

LEARNING MADE EASY



2nd Edition

Weight Loss Surgery Cookbook

for
dummies[®]
A Wiley Brand



Keep the weight off
after surgery

Know which foods to eat
and which foods to avoid

Includes more than 150 healthy
and satisfying recipes

Brian K. Davidson
Sarah Krieger, MPH,
RDN, LDN

Weight Loss Surgery Cookbook

for
dummies[®]
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2nd edition

**by Brian K. Davidson and
Sarah Krieger, MPH, RDN, LDN**

for
dummies[®]
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Contents at a Glance

Introduction	1
Part 1: Eating Right with Every Bite	5
CHAPTER 1: Fueling the New You: Ingredients for Success.	7
CHAPTER 2: Dietary Guidelines for the First Few Months After Surgery.	13
CHAPTER 3: Keeping the Weight Off: Healthy Eating for Life	37
CHAPTER 4: Planning to Succeed: The Art of Meal Planning.	69
CHAPTER 5: Kitchen and Pantry Makeover	83
CHAPTER 6: Top Tips for Food Preparation and Cooking	97
Part 2: Now You're Cooking! Healthy and Delicious Dishes	117
CHAPTER 7: Balanced Breakfasts	119
CHAPTER 8: Bunches of Lunches and Brunches	135
CHAPTER 9: Umm . . . Tastes Like Chicken: Poultry Dishes	157
CHAPTER 10: Let's Meat in the Kitchen: Beef and Pork Recipes	175
CHAPTER 11: Let's Not Forget: Lamb and Other Meats	195
CHAPTER 12: Catching On to Fish and Seafood.	209
CHAPTER 13: Viva la Vegetarian	231
Part 3: Simple Recipes to Enjoy Any Time	251
CHAPTER 14: Scrumptious Smoothies	253
CHAPTER 15: Alluring Appetizers	267
CHAPTER 16: Sumptuous Soups and Stews	283
CHAPTER 17: Completing the Meal: Vegetables and Side Dishes.	293
CHAPTER 18: Smart Snacking	311
CHAPTER 19: Divine Desserts	323
CHAPTER 20: Super Simple Cooking for One . . . or Two	339
Part 4: The Part of Tens	353
CHAPTER 21: Ten Tips for Long-Term Success.	355
CHAPTER 22: Ten Easy-to-Prepare Meals Your Family Will Love	361
Index	371

Recipes at a Glance

Recipes for the “Smooth Foods” Stage

☺ Asiago Carrot and Potato Au Gratin	295
☺ Banana Berry	255
☺ Chocolate-Covered Berries	266
☺ Coconut Kiwi	258
☺ Mango Twister	257
☺ Orangalicious	260
☺ Peaches and Cream	259
☺ Smooth Peanut Banana	265
☺ Spiced Apple Pie	263
☺ Spicy Pumpkin Yogurt	122
☺ Strawberry Cheesecake	256
☺ Sweet Potato Bake	296
White Albacore Tuna Dip	276

Recipes for the “Soft Foods” Stage

☺ Berries with Cannoli Cream	329
☺ Berry Delicious Egg Custard	146
☺ Berrycotta Pancakes	134
Broccoli Cheese Soup	285
☺ Caprese: Tomato, Basil, and Mozzarella Pasta	238
Crab-Stuffed Deviled Eggs	272
☺ Creamed Spinach	349
Curried Chicken Liver	203
☺ Fruit with Dark Chocolate Sauce	326
Greek Meatballs with Yogurt Sauce	182
Greek Turkey Burgers with Yogurt Sauce	171
Havarti Scramble with Salmon	125
Herb-Infused Poached Mahi-Mahi	216
☺ Honeydew Mint	261
Italian Halibut	223
Lemon Garlic Dover Sole	218
☺ Lentil, Eggplant, and Mushroom Curry	237
☺ Mango Cream	335
☺ Mexi Cheese Cubes	322
Parmesan Baked Haddock	222
☺ Peaches and Creamy Wheat	351

