



Welcome to
**BLOSSOM
BARIATRICS**

Your Journey to Permanent Weight Loss



Welcome to **Blossom Bariatrics**

We are beyond excited that you have chosen us to begin your weight loss journey!

Most of our clients come to us with a life long struggle of obesity related health conditions and failed dieting attempts. We understand that there are many providers out there and we want to thank you for taking the first step to a healthier you with Blossom Bariatrics! We have designed a fully comprehensive, all encompassing bariatric program to help you achieve long term weight loss. Our professionally trained staff and doctors are dedicated to achieving the best quality care and outcome for you.

Since 2008, Blossom Bariatrics has been assisting clients in their journey towards better health and more fulfilling lifestyles. Our practice is devoted to helping our clients regain a higher quality of life by losing their excess weight and start enjoying the simple pleasures in life again; such as playing with your children or grandchildren, riding a roller coaster for the first time, and starting to date and travel. We look forward to helping you blossom into a healthier you!

**Your success is our success, and we are
here for you every step of the way!**

For General Questions, please call the office at [855-256-7766](tel:855-256-7766) or email info@blossom.com

For Billing Questions, please call [888-221-2297](tel:888-221-2297) or email billing@blossom.com

www.Blossom.com



Warm Springs *Surgical Center*

Warm Springs Surgical Center is a dedicated surgical facility used specifically for Blossom Bariatrics clients. While some procedures are performed at our local hospitals, many of our clients' procedures are done at the Warm Springs Surgical Center facility.

Thanks to technological and technical advancements in surgical care and safety methods, our clients are more frequently choosing to carry out surgery at an ambulatory surgery center on an outpatient basis rather than traditional inpatient hospitalization.

Designed with our clients' medical needs, safety, and comfort in mind, our leading-edge facility is equipped with the latest technology to ensure precision and efficacy in all our surgical procedures.

Warm Springs Surgical Center is fully licensed by the state of Nevada and has been given the Center of Excellence accreditation.





Lifestyle Considerations
BEFORE SURGERY

This information is applicable for all clients
no matter which procedure you have.

Lifestyle Considerations Before Surgery

Pre-Op Nutrition Guide

EXPLORE YOUR RELATIONSHIP WITH FOOD AND STRUCTURE YOUR LIFE FOR SUCCESS

Bariatric surgery alters your physical ability to eat but it does not change your mental relationship with food. Success after surgery requires not only practicing new habits but also exploring the reasons behind old unhealthy ones. Support groups are available after surgery to establish a healthier relationship with food and avoid slipping back into old habits. Set the stage for success by making the following changes before surgery:

- Eat at the table. Recognizing fullness signals at meals requires paying attention while eating. Avoid distractions. No TV, computer or reading while eating.
- Start keeping a journal of your daily food intake and physical activity:
 - » How do your current eating habits compare with the bariatric eating guidelines?
 - » Which old habits are the hardest for you to change?
 - » Watch for situations that trigger you to eat when you are not physically hungry.
 - » Do you eat in response to certain emotions? Stressful situations? Boredom?
 - » How will you cope with these situations without using food after surgery?
- Rearrange your home environment to support your success.
- Clean out your cupboards, refrigerator and freezer of unhealthy foods.
- Restock your kitchen with healthy alternatives.
- Create a schedule for meals and exercise:
 - » Plan meals **at least** one day in advance.
 - » Make exercise a part of your daily routine.
 - » Plan **in advance** how you will handle special events, parties, etc.
- Discuss with other household members how your new way of eating will impact the rest of the household.

SURGERY IS A TOOL!

Surgical weight loss is a tool that helps you feel satiated (full) on a small amount of food. It is up to you to use the tool properly by giving your body the proper types of food and serving sizes it needs to lose or maintain weight loss. Choosing healthy foods over unhealthy foods is your choice!

Adhering to a healthy lifestyle increases your chance of success!

Setting Yourself Up for Success

FOOD INTAKE

- Eat 4-5 small frequent meals/snacks per day (no skipping meals)
- Eat protein at every meal and snack, and eat it first.
- Never eat carbohydrate foods alone. Always pair with protein. (Example: ½ an apple eaten with ½ cup of cottage cheese)
- Reduce portion size. Use a plate no more than 6 inches in diameter.
- Cut back or avoid starchy foods (e.g. breads, cereals, pastas). Limit to no more than one serving per meal.
- Eat slowly and chew well. Put your utensil down between each bite.
- Limit planned snacks to no more than 100-200 calories per day. No grazing.
- Consume at least 64oz of water daily between meals.
- Start taking a multi-vitamin everyday.

THINGS TO AVOID

- Alcoholic beverages
- Caffeinated beverages
- Carbonated beverages such as sodas, sparkling water, or energy drinks
- Drinking fluids with meals
- Fast food and buffets
- Fried foods
- Snack foods (e.g. chips, cookies, crackers, ice cream)
- Fruit juice, fruit drinks and other beverages that contain carbohydrate (e.g. Gatorade, lemonade, Powerade, sweetened tea.)
- Dairy milk (not prohibited but may cause discomfort)
- Processed food



Back to Basics - Initial Nutrition Consultation

MACRONUTRIENTS - PROTEIN, FAT, & CARBOHYDRATE

Its important to understand the food you put into your body so you can get the best outcome of you weight loss procedure. The following information is an introduction to the 3 macronutrients, and the effect each has on your body.

