



ENDOSCOPIC SLEEVE GASTROPLASTY (ESG)

NUTRITIONAL GUIDELINES

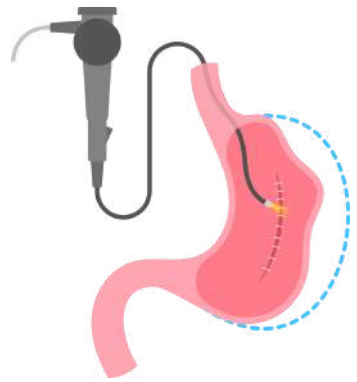


Success in Weight Loss After Endoscopic Sleeve Gastroplasty

Surgery is just the beginning. The key to success with Endoscopic Sleeve Gastroplasty (ESG) is adopting a healthy diet. Your food choices after the procedure will significantly impact your ability to lose and maintain weight.

You'll consume smaller portions, typically 3–6 times a day, and relearn how to recognize hunger and fullness cues. It's important to avoid grazing, as it can lead to overeating and hinder weight loss progress.

Be sure to attend all follow-up appointments and keep detailed food logs to track your progress. These steps will play a crucial role in ensuring your long-term success after ESG.



Getting Started

Category	Details
Fruit	<ul style="list-style-type: none">• Small portions: apples, avocados, berries, kiwi, melons, banana, grapes, cherries, oranges, tomatoes; low-sugar canned fruit.• Avoid dried fruit or fruit juice (high sugar content).
Beverages	<ul style="list-style-type: none">• Water, zero-calorie beverages, non-carbonated drinks, low-fat milk, and almond milk.
Protein Foods	<ul style="list-style-type: none">• Lean, tender meats, fish, seafood, eggs, cheese, cottage cheese, unsweetened Greek yogurt, beans, lentils, edamame, tofu, and nuts or nut butters.
Vegetables	<ul style="list-style-type: none">• Non-starchy vegetables: broccoli, squash, carrots, cauliflower, cucumbers, beets, green beans, Brussels sprouts, mushrooms, peppers, eggplant, cabbage, spinach, kale, and other leafy greens.
Sweet & Starchy Foods	<ul style="list-style-type: none">• Avoid high-fat, high-sugar, and high-carbohydrate foods.• Look for foods with more than 3 g of fiber per 100 calories.
Meal Planning	<ul style="list-style-type: none">• Plan 4 to 5 eating opportunities per day.• Track food daily with a food app such as "My Fitness Pal".• Grocery shop with a list and stick to it.

Shopping List

- Body composition analysis scale
- Digital food scale
- Measuring cups & spoons
- Smaller plates, forks, spoons
- Protein supplement
- 64 oz motivational water bottle
- Food journal
- Pill crusher
- Bariatric multivitamin
- Calcium citrate with vitamin D3

Eating Habit Goals	Description	Goal Accomplished
Measure Your Food	<ul style="list-style-type: none"> • Portion control. We recommend purchasing a digital food scale, measuring cups, and spoons to know how much you are consuming. • 1 oz. meat = 7 grams of protein. 	<p>I am doing this every day</p> <hr/> <p>date.</p>
Food & Beverage Timing	<ul style="list-style-type: none"> • Drink plenty of calorie-free beverages. • You may be thirsty, not hungry! • Wait 15 min before and 30 min after eating to drink. 	<p>I am doing this every day</p> <hr/> <p>date.</p>
Small Bites & Chew	<ul style="list-style-type: none"> • Put your fork down, chew, swallow, and breathe between each bite. • Use smaller plates and utensils. • Take a minimum of 20 minutes to eat. 	<p>I am doing this every day</p> <hr/> <p>date.</p>
Eat with Intention	<ul style="list-style-type: none"> • Avoid distracted eating. • Eat at the table, not while driving, using the computer or phone, or watching TV. • Keep all food in the kitchen, not in the bedroom, family room, or home office. • Eat until comfortable. • Signs of fullness include watery eyes, sneezing, hiccupping, yawning, and left shoulder pain. 	<p>I am doing this every day</p> <hr/> <p>date.</p>
Take Your Bariatric Vitamins	<ul style="list-style-type: none"> • Take a bariatric-specific multivitamin (MVI) daily. • 500-600 mg Calcium citrate with vitamin D3 twice per day. • Supplements should be taken at least 2 hours apart. • Suggestion: MVI at breakfast, calcium at lunch, and calcium at dinner. • Recommended brands: Celebrate Vitamins, Bariatric Advantage, Bariatric Fusion. 	<p>I ordered my vitamins and plan to start during my first post-op week</p> <hr/> <p>date.</p>
Make Activity Part of Your Life	<ul style="list-style-type: none"> • Physical activity as tolerated. • The recommendation for cardio is 150 minutes per week. • Weight training 2-3 times per week. • Activity should be approved by your surgeon. 	<p>I am meeting my activity goals.</p> <hr/> <p>date</p>