☞ Piña Colada Fruit 'n Cheese	143
Poached Chicken in Herbs with Tangy Dressing	167
Poached Chicken with Lowfat Cream Sauce	164
☞ Pumpkin Custard	334
☞ Quinoa Salad with Cashews and Greens	234
☞ Ricotta Lemon Curd	332
Salisbury Steak with Sautéed Vegetables	179
Salmon with Honey-Garlic-Caramelized Onions	214
☞ Seared Tofu with Peanut Sauce	239
☞ Steel-Cut Oats with Almonds and Cherries	132
☞ Steel-Cut Oats with Egg and Spinach	133
Tasty Salmon Cakes	215
☞ Triple Berry Yogurt Parfait	123
☞ Vegetable Lasagna	140
☞ Vegetable Soup	347
Venison Chili	205

Breakfasts

☞ Banana Bran Muffins	129
☞ Berrycotta Pancakes	134
Canadian Bacon and Spinach Frittata	126
Havarti Scramble with Salmon	125
☞ Honey, Almonds, and Oats Breakfast Bar	130
☞ Quinoa Pilaf with Dried Cherries and Pecans	128
☞ Spicy Pumpkin Yogurt	122
☞ Steel-Cut Oats with Almonds and Cherries	132
☞ Steel-Cut Oats with Egg and Spinach	133
☞ Swiss Oatmeal	131
☞ Triple Berry Yogurt Parfait	123

Lunches and Brunches

☞ Berry Delicious Egg Custard	146
Cheesy Chicken Enchiladas	138
Crustless Seafood Quiche	145
Curried Apple and Tuna Salad	154
☞ Eggless Egg Salad	155
Grilled Chicken and Pecan Salad	152
Orzo and Salmon Salad	150
☞ Pimento Cheese and Tomato Wrap	148

☞ Piña Colada Fruit 'n Cheese	143
Poached Herb Chicken Salad with Tangy Dressing	153
Quick Seafood Salad	151
Stuffed Avocados with Chicken-Corn Salsa	142
☞ Vegetable Lasagna	140

Appetizers

☞ The Best Hummus	278
Chicken Satay	280
☞ Chunky Salsa	277
Crab-Stuffed Deviled Eggs	272
Grilled Shrimp	269
Mini Sweet Peppers Baked with Cheese and Herbs	273
Pork Ginger Kebabs	281
Scallops with Spicy Tomato Chutney	270
Thai Chicken Wraps	274
White Albacore Tuna Dip	276

Poultry Entrées

Chicken in Mushroom Wine Sauce with Pasta	169
Chicken with Peppers and Olives	161
Chicken with Tomato-Mushroom Sauce	166
Greek Turkey Burgers with Yogurt Sauce	171
Herb-Roasted Cornish Game Hens	168
Mojo Chicken	163
Poached Chicken in Herbs with Tangy Dressing	167
Poached Chicken with Lowfat Cream Sauce	164
Spicy Picante Turkey Casserole	173
Turkey Cutlets with Thyme-Tomato Sauce	162

Beef and Pork Entrées

Chilled Roasted Vegetable Salad with Pork Tenderloin	189
Greek Meatballs with Yogurt Sauce	182
Home-Style Meatloaf with Tomato Gravy	180
Oriental Steak Strips with Mushrooms and Cherry Tomatoes	186
Pork Loin with Greens and Exotic Mushroom Fried Rice	191
Pork Tenderloin Cutlets with Pear and Ginger Sauce	194
Salisbury Steak with Sautéed Vegetables	179
Spanish Steak with Black Bean Salsa	192
Spicy Pork Kebabs with Pineapple	185
Taco Salad	188

Lamb and Other Meat Entrées

Bison Sliders	207
Bison Stew	206
Curried Chicken Liver	203
Greek Meatballs with Tzatziki	200
Leg of Lamb with Thyme and Orange	197
Lamb Vindaloo	198
Roasted Rack of Lamb	199
Venison Chili	205

Fish and Seafood Entrées

Angel Hair and Salmon with Spicy Basil Sauce	213
Black-Eyed Dill Tuna	228
Crab Salad Melts	229
Herb-Infused Poached Mahi-Mahi	216
Italian Halibut	223
Lemon Garlic Dover Sole	218
Parmesan Baked Haddock	222
Salmon Patties	230
Salmon with Honey-Garlic-Caramelized Onions	214
Sautéed Shrimp with Asparagus Tips	225
Sea Bass with Herb-Spiced Pecans	220
Shrimp Louie	226
Stove-top Weeknight Fish with Leeks and Scallions	219
Tasty Salmon Cakes	215

