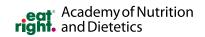


Diet Stages After Weight Loss Surgery

Diet Stage	Duration	Important Tips	Goals
 I. Clear Liquids (See-Through Liquids) 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:	 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. 	 Fluid: 64 ounces (minimum: 48 ounces) Begin walking
 II. Protein Liquids Protein drink Yogurt or pudding thinned with milk Milk (consider lactose-free milk): fatfree (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:	 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. 	 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

Diet Stage	Duration	Important Tips	Goals
 III. Blended Canned chicken or tuna Small-curd cottage cheese Loose scrambled eggs Mashed or blended vegetables Canned fruit (no sugar added), blended 	Start date: End date:	 Can include all foods in stages I and II. Eat ½-¼ cup food. Take 30 minutes to eat meals. Keep liquids separate from meals by 30 minutes. 	 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
 IV. Soft 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) 	Start date: End date:	 Can include all foods in stages I–III. Food chopped to size of a pea. Chew each bite 20 times. Eat ½-¾ cup food (only until no longer hungry). Take 30 minutes to eat meals. Keep liquids separate from meals by 30 minutes. 	 Fluidounces Proteingrams 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



Diet Stage	Duration	Important Tips	Goals
 V. Low Fat, Low Sugar, High Protein 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) 	Lifelong	 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! 	 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