

Diet Progression after Bariatric Surgery

Diet After Surgery	
Clear Liquid	Days 1 - 2
Full Liquid	Days 3 - 9
Puree	Days 10 - 20
Soft	Days 21 - 36
Regular Food Trial	Days 37 - forever

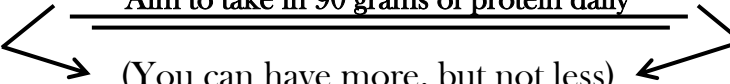
Follow the clear liquid diet, provided below, the day before surgery. After midnight, the day of your surgery, you should not have anything to eat or drink.
 Talk to the physician prescribing the medications for whether you should continue to take them the day of surgery.

Bariatric Clear Liquid Diet (For 2 Days after surgery)		
Food Group	Recommended	Not Recommended
Beverages	Water, decaf coffee or tea, unsweetened decaf iced tea, crystal light, vitamin water zero, Sobe lifewater zero, G2, or other sugar free, caffeine free, non-carbonated beverage.	Sweetened fruit drinks, juice; Gatorade; beverages containing sugar, corn syrup, high fructose corn syrup; carbonated beverages or beverages with caffeine; alcoholic beverages
Protein Supplement	Clear liquid protein supplement**	All others
Desserts/Sweets	Sugar-free Jell-O, sugar free popsicles, Any sugar substitute [i.e. Splenda (Sucralose), Equal (Aspartame), Truvia (Reb A), Stevia]	Sugar, honey, molasses, corn syrup, high fructose corn syrup, or sugar alcohols (sorbitol, xylitol, etc.)
Soups	Clear (fat-free) broth or bouillon	All others

-4 ounces (1/2 cup per hour)

-Do not use a straw!!!!

DO NOT TRY TO CONSUME : Meat, chicken, fish, eggs, beans; fruit or vegetables; potatoes, cereal, bread, pasta, rice, other grains or starches; milk or dairy products; butter, margarine, oils.



** Isopure Zero Carb Liquid: One 20 ounce bottle has 40 grams of protein

- This can be purchased at The vitamin Shoppe, AtlantiCare Life Center - Main Lobby, or GNC

**New Whey Protein Shot: One 3.8 ounce, low volume, bottle has 42 grams of protein

- This can be purchased at The vitamin Shoppe and GNC

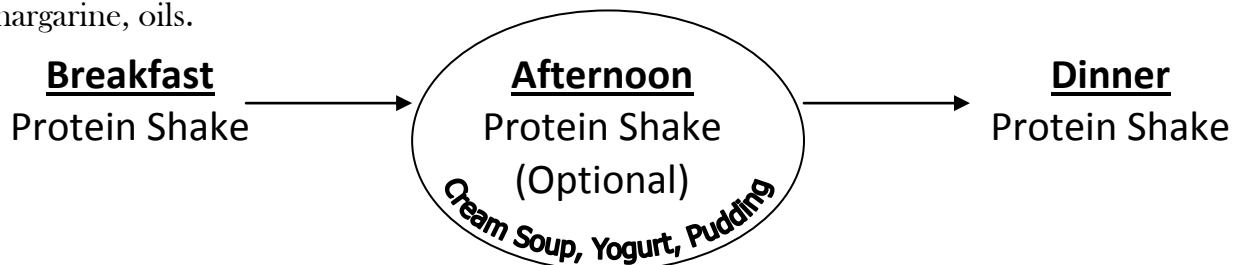
Diet Progression after Bariatric Surgery

