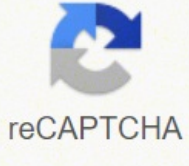




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## How many carbs after bariatric surgery

CC0/Free-Photos/Pixabay It's not easy to maintain a healthy weight. Fad diets never work, and let's face it: nobody wants to starve. We all want to enjoy what we eat, but how can you eat well and still be healthy? Carbs are one of the biggest obstacles to healthy eating, and if you know a few tricks, you can cut some carbs and not miss out on good food. Here are some tips on how to eat well without all those carbs: Cook More Often. The truth of the matter is, we all eat far too many processed foods. If you can cook your own food more often, you can do without some of the carbs that processed foods pack into your day. Besides, cooking can be fun for the whole family. Start out simple, by making your own sauces and salad dressings. Then branch out and try new recipes. Look for low-carb versions of your standard family favorites, and spread your wings even more. You can even try some desserts that cut the carbs. You may discover things you never knew you loved and meet some new favorite dishes. Enjoy Your Dips without the Chips. Everybody loves a good dip, especially at parties. You know that you wind up scooping dips with a carb-laden chip, but you don't have to. Next time, try that french onion dip with a slice of cucumber or zucchini instead of potato chips. Scoop your hummus with a carrot instead of a pita chip. Sliced veggies provide a nice crunch without having to subject yourself to a ton of carbs. This principle works with sweeter treats as well (yes, even though the sweet stuff usually contains plenty of carbs on its own). Instead of making a peanut butter sandwich, spread it on some celery or an apple. You can still enjoy some of the tastes you crave and cut out some carbs at the same time. Splurge on Seafood. One of the best ways to enjoy terrific food and eat healthy is seafood. Whether you're well versed in seafood recipes or not, there are plenty of ways to eat fish and other seafood that can satisfy every taste. While it's true that seafood can be expensive, it can be a nice splurge that offers great flavor and healthier eating. Seafood recipes can be simple or complex. Start with the basics: the possibilities with shrimp, scallops, and salmon are endless. Then branch out to other great seafood options. Freshwater fish and crawfish have plenty of exciting potential to open your horizons to healthy eating as well. Try Veggies Instead of Pasta when You Enjoy Italian Food. Who doesn't love pasta? It's fun to eat and delicious, but it's loaded with carbs. But you don't have to cut your favorite Italian dishes completely out of your life. There's a great alternative: vegetables. You can substitute veggies for pasta and still make the best Italian meals delicious. Try sliced zucchini or eggplant with your favorite sauces, or invest in a spiralizer to create swirly, twisty veggie noodles. You can even lightly fry up veggies to give them a little extra bite. You'll be surprised how much flavor veggies can bring when you season them up and use them in place of pasta for healthier eating. Omelets or Oatmeal Make a Terrific Breakfast. You've heard it said time and time again that breakfast is the most important meal of the day, but for such an important meal, so many breakfast options weigh you down with carbs. Biscuits, toast, and bagels come with more carbs than you need to start your day. So what do you do for a healthy breakfast that's hearty? Omelets are a great option for a flavorful and filling breakfast. Add meat and cheese or veggies to an omelet, and throw in some peppers for a bit of spice. You can also turn oatmeal into a tasty healthy breakfast. Throw some fresh berries and honey into the bowl to create a treat that wakes you up right. MORE FROM QUESTIONSANSWERED.NET It is very important to follow the recommended dietary guidelines after undergoing bariatric surgery. These guidelines were carefully designed by your health care providers, with the goal of limiting the amount of calories you consume, while providing balanced meals that help prevent nutrient deficiencies and preserve muscle tissue. This new way of eating may seem overwhelming at first, but over time, most patients find the guidelines become an unconscious part of their daily routine. If you are experiencing trouble following the guidelines, please contact UCSF Bariatric Surgery at (415) 353-2161. Our staff is here to help you. General Guidelines Eat balanced meals with small portions. Follow a diet low in calories, fats and sweets. Keep a daily record of your food portions and of your calorie and protein intake. Eat slowly and chew small bites of food thoroughly. Avoid rice, bread, raw vegetables and fresh fruits, as well as meats that are not easily chewed, such as pork and steak. Ground meats are usually better tolerated. Do not use straws, drink carbonated beverages or chew ice. They can introduce air into your pouch and cause discomfort. Avoid sugar, sugar-containing foods and beverages, concentrated sweets and fruit juices. For the first two months following surgery, your calorie intake should be between 300 and 600 calories a day, with a focus on thin and thicker liquids. Daily caloric intake should not exceed 1,000 calories. Fluids Drink extra water and low-calorie or calorie-free fluids between meals to avoid dehydration. All liquids should be