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General and Endoscopic Surgery
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Dear New Patient:

Thank you for your interest in Dr. Mark Pleatman's minimally invasive weight loss surgery program. Since you reside out-of-state, it is necessary to make certain arrangements prior to scheduling surgery with Dr. Pleatman. We realize how important the decision to undergo weight loss surgery is for you. The benefits you will receive will not only improve your overall health status but will also increase your longevity, provide you with greater vitality and mobility and will result in a renewed outlook on your life. These positive outcomes are more likely to occur if you become an active and committed participant in the entire process.

We have prepared this information packet to give you sufficient time to emotionally and physically prepare yourself for the surgery and to make a smooth transition into the post-op phase under the guidance of Dr. Pleatman and his medical staff. Enclosed you will find guidelines that we expect our patients to follow both before and after surgery. By reviewing the attached information you will have a much better understanding of these various pre and post phases of preparation.

- I. Instructions for preparing for surgery
- II. What will occur at the time of your visit to Dr. Pleatman's office
- III. What to expect upon admission to the hospital
- IV. Instructions to follow upon discharge from the hospital
- V. Guidelines to follow once you return home

We want you to have the greatest success possible after undergoing this surgery which is why we recommend you take at least one month prior to surgery to prepare for this major life altering event. This will become clearer to you after you read the attached information. As you review this material, if you have any questions, concerns, or comments, please contact Jennie or Adele by phone (248) 334-5444 or email us at **Pleatmanoffice@comcast.net**.

We wish you a very safe, healthy and satisfying journey throughout your entire weight loss process.

Sincerely,

Jennie Fox, MBA, R.D.
Registered Dietitian and Nutrition Support

Adele Mayerson, MPH
Patient Support Coordinator

I. Preparing One Month in Advance of your Surgery

- Your first priority is to be in optimal condition, both physically and emotionally, to undergo weight loss surgery.
- Inform your primary care physician of your desire to undergo weight loss surgery. Have your physician provide Dr. Pleatman with a letter stating that you are medically cleared to undergo surgery. In addition, please have the letter include your current height, weight and BMI.
- Discuss your decision to undergo weight loss surgery and your reasons for this decision with family members and/or friends who will be serving as your personal support group.
- Start to actively lose weight. **See Exercise as Part of your Weight Loss Plan Attachment 1.**
- Beginning at least 4 weeks prior to surgery, replace one meal each day with a protein-enriched liquid supplement that is ready-to-drink or add the protein supplement powder to liquids to create an assortment of meal shakes. **See Soothing Smoothies Recipes Attachment 2.**
- They are several reasons why you need to lose weight at least one month prior to surgery:
 1. You will reduce the risks associated with undergoing major surgery
 2. It will be an easier adjustment once you continue to lose weight after surgery
 3. Your liver will shrink in size, making it easier to access the surgical site with the laparoscopic instruments.
- Consult with an exercise physiologist or personal trainer to begin an exercise plan suitable for your pre-surgery fitness level and begin exercising at least 3 days a week, especially if up to now you have kept a more sedentary lifestyle. Make a plan at set intervals to gradually progress to the next level as your endurance and energy level increases. **Caution:** If you overexert yourself when first beginning an exercise regimen, you may suffer the ill effects from over exertion and become too discouraged to continue. That is why a personal trainer is very beneficial; they will design a fitness plan for each session that is suitable for your current health condition and fitness level.
- An alternative to one-on-one personal training is to begin walking 20 to 30 min. each day at a pace you feel comfortable and then add 5 more minutes to every couple of workout sessions.
- Realize that as you progress over time with your weight loss, performing exercise will become easier with each pound you lose. If you maintain a regular schedule, the effort you are exerting to perform the exercise will not seem as demanding on your joints and your cardiac system as your excess body fat decreases.
- Stock your pantry with items from the list we have provided so that you will be fully prepared to follow your post-surgery nutrition guidelines upon your return home. **See Stock Your Pantry Attachment 3.**
- Order the required protein powders, vitamins and mineral supplements you will use daily. Each surgical procedure has different supplement requirements so refer to **Vitamins & Supplements Attachment 4** for the regimen required for your surgery type. We are including an order form for BARIATRIC ADVANTAGE, a company that can meet your bariatric nutritional needs. We recommend their 100% Any Whey Protein, which is tasteless, and can be added to any solid or liquid to increase protein intake.

II. Planning your Trip to Michigan and What to Expect When You Arrive

- We require that a person 18 years or older accompany you and remain with you throughout the week as you recover from your surgery.
- There are a number of websites such as Expedia or Travelocity which give a discount if you book your air, hotel, and car rental all in one complete package. Northwest Airlines has direct non-stop flights from many major airports, they also have packages when you reserve your flight. You can fly in to either Detroit Metro Airport (DTW) or Flint (FNT).
- There are 3 to 4 reasonably priced hotels in close proximity to the hospital with kitchenettes. See the attached Hotel List (Attachment #7). It is very helpful to have a kitchen area where you can blend up the ingredients and heat up soups for your full liquid diet for the week following surgery.
- We suggest you arrive the night before your consultation date and get settled in to your hotel, because you will be kept quite busy the day of your consultation.
- On the day of your consultation at Dr. Pleatman's office, you will spend 45 to 60 minutes in consult with Dr. Pleatman. At that time he will review all aspects of your upcoming surgery and review the information contained in the patient info packet you downloaded from his web-site.
- You will then spend at least 30 minutes with Jennie, our registered dietitian, who will review your completed 3 day food diary and help you plan out your post-op nutrition requirements.
- Finally, you will attend our 2-hour pre/post surgery preparatory class. This class is mandatory and will also give you an opportunity to ask any other questions of us as well as give you the opportunity to meet other patients who will also be undergoing bariatric surgery.
- Also on this same day or the next one you will go for your pre-admission testing at the hospital. This will be arranged in advance with Jo, our Surgical Coordinator.
- Discontinue any nonsteroidal anti-inflammatory agents such as aspirin, ibuprofen (Motrin), or Naproxen, at least one week before the surgery.
- The day before surgery your diet should consist of clear liquids only. At about 6 p.m. that evening you should also take one adult dose of Milk of Magnesia in order for your bowels to be empty prior to surgery.
- There is no eating or drinking after midnight the night before your surgery.
- It is extremely important **to avoid binge eating close to your surgery date**. This could cause bloating, nausea, and other symptoms which could complicate the procedure and hinder your recovery

III. Admission to the hospital, the day of surgery

- Plan to arrive 2 hours prior to your scheduled time for surgery
- Go to the admitting area and register
- Proceed to the pre-op area to check in for your surgery
- Your medical chart and test results will be reviewed and you will meet with the anesthesiologist.
- You will also see Dr. Pleatman to ask him any questions or discuss any other last-minute concerns you may have.
- After surgery you will go to the recovery area for a couple of hours and then be moved to your room on the post-surgical floor.
- The nursing staff will attend to your needs and also encourage you to get up and move around. You will be given clear liquids the first 24 hours. Be certain you only have sugar-free non-carbonated drinks, jello, and clear soup broth. It is important that you keep yourself hydrated after undergoing this surgery. This will contribute greatly to your recovery and assure being discharged at the regular expected time, 1 to 2 days after surgery.
- Do not take ANY PILLS after surgery unless directly approved by Dr. Pleatman (hospital staff may not be aware of this restriction and give them to you by mistake).
- The following day Dr. Pleatman will come in and assess your condition and decide if you are ready to be discharged from the hospital.

