



## YOUR FUTURE - NOW

### YOUR NEW LIFESTYLE AFTER GASTRIC BYPASS SURGERY

**These recommendations  
are to be individually adapted  
within the context of  
nutritional therapy**

# LIST OF CONTENTS

THE NEW YOU .....	3
GASTRIC BYPASS SURGERY .....	4
CHANGING YOUR EATING HABITS .....	5
• Key recommendations after surgery.....	5
• Nutrition plan after surgery.....	6
• Food selection table for the first 4 weeks after surgery.....	10
• Eating and drinking from week 5 after surgery .....	13
• Complications that could be caused by foodstuffs .....	14
• Quick guide for healthy eating .....	15
• The nutrition pyramid .....	18
• Food selection table.....	20
INCREASING YOUR PHYSICAL ACTIVITY .....	25
• Food and exercise diary .....	26
MONITORING YOUR HEALTH .....	33
• Weight loss diary.....	34
• Your nutrition plan as a guide .....	36
• Potential complications following surgery.....	38

## THE NEW YOU



You have undergone gastric bypass surgery. This will have a significant impact on your life in the future; you will have to permanently change your eating habits, your food choices and your exercise regime.

This brochure “YOUR FUTURE - NOW” aims to provide you with a useful guide for the coming months. The following pages contain a multitude of information to help you.

However, they cannot replace qualified nutrition consulting by a dietary assistant or nutritionist. Your nutrition expert can help you avoid any possible complications with eating and drinking.

**The success of treatment depends particularly on your cooperation in changing your eating habits and your increased physical activity.**

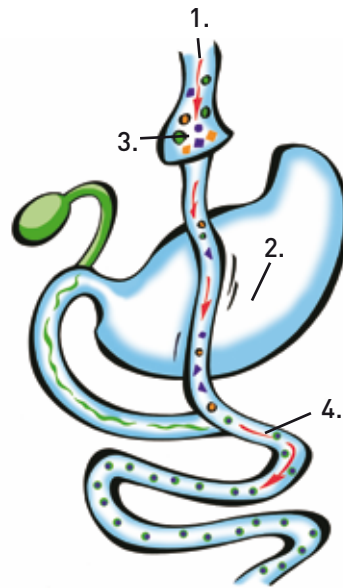
# GASTRIC BYPASS SURGERY

The gastric bypass combines two methods to reduce your weight: restriction and malabsorption. Malabsorption reduces the uptake (digestion) of the food. In addition, the gastric bypass means that you may no longer tolerate certain foods.

In a gastric bypass, the stomach is divided into two sections by a series of surgical staples. There is a small gastric pouch and a larger residual stomach. The gastric pouch can only take a small amount of food before it is full. This results in the activation of receptors which signal “fullness” to the brain, meaning that you feel full faster and for longer. In addition, the small intestine is diverted so that the digestive juices from the gall bladder and pancreas do not reach the food until later. This means that a large proportion of the nutrients and calories are not digested, but are instead passed out of the body in the stool.

## Gastric bypass

1. Oesophagus
2. Stomach
3. Stomach pouch
4. Small intestine (jejunum)



**The gastric bypass is only an aid to weight reduction. The following three steps form the basis:**

1. Changing your eating habits
2. Increasing your physical activity
3. Monitoring your health

# CHANGING YOUR EATING HABITS

## KEY RECOMMENDATIONS AFTER SURGERY

The following pages show how your daily diet sheet should be made up in the first days and weeks after the Bariatric surgery. The basic principle: eat 5 - 6 meals per day.

**It is particularly important that you:**

- eat regularly
- plan enough time to eat
- chew well
- only eat small quantities/portions

Make sure you prepare a balanced meal plan in order to avoid nutritional deficiencies. For help on this, see the sample daily diet plans which ensure that your body is well supplied with the appropriate nutrients. Your dietician will also offer support by discussing how to take account of your specific needs and difficulties.

Despite a balanced diet, you will also need vitamin supplements. Please discuss this with your doctor.

# NUTRITION PLAN AFTER SURGERY

## The first 2 weeks after surgery

The first phase of nutrition consists of liquidized to finely pureed food.

Surgeons' recommendations can vary greatly here.

Do not eat and drink more than 100-200 ml at a time.

### **Breakfast:**

- Milk pudding soup without sugar (if appl. use lactose-free milk)
- Yoghurt or curd cheese dishes with pureed fruit
- Sieved and pureed fruit (apple, banana, pear)
- Oat compote

### **Midday/Evening meal:**

- Fine vegetable soup, possibly passed through sieve
- Thinly mashed potato
- Soft-boiled, pureed vegetables

In each case enriched with beaten egg, pureed poultry or fish

### **Drinks:**

- Still mineral water
- Tea
- Coffee
- Vegetable juice, diluted if nec.
- Home-made fruit milk (with lactose-free milk in the case of lactose intolerance)
- Heavily-diluted fruit juices (1:4)

If you tolerate this food well, try to move on slowly to the next stage. This is a very individual process, just experiment to see what you can tolerate.

Your eating habits and tolerability will change constantly. Foods that you could not tolerate at the beginning will be tolerated again after some time. Try eating them again carefully, 1-2 weeks later.

