

Diet Progression



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Diet Progression

Three weeks before surgery: starch free OR a maximum of 50 gm carbs per day.

Before surgery
48 hours before



Clear Liquids

Any liquid you can see through: Water, sugar-free drinks, broth, sugar-free gelatin, sugar-free popsicles, **Atkins Lift, Premier Clear Protein water or Isopure**

After surgery
Day 1 – Day 7
at home



Full Liquids

Pourable liquids (**protein shakes, skim milk, unsweetened almond milk, yogurt smoothies, soups**)

After surgery
Day 8 – Day 14
at home



Pureed Diet

Full liquids, **pureed cottage cheese, blended meats and blended soups, etc.**

After surgery
Day 14 – Day 30
at home



Soft Diet

Moist, soft foods **exclude** tough meats, raw veggies or tough fruits with skins

1 month and beyond



Regular Diet

Reintroduces tougher, drier meats and raw vegetables. **Aim for three meals per day with ~30 grams of protein per meal**



Clear Liquid Diet

Clear Liquid Diet | 48 Hours (two days) Before Surgery

No food/drink after midnight the night before surgery.



- Liquids at this stage must be see-through fluids (**NO** pieces)
- No sugar, carbonation, caffeine, or alcohol
- You should stay **VERY** hydrated at this stage, drinking every half hour

Recommended Liquids
Water
Sugar-free flavored water (e.g. Crystal Light, Mio, True Lemon)
Herbal or decaf tea (no caffeine)
Powerade Zero, Propel Zero
Low-sodium broth (NO pieces/chunks), bone broth or wonton soup broth
Diet (caffeine-free) iced tea
Sugar-free Jello
Sugar-free popsicles
Vitamin Water Zero
Atkins' Lift Protein Water
Special K Protein Water (clear type)
Designer Whey 2 Go Protein Water
Premier Clear
Protein 2 O
Unjury Chicken Soup flavor

A glass bottle of almond milk with a cork and twine, surrounded by almonds on a white lace doily. The bottle is the central focus, with a white cap and a metal clasp. The twine is tied around the neck. The bottle is placed on a white lace doily, which is surrounded by several almonds. In the bottom right corner, there is a small white bowl filled with almonds and a green leafy branch. The background is a wooden surface with a diagonal pattern.

Full Liquid Diet

Full Liquid Diet | Day 1 – Day 7 at Home

Focus on getting 64 oz. of fluid. You may not meet protein goals at this stage.



- **BEGIN VITAMIN SUPPLEMENTS AT THIS STAGE**
- Sip clear fluids every 10 to 15 minutes to prevent dehydration
- Be sure that liquids contain no chunks or pieces
- No solid foods

Recommended Liquids
Shakes made with protein isolate
Mix powder with skim or 1% milk, unsweetened soy or unsweetened almond milk
Dannon Light and Fit Yogurt drinks (or yogurt watered down with milk or water)
Low-fat cream soups (strain the soup so there are no solids) + scoop unflavored protein powder
Pacific or Imagine boxed soups (non-starchy veggie) + scoop unflavored protein powder

Full Liquids | Post-Op Day 1-7 | Sample Day

Full Liquid Diet

8 am	4 oz. protein shake
8:30 am	4 oz. protein shake
9 am	4 oz. Crystal Light
9:30 am	4 oz. Powerade Zero
10 am	Sugar-free popsicle
10:30 am	4 oz. decaf tea
11 am	4 oz. Vitamin Water Zero
11:30 am	4 oz. protein shake
12 pm	4 oz. protein shake
12:30 pm	4 oz. Propel Zero
1 pm	4 oz. beef broth
1:30 pm	4 oz. water
2 pm	4 oz. water
2:30 pm	4 oz. protein shake
3 pm	4 oz. protein shake
3:30 pm	4 oz. chicken broth
4 pm	4 oz. sugar free Mio flavored water
4:30 pm	4 oz. 4C diet iced tea
5 pm	4 oz. water flavored w/ Dasani Drops
5:30 pm	4 oz. True Lemon water
6 pm	4 oz. protein shake
6:30 pm	4 oz. protein shake
7 pm	4 oz. water
7:30 pm	4 oz. Diet V8 Splash (not V8 light)
8 pm	4 oz. sugar-free Jell-O

Supplements

7 am	Omeprazole
8 am	2 servings Multivitamin
10 am	500 mg. Calcium Citrate
12 pm	500 mg. Calcium Citrate
2 pm	500 mg. Calcium Citrate



TIP

You can sip clear liquids even more often (every 10-15 minutes) to help you reach your fluid goals!



