



MEALSIZER® & FOOD AFTER BARIATRIC SURGERY

Mealsizer® after bariatric surgery is a Swedish invention for portion control that helps you to consume a well-balanced diet with just the right amount of food. Mealsizer® helps to portion a normal sized meal, that you are recommended to eat. It is developed by licensed dietician based on the Nordic Nutrition Recommendations and the Plate model.



Food after obesity surgery

For you to stay healthy and get lasting results from your gastric bypass or gastric sleeve surgery, good eating habits are important. The first few weeks after surgery, the stomach is very sensitive. Follow the dietary advice you have received from your clinic regarding liquid- and soft-foods. After a few weeks you will eat regular food in small portions evenly distributed throughout the day. You need to eat 5-6 meals during the day, 3 main meals and 2-3 snacks. Never skip a meal.

Portion size

It is very individual how big a *normal portion* will be for you after a few months, also the fat content in the meal matters for the portion size. It is very important that you listen to your body's signals and stop eating as soon as you feel saturation. Too much food can cause discomfort, so-called *dumping*, see below.

Eat slowly and chew your food

The task of the stomach is to decompose and process what we eat. After a gastric bypass or gastric sleeve operation, the processing of the food doesn't work as well as before. To facilitate the work of the stomach, you need to chew the food more than usual. Divide the food into smaller pieces and eat slowly. If you can stretch out the meal to approximately 20 minutes, this is good.

Liquid

Most people get the advice not to drink together with food for the first two months. Instead, you can drink right before the meal or wait half an hour after a meal. However, there are no studies showing that you gain weight from drinking together with your meal. If you are bothered by dumping when drinking together with your meal, then just drink less. The body needs about 1.5 litres of fluid per day. Drink slowly and avoid drinks that contain sugar. If you are bothered by the carbonic acid in mineral water, you can pour a glass and leave it for a while.

Dumping

Dumping is a symptom that can occur if you eat too fast or too much. Calorie-rich foods, both sugar-rich and high-fat foods, can cause dumping symptoms. Foods such as ice cream, cakes, fast food, fatty sauces often cause dumping. You may feel nauseated, tired, cold-sweaty and get palpitations. Dumping is not dangerous but very uncomfortable.

Supplements

Even if you choose nutritious foods, it is difficult to get sufficient amounts of certain vitamins and minerals. To be sure you get a sufficient nutritional intake, you need to take supplements. Follow the instructions you received from your clinic.

Prevent constipation

The stomach can easily become constipated after bariatric surgery. Prevent constipation by eating whole grains, fruits, vegetables and drinking water. Drink at least half a glass of water

every two hours. Prune puree or whey can help soften the intestinal contents. Do not forget to move, exercise facilitates the work of the stomach.

Food choices

It is difficult to consume the amount of nutrients that your body needs after bariatric surgery. Therefore, it is extra important to choose foods that are high in protein, have good fat quality and contain a lot of vitamins and minerals.

Protein

- Eat protein-rich foods in every meal, preferably in snacks/in-between meals.
- Good sources of protein are pure meat, fish, chicken, turkey, quorn, soy products, eggs, milk, yogurt, cottage cheese and quark.
- Choose meats with healthier or less fat, cheese with 17% fat and light and medium fat products of milk and yogurt.
- Use lactose-free milk products if you are sensitive to lactose.



Whole grains

- Mainly choose bread, cereal, grain and pasta of whole grains and products with high whole grain content.
- Whole grain products are rich in vitamins, minerals and fiber.



Fruits & vegetables

- Eat fruits and vegetables every day.
- Fruits and berries are great for breakfast and snacks.
- Peel apple and pears the first month.
- Vary and eat different kinds of vegetables and root vegetables.
- It doesn't matter if you eat cooked, woked, oven baked or raw vegetables. Nothing is better or worse, choose what you like the most.
- Raw vegetables may need to be chewed extra.
- It is common to not tolerate some hard-to-digest fruits and vegetables in the first months, see below.



Fat

- You need a small amount of good quality fat every day.
- Use light margarine on bread and fry in liquid margarine, or any vegetable oil, e.g. rapeseed oil.
- Drop some oil or vinegar dressing on the vegetables and preferably eat fatty fish and avocado.



