

Bariatric Surgery Post-Op Nutrition Plan

The Dietitians will see you during clinic visits. Call 434-243-9348 with questions. We do not recommend specific brands. Examples are provided.

1. Diet Progression

- Stage 1: Sugar-free Clear Liquids, 1-2 meals in the hospital
- Stage 2A: Sugar-free Liquids + Protein Shakes for at least 1 week and up to 3 weeks at home
- Stage 2B: Blended/Pureed Food, start 1 week after surgery, if you are comfortable, and continue until your first follow up visit in clinic after surgery

2. Protein

- 60-70 grams of protein per day
- High protein foods: lean meat, fish, poultry, low-fat/fat-free dairy, beans, eggs, and nuts
- Protein drinks are essential during the Stage 2 diet. Choose from:
 - No Sugar Added Carnation Breakfast Essentials with 3 TBSP of non-fat dry milk powder
 - Premiere Protein ready to drink shakes
 - Ensure High Protein shake
 - Body Fortress – 100% whey protein powder
 - Bariatric Optimized Shakes*

3. Sugar and Fat

- All foods must have less than 5 grams Total Fat and less than 10 grams sugars per serving
- Read all food labels

4. Eating

- Use your meal planner to schedule 4-6 small meals each day on Stage 2B
- Portion size should be ¼-½ cup at each meal
- Take small bites, eat slowly and chew each bite well – take 20-30 minutes to eat
- Stop eating as soon as you feel SATISFIED

5. Drinking

- 48-64 ounces of sugar-free, calorie-free fluids each day
- Do not drink during or 30 minutes after a meal
- Avoid carbonated beverages
- You must plan when you will drink to stay hydrated

6. Supplements

Sample Daily Supplement Schedule:

Morning (8am): 1 multivitamin + 500 mcg B12
Noon (12pm): 600 mg calcium citrate with Vitamin D
Evening (6pm): 600 mg calcium citrate with Vitamin D
Bedtime (9pm): 1 multivitamin + 325 mg iron

only if directed by the Bariatric Team

*if you wish, you can take 500 mg of calcium citrate with Vitamin D three times a day – noon, 3pm, 6pm.

Stage 2A: Sugar-free Liquids + Protein Shakes (1 week, up to 2 weeks if needed)

- After 1-2 meals, we will add Ensure Active High Protein shakes to your diet in the hospital.
- Continue only sugar-free liquids and liquid protein shakes for at least 1 week after surgery at home or for up to 3 weeks until your first visit in clinic after surgery.
- This liquid diet will help minimize nausea, vomiting and discomfort as well as provide the fluids and protein you need.

Stage 2B: Blended/Pureed Food (up to 2 weeks)

- One week after surgery, you may try blended or pureed foods at your comfort level.
- It is very important to follow this diet until your first follow up visit. Eating solid foods too soon will put pressure on your incisions and staples and may cause breakage or leaking.
- All foods you eat must be the consistency of thin, smooth applesauce or yogurt.
- Use the stage 2 recipes you are given when you schedule your surgery.
- Put cooked foods in a blender or food processor, then add liquid such as skim milk, broth, fat free gravy or low fat creamy soup and blend until smooth.
- Each small meal should have 10-15 g of protein (keep track!).

Food	Choose	Avoid
Protein	Lean fish, tuna, poultry, beef or pork Low-fat cottage cheese Low-fat or non-fat cheese Tofu Eggs, egg whites or egg substitute Cooked beans Reduced fat peanut butter 100% whey protein powder/supplements No Sugar Added Carnation Breakfast Essentials	Fried or breaded meats Meat with lots of visible fat Regular cheese
Milk Products	Fat-free (skim) or 1% milk Light yogurt or 100-calorie Greek yogurt Nonfat dry milk powder Low-fat cheese	Chocolate milk 2% or whole milk Ice cream Low-fat yogurt with sugar Fruit flavored Greek yogurt
Fruit and Vegetables	Applesauce, banana, mashed potato and other cooked fruit & vegetables without seeds or skins	Raw fruit and vegetables
Starches	Oatmeal, grits, and cream of wheat (Use high protein recipes)	Bread and rolls Cold cereals Pasta and rice
Other	Sugar free gelatin, sugar free fat free pudding (Use high protein recipes) Sugar free popsicles	Chewing gum Sweets and desserts
Drinks	Water Diet, sugar-free and "Zero" drinks Hot or iced tea or coffee with sweeteners (Equal, Splenda, Sweet N Low, Stevia)	Regular sodas, juice and sports drinks Carbonated drinks

Sample Stage 2B Menu: This provides about 74 grams protein and 800 calories.

