



# OBESITY SOLUTIONS INTERNATIONAL LLC

*The Premier choice for medical tourism in Mexico*

## **STOCK YOUR PANTRY**

It is encouraged that you plan ahead and stock your kitchen with foods that will support your nutritional needs after surgery. The following are suggestions to get you started.

### **DRY GOODS**

Whey protein powder  
Vitamin/mineral supplements  
Natural peanut butter  
Almond butter, soy-nut butter  
Cocoa powder  
Benefiber  
Crushed flax seed

### **LIQUIDS**

Herbal teas  
Bottled water (non-sparkling)  
Crystal-Lite  
No calorie beverages (non-carbonated)

### **FRUITS**

Sugar free frozen fruit  
Sugar free canned fruit  
Applesauce  
Baby pureed fruits

### **SOUPS**

Low fat cream based soups  
Vegetable soups  
Lentil soups  
Bean soups  
Chicken broth  
Beef broth  
Tomato soup

### **CANNED FOODS**

Beans  
Fat free refried beans  
Pasta/tomato sauce  
Canned fish (salmon, tuna, sardines)  
Canned white meat chicken

Tel. 800-676-6602 • Fax. 877-676-6602  
email: [info@obesitysolutionsinternational.com](mailto:info@obesitysolutionsinternational.com)  
[www.obesitysolutionsinternational.com](http://www.obesitysolutionsinternational.com)



# OBESITY SOLUTIONS INTERNATIONAL LLC

*The Premier choice for medical tourism in Mexico*

## CEREALS

Oatmeal  
Grits  
Cream of Wheat  
Kashi hot cereal

## SPICES / FLAVORINGS / SYRUPS

Any spice or herb to flavor food  
Favor extracts: vanilla / orange / mint  
True lemon/lime  
Torani or DaVinci Gourmet sugar free  
flavored syrups

## DAIRY

Skim milk  
Soy milk (Soy slender, Continent 8)  
Cottage cheese  
Ricotta cheese  
Plain non fat yogurt  
Sugar free nonfat yogurt  
Eggs or Eggbeaters  
Silken Tofu

## VEGETABLES

V-8 juice  
Canned peas, carrots, beets, squash  
Baby pureed vegetables

## NUTRITION PLAN

Immediately after your surgery it is very important to follow the eating and drinking instruction to allow the procedure you underwent time to heal completely at the surgical site. This has been estimated to take a month or more. **It is also important**, especially in the first weeks after surgery, **not to overeat or swallow large bites of food that have not been chewed extremely well.** Problems may occur if these instructions are not strictly

Tel. 800-676-6602 • Fax. 877-676-6602  
email: [info@obesitysolutionsinternational.com](mailto:info@obesitysolutionsinternational.com)  
[www.obesitysolutionsinternational.com](http://www.obesitysolutionsinternational.com)



# OBESITY SOLUTIONS INTERNATIONAL LLC

*The Premier choice for medical tourism in Mexico*

followed. When vomiting occurs the stomach may rise up about the band placement causing slippage of the band requiring re-operation.

## **NUTRITION PLAN**

Your nutrition plan is divided into four (4) phases – each phase allowing you to adjust to your new gastric pouch.

## **THE FIRST FEW DAYS AFTER SURGERY:**

Right after surgery, you will be given small sips of water or ice chips to suck on. The day after the operation you will begin taking in fluids, but only drink a small amount at a time. Besides water, you should also choose liquids that have an adequate number of calories. To prevent nausea and vomiting, do not drink too much at any one time.

Clear liquids only (liquids you can see through). These include broth, Jello, juices (apple, cranberry, grape), tea or popsicles. **SEE ATTACHED CLEAR LIQUID DIET** for more details.

Usually a day or two after surgery, you can advance to the first phase of your nutrition plan.

In addition, you should purchase a fiber supplement like Benefiber or Citrucel or other sugar-free supplement to **avoid** problems with **constipation** after the surgery.



# OBESITY SOLUTIONS INTERNATIONAL LLC

*The Premier choice for medical tourism in Mexico*

## Lap- Band Post-Op Nutrition Instructions

### DIETARY RECOMMENDATIONS FOR WEIGHT LOSS

**Weight Loss:** In order to sustain this weight loss long-term, it is critical that one's behaviors are modified early in the postoperative period. **There are 6 cardinal rules that one must follow in order to attain a weight that is close to one's ideal body weight.**

