

THINGS TO AVOID BEFORE SURGERY

Before we begin discussing sample menus and supplement options, it is important to discuss the things you should *avoid* prior to surgery. For many people, the week before weight loss surgery might be viewed as the perfect time for a "last hoorah": we understand, but we strongly discourage any type of binge eating or "last meals."

You should also avoid eating:

- Fatty foods (fatty meats, fried foods, whole milk products, etc.)
- Sugary foods and beverages (sweets, sodas, juice and specialty coffee drinks)
- High carbohydrate foods (breads and pastas)
- Alcohol and tobacco of any kind
- Binge eating of any kind

In addition to foods you should avoid, you should also **stop smoking**. Remember, if you continue using nicotine-containing products, your procedure may be cancelled or postponed.

You should also speak with your doctor about any over-the-counter or prescription drugs you're taking; adjustments or discontinuation might be necessary. Most notably, medications that decrease the blood's ability to clot will likely need to be discontinued (i.e. Coumadin, Aspirin, Plavix, NSAIDS, etc.), as will hormone replacement therapy/oral contraceptives (birth control pills). As always, consult a physician before changing or discontinuing medications.

PROTEIN OPTIONS

Protein is an important part of your bariatric diet before *and* after surgery. It is extremely important to choose protein supplements that are low in sugar. When choosing protein supplements, like powders and shakes, find an option that has **15 grams of protein per serving, 5 grams or less of sugar per serving, and less than 5 grams of fat per serving**.

- Examples of protein shakes/powders include:
 - UnJURY® Protein Powder - 1 packet mixed with 8 oz. of water: 100 calories, 21 grams protein, 3 grams sugar
 - UnJURY® can be ordered online at unjury.com or at 1-800-517-5111; there are also weight loss surgery-specific vitamins available on this site.
 - This is one of the protein supplements that is used at Fairfield Medical Center for weight loss surgery patients.
 - Atkins Advantage Shakes - 11 oz.: 160 calories, 15 grams protein, 1 gram sugar
 - SlimFast® High Protein Shake - 11 oz.: 180 calories, 20 grams protein, 2 grams sugar
 - Glucerna Hunger Smart Shake - 11.5 oz.: 180 calories, 15 grams protein, 6 grams sugar
 - Carnation Breakfast Essentials® Drink (*No Sugar Added*) - 1 packet mixed with:
 - 8 oz. skim milk: 150 calories, 12 grams protein, 17 grams sugar
 - 8 oz. water: 60 calories, 5 grams protein, 7 grams sugar
- When choosing protein supplement bars, find an option that has 10 grams of protein and is less than 200 calories with limited sugar (6 grams or less). Examples of protein bars include:
 - Nature Valley Protein Chewy Bars - 1 bar: 190 calories, 10 grams protein, 6 grams sugar
 - Atkins Advantage Meal Bars - 1 bar: 200 calories, 15 grams protein, 2 grams sugar
 - Glucerna Crispy Delight Nutrition Bars - 1 bar: 140 calories, 10 grams protein, 5 grams sugar
 - Pure Protein® Soft-Baked Protein Bars - 1 bar: 190 calories, 17 grams protein, 5 grams sugar
 - Pure Protein® High Protein Bar - 1 (50 gram) bar: 200 calories, 20 grams protein, 2 grams sugar

SAMPLE MENUS

Sample Menu #1	
Breakfast	Atkins Advantage Shake
Snack	Nature Valley Protein Chewy Bar and an apple
Lunch	Atkins Advantage Shake and a small salad with 1-2 tbsp of dressing
Snack	1-2 cups raw veggies with dip or hummus
Dinner	UnJURY® Protein Shake blended with a banana
Snack	Orange
Provides approximately 890-915 calories and 60 grams of protein	

Sample Menu #2	
Breakfast	UnJURY® Protein Shake blended with strawberries
Snack	Banana
Lunch	SlimFast® High Protein Shake and 1-2 cups cooked vegetables
Snack	Special K Protein Bar
Dinner	UnJURY® Protein Shake blended w/ strawberries and a small salad w/ 1-2 tbsp dressing
Provides approximately 780-805 calories and 72 grams of protein	

Sample Menu #3	
Breakfast	Glucerna Hunger Smart Shake and a pear
Snack	Pure Protein® High Protein Bar
Lunch	Glucerna Hunger Smart Shake and 1-2 cups raw veggies with dip or hummus
Snack	Apple
Dinner	SlimFast® High Protein Shake and 1-2 cups cooked vegetables
Provides approximately 770-830 calories and 67-70 grams of protein	

Create Your Own Sample Menu	
Breakfast	
Snack	
Lunch	
Snack	
Dinner	
Provides approximately ____ calories and ____ grams of protein	