Full Liquids | Sample Menu

Focus on getting 64 oz. of fluid a day and at least 70 g of protein.

Sample Menu #1	Protein
1 cup water w/ 1 scoop Unjury strawberry protein powder	20 g.
1.5 cups water	0 g.
½ cup (4 oz.) sugar-free Jell-o	0 g.
1 cup water w/ 1 scoop Bariatric Advantage protein powder	15 to 20 g.
2 cups Crystal Light	0 g.
2 cups water	0 g.
1 scoop Unjury with 1 cup water	21 g.
2 cups sugar-free Kool Aid	0 g.
½ cup sugar-free pudding thinned w/ skim milk	4 g.

Remember that foods at this stage should be a “pourable” consistency!

Sample Menu #2	Protein
1 Atkins’ Lift Protein Water	20 g.
2 cups Powerade Zero	0 g.
2 cups water	0 g.
1 cup skim milk mixed with 1/3 cup nonfat dry skim milk powder	16 g.
2 cups Crystal Light	0 g.
1 cup Diet V8 Splash mixed with 1 scoop Unjury unflavored protein powder	20 g.
1 carton (6 oz.) Dannon Light and Fit yogurt thinned with 1/3 cup skim milk	15 g.
Sugar-free popsicle	0 g.
½ cup sugar-free pudding thinned with skim milk	5 g.
2 cups Sobe Lifewater (sugar-free)	0 g.

Sample Menu #3	Protein
2 cups Crystal Light	0 g.
1 Dannon Light n Fit yogurt thinned with 1/3 cup skim milk	15 g.
1 cup water + 2 scoops Bariatric Advantage High Protein Meal Replacement	27 g.
2 cups water	0 g.
1 bottle Special K Protein Water	5 g.
1 cup V8 Splash + 1 scoop Unjury unflavored protein powder	20 g.
2 cups water w/ SF Mio flavoring	0 g.
1 Atkins’ Lift Protein Water	20 g.
1 sugar-free popsicle	0 g.
1 cup Powerade	0 g.

Full Liquids I Shopping List

Diary	Diary	Protein
Milk (skim or 1%) <i>Soy or unsweetened almond milk also acceptable</i>	1 cup	8 g.
Nonfat milk powder (to add to liquids or soft foods)	1/3	8 g.
Fat-free, low sugar yogurt (Dannon light n fit etc.)	3 to 4 oz.	6 g.
Plain Greek yogurt	3 to 4 oz.	8 g.
Commerical Products		
Atkins' Lift Protein Water	1 bottle	20 g.
Whey Isolate Protein Powder (see packet for guidelines)	1 serving	15 to 30 g.
Soups (all soups must be blended completely and strained for pieces)		
Broth, bouillon, consommé, broth-based soup, low fat cream soups No tomato or soups containing starch	Varies	Varies
Soups containing meat	1 cup	8 g.
Other		
Sugar-free Jell-o	½ cup	1 g.
Sugar-free, Fat-free Jello Pudding	½ cup	0 g.
Sugar-free popsicles	1 popsicle	0 g.
Sugar-free drinks (Crystal Light, Powerade Zero, Propel, Mio Drops)	1 cup	0 g.
Diet iced tea	1 cup	0 g.
Other low-calorie beverages (10 calories or less per 8 oz.)	1 cup	10 g.





Pureed Liquid Diet

Puree/Smooth Diet | 2nd Week at Home

Goals for this stage:

- 64 oz. fluid each day
- 3 to 6 meals each day
- Eat slowly and stop eating as soon as you feel satisfied
- Do not drink with meals or ½ hour after meals (may drink up to your meal)
- May not meet protein goals



Meal Size:

¼ cup to ½ cup

(Do not try to increase meal size)

Recommended Foods
Greek yogurt (no solid fruit pieces)
Meat soups pureed in blender AND strained to remove all pieces
Plain low/nonfat yogurt + protein powder
Pureed chicken, canned tuna, eggs, with low fat mayo (mash it finely)
Pureed non-starchy vegetables (e.g. cauliflower mash) + unflavored protein powder
Sugar-free, fat-free pudding + protein powder
Silken Tofu, Low/Nonfat Cottage Cheese pureed
Very soft, low-fat cheeses, like Laughing Cow light wedges
Thicker smoothies with skim milk or unsweetened soy/almond, fruit, scoop of protein powder
Unsweetened applesauce + unflavored protein powder

