

POST-BARIATRIC SURGERY DIET

Weeks 1-2

Stick to a liquid diet

“Anything you can EASILY drink through a straw”

Drink slowly, and take small sips. Gulping fluids may cause pain.

Recommended liquids: broth or soup (with no vegetables, meat, or cream), low-fat milk, low-fat
Jell-O, no sugar added popsicles

Weeks 3-4

Pureed/soft foods

Baby food consistency

Any foods need to be blended well

Recommended soft foods: pureed fish, mashed potatoes, eggs, low-fat yogurt/pudding,
steamed vegetables, applesauce, grits

Weeks 5-6

Can start more regular meals

Meats must be tender, cook foods such as ground turkey and fish

Chew foods thoroughly

If you experience nausea/vomiting/stomach irritation – STOP!

Never advance food stages until you can well tolerate the stage you're in.

Diet Guidelines and keys to success:

1. Eat no more than 3 meals a day. 50% of meals should be protein, which will keep you full for 4-5 hours.
2. Use a measuring cup (4 ounces = ½ cup)
3. Eat Slowly. Meals should last around 20 minutes.
4. Foods need to be chewed to a paste consistency. Swallowing chunks of food can cause vomiting.
5. Stop eating as soon as you feel full.
6. Do not drink liquids with meals. Do not drink 20 minutes before meals and 20 minutes after meals. You have to allow food to bulk up in your stomach pouch.
7. No liquid meals. Liquid meals will not make you feel full, therefore you are hungry faster.
8. Drink little to no calorie liquids. The majority of your calories need to come from foods.
9. Exercise 20-30 min a day
10. Keep a food and exercise journal