

i) Pre Surgery Diet

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Your doctor will be referring you to a dietitian before surgery takes place. The expert registered dietitian will educate you about the diet you will have to follow before surgery. There are basically **four stages** of diet which will be explained to you with different meal options that suit each stage.

The pre-op diet will be similar to the stage I diet after surgery. It consists mainly of low sugar, high protein liquid diet. Taking your daily 60-70 g of protein is a must. No solids, carbohydrates, carbonated drinks or caffeine food should be taken in this stage.

This, not only will serve to get you familiar with the post op diet, it will help shrink your liver by 20-25% which will be a big asset to having an easier surgery with less complications.

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Diet Guidelines

Keep in mind that the surgery makes your stomach smaller; you will get full more quickly. Food also may empty into the small intestine too quickly especially in the Gastric Bypass, but to a lesser extent in the Gastric Sleeve.

Your doctor will give you specific instructions about Bariatric surgery diet that must be strictly followed after the surgery. In the first few weeks, your stomach can only handle small amounts of soft foods and liquids while you are healing. It is important to try to sip water throughout the day to avoid becoming dehydrated. You may notice that your bowel movements are not regular right after your surgery. You may need to take stool softeners.

Bit by bit, you will be able to add solid foods back into your diet. You must be careful to chew food well and to stop eating when you feel full, this is particularly important with Gastric Sleeve diet. This can take some getting used to, because you will feel full after eating much less food than you are used to. If you drink a lot of high-calorie liquid such as soda or fruit juice, you may not lose weight. If you continually overeat, the stomach may stretch with time. And again, as you feel better and lighter every day, don't forget your daily 30-45 min walk!

ii) Post Surgery Diet

The registered dietitian will educate you about the diet you will follow after surgery. This diet will be divided into four stages .

Your doctor and dietitian will ensure that you are well familiarized with the 4 stages of the diet, in addition to the different meals with their compositions. You will have the opportunity to discuss these stages with your dietitian and your surgeon before and after the surgery. Your surgeon may modify the stages and/or combine two stages at each visit in the few months following the surgery, if needed, all based on your ongoing assessments. Everything will be shaped particularly to fit your weight loss progress, to achieve the optimal results, and maintain your neo-stomach as created by your surgeon.



Stage I Bariatric Surgery Clears

In the hospital you will receive 2-4 meals of clear, sugar free liquids, along with a high protein shake. It will begin immediately after surgery or after the results of your “swallow test” are back. Your surgeon will ask you to start the following diet at least 2 weeks before surgery:



Drink water, caffeine free coffee and tea, broth, sugar-free jello, and Gatorade. Try to sip fluids at the rate of 1 to 2 Tbsp. (15 -30 mls) every 15 minutes. No straw no carbs no carbonated: Sipping fluids out of bottles or straws may cause gas. Gas is already a problem after surgery so you will not want to make it worse. Protein Shakes: These must be high protein (20-40 grams/serving) AND low in sugar (less than 5 grams/serving). You must read product labels to determine the nutritional value. There are 2 types of protein shakes: Pre-mixed and powders mixed with milk. Directions for powders: Add protein powder by the scoop/tablespoon to 8 oz Skim Milk or Fat Free Lactaid daily. You may choose to drink your shake in 2-4 servings. After surgery you will need at least 60 grams of protein a day: In order to meet your protein needs, protein shakes such as the ones listed above, will

supplement you meal plans. Once you are able to get enough protein from your food, you will not need to continue using protein shakes on a daily basis. Gatorade can be used in the hospital and should be discontinued when you return home. If you experience diarrhea or vomiting, Gatorade can be used during that time to help rehydrate.

Stage II Bariatric Surgery Full Fluid:

After one week from your surgery date, you will progress to a diet composed mainly of milk products, low in fat and with no sugar. You will remain on this diet until you follow-up with your MD one week later.



You can have foods like sugar-free pudding, low fat yogurt, thin creamed soups, and sugar-free sorbet. You can sip about 60ml (about a quarter cup) each hour. Slowly increase the amounts according to your tolerability

You can also continue to drink the clear liquids from Stage 1.

It is up to you to control how much you consume. Continue with the high protein liquid shake in order to consume 60 grams or more of protein every day.

