) Isopure Zero Carb (*lactose free*) (40g of protein -- Drink $\frac{2}{3}$ bottle per day.)
- 3) Designer Whey Protein Blitz (*lactose free*) (30g protein)
- 4) Nitro-Tech Hardcore (40g of protein -- Drink $\frac{2}{3}$ bottle per day.)
- 5) Worldwide Pure Protein Shake (35g protein)
- 6) Liqueta™ Concentrated Liquid Protein (24g protein/1.5 ounces) Purchase at www.globalhp.com or call 1-800-638-2870.
- 7) Cytomax® Protein Ready-To-Drink (*lactose free*) (40g protein)
- 8) Premier Protein Shake (30g protein) Purchase in Costco, BJ's and Sam's Club.
- 9) **GNC Total Lean Lean Shake** (*lactose free*) (25g protein)
- 10) Extreme Smoothie (35g protein) Purchase at www.BariatricEating.com
- 11) SYNTHA-6 (28g protein)
- 12) CytoSport Monster Milk (*lactose free*) (27g protein in 12 ounces; bottle contains 20 ounces)
- 13) Protein Ice (*lactose free*) (42g of protein— Drink $\frac{2}{3}$ bottle per day.)

POWDERS – add to fat free or 1% milk (8g of protein) OR fat free or light yogurt (6-15g protein)

- 1) Jay Robb Whey Protein (24g protein/scoop) Call 1-877-Jay-Robb *Individual packets available in- store.*
Vanilla, Chocolate, Strawberry, Pina Colada and Tropical Dreamsicle
Jay Robb Egg White Protein (*lactose free*) (24g protein/scoop)
Vanilla, Chocolate and Strawberry
- 2) Isopure Zero Carb (*lactose free*) (25g protein/scoop)
- 3) Muscle Milk Light (25g protein/2 scoops) Also available in Target, grocery and drug stores.
- 4) Designer Whey Protein Powder/All Natural protein Powder (18 protein/scoop)
Chocolate, Caramel Peanut, Strawberry, Vanilla Praline, French Vanilla, Double Chocolate, Natural, Vanilla Almond
Designer Whey Weight Control (15g protein/scoop and 5g fiber)
Chocolate, Vanilla
- 5) Met-Rx Meal Replacement (38g protein/packet. Use $\frac{1}{2}$ packet)
- 6) **UNJURY** (*lactose free*) (20g protein/scoop or packet) Go to www.UNJURY.com or call 1-800-517-5111.
Samples available online for \$1.75 each.
- 7) Bariatric Fusion Meal Replacement (27g protein/packet/SS bottle/scoop Go to www.BariatricFusion.com or call 1-866-259-0602
Cappuccino, Cinnamon Bun, Strawberry Shortcake, French Vanilla, Mint Chocolate Ice Cream, Orange Cream, Chocolate Mousse
- 8) **Chike!** (28g protein/2 scoops) Go to www.ChikeNutrition.com or call 1-877-974-2537. *Samples available online for \$3.00.*
- 9) Premier Protein 100% Whey Isolate (30g protein/2 scoops) Purchase in Sam's Club.
- 10) PlantFusion **Multi-source plant protein** (*lactose free*) (21g protein)
- 11) Matrix by Syntrex (23g protein/scoop)
Bananas & Cream, Cookies & Cream, Milk Chocolate, Mint Chocolate, Orange Cream, Perfect Chocolate, Strawberry Cream and Simply Vanilla
- 12) Naturemax (*kosher – lactose free*) (15g protein/scoop. Use $\frac{1}{4}$ scoops) To order: call 1-800-645-1899, go to www.maxihealth.com/ or check the stores in your area for this product.
- 13) Shaklee Energizing Soy Protein (*kosher – lactose free*) (14g protein/3 TBSP. Use 4 TBSP's) Go to www.shaklee.net/ to find a distributor in your area.

- 14) *SPIRU-TEIN High Protein Energy Meal (kosher – lactose free)* (14g protein/scoop. Use 1¼ scoops)
Individual packets available in some (health food) stores.
- 15) Integrated Supplements 100% Natural CFM Whey Protein Isolate (*kosher – lactose free*) (21g protein/scoop)
- 16) Nutri-Supreme Research Whey Protein (*kosher*) (23g protein/2 scoops) Go to www.Nutri-Supreme.com or call 888-686-8874.
- 17) Herbalife Instant Healthy Meal-Nutritional Shake Mix (*kosher – lactose free*) (20g protein) Go to: www.Herbalife.com to find a distributor.

NOTE: *The grams of protein listed for the protein powders are for the powder alone. Add the grams of protein for the milk or yogurt to those for the powder to get the total protein for the protein drink.*

POWDERS – add water

- 1) Nectar Protein™ (23g protein/scoop) Vitamin Shoppe, call 1-800-898-6888 or go to www.BariatricAdvantage.com.
Apple Ecstasy, Caribbean Cooler, Crystal Sky, Fuzzy Navel, Roadside Lemonade, Strawberry Kiwi, Lemon Tea, Cappuccino (this flavor can be added to milk also)
- 2) Bariatric Advantage High Protein Meal Replacement (*lactose free*) (27g protein/2 scoops) Go to www.BariatricAdvantage.com, then click on “Meal Replacements”. You can also call 1-800-898-6888 to order. *Individual packets available online for \$2.50.*
Chocolate, vanilla, strawberry, banana, orange cream, unflavored.
- 3) Body Fortress Super Advanced Whey Isolate (*99% lactose free*) (30g protein/scoop)
Vanilla and chocolate flavors.
Available in pharmacies and supermarkets.

High Protein Pudding

MHP Power Pak Pudding (*lactose free*) (30g protein)

Liquid Protein/Protein Shots

- 1) New Whey (25g or 42g protein) Blue Raspberry, Acai Berry, Fruit Punch
- 2) Pure Whey Shot 45 (45g protein) Berry Punch, Wild Watermelon
- 3) Profect (25g or 50g protein) Blue Raspberry Swirl, Grapefruit-Mango, Fresh Citrus Berry, Cool Melon Splash
- 4) Proasis (25g protein) Raspberry, Fruit Punch, Niagra Grape, Orange-Pineapple, Watermelon
- 5) Body Fortress Super Protein Shot (26g protein) Fruit Punch

Look for the above in GNC, The Vitamin Shoppe or in health food stores if no telephone number or website is indicated. Costco, BJ’s and Sam’s Club may carry one or two brands.

You can purchase samples of various protein powders at the following sites: www.Vitalady.com and www.NashuaNutrition.com. Remember, the protein shake that you choose should provide at least 25g of protein, have less than 8g of sugar and no more than 25% of total calories from fat.

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2/09, 5/09, 7/09, 8/09, 9/09, 11/09, 1/10, 2/10, 10/10, 1/11, 6/11, 7/11, 12/11, 4/12, 7/12, 12/12, 8/13, 12/13, 3/14, 5/15/14