

Post-
Suturing
Dietary
Information
Stages 1- 4

Columbia University
Center for Metabolic and Weight Loss Surgery

Prepared by: Nancy Restuccia, MS, RD, CDN

Stage 1

- DURATION:** Rest of day after procedure
- FOOD/BEVERAGES:** Clear beverages: water, chicken broth, tea, diet gelatin, G2.
Drink 1 to 2 ounces every 20 minutes while awake
- 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:** Day after procedure and for 1 week
- FOOD/BEVERAGES:** 5 meal replacement shakes daily (see pages 10 and 14 for choices) plus any non/low- sugared beverage (see below for choices)
Drink 1 to 2 ounces every 20 minutes while awake
In addition to the meal replacement shakes, try to drink 40 ounces of the acceptable beverages below.
- SUGGESTIONS:**
- 1) Sip slowly.
 - 2) Stop sipping as soon as you feel full. Never force yourself to finish. "When in doubt, wait it out!"
- Notes:**
- 1) You may delay starting the meal replacement shakes for 1-2 days if you feel that they may be too heavy for you right away.
 - 2) To increase your fiber intake and prevent constipation **during stages 2-4**, take a daily fiber supplement, like Benefiber®.

ACCEPTABLE NON/LOW-SUGARED BEVERAGES		
Water	Broth	Coffee
Tea	Bai	Crystal Light
Diet Snapple	G2	Powerade Zero
Vitaminwater Zero	No-sugar-added frozen fruit pops	Sugar-free frozen fruit pops
Sugar-free hot cocoa	Fat-free milk, 1% milk or almond milk for coffee or tea only	Sugar-free Kool-Aid
CORE Organic		

Stage 3

- DURATION:** **2nd through the 4th week** after the procedure
- FOOD/BEVERAGES:** 5 meal replacement shakes daily (see pages 10 and 14 for choices) plus any non/low-sugared beverage as above.
Drink 3-4 ounces no more frequently than every 20 minutes while awake.
In addition to the meal replacement shakes, try to drink 48 ounces of the acceptable beverages above.
- 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 4

DURATION: **The 5th and 6th 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 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
	OR	12.5
	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
1pm	1 oz. cooked, ground turkey, blended	7
4pm	½ cup fat-free milk blended with ½ scoop Isopure® powder	4
	OR	12.5
	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
	OR	12.5
	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
	OR	12.5
	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[®]),*** and

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.**

lactitol	sorbitol	erythritol	mannitol
hydrogenated starch (hydrolysate)	maltitol	xylitol	isomalt

The following are some foods/beverages that are high in added sugar and must be eliminated from your diet for life:

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) **TRY TO DRINK AT LEAST SIX 8-OZ. CUPS (48 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 THE PROCEDURE.
- 6) **DO NOT ANY DRINK JUICE, SMOOTHIES OR COCONUT WATER** after the procedure.
- 7) **NO CARBONATED BEVERAGES** after the 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 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 month after the procedure, you can't swallow pills or capsules. You will need to crush your pills or open capsules into food or beverages or obtain liquid forms of your medications, if available.

Vitamins/Minerals

When you start pureed food, start taking the following supplements in *non-pill form* (see suggestions on page 14):

1. A multi-vitamin with minerals.
2. Calcium citrate with vitamin D.
 - Should be taken with food in **divided** doses, no more than 600 mg/dose.
 - Recommended doses:

<u>Women/Men</u>	<u>Amount of Calcium Citrate</u>
18 yrs	500 mg 4X/day
19-50 yrs	500 mg 3X/day
51 yrs and older	600 mg 3X/day

3. One 500 mcg *sublingual tablet/dots/lozenges once a day* – OR – one 1000 mcg *sublingual tablet/chew/liquid dropper every other day* – OR - you can go your doctor's office *once a month* to get an *injection of Vitamin B₁₂ (1.0 ml IM once a month)*.

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 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.
- **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, etc.
Calcium	Weak & broken bones, collapsed spine, muscle spasms
Vitamin B ₁₂	Tingling in hands & feet, nerve damage, paralysis, trouble walking
Vitamin D	Weak & broken bones, collapsed spine, impaired immune system

EXERCISE

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

START BY WALKING FOR 30 CONSEQUITIVE MINUTES WITH ELEVATED HEART RATE PER DAY.