Vegetarian Entrées

🍴 Blackened Tofu	241
🍴 Caprese: Tomato, Basil, and Mozzarella Pasta	238
🍴 Corn Tomato Basil Salad	236
🍴 Easy Cheesy Navy Bean Bake	245
🍴 Fresh Spinach Salad with Roasted Corn	233
🍴 Hearty Moussaka with Beans	246
🍴 Lentil, Eggplant, and Mushroom Curry	237
🍴 Portobello Burger	250
🍴 Potato and Zucchini Veggie Burger	249
🍴 Quinoa Salad with Cashews and Greens	234
🍴 Seared Tofu with Peanut Sauce	239
🍴 Smoked Gouda–Stuffed Peppers	244

🍴 Tabbouleh with Avocado	235
🍴 Tofu Vegetable—Non-Spicy Curry.	242
🍴 Vegetable-Tofu Stir-Fry	240

Meals for One or Two

🍴 Balsamic Strawberries.	350
🍴 Bean Tostada	344
Cherry Shrimp Salad.	352
Chicken Mexi Pita	341
🍴 Cottage Veggie Salad	345
🍴 Creamed Spinach.	349
🍴 Peaches and Creamy Wheat	351
Shrimp Cocktail	343
Tangy Mustard Baked Chicken.	348
🍴 Vegetable Soup.	347
🍴 Zesty Egg Salad.	342

Side Dishes

🍴 Asiago Carrot and Potato Au Gratin	295
🍴 Avocado, Tomato, and Feta Salad.	305
🍴 Creamy Romano Asparagus Pasta	298
🍴 Cucumber Cheese Salad.	304
🍴 Edamame Salad	306
🍴 Lentils with Greens, Lemon, and Smoked Paprika.	309
🍴 Oriental Slaw.	308
🍴 Roasted Vegetables with Tahini Sauce.	301
Southern-Style Green Beans.	303
🍴 Sweet Potato Bake.	296
🍴 Three Bean Salad.	302
🍴 Tuscan Pasta Sauté	299
🍴 Waldorf Salad	307

Soups and Stews

Broccoli Cheese Soup.	285
Chunky Chicken Noodle Soup	287
Meaty Lentil Stew	291
Mexi Turkey Tortilla Soup	286
Pork and Sauerkraut Soup	288
Smoky Chicken Stew.	290

Snacks

🍷 Apple with Honey Almond Butter	313
🍷 Mexi Cheese Cubes	322
🍷 Parmesan Popcorn Delight	317
🍷 Peanut Butter Honey over Rice Cakes	319
🍷 Pears and Gorgonzola	321
🍷 Pineapple with Ricotta	314
🍷 Spicy Almonds	318
🍷 Whole-Wheat Cheddar Pita	316

Smoothies

🍷 Banana Berry	255
🍷 Chocolate-Covered Berries	266
🍷 Coconut Kiwi	258
🍷 Honeydew Mint	261
🍷 Mango Twister	257
🍷 Orangelicious	260
🍷 Peaches and Cream	259
🍷 Smooth Peanut Banana	265
🍷 Spiced Apple Pie	263
🍷 Strawberry Cheesecake	256

Desserts

🍷 Berries with Cannoli Cream	329
🍷 Chocolate and Strawberry Layered Pudding	333
🍷 Dark Fudge Brownies	330
🍷 Fruit with Dark Chocolate Sauce	326
🍷 Not Your Grandma's Chocolate Cake	336
🍷 Mango Cream	335
🍷 Oatmeal Bars	337
🍷 Peach Parfait	325
🍷 Poached Pears in Red Wine Sauce	327
🍷 Pumpkin Custard	334
🍷 Ricotta Lemon Curd	332
🍷 Sweet Potato Pie	331