Caution with some foods

Some foods may be difficult to digest in the first few months after surgery. This applies to threaded and doughy foods. Examples of foods that can be difficult to digest are nuts, almonds, coconut, popcorn, chips, tacos, white bread, sticky rice, citrus fruits, asparagus, broccoli stalks, rhubarb, pineapple, corn, peas and preserved mushrooms.

How to use Mealsizer® after bariatric surgery



Good food in a reasonable amount evenly distributed throughout the day is important after a gastric bypass or gastric sleeve operation. Too little food or food composed in the wrong way can cause nutritional deficiencies and/or cravings. Too large portions can cause dumping symptoms.

Mealsizer® after bariatric surgery can help you consume a well-balanced diet with just the right amount of food for lunch and dinner. Mealsizer® helps to portion a normal sized meal, that you are recommended to eat. It is important that you listen to the body's signals and stop eating when you begin to feel saturation.

The measures follow the 3 parts of the plate model: protein-rich foods, carbohydrate-rich foods and vegetables. The volumes are calculated by a licensed dietician to provide the right amount of energy and nutrition for a normally active energy consumer based on Nordic Nutrition Recommendations (Swedish National Food Agency's recommendations).

The protein measure (the smallest measure)

- The protein measure gives a portion of protein-rich foods like meat, fish, chicken, turkey, dairy products, eggs, quorn and soy products.
- Choose mainly pure meats and preferably eat fish 2-3 times a week.
- *Prioritize high protein foods over other foods - it is important that you get enough protein.*



The carbohydrate measure (the mid-sized measure)

- In the carbohydrate measure, put carbohydrate-rich foods like potatoes, pasta, rice, bulgur, quinoa, wheat, couscous or other grains.
- Vary carbohydrate sources and try to choose products with fibres and whole grains.
- *Leave carbohydrate-rich foods on the plate when you feel satisfied.*



The vegetable measure (the largest measure)

- The vegetable measure is filled with cooked, oven baked, wokked or raw vegetables and root vegetables.
- Raw vegetables and root vegetables require extra chewing.
- Eat colourful and choose different kinds of vegetables and root vegetables.
- *Listen to body signals and leave vegetables on the plate as you begin to feel saturation.*



How to eat with Mealsizer®

Cut any large pieces of food so that they fit in the measures. Fill the measures up to the rim, don't overfill. Place the contents of the measure onto your plate. Eat slowly and chew your food carefully. **Prioritize to eat the high-protein foods if you are having difficulty eating the whole serving. Leave food on the plate as you begin to feel saturation.**

Example of a day with Mealsizer after bariatric surgery:

Breakfast	The carbohydrate measure with medium yogurt, 2 tbsp muesli and finely chopped kiwi.
Snack	1 crispbread with light margarine and protein-rich topping, e.g. sliced egg and tomatoes.
Lunch	Minced meat sauce with whole grain penne and lightly cooked broccoli bouquets. Portion size according to Mealsizer.
Snack	A protein measure with cottage cheese with a half protein measure of berries.
Dinner	Oven baked salmon with mashed potatoes and cooked mashed carrots. Portion size according to Mealsizer.
Evening	Light yogurt/quark/smoothie or a crispbread with protein-rich topping.

Breakfast suggestions

- A carbohydrate measure with natural light yogurt, 1 tbsp of muesli and a ½ protein measure of berries.
- A protein measure with oatmeal porridge, ½ grated apple and a small glass (1–1.5 dl) of light or medium milk.
- 1 slice of whole grain bread with a slice of liver pâté topped with cucumber. A carbohydrate measure filled with light yogurt.
- A small glass (1.5 dl) of smoothie and 1 crispbread with light margarine and protein-rich topping.
- 1 crispbread, light margarine, a slice of cheese and belle pepper. Scrambled eggs on 1 egg and 1 tbsp of milk.

Snack/inbetween-meal suggestions

- A protein measure of cottage cheese with a ½ protein measure of berries.
- ½ avocado with a ½ protein measure of cottage cheese.
- 1-2 whole grain crusts with soft cheese.
- A small glass (1.5 dl) of smoothie mixed on natural quark, light milk, 1/3 of a banana and berries.
- 1 crispbread with light margarine and boiled sliced egg.

NOTE! You have received specific advice from your clinic on how to eat and what to avoid during the first two months. The advice in this information is valid after these first two months.

Follow @mealsizer on [Instagram](#) and/or [Facebook](#), for tips and healthy recipes when using Mealsizer!