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# Bariatric Surgery Dietary Guidelines

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# Introduction

In this handbook, you will find nutrition guidelines that are needed to make your weight loss surgery successful. You'll learn about nutrition strategies to help you lose weight, maintain weight loss, and reduce the risk of nutrition-related complications.

It's very important to remember that weight loss surgery is only a TOOL that helps you decrease your appetite, limit food intake, and slow digestion. Successfully achieving your weight loss goal and maintaining your goal weight long-term will depend on your nutrition, exercise, and lifestyle behaviors.

**REMEMBER: lifestyle changes are necessary for long-term success. This is a lifetime commitment!**

You're not alone in your journey. Your dietitian and other members of the UI Health bariatric team (your surgeon, bariatrician, nurse practitioner, and psychologist) are here to help. Virtual support groups are also available to give additional support and guidance.

You will follow up with your dietitian several times before surgery.

For the first 2 years after surgery, we recommend you see your dietitian again at:

- 1 month
- 3 months
- 6 months
- 9 months
- 12 months
- 18 months
- 24 months

Starting your third year after surgery, you should see your dietitian for checkups once a year.

# Bariatric Nutrition Principles

Right after you attend the New Start Class, start following these nutrition rules. Make these rules a part of your daily routine. Follow these rules to help you achieve weight loss goals and ensure your long-term success. These rules will also help you prevent diet intolerance and other nutrition-related complications.

**1****Don't skip meals**

Eat 3 meals daily with 1-2 optional snacks.

You need to eat at least 3 times a day to get all the nutrients you need. This also helps you from over-eating at the end of the day.

**2****Include protein with every meal**

- Your goal is 60-80g per day or 10-30g per meal. Always eat your protein first.
- If your body does not get enough protein, you risk losing lean muscle mass, hair thinning/hair loss, feeling tired/low energy, and will not be able to heal as fast or fight infection.

**3****Eat slowly!**

- Think '20-20-20':
  - » 20-30 minutes per meal/protein shake
  - » 20 chews per bite
  - » 20 seconds (at least) between bites

**4****Drink at least 48-64 fluid ounces of water per day**

- Drink beverages with 10 calories or less per serving.
- Do not drink carbonated drinks, soda, caffeine, smoothies, or alcohol.



5

**Don't drink with meals**

- Follow the '30-minute rule': Wait 30 minutes after a meal or snack before drinking.
- Take small sips.

6

**Take vitamins daily**

- Multivitamin with iron, B12, and a D3.
- Take these lifelong!

7

**Exercise regularly**

- 150-300 minutes per week (for example: 30-60 minutes, 5 times per week).

# Planning Your Plate: Before Surgery

Use this plate as a guide when planning your meals.

## PROTEIN & NON-STARCHY VEGETABLES



## CARBOHYDRATES

### Measurements Key

**C:** Cup    **oz:** ounce    **TBSP:** tablespoon    **tsp:** teaspoon

#### Protein: Animal or Plant-Based

- 3-4 oz Poultry (chicken or turkey)
- 3-4 oz Beef (lean)
- 3-4 oz Seafood/Fish
- ½-1 C Greek yogurt/yogurt (non-fat or 1%)
- ½-1 C Cottage cheese (non-fat or 1%)
- 1 oz Cheese (low-fat)
- Eggs (1-2)
- ½ C Beans (kidney, black, pinto, etc.)
- ½ C Tofu
- 8-14 oz Protein shake
- Protein bar

#### Healthy Fats

- 1-2 tsp olive or vegetable oil
- ¼ avocado
- ¼ C nuts or olives

#### Carbohydrates

(Grains/Fruit/Starchy Vegetables)

##### ½ C per meal

- Bread (1 slice)
- Corn
- Crackers (6-7)
- Fruit
- Pasta
- Peas
- Plantain
- Potato
- Rice
- Tortilla/wrap (one 6")

#### Non-Starchy Vegetables

##### 1-2 C per meal

- |                       |   |
|-----------------------|---|
| • Asparagus           | • Mushroom  |
| • Bell peppers        | • Salad/<br>Greens (Kale,<br>Swiss Chard,<br>Spinach,<br>Mustard<br>Greens, etc.) |
| • Broccoli            |   |
| • Brussels<br>Sprouts |   |
| • Cabbage             |   |
| • Carrots             | • String beans  |
| • Cauliflower         | • Tomato  |
| • Cucumber            |   |

\*Not all foods are listed. Ask dietitian for more details.

# Planning Your Plate: After Surgery

Use this plate as a guide when planning your meals.

