



# BODY GENESIS INSTITUTE

WEIGHT LOSS AND GUT HEALTH SOLUTIONS



## **SLEEVE GASTRECTOMY**

### Diet and Lifestyle Advice

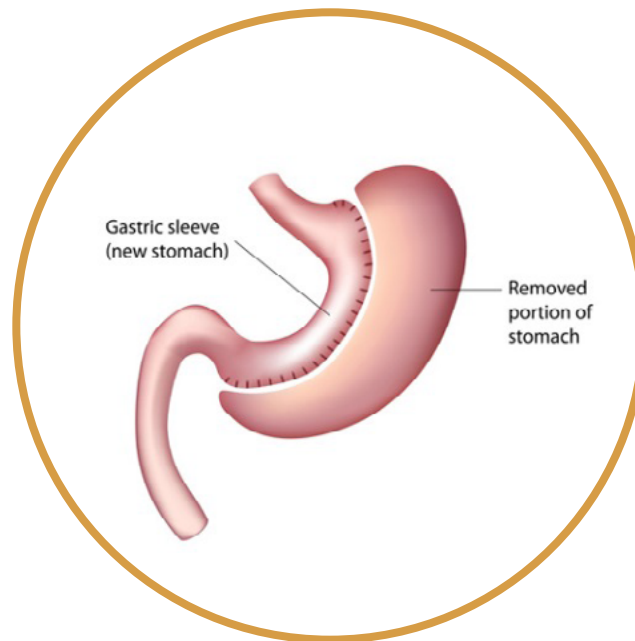
This booklet has been written to guide you through your weight loss surgery journey. It will be used to reinforce the information provided by your dietitian. The booklet will cover pre-surgery preparation and post-surgery dietary progression.

Please do not hesitate to get in contact with us if you have any questions or concerns.

#### IMPORTANT:

The guidelines in this booklet have been designed by Body Genesis Institute and may differ from guidelines suggested at other practices.

# Sleeve Gastrectomy



## Pre-Surgery Diet

### Purpose of the pre-surgery diet:

- It is important to follow a very low-calorie diet (VLCD) for 2-4 weeks prior to surgery.
- A VLCD reduces the size of your liver by reducing your body's carbohydrate (glycogen) stores.
- The liver is located near the stomach and reducing the size makes it easier and safer for your surgeon to perform the operation. It also prevents the unfortunate circumstance of not being able to perform the surgery should the liver get in the way.

### How does it work?

- A VLCD works by restricting your body's preferred energy source which is carbohydrates. The body uses up its carbohydrate stores in the liver and muscle, before using body fats as the main energy source. When body fat is used for energy, it puts the body into a state of ketosis and ketones are produced.

### Will I feel hungry?

- Yes, you may feel hungry. It takes approximately 2-3 days for the body to reduce the carbohydrate stores and begin to produce ketones. Ketones are a natural appetite suppressant. During this time common symptoms include hunger, lack of concentration and irritability.



