

# Endoscopic Sleeve Gastroplasty

(Also referred to as Endoscopic Gastric Plication)

## Dietary Information

### Stages 1 - 2

Columbia University Center for Metabolic  
and Weight Loss Surgery

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## Stage 1

DURATION: ***For two weeks***, 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***. See pages 13-17 for acceptable shakes.

**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	<b><i>Fat free or light yogurt, plain or flavored, smooth without bits of fruit</i></b>
<b><i>Sugar free pudding</i></b>	<b><i>High protein pudding</i></b>	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 2

DURATION: The 3rd and 4th week after the procedure.

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 may be able to 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. See pages 13-17 for acceptable  
shakes.***

FOOD / BEVERAGE	PORTION	AMOUNT OF PROTEIN (GRAMS)
<b>THESE FOODS DO <u>NOT</u> NEED TO BE PUREED:</b>		
<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
<b>THESE FOODS NEED TO BE PUREED:</b>		
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
<b>HIGH PROTEIN BEVERAGES:</b>		
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
	<b><u>OR</u></b>	
	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
	<b><u>OR</u></b>	
	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
	<b><u>OR</u></b>	
	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
	<b><u>OR</u></b>	
	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<sup>®</sup>, NatraTaste<sup>®</sup>),***
- ***Acesulfame-K (Sweet One<sup>®</sup>),***
- ***Saccharin (Sweet 'N Low<sup>®</sup>, Sugar Twin<sup>®</sup>),***
- ***Sucralose (Splenda<sup>®</sup>),***
- ***Stevia (Truvia<sup>™</sup>, Pure Via<sup>™</sup>, SweetLeaf<sup>®</sup>).***

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:**

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 <sup>®</sup> beverages	
Fruit drinks (sugared)	Popsicles (sugared)	
Gatorade <sup>®</sup> /POWERADE <sup>®</sup>	Pudding (sugared)	

## **Beverages**

The following are acceptable beverages:

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

- 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) **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.
- 4) DO NOT FILL UP ON FLUIDS. You need to eat!
- 5) DO NOT DRINK ALCOHOLIC BEVERAGES (beer, wine and liquor) FOR **ONE MONTH** AFTER YOUR PROCEDURE.
- 6) **DO NOT ANY DRINK JUICE, SMOOTHIES OR COCONUT WATER** after your procedure.
- 7) **NO CARBONATED BEVERAGES** after your procedure.
- 8) **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.
- 9) **NOTE:** Water may be difficult to drink after this procedure 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 two weeks after your procedure**, 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 two weeks, 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 **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](http://www.VitaminShoppe.com) or call 1-866-293-3367; BariMelts at [www.BariMelts.com](http://www.BariMelts.com); Bariatric Advantage® and Tropical Oasis® at [www.BariatricAdvantage.com](http://www.BariatricAdvantage.com) or call 1-800-898-6888; Maxi-Health® at [www.MaxiHealth.com](http://www.MaxiHealth.com) or call 1-800-895-9555; Freeda® at [www.KosherVitamins.com](http://www.KosherVitamins.com) or call 1-800-895-9555; Celebrate® at [www.CelebrateVitamins.com](http://www.CelebrateVitamins.com) or call 1-877-424-1953; Isotonix® at [www.IsotonixSupplementStore.com](http://www.IsotonixSupplementStore.com) and Bariatric Fusion at Melbran Pharmacy (605 W168th Street) or at [www.BariatricFusion.com](http://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 <sub>12</sub>	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.

## **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 or drinking. They can last for 20 minutes or several hours.

PREVENTION: Do not consume foods and beverages 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.

## **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 the procedure, you will meet with your gastroenterologist (GI MD)/surgeon/NP and dietitian at specific time intervals to be determined by your GI MD/surgeon.

Potential follow-up appointments:

GI MD/Surgeon/NP: 2-3 weeks, 5-6 weeks, 6 months, 1 year and yearly for years 2-5 after your procedure

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

Then, your care may be transferred back to your primary care doctor five years after your procedure.