Table of Contents

INTRODUCTION	1
About This Book	1
Foolish Assumptions	3
Icons Used in This Book	3
Beyond the Book	3
Where to Go from Here	4
PART 1: EATING RIGHT WITH EVERY BITE	5
CHAPTER 1: Fueling the New You: Ingredients for Success	7
Understanding the Bariatric Surgery Diet	8
Making Healthy Choices	9
Getting what you need in smaller portions	9
Drinking enough water at the right time	9
Checking out eating guidelines	10
Keeping a food diary	10
Organizing and Readyng Your Kitchen	11
Planning to Eat Well	11
Practicing Food Safety in the Kitchen	12
CHAPTER 2: Dietary Guidelines for the First Few Months After Surgery	13
Say Hello to My Little Friend: Treating Your New Pouch Well	14
Staving off nausea and vomiting	15
Staying regular	16
Keeping properly hydrated	17
Avoiding the dreaded dumping syndrome	18
Figuring out food intolerances	20
Easing Back into Eating after Your Weight Loss Surgery	20
Following your surgeon's guidelines	21
Eating and adding foods step by step	22
Stage 1: Clear Liquids	23
What you can eat	23
Clear liquid tips	23
Sample menu for a clear-liquid diet	24
Stage 2: Full Liquids	26
What you can eat	27
Full liquid tips	27
Sample menu for a full-liquid diet	28

Stage 3: Smooth Foods	30
What you can eat	30
Preparing puréed meals	30
Smooth food tips	31
Sample menu for a smooth-food diet	32
Stage 4: Soft Foods	34
What you can eat	34
Soft foods tips	35
Sample menu for a soft-food diet	36
CHAPTER 3: Keeping the Weight Off: Healthy Eating for Life	37
Following the Cardinal Rule: Your Pouch Rules	38
Keeping your pouch from overstretching	38
Avoiding angering your pouch	39
Keeping an Eye on Portion Sizes	40
Determining an accurate portion	42
Estimating the size of your meals	42
Making Wise Food Choices	44
The building blocks of nutrition	45
Fiber facts	51
Keeping a Food Diary to Stay On Track	53
Finding out what's in it for you	54
Choosing and using a food diary	54
Eating Out	55
General tips for surviving the fast-food menu board	56
Good choices for a variety of restaurants	57
Hydration Motivation	59
Water works	60
Beverage do's and don'ts	61
Supplementing Your Diet	62
Discovering what vitamins and minerals can do for you	62
Meeting your protein goal with supplements	66
CHAPTER 4: Planning to Succeed: The Art of Meal Planning	69
Discovering Why to Plan Ahead	70
You save time	70
You save money	71
You can eat hassle-free	72
Laying the Groundwork for Meal Planning	72
Breaking down your favorite foods	73
Making a list and checking it twice	74
Shopping Smart Aisle by Aisle	76
Produce	77
Meat, poultry, and seafood	77
Dairy	78
Grains and cereals	78

	Center aisle staples	78
	Frozen foods	79
	Understanding Nutrition Labels	80
	Finding out what all those numbers mean	80
	Making the label work for you	82
CHAPTER 5:	Kitchen and Pantry Makeover	83
	Preparing Your Kitchen: Purging and Organizing	83
	Examining Essential Tools	84
	Cookware	84
	Gadgets	86
	Knives	87
	Cutting boards	89
	Small appliances	89
	Stocking Your Pantry, Refrigerator, and Freezer with Good Ingredients	90
	Herbs, spices, and more	90
	Canned ingredients	92
	Dry pantry items	93
	Refrigerated foods	94
	Frozen fruits and veggies	95
CHAPTER 6:	Top Tips for Food Preparation and Cooking	97
	Brushing Up on Food Safety	98
	Taking care of fresh and raw foods	98
	Cooking foods to the proper temperature	99
	Keeping leftovers safe	102
	Reviewing Cooking Methods 101	102
	Dry cooking methods	102
	Moist cooking methods	104
	Cooking and Consuming Meat after Weight Loss Surgery	105
	Beef	106
	Poultry	106
	Pork, lamb, and liver	107
	Fish and seafood	107
	Measuring Up: A Guide to Measuring Common Ingredients	108
	Measuring weight versus volume	108
	Measuring liquids	109
	Measuring solids	109
	Choosing and using a food scale	110
	Using Alcohol in Cooking	111
	Making Healthy Substitutions	112
	Saving calories and cutting the fat	113
	Checking out other ways to save calories	114
	Relying on Convenience Foods	115