Puree/Smooth Foods | Post-Op Day 7 – 14 | Sample Day

Puree/Smooth Food Schedule

8 am	¼ cup to ½ cup scrambled eggs mashed finely
8:30 am	wait 30 minutes after your meal until you start drinking again
9 am	4 oz. Crystal Light
9:30 am	4 oz. water
10 am	Sugar-free popsicle
10:30 am	4 oz. decaf tea
11 am	4 oz. Vitamin Water Zero
11:30 am	¼ cup to ½ cup of tuna with light mayo, mashed finely
12 pm	wait 30 minutes after your meal until you start drinking again
12:30 pm	4 oz. Propel Zero
1 pm	4 oz. water
1:30 pm	4 oz. water
2 pm	4 oz. True Lemon
2:30 pm	¼ cup to ½ cup of yogurt without pieces (and less than 15 grams of sugar)
3 pm	wait 30 minutes after your meal until you start drinking again
3:30 pm	4 oz. water
4 pm	4 oz. sugar free Mio flavored water
4:30 pm	4 oz. 4C diet iced tea
5 pm	4 oz. water flavored w/ Dasani Drops
5:30 pm	4 oz. True Lemon water
6 pm	¼ cup to ½ cup of sugar free pudding with protein powder added (amount of powder will vary based on texture)
6:30 pm	wait 30 minutes after your meal until you start drinking again
7 pm	4 oz. Skinny water
7:30 pm	4 oz. water
8 pm	4 oz. water

Supplements

7 am	Omeprazole
8 am	2 servings Multivitamin
10 am	500 mg. Calcium Citrate
12 pm	500 mg. Calcium Citrate
2 pm	500 mg. Calcium Citrate



TIPS

You may still have protein shakes or thicker smoothies for a meal

Bite-size should be comparable to a dime or jellybean

Do not exceed ½ cup per meal

You may eat 3 to 6 small meals per day – this is just a sample schedule



Pureed/Smooth Foods | Sample Menu (Days 7 – 14 at Home)

Meals are about ¼ cup to ½ cup.

Sample Menu #1		Protein
Breakfast	1 scrambled egg, pureed	7 g.
Lunch	1-2 oz. pureed ground turkey blended w/ 2 tbsp zucchini puree	7 to 14 g.
Dinner	1 oz. pureed lean meat blended with ¼ cup low-fat cream of mushroom soup	10 g. 2 g.
Between Meals	1 cup fat-free milk Cauliflower puree w/ 1 scoop unflavored Unjury 64 oz. calorie-free beverages (besides protein)	8 g. 21 g. 0 g.

Sample Menu #2		Protein
Breakfast	3 oz. Light n Fit Yogurt w/ 1 scoop Unjury protein powder	3 g. 21 g.
Lunch	1-2 oz. pureed lunch meat	7 to 14 g.
Dinner	1/2 cup butternut squash soup plus 1/2 scoop chicken soup Unjury protein powder	11 g.
Between Meals	32 oz. Crystal Light 1 Atkins' Lift Protein Water 1 cup Diet V8 Splash with 1 scoop Unjury unflavored protein powder 32 oz. water	0 g. 20 g. 20 g. 0 g.

Sample Menu #3		Protein
Breakfast	½ cup pureed cottage cheese w/ 1 tbsp. sugar-free jelly	12 g.
Lunch	1-2 oz. pureed chicken thigh blended with ¼ cup fat-free poultry gravy	8 to 15 g.
Dinner	1-2 oz. canned, water-packed tuna pureed w/ low-fat mayo 1 oz. low-fat mozzarella cheese, melted	7 to 14 g. 7 g.
Between Meals	1 cup skim milk mixed w/ 1 scoop Unjury vanilla powder 1 yogurt smoothie (yogurt + milk + protein powder blended) 64 oz. calorie-free beverages (besides protein waters)	20 g. 20 g. 0 g.