IV. Instructions to follow after discharge from the hospital

- **Strictly adhere to the Post-op Diet Plan** we have provided for your nutritional needs to avoid any complications in your recovery. **See Post-Op Nutritional Instruction Guide, Attachment 8.**
- If you have tolerated the clear liquids, once back in your hotel you can begin the Full Liquid phase of your diet. It would be extremely helpful to have a blender on hand.
- You want to avoid ingesting at this stage very cold or very hot liquids
- You will want to have the following items on hand:
 - Whey protein powder or soy protein powder, if you are lactose intolerant and/or ready-to-drink protein shakes.
 - Tea, non-carbonated water and other non-carbonated, sugar-free drinks. See list of choices in the Nutrition Guidelines.
 - Low fat/non-fat yogurt, low fat/non-fat skim milk
 - Cooked cereals like Cream of Wheat or oatmeal
 - Canned or frozen fruit for blending smoothies
 - Clear beef, chicken or vegetable broth and/or smooth soups like tomato pea or strained creamed soups
 - Sugar-free popsicles (a good source of liquid when trying to get in the recommended daily amounts of water).
 - Chewable or liquid Vitamin and mineral supplements.
 - Benefiber or similar fiber supplement like FlaxPlus which is a ground flaxseed meal contains 4 grams of a natural fiber in addition to 3 grams of protein per each 2 tbsp. serving. **Alert:** Be proactive and begin using fiber supplement daily 3 to 4 days after surgery. Although you are not eating solid food, the protein you are ingesting in these drinks may cause you to become irregular or constipated. Remember use of pain medicine will also contribute to constipation.
- Each day you should feel a little bit stronger, have more energy, and feel like you want to increase your activity level.
- Get plenty of rest, drink water or other fluids between meals.
- Get in the habit of always having a water bottle nearby to take slow tiny sips from frequently throughout the day.

*****Note if at any time during this post-op period you have some concern or question about your recovery, or notice something different in how you feel, please contact Dr. Pleatman's office or after hours notify his answering service. He cannot help you if he is not aware of the problem you are having.**

- Approximately one week after the day of your surgery, you will see Dr. Pleatman at his office.
- You may feel quite tired immediately after surgery. You also may feel unusually good. You may then overdo it which can set your recovery back. Listen to the signals from your body and respond accordingly.
- We suggest staying in town for a full week as the stress of packing, traveling, especially by plane, and sitting for a long period of time (greater than 2 hours) without being able to recline could really impede or jeopardize your recovery.
- You may have to remind yourself to eat at least every 3 to 4 hours, as many of our patients report not being hungry for some time after the surgery.

- **Read and re-read** the post op diet instructions so you are very clear about your food options and how they should be prepared and when to advance to the next phase.
- Your stomach area/surgery site needs time to heal as there is some swelling in this area temporarily. Testing out even a small bite of some whole food could be extremely harmful in those critical first few weeks. This special diet assures that you will not cause any harm to yourself.

*****Caution: We suggest if you ever feel uncertain about any phase of this process to consult directly with the medical professionals you have entrusted with your care. You are welcome to share with others your concerns but realize that when it comes to your individual health no two people are alike. A friend, relative or another “experienced” patient may have good advice or mean well, however, it is best to discuss these concerns or questions with Dr. Pleatman since your health could be compromised due to inaccurate information you may receive from others.**

See sheet you must sign **Patient Self Care after Weight Loss Surgery Attachment 5.**

V. Guidelines to Follow Once You Return Home

- You most likely will have one more week of drinking full liquid for your nutritional needs before you advance to the pureed diet.
- Remember to take your vitamin and mineral supplements as prescribed.
- Drink plenty of water. Sip slowly and do not gulp.
- Get plenty of rest
- Schedule your fitness routine at least 3 times per week for a half hour and stay consistent. (See Exercise Attachment). As you begin to lose your excess weight, you will find exercising becomes easier and an enjoyable part of your day. Look at it as a health promotional activity instead of concerning yourself with direct weight loss as the only result you expect from it.
- Continue to take your Benefiber or any other natural fiber daily as a preventive measure followed by water. Again do not wait until you feel bad and then expect it to work instantly.
- As you advance into pureed foods in the 3rd week you are going to be eating only cooked foods which are soft to chew. We recommend avoiding any raw vegetables or fresh fruits. The following raw food products may not be tolerated for at least 3 months:
 - Raw Carrots
 - Broccoli
 - Corn
 - Celery
 - Certain Lettuce, Iceberg and Romaine
 - Apple skins, nuts, and dried fruit
- At this point you may have to use the trial and error method until you know specifically what you can tolerate.
- Red meat whatever form it is in should be eaten sparingly (if at all) as it may be harder for you to tolerate and digest. We suggest you eat other lean, low fat forms of protein such as chicken, turkey, or fish. If you feel you depend highly on red meat for your protein needs, please consult with our dietitian before attempting to consume any red meat, beef products.
- Each day or a day ahead, plan meals you will be consuming either at home or when you are out. Include protein, vegetables, fruit, non-fat dairy items and whole grains. This will assure you receive adequate nutrition to maintain your health, give you energy, and feel satisfied after eating.
- Do not skip meals, this will begin to lower your metabolism and slow your efforts to lose weight.

- It would be helpful to have a scale indicating your percentage of Body Fat, as that is the portion of your body composition you want to lower as you progress in your weight loss. Also you will lose some of your muscle mass in proportion to the amount of fat pounds you lose since you will no longer need this same elevated muscle mass to support a “lighter you”. It is important however that your fitness program includes weight resistance training to maintain muscle tone as your body fat is reduced.
- There will be times when you plateau over this one year post-op period. It is normal to have your weight remain the same over a couple of weeks at a stretch.
- You have a window of opportunity from 9 to 12 months from the date of surgery to lose the excess weight and achieve your target weight. After this time your weight will begin to stabilize and you will not be as efficient and consistent at losing weight after that point.
- That is why you need to check at regular intervals, at least every 2 weeks, your body weight (preferably broken down by body composition, ex. % body fat, %water, and fat free muscle) and measure neck, waist, and hips to gauge if you are gradually losing weight at an acceptable rate to reach your new target weight.
- There are several web sites www.kraftfoods.com and www.conagrafoods.com you can use to keep track and compare your weight loss over time to reassure you that you are progressing toward your goal. We would also appreciate if you email us with your progress, i.e. with your weight and neck, waist and hip measurements so we can keep your chart up to date and include your photograph if possible each time.
- On your one year anniversary from the date of surgery, we request that you have your PCP order the laboratory tests listed in **Annual Post-operative Laboratory Testing, Attachment 6** and forward these lab results to Dr. Pleatman’s office.
- Last but not least, set aside time to engage in activities from which you derive enjoyment or a sense of well being and fulfillment. Being in a relaxed and calm state will contribute to your overall success with this surgical procedure.