PART 2: NOW YOU'RE COOKING! HEALTHY AND DELICIOUS DISHES	117
CHAPTER 7: Balanced Breakfasts	119
Starting Your Day the Pouch-Friendly Way	120
Waking Up Your Pouch Gently with Yogurt and Fruit Recipes	120
Exploring Easy Egg Dishes	124
Having Healthy Whole-Grain Mornings	127
CHAPTER 8: Bunches of Lunches and Brunches	135
Putting Together One-Dish Meals	136
Preparing Egg Dishes with Style	144
Satisfying Hunger with a Sandwich or Wrap	147
Making Unbeatable Salads	149
CHAPTER 9: Umm . . . Tastes Like Chicken: Poultry Dishes	157
Popular Poultry Cooking Methods	158
Sautéing	158
Roasting	159
Roasted, Sautéed, and Baked Poultry	160
Turkey, the White Meat Burger	170
A Casserole Everyone Will Flock To	172
CHAPTER 10: Let's Meat in the Kitchen: Beef and Pork Recipes	175
Choosing Beef and Pork You Can Eat after Surgery	176
USDA beef grades	176
Which cuts makes the cut	176
Cooking Phenomenal Ground-Beef Dishes	178
Making Meaty Meals on a Stick	184
Creating Can't-Go-Wrong Meaty Dinner Salads	187
Preparing Pork and Beef Main Entrées	190
CHAPTER 11: Let's Not Forget: Lamb and Other Meats	195
Trying Out Lamb, Another Red Meat	196
Discovering a Lick-Your-Plate Liver Dish	202
Staying Lean with Venison and Bison Meals	204
CHAPTER 12: Catching On to Fish and Seafood	209
Buying, Storing, and Cooking Fish and Seafood	209
Buying tips	210
Storing tips	210
Cooking tips	211

	Grilling, Sautéing, and Baking Fish	212
	Serving Up Super Shrimp Recipes	224
	Taking Shortcuts with Canned Fish and Seafood	227
CHAPTER 13:	Viva la Vegetarian	231
	Developing Delicious Dinner Salads	232
	Making “Meaty” Baked Dishes	243
	Cooking Full-Flavor Vegetarian Burgers	248
	PART 3: SIMPLE RECIPES TO ENJOY ANY TIME	251
CHAPTER 14:	Scrumptious Smoothies	253
	Smoothie-Making Tips	254
	Healthy Fruity Smoothies	254
	Spice-It-Up Delights	262
	Peanut Butter and Chocolate Temptations	264
CHAPTER 15:	Alluring Appetizers	267
	Making Tasty Morsels	268
	No Double Dipping! Stirring Up Salsas and Dips	275
	Putting Snacks on a Stick	279
CHAPTER 16:	Sumptuous Soups and Stews	283
	Serving Up Satisfying Soups	283
	Savoring Home-Style Stews	289
CHAPTER 17:	Completing the Meal: Vegetables and Side Dishes	293
	Packing Flavor into Potato Dishes	294
	Making a Little Go a Long Way: Pasta Side Dishes	297
	Putting Veggies and Side Salads in the Spotlight	300
CHAPTER 18:	Smart Snacking	311
	Finding Not-So-Ordinary Fruit Snacks	312
	Quelling Cravings for Crunchy Bites	315
	Making Everything Better with Cheese	320
CHAPTER 19:	Divine Desserts	323
	Enjoying Sweet Fruits without Added Calories	324
	Savoring Creamy and Chewy Tasty Treats	328
CHAPTER 20:	Super Simple Cooking for One . . . or Two	339
	Wasting Nothing with Recipes for One	340
	Preparing Quick and Easy Dishes for Two	346

PART 4: THE PART OF TENS	353
CHAPTER 21: Ten Tips for Long-Term Success	355
Eat on a Schedule	355
Put Good-Quality Foods First.	356
Chew, Chew, Chew	356
Watch Your Portion Sizes	357
Stop Eating When Your Pouch Is Full	357
Don't Drink Beverages with Meals	357
Stay Hydrated.	357
Take Your Supplements	358
Add Physical Activity	358
Continue to Follow Up with Your Surgeon.....	359
CHAPTER 22: Ten Easy-to-Prepare Meals Your Family Will Love	361
Caprese: Tomato Basil Mozzarella Pasta	361
Starting with the Slow Cooker: Pork and Sauerkraut Soup.....	362
Mixing Up a Home-Style Meatloaf Meal.....	363
Keeping It Light with Crab Salad Melts.....	364
Bison Sliders.....	364
Partying Down with an Enchilada Fiesta	365
Broccoli Cheese Soup	366
Having Your Quiche and Eating , Too.....	367
Making It Meatless: Veggie Lasagna	367
Cookin' a Quick Chicken Dinner	368
INDEX	371

