

Diet Stages After Weight Loss Surgery

Diet Stage	Duration	Important Tips	Goals
I. Clear Liquids (See-Through Liquids) <ul style="list-style-type: none"> • Herbal tea • Clear protein drink • Sugar-free sport drink • Broth or bouillon • Sugar-free gelatin • Sugar-free popsicles (2 ounces fluid) 	Start date: _____ End date: _____	<ul style="list-style-type: none"> • No sugars. • No caffeine. • No carbonation. • Drink 1 to 2 ounces every 15 minutes. • For nausea, try lemon in water, or change fluid temperatures or flavor. 	<ul style="list-style-type: none"> • Fluid: 64 ounces (minimum: 48 ounces) • Begin walking
II. Protein Liquids <ul style="list-style-type: none"> • Protein drink • Yogurt or pudding thinned with milk • Milk (consider lactose-free milk): fat-free (skim) or low-fat (1%) milk • Soy milk (no added sugar) • Blended and strained pea or lentil soup with protein powder 	Start date: _____ End date: _____	<ul style="list-style-type: none"> • Can include all foods from stage I. • Begin chewable or liquid multivitamin. • Begin liquid or chewable calcium citrate (do not take within 2 hours of taking multivitamin with iron). • Sip slowly. Increase rate as able. 	<ul style="list-style-type: none"> • Fluid: 64 ounces (minimum: 48 ounces) • Protein: 60–80 grams • 2 multivitamins with iron (1 for AGB) • 600 mg calcium citrate with vitamin D and magnesium twice daily (3 times daily for BPD) • ADEK vitamin supplement for BPD • Walk every 2 hours while awake • Rest

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<p>III. Blended</p> <ul style="list-style-type: none"> • Canned chicken or tuna • Small-curd cottage cheese • Loose scrambled eggs • Mashed or blended vegetables • Canned fruit (no sugar added), blended 	<p>Start date: _____</p> <p>End date: _____</p>	<ul style="list-style-type: none"> • Can include all foods in stages I and II. • Eat 1/8–1/4 cup food. • Take 30 minutes to eat meals. • Keep liquids separate from meals by 30 minutes. 	<ul style="list-style-type: none"> • Fluid _____ ounces • Protein _____ grams • 2 multivitamins with iron (1 for AGB) • 600 mg calcium citrate with vitamin D and magnesium twice daily (3 times daily for BPD) • 500 mcg vitamin B-12 • ADEK vitamin supplement for BPD • Increase walking as able
<p>IV. Soft</p> <ul style="list-style-type: none"> • Chopped moist meats, poultry, fish, or vegetarian meat substitutes • Low-fat soft cheeses • Cooked vegetables (no skin, seeds, or strings) • Canned fruits (no added sugar, juice drained) 	<p>Start date: _____</p> <p>End date: _____</p>	<ul style="list-style-type: none"> • Can include all foods in stages I–III. • Food chopped to size of a pea. • Chew each bite 20 times. • Eat 1/2–3/4 cup food (only until no longer hungry). • Take 30 minutes to eat meals. • Keep liquids separate from meals by 30 minutes. 	<ul style="list-style-type: none"> • Fluid _____ ounces • Protein _____ grams • 2 multivitamins with iron (1 for AGB) • 600 mg calcium citrate with vitamin D and magnesium twice daily (3 times daily for BPD) • 500 mcg vitamin B-12 • ADEK vitamin supplement for BPD • Increase physical activity toward 60 minutes total most days

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<p>V. Low Fat, Low Sugar, High Protein</p> <ul style="list-style-type: none"> • Moist meats are allowed • Add fresh fruits and vegetables as able (can add salads) • If desired, try protein bars (limit to one a day), whole grains such as bread, rice, or pasta (add very small portions at first as these foods may cause discomfort) 	<p>Lifelong</p>	<ul style="list-style-type: none"> • Eat at least 3 times a day and no more than 6 times a day (includes any snacks, nibbles, or protein drinks). • Avoid high-sugar foods. • Avoid high-fat foods. • Eat protein foods first, then add fruits and vegetables. • Aim for a balanced diet. • Take supplements daily! 	<ul style="list-style-type: none"> • Fluid _____ ounces • Protein _____ grams • 2 multivitamins with iron (1 for AGB) • 600 mg calcium citrate with vitamin D and magnesium twice daily (3 times daily for BPD) • 500 mcg vitamin B-12 • ADEK vitamin supplement for BPD • Increase walking as able