Puree Diet I Shopping List

Vegetables	Diary	Protein
Any vegetable that can be cooked very tender (<i>best to avoid those with tough skins, starchy vegetables, fried or raw vegetables</i>)	¼ cup	< 1 g.
Fruit		
Unsweetened applesauce	¼ cup	20 g.
Soft canned fruits in juice/water, not syrup	¼ cup	< 1 g.
Dairy		
Milk (skim or 1%) <i>Soy or unsweetened almond milk also acceptable</i>	1 cup	8 g.
Nonfat milk powder (to add to liquids or soft foods)	1/3 cup	8 g.
Fat-free, low-sugar yogurt (Dannon Light n Fit, etc.)	3-4 oz.	6 g.
Plain Greek yogurt	3-4 oz.	8 g.
Fat-free or low-fat cottage cheese	¼ cup	7 g.
Fat free or low-fat ricotta cheese	¼ cup	7 g.
Fat free or low-fat shredded cheese	¼ cup	7 g.
Commercial Products		
Atkins' Lift Protein Water	1 bottle	1 g.
Whey Isolate Protein Powder (see packet for guidelines)	1 serving	15 to 30 g.
Meat and Protein		
Lean meats or poultry (baked, broiled, grilled or boiled)	1 oz.	8 g.
Low-fat deli meats (sliced extra thin)	1 oz.	5.5 g.
Fish (baked, broiled, grilled or boiled)	1 oz.	7 g.
Tuna, canned in water	4.5 oz. can	24 g.
Tofu	¼ cup	5 g.
Eggs	1 egg	6 g.
Egg Beaters	¼ cup	6 g.
<i>NOTE: All must be finely mashed or pureed when consumed</i>		

Puree Diet | Shopping List (continued)

Soups (all soups must be blended completely and strained for pieces)	Dairy	Protein
Broth, bouillon, consommé, broth-based soup, low fat cream soups No tomato or soups containing starch	Varies	Varies
Soups Containing Meat	1 cup	8 g.
Other		
Sugar-free Jell-o	½ cup	1 g.
Sugar-free, fat-free Jell-o pudding	½ cup	0 g.
Sugar-free popsicles	1 popsicle	0 g.
Sugar-free drinks (Crystal Light, Powerade Zero, Propel, Mio Drops)	1 cup	0 g.
Diet iced tea	1 cup	0 g.
Other low-calorie beverages (10 calories or less per 8 ounces)	1 cup	0 g.
Diet V8 Splash	1 cup	0 g.





Soft Diet

Soft Diet | 3rd/4th Week at Home

- All proteins should be moist and soft
- For all meals, protein should be consumed first, followed by non-starchy vegetables, followed by small amounts of fruit
- Raw vegetables and tougher meats should not be introduced during this stage as they are difficult to digest (wait 6 to 8 weeks after surgery for this)



Serving size:
½ cup Bite-sized should be comparable to the size of a dime
chew 25 to 30 times

Recommended Foods
Moist, soft proteins
Scrambled or hard-boiled eggs
Shredded chicken/tuna w/ light mayo
Tofu
Baked or steamed fish
Soft/microwaved protein bars for 10 seconds
Thinly sliced lean meats or low-fat cheeses
Reduced-fat string cheese or cottage cheese
Softly-cooked vegetables (eat protein first)

Note: Keeping a food journal at this stage forward can be very helpful to refer back to if you feel that you did not tolerate food well on a certain day.

**EAT PROTEIN
FOODS FIRST**

Soft Foods | Post-Op Day 14 – 30 Sample Day

Soft Food Schedule

8 am	½ cup ricotta bake casserole (look up recipe)
8:30 am	wait 30 minutes after your meal until you start drinking again
9 am	4 oz. Crystal Light
9:30 am	4 oz. water
10 am	4 oz. water
10:30 am	4 oz. decaf tea
11 am	4 oz. Vitamin Water Zero
11:30 am	½ cup cut up turkey with sugar-free cranberry sauce
12 pm	wait 30 minutes after your meal until you start drinking again
12:30 pm	4 oz. Propel Zero
1 pm	4 oz. water
1:30 pm	4 oz. water
2 pm	4 oz. True Lemon
2:30 pm	½ cup sliced deli meat and low-fat sliced cheese
3 pm	wait 30 minutes after your meal until you start drinking again
3:30 pm	4 oz. water
4 pm	4 oz. water
4:30 pm	4 oz. 4C diet iced tea
5 pm	4 oz. water flavored w/ Mio drops
5:30 pm	4 oz. True Lemon water
6 pm	½ cup chicken salad with low-fat mayo
6:30 pm	wait 30 minutes after your meal until you start drinking again
7 pm	4 oz. water
7:30 pm	4 oz. water
8 pm	4 oz. water

