



NUTRITIONAL GUIDE

You are now on your way to
a healthier you.



CER Bariatrics is here for you and will be with you every step of the way, never hesitate to reach out to us when you need us.

Keep in mind that all patients are different and each of them has a different tolerance for food and liquids, but we recommend that you follow this example of the diet to ensure you do not eat foods that may harm you.

Phase 1

Clear Liquid Diet

Recommended Liquids

AIM 64 oz of water per day, we know you'll struggle, drink as much as you can.
Search products:

Sugar-free options for drinks, popsicles, gelatin, electrolytes, crystal light
Clear flavored broth (chicken, beef, seafood, vegetables)

DAY 1 TO 6

HOURS	CLEAR LIQUIDS	PORTION
8:00am	Chamomile tea (Herbal Tea) Decaf	4 - 6 Oz
8:30am - 11:00am	Sip multiple 10 Oz Powerade Zero	4 - 6 Oz
11:00am	Diluted fruit juice (apple, pear, or peach)	4 - 6 Oz
11:30am - 2:00pm	Chicken,beef or vegetable broth	4 - 6 Oz
2:30pm - 5:00pm	Sip multiple 10 Oz cups of water	4 - 6 Oz
11:30am - 2:00pm	Sugar Free Jell'O	4 - 6 Oz
5:00pm	Sip multiple 10 Oz cups of water	4 - 6 Oz
5:30pm - 8:00pm	Sugar free popsicles	4 - 6 Oz
8:00pm - 10:00pm	Sip multiple 10 Oz cups of water	4 - 6 Oz

Walk 5-10 minutes 3 times per day

Drink often, it will probably take an hour to drink 8oz.

Avoid:

Bubble gum, extreme temperatures (extreme hot or cold)

Do not:

Sip quickly, do not gulp, do not use straw, do not consume solids or particles in this phase.

Stop drinking when you feel full

Phase 2

Full liquid diet-
High protein shakes

Main goals: Hydration and healing. Aim for 64 oz of fluid per day in small sips.
Protein: 30-60g

Recommended Liquids

Search products:

Sugar-free options for drinks: popsicles, gelatin, electrolytes, crystal light
Clear flavored broth (chicken, beef, seafood, vegetables)

DAY 7 TO 10

MEAL	HOURS	SAMPLE #1	SAMPLE #2	SAMPLE #3
<i>FLUIDS</i>	7:00 - 7:30am	Recommended liquids	Recommended liquids	Recommended liquids
MEAL #1	8:00am	Protein Shake	Protein Shake	Protein Shake
<i>FLUIDS</i>	9:30 - 11:30am	Recommended liquids	Recommended liquids	Recommended liquids
MEAL #2	12:00 - 1:00pm	Beef broth	Sugar -free Jello	Chicken broth
<i>FLUIDS</i>	1:30 - 3:00pm	Protein Shake	Protein Shake	Protein Shake
MEAL #3	3:30 - 4:00 pm	Recommended liquids	Recommended liquids	Recommended liquids
<i>FLUIDS</i>	4:30 - 6:00pm	Sugar - Free Jello / Pudding	(8 Oz) Skim Milk	(5 Oz) Greek Yogurt
MEAL #4	6:30 - 7:00pm	Protein Shake	Protein Shake	Protein Shake
MEAL #5	9:00 - 9:30pm	Recommended liquids	Recommended liquids	Recommended liquids

- Follow the 30 minute rule to fluid intake, wait 30 - minutes before and after your shake to drink other fluids.
- Choose a high protein shake that contains at least 20 grams of protein per serving and less than 5 grams of sugar. You may use skim, 1 % milk or water to mix the protein if it is powder-based.