## PROTEIN



## NON-STARCHY VEGETABLES

## CARBOHYDRATES

### Measurements Key

**C:** Cup    **oz:** ounce    **TBSP:** tablespoon    **tsp:** teaspoon

#### Protein: Animal or Plant-Based

**1/2 C or 3-4 oz per meal**

**\*1 oz per meal**

- Poultry (chicken or turkey)
- Beef (lean)
- Seafood/Fish
- Greek yogurt/yogurt (non-fat or 1%)
- Cottage cheese (non-fat or 1%)
- Cheese (low-fat)\*
- Eggs (1-2)
- Beans (kidney, black, pinto, etc.)
- Tofu
- 6-12 oz Protein shake
- Protein bar

#### Carbohydrates

(Grains/Fruit/Starchy Vegetables)

**1/4 C per meal**

- Bread (1/2 slice)
- Corn
- Crackers (3-4)
- Fruit
- Pasta
- Peas
- Plantain
- Potato
- Rice
- Tortilla/wrap (half 6")

#### Healthy Fats

- 1-2 tsp olive or vegetable oil
- 2 slices of avocado
- 1/4 C nuts or olives

#### Non-Starchy Vegetables

**1/4 C per meal**

- |                       |   |
|-----------------------|---|
| • Asparagus           | • Mushroom  |
| • Bell peppers        | • Salad/<br>Greens (Kale,<br>Swiss Chard,<br>Spinach,<br>Mustard<br>Greens, etc.) |
| • Broccoli            |   |
| • Brussels<br>Sprouts |   |
| • Cabbage             |   |
| • Carrots             | • String beans  |
| • Cauliflower         | • Tomato  |
| • Cucumber            |   |

\*Not all foods are listed. Ask dietitian for more details.



## Protein Foods

Meeting your protein goal after surgery is important to prevent a protein deficiency. You need protein to heal, maintain muscle and bone mass, and for healthy hair and skin.

*Note: 1 oz is about the size of 4 dice or 1 matchbox. A typical serving of meat is 3 oz (size of a deck of cards).*

**Your Goal:**

**60-80+ GRAMS OF PROTEIN PER DAY**

(10-30 grams per meal)

Food	Amount	Grams of Protein
Beans, chickpeas, and peas	1/2 C	6-9
Beef, ground (90% or 95% lean)	1 oz	7-9
Cheese (light/non-fat)	1 oz	6-7
Chicken, boneless/skinless	1 oz	7-9
Cottage Cheese (non-fat/low-fat)	1/2 C	15
Deli Meat: ham, turkey, chicken, etc.	1 oz	3-4
Egg Substitute	1/4 C	7.5
Eggs	1 egg	6
Fish fillet or steak	1 oz	6.5-7.5
Hotdog: beef or pork	1 hotdog	5
Lamb	1 oz	8
Lentils	1/2 C	9
Milk: fat-free /1%	1 C	8
Milk: fat-free/1% (FairLife Brand)	1 C	13
Nuts	1 oz	4-6
Peanut butter/Almond butter	2 TBSP	6-8
Plant-based eggs	3 TBSP	5
Plant-based meat	1 oz	5
Pork Tenderloin	1 oz	7
Protein Bar	1	10-20
Protein Shake	8-12 oz	15-30
Seeds (pumpkin, sunflower, etc.)	1 oz	9.5
Sausage: Bratwurst/Polish/Plant Based	1 link	10-20
Shellfish or crab	1 oz	5.5
Soybeans	1/2 C	14
Soymilk, unsweetened	1/2 C	8-11
Tofu, firm/extra firm	3 oz	7-9
Tuna packed in water	1 oz	7
Turkey	1 oz	8
Veggie or Soy Patty	1 patty	11
Yogurt, regular (non-fat/low-fat)	6 oz	5
Yogurt, Greek (non-fat/low-fat)	6 oz	12-20

# Vitamins & Supplements

Start this vitamin regimen 6 months before your surgery. Your compliance is required in order to be cleared for surgery. ALL bariatric patients must take these vitamins lifelong.

Required Vitamins				
	Multivitamin	Vitamin B12	B Complex	Vitamin D3
<b>Dose</b>		Pre-Op: 250-5,000 mcg 6+ months Post-Op: 250-5,000 mcg	0-6 months Post-Op	5,000 IU
<b>Frequency</b>	2 per day	1 per day	1 per day	1 per day
<b>Gummies allowed?</b>	<b>NO</b>	<b>YES</b>	<b>YES</b>	<b>YES</b>
<b>Details</b>	Must have iron, DO NOT choose gummy, men's, or 50+/ senior multivitamin		B complex recommended, especially if nausea/ vomiting and food intolerance	Taken in addition to any doctor-prescribed weekly or monthly vitamin D

## Optional Supplements: Calcium

Your bariatrician may instruct you to take daily calcium supplements.

- Take separately from other vitamins
- 1,200-1,500 mg total per day (divided in 2 doses and taken separately from other vitamins)
- Choose Calcium Citrate or Calcium Carbonate (Tums) (Take with meals)



## Vitamin & Supplement Rules

- Take the multivitamins, B12/B-complex, and vitamin D at the same time.
- Take calcium separately
- Check post-op vitamin/mineral levels every 3 to 6 months for the first year after surgery and then every 6 months starting the second year after surgery. Starting the third year and onwards, check your labs once a year if stable.

# Unflavored Protein Powder

Using unflavored protein powder will help you meet minimum protein goals of 60g per day.

## What to Use

Any unflavored whey or plant-based protein powder (10-30g protein per scoop). Examples:

- **Whey:** Nutricost, Isopure, Unjury, Bariatric Fusion
- **Plant Based:** Unjury Planted, KOS Vegan (soy-free), Bob's Red Mill Soy, Naked Pea

## How to Use

- **POST-OP:** Starting at the Full-Liquid Phase, take 1/2-1 scoop and put it into a jar or a baggie
- Sprinkle a portion into meals and/or liquids throughout the day
- Over time, use 1-2 scoops daily or as needed
- Consume all calorie & protein-containing liquids within 20-30 minutes. Do not sip throughout the day!
- Use as much as you need alongside protein-rich meals/snacks and protein shakes to help you reach your daily protein goal of 60-80 grams.



