

Bariatric Care Center

Gastric Bypass & Sleeve Gastrectomy Post-Op Diet

Nothing by Mouth (Night of Surgery)

Clear Liquids (Days 1-3) Starts the day after surgery

Clear liquids must be **plain** or **sugar-free**. In general, clear liquids are liquids that you can see through. Please **sip slowly** and **do not use straws**.

Bypass:

Day 1 after surgery = 1-2 oz. per hour

Day 2 after surgery = 2-4 oz. per hour

When home sip slowly throughout the day

Sleeve:

Day 1 after surgery = 2-4 oz. per hour

When home sip slowly throughout the day

- Coffee or Tea (Hot or Iced)
- Clear juices **diluted** with water (**HALF JUICE, HALF WATER**)
White grape, cranberry, apple or grape juice
- Artificial sweeteners are allowed!
- **Diet** juices
- Sugar-free iced tea, Sugar-free lemonade, Diet Snapple, Diet Lipton, Crystal Light (or equivalent brand)
- Low-sodium chicken, vegetable or beef broth
- Sugar-free gelatin or Sugar-free popsicles

Full Liquids (DAYS 4-7)

Full liquids are fluids and foods that turn to **liquid at room temperature**. The purpose of the full liquid diet is to start getting **protein** in your diet so that you start healing. Please continue to choose low-fat, no-sugar added liquids, sip slowly and avoid straws.

- Skim or 1% Milk with No-Sugar Added Carnation Instant Breakfast
- Light Yogurt (such as Dannon Light 'n Fit or equivalent brand)
- Plain Greek Yogurt (Add sugar-free jello, liquid stevia, PB2, protein powder, sugar-free syrups, etc. to add flavor but not excess fat or sugar)
- Protein Shakes (Look for under 150 calories and around 24 grams of protein, mixed with water or skim milk)
- Medifast Shakes (Mixed with water or skim milk)
- Pureed Soups (Choose vegetable/broth based soups, strain out the noodles & rice and avoid high-fat creamy soups)

Purees (Week 2 – Week 5)

Foods must be a thick puree with an applesauce, smooth mashed potato consistency or baby food consistency.

You will need to buy a food processor or a blender.

ALWAYS eat slowly.

Be sure to CHEW any pieces left after blending.

MEAT/MEAT ALTERNATIVE GROUP

- Whole egg, egg whites or egg substitutes
- Pureed water packed tuna with a SMALL amount of light mayonnaise or plain, fat-free Greek yogurt
- Pureed cooked chicken, turkey or fish
- Tofu or other soy products
- Pureed legumes (split pea soup, baked beans, black beans, kidney beans, navy beans, great northern beans, cannellini beans, chick peas, lima beans, etc.)
- Baby food meats

TIP: Add **low-sodium** broth, tomato juice, soy sauce, **fat-free** gravy, skim or 1% milk or plain, fat-free Greek yogurt to meats when modifying the texture in a blender or food processor.

NO STEAK for at least 6 months after surgery!

Purees (Week 2 – Week 5)

DAIRY GROUP

- Skim (fat-free) or 1 % milk
- Low-fat Lactaid or Calcium Fortified Soy Milk
- Fat-free or 1% cottage cheese
- Part skim ricotta cheese
- Non-fat or Low-fat, Sugar-free yogurt (**NO fruit chunks, NO granola**)
- **Greek Yogurt** is a good choice because it has 2 to 3 times the protein of regular yogurt (Always choose plain, fat-free greek yogurt and add your own artificial sweetener such as sugar-free jello powder, liquid stevia, PB2, protein powder, sugar-free syrups, etc.)
- Sugar-free pudding or Sugar-free custard
- No sugar added Carnation Instant Breakfast (Add to skim or 1% milk)
- Sugar-free hot chocolate (made with skim or 1% milk)
- Sugar-free custard

ADVICE: Some people develop a temporary lactose intolerance after surgery. If you feel gas and bloating caused by dairy foods, use a lactaid pill or switch to a Lactaid or soy product. Your tolerance for dairy should come back after reintroducing dairy products to your diet.