Introduction

If you're reading this, odds are you've made the very important decision to improve your health by having weight loss surgery. You most likely made this choice after years of struggling to live a healthier lifestyle by trying other methods to lose weight. You probably spent countless hours researching procedures on the Internet, reading books, interviewing doctors, talking to weight loss surgery patients, and speaking with other healthcare professionals, putting in the necessary time and effort to make sure this procedure was the right decision for you.

Your surgeon provides you with a tool — your surgery — to assist you in losing weight and leading a healthier life. Making that tool work is up to you, and a big component of your success will be your long-term eating plan.

Now is the time to use good nutrition to maximize not only your weight loss, but also your health, vitality, and renewed sense of well being. *Weight Loss Surgery Cookbook For Dummies* is an invaluable resource as you embark on this new chapter of your life — your weight loss journey — and we wish you all the success in the world.

About This Book

This book is all about eating well after weight loss surgery. (If you're looking for information on the types of surgery available, check out *Weight Loss Surgery For Dummies*.) At the beginning of this book we walk you through the four stages of your postsurgery diet and provide plenty of advice about living with and caring for your new pouch. Because life after weight loss surgery is an ongoing journey, we focus most of the book on what to do once you can eat “real food” again. We show you how to plan, shop for, and cook delicious and healthy meals that you and your family will love.

You receive cooking guidance from Chef David Fouts, who is known as the world's premier culinary expert for weight loss surgery. And he is also a weight loss surgery patient, so you know the recipes and cooking advice come from someone who understands what gastric bypass patients go through. You find a compilation of imaginative, inventive recipes to suit every palate, specifically designed to meet the unique needs of people who have had weight loss surgery and people just wanting to eat healthier. So that you can stay informed of what you're eating, each recipe lists the stage of the postsurgery diet it can safely be tried, the serving size, and the

nutritional information. You can eat with confidence, knowing you're eating healthfully, helping manage your weight, and maintaining your overall well being.

If you're familiar with a *For Dummies* book (*Weight Loss Surgery For Dummies*, perhaps?), you know they're divided into parts and chapters. The editors and authors designed this book in a nonlinear fashion so you can read it cover to cover or skip around to the areas that interest you the most. For those of you who are accustomed to the post-op lifestyle and handy in the kitchen, you may want to dig right in to Chef Dave's delicious recipes (which have been tested by a professional recipe tester).

The following are a few conventions that you find in this book and that you should be aware of:

- » All eggs are large.
- » All butter is salted. Don't substitute margarine unless specifically noted.
- » Mushrooms are white button unless otherwise specified.
- » All sugar is granulated unless otherwise specified.
- » Pepper is freshly ground black pepper unless otherwise specified.
- » All salt is table salt unless otherwise specified.
- » All herbs are fresh unless dried herbs are specified.
- » When a recipe calls for sugar substitute, any sugar substitute that contains no sugar is acceptable. Some are sweeter than others, and personal preferences vary, so you may want to experiment by starting with a smaller amount than the recipe calls for and increasing the amount if needed.
- » Water used for boiling is not listed in the ingredients.
- » Nonstick cooking spray is not included in ingredient lists but should be kept on hand.
- » All temperatures are Fahrenheit.
- » Nutrition information that appears at the end of each recipe is per serving. Keep in mind that substituting ingredients or changing the serving size will alter the nutrition information.
- » All nutrition analysis is based on the weight of volume of the ingredient. For example, if a recipe calls for 8 ounces boneless, skinless chicken breast, raw weight was used. If the recipe calls for 8 ounces cooked chicken breast, weight after cooking is used.
- » 🌱 This symbol indicates a vegetarian recipe. Note that these recipes may still include eggs and dairy.