Non-food Activities to Try Instead of Turning to Food

- Activities to Try Instead of Turning to Food:
- Listen to a motivational or wellness podcast.
- Send a message to reconnect with an old friend.
- Play a quick brain-training game or puzzle on your phone.
- Take a walk while listening to your favorite music or an inspiring podcast.
- Try an adult coloring app or journal your thoughts.
- Read a new book or dive into an inspiring article online.
- Learn a new skill through YouTube, such as meditation or yoga.
- Start a small indoor herb garden or take care of houseplants.
- Create a vision board using digital tools like Pinterest or Canva.
- Pamper yourself with a self-care routine, like skincare or stretching exercises.
- Explore a new workout or mindfulness session using fitness apps.



The Plate Method



The Plate Method is a simple visual tool to help you plan balanced meals. By dividing your plate into sections, it promotes portion control and ensures you get a variety of essential nutrients, including proteins, carbohydrates, and vegetables, to support your overall health and weight management.

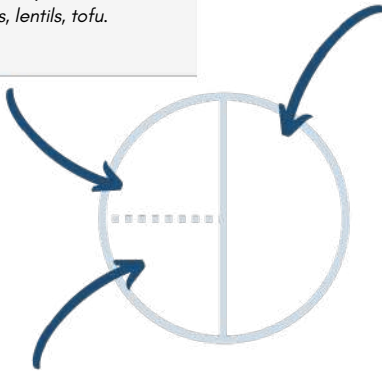
Step 1: Select Your Protein

- Fish, seafood
- Eggs
- Cheese
- Chicken, beef, lamb, pork
- Greek yogurt, skim milk, almond milk, soy milk
- Nuts, beans, lentils, tofu.

Step 2: Select your non-starchy vegetables

These should make up a large portion of your plate:

- Arugula, lettuce, spinach
- Beets, carrots, cucumbers, cauliflower, broccoli
- Eggplant, endive, mushrooms, peppers, radish
- Olives, onions, scallions
- Butternut squash, spaghetti squash, winter squash



Step 3: Healthy carbohydrates. Choose one serving of fruit, whole grains, or starchy vegetables:

- **Fruits:** Avocado, banana, blueberries, cantaloupe, cranberries, grapes, honeydew, kiwi, lemons/limes, orange, papaya, passionfruit, raspberries, starfruit, strawberries
- **Grains & Starchy Vegetables:** Buckwheat, gluten-free wraps, oats, polenta, quinoa, sweet potato, pumpkin, parsnip

Avoid:

- Processed and fried foods
- Foods high in added sugars, fats, and salt
- Oversized portions, especially when eating out

The Pre-op Diet

Two-Week Preoperative Diet Plan

WHEN Start 2 weeks before your surgery date.

WHY The purpose of the pre-op diet is to shrink the size of your liver. The liver sits on top of your stomach, and when you gain weight, it becomes larger. A larger liver can make surgery more challenging. This diet helps shrink the liver, giving the surgeon greater visibility and more space to work. It is essential to follow these guidelines carefully.