The most successful patients are those that change the composition of their body. They decrease their fat mass (aerobic exercises-walking, running, treadmill, bike, rowing, elliptical, etc.) and increase their muscle mass (resistance exercises-weights, machines in the gym, exercise bands, Pilates, etc.). Progress to doing aerobic exercise for one hour, 3 days per week and resistance exercise for one hour on 2 days per week.

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

FOLLOW-UP APPOINTMENTS

Follow-up appointments will be determined by your surgeon.

CALL YOUR DIETITIAN WITH ANY DIET-RELATED QUESTIONS!

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

3/14, 4/18

Meal Replacement Choices

A. GNC Total Lean™ Lean Shakes™ (pre-mixed)

- *Drink 5 shakes a day, approximately one every 3 hours.*
- Purchase this product at GNC or www.gnc.com.
- You will need to purchase 70 drinks (approximately \$240).
- *The shakes are lactose free.*
- The shakes come in Swiss chocolate, vanilla bean, strawberries and cream and banana cream.
- Each shake has: 170 calories, 25g of protein, 330mg sodium and 3g fiber.

B. GNC Total Lean™ Lean Shake™ 25 (powder). Make sure that you purchase the Lean Shake 25 and not the regular Lean Shake that has only 9 grams of protein.

- *Drink 4 shakes a day, approximately 1 every 4 hours.*
- This product is protein powder that you mix with 8-10 ounces of water.
- Purchase this product at GNC or www.gnc.com.
- You will need to purchase 4 tubs of the protein powder (approximately \$180 for club non-member and \$160 for club member).
- The shakes come in rich chocolate, chocolate peanut butter, banana, cookies & cream, mixed berry, orange cream and French vanilla.
- 2 scoops have: 200 calories, 25g of protein, 120mg sodium and 8g of fiber.

C. Kosher: Premier Protein - High Protein Shakes (pre-mixed)

- *Drink 5 shakes a day, approximately one every 3 hours.*
- Purchase in Costco, BJ's, Sam's Club or at Amazon.com.
- You will need to purchase 70 drinks (4 cases--approximately \$100).
- The shakes come in vanilla, chocolate, strawberry, caramel and bananas & cream.
- Each shake: has 160 calories, 30g of protein, 270mg sodium and 3g fiber.

D. Kosher: Bariatric Fusion Meal Replacement Shakes.

- *Drink 6 shakes a day, approximately 1 every 2½ hours.*
- This product is protein powder that you mix with 8 ounces of water.
- Purchase at www.BariatricFusion.com or call 1-866-259-0602.
- You will need to purchase 4 tubs of powder (approximately \$160; shipping is free for orders over \$75). Single serving packets are available for \$2.50 each or you can purchase a variety pack of all the individual flavors for \$20.

- The shakes come in Chocolate Mouse, French Vanilla, Strawberry Shortcake, Cinnamon Bun, Mint Chocolate Ice Cream, Orange Cream and Cappuccino.
- **Two scoops** have: 150 calories, 27g of protein, 360mg sodium and 5g of fiber.

E. Celebrate ENS 4 in 1 (Protein, Multi, Calcium and Fiber)

- *Drink 6 shakes a day, approximately 1 every 2½ hours.*
- This product is protein powder that you mix with 8 ounces of **water**.
- Purchase at: www.CelebrateVitamins.com
- You will need 3 tubs of powder (approximately \$192 with \$13 shipping). A variety pack of 30 single serving packets is available for \$69.95.
- The shakes come in orange cream, chocolate milk and vanilla cake batter.
- **Two scoops** have: 140 calories, 25g of protein, vitamins and minerals **to replace a multivitamin, 500 mg calcium** and 4g of fiber.

F. Celebrate Meal Replacement Shakes

- *Drink 5 shakes a day, approximately one every 3 hours.*
- This product is protein powder that you mix with 8 ounces of **water**.
- Purchase at: www.CelebrateVitamins.com.
- You will need 3 tubs of powder (approximately \$150 with \$13 shipping). 10 single serving packets are available for \$29.95.
- The shakes come in cinnamon roll, bananaberry, deep chocolate and vanilla bean.
- **Two scoops** have: 160 calories, 27g of protein, 240mg sodium and 5g of fiber.