Bariatric Full Liquid (Days 3-9 after surgery)		
<u>Food Groups</u>	<u>Recommended</u>	<u>Not Recommended</u>
Beverages with protein	Non-fat or 1% milk; Soy milk; Lactaid milk if unable to tolerate regular milk	Milkshakes; 2% or whole milk
Other Beverages	Water, decaf coffee or tea, unsweetened decaf iced tea, crystal light, vitamin water zero, Sobe lifewater zero, G2, or other sugar free, caffeine free, non-carbonated beverage.	Sweetened fruit drinks, juice; Gatorade; beverages containing sugar, corn syrup, high fructose corn syrup; carbonated beverages or beverages with caffeine; alcoholic beverages
Protein Supplements You must have at least 90 grams of protein per day	Whey or Soy protein shakes made with soy milk, non-fat/1% milk or Lactaid milk if tolerated better.	Regular Carnation Instant Breakfast, Ensure, Slim-Fast, Boost (too high in carbohydrates)
Dairy Protein	Yogurt with no fruit on the bottom-> can be sweetened with Splenda (Sucralose) or Equal (Aspartame); Sugar Free Vanilla/Chocolate Pudding or Sugar Free Mousse	Yogurt sweetened with sugar, corn syrup, or high fructose corn syrup; <u>Yogurts with fruit chunks</u> , <u>Rice Pudding</u> .
Desserts/Sweets	Sugar-free Jell-O, sugar free popsicles, Any sugar substitute [i.e. Splenda (Sucralose), Equal (Aspartame), Truvia (Reb A), Stevia]	Sugar, honey, molasses, corn syrup, high fructose corn syrup; or sugar alcohols (sorbitol, xylitol, etc.) ice cream, frozen yogurt, sherbet
Fats	Fat free half and half, fat-free non-dairy creamer	Half and half, cream
Soups	Low-fat <u>strained</u> cream soups (98% fat-free and prepared with non-fat or 1% milk, non-fat or 1% Lactaid milk or soy milk, fat free broth or bouillon.	Soups with chunks

- Continue with 4 ounces (1/2 cup per 1/2 hour to 1 hour)

-Do not use a straw!!!!

DO NOT TRY TO CONSUME : Meat, chicken, fish, eggs, beans; fruit or vegetables; potatoes, cereal, bread, pasta, rice, other grains or starches; milk or dairy products; butter, margarine, oils.



Diet Progression after Bariatric Surgery

Do not drink during meals at this time as the foods consumed below will be semi solid. Drinking with the meals will liquefy the foods and decrease your ability to feel full. Please wait at least 60 minutes after a meal to drink again.

- ❖ Portions: 2 ounce portions at the beginning. Increase 1 ounce per day until your portion sizes are between 3 to 6 ounces.
- ❖ Continue with 2 protein shakes per day to achieve enough protein

Bariatric Pureed Diet (Days 10-20 after surgery)		
<u>Food Groups</u>	<u>Recommended</u>	<u>Not Recommended</u>
Beverages with protein	Non-fat or 1% milk; Soy milk; Lactaid milk if unable to tolerate regular milk	Milkshakes; 2% or whole milk
Other Beverages	Water, decaf coffee or tea, unsweetened decaf iced tea, crystal light, vitamin water zero, Sobe lifewater zero, G2, or other sugar free, caffeine free, non-carbonated beverage.	Sweetened fruit drinks, juice; Gatorade; beverages containing sugar, corn syrup, high fructose corn syrup; carbonated beverages or beverages with caffeine; alcoholic beverages
Protein Supplements You must have at least 90 grams of protein per day	Whey or Soy protein shakes made with soy milk, non-fat/1% milk or lactaid milk if tolerated better.	Regular Carnation Instant Breakfast, Ensure, Slim-Fast, Boost (too high in carbohydrates)
Dairy Protein	Non-fat, plain Greek yogurt, Dannon Light and Fit yogurt-> can be sweetened with Splenda (Sucralose) or Equal (Aspartame)	Yogurt sweetened with sugar, corn syrup, or high fructose corn syrup; Yogurts with fruit chunks.
Other Protein	Soft scrambled egg whites or egg substitute; Cottage cheese, soft tofu, fat-free refried beans; Tuna fish with light mayonnaise, Egg salad with light mayonnaise	Fried or high fat meats, fried eggs, highly seasoned or spicy meats; tough meats. Avoid steak.
Cereals	Hot cereal; Cream of wheat or farina thinned with nonfat or 1% milk, non-fat (skim), skim milk plus, or 1% Lactaid milk or soy milk	Cold cereals
Desserts/Sweets	Sugar-free Jell-O, sugar free popsicles, Any sugar substitute [i.e. Splenda (Sucralose), Equal (Aspartame), Truvia (Reb A), Stevia]	Sugar, honey, molasses, corn syrup, high fructose corn syrup; or sugar alcohols (sorbitol, xylitol, etc.) ice cream, frozen yogurt, sherbet
Fats	Small amount of margarine or vegetable oil may be used; low fat salad dressing; low fat mayonnaise, low fat sour cream, low fat cream cheese	Half and half, cream
Vegetables	Mashed potatoes thinned with broth Mashed Cauliflower	Soft, cooked fresh or frozen vegetables or raw vegetables
Fruits	Unsweetened applesauce, mashed ripe banana	