Week 1: High Protein, Low Carb Diet

Your focus this week is on consuming protein-rich foods while minimizing carbohydrates.

Meal	Examples
Meal Replacement Shake	Premier Protein or Ensure Max
3 oz. Cooked Protein	Rotisserie chicken, fish, seafood, turkey, or lean beef (grilled or broiled)
Non-Starchy Vegetables	Mixed greens, cucumbers, onions, peppers, broccoli, cauliflower
Low-Sugar Fruit	1 cup berries, a small banana, or 1 cup of cantaloupe/honeydew
Broth	Chicken broth (no noodles)
Sugar-Free Snacks	Sugar-free gelatin or popsicles (not red or purple)

Hydration: Drink at least **64 oz of water daily**. Avoid sugary drinks and caffeine.

Vitamins:

- *Bariatric Multivitamin:* Includes iron and B12 (take daily).
- *Calcium Citrate:* 500-600 mg with vitamin D3, taken twice daily.



Week 2: Clear Liquid Diet with One Protein Shake Per Day

In the second week, the focus is on clear liquids, while still incorporating one protein shake each day to maintain adequate protein intake.

Meal	Examples
Protein Shake	Premier Protein or Ensure Max
Broth	Warm broth (chicken, vegetable, or beef)
Clear Liquids	Water, sugar-free drinks, decaf tea or coffee
Sugar-Free Snacks	Sugar-free gelatin or popsicles (not red or purple)

Hydration: Continue drinking at least 64 oz. of water daily.

Vitamins: Continue taking your Bariatric Multivitamin and Calcium Citrate as per the first week.

Sample Daily Pre-Op Meal Plan

Eating Opportunity	Food
1st Eating Opportunity	Meal replacement low-carb protein shake + Bariatric Multivitamin
2nd Eating Opportunity	3 oz cooked protein (e.g., rotisserie chicken, fish) + non-starchy vegetables
3rd Eating Opportunity	1 small fruit serving (e.g., cantaloupe)
4th Eating Opportunity	Sugar-free popsicle or gelatin (not red or purple) + Calcium Citrate
5th Eating Opportunity	Warm broth (chicken or vegetable) + Calcium Citrate

Goals for Pre-Op Diet:

- Protein:** Maintain 60–80 grams of protein per day to support muscle mass and healing.
- Hydration:** Stay hydrated with at least 64 oz of water daily.
- Weight Management:** This diet will prepare your body for surgery, shrink your liver, and help your surgeon work more efficiently.



If you were unable to complete the 2-week pre-op diet, please follow this alternative plan.

Mandatory Two-Day Preoperative Diet Plan

Two days before your surgery, you will need to follow a strict clear liquid diet to ensure your stomach is completely empty and prepared for the procedure. Make sure all liquids are clear, transparent, and free of any solid particles or thick consistency.

WHEN: Two days prior to surgery

WHAT: No solid foods; only clear liquids

Meal Plan Example: Day 1

Meal	Examples
Breakfast	1 cup of clear chicken broth + 1 glass of water
Mid-Morning Snack	Sugar-free popsicle (avoid red or purple)
Lunch	1 cup of clear beef broth + decaf tea (no sugar or cream)
Mid-Afternoon Snack	Sugar-free gelatin (avoid red or purple)
Dinner	1 cup of vegetable broth + 1 glass of water
Evening Snack	Sugar-free popsicle or electrolyte drink (e.g., Gatorade Zero)

Meal Plan Example: Day 2

Meal	Examples
Breakfast	1 cup of clear vegetable broth + water
Mid-Morning Snack	Sugar-free gelatin (avoid red or purple)
Lunch	1 cup of chicken broth + decaf tea (no sugar or cream)
Mid-Afternoon Snack	Sugar-free gelatin (avoid red or purple)
Dinner	1 cup of beef broth + water
Evening Snack	Clear electrolyte drink (e.g., Gatorade Zero)

Key Points:

- Drink at least 64 oz of water daily.
- No solid foods—stick to clear liquids only.
- Avoid sugary, carbonated, or red/purple-colored drinks.