1. **The primary source of nutrition needs to be protein.** 55% of all calories consumed should be lean, protein-based (eggs, cheese, yogurt, beans, fish, meat, protein supplement powder, etc.) Carbohydrates (whole grain cereals, whole grain pasta, brown rice, etc.) should make up only 30%. Fats (olive or canola oils, flaxseed oil) should only be 10-15% of the calories that you eat. Hair loss, cracked nails and defective healing and immunity are just some of the side effects of inadequate protein consumption; not to mention difficulty losing weight. Plus protein makes us feel more satisfied for a longer period.
2. **Drink an adequate amount of liquid daily, preferable water.** Patients should consume between 64 and 80 ounces (8 to 10, 8-ounce glasses) of non-caloric, de-caffeinated liquid per day. This should be done slowly and throughout the day. Never drink more than 2 oz of liquid in a 15 minute period. This amount should be increased by 10%-20% when the weather is very hot and humid to prevent dehydration.
3. **Always drink liquids separately from the solid foods you eat.** Avoid liquids for a period of 15-30 minutes before eating and 30-60 minutes after eating solid foods. If you drink when you're eating, the liquid flushes solid food out of the pouch. This will prompt you to eat more.
4. **Eat only 3 times per day once you begin Solid Foods, Phase IV (this should correspond to mealtimes).** Be sure to chew your food thoroughly, 25-30 times, before swallowing and only take a very small bite of food at a time (less than 1 teaspoon) as you gradually return to eating solid foods. Between meals snacking or "grazing" small amounts of food throughout the day will sabotage your weight loss and result in the inability to lose an adequate amount of weight.

Tel. 800-676-6602 • Fax. 877-676-6602  
email: [info@obesitysolutionsinternational.com](mailto:info@obesitysolutionsinternational.com)  
[www.obesitysolutionsinternational.com](http://www.obesitysolutionsinternational.com)



# OBESITY SOLUTIONS INTERNATIONAL LLC

*The Premier choice for medical tourism in Mexico*

5. **Avoid foods which contain sugar.** These foods will slow your weight loss. They contain empty calories.

Foods to avoid include:

Candy

Cookies

Ice Cream

Sugary soda pop, fruit juices, gelatins, puddings and most desserts

6. **Eat slowly.** Chewing is key. Enjoy the taste of the food you are eating. Chew your food 25 times before swallowing. Solid food should be cut up into bite-sized pieces the size of your thumbnail. Make sure you are taking at least 20 minutes to eat. It takes that long for your stomach to tell your brain you're full. If you eat too fast you may overeat, overfill and end up vomiting.
7. **Stop eating as soon as you begin to feel full.** Do not "stuff" yourself, as this may cause your stomach pouch to stretch – or worse, burst – causing long-term problems and complications.
8. **Once you are eating solid foods, do not take in liquid calories.** While your diet begins with liquids, it should not include liquid calories once you have progressed to solid foods. Liquids will pass through the restricted stomach, you will not feel full and can cause you not to lose weight.

## **SPECIAL CONSIDERATIONS**

All successful bariatric surgery patients have 2 things in common: They followed their dietary recommendations closely and they initiated a regular exercise program. Within a few days after surgery, begin walking and start other light physical activity. It is essential that within 4 to 6 weeks after surgery, you begin a regular exercise program. The doctor will give you his consent to begin a more advanced exercise program after your 1 month post-op visit. Initially this may simply be walking around the neighborhood 4 times per week for 40-60 minutes. Later (3-4 months post-op) it will also involve low-impact resistance training (swimming, light weight-lifting, rowing, etc.) This will guarantee not only a good weight loss, but will also improve your stamina, energy level and overall health.

Tel. 800-676-6602 • Fax. 877-676-6602  
email: [info@obesitysolutionsinternational.com](mailto:info@obesitysolutionsinternational.com)  
[www.obesitysolutionsinternational.com](http://www.obesitysolutionsinternational.com)



# OBESITY SOLUTIONS INTERNATIONAL LLC

*The Premier choice for medical tourism in Mexico*

## CLEAR LIQUID DIET

A clear liquid diet allows for healing time and to make sure that your body can tolerate anything by mouth. **This diet usually lasts for only 1 – 2 days after your operation.**

At first, take in liquids every ½ hour – about 2 ounces at a time. Then gradually increase your intake of liquids to 6 to 8 ounces every hour. **Drink very slowly and refrain from gulping.**

Because this diet does not contain enough nutrients, it is important to **take your chewable multivitamins, calcium, B12 and iron as directed.**

## CLEAR LIQUIDS LIST

WATER: Plain or flavored, non-carbonated, non- sparkling\*

CLEAR BROTHS or bouillons, fat-free\*\*

CAFFEINE–FREE COFFEES AND TEAS - no milk, cream or artificial creamers

APPLE JUICE, CRANBERRY JUICE, GRAPE JUICE, ORANGE JUICE (no pulp)

**Mix your juice with water. Equal amounts of juice and water to make it ½ strength**

CRYSTAL LIGHT – or equivalent sugar-free Kool-Aid type drinks

SUGAR FREE GELATIN

SUGAR FREE POPSICLES

\* You may drink regular tap water or drink any of the many bottled waters available.

There are flavored waters that are sugar-free, non-carbonated, with few to no calories

called FRUITE 2-0 or PROPEL or FUZE SPLENDERIZE. Available at Wal-mart, Sam's

Tel. 800-676-6602 • Fax. 877-676-6602  
email: [info@obesitysolutionsinternational.com](mailto:info@obesitysolutionsinternational.com)  
[www.obesitysolutionsinternational.com](http://www.obesitysolutionsinternational.com)



# OBESITY SOLUTIONS INTERNATIONAL LLC

*The Premier choice for medical tourism in Mexico*

Club, and grocery or health food stores.

\*\* You can get these broths and bouillons either already made in the can that are 99%

fat free, e.g., Swanson, College Inn, Banquet or store brand, or you can find them in

cube or powdered form – Herb-Ox, Wyler's, Knorr, etc.