## From week 2-3 after surgery

- Eat pureed vegetables, meat or fish with mashed potato
- Fish, poultry, pork and veal are easily minced in a blender.
- Try steamed fruit and vegetables – see list on pp. 10-11
- Avoid stringy foods like leeks, asparagus, citrus fruits (orange, pineapple).

Start with pureed foods and add solids gradually. Plan at least 30 minutes for each meal.

Eat slowly and chew well. Be aware that you may start to feel full after just 2-3 tablespoons. In this case stop eating straightaway.

Drink about 30 minutes before eating and do not drink again until 30 – 45 minutes after eating.

Record intolerances in your nutrition diary and talk to your dietician about them.

The tolerability or intolerability of foodstuffs and dishes can vary enormously between individuals. Please experiment carefully to see what you can tolerate.

### **If you tolerate the pureed food well:**

- Try steamed fish, finely-chopped poultry or veal.
- Eat steamed fruit and vegetables.
- Eat soft side dishes such as potatoes or pasta (cooked very soft)
- Chew even soft food well.
- Take time to eat and do not distract yourself with anything else while eating.
- Do not chat while eating.
- Stop eating as soon as you start to feel full.

## Sample Daily Diet Plan 1 from Week 3:

Meal	Amount	Food/drink	Alternative
Snack	200 ml	Still water	
Snack	1 cup	Coffee or tea, unsweetened	
Breakfast	1 slice 1 tsp. 2 tsp.	Wheat & rye bread Margarine or butter Jam, honey or cheese, low fat, max. 30% fat in dry mass (FDM)	100ml milk*, 1.5% fat 2 tbsp. fine oat flakes, softened
Snack	200 ml	Still water or tea	
2 <sup>nd</sup> breakfast	150 ml	Milkshake: milk 1.5%* or buttermilk with ¼ banana	2-3 tbsp. low-fat yoghurt* 1-2 tbsp. apple puree
Snack	200 ml	Still water or tea	
Midday	2-3 tsp. 1 tsp. 2 tsp. 2-3 tsp.	Pureed meat or fish Rapeseed oil Pureed vegetables Mashed potato	
Snack	200 ml	Still water or tea Coffee or tea	
Tea-time	125 g 100 g	Curd cheese, low fat Peach compote, pureed or cubed	
Snack	200 ml	Still water or tea	
Evening meal	100 ml 1 tsp. 1	Vegetable soup pureed Rapeseed oil Egg, beaten	1 egg for omelett 2 tbsp. tomato cubes or puree
Snack	200 ml 100 ml	Still water or tea Vegetable juice	
Snack	200 ml	Still water or tea	

\* lactose-free milk or lactose-free yoghurt in the case of lactose intolerance





## FOOD SELECTION TABLE FOR THE FIRST 4 WEEKS AFTER SURGERY

Food group	Suitable types of food
Bread and pastries	<ul style="list-style-type: none"> <li>• white bread, toasting loaf, possibly rolls, rusks, crispbread, wheat crispbread, waffle bread</li> <li>• biscuits, light yeast-risen pastries (low-fat), sponge, shortbread, low-fat pastries</li> </ul>
Eggs	<ul style="list-style-type: none"> <li>• only in low-fat preparations (maximum 2-3 eggs per week)</li> </ul>
Fats and oils	<ul style="list-style-type: none"> <li>• margarine, half-fat margarine</li> <li>• vegetable oils</li> <li>• in small quantities: butter</li> </ul>
Fish and fish products	<ul style="list-style-type: none"> <li>• lean types: pollack, halibut, cod, haddock, plaice, Dover sole, flounder, hake, turbot, redfish, trout, pike, tench, pikeperch</li> <li>• fatty types in small amounts: salmon, herring, mackerel</li> </ul>
Meat and sausage products	<ul style="list-style-type: none"> <li>• lean tender veal, pork or lamb (stringy meat such as beef can cause sickness)</li> <li>• boiled ham, cold roast, corned beef, boiled or scalded sausage with fine meat (possibly skinless)</li> </ul>
Vegetables	<ul style="list-style-type: none"> <li>• steamed or boiled: carrots, asparagus tips, young kohlrabi, small amounts of cauliflower, pureed spinach, tomatoes skinless and seedless, broccoli, small amounts of celeriac for soups</li> <li>• raw: tender salad leaves, finely grated carrot, vegetable juices</li> </ul>
Drinks	<ul style="list-style-type: none"> <li>• herb and fruit teas</li> <li>• weak black tea</li> <li>• still water</li> <li>• diluted fruit juices (ratio 1:4)</li> <li>• malt coffee, coffee</li> </ul>
Cereal products	<ul style="list-style-type: none"> <li>• wheat, oats, rice, maize and all flour, semolina, starches and flakes made from these</li> <li>• pasta cooked quite soft</li> </ul>
Spices	<ul style="list-style-type: none"> <li>• mild herbs</li> <li>• mild spices</li> <li>• small amounts of ketchup and ready-made sauces</li> <li>• salt, use sparingly</li> </ul>