The attachments we have included explain in more detail the points we have addressed in this info packet. In addition the Surgery Preparation Class you will attend when you arrive here will also reiterate much of this information and give even more supportive and specific details that we have not provided in this information packet.

ATTACHMENT 1

EXERCISE AS PART OF YOUR WEIGHT LOSS PLAN

A National Institutes of Health Survey of 13 studies concludes that physical activity:

- Results in modest weight loss in overweight and obese individuals
- Increases cardiovascular fitness, even when there is no weight loss
- Can help maintain weight loss

New theories focusing on the body's set point (the weight range in which your body is programmed to weigh and will fight to maintain that weight) highlight the importance of exercise. When you reduce the number of calories you take in, the body simply reacts by slowing metabolism to burn fewer calories. Daily physical activity can help speed up your metabolism, effectively bringing your set point down to a lower natural weight. So when following a diet to attempt to lose weight, exercise increases your chances of long term success.

Examples to get you started:

Park at the far end of parking lots and walk
Take the stairs instead of the elevator
Cut down on television
Swim or participate in low-impact water aerobics
Ride an exercise bike

Overall, walking is one of the best forms of exercise. Incorporating exercise into your daily activities will improve your overall health and is important for any long term weight management program, including weight loss surgery. Diet and exercise play a key role in successful weight loss after surgery.

After recovering from your surgery, approximately 2 – 4 weeks begin an exercise program that incorporates the following:

- F** – Frequency, plan to exercise at least 3 times per week.
- I**- Intensity of your workout you select should be determined by a fitness evaluation of your current physical condition and increased gradually
- T** – Time, the period of time you devote to a workout out session.

ATTACHMENT 2

SOOTHING SMOOTHIES

During your first four weeks following surgery, you will need to adhere to a diet beginning with liquids only and progressing to soft pureed foods. Higher than average protein intakes are necessary in the bariatric patient. Using whey protein powder in smoothie, hot cereals and soups will help to ensure your protein intake is adequate. The following are some ideas to give your meals variety. The equipment you will need is a blender, magic bullet, or food processor.

GENERAL GUIDELINES:

Add at least one item from each category to create your smoothie. To the protein powder, add a fruit, protein base, spice, sweetener and fiber. Process the ingredients in a blender until smooth. Realize these recipes will yield about 10 ounces per serving. Slowly sip the amount you can ingest, usually about 4 ounces at a time. Cover and refrigerate the unused smoothie, stir and enjoy the remainder within 24 hours.

THE INGREDIENTS:

WHEY PROTEIN POWDER: Add one serving of your protein powder.

THE FRUIT:

You can blend any fruit into the smoothie, fresh, sugar free frozen, or canned fruit packed in its own juice. Use about ½ cup. Frozen fruit makes a thick smooth drink. When using fresh or canned fruit, add a few ice cubes.

THE PROTEIN BASE:

To this add 8 ounces of skim milk or soy milk (Soy slender or Continent 8). To boost the protein add one of the following: 1/3 cup of skim milk powder, 6 ounces of sugar free/ fat free yogurt, 1/4 cup of cottage cheese or ricotta cheese, 1/3 cup of silken tofu, or two tablespoons of smooth nut butter.

THE SPICE:

You can add just about any spice that your taste buds want. Some ideas include cinnamon, nutmeg, allspice, ginger, cardamom, fennel, parsley. Start with 1/8 teaspoon and add more to intensify the flavor.

THE SWEET:

If you need to, add Splenda or Nutrasweet.

THE FIBER:

Since constipation is problematic adding a fiber supplement is recommended. One to two servings of Benefiber or flaxseed meal can be put into your shake twice per day.

The combinations are endless, so get creative and be sure to try the combinations you like. The following are some of our favorites :

In a blender add the ingredients and process until smooth. Remember to add the Benefiber. Sip slowly, take your time and enjoy.

JUST PEACHY

One scoop of protein powder, ½ cup frozen peaches, 6 oz of vanilla yogurt, 8 ounces of vanilla soy milk, 1/8 teaspoon of cinnamon.

VERY BERRY

One scoop of protein powder, ½ cup frozen berry blend, 1/4 cup of cottage cheese, 8 ounces of milk, 1/8 teaspoon of nutmeg.

HAWAIIAN DREAM

One scoop of protein powder, ½ cup crushed pineapple, 1/3 cup tofu, one cup of milk, 1/8 teaspoon of ginger, add a few ice cubes.

CREAMY PUMPKIN

One scoop of protein powder, 1/4 cup canned pumpkin puree, one cup of milk, 2 tablespoons of sugar free maple syrup, 1/4 teaspoon of cinnamon and a few ice cubes.

ORANGE CARROT BLEND

One scoop of protein powder, one half of an orange, one small jar of baby carrots, 6 ounces of vanilla yogurt, 6 ounces of milk, one half teaspoon of vanilla and a few ice cubes.

PEANUT BUTTER BANANA

One scoop of protein powder, one cup of chocolate soy milk, ½ of a banana, two tablespoons of peanut butter and a few ice cubes.

Adding your protein powder to creamy soups and hot cereals is just as easy. Puree soups and add whey protein, then gently heat. Stir protein powder into hot cereals.

ATTACHMENT 3

STOCK YOUR PANTRY

It is encouraged that you plan ahead and stock your kitchen with foods that will support your nutritional needs after surgery. The following are suggestions to get you started.

DRY GOODS

Whey protein powder
Vitamin/mineral supplements
Natural peanut butter
Almond butter, soy-nut butter
Skim milk powder
Silken Tofu
Herbal teas
Cocoa powder
Benefiber
Crushed flax seed

LIQUIDS

Herbal teas
Bottled water, non-sparkling
Crystal lite
No calorie beverages/non-carbonated

FRUITS

Sugar free frozen fruit
Sugar free canned fruit
Applesauce
Baby pureed fruits

SOUPS

Low fat cream based soups
Vegetable soups
Lentil soups
Bean soups
Chicken broth
Beef broth
Tomato soup

CANNED FOODS

Beans Canned white meat/breast of chicken Fat free refried
beans Canned fish; salmon, tuna, sardines
Pasta/tomato sauce

VEGETABLES

V-8 juice
Canned peas, carrots, beets, squash
Baby pureed vegetables

CEREAL

Oatmeal
Grits
Cream of Wheat
Kashi Hot cereal

SPICES/FLAVORINGS/SYRUPS

Any spice or herb to flavor food
Flavor extracts; vanilla/orange/mint
True Lemon/lime
Torani or DaVinci Gourmet sugar-free
Flavored syrups.