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

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

**YOUR MAIN TASKS AFTER 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  
4/18

## 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<sup>®</sup>, Smart Balance<sup>®</sup> or Fairlife<sup>®</sup> milk and added high protein powder.
- 7) Make sugar-free cocoa with 1 cup of Skim Plus<sup>®</sup>, Smart Balance<sup>®</sup> or Fairlife<sup>®</sup> 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<sup>®</sup>, Crystal Light<sup>®</sup>, 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 <sup>®</sup> milk (83 Kcal, 8g protein) 2 ounces (¼ cup) egg substitute (30 Kcal, 6g protein) Artificial sweetener to taste	Rum or vanilla extract to taste Several ice cubes Optional: ⅛ tsp nutmeg
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Put everything in a blender or food processor and blend until smooth. Sprinkle cinnamon powder on top if desired.

Calories: 113                      Protein: 14 grams

# **HIGH PROTEIN DRINKS/POWDERS**

**(Yield: approximately 25g protein)**

**\*Fruit-flavored or has fruit flavors besides strawberry**

## **DRINKS**

- 1) **GNC Total Lean Lean Shake (lactose free)** (25g protein)
- 2) Premier Protein Shake (30g protein) Purchase in Costco, BJ's and Sam's Club.
- 3) Pure Protein Shake (35g protein)
- 4) \*Protein Ice (**lactose free**) (42g of protein— Drink 2/3 bottle per day.)
- 5) \*Isopure Zero Carb (**lactose free**) (40g of protein -- Drink 2/3 bottle per day.)
- 6) \*Designer Whey Protein Blitz (**lactose free**) (30g protein)
- 7) \*LiquaCel™ Concentrated Liquid Protein (24g protein/1.5 ounces) Purchase at [www.globalhp.com](http://www.globalhp.com) or call 1-800-638-2870.
- 8) VHT Extreme Smoothie (35g protein) Purchase at [www.BariatricEating.com](http://www.BariatricEating.com)
- 9) CytoSport Whey Isolate Protein (**lactose free**) (32g protein)
- 10) Muscle Milk Pro Series (lactose free) (35g/40g protein)
- 11) Muscle Milk Light (28g protein—17 ozs)
- 12) \*Coco Protein (lactose and gluten free) (25g protein)
- 13) Tera's Whey (26g protein) rBHG/rBST free, non-GMO
- 14) Orgain Organic Protein (26g protein) non-GMO

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

- 1)\* Celebrate Meal Replacement (27g protein+5g fiber/2 scoops) Call 1-877-424-1953 or got to [www.celebratevitamins.com](http://www.celebratevitamins.com) .  
Cinnamon Roll, Bananaberry, Deep Chocolate, Vanilla Bean
- 2) \*Celebrate ENS 4 in 1 (25g protein+4.4g fiber+500mg calcium+multi-vitamin/2 scoops) Call 1-877-424-1953 or got to [www.celebratevitamins.com](http://www.celebratevitamins.com) .  
Orange Cream, Chocolate Milk, Vanilla Cake Batter
- 3) UNJURY (**lactose free**) (20g protein/scoop or packet) Go to [www.UNJURY.com](http://www.UNJURY.com) or call 1-800-517-5111. **Samples available online for \$1.75 each.**
- 4)\* Bariatric Fusion Meal Replacement (27g protein/packet/SS bottle/2 scoops)  
Go to [www.BariatricFusion.com](http://www.BariatricFusion.com) or call 1-866-259-0602  
Cappuccino, Cinnamon Bun, Strawberry Shortcake, French Vanilla, Mint Chocolate Ice Cream, Orange Cream, Chocolate Mousse
- 5) \*GNC Total Lean® Lean Shake™ (25g protein+5g fiber/2 scoops)  
Banana, Chocolate Peanut Butter, French Vanilla, Mixed Berry, Orange Cream, Rich Chocolate
- 6)\* 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
- 7) \*Isopure Zero Carb (**lactose free**) (25g protein/scoop)  
Strawberries and Cream, Dutch Chocolate, Creamy Vanilla, Pineapple/Orange/Banana, Cookies and Cream, Mint Chocolate Chip, Banana Cream, Apple Melon, Alpine Punch, Mango Peach, Toasted Coconut
- 8) Muscle Milk Light (25g protein/2 scoops) Also available in Target, grocery and drug stores.