G. Bariatric Advantage® High Protein Meal Replacement Shakes

- *Drink 6 shakes a day, approximately 1 every 2½ hours.*
- This product is protein powder that you mix with 8 ounces of **water**.
- Go to www.BariatricAdvantage.com, click on "Meal Replacements" for the powder. You can also call 1-800-898-6888.
- You will need to purchase 2 bags of their **meal replacement** powder (approximately \$136). **Single serving packets are available for \$3.25 each and Ready-To-Shake bottles (powder included, just add water) are available for \$2.95 each.**
- The shakes come in chocolate, vanilla, strawberry, banana, iced latte and orange cream.
- *The shakes are **lactose free**.*
- **Two scoops** have: 150-160 calories, 27g of protein, 320mg sodium and 5g of fiber.

H. Kosher: Garden of Life Raw Organic Meal Shake & Meal Replacement with superfoods, probiotics and enzymes.

- *Drink 5 shakes a day, approximately one every 3 hours.*
- This product is protein powder that you mix with 8 ounces of water.
- Purchase this product at www.amazon.com.
- You will need to purchase 4 tubs of the protein powder (approximately \$143).
- *The shakes are lactose free.*
- The shakes come in chocolate cacao, vanilla, vanilla spiced chai.
- 1½ scoops have: 173-180 calories, 30g of protein, 225mg sodium and 11g fiber.

I. Kosher: EAS AdvantEdge® Carb Control (Pre-mixed).

- *Drink 8 shakes a day. You can drink 2 shakes at one time, three times per day and 1 shake two other times during the day.*
- Purchase this product at www.Amazon.com or at the Vitamin Shoppe.
- You will need to purchase 112 drinks (approximately \$224).
- *The shakes are lactose free.*
- The shakes come in strawberry cream, French vanilla, chocolate fudge, rich dark chocolate, café caramel, mocha latte.
- Each shake has: 100 calories, 17g of protein, 430g sodium and <1g fiber.

J. Kosher: Herbalife® Formula 1 Instant Healthy Meal - Nutritional Shake Mix® Shakes per day. *Make sure that you purchase the Instant Healthy Meal and not the regular Nutritional Shake Mix which has only 9g of protein.*

- *Drink 4 shakes a day, approximately 1 every 4 hours.*
- This product is protein powder that you mix with 8 ounces of water.
- Purchase this product at www.herbalife.com.
- You will need to purchase 5 tubs of the protein powder.
- *The shakes are lactose free.*
- The shakes come in creamy chocolate and vanilla dream.
- Two scoops have: 200 calories, 20g of protein, 420mg sodium and no fiber.

K. Kosher: Naturemax®/Naturemax® Plus (sweetened with Splenda)- 1½ scoops in each drink.

- *Drink 5 shakes a day, approximately one every 3 hours.*
- This product is protein powder that you mix with 8 ounces of water.
- Purchase this product at www.MaxiHealth.com.
- You will need to purchase 7 containers of protein powder (approximately \$175).

- The shakes are *lactose free*.
- Naturemax® comes in creamy vanilla and rich chocolate. Naturemax® Plus comes in creamy vanilla, rich chocolate, smooth coffee, strawberry.
- *1½ scoops* of Naturemax® has: 165 calories, 30g protein, 317mg sodium and 1.5g fiber.
- *1½ scoops* of Naturemax® Plus has: 150 calories, 30g protein, 329mg sodium and 1g fiber.

L. Kosher: Optifast 800® Shakes

- *Drink 5 shakes a day, approximately one every 3 hours.*
- Purchase this product from our Weight Control Center in room #512.
- You will need 70 shakes (approximately \$324)
- The shakes are *lactose free*.
- The shakes come in: vanilla, chocolate and strawberry.
- Each shake has: 160 calories, 14g protein, 220mg sodium and no fiber.

M. Kosher: Optifast 800® Shake Mix packets

- *Drink 5 shakes a day, approximately one every 3 hours.*
- This product is protein powder that that you mix with 8 ounces of *water*.
- Purchase this product from our Weight Control Center in room #512.
- You will need 10 boxes of packets (approximately \$210).
- The shakes come in: vanilla, chocolate and strawberry.
- Each shake has: 160 calories, 14g protein, 230mg sodium and no fiber.