caffeine-free. Sip about 1 cup of fluid between each small meal, six to eight times a day. We recommend drinking at least 2 liters (64 ounces or 8 cups) of fluids a day. You will gradually be able to meet this target. We strongly warn against drinking any alcoholic beverages. After surgery, alcohol is absorbed into your system much more quickly than before, making its sedative and mood-altering effects more difficult to predict and control. Protein Preserve muscle tissue by eating foods rich in protein. High-protein foods include eggs, meats, fish, seafood, tuna, poultry, soy milk, tofu, cottage cheese, yogurt and other milk products. Your goal should be a minimum of 65 to 75 grams of protein a day. Don't worry if you can't reach this goal in the first few months after surgery. Supplements You must take the following supplements on a daily basis to prevent nutrient deficiencies. Please remember that all pills must be crushed or cut into six to eight small pieces. You are not able to absorb whole pills as well as before surgery, and it can be difficult for the pills to pass through your new anatomy. Multivitamins Take a high-potency daily chewable multivitamin and mineral supplement that contains a minimum of 18 mg of iron, 400 mcg of folic acid, selenium, copper and zinc. Brands that contain this formula include Trader Joe's and Centrum Adult chewable multivitamins. Take two tablets daily for at least three months after your surgery, and then one tablet daily for life. Calcium Supplement Take 1,200 to 2,000 mg of calcium daily to prevent calcium deficiency and bone disease. To enhance absorption, take the calcium in two to three divided doses throughout the day - for example, a 500 to 600 mg supplement taken three times a day. Calcium citrate is the preferred form of calcium. Vitamin D Supplement Take a total of 800 to 1,000 International Units (IUs) of vitamin D each day. This total amount should be taken in divided doses of 400 to 500 IUs twice a day. Vitamin D should be taken with your calcium supplement. If you prefer, you can take a combination calcium-vitamin D supplement to avoid taking multiple pills, so long as it contains the proper dosages. Vitamin B12 Supplement Take 500 mcg of vitamin B daily. It can be taken as a tablet, or in sublingual forms placed under the tongue. Other Supplements Some patients need additional folic acid or iron supplements, particularly women who are still menstruating. Your dietitian will discuss this with you. Diet Progression After Bariatric Surgery Immediately following surgery, you will begin with a clear liquid diet. You may gradually start adding thicker liquids to your diet after you are discharged from the hospital. Two weeks following surgery, you may progress to blended and pureed foods. You may use high-protein (more than 20 grams protein), low-calorie (less than 200 calories) liquid supplement drinks or powders to meet your protein requirements during this period. It is important to know that following surgery, your stomach size is very small - less than 1/4 cup, or about the size of an egg. The opening that allows food to pass out of your stomach is also very narrow. For this reason, it is important to take only two to three sips or bites at a time of any new food and then wait 10 minutes before taking more. This will help you learn your limits and tolerance. Liquids will empty faster from your stomach than soft solids. If you overeat or eat too quickly, you may experience nausea or pain. You should avoid rich, creamy liquids such as gravies, sauces and ice creams. Diet in the Hospital You will receive clear liquids such as juices, Jell-O and broth as your first meal following surgery. Juice and Jell-O are high in sugar content, but your portions will be very small at this stage. Gradually increase the amount you drink at each meal as you can tolerate it. Diet for the First Two Weeks Post-Surgery You will begin adding thicker liquids that are high in protein and low in fat and sugar. (For examples, see the list below.) You may use high-protein, low-calorie liquid supplement drinks or powders to meet your protein requirements during this period. The goal is to consume small portions that will empty easily from your pouch. Begin with 1 tablespoon portion sizes and increase to 2 tablespoons as tolerated. Begin drinking 1/4 cup of liquid at a time and increase to a 1/2 cup as tolerated. Your daily caloric intake should not exceed 400 calories. It is also very important to stay well hydrated. Drink 1 to 1.5 liters of water or other non-caloric liquids per day. Recommended thicker liquids: Nonfat or 1% milk, if you can tolerate milk Lactose-free or soy-based low-calorie drinks Sugar-free pudding Sugar-free, nonfat yogurt Low-fat cottage cheese Blended broth-based soup or other low-fat soups Refined hot cereals that are low in fiber, such as cream of rice or cream of wheat. Make them with extra liquid to create a soup-like consistency. Do not eat oatmeal. Optional high-protein, low-calorie liquid supplement drinks (drinks containing less than 200 calories and more than 20 grams of protein in an 8- to 11-ounce serving). To increase your protein intake, add 2 tablespoons non-fat dry milk powder, egg substitute or powered egg, or other protein powder to each 1/2 cup of nonfat or low-fat milk. You can also add these to soups, hot cereal and other thick liquids. Remember to drink 1 cup of water or other non-caloric fluids between