



NUTRITIONAL ADVICE AFTER SURGERY



PHASE 3 - 5



Following the information session about building up nutrition, this is the advice that will help you rebuild your nutritional intake.

General guidelines:

- Use 6 small eating moments per day, including 3 main meals (breakfast, lunch and hot meal) and 3 high protein snacks.
- Do not drink and eat at the same time. The correct order is:
 1. DRINKING is allowed until the eating moment
 2. EATING
 3. Wait at least 30 minutes after eating before DRINKING again.
- Eat slowly, take small bites and chew well.
 - A sudden full feeling indicates that you have eaten too quickly.
 - Please note: vomiting can be caused by eating too quickly or due to poor chewing.
- Use small cutlery and a small plate during the meal.
- Sit upright (at the table) during every eating moment.
- Avoid distractions during eating such as watching television, reading or using your phone or tablet.
- Stop eating when you feel any sense of fullness.



- Products that contain sugar or to which sugar has been added often cause many complaints. These complaints can arise both shortly after the meal (within 10 minutes to one hour after the meal) and later (1 to 3 hours after the meal).

Shortly after the meal, complaints such as fatigue, yawning, light-headedness, sweating, trembling, nausea, bloating, diarrhea, severe vomiting or a strong feeling of discomfort may occur. These complaints last approximately half an hour to one hour.

These complaints are also called “**early dumping.**” Please note: these complaints can also occur after consuming high-fat products.

A “**late dumping**” is often the result of hypoglycemia, also called low blood sugar. Complaints that may occur are sweating, trembling, weakness, impaired concentration, confusion and a feeling of hunger.

It is recommended to avoid products high in sugar and fat. Preferably apply the guideline of a maximum of 6 grams of sugar per 100 grams of product and choose low-fat or semi-skimmed products.



- Use 1.5 liters of fluid daily spread throughout the day. Therefore drink sufficiently between meals.
- Use a daily multivitamin and mineral supplement stating WLS (Weight Loss Surgery) AND 1000mg Calcium.



Build-up phases from 14 days after surgery:

From now on you may further expand your nutritional intake by means of the next 3 phases. Today you start with phase 3.

Please note: maintain each phase for at least 2 days. If you have no complaints after 2 days, move on to the next phase. If you still have complaints or it is not yet going well, maintain the phase for a maximum of 5 days.

Phase 3

Duration; 2-5 days

If phase 2 (thick liquid) goes well, you can expand with light soft crackers such as wholegrain Cracottes from Lu or Wasa crisp light.

You start by taking 1-2 of the above crackers for breakfast, lunch and dinner. Spread the crackers with diet margarine and choose spreadable toppings such as spreadable cheese, light spread paté, 100% peanut butter, dairy spread, hummus or cottage cheese.

When the above toppings go well, you can then vary with cheese and lean meat (chicken breast, ham, casselerrib, roast beef, smoked beef, turkey breast, filet american, etc.).

The use of coffee (without sugar) is also allowed from now on. Please note that coffee may possibly cause complaints, therefore be careful with it.



Phase 4

Duration; 2-5

The next step in this phase is expanding your diet with a warm meal. Use 25 to 100 grams of white fish or scrambled eggs prepared in 1 tablespoon of liquid margarine or oil.

If this is tolerated well, you may replace the fish or egg with soft meat such as chicken breast, lean minced beef, tartare, or a meat substitute.

According to your needs, you may add 0.5 to 2 serving spoons (100-150g) of soft cooked vegetables. If you are hungry, you may also add 1 boiled potato or 0.5 to 1 serving spoon of mashed potatoes.

Warm meal in phase 4 = 25-100g white fish or scrambled eggs + 0-150g soft vegetables and, if hungry, 50g soft cooked potatoes/mashed potatoes.

In addition, during this phase it is advised to replace the light crackers with hard wholegrain crispbread or hard fiber-rich crackers.





Phase 5 = last phase

In this phase you can introduce wholegrain bread as variation on wholegrain crackers or wholegrain rusks.

Start with a toasted wholegrain sandwich and spread it thinly with diet margarine and savory topping such as spreadable cheese, light spread paté, 100% peanut butter, hummus, dairy spread or a slice of cheese or lean cold cuts.

If toasted bread goes well you may switch to untoasted wholegrain bread.

In this phase you may also add fresh fruit in solid form. Preferably use a piece of fruit as a snack combined with a dairy product.

Your eating pattern has now been built up to 6 complete and small eating moments: 3 main meals and 3 dairy snacks.

For an example daily meal plan, please refer to the next page.



Approximately one month after the surgery date, your eating pattern should look similar to the example below. The recommended daily amounts are summarized later in this booklet.

EXAMPLE OF A DAILY MENU

Breakfast:

1-2 slices of (toasted) wholegrain bread OR 1-2 wholegrain crackers, thinly spread with diet margarine.

Topped with lean savory fillings such as 30+ cheese, lean deli meats (ham, chicken breast, light spread pâté, smoked beef, roast meat, casselerrib, filet americain, roast beef, carpaccio), egg, 100% peanut butter, hummus, dairy spread, or cottage cheese.

OR

150g low-fat quark OR 200ml low-fat yogurt with 2-3 tablespoons (= 30 grams) breakfast cereals such as oat flakes, Brinta, seeds, kernels, or unsalted nuts.

You may drink until the meal starts, then you eat and wait at least 30 minutes before drinking again.



During the morning:

200ml skimmed/semi-skimmed milk, buttermilk, drinking yogurt, skimmed/semi-skimmed yogurt, or 150g low-fat quark or protein-rich dairy product (maximum 6 grams of sugar per 100 grams or milliliters).