The Post-op Diet Advancement

Stage Advancement Overview

The following is your postoperative stage advancement overview:

Stage 1	Clear Liquids	Day 1 – Day 7
Stage 2	Full Liquids	Day 8 thru Day 14
Stage 3	Pureed Foods	Day 15 thru Day 21
Stage 4	Soft Solids	Day 22 thru Day 28
Stage 5	Solid Foods	Day 29 and beyond

Goals

- Hydration: Minimum 64 ounces/day
- Protein: 60-80 grams/day
- Plan Meals: Eat meals and snacks at regular times

Important Advice:

If you experience discomfort, cramping, or trouble with your current diet stage, feel free to return to the previous stage. Listen to your body, and contact us if symptoms persist.

Stage Advancement Details

Stage 1: Clear Liquids [Day 1 – Day 7]

Allowed Foods	Avoid	Instructions
Water	Caffeine	Make sure all liquids are clear and can be seen through, with no solid pieces or thick consistency.
Broth	Solid food	Drink 1-1.5 ounces every 15 minutes
Sugar free gelatin	Alcohol	Sip, do not gulp
Sugar free popsicle	Carbonated beverages	
Sugar free beverages		

Stage 2: Full Liquids [Day 8 thru Day 14]

Enjoy	Avoid	Remember
Protein shakes (at least 20 g protein, <10 g carbs/serving)	Caffeine	Drink 2 oz. every 15 minutes
Fat-free or 1% milk, soy milk, almond milk	Solid food	Consume 60-80 g of protein from shakes/day
98% fat-free strained cream soups	Alcohol	

Stage 3: Pureed Foods [Day 15 thru Day 21]

Enjoy	Avoid	Remember
Puree all foods to a smooth, dip-like consistency:	Solid foods	Meal size: ½ – 1 cup (1½ oz. protein and 3-4 bites of vegetables or fruit).
Greek yogurt (no added sugar, without fruit pieces), Egg whites or egg beaters	Red meat	Do not drink with meals: Wait 30 minutes after eating before drinking fluids.
Pureed egg, tuna, or chicken salad		Introduce new foods one at a time: This helps you gauge tolerance and digestion.
Refried beans, pureed lentils, or split peas		Protein shakes: Use 1-2 protein shakes per day to ensure you're meeting your protein goal (60-80 grams/day).
Hummus		Vitamins: By Day 7 post-op, resume your bariatric multivitamin and calcium citrate with vitamin D.
Unsweetened applesauce, Pureed avocado, Mashed banana, Pureed cooked carrots, winter squash, or mashed potatoes		Soft chew or chewable forms are typically better tolerated in the early stages, and you can switch to tablets or capsules after the first month.
Very thin Cream of Wheat, oatmeal, or grits		
Sugar-free pudding		



Stage 4: Soft Solids [Day 22 thru Day 28]

Enjoy	Avoid	Remember
<p>Lean, moist protein foods: Low-fat deli meats, Flaky fish, Smooth peanut butter, Eggs, Beans, Cottage cheese, Low-fat cheese, Dark meat chicken (without skin), Tofu.</p>	<p>Dry, tough meats: Avoid meats that are difficult to chew or swallow.</p>	<p>Meal size: ½-1 cup in volume (aim for 1½ oz. protein and 3-4 bites of vegetables or fruit).</p>
<p>Well-cooked vegetables: Carrots, squash, broccoli, cauliflower, beets, green beans.</p>	<p>Stringy, fibrous vegetables: Avoid vegetables like celery, asparagus, or corn.</p>	<p>Do not drink with meals: Wait 30 minutes after eating to resume drinking fluids.</p>
<p>Soft fruits: Canned fruits in water or juice (no added sugar), Applesauce, Bananas, Avocados</p>	<p>Skins, seeds, or membranes: Avoid these as they can be hard to digest.</p>	<p>Introduce new foods one at a time: This allows you to assess how your body tolerates each food.</p>
		<p>Protein goal: Use one protein shake per day as a meal or snack to ensure you meet your daily protein intake (60-80 grams/day).</p>