WHAT ARE THEY CALLED?	WHAT DO THEY DO FOR YOU?	WHERE DO YOU FIND THEM?	HOW MUCH TO EAT?
Proteins	Protein is essential for your body to grow and repair. Protein helps you maintain lean muscle while losing weight quickly after surgery. Protein is digested slowly which keeps you feeling fuller longer by stabilizing blood sugar.	Protein is found in poultry, beef, pork, fish, eggs, greek yogurt, cottage cheese, string cheese, and whey or plant based protein powders.	70-90g daily or 15-20g per meal/snack.
Fats	Fat helps with building & protecting cells, and making hormones. Your body uses fat for energy while following a low-carb diet.	Heathy fats are found in nuts and seeds, avocado, olive oil, butter, coconut oil, and omega 3 supplements.	
Carbohydrates	Carbs are digested very quickly and are turned into SUGAR. The body cannot use all this sugar and stores it as fat. Carbs should never be eaten alone. If eaten, they must be paired with protein to slow their digestion	Carbs are found in starchy vegetables like potatoes, peas, and corn, as well as rice, cereals, pasta, breads, chips, crackers, pastries, fruit, and beans. Dressings and condiments often contain carbs as well.	70-90 grams daily or 15-20 grams per meal/ snack *Notice your protein and carb goal are the same. Carb grams should not exceed protein grams at any meal or snack.

***Notice your daily protein and carb goal are the same! Your carbohydrate grams per meal or snack should be equal to, or less than your protein grams.**



Back to Basics - Initial Nutrition Consultation

CARBS TO FOCUS ON

- String beans
- Brussels sprouts
- All leafy greens
- Lettuce
- Kale
- Spinach
- Tomatoes
- Zucchini squash
- Yellow squash
- Carrots
- Parsnips
- Beets
- Cucumbers
- Celery
- Asparagus
- Broccoli
- Cauliflower
- Peppers
- Eggplant
- Sprouts
- Cabbages
- Mushrooms
- Lentils
- Refried Beans
- Pinto beans
- Black beans
- Navy Beans/White Beans
- Kidney beans
- Quinoa
- Squash

HIGH IN CARBS - TRY TO AVOID

- All Breads (includes muffins, English muffins, Bagels)
- Tortillas/Wraps
- Pastas
- Cereals
- Corn
- Rice
- Crackers
- All chips, corn, tortilla, rice chips
- Desserts
- Sugars
- Potatoes

All fruit serving sizes must be smaller than a tennis ball or 1/3 cup and eaten WITH a protein or fat. Example: Eat apple slices with almonds, natural peanut butter or cheese. Only one serving per day.

FRUITS - TRY AVOIDING FIRST 6 MONTHS

- Strawberries
- Blackberries
- Raspberries
- Blueberries
- Small apple or apple slices
- Grapefruit
- Lemons
- Limes
- Mandarin oranges
- Peaches
- Avocados
- Melon



Back to Basics - Initial Nutrition Consultation

GREAT SOURCES OF PROTEIN

- Greek Yogurt (7 grams or less sugar per serving)
- Mozzarella string cheese
- Beef/turkey jerky, low sodium
- Chicken Breast-baked, broiled or grilled
- Turkey Breast-baked, broiled or grilled
- Eggs
- Low fat ground beef at least 93% lean
- Fish: Un-breaded, not fried, only baked or broiled or grilled
- Whey Protein powder mix
- Cottage Cheese
- Plant Based Protein Powder

Sugars

Watch out for hidden sugars and added sugars. WHY? Sugar adds no nutrient value, adds extra calories, contributes to weight gain, and creates inflammation in the body. Sugar also increases Type II Diabetes risk and is highly addictive.

HIDDEN SUGARS

- Corn Syrup
- High Fructose Corn Syrup
- Maple Syrup
- Jams
- Jellys
- Honey
- Agave Syrup
- Alcohol
- BBQ Sauces
- Ketchup
- Salad Dressings
- Fruit at Bottom
- Fruit sweetened yogurts

Healthy alternatives to water:

- Crystal Light
- Vitamin Water Zero
- SoBe Lifewater Zero Calorie

Exercise:

The best source of exercise is walking! Start with walking 10-15 minutes 3 times a week and gradually increase your time to 30 minutes 3 times a week.



Smoking *Policy* 4 Weeks Before Surgery

We reserve the right to cancel your procedure if you have not stopped smoking 30 days prior to surgery. Patients who smoke are at a very high risk of surgical complication and post-surgery healing. The sooner you quit, the better but we recommend quitting 4 weeks prior to surgery and recommend you do not begin smoking for a minimum of 4 weeks after surgery.



Preparing
FOR SURGERY

Pre-Op Diet *Instructions*



Congratulations, you made it to surgery! We're proud of you for getting here! The following is information for you to prepare for surgery.

2 Week Pre-Op Diet:

In order to reduce the amount of fat in and around the liver, a preoperative diet must be followed for 14 days before your surgery. A large liver prevents your surgeon from visualizing certain anatomy during the procedure. If the liver is too large, it becomes unsafe to preform your surgery.

We cannot stress enough how important it is to follow the pre-op diet. If you have questions about the diet, please contact us directly.

If this diet is not followed, surgery may need to be delayed or cancelled.

**Unless instructed not to.*

Protein Powder

There are many brands and flavors of protein powders on the market. We encourage you to try different flavors and types to find the one that works best for you.

Types of Protein Powder:

- Whey Protein Isolate
- Whey Protein Concentrate
- Rice Protein Blends
- Pea Protein Blends



We have multiple brands online and in store
www.blossombariatricshop.com

Start the pre-op diet 2 weeks before your surgery date:

Breakfast: a protein shake made with water, or unsweetened almond or coconut milk. Add one scoop of protein powder in a flavor of your choosing into 8-12oz of the above mentioned liquids. Shake or stir. **Do not add fruit.**

Lunch: a protein shake made with water, or unsweetened almond, rice, or coconut milk. Add one scoop of protein powder in a flavor of your choosing into 8-12oz of the above mentioned liquids. Shake or stir. Do not add fruit.

Dinner: 4-5 oz of lean meat (beef, pork, chicken, turkey or fish) and 1-2 cups low starch vegetables (e.g. broccoli, green beans, asparagus, cauliflower, zucchini, etc.) No corn, peas, or potatoes. You may season as you like, and use olive oil or spray oil to cook with.