Food group	Suitable types of food
Potatoes	<ul style="list-style-type: none"> <li>in easily-digestible (low-fat) preparation</li> </ul>
Milk and milk products	<ul style="list-style-type: none"> <li>all products in low-fat selection</li> <li>cheese with max. 30% FDM</li> <li>in case of lactose intolerance, use lactose-free milk and yoghurt</li> </ul>
Nuts	<ul style="list-style-type: none"> <li>unsuitable</li> </ul>
Fruit	<ul style="list-style-type: none"> <li>raw: apples (grated and peeled), banana, mandarin filets without skin, honey melon</li> <li>as compote: apples, apricots peeled, strawberries, mandarins, peaches, blueberries</li> </ul>
Shellfish and crustacean	<ul style="list-style-type: none"> <li>unsuitable</li> </ul>
Sweeteners	<ul style="list-style-type: none"> <li>in small quantities: sugar, honey, gelee, jam</li> </ul>
Game and poultry	<ul style="list-style-type: none"> <li>cock, chicken and turkey without skin, hare, roe deer and stag</li> <li>poultry sausages</li> </ul>



## Sample Daily Diet Plan 2 from Week 4-5:

Meal	Amount	Food/drink	Alternative
Snack	200 ml	Still water	
Snack	1 cup	Coffee or tea	
Breakfast	1 slice 1 tsp. 1 tsp. 2 tsp.	Wheat & rye bread Margarine or butter Diet jam, honey or processed cheese, low fat	1 egg 2 slices of boiled ham
Snack	200 ml	Still water or tea	
2 <sup>nd</sup> breakfast	100 ml	Yoghurt, 1.5%* fat with 2 tsp. fruit puree	100 ml (fruit) milk* with max. 1.5% fat
Snack	200 ml	Still water or tea	
Midday	100 ml 50 g 1 tsp. 2 tsp. 1 1	Cream soup Steamed fish Rapeseed oil Pureed vegetables Boiled potato Fruit curd cheese	100 ml soup (pureed) 2-3 tsp. veal strips in low-fat sauce, 2 tsp. mashed potato and a small salad of skinned tomatoes, 1 pudding
Snack	200 ml	Still water or tea	Coffee or tea
Tea-time	1 slice 2 tsp.	Wheat & rye bread Cream cheese	1 piece of soft fruit
Snack	200 ml	Still water or tea	
Evening meal	1 slice 1 tsp. 2 small slices 2 tsp.	Rye bread Margarine or butter Cheese Beetroot from jar	2 tbsp. baked pasta with cheese and ham or 1 potato with 2 tbsp. of minced beef sauce
Snack	200 ml 100 ml	Still water or tea Vegetable juice	
Snack	200 ml	Still water or tea	

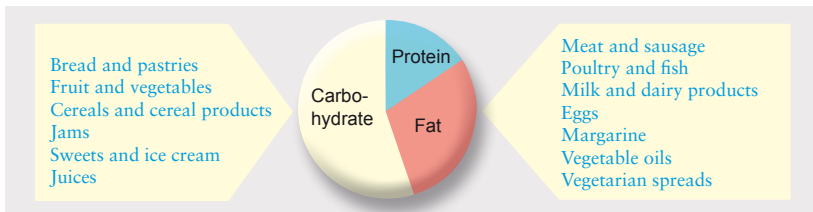
\* lactose-free milk or lactose-free yoghurt in the case of lactose intolerance

## EATING AND DRINKING FROM WEEK 5 AFTER SURGERY

- Eat only small amounts, distributed over max. 5 to 6 small meals a day.
- Chew your food well and eat slowly.
- Take your time eating and eat without distraction.
- Never eat and drink at the same time. Avoid drinking shortly after eating. Drink only sugar-free drinks and fluids. Avoid carbonated drinks.
- Cook your vegetables well. Introduce raw vegetables into your daily eating plan gradually.
- Choose low-fat foods. Avoid fatty dishes.
- Do not lay down after eating. Increase your physical activity.
- Avoid foods with a high sugar content.
- Eat ready-made meals only occasionally.

A healthy, balanced and needs-based eating plan provides the human organism with an optimal supply of energy, nutrients (proteins, fats and carbohydrate) and regulating elements (vitamins, minerals, fiber) and fluids. There is an optimal and specific relation between the levels of the various nutrients.

15-20 % protein, 30 % Fat und 50-55 % carbohydrate.



Everyone has their own individual requirement for energy (calories). This depends on age, weight, sex, state of health and physical activity. The energy requirements are divided into basic and high-performance needs. The basic needs describe the energy required when the body is at rest. This is on average one calorie per kilogram bodyweight an hour. The body needs additional energy in the case of physical activity at work or in leisure time. This energy supplement is called high-performance needs. Taken together, they give the daily energy requirements, or calories, that your body needs.