## Puree Stage Single Day Sample Menu

### Morning

#### Breakfast

- ¼ C unsweetened oatmeal + 2 tsp (or more) of unflavored protein powder

#### Snack

- 6 oz of protein shake

### Afternoon

#### Lunch

- ¼ C mashed cauliflower + 2 tsp (or more) of unflavored protein powder

#### Snack

- 6 oz protein shake

### Evening

#### Dinner

- ¼ C unsweetened applesauce + 2 tsp (or more) of unflavored protein powder

# Preventing Potential Problems

Complications or problems can arise because of changes to your stomach after surgery. Here are several common ones and how to prevent them.

## Dehydration

### Why It's Happening

- Not enough fluid
- Diarrhea
- Vomiting

### How to Prevent It

- Drink at least 48+ oz of water per day
- Avoid dumping syndrome (see page 16)

## Nausea & Vomiting

### Why It's Happening

- Too much food
- Not chewing well enough
- Eating too fast
- Taste changes
- Food/beverage too hot or too cold
- Drinking with meals

### How to Prevent It

- Stop eating as soon as you START feeling full
- Chew foods 20-30 times (to pureed consistency) before swallowing
- Eat slowly. Meal should last 20-30 minutes
- Do not drink with meals

**Contact the bariatric clinic if you are having multiple episodes of vomiting throughout the day or cannot keep fluids down.**



## Gas & Bloating

### Why It's Happening

- Swallowed air
  - » Drinking through straw
  - » Drinking carbonation
  - » Chewing gum
- Dairy/Lactose
- Gas-producing foods
- Sugar alcohols

### How to Prevent It

- Avoid carbonated drinks!
- Eat slowly and chew your food well
- Limit or avoid beans, broccoli, cabbage, onion, and brussel sprouts if they cause discomfort
- Avoid foods with added sugar alcohol (erythritol, mannitol, xylitol)
- Consider using anti-gas pills (i.e. beano) or gas-relief pills (i.e. Gas-X)

# Preventing Potential Problems

(continued)

## Dumping Syndrome

**Early Dumping:** 10–30 min after a meal (diarrhea, nausea, cramping, rapid heart rate)

**Late Dumping:** 1–3 hours after a meal (sweating, dizziness, light-headedness, rapid heart rate)

### Why It's Happening

- Eating or drinking foods and drinks that are high in sugar or simple carbohydrates
- Eating high-fat and deep fried foods
- Drinking with meals

### How to Prevent It

- Only drink sugar-free beverages
- Do not drink with meals: wait 30 minutes after eating to have a drink
- Avoid foods with more than 10g of total sugar\*
- Limit deep fried foods and high-fat foods
- Choose foods with protein and fiber
- Eat 5-6 small meals per day.

*\*Includes white or brown sugar (raw, organic), coconut sugar, agave nectar, honey (raw, organic), maple syrup, corn syrup*

## Constipation

### Why It's Happening

- Dehydration
- Not enough fiber
- Not enough food (early stages post-op)
- Lack of exercise

### How to Prevent It

- Increase Fiber, Fluids, and Fitness!
- Drink at least 48-64+ oz water per day
- Increase fiber intake by using Benefiber, Sugar-free Citrucel or Metamucil or fiber-containing protein shakes: OWYN, Evolve
- Add high fiber foods starting 4-6 weeks post-op

**Contact doctor if you keep having constipation**

## Protein Deficiency

This may lead to loss of lean muscle mass, hair thinning/hair loss, feeling tired/low energy, unable to heal as fast or fight infection as well.

### Why It's Happening

- Not enough protein

### How to Prevent It

- Include protein with all meals and snacks. Goal: 60-80g protein daily

## Vitamin & Mineral Deficiency

This may lead to hair loss, decreased immunity, confusion, vision changes, numbness/tingling, difficulty walking/poor balance, and bone loss.

### Why It's Happening

- Not enough vitamins and/or minerals
- Less nutrients being absorbed
- Frequent vomiting

### How to Prevent It

- Take vitamins daily
- Get vitamin levels checked yearly

# Pre-Operation Diet

## 2 WEEKS PRIOR TO SURGERY

Once you are scheduled for surgery, you will follow an **800-1000 calorie**, high-protein full-liquid diet for 2 weeks before your surgery date. This diet change will help you lose weight quickly and will “shrink” your liver to make surgery safer and easier to perform.

### Your First Goal:

## 5 PROTEIN SHAKES PER DAY

### Examples of acceptable protein shakes

- Atkins
- Aldi Elevation High Performance
- Ensure High Protein or Max Protein
- Fairlife Core Power or Nutrition Plan
- GNC Lean Shake
- Premier Protein
- SlimFast High Protein
- Walmart Equate High Protein
- Plant based shakes: OWYN, Orgain Plant Based, Ensure Plant Based
- Protein powder mixed with unsweetened almond or soy milk, skim milk, or water