DAIRY

Skim milk
Soy milk(Soy slender, Continent 8)
Cottage cheese
Ricotta cheese
Plain non fat yogurt
Sugar free non fat yogurt
Eggs or Eggbeaters
Silken Tofu

ATTACHMENT 4

VITAMIN AND MINERAL SUPPLEMENT GUIDE

The following must be taken every day for the rest of your life. Each surgical procedure has different requirements, so look to the list pertaining to your specific procedure.

For your convenience, we are including an order form for these supplements from a company called BARIATRIC ADVANTAGE.

ROUX-EN-Y GASTRIC BYPASS

1. Bariatric Advantage Multi Vitamin/mineral chewable tablet two times per day.
2. Calcium; chewable, preferably calcium citrate formula. Take 1500 mg of calcium citrate per day with Vitamin D 400 IU. Studies have shown that using Calcium Carbonate post-operatively can result in kidney stones.
3. Vitamin B12: Sublingual B12 1000mcg per day or B12 injections from your primary care physician every month.
4. Iron: Once per day. 15 mg for men and non- menstruating women; 30 mg for menstruating women.

VERTICAL SLEEVE GASTRECTOMY and LAPBAND SYSTEM

Chewable Multi Vitamins once per day.

Women 1000-1200 mg of chewable calcium citrate with Vitamin D.

Suggested vitamin protocol:

Breakfast: Multi-vitamin/mineral with calcium

Lunch: Multi-vitamin/mineral with calcium

Dinner: B12 with calcium

Bedtime: iron

ATTACHMENT 5

Mark A. Pleatman, MD

43494 Woodward Ave., Suite 202

Bloomfield Hills, MI 48302

248-334-5444

E-mail: pleatmanoffice@comcast.net

Please Read and Sign Below

Patient Self Care after Weight Loss Surgery

Please strictly adhere to the diet restrictions set out in your Post-op surgery manual and follow all other information contained in this booklet.

It is imperative once you are released from the hospital if you feel anything unusual when you are at home to notify Dr. Pleatman of any of the following:

Fever

Nausea

Pain

Restriction or choking when ingesting liquid

Not tolerating the required diet

Or any other signs or symptoms not considered normal for you

It is better to be on the safe side and not delay contacting Dr. Pleatman and possibly have your symptoms become worse. He is on-call and available to meet any of your urgent needs day or night. Call the office telephone number above and you will be directed how to reach the doctor. You may also e-mail him with your questions or concerns that are not of an urgent nature.

With regards to your Primary Care Physician:

If you are currently seeing other medical specialists for your general medical care or other chronic conditions, continue to do so after surgery. Please inform Dr. Pleatman at your post-op office visits if your overall health status or prescription medicine changes.

I have read and understand the above notification.

Patient Name _____ Date _____

ATTACHMENT 6

Annual Post-Operative Laboratory Testing

Instructions to Patients:

1. Please STOP taking all of your vitamin and mineral supplements at least 3 days prior to having your blood drawn.
2. Please do not eat or drink anything the morning of your blood draw (fast overnight).

Patient Name: _____

Patient Phone: _____

ICD-9-M Diagnosis Code: Weight Loss 783.12

Laboratory Tests

<u>Panel Name</u>	<u>Included Tests</u>
Cardiovascular	Total cholesterol, Triglycerides, LDL, VLDL, HDL
Comprehensive Metabolic	Albumin, Alkaline Phosphatase, Total Bilirubin, BUN, Carbon Dioxide(Bicarbonate), Calcium, Chloride, Creatinine, Glucose, Magnesium, Phosphorous, PTH (Intact), SGOT (AST), SGPT (ALT), Sodium, Total Protein, TSH
Specialty Chemistry	Folate (serum/RBC), , Vitamin A, Vitamin B6, Vitamin B12, Vitamin B12, Vitamin D (25-OH), Zinc
Hematology	CBC, Platelet count, Prothrombin time, INR, PTT, Iron, Total Iron Binding Capacity, Ferritin, Transferrin

ATTACHMENT 7

Residence Inn by Marriott Pontiac/Auburn Hills

“Official Hotel of Doctors’ Hospital of Michigan”

3333 Centerpoint Parkway, Pontiac MI 48341

The Residence Inn by Marriott Pontiac/Auburn Hills, in partnership with Dr. Pleatman and Doctor’s Hospital of Michigan, is pleased to offer exclusive patient rates, along with a complete amenities package to all patients and their families that visit Doctor’s Hospital of Michigan.

The Residence Inn by Marriott Pontiac/Auburn Hills offers the following features:

- * Studio, One, and Two Bedroom Suites with fully equipped kitchens
- * Complimentary full hot breakfast buffet seven days a week
- * Complimentary evening hospitality featuring light meal and beverages Monday-Thursday
- * Complimentary grocery shopping service
- * Indoor pool, whirlpool, and exercise room
- * Outdoor Sport Court
- * Onsite playground
- * Billiards room with pool table, poker table & TV
- * 24-hour Business Center
- * Guest Laundry and valet dry cleaning services
- * Daily housekeeping
- * Cable TV with ESPN, CNN, HBO and in-room pay movies
- * Free local and USA Today newspapers
- * Complimentary wireless internet access in all public areas and guest suites
- * On property Mini Mart (The Market Place)

With all the above mentioned services and amenities, Residence Inn by Marriott Pontiac/Auburn Hills is pleased to offer the following exclusive rates to patients and family members visiting Doctors Hospital of Michigan:

Studio Suites:

1-14 Nights: \$83 per night plus taxes.

15 + Nights: \$73 per night plus taxes.

One Bedroom Suites:

1-14 Nights: \$93 per night plus taxes.

15 + Nights: \$83 per night plus taxes.

Two Bedroom Suites:

1-14 Nights: \$119 per night plus taxes.

15+ Nights: \$109 per night plus taxes.

If you or your family needs hotel accommodations during your time at Doctors’ Hospital of Michigan, please contact the Residence Inn by Marriott Pontiac/Auburn Hills directly at 248-858-8664 to make reservations. The front desk staff will be glad to assist you!

ATTACHMENT 8

MINIMALLY INVASIVE WEIGHT LOSS SURGERY MARK A. PLEATMAN, MD, FACS Jennie Fox, M.B.A., R.D.