- No snacking in between
- Only sugar free beverages are permitted (e.g. water, Crystal Lite, Powerade Zero, etc.)
- No caffeinated or carbonated beverages



Medications & Supplements Prior to Surgery

We recommend that you discontinue the use of any blood thinning medications 2 weeks prior to surgery as it can increase the risk of excess bleeding during surgery. Consult with your prescribing physician prior to surgery.

Examples of this medication are included but not limited to:

- Asprin
- Plavix
- Coumadin
- Xarelto
- Ibuprofen

Supplements to discontinue 2 weeks prior to surgery:

- Vitamin E Supplements
- Flaxseed Supplements
- Fish Oil





After
SURGERY



After *Surgery*

We're so excited for you and your new lifestyle! The following postoperative diet is designed to give your new stomach ample time to heal. You need to treat your new stomach like a brand new stomach in training. You can't go back to eating regular texture foods right away. Regular textures eaten too soon could possibly have damaging effects.

For the first 24 hours after your procedure, you may drink water and chicken broth at room temperature. Make sure to take very small sips, and drink slowly.

HOW TO TREAT YOUR NEW STOMACH

Walk Every Hour

- Walking improves blood flow and speeds wound healing and minimize gas pain

Drink a Minimum of 48 oz of Water Daily

- Sip fluids slowly; don't gulp. Drink between meals (wait 30 minutes after a meal to resume drinking). Drinking too quickly can cause nausea and/or vomiting

Avoiding Nausea, Vomiting & Dumping Syndrome

- Eat small quantities at meal time
- Eat & drink very slowly
- Chew food well
- Avoid sweet & carbonated drinks
- Avoid foods high in sugar & fat
- Dumping is rare but can occur with high sugar

Constipation

- Prescription medication can cause constipation
- You may take over the counter medication such as Benefiber, Metimucial, Colace, Dicolax or magnesium citrate

When to Call Your Surgeon

- Surgical wound is red, hot and tender to the touch
- Surgical wound has green pus or drainage
- Uncontrolled vomiting
- Severe abdominal pain
- Severe shaking and sweating

No Chew Diet - *First Two Weeks*

24 hours after your procedure, and for the **first two weeks** you will follow the No Chew Diet. The No Chew Diet consists of liquids and protein.

#1

The number one priority is fluid!

The main reason for readmission post-bariatric surgery is dehydration. During this time, it's important to aim for 64 ounces of fluid a day, minimum 48 oz.

#2

The second priority is PROTEIN!

Protein is a key component to helping you heal.

Fluid & Protein Examples

Water and Water Alternatives

- Bariatric Advantage Clearly Protein Water, Premier Clear Protein Water
- Gatorade Zero, Powerade Zore, Crystal Lite, other sugar free beverages

Shakes

- Premier Protein Ready to Drink, Nectar Powders, any whey isolate or plant-based protein powder

Soups

- Unflavored protein powder can be added to broth
- Savory protein powder: Unjury Chicken Soup or Santa Fe Chili
- Bone broths or stock
- Water-consistency soups with protein (no cream or butter-based options)

*Remember, you can survive two weeks without food,
but you cannot survive two weeks without water!*

PROTEIN

IS A KEY COMPONENT TO HELPING YOU HEAL



Get them in our online store!

blossombariatricsshop.com



Hydration

Stay hydrated by taking small many sips throughout the day and in between meals. The goal is to drink 48-64 ounces of water daily. Remember, surgery not only diminishes your appetite but may also decrease your thirst drive. It's important to drink fluids, even if you don't feel thirsty.

DRINKING TO STAY HYDRATED

Signs of Dehydration

- Thirst
- Decreased urine output or dark urine
- Dizziness or light-headedness
- Dry, sticky mouth
- Headache

Tip

Get in the habit of filling up a water bottle or tumbler with your favorite water or water alternative beverage.

Water Alternatives

- Gatorade Zero
- Lemon, Lime or Cucumber Infused Water
- Green or Herbal Teas - Caffeine Free
- Crystal Light - Caffeine Free
- Electrolyte Water
- Vitamin Water Zero

Beware of products labeled 'sugar free' and 'low carb'. Many sugar free products could potentially cause gas, bloating and diarrhea.

No carbonation.

Caffeine permitted when you reach 64 ounces of water a day.

Alternative Sweeteners

- Stevia
- Tuvia
- Erythritol

Alcohol: Alcohol causes weight gain for a variety of different reasons. It is very high in carbohydrates and calories. Alcohol calories take priority as a fuel source in your body instead of your stored fat. When you drink alcohol,

FAT BURNING STOPS!





Textured foods:
Greek Yogurt



After Two Weeks

What an exciting time! At this point post-op, it's time to transition to real food; nutrition that can last a lifetime.

The following information is a guideline to follow once you've gotten a feel of your new stomach. It's a great time to introduce new suggested food into your diet. This is also when you will begin a vitamin/supplement regiment. It's important to follow up with your post-op appointments and blood work to ensure your vitamin levels are appropriate.

In addition to your 40-60 grams of whey protein drinks, do the following:

- You may continue 'No Chew Diet' example foods
- Start adding 1/4 cup of 'Textured Foods'
- Chew 20-30 times per bite of food
- Drink fluids between meals

Textured Foods

- Soft Cheeses
- Ground/shredded meats, NOT fried or breaded
- Dark or white poultry
- Fish, including tuna (with olive oil mayo)
- Lean beef (if tolerated)
- Greek yogurt
- Cottage cheese
- Eggs: scrambled, fried, omelet or egg salad (with olive oil mayo)
- Cooked or refried beans
- Nut butters
- Well-cooked/mushy vegetables
- Chicken or beef vegetable soups and pureed soups
- Beef or turkey chili
- NO deep fried foods

Be aware of the following until you know how your body tolerates these foods:

- **Raw Fruits & Vegetables**
- **Tough Meats**
- **Nuts & Seeds**

Be aware of overall calories...
Keep your record with the Baritastic App! *See page 48

After Two Weeks

Nutrition For Life: Solid Food Progression

Now it is time to focus on solid food progression for these next 3-6 weeks. Remember, you are still healing and recovering from this surgery, so please continue to eat and hydrate as tolerated.