## **CLEAR LIQUID DIET SAMPLE MENU**

½ Hour Before Breakfast Water

### **BREAKFAST**

8:00 am (lite) 1 oz JUICE – Apple or cranberry, reduced calorie  
Chicken broth  
Sugar free Jello  
Decaf coffee or tea with Splenda (no milk or creamer)

½ Hour After Breakfast Water

### **MID-MORNING SNACK**

10:00 am 2 oz juice

½ Hour Before Lunch Water

### **LUNCH**

12:00 noon 2 oz juice – Grapefruit (no sugar added)  
Beef broth  
Sugar free Jello  
Decaf coffee or tea with Splenda (no milk or creamer)

½ Hour After Lunch Water

### **MID-AFTERNOON SNACK**

3:00 pm 2 oz. fruit juice or sugar free popsicle

½ Hour Before Dinner Water

### **DINNER**

5:00 pm 2 oz. white grape juice (no sugar added)  
Chicken broth  
Sugar free Jello  
Crystal Lite  
Sugar-free sorbet

Tel. 800-676-6602 • Fax. 877-676-6602  
email: [info@obesitysolutionsinternational.com](mailto:info@obesitysolutionsinternational.com)  
[www.obesitysolutionsinternational.com](http://www.obesitysolutionsinternational.com)



# OBESITY SOLUTIONS INTERNATIONAL LLC

*The Premier choice for medical tourism in Mexico*

Decaf coffee or tea with Splenda (no milk or creamer)

½ Hour after Dinner      Water

EVENING SNACK      2 oz fruit juice or sugar free Jello

IN BETWEEN MEALS, DRINK WATER AND ANY OTHER NO CALORIE OR SUGAR-FREE, NON-CARBONATED BEVERAGES.

## **PHASE I – In the First Two Weeks After Surgery**

Two (2) weeks after surgery begin the Full Liquid Diet and protein supplements. This diet allows for a broad range of liquids. Anything that has the consistency that can be consumed through a straw is a good rule of thumb for what is allowed. However, do not sip through a straw! A suggested list of full liquids follows. **Begin taking your multi-vitamins, calcium and iron daily as directed.**

### **FULL LIQUID DIET**

THIS DIET ALLOWS A BROAD RANGE OF LIQUIDS AND PROTEIN SUPPLEMENTS. YOU WILL REMAIN ON THIS DIET FOR THE FIRST FOUR (4) WEEKS POST-OPERATIVELY. THIS WILL GIVE YOUR NEW STOMACH POUCH AND DIGESTIVE SYSTEM TIME TO HEAL PROPERLY AND ALLOW YOU TIME TO ADJUST TO YOUR NEW STOMACH POUCH.

- **Optifast, Optisource, HMR, Revival, Permalen, 100% Whey Protein, Beneprotein** – all of these products have been specifically formulated for the bariatric patient.
- **Low Carb Slim-Fast, Atkins Advantage, Carb Solutions, Worldwide Pure Protein** meal replacement protein shakes. Available at grocery, health food and drug stores.
- **Carnation Instant Breakfast Powder or Ready to Drink – Sugar Free Only**
- **Milk, Skim/Fat Free** – regular and lactose free
- **Milk, instant Non-fat Dry** – any brand, great to add to other food to boost protein.
- **Puddings and Egg Custards, Sugar Free Only**
- **Jello – Sugar Free Only**
- **Yogurt – Fat Free or Low Carb without Fruit**

Tel. 800-676-6602 • Fax. 877-676-6602  
email: [info@obesitysolutionsinternational.com](mailto:info@obesitysolutionsinternational.com)  
[www.obesitysolutionsinternational.com](http://www.obesitysolutionsinternational.com)



# OBESITY SOLUTIONS INTERNATIONAL LLC

*The Premier choice for medical tourism in Mexico*

- **Vegetable Juices** – including V-8, V-8 Diet Splash, tomato juice or fresh squeezed.
- **Soups, strained** – remove vegetables, meat, poultry, seafood and noodles, rice or other pasta first.
- **Hot cereals, made thin and soupy** – Cream of Wheat, Cream of Rice, Oatmeal, Grits

It is critical at this stage that you are taking in enough protein each day. You should have at least two (2) of our three meals consist of a protein shake or protein supplement added to other foods – a scoop of Whey or Soy Protein powder or 1/3 cup instant non-fat dry soups, cereals, yogurt or puddings to boost the amount of protein consumed.