Stage 5: Solid Foods [Week 5 and Beyond]

Enjoy	Avoid	Remember
<p>Eat in this order: Protein first, non-starchy vegetables second, and carbohydrates last.</p>	<p>Processed, fast, convenience, snack, and fried foods.</p>	<p>Meal size: Each meal should be 1 cup in volume, consisting of 2-3 oz. protein and ¼ cup of vegetables or fruit.</p>
<p>Protein intake: Discontinue protein shakes once you're able to consume 60-80 grams of protein from food alone.</p>	<p>Simple sugars, concentrated sweets, and high-calorie or carbonated beverages.</p>	<p>Do not drink with meals: Wait 30 minutes after eating before resuming drinking fluids.</p>
<p>Fresh fruits and vegetables.</p>		<p>Introduce one new food at a time to gauge tolerance.</p>
<p>High-fiber grains (such as whole grains, quinoa, and oats).</p>		<p>If you must skip a meal, drink a protein shake to maintain your daily protein intake.</p>
		<p>Discontinue protein shakes once you can consistently consume 60-80 grams of protein from food alone.</p>

How to Be Successful After Surgery

Eat only when hungry: Listen to your body and know your hunger cues to prevent eating when you are not hungry.

Chew slowly: Chewing slowly and to applesauce consistency can help you be aware of when you become full.

Eat small portions: Your new stomach can only hold about 1/2 a cup of food so eat small portions not to stretch out your new pouch.

Don't overeat: Stop eating as soon as you feel satisfied. Continuously overeating will stretch your new stomach pouch.

Avoid any fibrous food: This food can get stuck because it cannot be chewed well enough to break up into pieces.

Sample Menu. One Month & Beyond

Day 1:

Breakfast: 1 scrambled egg, ½ banana

Snack: 1 oz. cheese

Lunch: 3 oz. baked chicken, ¼ cup cooked carrots

Snack: 6 oz. no-sugar-added yogurt

Dinner: 3 oz. baked fish, ¼ cup green beans with 1 teaspoon butter, 1 tablespoon shredded cheddar cheese, 3-4 small grapes.

Day 2:

Breakfast: 4 oz. plain Greek yogurt with ¼ cup blueberries, sweetened with stevia/monk fruit as needed, and 1-2 teaspoons chia seeds

Snack: 1 oz. cheese

Lunch: 2 oz. turkey lunch meat, 1 oz. cheese slice, 1 kiwi or small orange

Snack: 1 small apple, 1 tablespoon natural peanut butter

Dinner: 3 oz. sautéed shrimp, ¼ cup spaghetti squash, 1 tablespoon no-sugar-added tomato sauce (RAO), 1 tablespoon grated parmesan cheese.

Day 3:

Breakfast: ½ cup oatmeal with 1 tablespoon slivered almonds, 1 teaspoon chia seeds, and 2-3 berries

Snack: ½ cup cottage cheese with ¼ cup pineapple

Lunch: 3 oz. tuna salad with ¼ - ½ cup cucumber slices, 3 whole strawberries.

Snack: 2 tablespoons hummus with ¼ - ½ cup raw vegetables

Dinner: 2 oz. ground beef, ¼ cup refried beans, ½ oz. shredded cheese, Shredded lettuce, 1 tablespoon diced tomatoes, ½ tablespoon plain Greek yogurt, 2 slices avocado.



**EMBRACE YOUR JOURNEY TO REACH
AND MAINTAIN YOUR GOALS!**