Walk 20 minutes 2 times per day as tolerated

Do not use straw / Remember physical activity as tolerated / Avoid bubble gum

Phase 3

Pureed Foods

Main Goals

- **64 oz of fluids per day** options for drinks, popsicles, gelatin, electrolytes, crystal light
- **Protein 60-80 gr** (keep a record of how much protein you eat)
- Start multivitamins + minerals, calcium citrate + vitamin D, sublingual B12, and biotin (take multivitamin separated from calcium because they compete in absorption)

DAY 11 TO 20

- Everything has to be blended and strained
- No peel, no seeds

MEAL	HOURS	SAMPLE #1	SAMPLE #2	SAMPLE #3
<i>FLUIDS</i>	7:00 - 7:30am	8 Oz Water	12 Oz Crystal Light	12 Oz Chamomile Tea
MEAL #1	8:00am	Protein Shake	Apple Smoothie	1/4 cup Cottage Cheese
<i>FLUIDS</i>	9:30 - 11:30am	12 Oz Crystal Light	8 Oz Water	12 Oz Chicken Broth
MEAL #2	12:00 - 1:00pm	■ Puree Fruit / Yogurt	■ Yogurt Fruit Popsicles	■ Banana Smoothie
<i>FLUIDS</i>	1:30 - 3:00pm	12 Oz Water	24 Oz Powerade Zero	24 Oz Water
MEAL #3	3:30 - 4:00 pm	■ Cottage Chesse	Skim Milk 8 Oz blend 1/3 banana	■ 4 Oz Legumes
<i>FLUIDS</i>	4:30 - 6:00pm	20 Oz Powerade Zero	12 Oz Water	Sugar Free Popsicle
MEAL #4	6:30 - 7:00pm	■ Chicken Soup	■ High Protein Oatmeal	■ High Protein Vegetable
MEAL #5	9:00 - 9:30pm	Skim Milk Oz	Protein Shake	4 Oz Greek Yogurt

Preparation mode reference

Avoid seeds and peel, raw vegetables and citric fruits. Red meat, rice, bread, pasta, starchy foods in general.

Blend yogurt and fruit (papaya, banana, apple with no skin)

Protein shake or powder and red apple (no skin)

2 tbsp cottage cheese, 8oz skim milk, 1/4 banana.

2tbsp cottage cheese, 1/2 cup unsweetened apple sauce

1/4 cup High Protein Oatmeal, 8oz skim milk

(lentils, beans, chickpeas). All blended

Chicken breast soup and vegetables, all blended (baby food)

High Protein Vegetable soup. All blended (baby food)

Supplements Guide

You are now on your way to a healthier you.

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Multivitamin with Minerals (18mg Iron, 400mcg Folic Acid, Selenium and Zinc)

- Take MVI + minerals with food to help increase absorption and decrease upset stomach.
- Take multivitamins separate from your calcium supplement, (because your multivitamin has iron in it which prevents the absorption of calcium).

Recommended brands:

Centrum Performance (chewable) one a day for women/men



Calcium Citrate + Vitamin D

Your body can only absorb about 600mg of calcium at a time

- 1200-1500 mg per day plus 400 IU Vitamin D
- Take only 600mg of calcium at a time

Recommended brands:

**Celebrate Calcium Plus 500
GNC Chewable Calcium Pluss 600 with Vitamin D3
GNC Calcimate BOO**



Sublingual B12

- All Bariatric patients should take this starting 2 Weeks post-op
- Sublingual means "under the tongue" or Nasal Spray B12.

Recommended brands:

**Walmart, Rexall
On-line, Bariatric Advantage Sublingual B12
CVS, Nature's Bounty B12-1,000mcg**



Biotin (10,000 mcg per day)

- Important role In the health of your hair, skin and nails.