## FULL LIQUID DIET SAMPLE MENU

### **BETWEEN MEAL LIQUIDS**

#### BREAKFAST

8:00 am  
flavoring

½ cup non-fat milk with 1 Tbsp. Protein powder & sugar free

like

½ cup cream of wheat or instant oatmeal (consistency should be  
a very, very thin soup) made with skim milk and 1 tsp margarine

### **BETWEEN MEAL LIQUIDS**

#### MID-MORNING

½ cup prepared protein supplement shake  
¼ cup sugar-free pudding

### **BETWEEN MEAL LIQUIDS**

#### LUNCH

12:00 noon

½ cup unsweetened cranberry juice with 1 Tbsp protein powder  
½ cup strained cream soup made with skim milk and 1 Tbsp

protein

Powder

### **BETWEEN MEAL LIQUIDS**

#### MID-AFTERNOON

½ cup sugar free, non-fat or low fat yogurt  
½ cup prepared protein supplement shake

### **BETWEEN MEAL LIQUIDS**

#### DINNER

Tel. 800-676-6602 • Fax. 877-676-6602  
email: [info@obesitysolutionsinternational.com](mailto:info@obesitysolutionsinternational.com)  
[www.obesitysolutionsinternational.com](http://www.obesitysolutionsinternational.com)



# OBESITY SOLUTIONS INTERNATIONAL LLC

*The Premier choice for medical tourism in Mexico*

5:00 pm  
powder

½ cup strained soup with 1-2 Tbsp skim milk powder or protein

½ cup prepared protein supplement shake

½ cup sugar-free pudding or non-fat/low-fat yogurt

## **BETWEEN MEAL LIQUIDS**

EVENING

½ cup prepared protein supplement shake

To increase the amount of protein in any food or beverage: Add a scoop of protein powder or 3 Tablespoons instant, non-fat, dry milk (which has 4 grams of protein)

## **PHASE II – Three Weeks after Surgery**

### **BLENDED/PUREED DIET**

You will now progress to a blended/pureed diet. You can now add foods to your full liquid diet. The following is a list of what would be acceptable at this point.

- **Thicker Soups:** Split pea, Lentil, Vegetable, 98% Fat-free Cream soups.
- **Fruits:** Very ripe banana, applesauce (no sugar added) cooked fruit.
- **Vegetables:** Cooked well, so that they are very soft – peas, beans, beets, carrots, squash. Avoid potatoes as they are high in carbohydrates.
- **Soy Protein:** Boca Burger or Gardenburger blended or pureed or Tofu which can be blenderized into shakes or soups to add protein.
- **Poultry or Fish:** Blended to the consistency of pate or chopped liver
- **Eggs, Whole or Whites:** soft boiled, poached or scrambled very easy
- **Egg Substitutes:** Eggbeaters, Better than Eggs, etc.
- **Cottage Cheese:** 1% or fat free
- **Nut Butters:** Peanut butter, almond butter, soy butter: natural without added sugar.

Chew all your food well at least 25 times. If you have dentures, be sure to cut your food into very small pieces and chew it thoroughly. If you don't follow these precautions, you may experience vomiting, stomach irritation and swelling. You could also have obstruction of the small gastric pouch. If solid foods cause nausea and vomiting, go

Tel. 800-676-6602 • Fax. 877-676-6602  
email: [info@obesitysolutionsinternational.com](mailto:info@obesitysolutionsinternational.com)  
[www.obesitysolutionsinternational.com](http://www.obesitysolutionsinternational.com)



# OBESITY SOLUTIONS INTERNATIONAL LLC

*The Premier choice for medical tourism in Mexico*

back to the liquid diet you had earlier. Then you can slowly add soft foods and eventually transition to solid foods. Vomiting may increase the incidence of band slippage, stomach slippage or stretching of the small stomach pouch above the band. **IF VOMITING AND NAUSEA PERSIST, CALL YOUR DOCTOR IMMEDIATELY.**

Think of your new pouch as shaped like a funnel. You can pour any liquid into this funnel and it will run through and out the bottom. The same thing happens with your pouch when you only consume liquids. So you do not want to drink your calories or overeat.

## **BLENDED/PUREED DIET** **SAMPLE MENU**

Beginning ½ hour before a meal and 45 minutes after a meal, drink water and other no calorie or sugar-free, non-carbonated beverages in between meals.

### **BETWEEN MEAL LIQUIDS**

#### **BREAKFAST**

8:00 am

½ Hard-boiled egg, mashed and seasoned  
½ cup pureed apple sauce  
¼ cup high protein oatmeal

### **BETWEEN MEAL LIQUIDS**

#### **MID-MORNING**

½ cup prepared protein supplement shake

### **BETWEEN MEAL LIQUIDS**

#### **LUNCH**

12:00 noon  
or

½ cup pureed breast of chicken (no skin, baked, broiled  
grilled)  
½ cup sugar free pudding (high protein)

### **BETWEEN MEAL LIQUIDS**

#### **MID-AFTERNOON**

½ cup low-fat or non-fat yogurt

Tel. 800-676-6602 • Fax. 877-676-6602  
email: [info@obesitysolutionsinternational.com](mailto:info@obesitysolutionsinternational.com)  
[www.obesitysolutionsinternational.com](http://www.obesitysolutionsinternational.com)



# OBESITY SOLUTIONS INTERNATIONAL LLC

*The Premier choice for medical tourism in Mexico*

banana ¼ cup blended homemade cooked fruit or very ripe

## **BETWEEN MEAL LIQUIDS**

### DINNER

5:00 pm

¼ cup pureed pork or fish with fat-free broth  
¼ cup pureed cooked green beans  
¼ cup cooked squash  
1 teaspoon olive oil

## **BETWEEN MEAL LIQUIDS**

### EVENING SNACK

½ cup pureed non-fat cottage cheese or tofu  
½ cup fruit juice or pureed cooked fruit

In between meals, drink at least 6-8 cups of water and any other no calorie or sugar-free, non-carbonated beverages.

