

Bariatric Diet Guidelines

INTRODUCTION

Proper diet before and after surgery is essential to ensuring less complicated surgery, achieving proper weight loss and maintaining optimum health. Following nutrition guidelines immediately before surgery and post-surgical diet advancement will also help to avoid nutrition complications and aid in healing. Below are some general guidelines to help get you on your way. Please note that an in-depth education is provided during your visits with the dietitian.

PRE-SURGICAL GUIDELINES

It is not unusual to want to eat all of your favorite foods or go to your favorite restaurants before you have surgery. It is important to start preparing yourself mentally as well as physically for the journey you are about to embark on. The first phase of the diet begins 3 days prior to surgery. The purpose of this diet is to get your body ready for surgery. It will shrink and reduce the fat around your liver. The stomach and liver are very close to each other, so a reduced and healthy liver make for a less complicated surgery. Your diet will consist of 2 Celebrate protein shakes, one healthy meal, 2 protein snacks, as well as 48-64oz of fluid each day. Liquids will consist of sugar-free, non- carbonated and decaffeinated beverages. Examples include: water, non-caloric water flavors (powder or liquid: (example) Crystal Light, Desani, Mio), diet tea, Propel Zero or Vitamin Water Zero.

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POST-SURGICAL GUIDELINES

Phase I: Sugar-free and Clear Liquid Diet

The first phase after surgery begins while you are still in the hospital. After a swallow study confirms that you do not have a leak, your diet will be advanced to a sugar free clear liquid diet. The first week after surgery is ONLY LIQUIDS. Diet is not typically advanced until your first outpatient follow-up. The body needs time to heal and the clear liquids will provide hydration and nutrients without making the stomach work too hard. Eating food before being advanced by the doctor may result in obstruction, abdominal tear, irritation and vomiting.

Sugar Free Liquids ✓	Liquids to Avoid ✗
Water Crystal Light Broth Vitamin Water Zero Ice Chips Sugar Free Jello Decaf Coffee/Decaf Tea Sugar Free Popsicles	Carbonation (soda, beer, sparkling water) Caffeinated Beverages (regular coffee, tea) ALL Juice All Alcohol (beer, hard liquor, wine)

Phase II: Full Liquids

At this time you can add more full bodied liquids, as well as continue drinking the clear liquids included in phase one. No food products are allowed at this time. Please avoid lactose containing products (typically found in dairy products; look for milk products that say lactose free) for the first week after surgery, as some people may become lactose intolerant after surgery and we would like to avoid any additional possible abdominal discomfort.

Full Liquids ✓	Products to Avoid ✗
Celebrate Protein Shake Lactaid Milk Mootopia Soy Milk Almond Milk Rice Milk Watered down vegetable juices (tomato juice, V8; NO V8 fusion)	Apple sauce Pudding/Yogurt Mashed Potatoes Oatmeal Carbonation (soda, beer, sparkling water) Caffeinated Beverages (regular coffee, tea) ALL Juice All Alcohol (beer, hard liquor, wine)

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Phase III: Soft/Mushy Diet

This phase of the diet typically begins at your first post-operative office visit. Your stomach is still healing, so food needs to be chewed to the proper consistency. You must take small, pea sized bites and chew food to baby food consistency. Attempt to chew at least 30 times before swallowing your bites. You will avoid fibrous foods (steaks, tough meats, fibrous vegetables such as asparagus and celery) and will always eat your protein first at all of your meals. Do not drink any liquids during the 30 minutes before and 30-60 minutes after you have finished eating a meal.

Soft Foods ✓	Foods to Avoid ✗
Scrambled Eggs Cottage Cheese Chicken/Turkey Deli Meat Greek Yogurt Low-fat Refried Beans Fish Hummus Cheese Sticks Soft Vegetables (carrots, green beans) Hot Cereal (Oatmeal, Cream of Wheat, Grits)	Fibrous foods (steaks, fibrous vegetables including peels and asparagus) Fresh vegetables Foods with small seeds or pieces (broccoli, strawberries) Nuts Breads Pasta

Phase IV: High Protein, Health Eating Diet

Around week 5 the diet will be advanced to a regular texture diet. Meats and foods no longer have to be soft and mushy, but the diet will always remain high protein, high fiber, low fat and low sugar. Closely following post-surgical eating guidelines can help you recover from surgery faster and get you back to doing the things you love more quickly. Falling back into bad habits after bariatric surgery could have a negative effect on how much weight you lose and could bring back other conditions, like diabetes and heart disease.