### Your Second Goal:

## 48-64+ FL OZ OF CLEAR LIQUID PER DAY

### Examples of clear liquids\*

- Water
- Chicken or Vegetable Broth (low sodium)
- Crystal Light
- Decaffeinated tea or coffee
- Diet Snapple
- Gatorade Zero or Powerade Zero
- Minute Maid Zero Sugar
- Mio Drops
- Nestle Splash
- Propel Zero
- Sugar-free Kool-Aid/Tang
- True Lemon packets or mixes
- Vitamin Water Zero
- Wyler's Light
- Sugar-free Jell-O
- Sugar-free popsicles

*\*A clear liquid is a liquid you can see through, free of carbonation, caffeine, alcohol, and 10 or less calories per serving*



## Single Day Sample Menu

Morning	Afternoon	Evening
<p>8 am: <b>Protein Shake</b></p> <p>8:30 – 11 am: <i>Water/Clear liquids</i></p> <p>11 am: <b>Protein Shake</b></p> <p>11:30 am: <i>Water/Clear liquids</i></p>	<p>12 – 2 pm: <i>Water/Clear liquids</i></p> <p>2 pm: <b>Protein Shake</b></p> <p>2:30 – 5 pm: <i>Water/Clear liquids</i></p>	<p>5 pm: <b>Protein Shake</b></p> <p>5:30 – 8 pm: <i>Water/Clear liquids</i></p> <p>8 pm: <b>Protein Shake</b></p> <p>8:30 – Bedtime: <i>Water/Clear liquids</i></p>

### Measurements Key

**C:** Cup    **oz:** ounce    **TBSP:** tablespoon    **tsp:** teaspoon



## Nutrition Facts

- **Read the nutrition facts label**
- Protein shakes should have:
  - » **150-200 calories, 15-30g protein, and less than 10g total sugar**
  - » Drink 5 shakes per day (unless told otherwise)



## If You Have Diabetes

If you have diabetes and take insulin, aim for 13-23g total carbohydrate per shake. We recommend:

- Boost Glucose Control
- Glucerna Hunger Smart
- Ensure High Protein
- Splenda Diabetes Care

# Phase 1: Clear Liquid Diet

## 1-2 DAYS AFTER SURGERY

Hydration is important because your body needs plenty of fluids to heal and avoid dehydration. **Remember: sip slowly to prevent discomfort.**

### Start With “Clear Liquids”

- Water Trial: Initially, you will get 1-ounce medicine cups of water.
  - » Sip very slowly.
  - » If you feel fullness, pain, or feel like throwing up, stop sipping until the feeling stops.
  - » When you successfully finish the water trial, you can start the clear liquid phase.
- For the first week after surgery, you may only be able to drink a small amount of fluid. Aim to drink at least 32 fluid ounces of water/clear liquids daily.
- Check your urine! If your urine is very dark/cloudy, drink more clear fluids.

### Clear Liquids

A clear liquid is a liquid you can see through, free of carbonation, caffeine, alcohol, and less than 10 calories per serving.



#### CLEAR LIQUIDS TO USE

- Water
- Low sodium broth
- Sugar-free, non-carbonated beverages. See page 18 for examples of clear liquids.
- Decaffeinated tea or coffee
- Sugar-free popsicles
- Sugar-free Jell-O



#### AVOID THESE FLUIDS

- Caffeinated beverages
- Carbonated beverages (regular soda, diet soda, sparkling water)
- Fruit juice
- Sherbet & ice cream
- Any beverage sweetened with sugar and more than 10 calories per serving



## Phase 2: Full Liquid Diet

### WEEKS 1 & 2 AFTER SURGERY (DAYS 3-14)

“Full liquids” include protein and calories that your body needs to heal.

You will still be on a “liquids only” diet since your stomach is still swollen, tender, and healing. Keep drinking liquids from the Clear Liquid List (see previous section), but now add full liquids.

Your goal is still 60–80g of protein per day. You will need at least 1 protein shake per day to meet this goal.



#### FULL LIQUIDS TO USE

- Protein shakes (see guidelines on pg. 18)
- Milk: skim, 1%, lactose-free, or soy
- Greek yogurt (less than 10g total sugar, low-fat or fat-free)
- Unflavored protein powder added to skim/1%/soy/almond milk, strained soup, or sugar-free pudding
- Protein soup (Unjury, BariatricPal, and Bariatric Advantage) or strained soups (mixed with unflavored protein powder)
- Protein water (i.e., Protein2O, Isopure)

**Consume all liquids with protein within 20-30 minutes**



#### AVOID THESE FLUIDS

- 2% and whole milk
- Sweetened soy/almond/oat, etc. milk
- Protein shakes with more than 200 calories (i.e. Ensure Original/Complete/Plus, Boost Original/Plus)
- Smoothies using blended fruit and/or vegetables

High-calorie beverages will slow you down from reaching your weight loss goals



## Single Day Sample Menu

Morning	Afternoon	Evening
<p>8 am: 4 oz Protein shake</p> <p>9 – 11 am: Water/Clear liquids</p> <p>11 am: 1/4 C Greek yogurt</p>	<p>12 – 1 pm: Water/Clear liquids</p> <p>2 pm: 4 oz Protein shake</p> <p>2:30 – 5 pm: Water/Clear liquids</p>	<p>5 pm: 4 oz Protein shake</p> <p>5:30 – 8 pm: Water/Clear liquids</p> <p>8 pm: 1/4 C Greek yogurt</p> <p>8:30 pm – Bedtime: Water/Clear liquids</p>

### Measurements Key

**C:** Cup    **oz:** ounce    **TBSP:** tablespoon    **tsp:** teaspoon



## Full Liquid Rules

1. Drink full liquids and clear liquids to reach your protein and fluid needs.
2. Drink at least 1 protein shake a day.
3. Drink what you can within 20-30 minutes. Use a mini cup (3 ounces) and/or medicine cup (1 ounce) to help control portions. **Stop once you feel full!**
4. Always sip slowly and avoid gulping.
5. Use unflavored protein powder to help you reach protein goals!
6. Keep a water bottle with you at all times. Sip often to help you reach fluid goals.