N. Kosher: Arbonne Essentials Protein Shake Mix

- *Drink 5 shakes a day, approximately one every 3 hours.*
- This product is protein powder that that you mix with 8 ounces of *water*.
- Purchase this product at www.Arbonne.com.
- You will need 3 bags of the shake mix (approximately \$222).
- The shakes are *lactose free*.
- The shakes come in vanilla and chocolate.
- *2 scoops* have 160 calories, 20g protein, 360mg sodium and 2g fiber.

O. Kosher: PlantFusion Complete Plant Protein

- *Drink 6 shakes a day, approximately 1 every 2½ hours.*
- Purchase this product in the Vitamin Shoppe, Fairway or Whole Foods.
- You will need 84 shakes (approximately \$280).
- *The shakes are lactose free.*
- The shakes come in chocolate and vanilla.
- Each shake has: 150 calories, 18-19g protein, 285mg sodium and 2g fiber.

P. Kosher: Ensure® High Protein Shakes

- *Drink 5 shakes a day, approximately one every 3 hours.*
- Purchase this product in a supermarket or pharmacy.
- You will need 70 shakes (approximately \$105)
- The shakes come in milk chocolate and vanilla.
- Each shake has: 160 calories, 16g protein, 200mg sodium and 1g fiber.

SUGGESTIONS FOR SUPPLEMENTS FOR ALL SURGERIES **-Chewable, Liquid and Powder Forms-**

MULTI-VITAMIN/MINERAL: 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 Complete®), adult chewable (e.g. Centrum® Chewable, prescription tablets, Bariatric Advantage® chewable tablets, Celebrate® Multivitamin, Bariatric Fusion Multivitamin), adult liquid (e.g. Centrum® Liquid, Tropical Oasis®), children's liquid (e.g. Maxi-Health® Kiddievite™) and adult powder (e.g. Celebrate® ENS Multivitamin and Calcium Drink Mix, Isotonix®, All One®).

CALCIUM CITRATE (for Gastric Bypass patients): Examples of the various forms of calcium citrate supplements are as follows: chewable (e.g. Twinlab® Calcium Citrate Wafers, Bariatric Advantage® Chewy Bites and Lozenges, Maxi-Health® CalciYum™, Celebrate® Calcet® Creamy Bites, Calcium Plus 500, Calcium Plus and soft chews), liquid (e.g. Tropical Oasis® Liquid Calcium & Magnesium, Bluebonnet's and LifeTIME® 's Liquid Calcium Magnesium Citrate) or water-soluble powders (e.g. Global Health UpCal-D®, Kal Fizz C™, Bariatric Advantage® Crystals, Isotonix®).

Purchase: Centrum®, *Flintstones*® and Citracal® in a pharmacy, supermarket or retail store like Target; Twinlab®, All One®, Country Life® and Just An Ounce® at www.VitaminShoppe.com or call 1-866-293-3367; Bariatric Advantage® at www.BariatricAdvantage.com or call 1-800-898-6888; Tropical Oasis®, Bluebonnet, LifeTIME® and Kal® Fizz C at www.HouseOfNutrition.com; Maxi-Health® at www.MaxiHealth.com or call 1-800-895-9555; Freeda® at www.KosherVitamins.com or call 1-800-895-9555; Puritan Pride® at www.Puritan.com or call 1-800-645-1030; Celebrate® at www.CelebrateVitamins.com or call 1-877-424-1953; Isotonix® online and Global Health at www.GlobalHP.com

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) Add protein powder into a pudding mix for a high protein pudding.
- 6) Make sugar-free, fat-free pudding with 2 cups of Skim Plus[®] or Smart Balance[®] milk (5.5 g of protein per ½ cup)
- 7) Make sugar-free cocoa with 1 cup of Skim Plus[®] 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 ⅓ cup. Freeze the food in the ice cube trays. When frozen, remove the cubes and store in a freezer bag in the freezer. Use 3 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)
2 ounces (¼ cup) egg substitute (30 Kcal, 6g protein)
Artificial sweetener to taste
Rum or vanilla extract to taste
Several ice cubes

Put everything in a blender or food processor and blend until smooth.
Calories: 113 Protein 14 grams