Roux-En-Y Gastric Bypass And Sleeve Gastrectomy Post-Op Nutritional Instructions

DIETARY RECOMMENDATIONS FOR WEIGHT LOSS

Weight Loss: The greatest weight loss will occur in the first 6 to 9 months after the gastric bypass procedure. In order to sustain this weight loss long-term, it is critical that one's behaviors are modified early in the postoperative period. Most patients will plateau after 6-12 months and, after this, additional weight loss will be difficult. **There are 6 cardinal rules that one must follow in order to attain a weight that is close to one's ideal body weight.**

1. **The primary source of nutrition needs to be protein.** 55% of all calories consumed should be lean, protein-based (eggs, cheese, yogurt, beans, fish, meat, protein supplement powder, etc.) Carbohydrates (whole grain cereals, whole grain pasta, brown rice, etc.) should make up only 30%. Fats (olive or canola oils, flaxseed oil) should only be 10-15% of the calories that you eat. Hair loss, cracked nails and defective healing and immunity are just some of the side effects of inadequate protein consumption; not to mention difficulty losing weight. Plus protein makes us feel more satisfied for longer times.
2. **Drink an adequate amount of liquid daily, preferably water.** Patients should consume between 64 and 80 ounces (8 to 10, 8-ounce glasses) of non-caloric, de-caffeinated liquid per day. This should be done slowly and throughout the day. Never drink more than 2 oz. of liquid in a 15 minute period. This amount should be increased by 10%-20% when the weather is very hot and humid to prevent dehydration.
3. **Always drink liquids separately from the solid foods you eat.** Avoid liquids for a period of 15-30 minutes before eating and 30-60 minutes after eating a solid meal. Liquids empty from the stomach pouch faster than solid foods. If you drink when you are eating, the liquid flushes solid food out of the pouch. This will prompt you to eat more.
4. **Eat only 3 times per day plus 2 snacks once you begin Solid Foods, Phase IV (this should correspond to mealtimes).** Be sure to chew your food thoroughly, 25-30 times, before swallowing and only take a very small bite of food at a time (less than 1 teaspoon) as you gradually return to eating solid foods. Between meals snacking or "grazing" on small amounts of food throughout the day will sabotage your weight loss and result in the inability to lose an adequate amount of weight.
5. **Avoid foods which contain sugar.** These foods will slow your weight loss. They contain empty calories and will make you sick. Sugar causes "dumping" in patients who have had the gastric bypass procedure. Dumping is when sugars

go directly from your stomach to your small intestine causing heart palpitations (racing heart beats), nausea, abdominal pain and diarrhea.

Food products to avoid include:

Candy

Cookies

Ice Cream

Sugary soda pop, juices, gelatins, puddings and most desserts

A list of acceptable sugar substitutes are found in the attachments given to you.

6. **Eat slowly.** Chewing is key. Enjoy the taste of the food you are eating. You're your food 25 times before swallowing. Solid food should be cut up into bite-sized pieces the size of your thumbnail. Make sure you are taking at least 20 minutes to eat. It takes that long for your stomach to tell your brain you're full. If you eat too fast you may overeat, overfill and end up vomiting.
7. **Stop eating/drinking before you begin to feel full.** Do not "stuff" yourself, as this may cause your stomach pouch to stretch – or worse, burst – causing long-term problems and complications,

SPECIAL CONSIDERATIONS

All successful bariatric surgery patients have 2 things in common: they followed their dietary recommendations closely and they initiated a regular exercise program. Within a few days after surgery begin walking and start other light physical activity. It is essential that within 4 to 6 weeks after surgery you begin a regular exercise program. Dr. Pleatman will give you his consent to begin a more advanced exercise program after your 1 month post-op visit. Initially this may simply be walking around the neighborhood 4 times per week for 40-60 minutes. Later (3-4 month postop) it will also involve low-impact resistance training (swimming, light weight-lifting, rowing, etc.). This will guarantee not only a good weight loss, but will also improve your stamina, energy level and overall health.

NUTRITION PLAN

Immediately after your surgery it is very important to follow the eating and drinking instructions to allow the procedure you underwent time to heal completely at the surgical site. This has been estimated to take a month or more. **It is also important**, especially in the first weeks after surgery, **not to overeat or swallow large bites of food that have not been chewed extremely well**. Problems may occur if these instructions are not strictly followed, especially since eating too fast or too large a bite of food can cause vomiting. When vomiting occurs the stomach can rise up above the band placement causing slippage of the band requiring re-operation.

NUTRITION PLAN

Your nutrition plan is divided into four (4) phases – each phase allowing you to adjust to your new gastric pouch.

THE FIRST FEW DAYS AFTER SURGERY:

Right after surgery, you will be given small sips of water or ice chips to suck on. The day after the operation you will begin taking in fluids, but only drink a small amount at a time. Besides water, you should also choose liquids that have an adequate number of calories. To prevent nausea and vomiting, do not drink too much at any one time.

Clear liquids only (liquids you can see through). These include broth, Jello-O, juices (apple, cranberry, grape), tea or popsicles. **SEE ATTACHED CLEAR LIQUID DIET** for more details.

Usually a day or two after surgery you can advance to the first phase of your nutrition plan.

In addition, you should purchase a fiber supplement like Benefiber or Citrucel or other sugar-free supplement to **avoid** problems with **constipation** after the surgery.

CLEAR LIQUID DIET

A clear liquid diet allows for healing time and to make sure that your body can tolerate anything by mouth. **This diet usually lasts for only 1-2 days after your operation.**

At first, take in liquids every ½ hour - about 2 ounces at a time. Then gradually increase your intake of liquids to 6 to 8 ounces every hour. **Drink very slowly and refrain from gulping.**

Because this diet does not contain enough nutrients, it is important to **take your chewable multivitamins, calcium, B12 and iron as directed.**

CLEAR LIQUIDS LIST

WATER: PLAIN OR FLAVORED, NON-CARBONATED, NON-SPARKLING**

CLEAR BROTHS OR BOUILLONS, FAT-FREE++

CAFFEINE-FREE COFFEES AND TEAS – (no milk, cream or artificial creamers)

APPLE JUICE/CRANBERRY JUICE/GRAPE JUICE/ORANGE JUICE – NO
PULP
HALF STRENGTH. Mix equal amounts of juice and water to make it ½ strength.

CRYSTAL LIGHT (or equivalent sugar-free Kool-aid type drinks)

SUGAR-FREE GELATIN (Jello or other sugar-free gelatin brands).

SUGAR-FREE POPSICLES

** You may drink regular tap water or drink any of the many bottled waters available. There are flavored waters that are sugar-free, non-carbonated, with few to no calories called **FRUIT₂O** or **PROPEL** or **FUZE SPLENDERIZE**. Available at Wal-mart, Meijer, Sam's Club, and grocery or health food stores.

++ You can get these broths and bouillons either already made in the can that are 99% Fat Free – e.g. Swanson, College Inn, Banquet or Store Brand (Kroger or Farmer Jack) or you can buy them in cube or powdered form – Herb-Ox, Wyler's, Knorr, etc

CLEAR LIQUID DIET
SAMPLE MENU

BREAKFAST

8:00 A.M.

½ Hour Before Breakfast: Water

2 oz. JUICE – Apple or cranberry, reduced calorie (lite)

Chicken broth

Sugar-free jello

creamer)

Decaf coffee or tea with sugar substitute (no milk or

½ Hour After Breakfast: Water

MID-MORNING

SNACK 10:00 A.M. 2 oz. juice

½ Hour Before Lunch: Water

LUNCH

12:00 NOON

2 oz. JUICE – Grapefruit (no sugar added)

Beef broth

Sugar-free jello

creamer)

Decaf coffee or tea with sugar substitute (no milk or

½ Hour After Lunch: Water

MID-AFTERNOON

SNACK 3 P.M.