Recommended brands:

Natrol, Nature's, Spring Valley

Phase 4

Soft Foods

Main Goals

- **64 oz of fluids per day**
- **Protein 60-80 gr** (keep a record of how much protein you eat)
- Keep taking your multivitamin + minerals, calcium citrate + vitamin D, and sublingual B12
- Chew foods 22-25 times before swallowing

DAY 21 TO 30 (this can take 2 weeks)

Everything has to be very moist

MEAL	HOURS	SAMPLE #1	SAMPLE #2	SAMPLE #3
<i>FLUIDS</i>	7:00 - 7:30am	8 Oz Water	12 Oz Crystal Light	12 Oz Camomile Tea
MEAL #1	8:00am	Protein Shake	Scrambled Eggs	1/2 cup Cottage Cheese
<i>FLUIDS</i>	9:30 - 11:30am	12 Oz Crystal Light	8 Oz Water	12 Oz Chicken Broth
MEAL #2	12:00 - 1:00pm	■ Puree Fruit	■ 3 Oz Tuna Salad	3 Oz Turkey
<i>FLUIDS</i>	1:30 - 3:00pm	12 Oz Water	24 Oz Powerade Zero	24 Oz Water
MEAL #3	3:30 - 4:00 pm	■ 2 Oz Fat Free Chesse	■ 8 Oz Skim Milk Blend	■ Low Fat Cream Soup
<i>FLUIDS</i>	4:30 - 6:00pm	20 Oz Powerade Zero	12 Oz Water	Sugar Free Popsicle
MEAL #4	6:30 - 7:00pm	■ ChickenSoup+VeggsSoup	■ 3 Oz Tilapia Fish	High Protein Vegetable
MEAL #5	9:00 - 9:30pm	Sugar Free Jello Pudding	Protein Shake	4 Oz Greek Yogurt

Preparation mode reference

Yogurt and Pureed fruit (papaya, banana, apple with no skin)

3 oz tuna salad made with fat free mayo

8 oz low fat cream soup made with skim milk

Please add vegetables to all your meals. Do not eat raw vegetables or citric fruits.

2oz fat-free cheese 1/2 cup unsweetened apple sauce

8oz skim milk blend with 1/3 of banana

Soups with moist ground Chicken and vegetables

3 oz tilapia fish 1/4 cup mashed potatoes

Phase 5

Solids

1

Protein first

2

Eat your
veggies

3

1 complex
carb

Continue your healthy life style

The goal remains to consume at least 60-80 gr of protein per day with the addition of vegetables, fruit and complex carbohydrates.

Inadequate protein intake can lead to fatigue, loss of lean mass, and increase your risk of infection and other illness.

Consume 3-4 ounces of protein 3 times per day (3-4 ounces for breakfast, 3-4 ounces for lunch, 3-4 ounces for dinner).

As an estimate, 1 ounce of protein is approximately 7 grams. For example, if you consume 3 ounces of chicken, this will equal approximately 21 grams of protein.

Always eat your protein foods first, then eat vegetables, fruit or complex carbohydrates. Protein is essential.

Continue to consume sugar-free, non-carbonated, decaffeinated clear liquids between high protein foods for a total of 64 ounces (8 cups) per day.

Follow the 30 minutes rule for fluid intake: wait 30 minutes before and after your food to drink fluids.

The goal is to consume at least 60- 80 grams of protein per day with the addition of 1 serving complex carbohydrate per meal.

You may continue to use protein shakes as a meal replacement if you find that you cannot consume enough solid protein.

Continue with vitamin and mineral supplementation. These are for the rest of your life. It will be advisable to have blood test once a year to check your nutrient levels.

