

# NUTRITION GUIDELINES TO SUPPORT LONG-TERM SUCCESS AFTER WEIGHT-LOSS SURGERY

Following weight loss surgery, many patients may not meet recommended nutrition requirements.<sup>1,2</sup>  
Nutrition guidelines recommend specific behaviors to achieve the best long-term outcomes.<sup>3</sup>  
Work with your healthcare provider to develop your individualized nutrition plan.

## MEET PROTEIN NEEDS

### Benefits:<sup>4-6</sup>

- Maintain muscle health
- Maintain weight loss
- Improve satiety

### Recommendations:

- Consume a minimum of 60 grams of protein\* per day<sup>7</sup>
- Choose high quality protein sources from lean meats, fish, chicken, turkey, eggs and non-fat or low-fat dairy



\*A higher amount of protein intake may be needed based on individual needs.

## STAY HYDRATED

### Benefits:<sup>8,9</sup>

- Regulate body temperature
- Deliver nutrients to cells
- Keep organs functioning properly
- Lubricate joints
- Eliminate waste in the body through urination and bowel movements

### Recommendations:

- Women should consume at least 48 ounces of liquids per day
- Men should consume at least 64 ounces of liquids per day
- At least half of these liquids should be clear, uncarbonated and calorie free<sup>7, 10</sup>



WATER



FRUIT INFUSED WATER



DECAF, UNSWEETENED TEA

## TAKE VITAMIN AND MINERAL SUPPLEMENTS

Vitamins and minerals support body processes that are associated with:<sup>11-14</sup>

- Energy levels
- How our body uses nutrients from food
- Bone and muscle health
- Skin and hair health
- Neurological and brain health
- Immune health



### Recommendations:

- Consume a bariatric specific vitamin and mineral supplement that follows the American Society for Metabolic and Bariatric Surgery (ASMBS) guidelines\*
- Consider chewable (non-gummy) or liquid supplements
- Take iron and calcium at different times to optimize absorption

**LAB WORK MAY BE NEEDED EVERY 3-6 MONTHS DURING THE FIRST YEAR AFTER SURGERY AND YEARLY THEREAFTER TO MONITOR VITAMIN AND MINERAL STATUS**

\*Vitamin and mineral amounts will vary based on surgery type and individual needs.

# TIPS FOR SUPPORTING LONG-TERM SUCCESS AFTER WEIGHT-LOSS SURGERY

## PROTEIN

- Include protein at each meal or snack
- Eat protein foods first during your mealtimes
- Consider protein drinks to help meet your individual needs



## HYDRATION

- Carry a bottle of water with you
- Keep a log of how much you drink
- Freeze clear liquids and protein drinks and eat them throughout the day



### COMMON SIGNS OF DEHYDRATION:

- Feeling nauseous or dizzy
- Feeling thirsty
- Having a headache or rapid heart rate
- Having dark, concentrated urine

## VITAMIN & MINERAL SUPPLEMENT

- Create a daily plan of when to take your vitamin and mineral supplements
- Set an alert throughout the day
- Experiment with different forms and brands that fit your preference and needs



## LIFESTYLE FACTORS THAT CONTRIBUTE TO LONG-TERM SUCCESS

- Choose a nutrient-dense eating pattern
  - » Eat 4-5 small protein-rich meals a day
  - » Include fruits and vegetables in most eating occasions
  - » Reduce/eliminate concentrated sweets

- Listen to your body
- Stop eating or drinking as soon as you feel satisfied
- Exercise regularly
- Self-monitor/engage with support groups

### FOLLOW-UP WITH YOUR HEALTHCARE PROVIDER REGULARLY:<sup>10</sup>

Within 1st month after surgery | Every 1 to 3 months during active weight loss | Every 6-12 months once weight stabilizes



Visit [anhi.org](https://anhi.org) for a digital copy of this resource.

1. Guillet C, et al. Clin Nutr ESPEN. 2020;40:392-400. | 2. Abdulsalam F, et al. Obes Surg. 2021;31(11):4741-4748. | 3. Mechanick JI, et al. Endocr Pract. 2019 Dec;25(12):1346-1359. | 4. Moizé V, et al. Clin Nutr. 2013;32(4):550-555. | 5. Dagan SS, et al. Surg Obes Relat Dis. 2017;13(1):101-109. | 6. Vieira FT, et al. Obes Surg. 2019;29(3):958-963. | 7. Mechanick J, et al. Surg Obes Relat Dis. 2020;16(2):188-190. | 8. Popkin BM, et al. Nutr Rev. 2010;68(8):439-458. | 9. Jéquier E, Constant F. Eur J Clin Nutr. 2010 Feb;64(2):115-23. | 10. Isom KA, Majumdar MC, eds. Academy of Nutrition and Dietetics Pocket Guide to Bariatric Surgery. Academy of Nutrition and Dietetics; 2021. | 11. Tardy AL, et al. Nutrients. 2020;12(1):228. | 12. Gagnon C, et al. JBMR Plus. 2018;2(3):121-133. | 13. Zhang W, et al. Obes Surg. 2021;31(6):2649-2659. | 14. Pecora F, et al. Nutrients. 2020;12(10):3198.