Supplements

7 am	Omeprazole
8 am	2 servings Multivitamin
10 am	500 mg. Calcium Citrate
12 pm	500 mg. Calcium Citrate
2 pm	500 mg. Calcium Citrate



TIPS

Bite-size should be comparable to a dime or jellybean

Chew 25 to 30 times

Everything should fit into ½ cup

You may eat 3 to 6 small meals per day – this is just a sample schedule

Eat your protein first



Soft Foods | Sample Menu

Meals are no more than $\frac{3}{4}$ cup and protein foods are at least 75% of the meal Eat **SLOWLY** over 30 mins and chew well.

Sample Menu #1		Protein
Breakfast	Omelet (2 eggs, 1 oz. low fat cheese, $\frac{1}{4}$ cup sautéed veg)	19 g.
Lunch	Omelet (2 eggs, 1 oz. low fat cheese, $\frac{1}{4}$ cup sautéed veg)	30 g.
Dinner	$\frac{1}{2}$ cup chili (no beans) made with lean beef	13 g.
Between Meals	1 to 2 cups Diet V8 Splash + 1 Scoop Nectar protein powder 64 oz. calorie-free beverages (besides protein)	23 g. 0 g.

Sample Menu #2		Protein
Breakfast	$\frac{1}{2}$ cup low-fat cottage cheese 1 tbsp canned peaches (canned in own juice, not syrup)	14 g. 0 g.
Lunch	2 oz. lean deli turkey breast 1 oz. stick string cheese	13 g. 7 g.
Dinner	$\frac{1}{3}$ to $\frac{1}{2}$ cup tuna salad made w/ low fat mayo 2 to 3 small pieces very well-cooked steamed mixed veggies	15 g. 1 g.
Between Meals	2 scoops Bariatric Advantage protein powder + 1 cup skim milk 64 oz. calorie-free beverages (besides protein)	35 g. 0 g.

Sample Menu #3		Protein
Breakfast	1 oz. Canadian bacon 1 Large egg, poached	7 g. 6 g.
Lunch	1 small turkey burger (3 oz.) 1 slice low fat American cheese (1 oz.)	21 g. 7 g.
Dinner	3 oz. grilled fish 2 to 3 pieces very well cooked steamed mixed veggies	20 g. 1 g.
Between Meals	64 oz. calorie-free beverages (besides protein) Dannon Light n' Fit 1 cup skim milk	0 g. 5 g. 8 g.

Soft Foods I Shopping List

Vegetables	Diary	Protein
Any vegetable that can be cooked very tender (<i>best to avoid those with tough skins, starchy vegetables, fried or raw vegetables</i>)	¼ cup	< 1 g.
Fruit		
Soft fresh fruit	¼ cup	< 1 g.
Soft canned fruits in juice/water not syrup	¼ cup	< 1 g.
Dairy		
Milk (skim or 1%) <i>Soy or unsweetened almond milk also acceptable</i>	1 cup	8 g.
Nonfat milk powder (to add to liquids or soft foods)	1/3 cup	8 g.
Fat-free, low-sugar yogurt (Dannon Light n Fit, etc.)	3-4 oz	6 g.
Plain Greek yogurt	3-4 oz	8 g.
Fat-free or low-fat cottage cheese	¼ cup	7 g.
Fat free or low-fat ricotta cheese	¼ cup	7 g.
Fat free or low-fat shredded cheese	¼ cup	7 g.
Commercial Products		
Atkins' Lift Protein Water	1 bottle	1 g.
Whey Isolate Protein Powder (see packet for guidelines)	1 serving	15 to 30 g.
Meat and Protein		
Lean meats or poultry (baked, broiled, grilled or boiled)	1 oz.	8 g.
Low-fat deli meats	1 oz.	5.5 g.
Fish (baked, broiled, grilled or boiled)	1 oz.	7 g.
Light Tuna, canned in water	4.5 oz. can	24 g.
Tofu	¼ cup	5 g.
Eggs	1 egg	6 g.
Egg Beaters	¼ cup	6 g.