Meal	Food	Protein
Breakfast	½ cup high protein cream of wheat/oatmeal/grits (recipe)	12g
Snack	Ensure Active High Protein 14oz drink	25g
Lunch	½ cup high protein jello (recipe)	13g
Snack	½ cup plain nonfat Greek yogurt (with added no calorie sweetener)	15g
Dinner	½ cup high protein soup (recipe)	9g

High Protein Food Sources

FOODS	SERVING SIZE	GRAMS OF PROTEIN
Meat and Seafood		
Egg	1 large	6
Egg whites	1 large	3.5
Lean Beef	1 oz. cooked	8
Lean Pork	1 oz. cooked	8
Lean Chicken	1 oz. cooked	8
Fish/Shellfish	1 oz. cooked	6
Tuna (canned)	1 oz.	7
Lunch meat	1 oz. (2 thin slices)	4
Dairy		
Skim or 1% milk	1 cup	8
Plain, 0%-2% fat, Greek yogurt	4-6 oz.	15-18
100-calorie Greek yogurt	5.3oz.	10-12
Light yogurt	6 oz.	5
Reduced-fat, 2% cheese	1 ounce	7
Low-fat, 1% fat cottage cheese	½ cup	13
Sugar-free, fat-free instant pudding	½ cup (made with skim milk) High protein recipe	4 7
No Sugar Added Carnation Breakfast Essentials	One packet (made with 1 cup skim milk) High protein recipe	12 21
Non-fat dry milk powder	1 Tbsp. ¼ cup (add to low protein foods)	2 8
Beans and Nuts		
Fat-free refried beans	½ cup	6
Black, brown, white and red beans, black-eyed peas, chick peas, lentils, and limas	½ cup	7.5 (average)
Almonds, cashews, peanuts, pistachios, pumpkin seeds, sunflower seeds, walnuts	1 oz. (¼ cup)	6.5 (average)
Hummus	¼ cup	4
Meat Substitutes		
Egg beaters	½ cup	12
Tofu	3 oz. (size of a deck of cards)	11
Veggie burger (soy, bean, veggie)*	1 burger	11-16
Veggie sausage patty*	1 patty	12 (average)

*Name brands: Morningstar Farms®, BOCA Burger®, Gardenburger®, Amy's®

NOTES: It is helpful to use a food scale to weigh meats and other foods. A deck of cards is the size of 3 oz. of meat. Read ALL food labels for accurate protein content.

Bariatric Surgery Daily Meal Planner

	Example			My Plan		
	Time	Food/Drink	Protein	Time	Food/Drink Ideas	Protein
1st Meal	6:30-7am	High protein cream of wheat, oatmeal or grits (recipe)				
Drink	7:30-9:30am	12 oz coffee or hot tea				
2nd Meal	9:30-10am	Low-fat cottage cheese				
Drink	10:30-12:30pm	12 oz water				
3rd Meal	12:30-1pm	Fat free refried beans with low-fat cheese				
Drink	1:30-3:30pm	8 oz protein shake	20g			
4th Meal	3:30-4pm	Greek yogurt				
Drink	4:30-6:30pm	8 oz skim milk	8g			
5th Meal	6:30-7pm	High protein soup (recipe)				
Drink	7:30-10pm	16 oz Crystal Light or diet iced tea				
Totals		56 oz Fluids	__ grams Protein			

Notes: Daily requirements are 60-70 grams protein and 48-64 ounces fluid. Eat every 3-4 hours. Do not drink from 30 minutes before until 30 minutes after each meal. Meals may be 1-2 bites up to ½ cup total.