


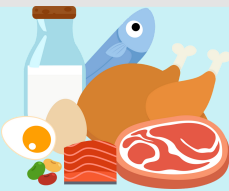

# Bariatric Surgery Diet Plan

Rules to follow after your bariatric surgery:

1. Eat slowly.
2. Chew your food well.
3. Eat small servings.
4. Do not use straws.
5. Do not have soda or bubbly drinks.
6. Focus on changing the way you eat.
7. Eat a low-fat, low-sugar diet.
8. Follow up with your nutritionist after surgery.



Remember your fluids, protein, and vitamins!

		
<b>Fluids</b>	<b>Protein</b>	<b>Vitamins and Minerals</b>
Drink at least 8 cups of water a day.	Eat lots of protein to help with muscle and hair loss. Try lean meats, fish, chicken, eggs, tofu, and low-fat dairy.	Take a daily multivitamin with minerals before surgery.
Drink fluids between meals, at least 30 minutes before or after eating.	Eat protein first at every meal.	Your doctor will decide what other vitamins you may need before and after surgery.

**Be sure to follow the directions given to you by your care team before and after your surgery!**



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# Stages of your Post Surgery Diet

## 1 At the Hospital - Clear Drinks

- Do not eat any food.
- Drink clear, non-bubbly drinks with no caffeine or sugar.
- Try broth, tea, or sugar-free jello or ice pops.

✓ Try	✗ Stay away from
	

## 2 When You First Come Home - Clear and Full Liquids

- 3-4 cups a day should be from clear liquids.
- Another 3-4 cups should be from full liquids.

Try

Clear Liquids	Full Liquids
<ul style="list-style-type: none"> <li>• Water</li> <li>• Soup Broths</li> <li>• Fruit Juice</li> <li>• Jello</li> </ul>	<ul style="list-style-type: none"> <li>• Protein Shakes</li> <li>• Milk</li> <li>• Greek Yogurt</li> <li>• Pudding</li> </ul>

## 3 About 2 Weeks Post Surgery - Soft Foods

- Drink at least 6 cups of clear drinks.
- Try soft foods for 3-6 small meals throughout the day.
- Eat slowly as you learn what you can handle.

Try

- Low-sugar applesauce
- Well-cooked beans/soups
- Canned fruit in natural juice
- Soft cooked vegetables
- Sugar free, low-fat yogurt
- Plain mashed potatoes
- Low-fat ground meats



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## 4 Starting 4-8 weeks post-surgery - Solid Foods

- Have 6-8 small meals a day.
- This should add up to eating about 1000 calories a day.
- Increase clear liquids to 8 cups a day.

Start with moist, softer foods, then move to drier, harder foods and include:

3 servings of calcium-rich foods	Try low-fat dairy products like 1% milk or low-fat yogurt.
3 protein servings	Try eggs, fish, or skinless chicken breast.
3 starch servings	Try hot cereal or plain mashed potatoes.
1-2 fruit servings	Try soft fruits, like applesauce or half of a small banana.
2 vegetable servings	Try cooking vegetables until they are soft.

### Time your meals throughout your day



Like this:

<b>1. Breakfast</b>	1 egg, ½ cup hot cereal/porridge or 1 egg, ½ cup mashed plantain
<b>2. Mid-Morning Snack</b>	½ cup low-sugar protein shake (see next page to make your own)
<b>3. Late Morning Snack</b>	½ cup tomato or carrot juice
<b>4. Lunch</b>	½ cup canned tuna mixed with mayo, 2 saltine crackers
<b>5. Mid-Afternoon Snack</b>	¼ cup 1% cottage cheese, ½ cup canned fruit in juice
<b>6. Late Afternoon Snack</b>	½ cup sugar-free non-fat yogurt
<b>7. Dinner</b>	2 ounces (size of half your palm) lean meat, ¼ cup plain mashed potatoes, ½ cup soft-cooked veggies
<b>8. Bedtime Snack</b>	½ cup low-sugar protein shake



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## Vitamins and Protein 1-3 Weeks After Surgery and Beyond:

- Help your body's healing process by adding vitamins and minerals to your day.
- You will be eating less now and may need to take multi-vitamins for the rest of your life.
- Have regular follow-ups with your surgical team to test your blood levels of vitamins and minerals.

Multi Vitamin:	We suggest:	How to take:
Adult multi-vitamins with minerals (like iron)	<ul style="list-style-type: none"> <li>• Centrum with iron</li> <li>• Adult chewables</li> </ul>	<ul style="list-style-type: none"> <li>• Take 1 a day</li> </ul>
Calcium citrate	<ul style="list-style-type: none"> <li>• Citracal with Vitamin D</li> <li>• Twinlabs chewable Calcium citrate</li> </ul>	<ul style="list-style-type: none"> <li>• Take with food 2 separate times a day (like 1 with breakfast and 1 with dinner)</li> </ul>
Iron	<ul style="list-style-type: none"> <li>• Nature Made Iron</li> <li>• Amazon Elements Iron</li> </ul>	<ul style="list-style-type: none"> <li>• Take 1 in the morning with food</li> </ul>
Vitamin D	<ul style="list-style-type: none"> <li>• NOW Foods Vitamin D3</li> <li>• Thorne Vitamin D/K2</li> </ul>	<ul style="list-style-type: none"> <li>• Take 1 a day after a meal</li> </ul>

### Use protein to help with muscle and hair loss.

Pre-mixed shakes:

- Shakes should be high protein and low sugar



- GNC Total Lean Shake
- Slimfast High Protein
- Fairlife Protein Shake
- Ensure Max Protein
- Premier Protein Shake

Protein powder:

- Add 1 tablespoon of unflavored protein powder into soft foods like applesauce, yogurt, soups, and mashed potatoes.



- Unjury
- Isopure
- Orgain unflavored protein powders
- Garden of Life Collagen Peptides

To make your own protein shake mix:

- 1 tablespoon of protein powder
- 1 cup of milk - Skim Milk or Fat Free Lactaid
- Drink half right away. Save half a cup for later!



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