

# Weight Loss Surgery Lifelong Guidelines

*Follow-up 3 months after surgery*

## Lifelong Guidelines

After having weight loss surgery, you will need to make good food and physical activity choices every day.

Following these guidelines will help you be successful after your surgery.

- Eat 3 well-balanced meals each day.
  - Always eat protein foods first. Vegetables, fruit or both should be next. Then eat whole grains and starches if you are still hungry.
  - Aim for at least 60 grams of protein each day.
  - Do not skip meals. This may cause overeating at your next meal.
  - Limit foods that are high in fat and sugar such as ice cream, fried foods, chips, croissants and high fat luncheon meats.
  - Aim for less than 7 grams of added sugar and less than 3 grams of fat per 100 calories for each meal.
- Do not snack unless planned.
  - A protein shake or a food high in protein may be appropriate. (You and your dietitian will talk about if this is right for you.
  - If your meals are more than 4 to 5 hours apart, a planned snack is OK.
- Stop eating when you feel satisfied.
  - In general, you will eat about ½ cup of food at each meal.
  - Measure your portions.
  - Continue to use small plates, bowls and utensils at mealtimes.
- Drink 64 ounces (8 cups) of liquids each day.
  - Do not drink beverages that are high in calories.
  - It is OK to have 1 to 2 cups of skim or 1 percent milk each day.
  - Limit beverages that are caffeinated or carbonated.
  - Do not drink alcohol.
- Follow the 30/30 rule: Do not drink liquids 30 minutes before meals, while you are eating and 30 minutes after meals.
- Take small bites and eat slowly. Each meal should last about 20 to 30 minutes.
- Practice mindful eating. (Read more on page 95 of your education book.)
- Get 30 minutes of physical activity each day.
- Practice self-monitoring. (Read more on page 93 of your education book.)

**(over)**

## Vitamin and Mineral Supplements

Continue taking your vitamin and mineral supplements as directed.

- 2 multivitamins with 18 mg of iron each day
- 500 to 600 mg of calcium citrate 2 to 3 times each day. This is a total of 1,200 to 1,500 mg of calcium citrate each day.
  - It is ideal if you can take your multivitamins and calcium citrate 2 hours apart to improve absorption.
- 1,000 mcg vitamin B<sub>12</sub> sublingual
- 5,000 IU of vitamin D<sub>3</sub> each day
  - This amount is in addition to the vitamin D<sub>3</sub> found in your multivitamins and calcium.
- If you are a woman who still gets menstrual periods continue taking:
  - 500 mg of vitamin C
  - 325 mg of ferrous sulfate (a type of iron supplement).
- If you had duodenal switch surgery, you will need to take 10,000 IU of vitamin A and 10,000 IU of vitamin D<sub>3</sub>.

## Notes and Goals

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- Learn more about reading nutrition facts labels and lean cooking tips on pages 23 to 25 in your education book.
- Use the “How Are You Doing?” worksheet every couple of months to help keep you on the path to success. It is on page 185 in your education book.