2 oz. fruit juice/Sugar-free popsicle

½ Hour Before Dinner: Water

DINNER

5:00 P.M.

2 oz. White grape juice (no sugar added)

Chicken broth

Sugar-free jello

Crystal lite (any flavor)

Sugar-free fruit ice (sorbet)

creamer)

Decaf coffee or tea with sugar substitute (no milk or

½ Hour After Dinner: Water

EVENING SNACK

2 oz fruit juice/Sugar-free jello

IN BETWEEN MEALS DRINK WATER AND ANY OTHER NO CALORIE OR SUGAR-FREE, NON-CARBONATED BEVERAGES.

PHASE I – In the First Two Weeks after Surgery

Dates to Begin Phase I: _____

For the first two (2) weeks after surgery, the Full Liquid Diet, which allows for a broad range of liquids and protein supplements are recommended. “Anything that has the consistency that can be consumed through a straw” is a good rule of thumb for what is allowed. However, do not sip through a straw!! A suggested list of full liquids follows. **Begin taking your multi-vitamins, calcium and iron daily as directed.**

FULL LIQUID DIET

THIS DIET ALLOWS A BROAD RANGE OF LIQUIDS AND PROTEIN SUPPLEMENTS. YOU WILL REMAIN ON THIS DIET FOR YOUR FIRST FOUR (4) WEEKS POST-OPERATIVELY. THIS WILL GIVE YOUR NEW STOMACH POUCH AND DIGESTIVE SYSTEM TIME TO HEAL PROPERLY AND ALLOW YOU TIME TO ADJUST TO YOUR NEW STOMACH POUCH.

- **Optifast, Optisource, HMR, Revival, Permalen, 100% Whey Protein, Beneprotein** - All of these products have been specifically formulated for the bariatric patient.
- **Low Carb Slim-Fast, Atkins Advantedge, Carb Solutions, Worldwide Pure Protein** meal replacement protein shakes. Available at grocery, health food and drug stores.
- **Carnation Instant Breakfast Powder or Ready to Drink- Sugar Free Only**
- **Milk, Skim/Fat Free** (Regular and Lactose Free)
- **Milk, Instant Non-fat Dry** (any brand) * Great to add to other food to boost protein.
- **Puddings and Egg Custards, Sugar Free Only**
- **Jello – Sugar Free Only**
- **Yogurt – Fat Free or Low Carb without Fruit**
- **Vegetable Juices** including V-8, V-8 Diet Splash, tomato juice or fresh squeezed.
- **Soups, strained** – remove vegetables, meat, poultry, seafood and noodles, rice or other pasta first.
- **Hot cereals, made thin and soupy** – Cream of Wheat, Cream of Rice, Oatmeal, Grits

It is critical at this stage that you are taking in enough protein each day. You should have at least two (2) of your three meals consist of a protein shake or protein supplement added to other foods - a scoop of Whey or Soy Protein powder or 1/3 cup instant non-fat dry milk to soups, cereals, yogurt or puddings to boost the amount of protein consumed.

FULL LIQUID DIET
SAMPLE MENU

Beginning ½ hour before a meal and 45 minutes after a meal, drink water and other no calorie or sugar-free, non-carbonated beverages.

BREAKFAST

8:00 AM ½ cup non-fat milk with 1 Tbsp. protein powder & sugar free flavoring
 ½ cup cream of wheat or instant oatmeal (consistency should be of a very very thin soup)made with skim milk and 1 tsp. margarine

MID-MORNING

½ cup prepared protein supplement shake
¼ cup Sugar-free pudding

LUNCH

powder
12:00 NOON ½ cup unsweetened cranberry juice with 1 Tbsp. protein powder
 ½ cup strained cream soup made with skim milk and 1 Tbsp. protein powder

MID-AFTERNOON

½ cup sugar-free, non-fat or low-fat yogurt
½ cup prepared protein supplement shake

DINNER

5:00 PM ½ cup strained soup with 1-2 Tbsp skim milk powder or protein powder
 ½ cup prepared protein supplement shake
 ½ cup sugar-free pudding or non-fat/low-fat yogurt

EVENING

½ cup prepared protein supplement shake

To increase the amount of protein in any food or beverage: Add a scoop of protein powder or 3 Tablespoons instant, non-fat, dry milk (which has 4 gms of protein).

PHASE II – Two to Four Weeks after Surgery

Dates to begin Phase II: _____

BLENDED/PUREED DIET

You will now progress to a blended/pureed diet. You can now add foods to your full liquid diet. The following is a list for what would be acceptable at this point.

- **Thicker Soups:** Split pea, Lentil, Vegetable, 98% Fat-free Cream soups.
- **Fruits –** Very ripe banana, applesauce (no sugar added) cooked fruit.
- **Vegetables –** Cooked well, so they are very soft – peas, beans, beets, carrots, squash. Avoid potatoes as they are high in carbohydrates.
- **Soy Protein:** Boca Burger or Gardenburger blended or pureed or Tofu which can be blenderized into shakes or soups to add protein.
- **Poultry or Fish –** blenderized to the consistency of paté or chopped liver.
- **Eggs, Whole or Whites –** soft boiled, poached or scrambled very easy.
- **Egg Substitutes –** Eggbeaters, Better than Eggs, etc.
- **Cottage Cheese –** 1% or fat free.
- **Nut Butters –** Peanut butter, almond butter, soy butter: natural, without added sugar.

Chew all your food well at least 25 times. If you have dentures, be sure to cut your food into very small pieces and chew it thoroughly. If you don't follow these precautions, you may experience vomiting, stomach irritation and swelling. You could also have obstruction of the small gastric pouch. If solid foods cause nausea and vomiting, go back to the liquid diet you had earlier. Then you can slowly add soft foods and eventually transition to solid foods. Vomiting may increase the incidence of band slippage, stomach slippage or stretching of the small stomach pouch above the band. **IF VOMITING AND NAUSEA PERSIST, CALL DR. PLEATMAN IMMEDIATELY.**

Think of your new pouch as shaped like a funnel (the same type you have in your kitchen or garage). You can pour any liquid into this funnel and it will run straight through and out the bottom. The same thing happens with your pouch when you only consume liquids – everything moves right through not allowing for that feeling of fullness. So you do not want to drink your calories or overeat.

BLENDING/PUREED DIET
SAMPLE MENU

Beginning ½ hour before a meal and 45 minutes after a meal, drink water and other no calorie or sugar-free, non-carbonated beverages in between meals.

BETWEEN MEAL LIQUIDS

BREAKFAST

8:00 A.M.