***If you are not 2 weeks post-op, then **DO NOT** progress early.*

When you can tolerate solids, your new diet will be fairly similar to your pre-op diet, the only difference is that protein shakes are not required if you do not want to include them. However, keep in mind that protein shakes could be used as an easy alternative to help make meals/snacks easier and on the go.

Remember to not eat and drink at the same time, so wait ~30 min before and after each meal/snack to avoid overeating and feeling full too quickly.

TIP: Take small bites, chew thoroughly (20-30 times), eat slowly and **LISTEN** to your stomach

Once again, everyone heals and tolerates things differently, so there is not a “one plan” that works for all.

After Two Weeks

Required Supplements

Start all supplements 2 weeks post-surgery. Ideally, food is where we get our nutrients, but Less Food Intake = Less Nutrients. It's important to begin and stick to a vitamin regiment.

Multi-Vitamins

The body uses B vitamins to convert food into energy, keep the nervous system functioning properly, and to produce stress hormones. Taking multivitamins daily can replenish your body's supply. The vitamins and minerals in your daily multivitamin can also significantly reduce levels of stress and anxiety.

Suggested Brands: *Bariatric Advantage, Bariatric Fusion, Celebrate*

Suggested Methods: *Chewable or Capsule*

Suggested Dosage: *As Directed*



After Two Weeks

Calcium Citrate

Calcium is necessary for many normal functions of your body, especially bone formation and maintenance. Calcium can also bind to other minerals (such as phosphate) and aid in their removal from the body. Calcium citrate is used to prevent and to treat calcium deficiencies.

Suggested Brands: *Bariatric Advantage*

Suggested Methods: *Chewable or Capsule*

Suggested Dosage: *500mg 3x daily*



After Two Weeks

B Vitamins

- Referred to as vitamin B complex, the eight B vitamins — B1, B2, B3, B5, B6, B7, B9, B12 — play an important role in keeping our bodies running like well-oiled machines. These essential nutrients help convert our food into fuel, allowing us to stay energized throughout the day.



Probiotics

- Probiotics are "good" bacteria touted to help maintain digestive health and boost the immune system.



Omega 3 Fatty Acids

- Research shows that omega-3 fatty acids reduce inflammation and may help lower risk of chronic diseases such as heart disease, cancer, and arthritis. Omega-3 fatty acids are highly concentrated in the brain and appear to be important for cognitive (brain memory and performance) and behavioral function.



We carry a wide variety of supplements, protein powders and other items in our on-site and online store.

Visit www.blossombariatricsshop.com



Nutrition
FOR LIFE



Nutrition **For Life** - Beyond Surgery

At this point in your journey, you have learned so much about your new lifestyle and nutrition. You have experimented with new foods, you understand how your new stomach works and you are well on your way to long term success. The following information is the help you stay the course. Our staff is always available to help you and answer questions, no matter what stage you are in!

Remember:

- Start your day with protein, and start each meal with protein.
- Continue to eat at least 60-90 grams of protein daily.
- Example: 2oz of chicken breast = 14g of protein

Meals

- Protein & veggies
- Eat several small meals a day. Ideally 3 meals + 2 snacks
- If needed, substitute a meal with a protein shake
- Meals should be $\frac{1}{2}$ - $\frac{3}{4}$ cup total

Be aware of the following until you know how your body tolerates these foods:

- **Raw Fruits & Vegetables**
- **Tough Meats**
- **Nuts & Seeds**



PROTEINS BEST TOLERATED

- Whey Protein
- Chicken
- Turkey
- Eggs
- Fish
- Nuts And Seeds Ok
- Cottage Cheese
- Greek Yogurt
- String Cheese
- Ricotta Cheese
- Feta Cheese

VEGETABLES BEST TOLERATED*

- Green beans
- Carrots
- Spinach
- Lettuce
- Zucchini Squash
- Asparagus Tips
- Broccoli Florets
- Cucumber

*Can be frozen or fresh

GOOD CARBOHYDRATES

- String beans
- Brussel sprouts
- Lettuce
- Kale
- Spinach
- Tomatoes
- Zucchini Squash
- Yellow Squash
- Carrots
- Parsnips
- Beets
- Cucumber
- Celery
- Asparagus
- Broccoli
- Cauliflower
- Peppers
- Eggplant
- Sprouts
- Cabbage
- Mushrooms
- Lentils
- Peas
- Refried Beans
- Pinto Beans
- Black Beans
- Navy Beans
- White Beans
- Kidney Beans

FOODS TO AVOID

- Breaded Foods
- Salami
- Hot Dogs
- Sausage
- Margarine
- Regular Mayonnaise
- Gravy
- Fried Foods
- Lard



HIGH QUALITY LEAN SOURCES OF PROTEIN

SOURCE	AMOUNT	GRAMS OF PROTEIN
Beef: ground (<i>extra lean</i>)	1 oz	7
Chuck Roast (<i>trimmed of fat</i>)	1 oz	9
Chicken Breast (<i>roasted w/o skin</i>)	1 oz	9
Chicken Thigh (<i>roasted w/o skin</i>)	1 oz	7
Cheese, low fat	1 oz	7
Cottage Cheese, low fat (2%)	¼ cup	8
Cottage Cheese Nonfat	¼ cup	8
Egg	1	6
Egg Whites	2	7
Egg Substitutes	¼ cup	6
Fish (<i>cod, salmon, etc.</i>)	1 oz	7
Legumes (<i>e.g. black beans, lentils</i>)	½ cup	7-8
Ham, lean (4.5% fat) cured	1 oz	6
Pork Tenderloin	1 oz	8
Shellfish (<i>shrimp, crab, etc.</i>)	1 oz	6
Tofu	½ cup	10
Tuna (<i>canned in water</i>)	1 oz	7
Turkey (<i>dark meat w/o skin</i>)	1 oz	8
Turkey (<i>light meat w/o skin</i>)	1 oz	9
Greek Yogurt (<i>non fat, plain</i>)	4 oz	12-15



WEIGHING AND MEASURING PROTEINS

Your eyes will be bigger than your stomach after surgery so it is easy to overestimate the amount of food that you are actually eating. Use of a food scale is recommended.