VEGETABLE GROUP

- Low-sodium V8 or Low-sodium tomato juice
- Pureed, cooked vegetables
- Pureed soups (NO noodles or rice. AVOID high-fat creamy soups)

NO RAW VEGETABLES for 3 months. They are too fibrous and difficult for the body to digest immediately following surgery. Please **COOK** all vegetables.

CARBOHYDRATE GROUP

- Cooked cereal (smooth, no lumps)
- Cream of Wheat, Cream of Rice, Oatmeal, Farina, Grits
- Cold cereal (soaked in milk until SOFT)
- Plain Cheerios, Corn Flakes, Special K, etc. (NO sugar coated cereals)
- Mashed potatoes (made with skim or 1% milk) with **NO skin**

NO PASTA, RICE or BREAD for at least 3 months!

These may cause a blockage!

Purees (Week 2 – Week 5)

FRUIT GROUP

- Pureed, soft fruit
- Baked apples (no skin) or Unsweetened applesauce
- Bananas or melons (mush with fork or puree)
- Canned fruit in **fruit juice** or **water** (AVOID pineapples)
 - Lite or heavy syrup can cause Dumping Syndrome

BEVERAGES

Aim to consume **64 oz. water every day**. Sip water whenever you get the chance!

- Eat and drink separately
- Wait **30 minutes before** meals and **45 minutes** after meals to drink liquids

Stay Hydrated! Water is more important than food!

Avoid carbonated beverages, straws and gum!

SEASONINGS

Salt, pepper, ketchup, mustard, herbs and mild spices should be fine. Anything that adds moisture to food is usually tolerated better.

DESSERTS

Sugar-free (jello, pudding, custard, popsicles, Italian ice, frozen yogurt, etc.)

TIP: Freeze fat-free, sugar-free yogurt in ice cube trays to have as dessert or snack. Each cube will be the perfect 1 oz. portion for the new small stomach.

Eat slowly and CHEW well.

Eating and drinking must be done separately!

Always eat **PROTEIN** first!

Stop drinking **30 minutes before** your meal.

Do not drink again until **45 minutes after** your meal.

Dinner	4 Tbsp. pureed haddock <i>63.4 cal, 13.7 g pro</i> 2 Tbsp. pureed green beans <i>8 cal, 0 g pro</i> 2 Tbsp. pureed, stewed tomatoes <i>5 cal, 0 g pro</i>	4 Tbsp. pureed chicken <i>60 cal, 12 g pro</i> 2 Tbsp. pureed broccoli <i>8 cal, 1 g pro</i> 2 Tbsp. pureed carrots <i>10 cal, 0 g pro</i>	4 Tbsp. pureed cod <i>58 cal, 12 g pro</i> 2 Tbsp. pureed peas <i>19 cal, 1 g pro</i> 2 Tbsp. pureed carrots <i>10 cal, 0 g pro</i>	4 Tbsp. pureed salmon <i>78 cal, 14 g pro</i> 1 oz.. fat-free feta cheese <i>35 cal, 7 g pro</i> 2 Tbsp. pureed spinach <i>6 cal, 1 g pro</i>	4 Tbsp. pureed tuna with 1 tsp light mayo <i>81 calories, 7 g pro</i> 4 Tbsp. pureed carrots <i>20 cal, 0 g pro</i>	4 Tbsp. pureed ground turkey <i>132 cal, 16 g pro</i> 4 Tbsp. pureed peppers <i>8 cal, 0 g pro</i>	4 Tbsp. pureed chicken <i>60 cal, 12 g pro</i> 2 Tbsp. pureed sweet potatoes, skin removed <i>28 cal, 1 g pro</i>
Total	484.4 cal, 84.5 g pro	492 cal, 76.8 g pro	579 cal, 91 g pro	574 cal, 95 g pro	497 cal, 70.5 g pro	553 cal, 81 g pro	480 cal, 76 g pro

Remember to always **eat protein first!**

Portion sizes should typically be around $\frac{1}{2}$ **cup per meal.**

Always **stop eating** when you are no longer hungry.

All vegetables should be cooked for the first 3 months after surgery.

Solid Foods (Week 6 - Lifetime)

At the beginning of week 6, your stomach has healed enough to tolerate solid foods again!

Meal sizes will remain about **½ cup** and should never be more than **1 cup**.