- Chocolate, Chocolate PB, Strawberries & Crème, Cookies & Crème, Banana Crème, Vanilla Crème
- 9) BiPro Instant Whey Protein Isolate Supplement (30g protein/1.5 scoops)  
French Vanilla, Chocolate, Strawberry
  - 10) 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
  - 11) Met-Rx Meal Replacement (38g protein/packet. Use ½ packet)
  - 12) Premier Protein 100% Whey Isolate (30g protein/2 scoops) Purchase in Costco, BJ's, Sam's Club, and some pharmacies and supermarkets.  
Vanilla, Chocolate and Strawberry
  - 13)\* *Chike!* (28g protein/2 scoops) Go to [www.ChikeNutrition.com](http://www.ChikeNutrition.com) or call 1-877-974-2537.  
**Samples available online for \$3.00.**  
Chocolate Bliss, Strawberry Burst, Orange Crème, Banana Magic, Very Vanilla
  - 14) Tera's Whey Organic (22g protein/2 scoops) This product can be purchased at:  
<http://simplyterras.com/>, Whole Foods, [www.Amazon.com](http://www.Amazon.com). **Samples available online for \$2.00.**  
Bourbon Vanilla, Fair Trade Dark Chocolate, Blueberry  
\*Tera's Whey rBGH Free (20g protein/2 scoops) **Samples available online for \$3.00.**  
Acai Berry, Bourbon Vanilla, Fair Trade Dark Chocolate, Wolfberry, Yumberry
  - 15) NOW Sports Whey Protein Isolate (25g protein/scoop) Purchase at [www.Amazon.com](http://www.Amazon.com)  
Vanilla, Dutch Chocolate, Strawberry
  - 16) \*Quest Protein (22g protein/scoop)  
Salted Caramel, Banana Cream, Chocolate Milkshake, Vanilla Milkshake, Peanut Butter, Strawberries and Cream
  - 17) Matrix by Syntrex (23g protein/scoop)  
Bananas & Cream, Cookies & Cream, Milk Chocolate, Mint Chocolate, Orange Cream, Perfect Chocolate, Strawberry Cream and Simply Vanilla
  - 18) GNC Pro Performance AMP Amplified Wheyabolic Extreme 60 Strength (30g protein/1½ scoops)
  - 19) Orgain Grass Fed Whey Protein (21g protein/2 scoops)  
Vanilla Bean, Creamy Chocolate Fudge

**KOSHER – add to fat free soymilk (6-8g of protein)**

- 1) Naturemax (*kosher – lactose free*) (15g protein/scoop. Use 1¼ scoops) To order: call 1-800-645-1899, go to [www.maxihealth.com/](http://www.maxihealth.com/) or check the stores in your area for this product.
- 2) Shaklee Energizing Soy Protein (*kosher – lactose free*) (14g protein/3 TBSP. Use 4 TBSP's) Go to [www.shaklee.net/](http://www.shaklee.net/) to find a distributor in your area.
- 3)\* *SPIRU-TEIN High Protein Energy Meal (kosher – lactose free)* (14g protein/scoop. Use 1¼ scoops) **Individual packets available in some (health food) stores.**
- 4) Integrated Supplements 100% Natural CFM Whey Protein Isolate (*kosher – lactose free*) (21g protein/scoop)
- 5) Nutri-Supreme Research Whey Protein (*kosher*) (23g protein/2 scoops) Go to [www.Nutri-Supreme.com](http://www.Nutri-Supreme.com) or call 888-686-8874.
- 6) Herbalife Instant Healthy Meal-Nutritional Shake Mix (*kosher – lactose free*) (20g protein) Go to: [www.Herbalife.com](http://www.Herbalife.com) to find a distributor.
- 7) Zahlers Reach Protein Powder (*kosher*) (25g protein/scoop) Go to [www.KosherVitamins.com](http://www.KosherVitamins.com).