When that isn't possible, the chart on the right is a useful guide.

Tips for Improving Tolerance to Protein Foods

Eating protein rich foods is important after surgery, yet many clients report difficulty tolerating them, especially during the early weeks and months after surgery. Consider the following tips:

- Naturally moist protein foods such as cottage cheese, eggs, fish, tofu and greek yogurt are usually well tolerated.
- Your new pouch can't grind and churn foods like your old stomach. Help it out by cutting meats into very small pieces. Ground, shredded or thinly sliced meats are often better tolerated than large pieces.
- Chop meats finely and use low calorie dressing to create "dips" and "salads." This works especially well for chicken, which clients often complain is too dry to manage.
- Don't overcook meats. The longer meats are cooked, the drier they become.
- Add moisture in the form of broths, marinades and sauces. **Beware:** sauces can add a lot of flavor and moisture, but can also pack in the sugar!
- Use moist cooking techniques like poaching, stewing and stir-frying. Broiling and grilling are great ways to keep the fat content low but can dry out meats quickly.
- Pound meat cuts into thin patties to both tenderize meat and speed up cooking time.



1 fist = 1 cup
The size of your fist also = 1 medium-sized whole fruit



1 tennis ball = 1 serving of fruit
2-4 servings per day



Palm = 3 oz. of meat, fish or poultry
The size of a deck of cards



Thumb (tip to base) = 1 oz. of cheese



Thumb tip = 1 teaspoon
Keep high fat foods at a minimum.



Handful = 1-2 oz. of snack food
1 handful of small nuts is 1 oz. For chips, 2 handfuls equals 1 oz.



Healthy Snacks



Bariatric Eating Guidelines

STRATEGIES FOR SUCCESS

HEALTHFUL EATING FOR THE REST OF YOUR LIFE

The diet describes the gradual transition from liquid supplements to solid foods. Remember that your new pouch is very small and you may be feeling full after eating only a few bites. Focus on getting in enough protein and fluid. Your calorie intake will increase as you are able to eat more at each meal.

The “honeymoon period” is often used to describe the early months after gastric bypass and sleeve gastrectomy surgery when weight loss is typically most rapid and physical hunger is reduced or absent. On the other hand, this is also the period when the pouch can be most finicky and clients are most likely to experience unpleasant side effects of surgery. Consider the following tips to help prepare for both the good days and the challenging ones:

- Continue to drink protein supplement for 1-2 meals per day while you start trying solid foods at your other meals. This will ensure adequate protein even if you can only tolerate 1 bite.
- Start with very tender protein sources (i.e. scrambled eggs, fish, tofu).
- When adding vegetables, start with soft cooked vegetables. Raw veggies may not agree with your new pouch at this point. Surprisingly, most clients tolerate lettuce quite well, just make sure you chew thorough and swallow slow.
- Try one new food at a time to check tolerance. If something doesn't agree with you, try it again at a later date.
- Do not skip meals, even if you are not hungry. Lack of appetite is common at this stage.
- Vary your menu to avoid monotony and burnout. While it's natural to focus on simple meals in the early weeks and months, it's easy to become reliant on a few easily tolerated sources of protein after surgery and “taste fatigue” is common. Even if you cannot eat much at a meal, challenge yourself to try new foods and vary your menu.
- Some clients experience mild **nausea** during early weeks after surgery. Sipping herbal tea or warm bone broth may help soothe a queasy stomach. Be patient and stay the course. It does get better!

Nutrition For Life - Beyond Surgery

- **Vomiting** is usually a result of eating too quickly, eating too much at a time or not chewing well enough. Learn from your experience.
- Chewing foods well also helps prevent foods from getting stuck in your pouch which can cause great discomfort.
- Don't try new foods while eating away from home.
- Many clients experience **taste changes** after surgery. Foods may taste sweeter or richer to you.
- **Excess gas (flatulence)** is common, especially following gastric bypass surgery. Digestive enzymes and probiotics have been proven to alleviate symptoms of gas. Over the counter products such as simethicone drops (Mylicon), Bean-O, Gas-X are ok to use. Internal deodorizers such as Devrom, are also now being marketed.
- **Constipation** is common. Refer to the **Supplements Page** in the **Blossom Bites** section for treatment suggestions.
- **Hair Loss** can be common. Consuming adequate protein and taking your vitamin supplements will help alleviate this problem.

Bariatric Websites & Tools

Many websites offer free online tools as well as meal ideas and other real life experiences to help you through your journey.

- **Blossom.com**
- **Baritastic App**
- **Youtube.com**

 **Like Us On Facebook**

Sample *Meals*



BREAKFAST

Spinach Frittata Muffins

Ingredients:

- 4 Large Egg Whites
- 2 Large Whole Eggs
- 1/4 c finely chopped onion (if tolerated)
- 1/4 c Chopped red or green peppers
- 1/2 c Chopped spinach
- Salt and Pepper to Taste

Instructions:

1. Preheat oven to 375 degrees F
2. Crack eggs into one bowl, whisk until well combined.
3. Add peppers, onions, spinach, and seasoning. Mix well
4. Spray 6 muffin tins with olive oil.
5. Pour mixture into the 6 muffin tin about 3/4 of the way full. Bake for about 15 to 20 minutes or until firm.
6. Use a thin spatula or butter knife to gently remove the frittata muffins from the tray

Nutrition:

Serving Size:	3 Muffins
Calories:	141
Protein:	15 g
Carbohydrates:	3 g
Fat:	8 g



BREAKFAST

Avocado Toad in the Hole

Ingredients:

- 1 Medium Avocado (cut in half, pitted, skin on)
- 2 Large Eggs
- Salt and Pepper to Taste
- 1/4c Parmesan Cheese

Instructions:

1. Preheat oven to 350 degrees F
2. Cut avocado in half with pits removed and scoop out 1/3 of the meat of each half. You will want to create enough space for the egg to fit inside.
3. Crack 1 egg into each half avocado and sprinkle the cheese, salt and pepper over the tops of the eggs.
4. Bake for 12-15 minutes, until the egg white is set and no longer jiggles when you shake the pan.