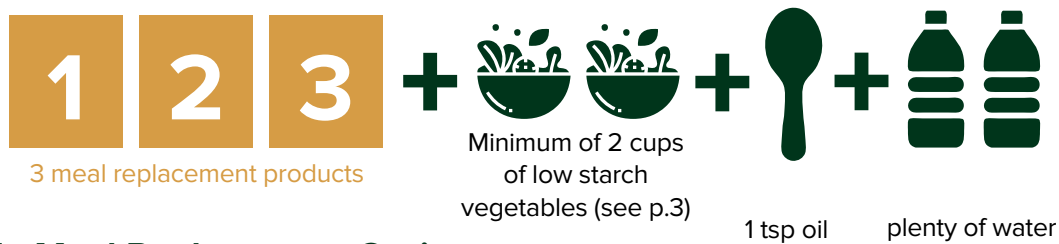
# Dietary Guide

	ALLOWED		AVOID
<b>Fluids</b> Aim for a minimum of 2L/day	Water Tea/Coffee (dash of milk, no sugar) Diet softdrink Diet cordial Soda Water Plain Mineral Water		Vegetable Juice Fruit Juice Milk Drink Regular Soft Drink Regular Cordial Coconut water Iced Tea Flavoured mineral water Alcohol
<b>Vegetables</b> Aim for a minimum of 2 x cups per day	Alfalfa Sprouts Asparagus Bok Choy Bean Sprouts Brussel Sprouts Broccoli Cabbage Carrot Capsicum Cauliflower Cucumber Celery Eggplant Fennel Green Beans	Garlic Lettuce Mushroom Onion Radish Spinach Shallots Silver beet Snow peas Squash Tomato Watercress Zucchini	Avocado Corn Lentils Legumes Potato Pumpkin Peas Parsnip Sweet potato Turnip
<b>Sauces / Condiments</b>	Chilli Lemon and Lime juice Mustard Tomato Paste Fish Sauce	Stock Soy Sauce Tabasco Sauce Vinegar Worcestershire sauce	Cream High calorie simmer sauces and dressings. Tomato based sauces Sweet chilli sauce
<b>Herbs / Spices</b>	All fresh herbs and spices		Cinnamon Sugar Vanilla Sugar
<b>Grains / Cereals</b>	Slendier Products Konjac Noodles Zucchini Noodles Cauliflower/Broccoli Rice		Bread Breakfast cereals Biscuits Rice/Pasta Pastry Products
<b>Fruit</b> Limit to ½ cup portion	Blackberries Raspberries Passionfruit Strawberries		All other fruit
<b>Dairy</b>	Dash of milk in tea/coffee (up to 60ml/day)		All other dairy products
<b>Other</b>	Artificial Sweeteners Flavour/Essence Diet Jelly Sugar free lollies/gums		Chocolate Ice-cream Regular Lollies



## What is involved in the pre-surgery diet?

- 3 x meal replacement products per day (products to be made with water)
- Minimum of 2 cups of allowed vegetable options (Refer to page 3)
- Drink at least 2L of water per day
- 1 teaspoon oil per day (add to your salad/vegetables)



## Suitable Meal Replacement Options:

Meal replacement options can include shakes, bars, soups and dessert options. Make sure they have VLCD on the label and check with your dietitian if you are unsure about a specific product. You can purchase VLCD products from a supermarket, chemist or online.

### Our recommendations:

- Formulite
- Optifast
- Feel Good Shake (meal replacement)
- Optislim

## Example meal plan:

	Option 1:	Option 2:	Option 3: With No Shakes
<b>Breakfast:</b>	1 x meal replacement shake	1 x meal replacement shake	1 x cup of grilled tomato + mushroom + spinach
<b>Morning Tea:</b>	½ meal replacement bar + allowed vegetable sticks.	Nil	1 x meal replacement bar
<b>Lunch:</b>	1 x cup of salad	1 x meal replacement shake	1 x cup of homemade vegetable soup (allowed vegetables)
<b>Afternoon Tea:</b>	½ meal replacement bar	Nil	1 x meal replacement shake
<b>Dinner:</b>	1 x meal replacement shake + 1 x cup of homemade vegetable soup (allowed vegetables)	1 x meal replacement shake + 2 x cups of allowed vegetables	2 x cups of allowed vegetables
<b>Supper:</b>	½ cup of strawberries.	Nil	1 x meal replacement dessert option



## Your diet post-surgery:

- You have now had surgery and you are ready to progress to the next stage.
- Over the next 4-6 weeks, you are going to be on a texture modified diet to:
  - Allow healing to occur
  - Reduce the risk of causing damage to the stomach from frequent vomiting
  - Allow time for you to get used to eating with your smaller stomach

### Stage 1



Liquid Diet

### Stage 2



Pureed Diet

### Stage 3



Soft Diet

### Stage 4



Solid Foods

## Tips for texture progression:

- Purchase smaller plates/bowls and containers
- Start looking for recipes for each stage
- Start preparing some recipes and store them for when you are out of hospital
- Remember if you try something and it doesn't sit well, you may not be ready for that texture just yet.

Take your time with each stage and speak with your dietitian if you have any concerns or questions.

### Your notes:

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## Stage 1

Liquid diet (for approx. 1-2 weeks after surgery)

### Hospital:

Whilst in hospital you will be provided with a liquid-based diet. You may want to take in some liquid options which you enjoy into the hospital such as meal replacement shakes and protein water.

### Home:

When you come home from hospital you will continue on the liquid diet for the next 1-2 weeks.