Sample Menu Puree – Continue to consume 4 ounce drinks of the protein shake until you finish the protein shake for 2 meals per day.

	Breakfast	Lunch	Dinner
Day 10	8-12 ounces protein shake	1 poached egg, 1 ounce of oatmeal made with skim milk	8-12 ounces protein shake
Day 11	8-12 ounces protein shake	2 ounces mashed potatoes blended with 1 ounce yogurt	8-12 ounces protein shake
Day 12	8-12 ounces protein shake	2 ounces refried beans with 1 ounce low fat shredded cheese & 1 Tbsp salsa	8-12 ounces protein shake
Day 13	8-12 ounces protein shake	3 ounces fat free Greek yogurt with 1 tsp Sugar free jelly	8-12 ounces protein shake
Day 14	8-12 ounces protein shake	3 ounces of Cottage cheese blended with 2 Tbsp applesauce	8-12 ounces protein shake
Day 15	8-12 ounces protein shake	3 ounces tomato soup blended with 1 ounce silken tofu or skim ricotta	3 ounces silken tofu or skim ricotta with 2 Tbsp cooked Squash blenderized
Day 16	8-12 ounces protein shake	3 ounces of high protein oatmeal (add 1 scoop of protein powder)	3 ounces canned tuna mixed with 1 ounce light mayonnaise
Day 17	8-12 ounces protein shake	4 ounces pureed black bean soup	3 ounces Cottage cheese blended with 2 Tbsp applesauce
Day 18	8-12 ounces protein shake	4 ounce finely chopped chicken salad	2 ounces of mashed yam/potato with 1 ounce yogurt
Day 19	8-12 ounces protein shake	3 ounces tomato soup blended with 1 ounce silken tofu or skim roicotta	3 ounces canned tuna mixed with 1 ounce light mayonnaise

Diet Progression after Bariatric Surgery

1. Portions: 2-4 ounces protein + 2 ounces vegetable/fruit at meals
2. Take small ½ teaspoon sized bites of food Chew food 20 times prior to swallowing
3. You may be able to decrease the amount of protein shake you consume per day as you will be able to achieve adequate protein from food sources.