- 8) Bluebonnet Super Earth Organic Veggie Protein (kosher) (18g protein/scoop) Go to [www.KosherVitamins.com](http://www.KosherVitamins.com).
- 9) NutraBio Organic Plant Protein (kosher) (18g protein/scoop) Go to [www.KosherVitamins.com](http://www.KosherVitamins.com).
- 10) NutraBio Soy Protein Isolate (kosher) (25g protein/scoop) Go to [www.KosherVitamins.com](http://www.KosherVitamins.com).
- 11) NutraBio Java Whey Protein (kosher) (25g protein/scoop) Go to [www.NutraBio.com](http://www.NutraBio.com).
- 12) Growing Naturals Organic Raw Rice Protein (kosher) (24g protein/scoop) Go to [www.KosherVitamins.com](http://www.KosherVitamins.com).
- 13) Unjury Planted (kosher) 20g protein/scoop) Go to [www.Unjury.com](http://www.Unjury.com).
- 14) Arbonne Essentials Protein powder (kosher) (20g protein/2 scoops) Go to [www.Arbonne.com](http://www.Arbonne.com).
- 15) Landau Whey Protein (kosher) (20g protein/ scoop) Go to [www.KosherVitamins.com](http://www.KosherVitamins.com).

**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.*

**PLANT-BASED PROTEIN POWDERS (Lactose Free)-add to fat free soymilk (6-8g protein), almond milk (1g protein or rice milk (1g protein)**

- 1) Shaklee Energizing Soy Protein (*kosher*) (14g protein/3 TBSP. Use 4 TBSP's) Go to [www.shaklee.net/](http://www.shaklee.net/) to find a distributor in your area.
- 2)\* *SPIRU-TEIN High Protein Energy Meal (kosher)* (14g protein/scoop. Use 1¼ scoops) ***Individual packets available in some (health food) stores.***
- 3) Herbalife Instant Healthy Meal-Nutritional Shake Mix (*kosher*) (20g protein) Go to: [www.Herbalife.com](http://www.Herbalife.com) to find a distributor.
- 4) Bluebonnet Super Earth Organic Veggie Protein (18g protein/scoop) Go to [www.Amazon.com](http://www.Amazon.com).
- 5) PlantFusion Complete Plant Protein (21g protein/scoop)  
Vanilla bean, Chocolate, Chocolate Raspberry, Cookies N' Crème, unflavored
- 6) PlantFusion Organic Plant Protein (20g protein/scoop)  
Vanilla Chai, Chocolate
- 7) PlantFusion LEAN (21g protein/scoop)  
Vanilla Bean, Chocolate Brownie
- 8) Garden of Life Raw Organic Protein (22g protein/scoop)  
Vanilla, Vanilla Spiced Chai, Chocolate Cacao, unflavored
- 9) Garden of Life Raw Organic Meal Shake and Meal Replacement (20g protein/scoop)  
Chocolate Cacao, Vanilla, Vanilla Spiced Chai, unflavored
- 10) Garden of Life Fit-- High Protein for Weight Loss (28g protein/scoop)  
Chocolate Cacao, Marley Coffee, Vanilla, unflavored
- 11) Garden of Life Raw proteins & Greens (20g protein/scoop)  
Chocolate Cacao, Lightly Sweet, Vanilla
- 12) Vega Sport Performance Protein (30g protein/scoop)  
Berry, Vanilla, Chocolate, Mocha
- 13) Vega Clean Protein (25g protein/scoop)  
Vanilla, Chocolate
- 14) Unjury Planted (20g protein/scoop) Go to [www.Unjury.com](http://www.Unjury.com).  
Chocolate and unflavored
- 15) Orgain Organic Protein (21g protein/2 scoops)  
Vanilla Bean, Creamy Chocolate Fudge, Peanut Butter, Iced Matcha Latte, Pumpkin Spice