½ Hard-boiled egg, mashed and seasoned
½ cup Pureed apple sauce
¼ cup high protein oatmeal

BETWEEN MEAL LIQUIDS

MID-MORNING

½ cup prepared protein supplement shake

BETWEEN MEAL LIQUIDS

LUNCH

12:00 NOON

¼ cup pureed breast of chicken - no skin(baked, broiled, grilled)
½ cup Sugar-free pudding, high protein

BETWEEN MEAL LIQUIDS

MID-AFTERNOON

banana

½ cup low-fat or no-fat yogurt
¼ cup blended homemade cooked fruit or very ripe

BETWEEN MEAL LIQUIDS

DINNER

5:00 P.M.

¼ cup blenderized pork or fish with fat-free broth
¼ cup blenderized cooked green beans
¼ cup cooked squash
1 teaspoon olive oil

BETWEEN MEAL LIQUIDS

EVENING SNACK

½ cup blenderized non-fat cottage cheese or tofu
½ cup fruit juice or pureed cooked fruit

In between meals drink at least 6-8 cups of water and any other no calorie or sugar-free, non-carbonated beverages.

- EAT 6 small liquid, and blended meals each day, but add one solid food item at one meal the first day. Add one more solid food item each day. ALL NEW FOODS NEED TO BE SOFT, COOKED OR CANNED.
- AVOID all raw fruit and vegetables, nuts, popcorn, pickles, olives or relishes.
- RECORD all new foods and any problems you have with them in your Food Diary. Bring this diary with you when you see the dietitian.

- CHEW your food very well before swallowing. The consistency of the food should be like mashed potatoes. Make sure that each bite is very small (as if you were feeding a baby) and continue to eat small amounts slowly. Eat about 2 Tablespoons over 10-15 minutes.
- CONTINUE to take your multiple vitamins, calcium supplements, iron and B12 supplement as directed.
- DRINK atleast 6 cups (48 ounces) of water and other low/no calorie fluids between meals. AVOID beverages that have alcohol or caffeine and those that are carbonated.
- REMEMBER, don't use a straw or chew gum.

PHASE III – Solid Foods – Week 5-6 after Surgery

Date to Follow Phase III _____

SOFT SOLID DIET

You have gotten through the most critical stage of your post-op care and you can now return to a more normal diet of solid foods. Keep in mind that you should select **soft, moist, easily chewable food** as you transition into this phase. Always begin your meal with high protein choices (see list) followed by vegetables, fruit and carbohydrates. This will assure that you have received the most essential vitamins and nutrients to maintain optimal health.

Important Reminders: Remember to eat slowly. You are not in a race to see who can eat the most in the least amount of time. Cut your food into small bite-size pieces. Chew each bite thoroughly, at least 25 times, before swallowing. Do not drink any liquids ½ hour before you eat and while you have your solid meal. Do not drink any liquids for 1 hour after your meal. Liquids will pass through your new stomach pouch quickly and will not make you feel full. Consuming only solids at each meal will give you the proper feeling of fullness (satiety) while limiting the amount you eat. Take at least 20 minutes to eat your meal.

Always read labels to determine how many calories each food contains and how those calories are broken down (% from fat/protein/carbohydrates). Choose mainly nutrient dense foods containing protein, complex carbohydrates, fiber (greater than 5 grams per serving) and low in fat (less than 3 grams per every 100 calories).

Begin the Soft Solid Diet when you are at approximately Week 5 postoperatively. This diet includes all foods previously mentioned and adds the following:

- **Eggs** - including whole eggs, egg whites and egg substitutes (Egg Beaters, BetterThan Eggs, etc.)
- **Mild Cheeses** –Low Fat or Fat-Free: Cottage cheese, Farmers cheese, Ricotta, Muenster, Havarti, American, Mild Cheddar, Mozzarella (sliced, shredded and string).
- **Poultry** – Chicken and Turkey – white meat only – baked, broiled, grilled, boiled or canned. White Meat chicken in the can is an easy and tasty choice.
- **Fish** – baked, broiled, poached, grilled or canned. Salmon, Tuna and sardines are all good canned choices.
- **Nut Butters** – Peanut, almond, soy or sunflower. Smooth variety only – preferably Natural, since the brand names have added sugar.
- **Lean, Tender Meats** – Preferably pork or veal. Red meats tend to be harder to digest at this stage – however, you can have any of the prepared baby food meats as they have already been pureed for easy digestion and come in small 4oz jar servings.
- **Soy Protein/Tofu** – Boca Burger, Gardenburger, Morningstar Farms.

- **Vegetables**, Cooked or canned – Green beans, wax beans, beets, peas, carrots, squash or any other non-starchy vegetables. Try to refrain from fibrous and raw vegetables at this time as they are much harder to digest and can cause obstruction of the digestive system. If you are using canned vegetables check for sodium content – you want to choose those lower in sodium.
- **Fruit**, Cooked or canned - Applesauce (unsweetened), peaches, pears, fruit cocktail, apricots, cherries (if canned – choose those packed in water or light syrup only), bananas, grapefruit and orange sections with membranes removed, ripe melons (eat infrequently as they contain high amounts of natural sugars)
- **Cereals/Starches** – Oatmeal, Cream of Wheat, Cream of Rice, grits and sparing use of barley, 100% whole wheat pastas and brown rice.

SOFT SOLID DIET
SAMPLE MENU

BREAKFAST

8:00 A.M.

BETWEEN MEAL LIQUIDS

½ cup Skim milk
½ cup cooked oatmeal
½ cup cut up strawberries (fresh or frozen without sugar)

MID-MORNING

SNACK 10:00 A.M.

BETWEEN MEAL LIQUIDS

cheese)

8 oz. Protein shake consisting of 1 pkg. Carnation Instant Breakfast – No Sugar added; skim milk and 1-2 servings of Protein powder supplement
1 oz. Part-skim milk Mozzarella cheese (1 stick of string

LUNCH

12:00 NOON

BETWEEN MEAL LIQUIDS

½ cup Chicken noodle soup, high protein
¼ cup canned tuna, salmon or chicken mixed with 1 Tbsp. fat-free mayonnaise or Miracle Whip
½ cup cooked fresh or frozen veggies

MID-AFTERNOON

SNACK 3 P.M.

BETWEEN MEAL LIQUIDS

syrup).

¼ cup low-fat cottage cheese
¼ cup diced Peaches packed in their own juice (not in

DINNER

5:00 P.M.

BETWEEN MEAL LIQUIDS

¼ cup tender, cooked chicken/turkey/beef/pork (cooked in a crock pot or pressure cooker to cook meat tender while keeping it moist.

¼ cup soft, cooked green beans
¼ cup soft, cooked potatoes
2 tsp. diet margarine or 1 tsp. olive oil

BETWEEN MEAL LIQUIDS

EVENING SNACK

½ cup Sugar-free Pudding or Custard, high protein

*****NOTE***:**

You can add protein supplements in the form of protein bars now. But only choose those protein bars that meet these guidelines:

- Choose bars containing less than 15 grams of sugar
- Choose bars containing less than 8 grams of fat
- Choose bars containing less than 200 calories per bar.