- EAT 6 small liquid, and blended meals each day, but add one solid food item at one meal the first day. Add one more solid food item each day.

ALL NEW FOODS NEED TO BE SOFT, COOKED OR CANNED.

- AVOID all raw fruit and vegetables, nuts, popcorn, pickles, olives or relishes.
- RECORD all new foods and any problems you have with them in a food diary and let your doctor know of any problems or questions you may have.
- CHEW your food very well before swallowing. The consistency of the food should be liked mashed potatoes. Make sure that each bite is very small (as if you were feeding a baby) and continue to eat small amounts slowly. Eat about 2 Tablespoons over 10-15 minutes.
- CONTINUE to take your multiple vitamins, calcium supplements, iron and B12 supplement as directed.
- DRINK at least 6 cups (48 ounces) of water and other low/no calorie fluids between meals.
- AVOID beverages that have alcohol or caffeine and those that are carbonated.
- REMEMBER, don't use a straw or chew gum

Tel. 800-676-6602 • Fax. 877-676-6602  
email: [info@obesitysolutionsinternational.com](mailto:info@obesitysolutionsinternational.com)  
[www.obesitysolutionsinternational.com](http://www.obesitysolutionsinternational.com)



# OBESITY SOLUTIONS INTERNATIONAL LLC

*The Premier choice for medical tourism in Mexico*

## **PHASE III – Solid Foods – 4 Weeks after Surgery**

### **SOFT SOLID DIET**

You have gotten through the most critical stage of your post-op care and you can now return to a more normal diet of solid foods. Keep in mind that you should select **soft, moist, easily chewable food** as you transition into this phase. Always begin your meal with high protein choices (see list) followed by vegetables, fruit and carbohydrates. This will assure that you have received the most essential vitamins and nutrients to maintain optimal health.

**Important Reminders:** Remember to eat slowly. Cut your food into small bite-sized pieces. Chew each bite thoroughly, at least 25 times, before swallowing. Do not drink any liquids ½ hour before you eat and during your solid meal. Do not drink any liquids for 1 hour after your meal. Liquids will pass through your new stomach pouch quickly and will not make you feel full. Consuming only solids at each meal will give you the proper feeling of fullness (satiety) while limiting the amount you eat. Take at least 20 minute to eat your meal.

Always read labels to determine how many calories each food contains and how those calories are broken down (% from fat/protein/carbohydrates). Choose mainly nutrient dense foods containing protein, complex carbohydrates, fiber (greater than 5 grams per serving) and low in fat (less than 3 grams per every 100 calories).

Tel. 800-676-6602 • Fax. 877-676-6602  
email: [info@obesitysolutionsinternational.com](mailto:info@obesitysolutionsinternational.com)  
[www.obesitysolutionsinternational.com](http://www.obesitysolutionsinternational.com)



# OBESITY SOLUTIONS INTERNATIONAL LLC

*The Premier choice for medical tourism in Mexico*

Begin the Soft Solid Diet when you are at approximately Week 5 postoperatively. This diet includes all foods previously mentioned and adds the following:

- **Eggs** – including whole eggs, egg whites and egg substitutes.
- **Mild Cheeses** – Low Fat or Fat-Free: Cottage cheese, Farmers cheese, Ricotta, Muenster, Havarti, American, Mild Cheddar, Mozzarella (sliced, shredded and string)
- **Poultry** - Chicken and Turkey – white meat only – baked, broiled, grilled, boiled or canned. White meat chicken in the can is an easy and tasty choice.
- **Fish** – baked, broiled, poached, grilled or canned. Salmon, Tuna and sardines are all good canned choices.
- **Nut Butters** - Peanut, almond, soy or sunflower. Smooth variety only – preferable natural, since the brand names have added sugar.
- **Lean, Tender Meats** – Preferably pork or veal. Red meats tend to be harder to digest at this stage – however, you can have any of prepared baby food meats as they have already been pureed for easy digestion and come in small 4 oz jar servings.
- **Soy Protein/Tofu** – Boca Burger, Gardenburger, Morningstar Farms
- **Vegetables** - cooked or canned – green beans, wax beans, beets, peas, carrots, squash or any other non-starchy vegetables. Try to refrain from fibrous and raw vegetables at this time as they are much harder to digest and can cause obstruction of the digestive system. If you are using canned vegetables, check for sodium content – you want to choose those lower in sodium.
- **Fruit** – Cooked or canned – applesauce (unsweetened), peaches, pears, fruit cocktail, apricots, cherries (if canned, choose those packed in water, in their own juice or in light syrup only), bananas, grapefruit and orange sections with membranes removed, ripe melons (eat infrequently as they contain high amounts of natural sugars)
- **Cereals/Starches** – Oatmeal, Cream of Wheat, Cream of Rice, grits and sparing use of barley, whole wheat crackers, 100% whole wheat pastas and brown rice.

