

Bariatric Surgery Diet Plan

Rules to follow after your bariatric surgery:

- 1 Eat slowly. Chew foods well.
- 2 Eat small servings.
- 3 Don't use straws.
- 4 Don't have carbonated or bubbly drinks, like soda or seltzer.
- 5 Focus on changing the way you eat. Eat a low-fat, low-sugar diet.
- 6 Follow up with your bariatric program nutritionist after surgery.

Fluids



- Drink at least **8 cups of water** a day.
- Don't drink fluids 30 minutes before and after you eat.

Protein



- Eat **lots of protein**. Foods with lots of protein are lean meats, fish, chicken, eggs, tofu, and low-fat dairy, like cottage cheese and yogurt.
- **Eat protein first** at every meal.

Vitamins and Minerals



- Take a **daily multivitamin with minerals** before surgery.
- Your doctor will decide if you need other vitamins, like folic acid or iron.

While you are in the hospital...

Drink clear liquids. Do not eat any food yet. Try broth, tea, or jello.

Before you leave the hospital, your doctor will tell you when it's okay to start having pureed and soft foods.

Your CHN nutritionist is always here to help.

If you have questions, please call or visit your CHN center.

What to eat 1-4 weeks after surgery:

Weeks 1 and 2 Drink full liquids .	Try: <ul style="list-style-type: none">• Non-fat or 1% milk• Low-sugar protein shake• Diet pudding• 1% cottage cheese• Sugar free, low-fat yogurt• Blended broth-based soups like tomato soup
Weeks 3 and 4 Eat soft foods .	Try: <ul style="list-style-type: none">• Low-sugar applesauce• Canned fruit in natural juice• Soft cooked vegetables• Unsweetened vegetable juice• Fish• Hot cereal• Plain mashed potatoes• Noodles• Low-fat ground meats, like ground turkey

What to eat after 4 weeks:

Each day, have **6-8 small meals or snacks**. This should add up to eating about 1000 calories a day.

Each day, try to eat:

- **3 dairy servings.** Eat non-fat or low-fat. Healthy examples are 1% milk or low-fat yogurt.
- **3 protein servings.** Eat lean. Healthy examples are fish or skinless chicken breast.
- **3 starch servings.** Healthy examples are hot cereal or plain mashed potatoes.
- **1-2 fruit servings.** Soft fruits, like applesauce or half of a small banana, are easier to digest.
- **2 vegetable servings.** Cook vegetables until they are soft.

Sample Meals

Breakfast: 1 egg, ½ cup hot cereal

Mid-Morning Snack: ½ cup low-sugar protein shake (see next page to make your own)

Late Morning Snack: ½ cup tomato or carrot juice

Lunch: ½ cup low fat chicken noodle soup, 2 saltine crackers

Mid-Afternoon Snack: ¼ cup 1% cottage cheese, ½ cup canned fruit in juice

Late Afternoon Snack: ½ cup sugar-free non-fat yogurt

Dinner: 2 ounces (size of half your palm) lean meat, ¼ cup plain mashed potatoes, ½ cup soft cooked vegetables

Bedtime Snack: ½ cup low-sugar protein shake

Vitamins and protein for weeks 1-3 after surgery:

1. Take children's chewable vitamins. Try:

- **Flintstones Complete or Centrum Junior with iron.** Take 1 with breakfast and 1 with dinner.
- **Viactiv or Tums.** Take 1 with breakfast and 1 with dinner.

2. Get extra protein from:

- **Pre-mixed shakes.** Shakes should be high-protein and low-sugar. Try Atkins, Myoplex Low Carb, Perfect Zero Carb, Isopure, or Slimfast Low Carb.
- **Protein powder.** Mix 1 tablespoon into soft foods like applesauce, yogurt, soups, and mashed potatoes. Use low sugar powder like GNC Challenge 95, Whey Supreme, or No Added Sugar Carnation Instant Breakfast.
- **Your own protein shakes.** See directions for how to make your own protein shake below.

How to make your own protein shake:

You need:

- 1 tablespoon of protein powder.
- 1 cup of milk. Use Skim Plus Milk, Skim Milk or Fat Free Lactaid.



1. Mix 1 tablespoon of protein powder in your cup of milk.
2. Drink half right away. Save half a cup for later!



Vitamins after 3 weeks:

Since you will be eating less now, you need to take **multi-vitamins** for the rest of your life. Use this chart to know which multi-vitamins you need.

Multi-vitamin	Choose from:	How to take the vitamin:
Adult multi-vitamins with minerals (like iron)	<ul style="list-style-type: none"> • Centrum with iron • Geritol complete • Adult chewables 	Take 1 a day.
Calcium citrate	<ul style="list-style-type: none"> • Citracal with D • Twinlabs chewable Calcium citrate • Solgar calcium citrate with D 	<p>Take 2 times a day with food at separate times. Take 1 with breakfast and 1 at lunch or dinner.</p> <p>Talk to your nutritionist about how much calcium to take.</p>
Iron	Talk to your doctor to find out if you need to take extra iron.	
Vitamin D	Talk to your doctor to find out if you need to take extra Vitamin D.	
Protein	If you can't get enough protein from your diet, you may need to keep drinking shakes. Talk to your nutritionist.	

You need to check your vitamin and mineral levels **every 3-6 months**. Plan the visits with your nutritionist.

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