# Phase 3: Pureed / Blended Diet

## WEEKS 3 & 4 AFTER SURGERY (DAYS 15-28)

Pureeing food with a food processor or blender helps your body heal and tolerate food better. At this time, your stomach/pouch can hold up to 2 ounces of food in one sitting.

Keep consuming 60-80g of protein every day. You may still need to consume 1 protein shake per day.

### FOOD GROUP



#### CHOOSE



#### DO NOT CHOOSE

#### Beverages

Drink 48-64 fl oz daily (1 C = 8 oz)

Wait 30 minutes after eating to drink.

- Water
- Any clear liquid on page 18 (refer to 'Your Second Goal' box)

- Alcohol
- Carbonated drinks/sparkling water
- Beverages with more than 10 calories per serving
- Caffeinated tea/coffee
- Energy drinks

#### Dairy

1 TBSP - 1/4 C serving

- Milk (or lactose-free) (skim or 1%)
- Soy Milk (unsweetened)
- Non-fat/low-sugar Greek yogurt
- Protein shakes
- Low-fat cottage cheese (small curd)
- Low-fat ricotta cheese

- 2% or whole milk
- Sweetened soy or almond milk
- Ice cream (& shakes)
- Chocolate milk
- Sweetened condensed milk
- Full fat/whole milk yogurt and cottage cheese

#### Fruits

1 TBSP - 1/4 C serving

- Unsweetened applesauce
- Pureed fruit without seeds
- Strained baby fruits (stage 1 and 2)

- Fruit juice
- Smoothies
- Whole fruit or pieces of fruit

**FOOD GROUP****CHOOSE****DO NOT CHOOSE****Grains & Starches**1 TBSP - 1/4 C  
serving

- Plain unsweetened oatmeal
- Mashed potato

- Bread, pasta, rice, tortillas, crackers, chips, pretzels, popcorn, etc.)
- Cold cereal with milk

**Meat & Plant-based Protein**1 TBSP - 1/4 C  
serving

- Pureed fish, tuna, poultry, beef or pork
- Baby food meats (stage 1 and 2)
- Pureed tofu
- Pureed beans

- Any meat and plant-based protein that is not pureed
- Peanut butter (and other nut butters)

**Sweets & Desserts**1 TBSP-1/4 C  
serving

- Sugar-free pudding
- Sugar-free Jell-O
- Sugar-free popsicles and Fudgesicles

- All other sweets
- Chewing gum

**Vegetables**1 TBSP - 1/4 C  
serving

- Pureed vegetables without seeds
- Strained baby vegetables

- Raw or whole vegetables

# Phase 3: Pureed / Blended Diet

## *(continued)*

**WEEKS 3 & 4 AFTER SURGERY (DAYS 15-28)**



### **Pureed Food Rules**

1. Each meal should be 1/4 to 1/2 C in size.
2. Eat 3 pureed meals a day. Drink at least 1 protein shake per day.
3. Puree food well. The food should look like smooth applesauce.
4. All meals and snacks must include protein.
5. Eat your protein first. Add unflavored protein powder to all foods!
6. Use baby spoons and forks to control bite size.
7. Allow 20-30 minutes to finish your meal or protein shake.
8. Stop eating when you feel full or discomfort. Do not eat again for at least 2 hours.
9. All foods and ingredients must be sugar-free or low-sugar and low-fat.
10. Never drink fluids with your meals. Separate by 30 minutes!
11. Drink at least 48 ounces of water every day. Sip water between all meals and snacks. Take a water bottle with you whenever you go out.



## 3 Day Sample Menu

### Day 1

#### Breakfast

- 4 TBSP non-fat Greek yogurt
- 2 TBSP pureed peaches

#### Morning Snack

- 4 oz protein shake

#### Lunch

- 4 TBSP pureed tuna salad
- 2 TBSP pureed carrots

#### Afternoon Snack

- 4 oz protein shake

#### Dinner

- 4 TBSP pureed chicken
- 2 TBSP pureed green beans

#### Evening Snack

- 4 oz protein shake

### Day 2

#### Breakfast

- 1/4 C small curd low fat cottage cheese
- 1 TBSP pureed fruit

#### Morning Snack

- 4 oz protein shake

#### Lunch

- 4 TBSP pureed turkey
- 2 TBSP pureed green beans

#### Afternoon Snack

- 4 oz protein shake

#### Dinner

- 4 TBSP pureed fish with 1/2 TBSP tartar sauce
- 2 TBSP pureed carrots

#### Evening Snack

- 1 sugar-free Jell-O

### Day 3

#### Breakfast

- 1 scrambled egg

#### Morning Snack

- 4 oz protein shake

#### Lunch

- 4 TBSP non-fat Greek yogurt
- 2 TBSP pureed peaches

#### Afternoon Snack

- 4 oz protein shake

#### Dinner

- 4 TBSP pureed chicken
- 2 TBSP pureed cauliflower

#### Evening Snack

- 1 sugar-free Popsicle

### Measurements Key

**C:** Cup

**oz:** ounce

**TBSP:** tablespoon

**tsp:** teaspoon

## Phase 4: Soft Diet

### WEEKS 5 & 6 AFTER SURGERY (DAYS 29-42)

Soft foods are easily broken down when smashed with a fork or spoon. At this time, your body should tolerate 2-4 ounces of food per meal (4 ounces = half cup or 8 tablespoons). Do not serve yourself more than 4 ounces or a half cup of food per meal.