Tel. 800-676-6602 • Fax. 877-676-6602  
email: [info@obesitysolutionsinternational.com](mailto:info@obesitysolutionsinternational.com)  
[www.obesitysolutionsinternational.com](http://www.obesitysolutionsinternational.com)



# OBESITY SOLUTIONS INTERNATIONAL LLC

*The Premier choice for medical tourism in Mexico*

## SOFT SOLID DIET SAMPLE MENU

### **BETWEEN MEAL LIQUIDS**

#### BREAKFAST

8:00 am

½ cup Skim milk  
½ cup cooked oatmeal  
½ cup cut up strawberries (fresh or frozen without sugar)  
1 oz Part –skim Mozzarella cheese (1 stick of string

cheese)

### **BETWEEN MEAL LIQUIDS**

#### LUNCH

12:00 noon

½ cup chicken noodle soup, high protein  
¼ cup canned tuna, salmon or chicken mixed with 1 Tbsp.

fat

free mayonnaise or Miracle Whip  
½ cup cooked fresh or frozen veggies

### **BETWEEN MEAL LIQUIDS**

Tel. 800-676-6602 • Fax. 877-676-6602  
email: [info@obesitysolutionsinternational.com](mailto:info@obesitysolutionsinternational.com)  
[www.obesitysolutionsinternational.com](http://www.obesitysolutionsinternational.com)



# OBESITY SOLUTIONS INTERNATIONAL LLC

*The Premier choice for medical tourism in Mexico*

## DINNER

5:00 pm

a

¼ cup tender, cooked chicken/turkey/beef/pork (cooked in

crock pot or pressure cooker to cook meat tender while keeping it moist).

¼ cup soft, cooked green beans

¼ cup soft cooked potatoes

2 tsp. diet margarine or 1 tsp. olive oil

## **BETWEEN MEAL LIQUIDS**

## EVENING SNACK

1 Serving of fresh fruit

### **\*\*\*NOTE\*\*\***

You can add protein supplements in the form of protein bars now. But only choose those protein bars that meet these guidelines:

- Choose bars containing less than 15 grams of sugar
- Choose bars containing less than 8 grams of fat
- Choose bars containing less than 200 calories per bar

## **PHASE IV – 4 Weeks After Surgery**

At this point if you have tolerated all of the earlier phases well, you will advance to this phase – a regular diet. Please read the list below for instructions:

- Add fruits, vegetables and carbohydrates with fiber i.e. Kashi cereal, shredded wheat with bran, 100% whole wheat pasta, brown rice, round flax seed.
- Eat foods of normal consistency – you no longer have to puree or blend your foods
- Go slowly with dense foods, high fiber foods, doughy breads or stringy, tough meats.
- Eat 6 small meals a day
- **MAINTAIN ADEQUATE PROTEIN** – Women: 60 + grams per day.  
Men: 70 + grams per day

Tel. 800-676-6602 • Fax. 877-676-6602  
email: [info@obesitysolutionsinternational.com](mailto:info@obesitysolutionsinternational.com)  
[www.obesitysolutionsinternational.com](http://www.obesitysolutionsinternational.com)



# OBESITY SOLUTIONS INTERNATIONAL LLC

*The Premier choice for medical tourism in Mexico*

- Always eat your protein first
- Still avoid sweets, fatty foods and calorie dense (high calorie) foods that have no nutrients.
- Health lifelong awareness of your diet will serve you well.
- Maintain your fluid intake, 9 – 10 glasses of fluid a day
- Continue with your multi-vitamins, B12, calcium and iron

## **POST-OP WEEKS 5 AND BEYOND** **SAMPLE MENU**

### **BREAKFAST**

#### **BETWEEN MEAL LIQUIDS**

½ cup skim milk with 1 scoop protein powder  
½ cup All Bran with 1 Tbsp flax seed  
¾ cup fresh or frozen (thawed) blueberries

#### **BETWEEN MEAL LIQUIDS**

### **LUNCH**

3 ounces tuna fish with 1 Tbls non-fat mayonnaise  
6 whole grain crackers

#### **BETWEEN MEAL LIQUIDS**

Tel. 800-676-6602 • Fax. 877-676-6602  
email: [info@obesitysolutionsinternational.com](mailto:info@obesitysolutionsinternational.com)  
[www.obesitysolutionsinternational.com](http://www.obesitysolutionsinternational.com)



# OBESITY SOLUTIONS INTERNATIONAL LLC

*The Premier choice for medical tourism in Mexico*

## **DINNER**

2 ounces of tender chicken breast  
½ cup cooked broccoli  
½ cup cooked carrots

## **BETWEEN MEAL LIQUIDS**

## **EVENING SNACK**

1 Serving of Fresh Fruit

**DRINK THOSE LIQUIDS!!**

## **POST-OP WEEKS 5 AND BEYOND**

**MEAT GROUP:** Contains 7 grams of protein per 1 ounce

These foods are good sources of protein, B vitamins and iron.