## COMPLICATIONS THAT COULD BE CAUSED BY FOODSTUFFS

Foodstuff	Complications	Recommendation for prevention
Banana, white bread, rolls, croissants, soft pretzels	<ul style="list-style-type: none"> <li>• Are already soft and are therefore often not chewed well enough</li> <li>• Can ferment in the stomach</li> </ul>	<ul style="list-style-type: none"> <li>• Cut into small pieces</li> <li>• Chew well</li> <li>• Try them and then avoid if necessary</li> </ul>
Green beans, chateauforges, whole mushrooms	<ul style="list-style-type: none"> <li>• Can be swallowed inadvertently and then lie heavy in the stomach</li> </ul>	<ul style="list-style-type: none"> <li>• Cut into small pieces</li> <li>• Chew well</li> </ul>
Spinach, asparagus, green beans, red cabbage and sauerkraut, mushrooms	<ul style="list-style-type: none"> <li>• Stringy structure</li> <li>• Difficult to chew</li> </ul>	<ul style="list-style-type: none"> <li>• Cut up small</li> <li>• Chew well</li> <li>• Cook through</li> <li>• Only eat asparagus tips</li> </ul>
Prawns, squid, lobster	<ul style="list-style-type: none"> <li>• Very firm (almost rubbery) flesh</li> </ul>	<ul style="list-style-type: none"> <li>• Chew well</li> <li>• Only eat a small amount per meal</li> </ul>
Uncooked ham, beef	<ul style="list-style-type: none"> <li>• Stringy</li> <li>• Can be tough</li> </ul>	<ul style="list-style-type: none"> <li>• Cut up small</li> <li>• Take small bites</li> </ul>
Salad	<ul style="list-style-type: none"> <li>• Stringy</li> </ul>	<ul style="list-style-type: none"> <li>• Chew well</li> </ul>
Rice, pasta (e. g. spaghetti)	<ul style="list-style-type: none"> <li>• Are already soft, are therefore often inadequately chewed</li> </ul>	<ul style="list-style-type: none"> <li>• Take small bites</li> <li>• Chew well</li> <li>• Perhaps cut up small</li> </ul>
Carbonated drinks	<ul style="list-style-type: none"> <li>• Carbon dioxide can cause burping</li> </ul>	<ul style="list-style-type: none"> <li>• Choose non-carbonated drinks</li> </ul>
Fatty & sugary food or drink	<ul style="list-style-type: none"> <li>• Dumping syndrome (see p. 39)</li> </ul>	<ul style="list-style-type: none"> <li>• See p. 39</li> <li>• Consume only minimal amounts</li> </ul>

## QUICK GUIDE FOR HEALTHY EATING

### 1. Eat a varied diet:

Enjoy the variety of food available. There are no “healthy”, “unhealthy” or even “banned” foodstuffs. It depends on the quantity, selection and combination.

### 2. Low-fat milk (lactose-free) and dairy products (lactose-free) every day. Fish twice a week, meat twice a week, sausages and eggs in moderation:

These foods contain valuable nutrients, such as calcium in milk and dairy products, iodine, selenium and omega-3 fatty acids in marine fish, iron and vitamins (B1, B6 and B12) in meat. An amount of 300 - 600 g of meat, sausage and fish per week are sufficient for an optimal supply. These products also supply your body with valuable protein. Your body needs a certain amount of protein in your diet to enable it to build up its own protein supply. Therefore sufficient amounts to meet requirements are essential. Approximately 0.8g of protein per kilogram bodyweight should be consumed. To ensure an adequate supply and determine your own protein intake and requirements, discuss this with your dietician.

There are 10g of protein in

300 ml milk 1.5% FDM	75 g low-fat curd cheese	25 g soya meat, dry
300 g natural yoghurt	50 g fish	100 g tofu
30 g cheese 30%FDM	50 g turkey breast	1 egg, large
	50 g beef, muscle	
	50 g pork, lean	

### 3. Vegetables and fruit “5 a day ...”

Enjoy two portions of fruit and three portions of vegetables, if possible fresh as salad, raw or briefly blanched in their own juice. This ensures that you are getting vitamins, minerals and fiber. Fruit and vegetables also provide health-promoting bioactive substances.

### 4. Eat cereal products and potatoes several times a day:

Bread, pasta, (rice), cereal flakes, preferably wholemeal.

They hardly contain any fat, but plenty of vitamins, minerals, trace elements, fiber and bioactive substances.

5. Sugar and salt in moderation:

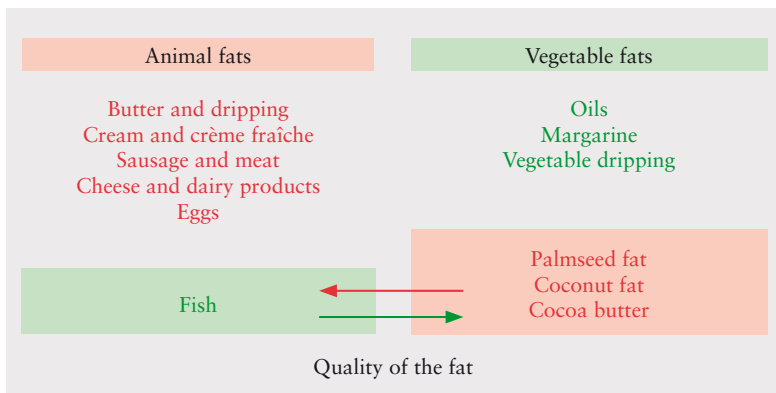
Only use foods and drinks manufactured with sugar or sugar substitutes occasionally. Be creative with fresh herbs, different spices and very little salt.