Foods to Avoid in all Stages:



- Soft bread and Rice.
- Spaghetti and other pastas – Macaroni and Cheese.
- Raisins, prunes, and other dried fruit (these are too sweet).
- Granola and other Cereals with nuts.
- Raw fruits and vegetables, butts and popcorn.
- Chips and crackers.
- Tough or chewy meat.
- Whole pieces of corn or whole peas (puree before eating).
- High fat foods (butter, margarine, oil, regular mayonnaise, sour cream, cream cheese, salad dressing, whole milk, half and half, ice cream, cookies, pies, other desserts, bacon, and sausage.)

Stage III Bariatric Surgery Pureed Foods

If you tolerate the Stage II well, you may start Stage III with the consult of your MD/Dietitian one week later.

Blenderized meat and poultry, soft poached eggs.
Low fat cottage cheese, sugar free puddings.
Unsweetened applesauce, pureed canned peaches (not in syrup), mashed ripe bananas.



Blended soft cooked vegetables, or overcooked and mashed with a fork.
Oatmeal, Cream of wheat.

Stage IV Bariatric Surgery Soft and Semi-Solid Diet

If you can tolerate the items in Stage 3, then after the third week post-surgery, you will gradually advance to soft diet and semi-solids once you meet with your MD. This is a modified diet with emphasized lean protein, well-cooked fruits/vegetables, and whole grains, while it de-emphasizes fat and sugar.



This diet is very individualized. It is normal to experience intolerances. Try to reintroduce that food a week later while focusing on eating slowly, chewing thoroughly, and not overeating.

You will eventually be able to tolerate a variety of foods from each of the 4 food groups.

Contact Us

We have more than one location

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ENDOCRINOLOGY CENTER

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20 Additional Advice



At any stage you can have:

1. Canned soups, homemade soups (vegetable, meat, poultry contents should be overcooked or blended in Stage II)
2. Sugar free jello, sugar free popsicles, Pedialyte, popsicles, sugar free/fat free ice cream.
3. Artificial sweeteners which are acceptable: NutraSweet/ Equal, Sweet n'Low / Saccharine and Splenda/ sucralose/Stevia.
4. Try to drink at least 6 to 8 oz (250ml) cups of fluid per day
5. Flat diet soda, skim milk, crystal light, decaf coffee and tea, all broths, any sugar free beverages.
6. Consume only the foods allowed on the diet (essential in the first 4 weeks) until informed otherwise by your MD.
7. Eat slowly and chew thoroughly – at least 25 times!
8. Avoid concentrated sugars, especially those in liquid form. They are filled with non-nutrient calories and slow down weight loss.
9. Limit fats and fried foods; they are concentrated sources of calories.
10. Remember the stomach can only hold 4-6 oz after surgery. You will probably feel satisfied after 2-3 tablespoons of food. Do Not Overheat! Over time your stomach will stretch. It takes 6-9 months (possibly longer) for your new stomach size to stabilize and allow you to determine your normal meal amount.
11. Stop eating when you feel comfortably satisfied – if ignored, vomiting will follow and you can stretch the size of the stomach. If you are unable to keep anything down and are having extreme difficulty staying hydrated, sip on Gatorade which also has electrolytes necessary for normal cell function. Once



12. Drink at least 6-8 cups (8oz) of fluid per day to prevent dehydration. (Monitor for the following signs: headache, dizziness, nausea, lethargy, dark urine.)
13. Stop drinking liquids 15 minutes before meals and resume 30-45 minutes after meals.
14. Eat 3 small nutrient dense meals + 1 high protein snack a day.
15. Meals should include: protein first, then fruits and vegetables, and then whole grains
16. Set up a schedule for supplements (vitamins, minerals and protein shakes) and medications; remember to take Calcium with meals and separate from iron supplements.

17. Introduce new foods one at a time in order to rule out intolerance. If a food is not tolerated, reintroduce it in 1 week.
18. If you cannot tolerate dairy, substitute lactaid for milk. You may need to take lactose pills with dairy, to help digest the lactose. You can also try soy milk fortified with calcium and vitamin D.
19. Exercise! This is the key to long term weight loss and maintenance. Walking 30-45 minutes daily should be the main exercise for the first 6 weeks. Between 6-8 weeks, more strenuous exercises can be added.