

## Sanford Metabolic and Bariatric Program diet guidelines

RULE	REASON
<ul style="list-style-type: none"> <li>• Eat three small meals per day.</li> <li>• No liquids with meals.</li> <li>• No snacks between meals.</li> </ul>	To completely fill pouch with food so you can recognize feeling full.
<ul style="list-style-type: none"> <li>• Drink liquids only between meals.</li> </ul>	Liquids with meals take up space, limit the volume you can eat and interfere with how food empties from stomach. They could cause vomiting or rapid emptying.
<ul style="list-style-type: none"> <li>• <b>Sip</b> on water all day long. You need to drink at least 64 ounces of water every day.</li> </ul>	You can gauge your level of hydration by the color of your urine. Colorless = well hydrated; Dark = dehydrated.
<ul style="list-style-type: none"> <li>• Avoid fluids 30 minutes before and after meals.</li> </ul>	This allows emptying of liquids in stomach so solid food can be put in.
<ul style="list-style-type: none"> <li>• Take tiny bites.</li> <li>• Use an infant spoon.</li> <li>• <b>Bring an infant spoon with you to surgery.</b></li> </ul>	Eating bites that are too big causes you to eat too fast, which causes you to eat too much, which leads to vomiting.
<ul style="list-style-type: none"> <li>• Take 20-25 minutes to eat meals.</li> <li>• Use a kitchen timer to pace your eating.</li> <li>• Use a salad plate at home to get used to smaller portions.</li> </ul>	It takes 20-30 minutes for your brain to recognize stomach fullness. Eating too fast can cause eating too much, incomplete complete chewing or vomiting.
<ul style="list-style-type: none"> <li>• <b>Stop</b> eating when you feel satisfied or <b>no longer hungry.</b></li> </ul>	Eating too much can cause pain, nausea or vomiting.
<ul style="list-style-type: none"> <li>• Chew all foods to a liquid state before swallowing. It must be applesauce-like texture.</li> </ul>	Complete chewing prevents vomiting and improves absorption of food.
<ul style="list-style-type: none"> <li>• Limit caffeine to 2 (6 oz) cups/day.</li> <li>• Limit alcohol containing beverages. <u>Do not</u> consume alcohol on stages 1, 2 or 3.</li> </ul>	These can cause dehydration and impair your body's ability to flush ketones out. High levels of ketones cause fatigue and bad breath.
<ul style="list-style-type: none"> <li>• Avoid carbonated beverages.</li> </ul>	They cause air to be swallowed which causes gas in the stomach and intestines, resulting in pain.
<ul style="list-style-type: none"> <li>• Avoid intake of empty calories. <ul style="list-style-type: none"> <li>▪ Fats and sweets</li> </ul> </li> </ul>	They are non-nutritionally valuable calories.
<ul style="list-style-type: none"> <li>• Begin some form of regular exercise within your personal capabilities.</li> </ul>	Exercise maintains muscle mass, preserves the body's protein stores, raises metabolism and continues to burn body fat.
<ul style="list-style-type: none"> <li>• Take supplements as recommended by your surgeon daily, for the rest of your life. See the Bariatric Vitamin Regime for surgery specific supplementation guidelines. Supplements are usually better tolerated if you take with food.</li> </ul>	Your caloric intake (and possibly the ability to absorb nutrients*) is decreased significantly so supplements will be needed forever to ensure adequate nutrient intake. *Depending on type of bariatric surgery performed.
<ul style="list-style-type: none"> <li>• Avoid foods that have been re-heated in the microwave.</li> </ul>	They become very dry and tough and difficult to chew adequately.