6. Minimal fat and fatty foods:

Fatty foods generally taste particularly good. But too much nutritional fat encourages renewed weight gain and in the long term to the development of cardiovascular conditions and cancer.

So keep levels of nutritional fat moderate. 60 - 80 g of fat per day, if possible vegetable (vegetable oils and margarine without hydrogenated fat), provide sufficient essential fatty acids and fat-soluble vitamins (A, D, E and K). Vegetable fats are of a higher quality and give foods and meals a rounded taste.

Be particularly careful of “hidden” fats in many meat products, sweets, milk products, cheeses and biscuits. These animal fats provide poor quality fat and cholesterol. Besides the quality of the fat, the quantity also plays an important role. So be economical with oils and margarine.





7. **Plenty of fluids:**

Water is absolutely essential to life. Drink at least 1.5 liters of calorie-free fluid per day. Alcoholic drinks should only be enjoyed occasionally and then only in small quantities. Alcohol, milk, juices, coffee and black tea do not count towards fluid requirements.

8. **Tasty and careful preparation:**

Cook meals at low temperatures for a short time and with little water or fat – that maintains the natural flavour, preserves the nutrients and prevents the formation of damaging compounds.

9. **Take the time to enjoy your food:**

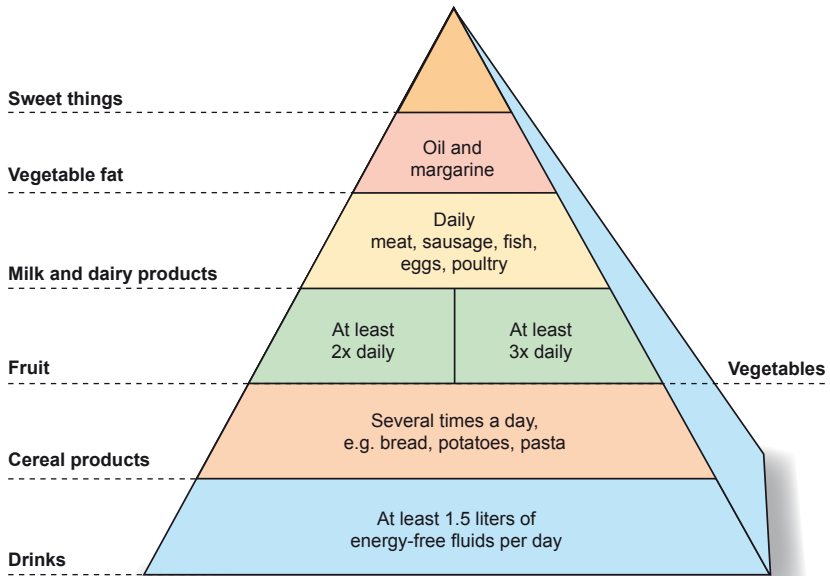
Awareness helps you to eat right. Let your eyes feast too. Take your time to eat – it is enjoyable, stimulating and encourages a feeling of fullness.

10. **Be conscious of your ideal weight and keep moving:**

With the right weight you will feel good and with regular exercise you will stay in shape. Do something for your fitness, well-being and figure.

## THE NUTRITION PYRAMID

Using the nutrition pyramid makes it easy to establish a healthy and balanced diet. It shows you the right distribution of the various foodstuffs contained within the daily meals.



Eating healthy means eating balanced, eating enough to meet your needs and establishing routines that are sustainable in the long term.

It is best to eat three meals a day – breakfast, lunch and dinner. You may also want a healthy snack in the morning and afternoon, such as fruit, low-fat dairy products, rice cakes, crackers, etc.

Use the food pyramid as the basis for creating a healthy diet.

The food pyramid is a model that has sections of different sizes. The lowest level represents the food you need most of each day. The higher up the pyramid you go, the less you need of that specific type of food. Try to choose food from each section for each meal. You should avoid sugar, but can use calorie-free sweetener. Limit your use of oils and fats.

Choose food products of high quality and vary them to prevent your diet from being deficient in nutrients, vitamins and/or minerals.