Protein Drinks & Powders brands

1

Protein first

2

**Eat your
veggies**

3

**1 complex
carb**

Formula for high protein shakes and powders

150 - 180 calories or less

20 + grams of protein

< 5 grams of sugar

No aspartame (NutraSweet). Sucralose (splenda) is okay

Brand	Calories	Protein	Sugar	Where to buy
Premier Protein	160	30g	1g	Amazon, Costco, Target
Pure protein	170	35g	1g	Amazon, Costco, Target
Optimum Nutrition	120	24g	2g	Amazon, Costco, GNC, Vitamin shoppe
100% Pure Whey Protein Powder	160	30g	2g	Amazon, Walmart, target
Muscle Milk Lite	100	20g		Amazon, Sam's club
Quest Nutrition Protein Powder	100	20g	0g	Amazon, GNC

Lactose intolerance and Vegetarians

Brand	Protein	Where to buy
Birdman	22g	Amazon, GNC, Walmart
Habits	30g	Amazon, GNC, Costco
Owyn	20g	Amazon, ebay, Target
Premier clear Protein	20g	GNC
Isopure clear protein	20g	GNC

Nutrition facts label

Choose foods that:

1

Protein first

2

Eat your veggies

3

1 complex carb

Have less than 5 gr of sugar per serving

Less than 15 gr of carbs per serving

Less than 300 mg of sodium

Have less than 10% of calories from saturated fat

Are high in protein

Have good sources of fiber and have at least 3 gr per serving

Nutrition Facts

6 servings per container

Serving Size 1 cup (110g)

Amount per 1 cup

Calories 250

% DV*

11%	Total Fat 7g
16%	Saturated Fat 3g
	<i>Trans Fat</i> 0g
2%	Cholesterol 4mg
13%	Sodium 300mg
10%	Total Carbs 30g
14%	Dietary Fiber 3g
	Sugars 2g
	Added Sugars 0g
	Protein 5g

7%	Vitamin A 1mcg
15%	Vitamin C 2mcg
20%	Calcium 4mg
32%	Iron 5mg

* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	55g	75g
Saturated Fat	Less than	10g	12g
Cholesterol	Less than	1,500mg	1,700mg
Total Carbohydrate		250mg	300mg
Dietary Fiber		22mg	31mg

Sample menu

1

Protein first

2

Eat your
veggies

3

1 complex
carb

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1 egg & 2 slices of bacon	3/4 cottage cheese 2 tbsp blueberries	Omelet with 2 eggs, 1 cup slice mushroom, fresh, 1 oz of swiss cheese	1 greek yogurt, chia seeds 1 tbsp, 5 strawberries	Morning shake 1 scoop, 1/2 banana, 1 tbsp almond butter	Egg muffin 1/2 cup of pineapple	1 slice French toast 1 egg 3 strawberries

Protein Power-up

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Oikos triple zero	2 boiled eggs	Protein shake 1 scoop	Cottage cheese 1 tbsp almond butter cinnamon	Tuna salad 3oz, celery, tomato, onion, lemon 2 crackers	Protein shake 1 scoop, 3 strawberries	Quest bar protein

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lettuce wrap with deli turkey 3 oz, low fat cheese & veggies	3 oz salmon 1 cup spinach 1/4 cup cucumber & tomato 2 tbsp balsamic vinegar	Beef fajitas with bell pepper & onion	4 oz of chicken, asparagus, 3 chambray potatoes	Tilapia and cauliflower rice with veggies	Low carb burger	Salad with lettuce & spinach, thinly sliced red onion, 1/2 cup raspberries, 3 oz grilled chicken

Protein Power-up

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cottage cheese 1 tbsp almond butter cinnamon	Greek yogurt 3 strawberries 2 pecans	Protein shake 1 scoop blueberries 1/2 cup	Low sodium beef jerky	Tuna Salad	Edamame & 2 low fat cheese stick	Protein shake, 1/2 banana

Dinner

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pesto chicken & roasted veggies	Beef fajitas with bell pepper & onion	Caprese salad 1 tomato sliced with mozzarella cheese & basil avocado oil, salt & papper 1/2 cup beans	Meatballs 3 oz with tomato sauce, with a side salad, 2 tbsp of ranch dressing	3 oz salmon, 1 cup spinach, 1/4 cup cucumber & tomato 2 tbsp balsamic vinegar	Night out! focus on protein and non-starchy vegetables	Lettuce wrap with deli turkey 3 oz, low fat cheese & veggies