Nutrition:

Serving Size:	1 Each
Calories:	176
Protein:	15 g
Carbohydrates:	5 g
Fat:	15 g



LUNCH

Zucchini Boat

Ingredients:

- 2 Medium Zucchini
- 1/2 lb Ground Turkey
- 1/4 c chopped onion
- 1/4 c chopped mushrooms
- 1/2 c tomato sauce
- 1 Tsp. Garlic Powder
- 1/4 tsp. Cayenne Pepper (if you desire spicy)
- Salt and Pepper to Taste
- 1/8 c shredded low fat mozzarella cheese

Nutrition:

Serving Size:	2 Boats
Calories:	251
Protein:	26 g
Carbohydrates:	12 g
Fat:	11 g

Instructions:

1. Preheat oven to 250 degrees F
2. Cut zucchini in half lengthwise.
3. Scoop out pulp, leaving 1/4 in shells.
4. In a large skillet, combine Ground Turkey, onion, mushroom, and seasoning. Cook until turkey is no longer pink, but brown.
5. Add tomato sauce and mix until simmer. Then remove from heat.
6. Scoop about 1/4 c mixture into each shell.
7. Sprinkle cheese over top.
8. Bake uncovered for 20 mins or until brown.



LUNCH

Cauliflower Fried Rice

Ingredients:

- 2 tbsp. Low-sodium soy sauce
- 1 tsp. Mustard
- 1 tsp chili paste (if you desire spicy)
- 1 tsp toasted sesame oil
- 3 oz boneless, skinless chicken breast cut into 1/2" cubes
- Salt and Pepper to taste
- 1/4 c chopped green onions
- 1/4c chopped carrot
- 1 clove garlic, minced
- 1 c Chopped Cauliflower
- 1 Large Egg

Nutrition:

Serving Size:	Half the Recipe
Calories:	139
Protein:	14 g
Carbohydrates:	5 g
Fat:	7 g

Instructions:

1. In a small bowl, combine soy sauce, mustard, chili paste and sesame oil. Set aside.
2. Season cubed chicken with salt and pepper.
3. Spray coat large skillet with olive and place over medium heat until hot.
4. Sear chicken till browned and no longer pink inside. Then set aside.
5. In the same pan, combine all the vegetables, and stir frequently for 2-3 minutes.
6. Use a spoon or spatula, create a hole in the mixture to expose the center of the pan. Crack the egg in the middle of the pan and scramble.
7. Return chicken, add the sauce, and merry all the ingredients for an additional 1 minute.
8. Plate and Serve.



DINNER

Meatballs

Ingredients:

- 1/2 lb lean ground beef
- 1/4 c chopped onion
- 1 garlic clove minced
- 1 egg
- 1 tbsp parmesan cheese, finely grated
- 1 tsp Italian seasoning
- 1 tsp salt
- Pinch of pepper

Instructions:

1. Preheat oven to 400 degrees F
2. Mix together onion, garlic, egg, cheese, ground beef, and seasoning in a large mixing bowl.
3. Form into 1 inch balls and place on greased cookie sheet.
4. Bake for 15-20 minutes or until meatballs are browned and cooked through.
5. Serve with steamed or stir fried vegetables.

Nutrition:

Serving Size:	4 Balls
Calories:	264
Protein:	27 g
Carbohydrates:	3
Fat:	16 g



DINNER

Vegetarian Lettuce Wraps

Ingredients:

- 3 tablespoons hoisin sauce
- 3 tablespoons reduced-sodium soy sauce
- 2 tablespoons rice vinegar
- 1 teaspoon sesame oil
- 2 teaspoons Olive Oil
- 1 (12- to 14-ounce) package extra-firm tofu (do not use silken)
- 8 ounces baby bella (cremini) mushrooms, finely chopped
- 1 (8-ounce) can water chestnuts, drained and finely chopped
- 2 cloves garlic, minced
- 2 teaspoons freshly grated ginger
- 1/4 teaspoon red pepper flakes (omit if sensitive to spice)
- 4 green onions, thinly sliced, divided
- 8 large inner leaves romaine lettuce (from a romaine heart) or butter lettuce leaves

Nutrition:

Serving Size:	1 of 4
Calories:	194
Protein:	14 g
Carbohydrates:	16 g
Fat:	9 g

Instructions:

1. In a small bowl, stir together the hoisin, soy sauce, rice vinegar, and sesame oil. Set aside.
2. Press the tofu between paper towels to squeeze out as much liquid as possible. Refresh the paper towels and press again. Heat the 2 teaspoons canola oil in a large nonstick skillet over medium-high. Once the oil is hot, crumble in the tofu, breaking it into very small pieces as it cooks. Continue cooking for 5 minutes, then add the diced mushrooms. Continue cooking until any remaining tofu liquid cooks off and the tofu starts to turn golden, about 3 minutes more. Stir in the water chestnuts, garlic, ginger, red pepper flakes, and half of the green onions and cook until fragrant, about 30 seconds more.
3. Pour the sauce over the top of the tofu mixture and stir to coat. Cook just until you hear bubbling and the sauce is warmed through, 30 to 60 seconds.
4. Spoon the tofu mixture into individual lettuce leaves. Top with remaining green onions, grated carrots, and additional red pepper flakes as desired. Enjoy immediately.



