

First 2 Weeks After Bariatric Surgery

What you may eat and tips to help you recover

This handout is for patients who have had bariatric surgery. It offers guidelines to help you:

- *Choose the right foods right after surgery and for the next 2 weeks*
- *Meet your nutritional needs*
- *Avoid problems such as nausea, vomiting, and “dumping syndrome”*

Follow a Pureed/Liquid Diet

For the first **2 weeks** after your bariatric surgery:

- **Eat and drink only pureed foods and liquids.** These foods do not need any chewing and are soft, like smooth paste. To puree foods:
 - Place foods in a blender or food processor.
 - Add liquid and blend until smooth.
 - Strain out any chunks or seeds.
- **Eat and drink slowly.** Stop eating as soon as you feel full. For the first 2 weeks, you may feel full after having only $\frac{1}{8}$ cup (2 tablespoons) of liquid.
- **Try only 1 new food per meal.** Eat 1 or 2 bites at first to see if you can handle the new food. If you cannot, wait a few days and try it again.

Meeting Your Nutritional Needs

Protein

High-protein foods include meat and meat substitutes, milk and other dairy products, high-protein soups, and protein drinks. See Section 10, page 6 in “Guide to Your Weight Loss Surgery” for more examples of protein sources.

- Aim to eat **at least 8** protein servings every day (1 serving = 7 grams protein).



Sip protein drinks during the day to stay hydrated and to make sure you are getting enough protein.

- Eat pureed protein foods or sip protein drinks throughout the day to make sure you are getting enough protein.
- If you are starting to eat pureed foods, **always eat protein foods first.**

Staying Hydrated

Keeping your body hydrated (having enough fluid in your body) is very important for your health, especially after bariatric surgery.

- Sip water often, starting in the morning.
- Your goal is to drink 64 ounces of fluid a day (eight 8-ounce cups). At least 32 ounces (4 cups) should be water or sugar-free flavored waters.
- Alternate between drinking sips of water and a protein-containing fluid every 15 minutes during the day.
- Do **not** drink any carbonated beverages.

Supplements

Take these supplements every day or as your doctor tells you:

- A multivitamin with iron (chewable or liquid)
- 1,500 mg calcium (divided into 3 doses)
- 2,000 IU vitamin D (in addition to the amount in your multivitamin)
- 500 mcg vitamin B12
- 65 mg elemental iron once a week, or once a day if you are a menstruating woman

Dumping Syndrome

Dumping syndrome occurs when foods and liquids enter your small intestine too quickly. It can cause bloating, nausea, diarrhea, weakness, and sweating.

To help avoid dumping syndrome:

- Avoid liquids and foods that are high in sugar and fat (such as soda pop, milkshakes, whole milk, and cream soups).
- Eat and drink slowly.
- Drink between meals, not with meals. Drink at least 30 minutes before or after a meal.

Foods You May and May Not Eat

Food Group	You MAY Eat	Do NOT Eat
Meat and Meat Substitutes	Pureed lean beef, pork, fish, poultry (thin with broth or water as needed), mashed or pureed tofu, baby-food meats	Peanut butter, cheese, fried and high-fat meats, spicy meats
Dairy Products	Nonfat milk, nonfat yogurt (no seeds), blended low-fat cottage cheese, sugar-free pudding	Whole milk, chocolate milk
Fruits and Vegetables	Pureed fruits (unsweetened and without nuts or seeds), strained or pureed vegetables (such as carrots, whipped potatoes thinned with nonfat milk), baby-food fruits and vegetables	All others
Soups	Broth, low-fat cream soups, blended soups, high-protein soups (see recipes in Appendix 1 of “Your Guide to Weight Loss Surgery”)	Regular cream soups, soups with chunks
Grains and Breads	Cooked low-fiber cereals such as cream of wheat, cream of rice (puree if lumpy)	Pasta, bread, rice, cereals except for those allowed
Beverages and Low-Calorie Foods	Water, tea, sugar-free Jell-O, sugar-free popsicles, sugar-free nonfat lattes, sugar-free Kool-Aid, Crystal Light, coffee, blended drinks (see recipes in Appendix 1 of “Your Guide to Weight Loss Surgery”)	Fruit drinks, fruit juice, carbonated beverages, alcohol, coffee beverages (lattes, mochas), whole milk
Pre-made Protein Drinks	Slimfast High Protein, Optisource, Med Rx, Advantedge, Boost High Protein, Ensure High Protein, Sugar-free Carnation Instant Breakfast made with nonfat milk, Muscle Milk, Champion, Designer Whey	

Food Tolerance

If you have a day when you cannot handle any foods or liquids:

- **Stop eating for up to 6 hours.**
- Start again with clear liquids (such as broth, sugar-free Jell-O, or tea), then include more foods as you are able.

- Try to find out what caused the problem. Ask yourself:
 - Did I eat too much?
 - Did I eat too fast?
 - Did I chew well enough?
 - Did I eat high-sugar or fatty foods?
 - Did I drink too much liquid with my meal?
 - Am I drinking enough liquid during the day?
- Call your doctor if you keep having problems with handling foods or liquids.

Goal Weight

To reach and maintain your goal weight:

- Keep following the meal plans you were given.
- Sip water between meals until you are no longer thirsty. Your goal is to drink **at least** eight 8-ounce cups every day.
- At your next clinic visit, ask your outpatient dietitian for instructions on how to advance your diet.

Daily Eating Plan

For the first 2 weeks after your surgery:

- Eat or drink every 15 minutes throughout the day while you are awake. See the “Sample Menu” below.
- Use any approved pureed protein foods, protein drinks, and fluids.

Sample Menu

This table gives a sample menu for the first 2 hours of the day. Repeat this same pattern every 2 hours for the rest of the day to meet your fluid and protein needs.

8 a.m.	1 oz. water
8:15 a.m.	1 oz. protein shake
8:30 a.m.	1 oz. water
8:45 a.m.	1 oz. protein shake
9 a.m.	1 oz. sugar-free flavored water
9:15 a.m.	1 oz. pureed and strained beef, chicken, or turkey
9:30 a.m.	1 oz. sugar-free flavored water
9:45 a.m.	1 oz. pureed and strained beef, chicken, or turkey

Meal Planning

Plan to eat 4 small snacks morning, afternoon, and evening:

Morning

Snack: _____

Snack: _____

Snack: _____

Snack: _____

Afternoon

Snack: _____

Snack: _____

Snack: _____

Snack: _____

Evening

Snack: _____

Snack: _____

Snack: _____

Snack: _____

Questions?

Your questions are important.
Call your doctor or healthcare
provider if you have
questions or concerns.

Dietitian/Diet Technician:
206.598.2274