



# LONG-TERM BARIATRIC NUTRITION

Following nutritional guidelines long-term is key to weight-loss (and then maintenance), prevention of bariatric complications, ensuring you're getting enough macro and micronutrients each day, and supporting your overall health. These recommendations are applicable starting a few months after surgery, and beyond.

## DON'TS

- **Avoid snacking or grazing** mindlessly throughout the day. Prioritize eating balanced meals.
- **Do not drink carbonated beverages, fruit juice, or alcohol.** Limit or avoid caffeine.
- **Do not drink fluids** 30min before, during, and 30min after meals.
- **Avoid sugar:** white sugar, artificial sweeteners, corn syrup, agave, honey, etc.
- **Avoid refined carbs:** bread, tortilla, pasta, pastries, etc.
- **Avoid refined vegetable oils:** soybean, canola, corn, sunflower, safflower, etc.
- **Avoid highly processed foods:** fast foods, condiments, fried foods, chips, snack foods, candy, cookies, pizza, etc.

## DO'S

- **Eat three meals a day**, plus 1-2 snacks if needed.
- **Eat meals very slowly and chew foods very well.** Important for digestion and absorption.
- **Meals should be 1-1.5 cups in size.** Stop eating when you feel full.
- **Drink at least 64 oz (8 cups) of water** or unsweetened tea between meals, daily.
- **Eat fiber-rich foods at each meal:** vegetables, whole fruit, nuts, seeds, beans, whole grains.
- **Choose healthy fats, in moderation:** olive oil, avocado oil, avocado, nuts, seeds, salmon
- **Take a multivitamin.** This is very important due to calorie restriction and reduced vitamin and mineral absorption.
- **All meals and snacks should be high in protein.** Minimum needs for Women: 60-80g, Men: 80-100g.

## LIFESTYLE HABITS



Incorporate daily movement for 30min or more: walk, yoga, weight lifting, Pilates, swimming, etc.



Practice daily stress management such as 7-9 hours of sleep, deep breathing, meditation, journaling, etc.

## PROTEIN SOURCES

Source	Protein/Serving Size
Poultry, fish, beef, pork	<b>20g</b> per 3oz
Eggs	<b>12g</b> per 2 eggs
Milk	<b>8g</b> per 1 cup
Cottage Cheese	<b>14g</b> per 1/2cup
Cheese	<b>7g</b> per 1oz
Greek Yogurt	<b>12g</b> per 1/2 cup
Tofu	<b>7g</b> per 1/2 cup
Tempeh	<b>14g</b> per 1/2 cup
Quinoa	<b>8g</b> per 1 cup
Beans	<b>15g</b> per 1 cup
Nut butter	<b>7g</b> per 2 tbsp
Protein Powder	see label for details