Soft Foods | Shopping List (continued)

Meat and Protein	Diary	Protein
Broth, bouillon, consommé, broth-based soup, low fat cream soups No tomato or soups containing starch	Varies	Varies
Soups Containing Meat	1 cup	8 g.
Other		
Sugar-free Jell-o gelatin	½ cup	1 g.
Sugar-free, fat-free Jell-o pudding	½ cup	0 g.
Sugar-free popsicles	1 popsicle	0 g.
Sugar-free drinks (Crystal Light, Powerade Zero, Propel, Mio Drops)	1 cup	0 g.
Diet iced tea	1 cup	0 g.
Other low-calorie beverages (10 calories or less per 8 ounces)	1 cup	0 g.
Diet V8 Splash	1 cup	0 g.



A close-up photograph of a white bowl filled with a healthy salad. The salad features sliced, cooked chicken breast strips, cherry tomatoes, purple and green leafy greens, yellow bell peppers, and walnuts. A green banner is overlaid on the left side of the image with the text "Regular Diet".

Regular Diet

Regular Diet | 1 Month Post-Op

Incorporate 1 to 2 new foods a day.



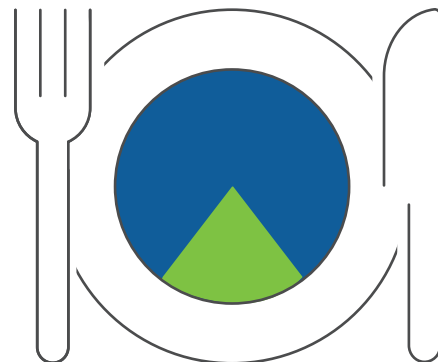
Meal size:
½ cup – ¾ cup



Remember

- Avoid grazing between meals
- Choose low-fat protein sources as much as possible
- Wait until **6 to 8** weeks to bring back dry or tough meat — like steak, pork chop, or veal — and fibrous produce like raw broccoli, salad, apples, etc.
- **AVOID ALL STARCHES until post-op month six, and then low starch indefinitely**
- You will eventually get up to 1 cup of food at a time. Stay there! Do not exceed 1.5 cups at a sitting.
- Try one new food at a time, and try keeping a journal documenting intake/symptoms to see how you tolerate each food
- **If you feel like you're hungry often and you're getting all of your protein in, try increasing your intake of non-starchy veggies. These are very satisfying for very few calories.**
- Try to slowly reduce the number of protein shakes you consume and replace them with solid food sources of protein. Patients who consume more solid protein tend to see better long-term weight loss than those who get most of their protein from liquid shakes.

If you do vomit or feel that food is “stuck,” stop eating and return to a liquid diet until symptoms resolve.



■ | 75% Protein

■ | 25% Vegetables and Fruit

Regular Foods | Post-Op Day 30 and Beyond | Sample Day

Regular Food Schedule

8 am	½ cup to ¾ cup boiled eggs and turkey bacon
8:30 am	wait 30 minutes after your meal until you start drinking again
9 am	4oz. Crystal Light
9:30 am	4 oz. water
10 am	4 oz. water
10:30 am	4 oz. decaf tea
11 am	4 oz. Vitamin Water Zero
11:30 am	½ cup to ¾ cup chicken with sugar-free BBQ sauce and grilled vegetables
12 pm	wait 30 minutes after your meal until you start drinking again
12:30 pm	4 oz. Propel Zero
1 pm	4 oz. water
1:30 pm	4 oz. water
2 pm	4 oz. True Lemon
2:30 pm	½ protein bar
3 pm	wait 30 minutes after your meal until you start drinking again
3:30 pm	4oz. water
4 pm	4 oz. sugar free Mio flavored water
4:30 pm	4oz. 4C diet iced tea
5 pm	4 oz. water flavored w/ Dasani Drops
5:30 pm	4 oz. True Lemon water
6 pm	½ cup to ¾ cup turkey meatball and cauliflower mash
6:30 pm	wait 30 minutes after your meal until you start drinking again
7 pm	4 oz. Skinny water
7:30 pm	4 oz. water
8 pm	4 oz. water

Supplements

7 am	Omeprazole
8 am	2 servings Multivitamin
10 am	500 mg. Calcium Citrate
12 pm	500 mg. Calcium Citrate
2 pm	500 mg. Calcium Citrate



TIPS

Wait 6 to 8 weeks for crispy, raw vegetables and fruits (including salads) and dry, tough meats, like steak

You will eventually reach up to 1 cup of food at a time

Do not exceed 1.5 cups at any meal

Always eat your protein first!