#### FOOD GROUP

#### CHOOSE

#### DO NOT CHOOSE

#### Beverages

Drink 48-64 fl oz daily (1 C = 8 oz)

Wait 30 minutes after eating to drink.

- Water
- Any clear liquid on page 18 (refer to 'Your Second Goal' box)

- Alcohol
- Carbonated drinks/sparkling water
- Beverages with more than 10 calories per serving
- Caffeinated tea/coffee
- Energy drinks

#### Dairy

1 TBSP - 1/2 C serving

- Milk (or lactose-free) (skim or 1%)
- Soy milk (unsweetened)
- Non-fat/low-sugar Greek yogurt
- Protein shakes
- Low-fat cottage cheese (small curd)
- Low-fat ricotta cheese
- Low-fat cheese

- 2% or whole milk
- Sweetened soy or almond milk
- Ice cream (& shakes)
- Chocolate milk
- Sweetened condensed milk
- Full fat/whole milk yogurt and cottage cheese

#### Fruits

1 TBSP - 1/2 C serving

- Unsweetened applesauce
- Banana or other softened fruit
- Canned fruit (no sugar added)

- Fruit juice
- Crunchy, raw fruit
- Smoothies

**FOOD GROUP** **CHOOSE****Grains & Starches**1 TBSP - 1/2 C  
serving

- Cooked cereal in milk (plain, unsweetened oatmeal)
- Mashed potato

**Meat & Plant-based Protein**1 TBSP - 1/2 C  
serving

- Softened meats (pureed, marinated, ground, stewed in slow cooker). \*Choose LEAN
- Soft, flaked white fish or canned fish (tuna or salmon)
- Eggs or egg beaters
- Beans/lentils
- Tofu/soy products

**Sweets & Desserts**1 TBSP-1/2 C  
serving

- Sugar-free pudding
- Sugar-free Jell-O
- Sugar-free popsicles and Fudgesicles

**Vegetables**1 TBSP - 1/4 C  
serving

- Cooked vegetables
- Cooked squash (acorn or butternut)

 **DO NOT CHOOSE**

- Bread, pasta, rice, tortillas, crackers, chips, pretzels, popcorn, etc.)
- Cold cereal with milk

- Any meat and plant-based protein that is not soft
- Nuts and seeds
- Peanut butter (and other nut butters)

- All other sweets
- Chewing gum

- Crunchy, raw vegetables

## Phase 4: Soft Diet (*continued*)

### WEEKS 5 & 6 AFTER SURGERY (DAYS 29-42)



#### Soft Food Rules

- Introduce new soft foods into your diet one at a time.
- Each meal should be about 1/4 to 1/2 C in size.
- Eat 3 soft meals a day. Drink at least 1 protein shake per day.
- Foods must be soft enough to be easily smashed with a fork or spoon
- All meals and snacks must include protein.
- Eat protein first! You may need to add unflavored protein powder foods to help meet protein needs.
- Use baby spoons and forks to control bite size.
- Allow 20-30 minutes to finish your meal or protein shake.
- Chew foods well, 15-20 times per bite.
- Stop eating when you feel full or discomfort. Do not eat again for at least 2 hours.
- All foods and ingredients must be sugar-free or low-sugar and low-fat.
- Never drink fluids with your meals. Separate by 30 minutes.
- Drink at least 48-64 ounces of water each day. Sip water between all meals and snacks. Take a water bottle with you when you go out.



#### Tip

Add unflavored protein powder to foods to help meet your daily protein needs.



### 3 Day Sample Menu

#### Day 1

##### Breakfast

- 1 scrambled egg
- 1 slice low-fat cheese
- 1 TBSP salsa

##### Morning Snack

- 4 oz protein shake

##### Lunch

- 1/2 C chicken stew

##### Afternoon Snack

- 1 low-fat cheese stick

##### Dinner

- 2 oz baked fish
- 1/4 C cooked carrots

##### Evening Snack

- 1 sugar-free Popsicle

#### Day 2

##### Breakfast

- 4 oz non-fat Greek yogurt
- 2 TBSP peaches

##### Morning Snack

- 1 low-fat cheese stick

##### Lunch

- 1/4 C chili
- 1/4 C green beans

##### Afternoon Snack

- 4 oz protein shake

##### Dinner

- 3 oz tuna mixed with 2 TBSP low-fat mayo

##### Evening Snack

- 1 sugar-free Jell-O

#### Day 3

##### Breakfast

- 4 oz non-fat cottage cheese (small curd)
- 2 TBSP fruit

##### Morning Snack

- 4 oz protein shake

##### Lunch

- 2 oz deli turkey meat
- 1 slice low-fat cheese

##### Afternoon Snack

- 4 oz protein shake

##### Dinner

- 2 oz crock pot chicken
- 2 oz cabbage and carrots

##### Evening Snack

- 1 sugar-free Popsicle

#### Measurements Key

**C:** Cup

**oz:** ounce

**TBSP:** tablespoon

**tsp:** teaspoon



## Phase 5: Bariatric Regular Diet

### **WEEKS 7+ AFTER SURGERY (DAYS 43+)**

You will follow this diet for the rest of your life.