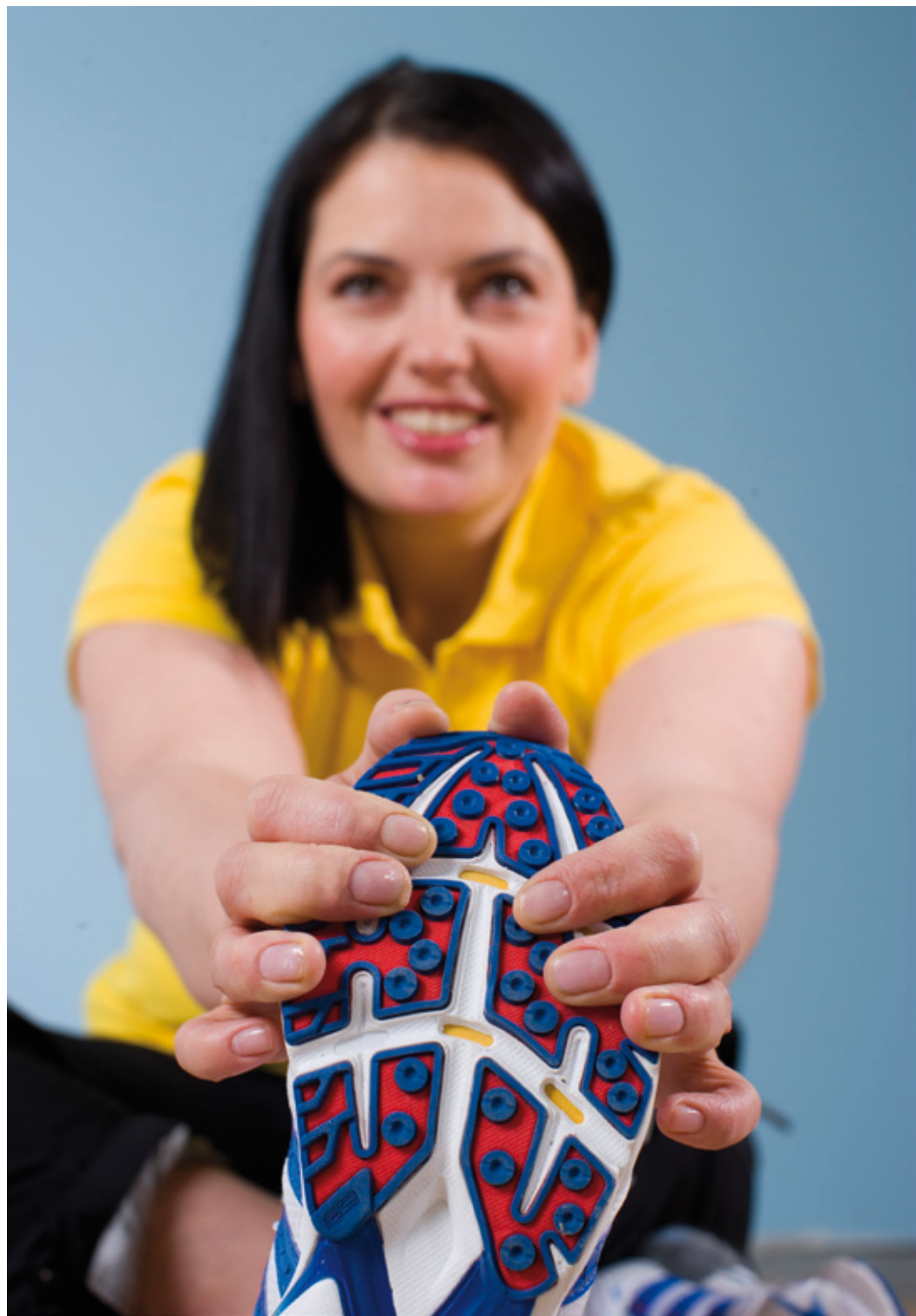
## FOOD SELECTION TABLE

Food group	Suitable types of food	Less suitable types of food
Bread and bakery products	All types of wholemeal bread from finely-milled flour: wheat, rye, crispbread, spelt bread, oats, wholemeal rolls, wholemeal toasting loaf, stale bread, cake (homemade according to adapted recipes, low-fat) All low-fat pastries (sponge, yeast)	Wholemeal breads with whole seeds and very fresh bread, light bread sorts; white bread, rolls, toasting loaf, raisin bread, croissants, rich pastries such as torte, sponge cakes, flaky pastry, donuts, crumbles, biscuits, waffles, diet pastries, pizza in fatty versions
Eggs	Eggs, 2-3 per week, (also in processed form, e.g. in cakes or casseroles)	
Ready-made products and meals	If an analysis of the nutritional value and examination of the list of ingredients warrants their suitability and after consultation with your dietician	Pudding desserts which are rich in fat or contain eggs, ready-made curd cheese dishes, milk products with fruit, cereal mixtures with dried fruit / chocolate, diet products, breaded products
Fats and oils	Oils: rapeseed oil, walnut oil, soya oil, sunflower oil, wheatgerm oil, thistle oil, linseed oil, Spreads: Margarine or half-fat margarine	All animal and vegetable fats such as butter, coconut and palmseed fat, dripping, peanut fat, margarine with hydrogenated fat
Fish and fish products	Low-fat: Pollack, halibut, cod, haddock, plaice, Dover sole, flounder, hake, turbot, redfish, trout, pike, tench, pikeperch, freshwater eel, Fatty marine fish: tuna, mackerel, herring (small quantities), Fish in their own juice and aspic, salmon (small quantities)	Eel, squid, caviar, smoked fish: kippers, sprats, fish conserved in oil or other preparations: sardines in oil, tuna, fried herring, jellied herring, fish salad, all preparations in fatty and spicy sauces