### Texture:

To be considered a liquid it should be thin enough to pass through a straw. It is important to focus on nourishing fluids to aid in healing, such as high protein fluid, and also hydrating fluids.

HIGH PROTEIN FLUIDS:	EXAMPLES:
Aim for 2-3 x cups in total over the day.	Meal replacement shakes e.g. Formulite or Optifast
Key notes: <i>To be considered a high protein liquid it must contain a protein source, for example:</i>	Homemade Smoothies e.g. 1 x cup of high protein milk with berries + ½ banana e.g. 1 x cup of water with berries + spinach + 1 x scoop protein powder.
-Dairy -Meat -Fish -Tofu -Eggs -Legumes/Lentils -Protein Powder	Homemade Soups: <i>Tip: Blend your soups do not strain to retain all nutrients.</i> e.g. Lentil and vegetable soup e.g. Lamb and vegetable soup
	High Protein Milk
	Low sugar high protein yoghurt drinks e.g. Yo-Pro, Chobani
	Sanitarium Up And Go no added sugar



HYDRATING FLUIDS:	EXAMPLES:
Aim for ½ cup every 2 hours.  Key notes: Remember to sip your fluids and not to gulp.	Water
	Tea/Coffee
	Clear Broth e.g. Bone Broth
	Oral rehydration solution e.g. Hydralyte
	Vegetable Juice

AVOID THESE LIQUIDS:	EXAMPLES:
	Fizzy or sparkling drinks - These will make you feel bloated and uncomfortable
	Alcohol - This can irritate the stomach and also provides no nutrition
	Fluids with excess sugar as they will slow or prevent weight loss e.g. fruit juice, coconut water, Powerade/Gatorade
	Any liquid with lumps and bits in it

## Example meal plan:

- The example below is only a sample plan.
- It is important to listen to your body and not force liquids in
- Choose options that you enjoy and spread them through your day as it suits you.

<b>Breakfast:</b>	100-250mL Meal replacement shake (Formulite)
<b>Morning Tea:</b>	100-250mL water/tea/coffee
<b>Lunch:</b>	100-250mL Homemade lentil and vegetable soup
<b>Afternoon Tea:</b>	100-250mL water/tea/coffee
<b>Dinner:</b>	100-250mL Sanitarium Up and Go no added sugar variety
<b>Supper:</b>	100-250mL water/tea/coffee







## Stage 2

Pureed foods (for approx. 1 week)

### Duration:

Approximately 1 week

### Transition:

- When you are tolerating a liquid diet comfortably (approx. 1-2 weeks after surgery) you can progress to pureed food.
- However, if a liquid diet is still uncomfortable for you, hold off and progress when you feel comfortable.
- Remember to always stop eating if you feel discomfort or pressure.

### Texture/Portion Size:

- It should be a smooth consistency and contain no lumps
- Portion size will be around ¼ cup per meal
- It is important to include a protein source at each meal.
- Remember to eat slowly, chew well and stop as soon as you feel satisfied

HIGH PROTEIN PUREE OPTIONS:	EXAMPLES:
Aim for ¼ cup x 3 per day	¼ cup beef, chicken, lamb, turkey pureed with gravy or sauce
Key notes: <i>To be considered a high protein liquid it must contain a protein source, for example:</i>	¼ cup fish pureed with sauce
-Dairy	Homemade Soups:
-Meat	<i>Tip:</i> Blend your soups do not strain to retain all nutrients.
-Fish	e.g. Lentil and vegetable soup
-Tofu	e.g. Lamb and vegetable soup
-Eggs	¼ cup tinned salmon or tuna pureed with cream cheese or avocado
-Legumes/Lentils	Low sugar, high protein yoghurt
-Protein Powder	e.g. Yo-Pro, Chobani
	¼ cup legumes/Lentils pureed
	¼ cup silken Tofu
	¼ cup Quorn (vegetable protein)





AVOID THESE OPTIONS:	EXAMPLES:
	Tough skin on food (apples or sausage)
	Stringy vegetables such as celery, asparagus or sweet corn
	Pips and seeds
	Meat with 'gristle' and meat which has not been pureed
	Bread/Pasta/Rice

## Tips:

1. Use a food processor to puree your food
2. Use a teaspoon to help slow down
3. Take your time, aim for 15 minutes per meal. Leave your meal if it takes longer than this
4. Prepare pureed meals in advance and freeze in containers or ice-cube trays
5. Wait 20-30 minutes between food and fluids.
6. Aim for at least 1 x serve of protein powder per day:
  - Tasteless protein powder added to water or food
  - Flavoured protein water

## Example meal plan:

- The example below is only a sample plan.
- It is important to listen to your body and not force liquids in
- Choose options that you enjoy and spread them through your day as it suits you.