The Bariatric Regular Diet is a well-balanced diet that focuses on lean protein, low-fat dairy, vegetables, fruit, and limited intake of starches (bread, rice, pasta, crackers, cereals, tortillas, etc.).

At this time, you should be able to tolerate solid foods. It is safe to start adding all food textures back into your diet one at a time. Chew slowly and thoroughly for best tolerance. Remember “20-20-20.”

For long-term weight loss and weight maintenance results, stay mindful of your portions. Meal = 1 C (or 8 ounces) and snacks = ½ C (or 4 ounces).

Aim for 60-80+ grams of protein daily.



## 3 Day Sample Menu

### Day 1

#### Breakfast

Omelet:

- 1 scrambled egg
- 1 slice low-fat cheese
- 1/4 C mushrooms
- 1/4 C chopped peppers

#### Morning Snack

- 4 oz protein shake

#### Lunch

Tuna Fish Salad:

- 2 oz tuna (in water)
- 2 tsp light or fat-free mayo
- 1/2 C veggies

#### Afternoon Snack

- 4 oz non-fat Greek yogurt

#### Dinner

- 2 oz shredded pot roast
- 1/4 - 1/2 C cooked carrots

#### Evening Snack

- 1 sugar-free Popsicle

### Day 2

#### Breakfast

- 2 slices Canadian bacon
- 1 scrambled egg
- 1 slice low-fat cheese

#### Morning Snack

- 1 low-fat cheese stick

#### Lunch

Chicken Salad:

- 2 oz chicken
- 2 tsp light or fat-free mayo
- 4 grapes cut in half
- 1 TBSP chopped celery

#### Afternoon Snack

- 4 oz protein shake

#### Dinner

- 2-3 oz grilled shrimp with lemon or lime juice
- 1/4 - 1/2 C steamed asparagus

#### Evening Snack

- 1 sugar-free Jell-O

### Day 3

#### Breakfast

- 1/2 C non-fat Greek yogurt
- 1/4 C berries

#### Morning Snack

- 4 oz protein shake

#### Lunch

Chili with Beans:

- 1/2 C turkey chili with beans
- 1 oz low-fat cheese
- 1 TBSP diced onions

#### Afternoon Snack

- 4 oz non-fat cottage cheese

#### Dinner

- 2 oz shredded crock pot chicken
- 1/4 - 1/2 C cooked broccoli

#### Evening Snack

- 1 sugar-free Popsicle

### Measurements Key

**C:** Cup

**oz:** ounce

**TBSP:** tablespoon

**tsp:** teaspoon

# Tips & Resources

## Items to Help You Increase Your Success



### Baby Spoons & Forks

To help portion and take small bites and promote eating slower (20-30 minutes per meal)



### Ice Cube Trays

To freeze portioned puree foods or yogurt



### Ice Pop Mold

To make your own sugar-free popsicles (i.e. with Crystal Light or diet juice)



### Zip-Top Bags

To portion out snacks and unflavored protein powder



### Measuring Cups & Spoons

To measure portions/meals



### 1 - 3 oz Cups (i.e., Dixie cups or toddler cups)

To promote sipping fluids and portion protein shakes



### Food Scale

Helps keep track of serving size and protein per ounce of food



### Portion Plates & Bowls (Search: Bariware, Portion8, BariatricPal, Amazon)

To help portions meals according to the Bariatric Plate Guidelines



## UI Health Bariatric Support Group

Our Bariatric Surgery program hosts virtual support group sessions on the first Wednesday of each month for bariatric surgery patients and candidates – past, present, and future.

The Virtual Support Groups cover the following:

- **Exercise 101:** Get exercise guidance you can trust from UI Health physical therapist Rich Severin.
- **Bariatric Topic of the Month:** Hear from different members of our Bariatric Surgery team – including dietitians, bariatricians, physical therapists, psychologists, and plastic surgeons – who will focus on a new aspect of our care each month.
- **Bariatric Surgeons:** Hear from UI Health surgeons about the variety of treatment options offered by our Bariatric Surgery Program, the health risks of obesity, and how our team can help guide you through your weight loss journey.