Food group	Suitable types of food	Less suitable types of food
Meat and sausage products	Lean veal without visible fat, Meat shavings, Lean ham and roasts, Corned beef, Aspic products <10% fat, Delicatessen salads (home-made and low-fat, without mayonnaise), Types of sausage with up to 20% fat	Fatty beef, veal, pork and lamb, raw minced pork, minced meat, jellied meat, bacon, meat salad, etc Types of sausage (salami, tea sausage spread, Mettwurst spread, blood sausage, liver sausage, mortadella, Bratwurst and mini sausages, boiled and scalded sausage) Liver, kidney, brain
Vegetables and pulses	According to individual tolerability: All kinds; fresh and deep frozen, raw: all green salad, skinless tomatoes, sugar snaps, fine peas, asparagus tips	Flatulent vegetables such as Brussels sprouts, cabbage and red cabbage, kale and savoy, leeks, mushrooms, radishes, onions (raw), cucumber (raw), peppers, pulses: peas, lentils, kidney beans and white kidney beans, mung beans, chick peas, conserves, deep-frozen products; ready-to-eat salads
Drinks	Energy-free drinks: coffee and malt coffee, all kinds of tea, mineral water (with calcium: magnesium ratio 2:1)	Drinks with sugar, fruit juices, fruit nectar, lemonades, soda, cola drinks, alcohol and alcoholic drinks (beer, malt beer, wine, sparkling wine, spirits), light beer
Cereal products	All sorts: wheat, oats, barley, rice, millet, maize, all flours, pearl barleys, flakes, semolina, rice, pasta without egg (chew well), starches, puffed rice	Products made of rye, possibly unripe spelt grain, buckwheat
Herbs and spices	All kitchen herbs and spices of all kinds, garlic, onions, salt, vinegar, lemon, seasoning sauces without added sugar, salt and egg	High-fat salad dressings, e.g. mayonnaise-based, all hot spices such as Cayenne pepper, chili, curry, garlic, tabasco, raw onion

Food group	Suitable types of food	Less suitable types of food
Potatoes	Low-fat preparations: jacket, boiled and unpeeled potatoes, mashed potato without cream and butter, potato dumplings without egg, oven chips baked without fat	High fat preparations: chips (also ready-fried products), roast potatoes, hash browns, potato pancakes and croquettes
Milk and dairy products	Milk and dairy products up to 1.5% fat (milk, yoghurt, buttermilk, set milk, kefir) Condensed milk < 4% fat, low-fat curd cheese, layered curd cheese, types of cheese with up to 30% FDM, diet fruit yoghurt with up to 1.5% fat	Milk, dairy products over 1.5% fat, condensed milk over 4% fat, coffee creamer, sweet and sour cream, crème fraîche and crème double, curd cheese from 20% FDM, types of layered curd cheese with over 30% FDM, blue cheese, all strong-tasting and strong-smelling cheese, fruit yoghurt over 1.5% fat
Nuts	Well chewed in small amounts taking account of fat content	All kinds in large amounts
Fruit	According to individual tolerability: Raw: apples, pears, strawberries, bananas All types of fruit: as compote without added sugar	Raw stoned fruit: cherries, plums, yellow plums, hard and unripe fruit, sweetened fruit products in tins, oranges, dried fruit, candied fruit
Shellfish and crustacean		Prawns, king prawns, lobster, crawfish, mussels, oysters, ready-made salads and ready-to-eat products in fatty and spicy sauces
Sweeteners and sweets	Avoid in the case of dumping syndrome symptoms. (see p. 36) Take account of individual tolerability	Nut-nougat spreads (e.g. nutella), confectionary goods, nougat, chocolate, marzipan, sweets, jelly bears, ice cream, diet sweets, honey, household sugar, glucose, jams, gelee, syrup, thickened fruit juice, raw cane sugar, sweetener
Game and poultry	Poultry without skin: Cock, chicken, turkey, Wild poultry: pheasant, grey partridge	Spiked game, fatty poultry (goose and duck), chicken with skin, poultry liver pate, poultry salami, poultry salads (> 1.5% fat)

Food group	Suitable types of food	Less suitable types of food
Your own food and meals		





# INCREASING YOUR PHYSICAL ACTIVITY

Changed eating habits is just one part of your new lifestyle. You must also exercise more.

All calories that you take in and do not use are stored as fat. To lose weight, your body must burn more calories than you take in. This is only possible with exercise.

Start slowly with an activity program that you do several times a day.

Aim for at least 30 minutes of exercise per day, such as five or six rounds of aerobic exercise for three to five minutes each day. As you lose weight, exercise will become easier and you can increase your level of activity.

Increase your daily level of physical activity since this will help you lose weight.

## Tips for an active lifestyle:

- Walk for 30 minutes or more most days.
- Skip the elevator. Take the stairs instead.
- If only going a short distance, leave the car at home. Walk or ride your bike.
- Park your car at the far end of the parking lot.
- Follow a balanced physical fitness program.
- Exercise/play sports with friends.

Physical exercise is good for both the body and soul. Your joints become stronger and more supple, your muscles become stronger, it is easier for your lungs to take up oxygen, circulation is stimulated and your digestive system works better. Physical exercise strengthens your skeleton and slows the aging process. It awakens a feeling of well-being. You will feel less tired and weak, less stressed, more energetic and in control.

This will motivate you to continue your new lifestyle!

# FOOD AND EXERCISE DIARY

## Day 1

Time	Amount	Food and drink	Exercise

**Day 2**

Time	Amount	Food and drink	Exercise

**Day 3**

Time	Amount	Food and drink	Exercise

## Day 4

Time	Amount	Food and drink	Exercise

## Day 5

Time	Amount	Food and drink	Exercise

## Day 6

Time	Amount	Food and drink	Exercise

**Day 7**

Time	Amount	Food and drink	Exercise



# MONITORING YOUR HEALTH

It is vital that you get checked regularly after surgery. This is done on an out-patient basis. Your physician and his or her team will discuss this with you and you will be given an individual checkup schedule.

