

Nutrition Guidelines for Bypass, Sleeve & Band

POST-OPERATIVE DIET (AFTER SURGERY)

STAGE 1: BARIATRIC CLEAR LIQUIDS

Duration: Days 1-7 after surgery

Goals: 48-64 oz of fluid daily, 40-60 grams of protein daily

What to Have:

- Water
- Sugar-free Crystal Light, Sugar-free Kool-Aid, & Sugar-free water enhancers
- Warm herbal teas (Celestial Seasonings)
- Sugar-free popsicles (NOT "no sugar added")
- Broth or bouillon (chicken, beef, or vegetable)
- Diet Juice (ex: Fuze Slenderize)
- Sugar-free decaf iced tea
- Protein Supplements (ex: Isopure Zero Carb, Syntrax Nectar protein mixed w/water)
- Other protein supplements may be used, but need to be diluted to a watery consistency. You can also try adding unflavored protein powder (Doc Hale) to above drinks
- **NO JELLO**

Start your multivitamin & B12 when you get home from the hospital

STAGE 2: BARIATRIC FULL LIQUIDS

Duration: Days 8-14 after surgery

Goals: 48-64 oz of fluid daily, 80-100 grams of protein daily

What to Have:

- Everything on the clear liquid diet, plus:
 - o Low-fat strained creamy soups (cream of chicken or cream of mushroom- **NO** chunks or clumps)
 - o Skim or 1% milk only
 - o No sugar added fudgesicles
 - o Protein shakes
- **NO MILKSHAKES OR MALTS**

STAGE 3: BARIATRIC PUREED & SOFT FOODS

Duration: Days 15-42 after surgery

Goals: 64 oz of fluid daily, 80-100 grams of protein daily

What to Have:

- Everything on Stage 1 & 2 (2-3 protein shakes daily), plus:

- Unsweetened applesauce
- Sugar-free pudding
- Non- or low-fat cottage cheese
- Low-fat, low-sugar yogurt such as Dannon Light n Fit, Dannon Light n Fit Greek, Yoplait Greek 100, Kroger Greek Lite
- Mashed potatoes
- Pureed fruits & vegetables
- Pureed meat, fish, poultry with thin liquid until smooth
- Hot cooked cereals (grits, oatmeal, Malt-o-Meal)
- Mashed beans
- Canned chicken/tuna (pureed with low-fat mayonnaise)
- Begin not drinking with meals or for 30 minutes after
- Start calcium, vitamin D3, & Iron during this stage
- Instructions for Pureeing Foods:
 1. Cut food into small, marble-sized pieces
 2. Place food in blender
 3. Add enough liquid (fat-free chicken broth, fat-free gravy, fat-free yogurt, etc.) to cover the blades
 4. Blend until smooth applesauce-like consistency.
 5. Strain out the lumps, seeds, or pieces of food.
 6. Use herbs & spices (avoid spicy ones) to flavor food.
 7. Blend & enjoy!

STAGE 4: LIFESTYLE MAINTENANCE

Duration: Day 43 & Beyond

Goals:

- Consume a minimum of 80 grams of protein daily
- Consume at least 64 oz of fluid daily
- Consume 3 meals daily with 1-2 protein supplements
- Every meal should consist of a lean protein and a vegetable or fruit
- Do not drink with meals. Wait 45 minutes after eating to drink liquids
- Take small bites, put utensil down between bites, take 30 minutes to eat, chew each bite 20-30 times
 - Eat only when hungry and stop when you feel full.
- Use caution when introducing new foods into meals: introduce 1 new food at a time to test your tolerance
 - Keep a food journal!