Foolish Assumptions

In writing this book, we made the following assumptions about you:

- » You or someone you care about is considering or has had weight loss surgery.
- » You want to improve your skills in the kitchen and learn how to make delicious weight loss surgery–friendly recipes.
- » You want to give yourself and the surgery the best opportunity for success.
- » You want to continue on your journey for a healthier, happier life.
- » Or, you are a professional who works with weight loss surgery patients. You want to understand more and provide a trusted resource for your patients.

Icons Used in This Book

As you read through the chapters of this book, you find the following friendly icons that are designed to draw your attention to different nuggets of information and useful tidbits:



REMEMBER

Be sure to pay attention to the information next to this icon. This advice can help you make good choices, eliminate risks, and improve your skills in the kitchen.



TIP

When you see this icon, you're sure to find good ideas that will help you along on your journey.



WARNING

Pay close attention to this icon. It will help you avoid common pitfalls and mistakes.

Beyond the Book

In addition to the material in the print or e-book you're reading right now, this product also comes with some access-anywhere goodies on the web. Check out the free Cheat Sheet for a quick guide to what to eat after weight loss surgery, info on portion sizes, and more. To get this Cheat Sheet, simply go to www.dummies.com and type **Weight Loss Surgery Cookbook For Dummies Cheat Sheet** in the Search box.

Where to Go from Here

Weight Loss Surgery Cookbook For Dummies is written so you can start wherever you like. This may depend on where you are in your weight loss surgery journey and your skill set in the kitchen. If you are considering but haven't had the surgery, you may want to read this book cover to cover in a linear fashion to gain a clear understanding of your post-op restrictions and lifestyle changes. If you have already had weight loss surgery and are beyond the transition phase to solid foods, you may want to start at Chapter 3.

If you're a novice and want to learn how to prepare your kitchen, what tools you need, and what items to have on hand to cook like a pro, start with Chapter 5. If you're an experienced cook and are looking to dig right in to some new and delicious recipes, feel free to start at Chapter 7.

1

Eating Right with Every Bite

IN THIS PART . . .

Get step-by-step dietary guidelines for the transition from clear liquids to solid foods, starting with day one after surgery.

Find out about portion sizes, your new nutritional requirements, and the benefits of meal planning.

See what you need for a well-stocked fridge, freezer, and cupboards.

Get tips on caring for fresh and raw foods, cooking methods, choosing the right temperature, and measuring common ingredients.

- » Taking a look at your new healthy-eating plan
- » Setting up and preparing your kitchen for success

Chapter **1**

Fueling the New You: Ingredients for Success

In order to make the most of your surgery, you need to change your lifestyle after you have your procedure. This doesn't have to be a chore — in fact, when you see how good you feel when you give your body all the nutrients it needs, you'll want to continue doing it.

Establishing new eating and exercise habits is an essential part of achieving and maintaining a healthier weight. Each patient is expected to change the foods eaten, the amount of food eaten, and how that food is eaten, in order to provide the body with the nutrition it needs and to promote weight loss. These dietary changes and nutritional guidelines are meant to be followed for the rest of your life.

In this chapter and throughout this book, we start at the beginning, from your first day at the hospital, through your transition to solid foods, to sticking with a healthy eating plan for life. We outline portion sizes and general guidelines to assist in making your transition as easy as possible.

A weight loss surgery lifestyle includes planning and preparing small, high-protein meals, chewing every bite thoroughly, exercising, keeping a diet and exercise diary, and more. Your bariatric team will provide nutrition and fitness guidance and help you develop plans that will work best for you.

When it comes to food, different people have different tastes and schedules. Listen to your body and your surgeon's directions, and call your bariatric team if you have a question about your specific situation.

Are you frightened of the kitchen? The amazing thing about cooking is that you can make it as easy or difficult as you want. We show you how to organize your kitchen like a pro and guide you through the shopping aisles. (Here's a hint — buy foods that are healthy, convenient, and good.) You find out the best way to prepare and cook your meals. We also assist you in understanding nutrition and your food intake so that you can maintain your weight long after surgery. We think you'll find you have more energy and just feel better in general.

Understanding the Bariatric Surgery Diet

The diet after weight loss surgery gradually progresses from liquids to purées to solid foods. Because the size of your stomach is effectively reduced to about the size of 1 cup or less, your meals are smaller. You have to eat more frequently throughout the day, and you need to make sure you chew your food slowly and thoroughly, so it doesn't become stuck and so it's properly digested. You need more time to eat than you used to, but you'll notice you feel fuller with less food. You eat and absorb fewer nutrients than you did before surgery, so to prevent deficiencies, you need to commit to a regimen of vitamin supplements for the rest of your life.