## **POWDERS** – add water

- 1) \*Nectar Protein™ (23g protein/scoop) Vitamin Shoppe, call 1-800-898-6888 or go to [www.MyBariatricPantry.com](http://www.MyBariatricPantry.com). where you can also purchase a sample pack of 10 flavors of your choice for \$19.99  
Apple Ecstasy, Caribbean Cooler, Crystal Sky, Fuzzy Navel, Roadside Lemonade, Strawberry Kiwi, Lemon Tea, twisted Cherry, Pink Grapefruit, Wild Grape
- 2) \*Bariatric Advantage High Protein Meal Replacement (***lactose free***) (27g protein/2 scoops) Go to [www.BariatricAdvantage.com](http://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 Crème, Unflavored.
- 3) Body Fortress Super Advanced Whey Isolate (***99% lactose free***) (30g protein/scoop)  
Vanilla and Chocolate flavors.  
Available in pharmacies and supermarkets.

**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—Coffee Flavored**

- 1) Bariatric Fusion Meal Replacement (27g protein/packet/SS bottle/2 scoops)  
Go to [www.BariatricFusion.com](http://www.BariatricFusion.com) or call 1-866-259-0602  
Cappuccino
- 2) Nectar Protein™ (23g protein/scoop)  
Vitamin Shoppe, call 1-800-898-6888 or go to [www.MyBariatricPantry.com](http://www.MyBariatricPantry.com).  
Cappuccino
- 3) Inspire Pure Whey Isolate Protein Drink (30 grams protein/1.5 scoops)  
Go to [www.BariatricEating.com](http://www.BariatricEating.com) to order.  
Caramel Latte
- 4) Celebrate High Protein Meal Replacement (27g protein/2 scoops)  
Go to [www.CelebrateVitamins.com](http://www.CelebrateVitamins.com)  
Caramel Latte
- 5) Celebrate Protein 20 (20g protein/2 scoops—put in FF/1% milk to increase protein)  
Go to [www.CelebrateVitamins.com](http://www.CelebrateVitamins.com)  
Iced Decaf Coffee
- 6) Garden of Life Fit-- High Protein for Weight Loss (plant based) (28g protein/scoop)  
Marley Coffee
- 7) Vega Sport Performance Protein (plant based) (30g protein/scoop)  
Mocha
- 8) NutraBio Java Whey Protein (25g protein/scoop) Go to [www.NutraBio.com](http://www.NutraBio.com).

**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.*

## **High Protein Pudding**

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



### **\*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

### **High Protein Soups**

- 1) Unjury--Chicken (21g protein, 770mg sodium) Go to [www.Unjury.com](http://www.Unjury.com) to order.
- 2) Celebrate--Chicken (27g protein, 660mg sodium) and Tomato (29g protein, 810mg sodium) Go to [www.CelebrateVitamins.com](http://www.CelebrateVitamins.com) to order.
- 3) Bariatric Advantage--Vegetable (20g protein , 785mg sodium) Go to [www.BariatricAdvantage.com](http://www.BariatricAdvantage.com).
- 4) Bariatric Fusion--Chicken (27g protein, 990mg sodium) Go to [www.BariatricFusion.com](http://www.BariatricFusion.com) to order.

***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 a few brands.***

***You can purchase samples of various protein powders at the following sites: [www.Vitalady.com](http://www.Vitalady.com) and [www.NashuaNutrition.com](http://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.***