<b>Breakfast:</b>	½ weetbix or high protein yoghurt
<b>Morning Tea:</b>	100-250mL water/tea/coffee
<b>Lunch:</b>	¼ cup Homemade pureed lentil and vegetable soup
<b>Afternoon Tea:</b>	100-250mL water/tea/coffee
<b>Dinner:</b>	¼ cup pureed salmon with avocado
<b>Supper:</b>	100-250mL water/tea/coffee





## Stage 3

Soft foods (for approx. 2-4 weeks)

### Duration:

Approximately 2-4 weeks

### Transition:

- When you are managing puree textures comfortably you can move on to a soft diet (at approximately 3 weeks post-surgery).
- Remember to always stop eating if you feel discomfort or pressure.

### Texture/Portion Size:

- You no longer need to puree your meals. Soft food should be soft enough to be broken apart with the side of a fork.
- Portion size around 1/4 cup. It is important to include a protein source at each meal.
- Remember to eat slowly, chew well and stop as soon as you feel satisfied

#### HIGH PROTEIN OPTIONS:

Aim for ¼ cup x 3 per day

#### Key notes:

*To be considered a high protein liquid it must contain a protein source, for example:*

- Dairy
- Meat
- Fish
- Tofu
- Eggs
- Legumes/Lentils
- Protein Powder

#### EXAMPLES:

- ¼ cup casseroles, slow cooked meat or mince meat
- ¼ cup steamed fish with sauce
- Matchbox sized frittata, zucchini slice, crustless quiche
- ¼ cup soft Tofu
- ¼ cup pulses such as chickpeas, kidney beans, baked beans
- ¼ cup weetbix made with milk or ¼ cup porridge made with milk



## Tips:

1. Use a teaspoon to help slow down
2. Take your time, aim for 15 minutes per meal. Leave your meal if it takes longer than this
3. Prepare soft meals in advance and freeze in containers or ice-cube trays
4. Wait 20-30 minutes between food and fluids.
5. Aim for at least 1 x serve of protein powder per day:
  - Tasteless protein powder added to water or food
  - Flavoured protein water

## Example meal plan:

- The example below is only a sample plan.
- It is important to listen to your body and not force liquids in
- Choose options that you enjoy and spread them through your day as it suits you.

<b>Breakfast:</b>	½ weetbix or zucchini slice (matchbox-sized) or 1/4 cup porridge made with milk
<b>Morning Tea:</b>	100-250mL water/tea/coffee
<b>Lunch:</b>	¼ cup lentils with well-cooked vegetables
<b>Afternoon Tea:</b>	100-250mL water/tea/coffee
<b>Dinner:</b>	¼ cup steamed fish with sauce and well-cooked vegetables
<b>Supper:</b>	100-250mL water/tea/coffee

## Your notes:

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## Stage 4

### Solid foods

#### Transition:

- When you are comfortably managing a soft diet (at approx. 4-6 weeks after surgery) you can move onto solid textures.
- You are now reaching the end of your dietary transition. You can start to reintroduce a variety of solid foods.
- It is important to start focusing on developing long-term sustainable, healthy eating habits.

#### Portion Size:

- Portion size will be around 1/4 cup
- It is important to include a protein source at each meal.
- Remember to eat slowly, chew well and stop as soon as you feel satisfied.