Bites should be the size of one or two **dice**.

Continue to **CHEW** your food well (a minimum of 15-30 times). Foods should be pureed consistency by the time you swallow them.

Try one food at a time. Do not be afraid to try new foods!

Do not get discouraged if you cannot tolerate a certain food. Try the item again a few days later.

Remember to keep liquids and solids separate. Once eating solids, you must still stop drinking **30 minutes** before eating, but you can drink again **45 minutes** after your meal.

Keep a **food journal**. Include all drinks and food consumed each day. This will help you monitor your intake and tolerance of food. This is also a great way to make sure you are getting enough protein in your diet! Please see handout of recommended Apps & Online Tools for Tracking Calorie and Protein Intake.

Remember that the Gastric Bypass is a **TOOL** that can help you reach your goals. It is up to **YOU** to make the healthiest choices possible.

- Small amounts of food = difficulty getting proper nutrition
- Focus on making each meal and nutritious as possible

As you try new foods you may find that some unhealthy food goes down just fine and you are still losing weight. **BEWARE** that the first 18 months is the “**honeymoon period**” of rapid weight loss. After this, weight loss may **REVERSE** if you are not making healthy choices.

Gastric Bypass & Sleeve Gastrectomy Recommendations/Guidelines

1. Eat 3 well-**BALANCED** meals a day with 2 protein shakes in between. The protein shakes are to supplement the diet until you can reach 60-80 grams of protein through solid foods.
2. Introduce new food **SLOWLY** until you know how your new stomach will tolerate food.
3. Eat very **SMALL** portions. The serving size of each meal should be about ½ cup. Over time, serving size for each meal will increase to 1 cup.
4. Use **small plates** and bowls with **baby spoons** and forks to help you slow down.
5. **PLAN** on spending 20-30 minutes eating each meal. Eat and drink slowly. Foods need to be chewed to pureed consistency and liquids should not be gulped.
6. **STOP** eating as soon as you feel any sense of pressure or fullness. Overeating could cause vomiting, pain, nausea or pouch dilation.
7. **Intolerance** = Negative side effects after bite ONE
Overeating = Negative side effects after bite TWO or THREE
8. **SEPARATE** liquids and solids. Stop drinking **30 minutes** before your meal, eat your meal without liquids, then wait **45 minutes** after eating to have a drink.
9. **AVOID** carbonated beverages because they cause pouch dilation. **AVOID** pasta, rice and bread for at least 3 months after surgery. **AVOID** raw vegetables for at least 3 months after surgery (all vegetables must be cooked!). **AVOID** steak for at least 6 months after surgery.
10. **AVOID** straws and gum after surgery because they may cause bloating and discomfort and gas.

11. Concentrate on high **PROTEIN** intake. High protein foods include fish, poultry, meat, skim milk and tofu. You will need **60-80 grams** of protein per day. Drink 2 protein shakes per day made with 8 oz. water and 1 scoop of protein powder (protein powder should have under 150 calories and 24 grams of protein) to supplement your intake.
12. **EXERCISE** should be initiated as soon as medically appropriate. Have fun with exercise and go at your own pace.

SUPPLEMENTS are a lifelong commitment.

Multivitamin Supplement
Bypass=Fusion 4x/day
Sleeve=Fusion 3x/day
\$25.00/ 1 month
Sold at Ellis Medicine Bariatric Care Center.

