

# Weight Loss Surgery Lifelong Guidelines

*Follow-up 6 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 no more than 3 well-balanced meals each day.
  - Always eat protein foods first. Vegetables, fruit or both should be next.
  - You need to have at least 60 grams of protein each day. You should now be able to get enough protein by eating solid foods instead of having a protein shake.
  - 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 per serving.
- Do not snack unless you feel physically hungry.
  - A food high in protein may be appropriate. (You and your dietitian will talk about if this is right for you.)
- Stop eating when you feel satisfied.
  - In general, you will eat about  $\frac{1}{2}$  to  $\frac{3}{4}$  cups 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 sweetened or high in calories.
  - You can have up to 2 cups of unsweetened milk. This includes soy milk, almond milk and ultra-filtered milk such as fairlife®.
  - Limit beverages that are 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 pages 38 to 39 of your education book.)
- Get 30 minutes of physical activity each day.
- Practice self-monitoring. (Read more on page 117 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 calcium citrate 2 hours apart from your iron containing supplements (multivitamin and additional iron) 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).

Please follow the nutritional guidelines given to you by your dietitian if you had biliopancreatic diversion with duodenal switch surgery or distilization of previous Roux-en-Y gastric bypass surgery.

Your lab test results will help decide if you need to take other types of supplements or make changes to your current supplements. Your health care provider will talk with you if any changes are needed.

## Notes and Goals

---

---

---

---

---

---

---

---

---

---

- Use the “How Are You Doing?” worksheet every couple of months to help keep you on the path to success. It is on page 7 in your education book.