#### Tip:

- Remember it is about food quality, not quantity
- Be mindful of the types of food and the portion size of food you eat

#### Your notes:

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## Common problems in the first 5 weeks:

- **Water:** can be difficult to tolerate. You may find plain water feels tight or heavy upon swallowing. If you experience this, try adding a squeeze of lemon, lime, or diet cordial. Changing the temperature of the water can also help.
- **Dehydration:** Signs of dehydration include increased thirst and urine that is dark in colour, odorous and low in volume. Try to sip more frequently during the day, or take rehydration solutions such as Hydralyte.
- **Discomfort after eating:** If you get lots of reflux or burping after eating it could be that you are eating too quickly or having too much. Make sure you are taking your anti-reflux medication, as prescribed by your surgeon
- **Vomiting or Regurgitation:** If you feel you are following the dietary recommendations well, but you are experiencing frequent vomiting, regurgitation or discomfort, contact your dietitian immediately.
- **Changes in bowel habits:** You will be eating much smaller amounts of food after surgery, therefore it is likely that your bowels will open less often. This is not a problem unless you experience difficulty/pain/straining during bowel motions. In addition to your fibre supplement, you may need a laxative. Speak to your dietitian for advice. If your bowels are looser than usual, this can be part of the adjusting phase after surgery. Continue with your fibre supplement and make sure you remain hydrated. Contact your dietitian if you have any concerns
- **Dumping syndrome:** dumping syndrome is caused by the rapid absorption of sugar into your bloodstream. You are at risk of dumping after a bypass because the lower sphincter (valve) in your stomach is no longer active and food and fluids move more rapidly into your intestine. A sudden surge in blood sugar levels is followed by a rapid 'dump' in blood sugar levels which can lead to symptoms of: nausea, cold sweats, shaking hands, fatigue and loose bowel motions. Minimise your risk of dumping syndrome by avoiding food and (especially) fluids high in sugar. Food and fluids that are high risk for dumping syndrome include fruit juice, soft-drink, sweets and other high-sugar foods.

## Do not eat and drink fluids at the same time:

Avoid drinking fluids 20-30 minutes before and after your meal. There are a few reasons for this:

- Drinking fluids with food can overfill your stomach, cause discomfort and even cause vomiting. If you feel food is stuck, taking a sip of water can make this worse. It is best to keep food and fluids separate in the early stages after surgery while you are learning your tolerance to foods
- Filling up on drinks at mealtimes will reduce the amount of space for nutritious food in your stomach. It is important to prioritise nutritious foods at mealtimes and keep drinks to in between meals





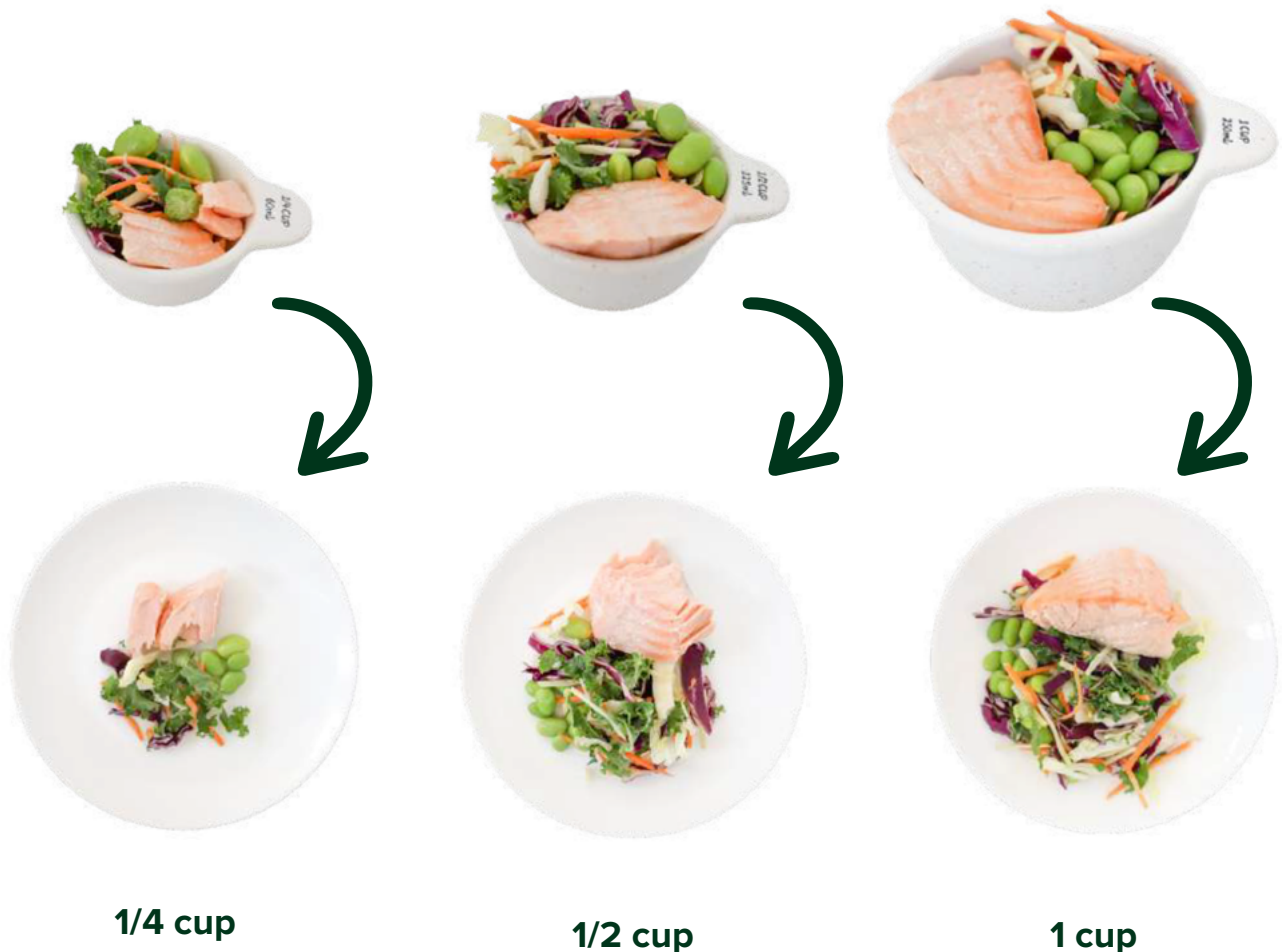
## Weight Loss Surgery Longterm:

(This will be covered in more detail in your next appointment with the dietitian)

As you progress through your weight loss journey, your portion sizes will begin to adjust and you will begin to tolerate more food.

The table below highlights approximate portions for each of the stages in the first year of your journey.

MONTHS POST SURGERY	PORTION SIZE
3 MONTHS	¼ cup
6 MONTHS	½ cup
9 MONTHS	¾ cup
12 MONTHS	1 cup / (1 x bread and butter plate)



shown on a side/bread and butter plate





## Protein:

- Protein is an essential part of your diet post-surgery. It plays a role in recovery, helping you feel full for longer and maintaining lean muscle mass
- You can get protein from a variety of food-based sources as shown below and from protein powders.
- In the initial stages post-surgery, protein powders are essential to help boost the protein content of your meals when your portions are very small, however, when you can tolerate solid food and can manage larger portions you should aim to meet your requirements with food rather than supplements.

## High protein foods



## Your notes:

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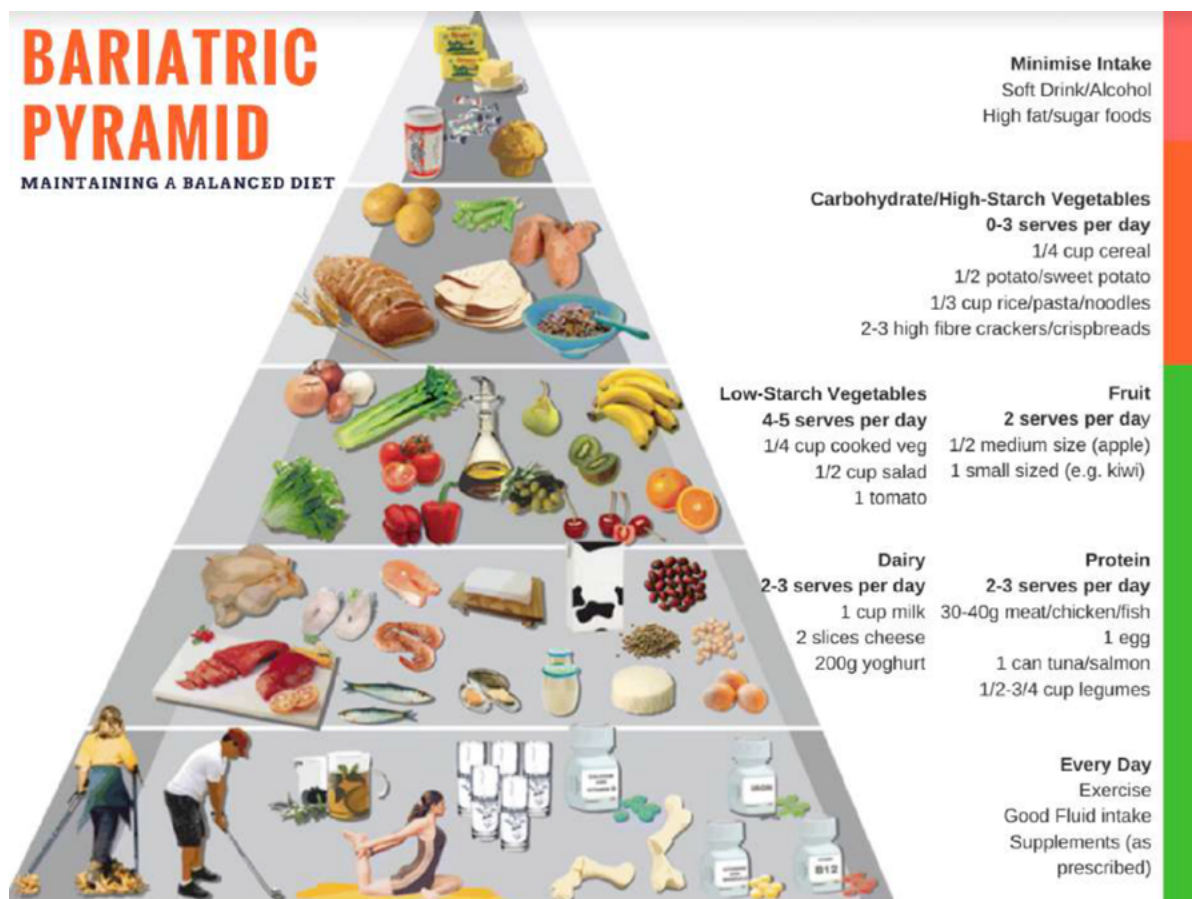
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## Food Pyramid:

The pyramid highlights the importance of healthy eating and the distribution of food groups. The bottom of the pyramid highlighted in green outlines the importance of water intake, exercise, lean protein sources, salad, vegetables and fruit.

The top of the pyramid highlighted in red outlines food options we are required to limit in the diet including grain-based options (pasta, rice, bread), starchy vegetables (potato) and discretionary snacks (soft drink, lollies and chips)



## Additional Support:

Our private groups, which are run by our support team, will provide you with a range of recipes and information as you progress through your weight loss journey.