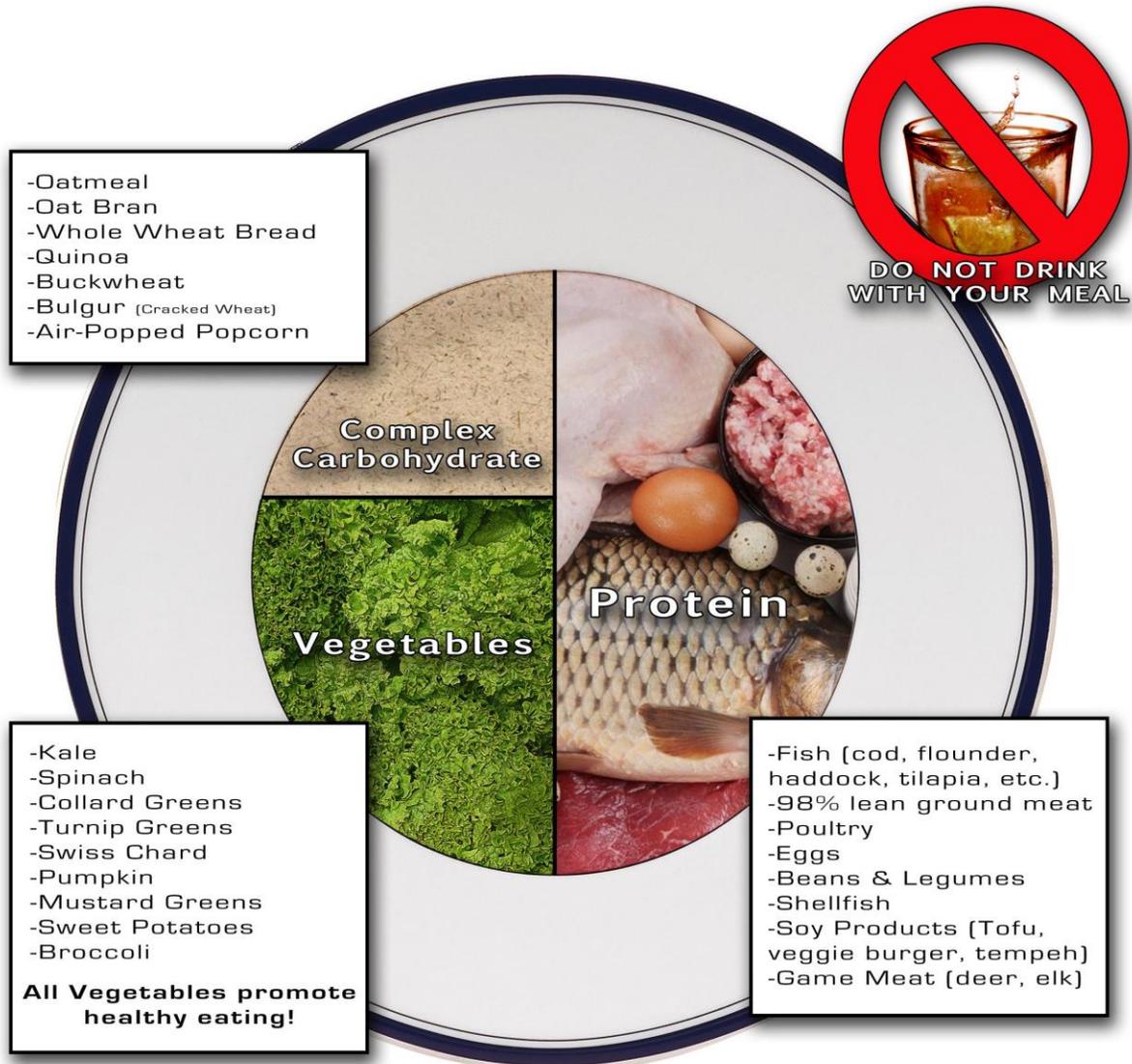
13. Frothy vomit or a bubbling sensation in your mid-chest may indicate a **food blockage**. Do not eat any solid foods at this time and do not be alarmed. This blockage may resolve itself on its own. To alleviate this pain, drink some warm liquids and walk around to help the blockage pass through.
14. **DUMPING SYNDROME** occurs when too much FAT or SUGAR is consumed at one time. Food is rapidly “dumped” into the small intestine causing the body to react with nausea, cramping, chills, shaking and diarrhea.

Common problem foods with the Bypass & Sleeve Gastrectomy:

- Milk
- Tough or Dry Meats
- Fibrous Vegetables (Celery, Corn, Cabbage, Etc.)
- Ice Cream, Candy, Chocolate
- White Bread
- White Pasta
- Rice
- Pies, Cookies, Cake
- Soda & Other Carbonated Beverages

Long-term after surgery, the plate should be structured like this:

(Note: Plate size should be 8.5 inches or smaller)



Always eat protein first

Aim for 15-20g protein per meal

Stop eating as soon as you are no longer hungry