Bariatric Soft Diet (Days 21-30 after surgery)		
Food Groups	Recommended	Not Recommended
Beverages with protein	Non-fat or 1% milk; Soy milk; Lactaid milk if unable to tolerate regular milk	Milkshakes; 2% or whole milk
Other Beverages	Water, decaf coffee or tea, unsweetened decaf iced tea, crystal light, vitamin water zero, Sobe lifewater zero, G2, or other sugar free, caffeine free, non-carbonated beverage.	Sweetened fruit drinks, juice; Gatorade; beverages containing sugar, corn syrup, high fructose corn syrup; carbonated beverages or beverages with caffeine; alcoholic beverages
Dairy Protein	Non-fat, plain Greek yogurt, Dannon Light and Fit yogurt-> can be sweetened with Splenda (Sucralose) or Equal (Aspartame); low fat cottage cheese; low fat cheese	Yogurt sweetened with sugar, corn syrup, or high fructose corn syrup; Yogurts with fruit chunks. Cheese
Other Protein (Meats) These items should be very moist and tender. They should be cooked a long period of time in a liquid to make them moist and tender. You can use a Crock pot if desired.	Ground meats with gravy; White, flaky fish such as sole or tilapia; Soft scrambled egg whites or egg substitute; Cottage cheese, soft tofu, fat-free refried beans; Tuna fish with light mayonnaise, Egg salad with light mayonnaise	White breast meat, pork chops, lean meat, burgers, regular ground beef, any fried or breaded fish steaks, lobster, crab, shellfish. These foods can be too fibrous, dry, chewy, or rubbery
Desserts/Sweets	Sugar-free Jell-O, sugar free popsicles, Any sugar substitute [i.e. Splenda (Sucralose), Equal (Aspartame), Truvia (Reb A), Stevia]	All sweets and desserts, especially those made with sugar, honey, corn syrup, high fructose corn syrup or sugar alcohols or those made with chocolate, nuts or dried fruits; ice cream, frozen yogurt, sherbet
Fats	low fat salad dressing; low fat mayonnaise, low fat sour cream, low fat cream cheese, peanut butter, Avocado (guacamole)	Regular salad dressing; regular mayonnaise, regular sour cream or cream cheese; half and half; cream;

Bariatric Soft Diet (Days 21-30 after surgery)		
<u>Food Groups</u>	<u>Recommended</u>	<u>Not Recommended</u>
Fruit	Unsweetened canned fruit in its own juice or water packed	Fruit drinks or juices; fruit canned in syrup, dried fruits, berries, grapes, pineapple, apple with the peel
Potatoes & Potato Substitute	Potatoes or sweet potatoes (yams), well cooked, without skin	Fried potatoes or potatoes with skins; potato salad
Soups	Fat free cream soups or broth, vegetable soups	Soups prepared with heavy creams or made with high fat ingredients
Vegetables • Vegetables should be very tender and soft.	All well cooked vegetables; asparagus tips, broccoli florets, peppers	No stalks, or woody stems Too fibrous, stringy, difficult to chew
Miscellaneous	Iodized salt, pepper, herbs, and strongly flavored seasonings as tolerated.	Jalapenos, nuts, seeds, popcorn

Prepare Your Home for Weight Loss Surgery

We suggest you purchase the following items before your surgery so that you will be prepared when you arrive at home.

1. Set of measuring cups and spoons
2. Food scale
3. Food strainer - to strain chunks of meat and vegetables out of soups
4. Blender
5. Kitchen timer - meals should last **NO MORE** than 20 minutes
6. Toddler bowls and utensils
7. 1 quart water bottle - fill at least 2x/day (64 ounces) to ensure adequate hydration
8. 1 ounce medicine cups to portion food
9. Notebook for food diary
10. Vitamin supplements
11. Protein supplements - try a few brand before surgery to see what you like

Diet Progression after Bariatric Surgery

1. This diet consists of bulkier, more textured foods which require more cutting and chewing.
2. As you add more foods and textures into your diet, you may be able to tolerate a certain food one week and not the next. Try to reintroduce that particular food into your regimen a week or two later. Individuals advance differently during this stage.
3. Keep a food journal will help you define which foods you tolerate as well as how much protein you are consuming.
4. Reheated meat is never well tolerated the next day because it gets too dried out
5. Eat no more than 3 small meals per day with 2 snacks