After surgery, your pouch is swollen and your diet has to progress gradually from clear liquids to solid food to prevent discomfort and the premature stretching of your pouch. This is done in the four main stages described as follows. In Chapter 2 we cover each stage in greater detail, including specific foods, daily menus, and helpful tips.

- » **Stage 1, Clear Liquids:** This stage starts the day after surgery and includes any liquids you can see through — excluding alcohol.
- » **Stage 2, Full Liquids:** When you're able to tolerate clear fluids and have your surgeon's blessing, you get to add full liquids to your eating plan. These are identified as foods that are liquid or semiliquid at room temperature.
- » **Stage 3, Smooth Foods:** These foods are mixed in a blender until they're very soft and smooth in consistency. This stage is also known as *puréed foods*.
- » **Stage 4, Soft Foods:** In this final stage before regular eating, you add solid but soft foods.



REMEMBER

Specific dietary guidelines vary for each procedure and each patient. What we discuss are some of the general dietary changes weight loss surgery patients can expect after weight loss surgery.

Making Healthy Choices

By understanding a little about nutrition and applying what you know, you will feel healthier, look better, and have more energy.

Getting what you need in smaller portions

A typical meal in a bariatric surgery diet includes protein-rich foods such as lean meat, eggs, and lowfat dairy products as well as starches and whole grains, fruits, and vegetables. Eating protein helps you feel fuller longer. You'll be able to eat a variety of foods — in smaller portions, of course. Check out Chapter 3 for details on portion sizes.



REMEMBER

Since you are only eating small portions of food, choosing foods that are healthy is very important. Nutrient-rich foods deliver the most nutrition for the least amount of calories. To find nutrient-rich foods you need to check out the food labels to find out what a portion of the food is and how many calories and which nutrients are in a portion.

Drinking enough water at the right time

Water is important because it flushes toxins from your liver and kidneys, regulates body temperature, and reduces the risk of many cancers. It also helps with digestion, lubricates your joints, allows you to use glycogen in your muscles, which provides you with energy, and helps eliminate hunger by taking up space in your pouch.

Prior to surgery you received a great deal of water from the foods you ate. After surgery you don't have the same capacity to eat, which is why many post-op patients are prone to dehydration.



REMEMBER

You need to ensure you're drinking enough water. However, you also need to avoid eating and drinking at the same time because your new pouch is too small to allow both liquid and solid foods.

Checking out eating guidelines

After you make the transition to solid foods, follow these dietary guidelines:

- » Plan your meals.
- » Eat three meals a day.
- » Start each meal with a protein source.
- » Chew, chew, chew each bite.
- » Don't overeat — stop before you feel full.
- » Drink between each meal, not with your meals.
- » Don't eat in front of the TV, in the car, or while you're reading.
- » Keep healthy foods available and get tempting unhealthy foods out of the house.
- » If you're going to a party, offer to bring a healthy food item to ensure you'll have something there you can eat.
- » Pay attention to the taste of your food.
- » Try not to eat late in the day.
- » Use a food diary to keep track of what and when you eat and how you feel.

Finding out what foods your new pouch will tolerate after surgery is a matter of trial and error. *Dumping syndrome*, a common condition for gastric bypass surgery patients, occurs after you eat foods that are high in sugar, fat, or sometimes dairy, or high-calorie liquids. It can cause nausea, diarrhea, light headedness, cold sweats, abdominal cramping, weakness, and a fast heartbeat. (We talk more about dumping syndrome in Chapter 2.) Many people who experience dumping find it good incentive to avoid the foods that triggered the reaction for a while.

Keeping a food diary

A food diary is a useful tool not only when you're losing weight but also when you're trying to maintain your weight. A diary helps you be aware of what you're eating and whether you're veering from your healthy eating plan. Diaries can also help you to increase your awareness of why you're eating. If you write down any emotions you feel when you think you're hungry, you may discover that the feeling is something else — maybe thirst, fatigue, or stress.



TIP

Check out Chapter 3 for more information on how a food diary can help you achieve and maintain your weight loss goals.