

Typical Post-Operative Bariatric Surgery Diet Food/Fluids Allowed

Week 1

Starts the day you leave the hospital

- Water
- Decaf coffee/decaf tea
- Low-sodium broth/stock
- Diluted juices/Gatorade
(1 part juice to 1 part water)
- Powerade Zero
- Sugar free Jell-O
- Sugar free popsicles
- Sugar free or unsweetened iced tea
- Diet Snapple
- Flavored waters
- Crystal Light, zero calorie vitamin water, sugar free Kool-Aid, other non-carbonated and sugar-free drinks
- Lactose free skim milk, unflavored soy/ almond/rice/coconut milk

Examples of protein supplement (shake):

- ◆ Isopure Zero Carb Beverage (find at The Vitamin Shoppe or GNC)
- ◆ Atkins Shakes, EAS AdvantEDGE, Premier Protein (find at Wal-Mart, pharmacy or grocery store)
- ◆ Unjury protein powder (www.unjury.com)

Week 2

All foods/fluids listed above including protein supplement

- Yogurt can be “plain”, “light” or “Greek”- avoid chunky pieces of fruit in yogurt
- Low fat cottage cheese
- Unsweetened applesauce
- Mashed potatoes- prepare loose
- Plain or “low sugar” oatmeal, cream of wheat, or grits- prepare loose

Week 3

All Week 2 foods/fluids previously listed except protein supplement

- Scrambled egg, no more than ½ egg
- Canned or packaged tuna/salmon ONLY (**no canned chicken, ham, crab, etc.**)
- ¼ - ½ piece of toast or 1-2 small crackers
(Can have these with any foods allowed at this point) **Avoid doughy breads for now- no bagels or untoasted breads yet**

Weeks 4, 5, and 6

All Week 2, 3 foods/fluids previously listed

- Eggs any style- hardboiled, egg salad, etc.
- Baked/broiled flaky fish
- Cooked vegetables (start with soft and work up from there - carrots, green beans, sweet potatoes, broccoli, etc.)
- Soft fruits- take skin off (banana, melon, berries, seedless watermelon, peaches/pears, canned fruit without the liquid)
- Soft cooked pasta (small pastas with tomato sauce/cooked veggies, mac and cheese, drained out minestrone soup)
- Soft cooked beans/legumes (lentils, kidney beans, chickpeas, etc.)
Hummus, tofu, couscous, quinoa

Week 7 and beyond

Introduce new/solid foods back into the diet, progressing slowly:

- Shaved deli meat (turkey, chicken, ham)
- Ground meats (chili, moist meatloaf, tacos, meatballs, meat sauce for pasta)
- Stews, pot roast. Avoid soups unless drained out. Okay to try sandwiches.
- Chicken, beef, pork, shellfish, rice, nuts
- Raw vegetables, salads