

## **Important Reminders After Weight Loss 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. Eat your protein food first.
- 3) Make sure that you meet your protein requirements every day: **at least 60g.**
- 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) 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.
- 8) **GASTRIC BYPASS PATIENTS ONLY:** Avoid foods and beverages that contain too much **sugar** to prevent Dumping Syndrome.  
**ALL PATIENTS:** 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 your calories!!!
- 9) Do not drink **carbonated** beverages.
- 10) **Do not drink juice (fresh or commercial), smoothies or coconut water.**
- 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) Take your multivitamins and minerals everyday as discussed with your dietitian.
- 14) 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.
- 15) Don't forget to make your follow-up appointments.
- 16) Call your dietitian with any diet related questions! Nancy Restuccia, MS, RDN, CDN