Bariatric Regular Food Trial (Days 30 - Forever after surgery)		
<u>Food Groups</u>	<u>Recommended</u>	<u>Not Recommended</u>
Beverages with protein	Non-fat or 1% milk; Soy milk; Lactaid milk if unable to tolerate regular milk	Milkshakes; 2% or whole milk
Other Beverages	Water, decaf coffee or tea, unsweetened decaf iced tea, crystal light, vitamin water zero, Sobe lifewater zero, G2, or other sugar free, caffeine free, non-carbonated beverage.	Sweetened fruit drinks, juice; Gatorade; beverages containing sugar, corn syrup, high fructose corn syrup; carbonated beverages or beverages with caffeine; alcoholic beverages
Dairy Protein	Blended sugar free or diet yogurt (no chunks) -> can be sweetened with Splenda (Sucralose) or Equal (Aspartame), low fat cheese, low-fat cottage cheese	Yogurt sweetened with sugar, corn syrup, or high fructose corn syrup; Yogurts with fruit chunks. Cheese with more than 5 grams of total fat on the nutrition label.
Other Protein (Meats) These items should continue to be very moist and tender.	Dark meat poultry, thin sliced deli meat, ground lean beef, chicken, and turkey, white flake fish; Baby shrimp, scallops; scrambled , poached, and soft boiled eggs; Tofu, soy products, veggie burger	White breast meat, pork chops, lean meat, burgers, regular ground beef, any fried or breaded fish steaks, lobster, crab, shellfish. These foods can be too fibrous, dry, chewy, or rubbery
Desserts/Sweets	Sugar-free Jell-O, sugar free popsicles, Any sugar substitute [i.e. Splenda (Sucralose), Equal (Aspartame), Truvia (Reb A), Stevia]	All sweets and desserts, especially those made with sugar, honey, corn syrup, high fructose corn syrup or sugar alcohols or those made with chocolate ice cream, frozen yogurt, sherbet
Fats	low fat salad dressing; low fat mayonnaise, low fat sour cream, low fat cream cheese, peanut butter, Avocado (guacamole)	Regular salad dressing; regular mayonnaise, regular sour cream or cream cheese; half and half; cream

Bariatric Regular Food Trial (Days 30 - Forever after surgery)		
<u>Food Groups</u>	<u>Recommended</u>	<u>Not Recommended</u>
Fruit	Berries, peeled fruit, grapes	Fruit skins
Potatoes & Potato Substitute	Potatoes or sweet potatoes (yams), well cooked, without skin	Corn, French fries
Breads & Cereals • Starches should be dry. If you can crunch it up in your hand this is a good starch choice.	Cream of wheat, old fashioned oatmeal, 3-4 whole wheat crackers, whole grain cereal (Kashi brand), light wheat toast (40 calories per serving)	Doughy, gummy bread, rice, pasta, tortilla, bagels, rolls, Italian bread
Soups	Fat free cream soups or broth, vegetable soups	Soups prepared with heavy creams or made with high fat ingredients
Vegetables	All well cooked vegetables, raw cucumber, raw tomato, raw carrots	No stalks or woody stems, poorly chewed salads or veggies Too fibrous, stringy, difficult to chew
Miscellaneous	Iodized salt, pepper, herbs, and strongly flavored seasonings as tolerated.	Jalapenos, nuts, seeds, popcorn

Success After Surgery

- **Each meal should last 20 minutes to eat no more than 3-4 ounces of food**
 - Pause between each bite
 - Swallow to allow the food to settle in the pouch
 - It is very easy to have “one bite too many”, which may result in pain or vomiting
- **Eat protein first - You need 60-90 grams of protein per day!**
 - Approved protein supplements are recommended to help you meet your goals
- **Avoid ‘empty’ Calories that have no nutritional values**
 - Too much fruit, fruit juice, sugars, soft drinks and refined starches will slow down your weight loss
- **Avoid ALL fried, oily or fatty foods**
 - These foods will interfere with your long-term weight loss
- **Exercise**
 - To preserve lean muscle mass and speed up your metabolism
- **Always take your vitamins and mineral supplements as directed**
 - You will need to continue your vitamin and mineral protocol throughout life to maintain optimum health and prevent deficiencies
- **Keep yourself hydrated**
 - Aim for 64 ounces or 2 quarts per day of water or other unsweetened, low calorie, non-carbonated, decaffeinated drinks (e.g. crystal light, herbal tea, etc.)