Cautious Eating After Surgery

To reduce your risk of complications, discomfort and weight regain, follow these guidelines:

Avoid Overeating

Eating too much food at a meal can cause discomfort, vomiting, and your stomach to stretch (which can lead to weight regain). In very rare cases, extreme overeating may cause your pouch to rupture. To prevent overeating, try to:

- Limit meal size to $\frac{1}{2}$ cup initially and work up to $\frac{3}{4}$ to 1 cup as tolerated
- Portion out meals using measuring cups/spoons or diagrams
- Stop when you are full or when you have finished the small portion of food you have placed on your plate – whichever comes first. Do not eat until you feel as if you are too full to eat another bite.

Prevent Vomiting

Vomiting is most often caused by overeating, eating too quickly, eating inappropriate foods, taking large bites, or not chewing food well. If vomiting occurs, stop eating solid foods and sip clear liquids until you are able to resume your intake of normal foods. Episodes of occasional vomiting are common initially and usually improve with time.

If vomiting continues for more than 24 hours, call your doctor because this may indicate your stomach outlet is blocked.

Also call your doctor if you are unable to consume adequate nutrition for a prolonged period of time or feel you are becoming malnourished.



OTHER TIPS

Eat in a relaxed atmosphere

Sit down for meals and avoid eating on-the-go. Avoid eating in front of the TV or while reading, which will divert your attention and increase the risk of overeating or eating too fast.

Limit chewing gum

Chewing gum is not recommended! If you choose to chew gum, it must be sugar-free. Be very careful not to swallow it as it can block your stomach outlet and require a visit to the ER for removal.

Avoid carbonated beverages

Bariatric Surgery Post-Op Diet Cheat Sheet



FLUIDS

64 oz.+ every day

(No drinking with meals or 30 min after meals)

Avoid

- Caffeine (for 1 month)
- Carbonated drinks (forever)
- Drinks with sugar, even juice (forever)
- Coffee (even decaf), OJ, tomato juice (acidic)
- Alcohol (for at least 1 year)

YOUR WATER BOTTLE SHOULD GO EVERYWHERE WITH YOU.



DIET PROGRESSION

At home after surgery

3 weeks prior to surgery: no starches

48 hrs before surgery: clear liquids

Post-op

- Week 1 at home: Full liquids
- Week 2 at home: Pureed foods
- Weeks 3 and 4 at home: Soft foods
- 1 month: Regular diet

See diet packet for more info on each stage

CHEW 25+ TIMES PER BITE AND STOP AS SOON AS YOU FEEL FULL.



VITAMINS/MINERALS

Every day for the rest of your life

Multivitamin: 2 servings 1x/day

Calcium Citrate + Vitamin D

- 3 times per day (500 mg. each)
- Must be calcium citrate (check the back of the label)

ALL 4 DAILY SUPPLEMENT DOSES MUST BE TAKEN AT LEAST 2 HOURS APART.



PROTEIN

70 to 100 g every day

Multivitamin: 2 servings 1x/day

Calcium Citrate + Vitamin D

- Supplements must have “isolate” as the first ingredient (whether its whey isolate, soy isolate, milk isolate, etc.)
- Protein helps prevent hair loss and keep metabolism strong for optimal weight loss

ALWAYS EAT PROTEIN FIRST AT MEALS!

Possible Food Intolerances

After surgery, some food can be uncomfortable to eat (particularly those that are dry, sticky, gummy, or stringy). Each individual responds differently to particular foods and most people discover which foods are best tolerated by trial and error.

Although some intolerances are permanent, most resolve with time. If you have a bad reaction, try that food again in a few weeks. Possible intolerances include:

MEATS



- Red meat
- Poultry (if dry)

Try moist cooking methods such as boiling, pressure cooking, or using a slow cooker.

VEGETABLES



- Raw vegetables
- Cooked vegetables with tough skins
- Stringy vegetables (celery, asparagus)
- Gaseous vegetables (broccoli, cauliflower, cabbage, Brussel's sprouts)

MILK



If you become lactose intolerant, try sweet acidophilus milk, Lactaid milk, Dairy Ease, or calcium-fortified soymilk.