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The Blossom Podcast

with Registered Dietitian

Alex Concepcion, RD, LD

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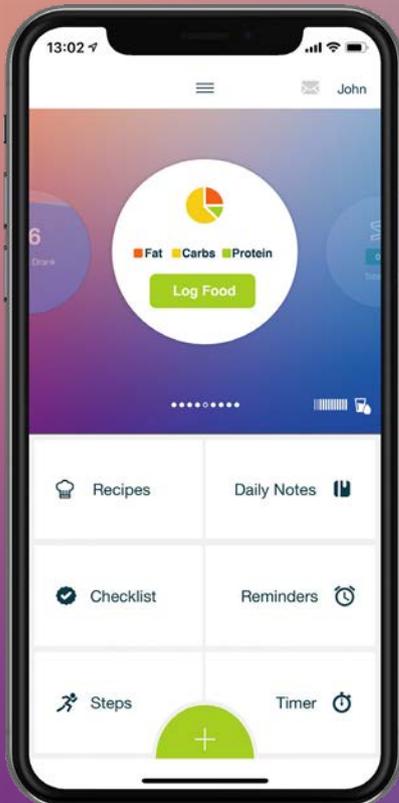


GET AN INTRODUCTORY
PHONE CALL WITH

*Tabitha
Johnson*

– Bariatric Coach &
Post-Op Blossom Client –

*BariBoss program fees available by speaking with Tabitha directly



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Nutritional
FAQs

Nutritional FAQs



Q. The goal is 64 ounces of fluids a day. Does my protein shake(s) count toward that goal?

A. Yes, there is “free water” in protein shakes, so a shake will contribute to both goals of 64 ounces of water and 60 grams of protein per day. During the two weeks of the no-chew diet, we want the main focus and goal to be at least 64 ounces of fluids daily.

Q. When you say fluids, does that mean plain water only?

A. No, this does not mean plain water only, this is not a clear liquid diet but it is a liquid diet. You can change up the plain water with Gatorade Zero, Powerade Zero, Bai, Crystal Light, etc. **Just no caffeine, carbonation or added sugar/sweetened beverages.**

Q. Can you have “too much” protein?

A. Yes you can consume too much protein, but it will be difficult to go overboard after your sleeve. There are other factors to consider beyond the protein intake. If you are maintaining the recommended caloric range, hydration, vegetables (fiber), vitamins, you are at less risk of consuming too much protein.

Q. Will I have to drink protein shakes my whole life?

A. Keep in mind that you are not required to drink shakes daily, but they do maintain a great level of control with calories and protein intake. By leaning on 1-2 shakes a day, you won't be vulnerable to “making the right food choice.” You will be most vulnerable in the first 6 months.

If you find yourself confused about what you can or cannot have, or you are easily tempted with certain foods, we recommend sticking to the shakes for at least the first 6 months to maximize the potential of your new tool in the time period that's most valuable.

Q. Is hair loss inevitable?

A. Hair loss or total prevention of hair loss is not guaranteed, but you can take some steps to minimize your chances. Protein is the number 1 priority. Yes, B vitamins (Biotin) can help, but no matter how much you take, it won't do anything unless you are getting adequate protein intake. Check out the **Blossom Podcast** episode about hair loss.

*Individual results may vary.



Nutritional FAQs - Continued

Q. Will I have to take supplements my whole life?

A. **Short answer, Yes.** At the very least, you will be taking a bariatric brand multi-vitamin and calcium citrate supplement daily. Normally, nutrients are found in the foods we eat but due to the size of your new stomach, it is no longer possible to consume enough food to meet our daily vitamin/mineral needs.

Q. Can I eat fruit?

A. We want to maximize the potential of the sleeve in the time period that's most valuable. The first 6 months is that window. You are now physically restricted; prioritizing protein and non-starchy veggies establishes a foundation for long term success because you can't consume much. Build good habits and we can introduce and balance fruits and whole grains after the 6 month period.

Q. Why are you so strict about not cheating for the first 6 months?

A. **If you don't lose the majority of your weight in the first 6 months, statistically you won't.** It's not that you physically can't, its that if you don't make a lifestyle change in the first 6 months when it's difficult, it's not likely you will when it gets easier. These first 6 months are a foundation building period. We are building a foundation for long term success, and maximizing the potential of the sleeve in the time period that's most valuable.

Q. I've heard that stalls are normal and I should expect them. When are the common stalls and what should I do if/when I am experiencing a stall?

A. First stalls are common 2-6 weeks after surgery. BUT, you are not stalling... **you are healing!** Recognize that you just had a major surgical procedure and the very nature of this tool is to limit resources. When your resources are limited, your body will hoard resources (that may not affect your body composition negatively, but could affect the NUMBER ON THE SCALE) which is why you can lose INCHES AND NOT POUNDS on the scale! This does not mean you are not progressing.

Compliance is the science; give your body water, protein, vitamins/minerals, stay calorically controlled and your body will move!

*Individual results may vary.



Nutritional FAQs - Continued

Q. How many calories should I be having? How many carbs? How much fat?

A. The suggested criteria is 600-1000 calories, minimum 60g protein, and less than 50g total carbohydrates per day. We highly encourage you to log your food in **Baritastic** so you can confirm you are not exceeding these goals.

Q. After 2 weeks of the no chew diet and I have transitioned to 'regular food', how often should I be eating?

A. There is no specific plan for anyone, since everyone heals differently; if you and I were to cut our finger today... we wouldn't be healed on the same day. Some people can immediately tolerate steaks, and some need a couple of extra weeks on the no chew diet. There is not one thing I can tell you that you can tolerate at any given time, at any rate, or volume.

On day X one person can tolerate 2 bites whereas another 10 bites. Based on what you can tolerate; you may be able to accomplish this with 3 meals. If the volume you can tolerate is less, then you will have to eat 5-6 smaller meals.

Q. When can I exercise?

A. You are encouraged to walk right after surgery to help alleviate gas/bloating and to help prevent blood clots from surgery. If you wish to increase intensity or add weight bearing exercises, we want you to wait 3-4 weeks for surgical sites to heal in order to prevent any issues with wound healing.