meals. Take a multivitamin supplement every day. Diet for Weeks Two to Four Post-Surgery Begin adding very small portions of pureed and soft foods as tolerated. Take very small bites and chew everything very well. Do not take more than two bites every 20 minutes when adding a new food. Recommended pureed and soft foods: Applesauce Yogurt Cottage cheese Well-cooked, pureed vegetables Hot cereals Mashed potatoes Noodles Scrambled egg whites or egg substitute Canned fruits Canned tuna fish Lean fish Tofu Lean ground meats or poultry Avoid all bread and meats that are not easily chewed. Recommended Meal Plan For Weeks Two to Eight Until Two Months Post-Surgery At this time, your caloric intake will probably be no more than 500 calories a day, divided into six to eight small meals. Recommended portion sizes are 1/4 cup for solids and 1/2 cup for liquids. Sample Menu This sample menu includes different foods that are safe for you to eat. You may adjust the menu to fit your tastes and tolerance. Breakfast 1/4 cup hot cereal made with non-fat milk Mid-Morning 1/2 cup nonfat milk\* Late Morning Two scrambled egg whites Lunch 1/2 cup low-fat chicken noodle soup Mid-Afternoon 1/4 cup low-fat cottage cheese Late Afternoon 1/4 cup sugar-free, nonfat yogurt Dinner 2 ounces lean ground meat 1/4 cup pureed or well-cooked vegetables Bedtime Snack 1/4 cup non-fat milk \* Add 1 tablespoon non-fat dry milk powder to each 1/4 cup nonfat milk for additional protein. Remember to drink 1 cup of water or other non-caloric fluids between meals. It is important to take a multivitamin and mineral supplement every day, plus additional iron if required, and calcium and vitamin D supplements two to three times per day. Recommended Meal Plan for Two to Six Months Post-Surgery Consume 900 to 1,000 calories and at least 65 to 75 grams of protein a day. For balanced nutrient intake, your daily servings should include: 3 servings milk and dairy products (nonfat and low-fat) 3 servings meat or meat alternative (lean and low-fat) 3 servings starch (limit bread and rice) 1 serving fruit (avoid dried fruits and fruits with skin) 2 servings vegetable (well-cooked only) Recommended portion sizes are 1/4 cup for solids and 1/2 cup for liquids. Discontinue taking high-protein liquid supplement drinks or powders if possible. We recommend meeting your protein needs with food. Sample Menu This sample menu includes different foods that are safe for you to eat. You may adjust the menu to fit your tastes and tolerance. Breakfast 1 egg or 1/4 cup egg substitute 1/2 cup hot cereal Mid-Morning 1/2 cup nonfat milk Late Morning 1/2 cup chopped melon Lunch 1/2 cup low-fat chicken noodle soup Two Saltine crackers Mid-Afternoon 1/4 cup low-fat cottage cheese 1/4 cup canned fruit packed in water or juice Late Afternoon 1/2 cup sugar-free, nonfat yogurt Dinner 2 ounces lean meat or fish 1/4 cup mashed potatoes 1/4 cup pureed or well-cooked vegetables Bedtime Snack 1/2 cup nonfat milk The sample menu offers eight small meals per day. You may wish to eat more or less often, but be sure to eat at least six times each day. Remember to drink 1 cup of water or other non-caloric fluid between meals. It is important to take a multivitamin and mineral supplement daily, plus additional iron if required. In addition, you must take calcium and vitamin D supplements two to three times per day. Recommended Meal Plan for Six Months Post-Surgery and Beyond Continue consuming 900 to 1,000 calories per day Decrease to three meals and only one to two snacks per day Discontinue taking high-protein liquid supplement drinks Increase the variety of low-fat, low-sugar and low-calorie foods, as tolerated Avoid raw vegetables, fresh fruits with skins, dried fruits, breads, popcorn, nuts and red meats only if poorly tolerated Long-term Dietary Guidelines Over time, you will be able to increase the variety and consistency of foods in your diet. Some foods may continue to be poorly tolerated, including red meats, chicken, breads, and high-fiber fruits and vegetables. Focus on low-fat, low-sugar and low-calorie foods and continue to count your calories every day. Try to meet your serving goals for all food groups based on the 900 to 1,000 calories diet plan described above. To stay well hydrated, drink at least 2 liters of water or non-caloric fluids daily, unless this is contraindicated due to a medical condition. UCSF Health medical specialists have reviewed this information. It is for educational purposes only and is not intended to replace the advice of your doctor or other health care provider. We encourage you to discuss any questions or concerns you may have with your provider. Bariatric Surgery Requirements and Evaluation To be eligible for bariatric surgery, you must weigh less than 450 lbs. because that's the max weight that hospital X-ray equipment can accommodate. Learn more. Life After Bariatric Surgery The UCSF Bariatric Surgery Center offers comprehensive follow-up care, including a support group, dietitian and education to help you achieve long-term success. Recovering from Bariatric Surgery Patients spend an average of two to five days in the hospital following bariatric surgery, or longer if complications develop. Learn more here. Bariatric Surgery Center 400 Parnassus Ave., Second Floor San Francisco, CA 94143 Weight Management Program 1701 Divisadero St., Suite 500 San Francisco, CA 94143



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