Scan the QR Code to Learn More

# Tips & Resources *(continued)*

## Weight Loss Apps

(for smart phones or computers)



**Baritastic - Bariatric Tracker**

baritastic.com



**MyFitnessPal: Calorie Counter**

myfitnesspal.com



**LoseIt! - Calorie Counter**

loseit.com

## Websites

**Information/Recipes/Forums:**

obesityhelp.com

**Store/Recipes/Meal Planning tips:**

bariatricpal.com

**Recipes/Shop/Support group:**

bariatriceating.com

**Informational:** American Society

for Metabolic and Bariatric Surgery

asmbs.org

## Podcasts



**Bariatric Surgery Success**

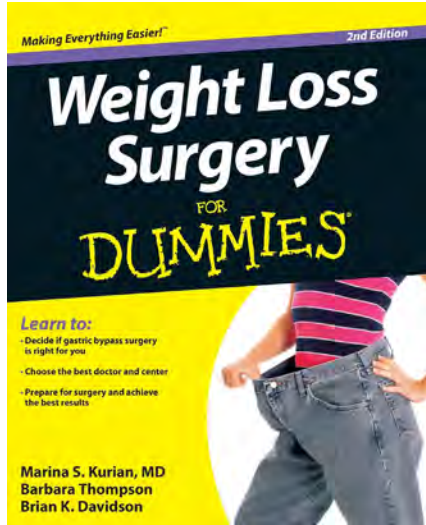
by Dr. Susan Mitchell,  
RDN



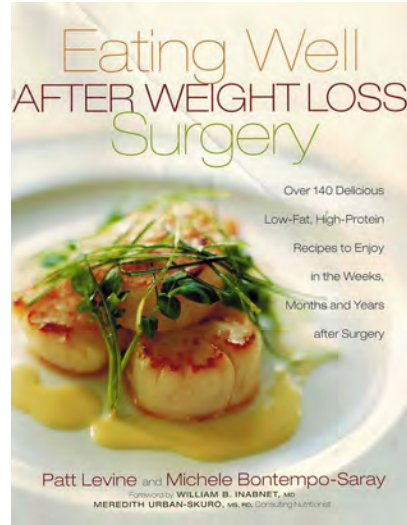
**Weight Loss Surgery Podcast**

by Reeger Cortell,  
FNP-C

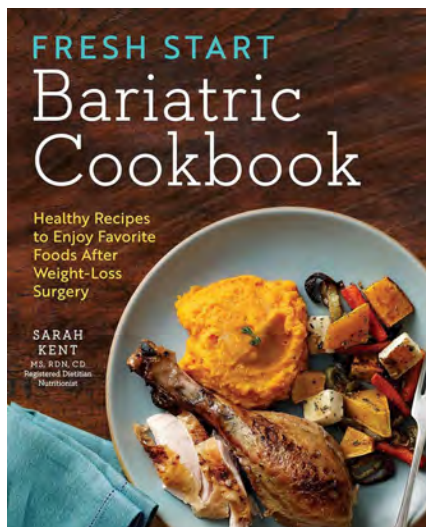
**Books**



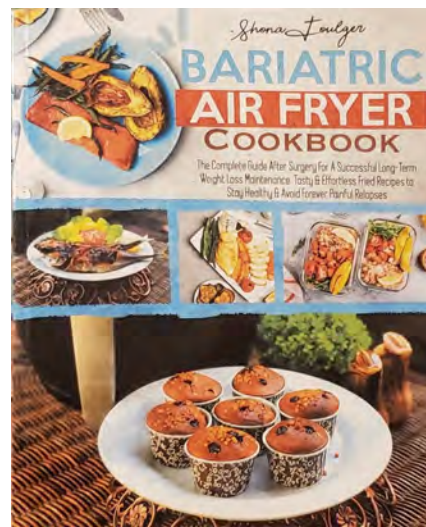
**Weight Loss Surgery for Dummies**  
 by Marina S. Kurian, Barbara Thompson, and Brian K. Davidson  
 (they also have a cookbook!)  
*Also available in Spanish!*



**Eating Well After Weight Loss Surgery**  
 by Patt Levine



**Fresh Start Bariatric Cookbook**  
 Paperback by Sarah Kent MS, RDN, CD



**Bariatric Air Fryer Cookbook: The Complete Guide After Surgery for a Successful Long-Term Weight Loss Maintenance**  
 by Shona Foulger

# Checklist: Are You Ready for Surgery?

## How I Eat & Drink

I eat 3 times a day (1 to 2 meals can be replaced with protein shake or bar instead)

My meals are evenly spaced out (first meal within 2 hours of waking up, then every 4 to 6 hours apart)

I slowed down how fast I eat. I take 20 to 30 minutes to eat each meal (“20-20-20” rule)

I practiced not drinking during or 30 minutes after a meal

I have a set of measuring cups and spoons

I include a source of protein with all meals

## Protein Shakes & Powder

I picked a protein shake that I will use before and after I have my surgery

I picked an unflavored protein powder that I will use after I have my surgery

## Foods

I eat at least 1 serving of vegetables each day

I switched to fat-free/low-fat foods and sugar-free/low-sugar foods (i.e., milk, yogurt, salad dressing, oatmeal)

I limit starchy foods to a 1/2 C or 1 serving or less per meal

I limit sweets, desserts, and/or candy to once per month or less

I limit deep fried foods to once per month or less



## Liquids

I drink 48 to 64 fluid ounces of water each day, taking small sips

I stopped drinking caffeine

I stopped drinking alcoholic beverages

I stopped drinking carbonated beverages (soda/sparkling water)

I stopped drinking fruit juices and smoothies

## Exercise & Vitamins

I increased my exercise

I take all required vitamins daily

## **CONTACT US**

**Bariatric Clinic**

312-355-1493

**Schedule Appointments**

**Bariatric Call Center**

312-996-5100



**Thank you for being a UI Health patient.**

You may receive a survey text, email or mail. We value your input and would greatly appreciate you completing this survey to tell us about your experience.