Q. Do I count total or net carbs?

A. It is recommended to count total carbs to get a better idea of how many carbs that food provides and how many carbs your body will be absorbing if you were to eat that food. You can check out the **Blossom Podcast** or our YouTube channel where we discuss this topic in detail.

*Individual results may vary.



Nutritional FAQs - Continued

Q. It's been 2 months since my procedure and I'm never hungry, is that normal?

A. You are physically restricted and you no longer have the hunger hormone. What you are experiencing is the literal expectation...

IT WORKED. YOU DO NEED NUTRIENTS TO SURVIVE THOUGH! The expectation now is to schedule your meals. Set alarms, and create a routine because you are now eating to live... not living to eat. Remember; minimum 600 calories, at least 60g protein, and less than 50g total carbohydrates per day!

Q. It's been 2 months since my procedure and I'm always hungry, is that normal?

A. You are physically restricted and you no longer have the hunger hormone. A small amount of protein shake should satiate you. However, the lack of the hunger hormone cannot replace a lifetime of experiences with food. Celebrations, holidays, birthdays, certain times of the year and people, can induce a very realistic but fake hunger. It's not real. When you recognize this, it is easier to turn off. Recognize that you are having a nostalgic moment, you are bored, or this is a routine. If for 20 years you didn't sit on the couch without a snack, it's very likely that routine has manifested a fake hunger.

If you cannot manage this and experiencing extreme hunger, we recommend connecting **BariBoss**, our bariatric coaching partner to help you understand the mental aspect of things!

Q. I am extremely constipated, is this normal?

A. This is a possibility and it is normal for a certain amount of time. Remember that when you have surgery, your bowels are emptied. Also, you will be consuming protein in the form of liquids and added powder for the first few weeks, so that may not add enough bulk for your body to produce stool; therefore it is possible to confuse not having a bowel movement as constipation, however, if you physically feel the discomfort of constipation, then maybe a stool softener is recommended. Also, be sure to hit your daily hydration count because constipation can also be a symptom of dehydration.

*Individual results may vary.



Nutritional FAQs - Continued

Q. I have diarrhea, is that normal?

A. It is normal to experience diarrhea but only for a certain amount of time. You just had a surgical procedure, and your body is healing, adapting and adjusting to the changes. You have been consuming only liquids and shakes for a few weeks so that may be enough to make stool extremely soft and pass as diarrhea. However, if diarrhea persists, then contact your primary care physician because this can definitely lead to dehydration.

Q. Do you have a cookbook?

A. We do not have a cookbook, but we do have a partnership with **GastricSleeveRecipes.com**, they will offer our patients a one week free trial and then a deeply discounted annual fee for their subscription platform!

Q. Do you offer support for the mental aspect of weight loss surgery?

A. We've partnered with Certified Bariatric Coach, **Tabitha Johnson** and her company **Bari-Boss!** Visit **BlossomBariatrics.com/Bariboss** to learn more.

Q. When will the dietitian follow up with me?

A. The dietitian will follow up with you about 2-3 weeks after the date of your surgery. This will be in the form of an email with the results of your metabolic test. Remember that you can always email or call before then if you have any serious questions or concerns!

Q. In your opinion, what are the traits that the most successful patients have?

- A. 1. Adherence to the exact diet style our dietitians provided.
2. Exercise and staying active.

*Individual results may vary.



Lab
PROCEDURES

Lab Procedures

Patient: _____ DOB: _____

✓ To be completed	Test	LabCorp Code	Quest Code
✓	25 OH Vitamin D	081950	92888
✓	Folate	002014	466
✓	RBC Magnesium	080283	623
✓	CMP	322000	10231
✓	CBC with Diff / Plt	005009	6399
✓	Iron & IBC	001321	7573
✓	Wholeblood Vitamin B1	121186	5042
✓	Vitamin B6	004655	926
✓	Vitamin B12	001503	927
✓	Serum Selenium	716910	5507
✓	Serum Ferritin	004598	457
✓	HBA1C	001453	496
✓	Lipid Panel	303756	7600
✓	Serum Uric Acid	001057	905
✓	Serum Vitamin A	017509	921
✓	Serum Zinc	001800	945
✓	Serum Copper	001586	363
✓	TSH	004259	899
✓	Other:		
✓	Other:		

Pre & Post-Operative ICD 10 Codes:

E56.9 Multi Vitamin Deficiency	E63.9 Unspecified Nutritional Deficiency	E88.9 Metabolism Disorder	E66.01 Morbid Obesity	K90.9 Intestinal Malabsorption	R73.09 Other Abnormal Glucose
D50.9 Iron Deficiency	R74.0 Elevated Transaminases	E53.1 Pyridoxine Deficiency	E55.9 Vitamin D Deficiency Unspecified	R94.6 Abnormal Thyroid	

* See second page for patient instructions

Lab Req 2018-12

Patient Instructions

1. Instructions:

- » Take this paper, your insurance card and ID to your health care provider. You cannot take this form to the lab with out seeing your health care provider first. The Laboratory Requisition is not valid without a health care provider signature.
- » If you do not know the location of your lab, call your health care provider or insurance company for the location closest to you.
- » A copy of your lab results will be sent to the health care provider who signed/ordered these labs. This is the same provider who will go over the results with you.
- » Allow 2 weeks for processing.
- » You and your health care provider can contact us anytime with questions at 702-463-3300.

2. When to have your lab tests done:

- » 2 weeks before your 6 month follow up appointment with your health care provider.
- » 2 weeks before your annual follow up appointment your health care provider.

3. Diet, Medication, and Vitamin Supplements:

- » Fast for at least 12 hours before your blood draw.
- » Take your regular medications with sips of water the day of your blood draw.
- » Drink at least 64 oz. of water the day before your draw.
- » Do not take your vitamin supplements during the 48 hours before your blood draw.



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