

### Supplement Rx

\*You will require vitamin and mineral supplements for the rest of your life in order to prevent deficiencies. Remember, you are eating much less food and it will be harder to get the proper nutrition each day.

The first 3 weeks after surgery:

- Chewable Multi-Vitamins: Flinstones Complete, Centrum Jr. with iron, or adult chewables (Children's: chew 1 in the AM and 1 in the PM. Adult's: chew 1 daily)
- Chewable Calcium: Tums (any strength), Viactiv (Chew 1 in the AM and 1 in the PM- best if taken with food). Remember, you are only on this type of calcium for 3 weeks.
- Vitamin D: As prescribed by MD/RD, only if your preoperative levels are low.
- Protein Shakes: These must be high in protein (15 to 25 grams/serving) AND low sugar (less than 6 grams/serving). You must read product labels to determine the nutritional value. There are 2 types of protein shakes: Pre-mixed and Powders mixed with milk.

Pre-Mixed (ready to drink)	Powders (mixed with milk*)
Atkins, Myoplex Low Carb, Perfect Zero Carb, Isopure, Slimfast Low Carb	Designer Protein, GNC Challenge 95, Whey Supreme, No Added sugar Carnation Instant Breakfast, Revival Soy, Lindora

\* Directions for powders: Add protein powder by the scoop/tablespoon to 8 ounces Skim Plus Milk, Skim Milk, or Fat Free Lactaid daily. You may choose to drink your shake in 2-4 ounce servings.

After surgery you will need between 50-70 grams of protein a day. In order to meet your protein needs, protein shakes such as the ones listed above, will supplement your meal plans. Once you are able to get enough protein from your food, you will not need to continue using protein shakes on a daily basis.