1 oz. = ½ cup cooked meat: includes beef, fish, turkey, chicken, pork, and veal. Meat must be very moist and tender. (A good way to ensure this is to cook meats in a crock pot or pressure cooker)

Also included in this group:

- 2 Tbsp. smooth, natural peanut butter, soy butter, almond butter.
- 1 oz. low-fat luncheon meat, i.e. turkey breast, lean ham, “soy” meats.
- 1 oz. low-fat or non-fat mild cheese
- ½ cup cooked dried beans (lentils, vegetarian baked beans, etc)

Tel. 800-676-6602 • Fax. 877-676-6602  
email: [info@obesitysolutionsinternational.com](mailto:info@obesitysolutionsinternational.com)  
[www.obesitysolutionsinternational.com](http://www.obesitysolutionsinternational.com)



# OBESITY SOLUTIONS INTERNATIONAL LLC

*The Premier choice for medical tourism in Mexico*

NOTE: Red meat may be difficult to eat. Always choose a more tender cut of meat. Make sure to cut it into pieces the size of a thumbnail. To add flavor and/or moisture, you may add non-fat gravies, low-fat mayonnaise or Miracle Whip or Worstershire sauce or steak sauce to moisten.

**MILK GROUP:** Contains 4-6 grams of protein per serving.  
Choose 2-4 servings per day.

These foods are good sources of protein, calcium, Vitamin D and riboflavin.

- ½ cup 1% or Skim mild
- ½ cup 1% or Skim Lactaid mild (mild with the mild sugar, lactose, removed)
- ½ cup Soy milk
- 3 Tbsp. instant non-fat dry milk powder
- ½ cup light, low-fat, sugar free yogurt (without seeds)
- ½ pkg Carnation Instant Breakfast (no sugar added)
- ½ can commercial diabetic formula, like Glucerna
- ½ cup sugar-free pudding.

**VEGETABLE GROUP:** Choose 1 – 3 servings per day

These foods are good sources of vitamins, minerals and fiber, also low in calories.

- ½ cup cooked or raw vegetables = 1 serving
- ½ cup vegetable juice (ex. Tomato, carrot or V-8) = 1 serving
- ½ cup pureed vegetable soup

**NOTE:** At first, limit salads to ½ cup or less because, though they are very low in calories, they take up volume in your small stomach pouch, leaving less room for you to eat protein packed solids.

**FRUIT GROUP:** Choose 1 – 3 servings per day. These foods are a good source of vitamins, minerals and fiber. They are also low in calories.

- ¾ cup raw fruit = 1 serving
- ½ cup cooked fruit or canned in their own juice = 1 serving
- ½ cup unsweetened frozen fruit

**STARCH GROUP:** These foods are good sources of energy, B vitamins and iron

Tel. 800-676-6602 • Fax. 877-676-6602  
email: [info@obesitysolutionsinternational.com](mailto:info@obesitysolutionsinternational.com)  
[www.obesitysolutionsinternational.com](http://www.obesitysolutionsinternational.com)



# OBESITY SOLUTIONS INTERNATIONAL LLC

*The Premier choice for medical tourism in Mexico*

- **SOUP**  
1 cup of soup (broth based). Stay away from high fat sops such as chili, French onion, cream chowders and cheese. There are many low fat pureed type vegetable soups available.
- **STARCHY VEGETABLES**  
1/3 cup starchy vegetables like: peas, winter squash, potatoes (white sweet or yams).
- **CEREALS**  
½ cup cooked cereal like: oatmeal, grits, cream of wheat or rice.  
¾ cup unsweetened dry cereal like: Special K, Shredded Wheat, Heart to Heart, All-Bran. Cereal choices should have less than 8 grams of sugar and have more than 5 grams of fiber per serving.
- **CRACKERS, PASTA, RICE**  
4-6 whole grain crackers  
½ cup cooked pasta – preferable 100% whole wheat pasta (Barilla plus)  
½ cup cooked rice, preferably brown rice.  
Many people find it hard to digest pasta and/or rice, so make sure the rice/pasta is very moist.
- **BREAD** – Make sure you are only choosing whole grain breads. This means that it must be made from 100% whole grain flour – not refined or enriched. You may add bread to your diet, however try toasted bread first. You may only be able to eat ¼ to ½ slice of bread at first. You may also find it easier to consume whole wheat pita, tortillas since these are flat breads and have less bulk than loaf bread.

**FAT GROUP:** Choose no more than 3 servings per day

These foods are low in vitamins and minerals and high in calories. They contain 9 calories per 1 gram of fat, as compared to both protein and carbohydrates which contain 4 calories per gram.

- 1 teaspoon margarine
- 2 teaspoons diet margarine. (Smart Balance with omega 3)
- 1 teaspoon mayonnaise or Miracle Whip
- 1 Tablespoon low-fat mayonnaise or low-fat Miracle Whip
- 1 Tablespoon oil based salad dressing
- 1 tablespoon gravy
- 1 Tablespoon ground flax seed
- 1 teaspoon olive or canola oil

Tel. 800-676-6602 • Fax. 877-676-6602  
email: [info@obesitysolutionsinternational.com](mailto:info@obesitysolutionsinternational.com)  
[www.obesitysolutionsinternational.com](http://www.obesitysolutionsinternational.com)



# OBESITY SOLUTIONS INTERNATIONAL LLC

*The Premier choice for medical tourism in Mexico*

## SOOTHING SMOOTHIES

During your first four weeks following surgery, you will need to adhere to a diet beginning with liquids only and progressing to soft pureed foods. Higher than average protein intakes are necessary in the bariatric patient. Using whey protein powder in smoothies, hot cereals and soups will help to ensure your protein intake is adequate. The following are some ideas to give your meals variety. The equipment you will need is a blender, magic bullet, or food processor.

