

Basic Nutrition Reminder Information Upon Discharge

Protein Powder Information

Important:

Recipes and instructions are in your Food Stages and Recipe packets from the pre-op class with the Dietitian. The nutrition packets were to be downloaded from your video class emails via blue hyperlinks and saved/printed. You were also allowed to purchase hard copies from The GI and Bariatric Nutrition Center. If you did not download these handouts or print them, you will need them. Contact 443-490-1240 to have them re-emailed to you, or you may purchase your nutrition books for each class by calling 443-490-1240.

Important:

Initially post-surgery as discussed in class everything tastes too sweet due to taste bud changes from the hormone release. Due to taste bud issues with sweet flavors, taste intolerance, and lactose intolerance. These unflavored powder options are all lactose free and can be added to all full liquid foods. You can then change the flavors using the flavorings list in your packet. Remember not to drink the same flavor over and over as it will cause taste intolerances.

1. If milk is not tolerated Unjury is another excellent 100% Whey Isolate **unflavored form of protein** (contains no milk). This can be purchased at: 1-800-517-5111 www.unjury.com.
2. **Isopure** un-flavored whey isolate protein powder at GNC and the Vitamin Shoppe
3. **Plant Fusion**: No dairy, no soy, no animal products. Hypoallergenic & Gluten Free. 22g Protein per serving. These are also available in some Wegman's grocery stores and some Vitamin Shoppe's.
4. **Bariatric Advantage Nectar Unflavored Protein Powder** high protein 100% whey isolate unflavored protein powder **or call 1-800-898-6888** and tell them you are ordering through "The GI and Bariatric Nutrition Center" or use the

distributor validation code GIBNC

5. www.truenutrition.com has wholesale protein powders and a picture link is available on our www.nutrition5.com website under the links resources.
6. GENEPRO Protein Powder 30 grams in 1 TBSP, odorless/flavorless located at Vitamin Shoppe and GNC, and on www.nutrition5.com or by clicking directly to [Genepro](#) you can use the coupon code GIBNC10 for 10% discount from the merchant.
7. [Jay Robb Whey Isolate](#)
8. www.truenutrition.com has any powder wholesale [True Nutrition Whey Isolate](#) protein products.

Hypo-Allergenic Protein Powder Options:

- [Olympians pea protein powder](#)
- [Plant Fusion](#) Plant Fusion unflavored hypo-allergenic protein powder located at Wegmans grocery store.
- [Jay Robb egg white protein powders](#) (also has a whey isolate unflavored protein powder online)
- www.truenutrition.com has any powder wholesale [Vegan protein powder options](#)
- www.orgain.com all organic protein readymade drinks and powders for dairy tolerant and vegan products

Ready Made Shakes recommended:

[Fair Life Core](#) 30 grams protein and lactose free

[Ensure Max](#) 30 grams of protein and lactose free

Vitamins:

All the Bariatric vitamin options were also provided in detail per vitamin option, how to purchase them, links to order them, and a schedule on how to take each regimen in your downloadable Pre-op Dietitian Instructions Packet from the pre-op online video class with the Dietitian.

There are free short clip videos to re-watch on how to take them on <https://www.nutrition5.com/videos> on the videos link tab at the top of the page.

There are picture links to all the vitamin companies recommended on the links tab on <https://www.nutrition5.com/links>. If you need this information re-emailed to you to download and save or would like to purchase the pre-op nutrition packet hardcopy, please call The GI and Bariatric Nutrition Center at 443-490-1240 or email us through www.nutrition5.com. You can contact us directly by clicking [Contact page](#) link.

Initial Protein Intake:

During the first month and a half post-surgery the minimum goal for protein for women is 60 grams a day, and the minimum for men is 70 grams a day. The body will use the stored protein in the body for about a month and a half and then your actual protein needs that were calculated and provided to you in the nutrition plan provided at your first nutrition appointment will be necessary to continue weight loss and prevent malnutrition. If you have misplaced your nutrition plan, please contact GIBNC via email on www.nutrition5.com or by calling 443-490-1240 to get your actual protein needs again.

Initial Fluid Intake:

As discussed in class, most of you will struggle initially with plain water as it is a heavy viscous fluid, will make you very full, and taste metallic especially if tap water. Try the 0-15 calorie beverages lists like (True packets, Skinny Girl and Stur drops, Crystal Light Pure etc.) provided in both nutrition packets from both video class series. You may also add 2-3 tbsp of 100% juice to plain water to thin it out and create your own 0-15 calorie beverage.

Alternate flavors so as not to get taste intolerant. Water down the flavored beverages so they will not taste too sweet or mix with decaf iced tea to reduce sweetness. Broths count as fluid and the sodium helps with retaining fluids. We recommend using at least one electrolyte beverage daily to help reduce dehydration risk such as smart water and Gatorade zero. You must get in a minimum of 48 ounces of fluids every day (no caffeine no carbonation) to stay out of the ER for dehydration. Increase fluids to 64 ounces a day as you are able.