The private support groups offer you the ability to connect with others who have had surgery or are considering surgery.

<b>PRIVATE FACEBOOK GROUPS:</b>	Speak with your dietitian and they can add you into the Private Support Group for Body Genesis Institute
<b>PUBLIC SOCIAL MEDIA PAGES:</b>	Facebook: <a href="https://www.facebook.com/CentreforWeightLoss">https://www.facebook.com/CentreforWeightLoss</a> Facebook Support Group: <a href="https://www.facebook.com/groups/Centreforweightlosssupport">https://www.facebook.com/groups/Centreforweightlosssupport</a> Instagram: <a href="https://www.instagram.com/centreforweightloss/?hl=en">https://www.instagram.com/centreforweightloss/?hl=en</a>
<b>BOOKS:</b>	Dr Arun's Book "Happy Gut, Healthy Weight" is a good start to learn broad concepts about nutrition after weight loss surgery
<b>ONLINE STORE:</b>	Visit our online store at <a href="http://www.CentreForWeightLoss.com.au">www.CentreForWeightLoss.com.au</a> to explore resources we have to assist you on your weight loss journey.
<b>WEEKLY WELLNESS NEWSLETTER</b>	Sign up to Dr Arun's weekly Wellness Newsletter that will empower you with high quality information which will set you up for an amazing transformation.





## Additional Services

### Exercise Physiology

Physical activity can improve physical, social and mental wellbeing. People who increase their exercise after surgery experience greater changes in weight and quality of life outcomes. The period before surgery is an ideal time to start making changes that will help maintain physical activity levels after surgery.

Our exercise physiologist can help you learn how exercise can fit into your day so that it can become a daily habit. There are different forms of exercise, so it is important to have a plan specific for you. You will learn a range of technologies to ensure the exercise plan you implement is achievable in the long-term.

