

Guide for eating after Bariatric Surgery

Primary nutritional goal

- ✓ Learn proper eating habits that will promote weight loss while maintaining health at a reduced weight
- ✓ Consume adequate amount of protein to minimize loss of lean body mass and facilitate healing
- ✓ Take adequate amounts of fluid to maintain hydration



Phase of Diet

Phase 1	Clear Liquid	2 - 4 Days Post Surgery
Phase 2	Full Liquid Diet	4 Days - 2 Weeks
Phase 3	Pureed Diet	3 – 4 Weeks
Phase 4	Soft	5 Weeks to 6 Weeks
Phase 5	Normal Diet	Begin at week 7

Tips for meal planning

- ✓ Drink liquids 30 minutes before meals or 30 minutes after meals, not during meals.
- ✓ Eat protein first. You will need a minimum of 60-80 grams of protein every day.
- ✓ Eat balanced meals. A balanced meal includes vegetables, fruits and whole grains.
- ✓ Avoid foods that are high in sugar or fat. Eat foods with less than 10 grams of sugar per serving.
- ✓ Choose low-fat foods with 3 grams of fat or less per serving.
- ✓ Take small bites and chew food well/ eat slowly.
- ✓ Avoid eating at the computer or in front of the TV.
- ✓ Stop eating when you feel satisfied or feel full.
- ✓ Drink at least 6 to 8 cups (2liter) of non-calorie liquids between meals.
- ✓ Strict NO to STRAW, SUGAR, SODA

STAGE I - CLEAR LIQUIDS – (1 – 3 days)

Only the thing that passes through a sieve can be consumed

Your Goals are :	Foods to eat	Tips
<ul style="list-style-type: none"> Day 1: Start diet with 15ml liquids every 30 minutes for the first 2 hours, and then increase to 15ml liquids every 15 minutes. Day 2-3: Advance diet to 30ml liquids every 15 minutes. Begin walking day of surgery or as recommended by your doctor. 	<ul style="list-style-type: none"> Water Diluted unsweetened juice (½ juice and ½ water) Water with fresh lemon or lime slices Sugar-Free <u>Jello</u> Broth Sugar Free Tang Sugar & caffeine free tea, Cold or hot 	<p>Remember to sip your liquids slowly.</p> <p>Stop when feel full. Indication of fullness: Feeling of pressure in the center just below your rib cages</p> <p>Feeling of nausea / Pain in your shoulder area and upper chest.</p>

Note : Remember to drink liquids SLOWLY; Sip don't Gulp. Never use a straw***. If you experience nausea, decrease your consumption both in term of volume and frequency.

Remember NO'S

- ✓ No carbonation (SOFT DRINK,SODA)
- ✓ No sugar
- ✓ Minimal calories
- ✓ No caffeine , No alcohol
- ✓ Avoid chewing gum (even sugar-free) because accidentally swallowing it could cause a blockage.

STAGE II - FULL LIQUID DIET (High Protein, Low Fat & Sugar) (4 days - 2 weeks)

Foods those are thin like milk or the thing that passes through a sieve should be consumed.

Please sieve all food at this stage to ensure all lumps and bits are removed.

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Avoid : Fruit nectars, juices with pulp, sweetened fruit juices, sweetened drink mixes, milk, milkshakes, cocoa, sports drinks, alcohol, and carbonated beverages: soda, club soda, sweetened flavored water, regular gelatin, ice cream/popsicles or popsicles with fruit pieces.

Sample Liquid Plan

Food Timing	Day 1	Day 2
Breakfast	Oatmeal(¼ cup oatmeal+1/4 cup milk+1table spoon Protein powder) 1 cup low fat no sugar added yogurt	Strawberry Vanilla Shake (1 scoop protein powder unflavored + 1 cup skim milk+1 teaspoon vanilla extract+1/2 packet strawberry flavoured sugar free drink crystal+1/2 crushed ice Yogurt(1 cup low fat no sugar added)
Morning snack	1 cup Protein shake	1 cup Protein shake
Lunch	Cream of mushroom soup (1/4 cup strained cream of mushroom soup+ 1 table spoon of Protein Powder) ¼ Cup apple Sauce	Vegetable soup(1/4 cup strained) 1/4 cup low fat no sugar added yogurt ¼ cup Tomato Juice
After noon snack	½ Cup Protein shake	½ Cup Protein shake
Dinner	Vegetable soup(1/4 cup strained) Yoghurt (1 cup low fat, no sugar added yoghurt+ 1 tablespoon protein powder)	Chicken soup (¼ cup strained crème of chicken soup + 1 table spoon Protein powder) ¼ Cup Apple sauce
Evening snack	½ cup protein shake	½ cup protein shake

Protein Supplements

There are 2 types of protein supplements: Protein powders & Protein shakes

What should you look for in protein powder?	What should you look for in a pre-made protein shake?
30 grams of protein powder should have: <ul style="list-style-type: none"> • 20 to 30g of protein • Less than 5g of carbohydrate 	Each serving should have: <ul style="list-style-type: none"> • 15 to 40g of protein • Less than 5g of carbohydrate