### **GENERAL GUIDELINES:**

Add at least one item from each category to create your smoothie. To the protein powder, add a fruit, protein base, spice, sweetener and fiber. Process the ingredients in a blender until smooth. Realize these recipes will yield about 10 ounces per serving. Slowly sip the amount you can ingest, usually about 4 ounces at a time. Cover and refrigerate the unused smoothie, stir and enjoy the remainder within 24 hours.

### **THE INGREDIENTS:**

**WHEY PROTIEN POWDER:** Add one serving of your protein powder.

#### **THE FRUIT:**

You can blend any fruit into the smoothie, fresh, sugar free frozen, or canned fruit packed in its own juice. Use about ½ cup. Frozen fruit makes a thick smooth drink. When using fresh or canned fruit, add a few ice cubes.

#### **THE PROTEIN BASE:**

To this add 8 ounces of skim milk or soy milk (Soy slender or Continent 8). To boost the protein, add one of the following: 1/3 cup skim milk powder, 6 ounces of sugar free / fat free yogurt, ½ cup of cottage cheese or ricotta cheese, 1/3 cup of silken tofu, or two tablespoons of smooth nut butter.

#### **THE SPICE:**

You can add just about any spice that your taste buds want. Some ideas include cinnamon, nutmeg, allspice, ginger, cardamom, fennel, parsley. Start with 1/8 teaspoon and add more to intensify the flavor.

#### **THE SWEET:**

If you need to, add Splenda or Nutrasweet.

#### **THE FIBER:**

Tel. 800-676-6602 • Fax. 877-676-6602  
email: [info@obesitysolutionsinternational.com](mailto:info@obesitysolutionsinternational.com)  
[www.obesitysolutionsinternational.com](http://www.obesitysolutionsinternational.com)



# OBESITY SOLUTIONS INTERNATIONAL LLC

*The Premier choice for medical tourism in Mexico*

Since constipation is problematic adding a fiber supplement is recommended. One to two servings of Benefiber or Flaxseed meal can be put into your shake twice per day.

The combinations are endless, so get creative and be sure to try the combinations you like. The following are some of our favorites:

In a blender, add the ingredients and process until smooth. Remember to add the Benefiber. Sip slowly, take your time and enjoy.

## **JUST PEACHY**

One scoop of protein powder, ½ cup frozen peaches, 6 oz of vanilla yogurt, 8 ounces of vanilla soy milk, 1/8 teaspoon of cinnamon

## **VERY BERRY**

One scoop of protein powder, ½ cup frozen berry blend, ¼ cup cottage cheese, 8 ounces of milk, 1/8 teaspoon of nutmeg

## **HAWAIIAN DREAM**

One scoop of protein powder, ½ cup crushed pineapple, 1/3 cup tofu, one cup of milk, 1/8 teaspoon of ginger, add a few ice cubes.

## **CREAMY PUMPKIN**

One scoop of protein powder, ¼ cup canned pumpkin puree, one cup of milk, 2 tablespoons of sugar free maple syrup, ¼ teaspoon of cinnamon and a few ice cubes.

## **ORANGE CARROT BLEND**

One scoop of protein powder, one half of an orange, one small jar of baby carrots, 6 ounces of vanilla yogurt, 6 ounces of milk, ½ teaspoon of vanilla and a few ice cubes.

## **PEANUT BUTTER BANANA**

One scoop of protein powder, one cup of chocolate soy milk, ½ banana, two tablespoons of peanut butter and a few ice cubes.

Adding your protein powder to creamy soups and hot cereals is just as easy. Puree soups and add whey protein, then gently heat. Stir protein powder into hot cereals.



# OBESITY SOLUTIONS INTERNATIONAL LLC

*The Premier choice for medical tourism in Mexico*

## **VITAMIN AND MINERAL SUPPLEMENT GUIDE**

The following must be taken every day for the rest of your life. Each surgical procedure has different requirements, so look to the list pertaining to your specific procedure.

### **ROUX-EN-Y GASTRIC BYPASS**

1. Bariatric Advantage Multi Vitamin / Mineral chewable tablet two times per day.
2. Calcium: chewable, preferable calcium citrate formula. Take 1500 mg of calcium citrate per day with Vitamin D 400 IU. Studies have shown that using Calcium Carbonate post-operatively can result in kidney stones
3. Vitamin B12: Sublingual B12 1000mcg per day or B12 injections from your primary care physician every month.
4. Iron: Once per day. 15 mg for men and non-menstruating women; 30 mg for menstruating women.

### **VERTICAL SLEEVE GASTRECTOMY and LAPBAND SYSTEM**

1. Chewable Multi Vitamins once per day.
2. Women 100 – 1200 mg of chewable calcium citrate with Vitamin D

#### Suggested vitamin protocol:

Breakfast: Multi-vitamin/mineral with calcium

Lunch: Multi-vitamin/mineral with calcium

Dinner: B12 with calcium

Bedtime: iron