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PHASE IV – Week 7 After Surgery

Date to Follow _____

At this point you will have had your six week post-op visit with Dr. Pleatman and if you have tolerated all of the earlier phases well, he will suggest you advance to this phase - a more regular diet. Please read the list below for instructions:

- Add fruits, vegetables and carbohydrates with fiber i.e. Kashi cereal, shredded wheat with bran, 100% whole wheat pasta, brown rice, ground flax seed.
- Eat foods of normal consistency – you no longer have to puree or blend your foods.
- Go slowly with dense foods, high fiber foods, doughy breads or stringy, tough meats.
- Eat 6 small meals a day.
- **MAINTAIN ADEQUATE PROTEIN – Women:60 + gms/day Men: 70 + gms/day.**
- Always eat your protein first.
- Still avoid sweets, fatty foods and calorically dense (high calorie) foods that have no nutrients.
- Healthy lifelong awareness of your diet will serve you well.
- Maintain your fluid intake, 9-10 glasses of fluid a day.
- Continue with your multi-vitamins, B12, calcium and iron.

POST-OP WEEKS 7 AND BEYOND
SAMPLE MENU

BREAKFAST

½ cup skim milk with 1 scoop protein powder
½ cup All Bran with 1 Tbsp flax seed
¾ cup fresh or frozen (thawed) blueberries

BETWEEN MEAL LIQUIDS

**MIDMORNING
SNACK**

1 protein bar with 8 grams of protein

BETWEEN MEAL LIQUIDS

LUNCH

3 ounces Tuna fish with 1 Tablespoon non-fat mayonnaise
½ cup butternut squash
1 fresh orange

BETWEEN MEAL LIQUIDS

**MIDAFTERNOON
SNACK**

2 Tablespoons of soynut or peanut butter
6 crackers made with whole grains

BETWEEN MEAL LIQUIDS

DINNER

2 ounces of tender chicken breast
½ cup cooked broccoli
½ cup cooked carrots

BETWEEN MEAL LIQUIDS

**EVENING
SNACK**

2 slices of non-fat cheese melted on
½ toasted dry English muffin

DRINK THOSE LIQUIDS!!

POST-OP WEEKS 7 AND BEYOND

MEAT GROUP: Contains 7 grams of protein per 1 ounce.

These foods are good sources of protein, B vitamins and iron.

1 oz. = ¼ cup cooked meat; includes beef, fish, turkey, chicken, pork and veal. Meat must be very moist and tender. (A good way to insure this is to cook the meat in a crock pot or pressure cooker).

Also included in this group:

- 2 Tbsp. smooth, natural peanut butter, soy butter, almond butter.
- 1 oz. low-fat luncheon meat, i.e. turkey breast, lean ham, “soy” meats
- 1 oz. low-fat or non-fat mild cheese.
- ¼ cup (1 oz.) low-fat or non-fat cottage cheese.
- ½ cup cooked dried beans (lentils, vegetarian baked beans, etc.)
- ¼ cup tofu, hummus
-

NOTE: Red meat may be difficult to eat. Always choose a more tender cut of meat. Make sure to cut it into pieces the size of a thumbnail. To add flavor and/or moisture, you may add non-fat gravies, low-fat mayonnaise or Miracle Whip or Worstershire sauce or steak sauce to moisten.

MILK GROUP: Contains 4-6 grams of protein per serving.
Choose 2-4 servings a day.

These foods are good sources of protein, calcium, Vitamin D and riboflavin.

- ½ cup 1% or Skim milk
- ½ cup 1% or Skim Lactaid milk (milk with the milk sugar, lactose, removed).
- ½ cup Soy milk
- 3 Tbsp. instant non-fat dry milk powder.
- ½ cup light, low-fat, sugar-free yogurt (without seeds).
- ½ pkg. Carnation Instant Breakfast – No Sugar Added.
- ½ can commercial diabetic formula, like Glucerna
- ½ cup sugar-free pudding.

VEGETABLE GROUP: Choose 1 – 3 servings daily.

These foods are good sources of vitamins, minerals and fiber; also low in calories.

- ½ cup cooked or raw vegetables = 1 serving.
- ½ cup vegetable juice (ex. Tomato, carrot or V-8) = 1 serving.
- ½ cup pureed vegetable soup

NOTE: At first limit salads to ½ cup or less because, though they are very low in calories, they take up volume in your small stomach pouch, leaving less room for you to eat protein packed solids.

FRUIT GROUP: Choose 1-3 servings daily. These foods are a good source of vitamins, minerals and fiber; also low in calories.

- $\frac{3}{4}$ cup raw fruit = 1 serving.
- $\frac{1}{2}$ cup cooked fruit or canned in their own juice = 1 serving.
- $\frac{1}{2}$ cup unsweetened frozen fruit

STARCH GROUP:

These foods are good sources of energy, B vitamins and iron.

- **SOUP**
1 cup of soup (broth-based). Stay away from high fat soups such as chili, french onion, cream chowders and cheese. There are many low fat pureed type vegetable soups available.
- **STARCHY VEGETABLES**
 $\frac{1}{3}$ cup starchy vegetables like: peas, winter squash, potatoes – white, sweet or yams.
- **CEREALS**
 $\frac{1}{2}$ cup cooked cereal like: oatmeal, grits, cream of wheat or rice.
 $\frac{3}{4}$ cup unsweetened dry cereal like: Special K, Shredded Wheat, Heart to Heart, All-Bran. Cereal choices should have less than 8 gms of sugar and have more than 5 gms of fiber per serving.
- **CRACKERS, PASTA, RICE**
4-6 whole grain crackers
 $\frac{1}{2}$ cup cooked pasta – preferably 100% whole wheat pasta (Barilla plus)
 $\frac{1}{2}$ cup cooked rice, preferably brown rice.
Many people find it hard to digest pasta and/or rice – so make sure the rice/pasta is very moist.
- **BREAD** – Make sure you are only choosing whole grain breads. This means that it must be made from 100% whole grain flour – not refined or enriched. You may add bread to your diet, however try toasted bread first. You may only be able to eat $\frac{1}{4}$ to $\frac{1}{2}$ slice of bread at first. You may also find it easier to consume whole wheat pita, tortillas or lavash since these are flat breads and have less bulk than loaf bread.

FAT GROUP

Choose no more than 3 servings a day.

These foods are low in vitamins and minerals and high in calories. They contain 9 calories per 1 gram of fat, as compared to both protein and carbohydrates which contain 4 calories per gram.

- 1 teaspoon margarine.
- 2 teaspoons diet margarine. (Smart Balance with omega 3)
- 1 teaspoon mayonnaise or Miracle Whip.
- 1 Tablespoon low-fat mayonnaise or low-fat Miracle Whip.
- 1 Tablespoon oil-based salad dressing.
- 1 Tablespoon gravy.
- 1 Tablespoon ground flax seed.
- 1 teaspoon olive or canola oil.