

Important Reminders After Duodenal Switch and Distal Gastric Bypass Surgery

- 1) Do not skip meals and do not go longer than 3-4 hours without eating.
- 2) Eat something for breakfast, lunch and dinner with 2 to 3 snacks to meet your protein needs. A meal should consist of a lean protein and vegetables. Always eat your protein food first.
- 3) It is extremely important that you consume **80-120g** of protein daily. If you are unable to get **80-120g** of protein through food alone, drink a high protein drink(s) during the day.
- 4) Eat slowly. Take bites no bigger than the size of a dime.
- 5) Chew food thoroughly, 15-25 times or more, till liquid before swallowing.
- 6) Do not spend more than 20 *continuous* minutes eating a meal.
- 7) **Limit fats and carbohydrates in your diet.** Too much fat can cause diarrhea, gas and stomach pains. Too many carbohydrates can cause gas pains.
- 8) Consume one fruit serving (as a snack) and 2 non-starchy vegetable servings per day, if possible, once you have covered your protein needs.
Example: one serving of fruit = one piece, 1 cup berries, 1 cup melon cubes
Example: one serving of vegetables = ½ cup cooked, 1 cup raw
- 9) Advance foods as tolerated.
** Beef (steaks, roasts, ribs), rice and pasta should NOT be added until 3 months after surgery as they may cause discomfort. All breads and rolls should be toasted
- 10) Do not drink carbonated beverages.
- 11) **DO NOT DRINK WHILE YOU ARE EATING** AND WAIT **30 MINUTES** AFTER YOU HAVE FINISHED EATING TO START DRINKING AGAIN.
- 12) Aim for six to eight 8 oz. cups (48-64 ozs.) of fluid a day.
- 13) Stay away from beverages that contain sugar (e.g. regular soda, **juice**, Gatorade®, POWERADE®) and that are high in fat (e.g. whole milk). Do not drink **smoothies**. **Do not drink your calories!!!**
- 14) No smoothies or coconut water.
- 14) Take your vitamins and minerals everyday as discussed with your dietitian.
- 15) Exercise **with elevated heart rate** for at least 30 minutes every day and incorporate more physical activity into your daily routine, (i.e. taking the stairs, walking to the store). Do not sit more than one hour without getting up and walking.
- 16) Don't forget to make your follow-up appointments.
- 17) Call your dietitian with any diet related questions!

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1/14, 4/16/ 11/17, 12/20/17