

Diet Progression After Gastric Bypass Surgery

Stage 1 Bariatric Diet:

64 oz. fluid/day, 60-80 gm protein/day, no carbonation, no straws

- Water
- Protein shakes: 2-3 servings/day
- Tea/Coffee with or without milk
- Diluted, no sugar added apple juice
- Crystal Light®, sugar free lemonade, sugar free iced tea
- Sugar free Jell-O®
- Sugar free ice pops
- No sugar added Italian ice (Luigi's®)
- Low sodium chicken, beef, or vegetable broth

Stage 2 Bariatric Diet:

Date: _____

****Do not advance to the next stage if experiencing abdominal pain, nausea or vomiting ****

64 oz. fluid/day, 60-80 gm protein/day, no carbonation, no straws

- Stage 1
- Protein shakes: 2-3 servings/day
- Skim, 1% or 2% milk
- Strained cream soups (low sodium)
- Sugar free pudding
- Low sugar yogurt (< 15 grams), no pieces of fruit
- Farina
- No sugar added hot chocolate
- Low-sodium original V8®
- Poached egg

**** Start taking your vitamins daily! ****

- Complete chewable bariatric multivitamin with minerals
- 500-1000 mcg sublingual vitamin B12
- 1000 mg chewable calcium citrate
- Thiamin (Vitamin B1) (12-100 mg) if not taking an approved complete bariatric multivitamin with minerals

After you start stage 2, if you have constipation, increase your water intake. You may take MiralAX® as directed or you can add the following to your protein shakes: 2 tsp of flax seed or coconut oil, or 2 Tbsp of ground flax seeds.

Stage 3 Bariatric Diet (pureed diet):

Date: _____

64 oz. fluid/day, 60-80 gm protein/day, no carbonation, no straws

- Stage 1 and Stage 2
- Protein shake: 2 servings/day
- Plain Oatmeal/Farina/Cream of Rice
- Cottage cheese
- Ricotta cheese
- Poached egg
- Pureed fruits and vegetables; **must be blended for at least 3 minutes to liquid consistency**
- Pureed meat, pureed fish (no chicken)

Stage 4 Bariatric Diet (soft diet):

Date: _____

64 oz. fluid/day, 60-80 gm protein/day, no carbonation, no straws

- Stages 1-3
- Protein shake: 2 servings/day
- Tuna fish (canned in water) with 1 Tbsp. mayo
- Soft, flaky fish (flounder, sole, scrod, etc.)
- Ground beef (no meatballs except if pureed)
- Poached egg
- Well-cooked vegetables (cooked or steamed until very soft and mushy)
- Canned fruit, no sugar added
- Homemade fruit and vegetable smoothie (well blended)-No added sugar

***Avoid raw whole fruits/vegetables, raw fish, nuts/seeds and chicken until 6-8 weeks after surgery
* 6-8 weeks post-surgery, continue with 1 protein shake daily with meal plan ***

EATING AFTER GASTRIC BYPASS

Eating properly is important to prevent pain, vomiting, and protect the surgical site. Following the recommended meal and exercise patterns will promote appropriate weight loss and result in successful weight maintenance.

1. Eat slowly and chew foods well
 - Give yourself 20-30 minutes per meal and consume approximately $\frac{1}{4}$ to $\frac{1}{2}$ cup of solid food at a time.
 - Cut food small, take small bites, and chew each bite at least 20-30 times or until it is the consistency of applesauce.
 - Practice attuned eating- eat in a relaxed environment free of stress and distractions (TV, reading material, etc.). Enjoy the aroma, taste, and texture of each bite.

2. Meal patterns
 - Eat three meals each day consisting of solid foods.
 - Meals will be nutritious and balanced (made up of protein, fruits/vegetables, and complex carbohydrate).
 - Always eat your protein first, vegetable second, and starch last, if at all.
 - Three protein-rich snacks may be eaten, including one protein shake.
 - Consume 60-80 grams of protein every day to prevent a deficiency.
 - Do not go longer than 5 hours without eating.

3. Liquids
 - There isn't enough room for both food and liquids in your pouch.
 - Do not drink 15 minutes before, during, or 30 minutes after your meal.
 - Adequate fluid intake is important to prevent dehydration. Good choices include water, skim milk, sugar free beverages, and unsweetened tea.
 - Avoid high calorie beverages such as soda, milkshakes, and alcohol.
 - Avoid carbonated beverages until at least 3 months after surgery.

4. Vitamin and mineral supplements
 - Take a complete chewable bariatric multivitamin with minerals daily.
 - Take Thiamin (Vitamin B1) daily (12-100 mg) if not taking an approved bariatric multivitamin with minerals
 - Take 500-1,000 mcg sublingual vitamin B₁₂ daily.
 - Take 1,000 mg calcium citrate with vitamin D daily.
 - Additional iron (45-60 mg) may be needed if not taking a complete bariatric multivitamin, if you are a menstruating female, or have a history of anemia.

5. When to stop eating
 - Fullness, pressure or upon completion of $\frac{1}{4}$ to $\frac{1}{2}$ cup of solid food at a time.
 - **Always listen to your body** - When in doubt, wait it out. The new full feeling after surgery will "feel" different. You may not feel "belly fullness" but more pressure or discomfort in the chest area. Some people experience hiccups and sneezing as you get closer to "fullness".
 - Feeling nauseous or pain. If you eat too much you will likely get sick, and could risk stretching your pouch and eventual weight gain.

To be successful you must be committed to sticking to your new eating plan!