Substitute your foods

Always from the same group of foods and same portions

Group	Qty	Foods
Vegetables	1/2 cup	Eat a variety of colors to get the most nourishment. Kale, broccoli, spinach, beet greens, swiss chard, sprouts, mushrooms, tomato, bell peppers.
Legumes	1/2 cup	Black, pinto, navy beans, lentils, chickpeas.
Seeds	10-12 pcs	Almonds, Brazilian nuts, chia seeds, flaxseeds, pecans, hazelnuts, hempseeds, organic peanuts, sesame seeds, pine nuts, sunflower seeds, walnuts, macadamia nuts, cashews.
Proteins	3-4 oz	Fish, salmon, eggs, cottage cheese, mozzarella cheese, tuna, chicken, protein shakes, greek yogurt, beef, protein bars.
Grains	1 portion	Amaranth, wild rice, quinoa, oats, buckwheat, bulgur, brown rice, spelt, whole grain breads, tortillas and pastas.
Oils	1 tbsp	Coconut oil, almond oil, extra virgin olive oil (only for dressing), grape seed oil, cooking), flaxseed oil, avocado oil, hempseed sesame seed oil, canola oil (organic non-gmo).
Fruits	1/2 cup	Berries (blueberries, raspberries, strawberries and blackberries), apples, Grapefruits, cantaloupe, kiwi, nectarines, papaya, peaches, pear, pomegranate, coconut (water or juice without sugar added limit to 1-2 glasses a day)
Sweeteners	1 pcs	Nutrasweet, stevia, splenda, equal spoonful, monk fruit, sweet'n low, herbal, herbal sweetener sugar twin, sucaryl.
Condiments	a pinch	Apple cider vinegar, balsamic vinegar, red wine vinegar, fresh herbs (cilantro, basil, parsley) Mustard, pepper, pink himalayan salt.
Beverages	1 portion	Herbal teas Unsweetened almond, coconut and hemp milk, cacao powder.