Try to vary sufficiently between different dairy products, such as natural dairy products, Optimel, Linessa (Lidl), Optifit (Aldi), and protein-rich dairy products (Melkunie Protein, Breaker High Protein, Lindahls Kvarg, etc.).

This amount of liquid dairy may be counted towards your total fluid intake.

Drink at least $\frac{1}{2}$ liter during the morning. Options include (mineral) water, tea, coffee, and sugar-free syrup. Please note: maximum 6 grams of sugar per 100ml.

Lunch:

Try to eat with a knife and fork, as this helps you eat more slowly.

1-2 slices of wholegrain bread OR 2-3 wholegrain crackers thinly spread with diet margarine.

Topped with lean savory fillings such as 30+ cheese, lean deli meats (ham, chicken breast, light spread pâté, smoked beef, roast meat, casselerrib, filet americain, roast beef, carpaccio), egg, 100% peanut butter, hummus, dairy spread, or cottage cheese.

Avoid fried products.

You may drink until the meal starts, then you eat and wait at least 30 minutes before drinking again.



During the afternoon:

200ml skimmed or semi-skimmed milk, buttermilk, skimmed or semi-skimmed yogurt, or 150g low-fat quark (maximum 6 grams of sugar per 100 grams/ml) OR vary with 1-2 wholegrain crackers with lean savory toppings. Please ensure you consume enough protein.

Optionally add a piece of fruit to the dairy product in the afternoon.

Again, try to drink at least ½ liter of fluids during the afternoon.

Hot meal:

100-120 grams lean meat, fish, chicken, 2-3 eggs, or a vegetarian alternative. Prepared in liquid cooking margarine or oil.

Gravy/sauce:

Try to choose lower-fat varieties and prepare these yourself as much as possible using pureed vegetables and fresh/dried herbs. Ready-made sauces and packet sauces generally contain a lot of sugar and salt.

Use sauces and gravy as flavoring and use small amounts only (maximum 1 tablespoon per meal).

Consume 1-2 serving spoons (100 grams) of vegetables, depending on what you are able to tolerate. Products from cans, jars, or frozen vegetables are also suitable.

If hungry:

Use 1 potato or 1 serving spoon of mashed potatoes, brown rice, or wholegrain pasta (maximum 50 grams cooked weight).

You may drink until the meal starts, then you eat and wait at least 30 minutes before drinking again.



During the evening:

200ml skimmed/semi-skimmed milk, buttermilk, skimmed/semi-skimmed yogurt, or 150g low-fat quark or protein-rich dairy. Optionally combined with another piece of fruit.

Choose quark, Skyr, or another high-protein dairy product such as Melkunie Protein products at least once daily. This helps ensure sufficient protein intake.

Again, try to drink at least ½ liter of fluids during the evening.



RECOMMENDED DAILY AMOUNTS AFTER A GASTRIC BYPASS, MINI GASTRIC BYPASS, OR GASTRIC SLEEVE SURGERY

It is important to achieve a daily protein intake of 80-100 grams, spread throughout the day.

- ▣ 2-3 slices wholegrain bread or 4-5 hard wholegrain crackers
- ▣ 10-15 grams diet margarine for bread or crackers
- ▣ 550-600ml dairy products (low-fat, semi-skimmed, no added sugar)
- ▣ Including at least once daily 150g quark, Skyr, or another protein-enriched dairy product
- ▣ 1 slice cheese (20 grams)
- ▣ 2-3 slices deli meat (30 grams)
- ▣ 120 grams (raw) meat, fish, chicken, or meat substitute
- ▣ 100 grams vegetables (2 serving spoons)
- ▣ 0-50 grams (0 to 1 serving spoon) potatoes, brown rice, wholegrain pasta, legumes
- ▣ 15 grams or 1 tablespoon liquid margarine or oil
- ▣ 1-2 pieces of fruit (1 piece = 100 grams)

The recommended amounts contain a total of 90 grams of protein. It is advised not to consume more than 20-25 grams of protein per eating moment.



Distribution of eating moments throughout the day:

Aim for 6 eating moments per day and allow a maximum of 2-3 hours between eating moments.





MULTIVITAMINS AND CALCIUM

The nutrition described above does not provide enough vitamins and minerals needed daily. In addition, the absorption of vitamins and minerals after surgery is reduced. Therefore, it is necessary to use a WLS multivitamin every day for life in addition to your nutrition.

It is recommended to use a high-dose WLS multivitamin supplement AND 1000mg calcium daily.

We recommend using one of the following multivitamins starting from day 1 of the pre-diet.

WLS (Weight Loss Surgery) Multivitamine:

- <https://fitforme.nl/>
- www.elan-products.nl
- [WLS Multivitamine Capsule | Perfecte aanvulling op je voeding](#) (also available in tablet form instead of capsules)
- [WLS SPECIAL MULTI](#) (vitamin spray)

In addition to the WLS multivitamins, you should supplement 1000mg calcium daily.

- Calcium can also be obtained through Elan, FitForMe, Flinndal, and other WLS brands based on calcium citrate. Please note that supplements based on calcium carbonate are not properly absorbed after bariatric surgery.



Please note:

- With the multivitamin chewable tablet, a separate iron tablet must be taken because iron is not included in the chewable tablet. The separate iron tablet is supplied free of charge and automatically included with the WLS multivitamin chewable tablet.
- Do not take multivitamins at the same time as dairy products, calcium tablets, or stomach protection medication. Keep at least 2 hours between them.
- Calcium may also not be taken together with dairy products. Keep at least 2 hours between them.
- The iron tablet may not be combined with calcium or dairy products. Also allow at least 2 hours between them.





For questions, you may contact us via the email address below or during telephone consultation hours between 12:00 and 12:30 on Monday, Tuesday, Thursday, and Friday.

Email: dietist.bariatric.boz@bravis.nl

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We wish you the best of luck.

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