The checkups will be more often at first, but will decrease in frequency over time. Once your weight has stabilized, you will normally only come in for an exam once a year.

Some important basic advice and useful tips are found below to help you keep tabs on the most important health parameters, such as weight, blood pressure and pulse. This gives you a correct picture of your success and progress.

## Weigh yourself

During the first year after surgery, weigh yourself, but not too often. Once a week is often enough. You will likely meet other patients who have had a gastric bypass surgery. Do not feel discouraged if others lose weight faster than you. How quickly you lose weight depends on several factors, such as starting weight, gender, metabolism and muscle mass.

## Blood pressure and pulse

In addition to other medical aspects, blood pressure and pulse are important indications of the state of your health. They must be checked regularly together with your weight. There are instruments that can easily be used at home to check these parameters. If in doubt, your team at the gastrointestinal surgical ward or your GP can advise you.

In the table below you can enter the dates of your nutrition consultations.

	Nutrition consultation appointments	
The first 4 weeks after surgery	Date:	Time:
	Date:	Time:
From week 5 after surgery	Date:	Time:
	Date:	Time:
	Date:	Time:



## WEIGHT LOSS DIARY

Your weight before surgery: \_\_\_\_\_ kg

Your ideal weight: \_\_\_\_\_ kg

Your stomach circumference before surgery: \_\_\_\_\_ cm

In the table below you can record the progression of your weight after surgery and discuss this with your doctor and dietician. Stomach circumference is also decisive for weight loss. You can also record here any problems and difficulties with changing your diet or the physical exercise.

	Weight in kg	Stomach circumference in cm	Comments (symptoms, problems and positive points, physical activities)	Mood  or 
Week 1				
Week 2				
Week 3				
Week 4				
Week 5				
Week 6				
Week 7				
Week 8				



	Weight in kg	Stomach circumference in cm	Comments (symptoms, problems and positive points, physical activities)	Mood  or 
Week 9				
Week 10				
Week 11				
Week 12				
Week 13				
Week 14				
Week 15				
Week 16				
Week 17				
Week 18				

# YOUR NUTRITION PLAN AS A GUIDE

Meal	Amount	Food and drink
Breakfast		
Snack		
2 <sup>nd</sup> breakfast		
Snack		
Midday		

Meal	Amount	Food and drink
Snack		
Teatime		
Snack		
Evening meal		
Snack		

## POTENTIAL PROBLEMS FOLLOWING SURGERY

### Lactose intolerance

Lactose intolerance is an inability to deal with a certain type of sugar (lactose) where the sugar cannot be sufficiently broken down and absorbed in the intestine. The cause of this is insufficient production or complete absence of the enzyme lactase. This enables the lactose to penetrate into the lower intestinal sections where it is broken down by bacteria. This produces gases and organic acids which enable water to flow into the intestine and causes more extreme intestinal movements.

#### Symptoms

- Stomach pain/colic
- Wind, feeling of fullness, nausea
- Diarrhea

#### Countermeasures

- Avoid milk, yoghurt, custard, sour cream, soft cheese, cream cheese, processed cheese, cottage cheese, curd cheese, whey, coffee creamer, cocoa
- Exceptions: sliced and hard cheese
- Replace these with lactose-free milk products such as lactose-free milk and yoghurt
- Use soya products (soya drinks, soya pudding)
- Read the ingredients lists on packaging; even sausages, ready-made meals and sweet things may contain lactose.

### Constipation

Less frequent stool is normal in the initial stages, since you are only eating small amounts and not much fiber.

#### Here are a few recommendations if there is no improvement:

- Drink at least 2 liters of calorie-free drinks per day
- Eat more high-fiber foods
- Put a little wheat bran in your yoghurt and then drink at least 2.5 liters a day
- Eat dried plums in the mornings after they have been soaked overnight

## Dumping syndrome

### Early dumping syndrome

This can occur directly after eating. It is caused by simple carbohydrates like sugar, honey, juices, sweets, etc. dropping from the stomach by what is called dumping into the small intestine. Since there are no digestive enzymes, water flows into the small intestine. This happens to balance out the high concentration of simple carbohydrates. This fluid is taken out of the circulation and so causes the symptoms described below:

#### Symptoms

- Nausea and vomiting
- Diarrhea
- Sweating
- Feeling of fullness
- Circulatory collapse

### Late dumping syndrome

Late dumping is caused by the rapid absorption of mainly simple carbohydrates into the blood. This leads to a major increase in blood sugar. As a counter-reaction more insulin is produced which can lead to hypoglycemia 1 to 3 hours after eating.

#### Symptoms

- Sweating
- Shivering
- Agitation
- Weakness

### Measures against dumping

- Avoid sugary drinks
- Avoid sugar, biscuits, sweets, honey and other sweet things
- Try to eat mainly high-fiber foods which are not easily digested
- No drinks with meals
- Eat small portions
- Lay down flat after eating