FRUIT



- Fruit with tough skin
- Dried fruit
- Hard fruit
- Citrus Fruit

BREAD



- Dense bread
- Bagels
- Pasta
- Biscuits

Try pitas, crackers, or toasting bread for better tolerance.

BEANS/NUTS/SEEDS



- All nuts and seeds
- Legumes or beans
- Chunky peanut butter

OTHER FOOD



- Chili or spicy food
- Fried or high fat food
- Sweets or sugary food

Our Health Equity Promise

Patient Protection and Affordable Care Act: Section 1557

AdventHealth complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. This facility does not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

AdventHealth provides free aid and services to people with disabilities to communicate effectively with us, such as:

- Qualified sign language interpreters
- Written information in other formats (large print, audio, accessible electronic formats, other formats)

AdventHealth provides free language services to people whose primary language is not English, such as:

- Qualified interpreters
- Information written in other languages

If you need these services, please call 407-303-5600 x1106707.

If you believe that this facility has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you can file a grievance or request that someone assist you with filing a grievance at 407-200-1324 or fh.risk.management@adventhealth.com.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, electronically, through the Office for Civil Rights Complaint Portal, available at ocrportal.hhs.gov/ocr/portal/lobby.jsf, or by mail or phone at:

U.S. Department of Health and Human Services

200 Independence Avenue, SW
Room 509F, HHH Building Washington, D.C. 20201
1-800-368-1019, 800-537-7697 (TDD)

Complaint forms are available at hhs.gov/ocr/office/file/index.html.

The statements below direct people whose primary language is not English to translation assistance.

ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al número siguiente.

CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi theo số điện thoại dưới đây.

注意: 如果您使用中文, 您可以免费获得语言协助服务。请拨打下面电话号码。

Atansyon: Si ou pale kreyòl Ayisyen, gen sèvis asistans nan lang ou ki disponib gratis pou ou. Rele nimewo ki anba an.

주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 아래의 번호로 전화하십시오.

UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer podany poniżej.

ملحوظة: إذا كنت لا تتحدث اللغة الإنجليزية فإن خدمات الترجمة متوفرة لك مجاناً. الرجاء الاتصال بالرقم أدناه.

ATTENTION: Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le numéro ci-dessous.

PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tawagan ang numero sa ibaba.

ВНИМАНИЕ! Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Для этого позвоните по нижеуказанному номеру.

ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufen Sie die untere Nummer an.

सुचना: जे तमे गुजराती बोलता हो, तो निःशुल्क भाषा सहायता सेवाएं तमारा माटे उपलब्ध छे. नीचेना नंबर पर सैन करे.

ATENÇÃO: Se você fala português, disponibilizamos serviços lingüísticos gratuitos. Ligue para o número abaixo.

ध्यान दें: यदि आप हिंदी बोलते हैं तो आपके लिए मुफ्त में भाषा सहायता सेवाएं उपलब्ध हैं। नीचे लिखे नम्बर पर सम्पर्क करें।

اگر شما فارسی زبان هستید، خدمات کمکی زبان بطور مجانی در دسترس شما قرار دارد. تو شماره زیر زنگ بزنید.

توجه فرمائیں۔ اگر آپ اردو بولتے/بولتی ہیں تو آپ کے لئے لسانی خدمات مفت میسر ہیں۔ ذیل میں دئیے گئے نمبر پر کال کریں۔

注意: 日本語でお話になりたい場合には、無料の通訳サービスをご利用いただけます。下記の番号にお電話してください。

ໄປດຊາບ: ຖ້າວ່າ ທ່ານເວົ້າພາສາ ລາວ, ການບໍລິການຊ່ວຍເຫຼືອ ດ້ານພາສາ, ໂດຍບໍ່ເສັຽຄ່າ, ແມ່ນມີພ້ອມໃຫ້ທ່ານ. ກະລຸນາໃຫ້ເຂົ້າເບິ່ງຂ້າງລຸ່ມ

LUS CEEB TOOM: Yog tias koj hais lus Hmoob, cov kev pab txog lus, muaj kev pab dawb rau koj. Hu tus xojtooj hauv qab no.

ATTENZIONE: Se parlate italiano, sono disponibili dei servizi di assistenza linguistica gratuiti. Chiamare il numero sotto indicato.

407-303-5600  407-303-3025



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