### Psychology and Healthy Habits Coaching

In order to get the best results from your surgery, we recommend getting support from the whole team, including our psychologists and Healthy Habits Coaches who specialise in the weight loss surgery journey. These sessions help you to adjust your mindset around food. Changing eating habits is hard! Often you know what you should be eating, but there are complex and often subconscious reasons why it is hard to put into practice. this might happen pre-surgery, immediately afterwards or quite sometime after surgery.

### Reasons to consider Healthy Habits support:

- You need some professional support to get your eating back on track
- You are feeling 'out of control with your eating'
- You are eating in response to stress
- You believe that you are self-sabotaging with food
- You have concerns about your body image
- You are worried you might not be satisfied with your overall weight loss
- Weight loss surgery has affected personal relationships

You can avail a Free Session with our Healthy Habits coach here, by scanning the QR code:



# Advice for Newbies

**We understand that weight loss surgery can be daunting, but our community has got your back! Here are some tips from our weight loss surgery clients to support you through the initial stages of your WLS journey.**

1

Take lots of photos, take your measurements... find different ways to measure your progress rather than just the scales. You might still be making progress even while the number on the scale isn't changing as much as you'd like - it's a real mind game!

2

Slip-ups happen. Give yourself forgiveness and compassion. Most of us have some disordered eating that stays with us after surgery. Tomorrow is a new day. Reset and get back on track.

3

Stay true to your WHY. Remove the focus from what others think about your journey and start focusing on you. Your journey is your own.

4

Don't do it alone. Reach out to different communities (Instagram, Facebook, Support Groups). You are going to need people around you who REALLY get it; people who truly understand you.

5

The first few weeks can be really tough, but it does get better and you will start to feel more like yourself in time. Stay positive!

6

Trust your team and trust the process, it does work! Ask them questions, problemsolve together. There are no silly questions!

7

Meals after weight loss surgery can be just as delicious for the whole family. Take some time to explore recipe pages and cookbooks so everyone can enjoy the benefits, rather than feeling isolated by eating a different meal to everyone else.

8

Remember: You may not be where you want to be just yet, but you are so much closer than you were. Things may not always be easy, but they have been made POSSIBLE.



# Your Pre-Surgery Checklist

☐ **Have you completed your pre-surgery blood test?**

Your dietitian will advise if any pre-surgery vitamin/mineral supplements are required

☐ **Have you connected with us on social media?**

Connect with us on social media!

We post lots of great content here to help you along the way, and it is also a great way to connect with fellow patients! Just Search -- **Centre For Weight Loss**

☐ Facebook public page

☐ Our private Facebook group - remind your dietitian to send you an invite

☐ Instagram page - Encourage family and friends to join too, so they can learn more about your weight loss surgery journey!

☐ **Have you purchased your required supplements and products?**

Meal replacements products

Multivitamin

Calcium & Vitamin D

B12

Fibre

Protein Powder

☐ **Have you purchased smaller plates, bowls and containers?**

☐ **Pre-Surgery Diet:**

Commence pre-surgery diet on your set start date

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# Your Hospital Checklist

It can easily become confusing figuring out what you might need when heading to hospital for your weight loss surgery. Not only do you want to have everything you need for the experience to run smoothly, but you also want to be comfortable!

This checklist can be used to print out and help you prepare for your hospital stay.

## Must Haves

- ☐ Medical Documents & ID
- ☐ Current Medications
- ☐ Money
- ☐ Loose Fitting Clothing

## Comfort

- ☐ Peppermint Teabags
- ☐ Book or Entertainment e.g. iPad  
(including chargers with a long cord!)
- ☐ Pillow (for the journey home)
- ☐ Non-Slip Slippers
- ☐ Dressing Gown

## Toiletries

- ☐ Toothbrush & Toothpaste
- ☐ Hair Brush & Ties
- ☐ Body Wash or Baby Wipes
- ☐ Lip Balm

## Our Tips

Bring loose-fitting clothing (including comfortable underwear/no-underwire bra)

If you're only staying for one night, you only need the essentials, but grab a couple of comforts for any waiting around or to help you sleep soundly

**Now there's just one thing left to do... Get excited!**





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