Your daily plate goal

Always from the same group of foods and same portions

1

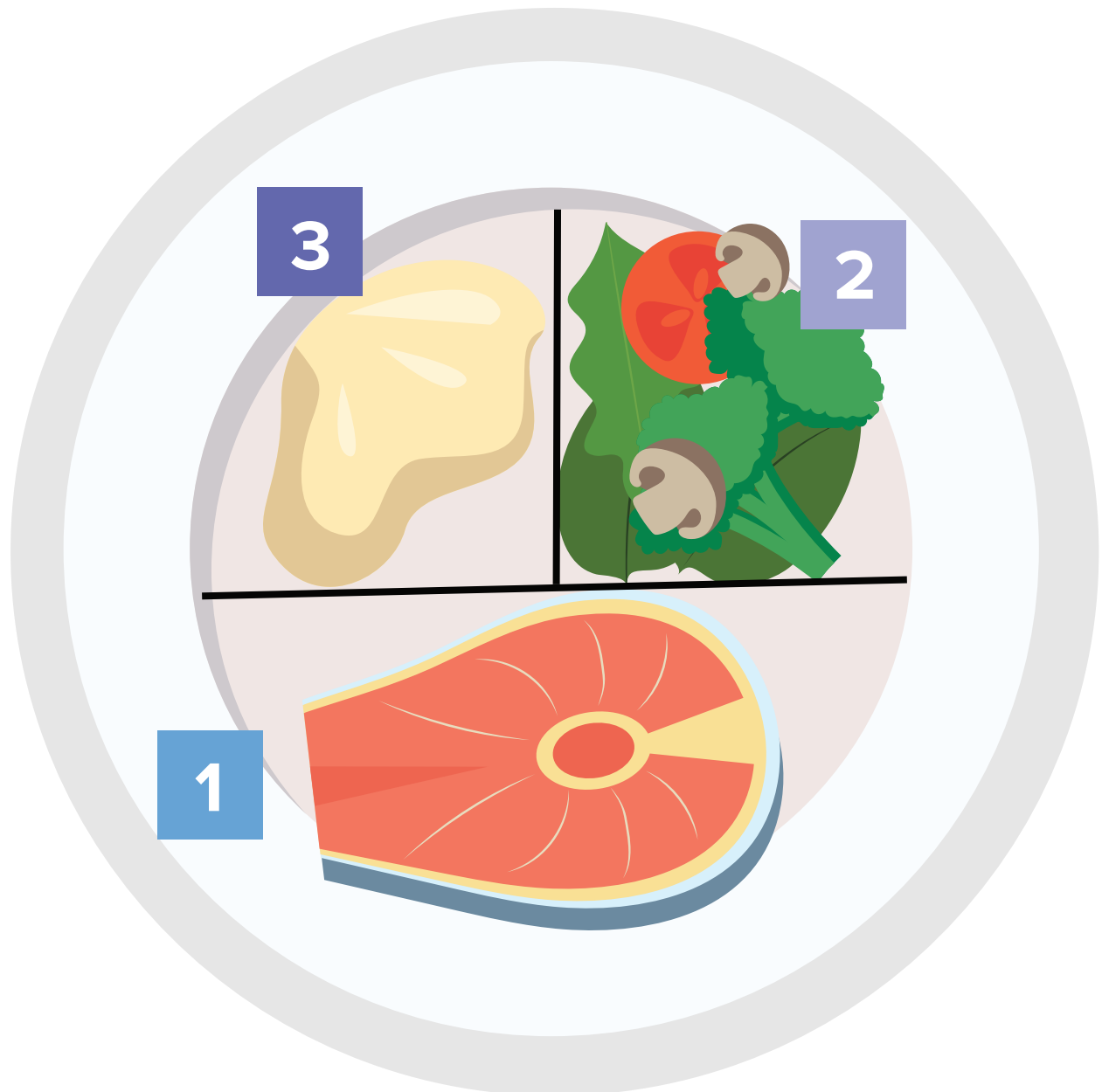
Protein first

2

Eat your
veggies

3

1 complex
carb



Exercise - Sample workout

Phase 1

Post-op at home, 1 week

Exercise	Time	Frequency	Intensity
Walk	5-10 minutes	3 times/day	As tolerated
Strength exercise	Do not start until medical clearance		

Phase 2

Post-op, week 2

Exercise	Time	Frequency	Intensity
Walk	20 minutes	2 times/day, every day	As tolerated
Strength exercise	Do not start until medical clearance		

Phase 3

Post-op, week 3

Exercise	Time	Frequency	Intensity
Walk	15-30 minutes	4 times/week	Increase the time by 5 minutes every session until you work continuously for 45 minutes a session
Strength exercise	Do not start until medical clearance		

Exercise Sample workout

Post-op, week 4 to 2 months

Cardio Exercise	Time	Frequency	Intensity
Walk or start other cardio exercises: swimming*, rowing, aerobics, stair climbing with surgeon's approval	30-45 minutes	5-6 times/week	If starting at 30 minutes, increase it by 5 minutes every other session until you work continuously for 45 minutes a session

May begin weight training **with doctor's approval** add 2 days of light weight training as follows:

Strength exercise

Day 1: Upper body, 15-30 minutes

Day 2: Lower body, 15-30 minutes, as tolerated

Phase 4

Post-op, week 4 to 2 months

Cardio Exercise	Time	Frequency	Intensity
Walk or start other cardio exercises: swimming*, rowing, aerobics, stair climbing with surgeon's approval	30-45 minutes	5-6 times/week	If starting at 30 minutes, increase by 5 minutes every other session until you work continuously for 45 minutes a session

Strength exercise

Add a 3th day of light weight training alternating upper and lower body weight x 15-30 minutes, as tolerated.

