

Diet for Bariatric Surgery

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Diet for Bariatric Surgery

(Gastric Bypass, Lap Band, or Sleeve Gastrectomy)

The diet stages after surgery will progress in texture and volume to help in the healing process, minimize stress on surgery or band sites, and allow time for your body to adapt to the new eating patterns. Progress through the stages of the diet is individual.

Stages of Diet

Before Surgery

The diet you are given before you have surgery is low calorie, low fat, low carbohydrate, and high in protein. It includes three main meals and is designed to help you begin building good habits and help with a small amount of weight reduction. Some weight loss before surgery will help improve success after surgery.

After Surgery

- Day 1: *Clear Liquid diet*
- Day 2 to 14: *Pureed/full liquid diet*
- Two to four weeks after surgery: *Soft diet*
- Four weeks after surgery: *Regular diet*

If you are not having problems after 4 weeks your doctor will have you advance to a regular diet and begin adding more variety to your diet.

Clear Liquid Diet

(No herbal tea, coffee or carbonated drinks)

Beef or chicken broth Sugar-free water popsicles Decaffeinated tea Calorie-free sweeteners (Examples: Splenda, Equal)	Sugar-free Jello Sugar-free drink mixes (Examples: Crystal Light or sugar-free Kool-Aid)
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Full Liquid Diet

Fat-free or 1% milk or soy Low-fat strained cream soups Broth or bouillon mixed with pureed meats Sugar-free, fat-free pudding	Light yogurt without chunks of fruit Cooked cereal (Examples: grits, Cream of Wheat, Cream of Rice, pureed or strained oatmeal. You may melt 2% cheese, soy cheese or smooth peanut butter into these cereals.)
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Pureed/Blended Diet

Soft scrambled egg Soft fruits mashed or blended (Examples: bananas, canned peaches or pears)	Low-fat cottage cheese mashed, or blended Pureed meat
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Soft Diet

Fork-tender meat (Examples: skinless chicken, fish, low fat cuts of beef and pork if cooked very tender.) Canned chicken or fish Deli chicken or turkey	Soft cooked vegetables Soft fruits without skin, no citrus Creamy peanut butter Tofu Cooked beans or peas
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Notes: Each diet stage includes foods from the stages before it. You will need a high-protein supplement for two months after the surgery



Eating Habits

People who require bariatric surgery may have had a problem overeating due to various causes such as genetics, emotions, upbringing, and functions of the brain. Education and support groups are important to help overcome these obstacles because eating more than the new stomach can hold may cause vomiting, expansion of the stomach, dislocation of the band, or even rupture of the stomach.

Before Surgery

- Take small bites
- Eat slowly putting the fork or spoon down after each bite
- Aim for 15 to 30 chews for each bite
- Savor each bite (notice the taste, flavor, and texture)
- Eat 3 meals at regular times each day
- Eat at the table with no interruptions (no TV, no radio, no reading material)
- Plan meals a week in advance
- Go to the grocery store with a list of foods for the next week's meals
- Drink only sugar-free beverages
- Avoid sugar, sweets, and alcohol (sugar substitutes are OK)

After Surgery

- Continue with the 10 habits listed above
- Take bites the size of a pea (try using a baby fork and spoon)
- Do not drink liquids with meals. Drink liquids 45 to 60 minutes before meals and wait 45-60 minutes after meals before drinking. Sip liquids slowly, do not gulp or use straws
- Stop eating as soon as you feel full. Take 15 to 30 minutes to eat each meal and eat in a relaxed atmosphere
- Drink at least 6 cups of sugar-free liquids each day between meals and increase to 8 cups by 2 weeks after surgery
- All beverages should be calorie-free except for protein supplements that may have a small number of calories depending on the brand

You may ask your doctor about other beverages such as those with caffeine or alcohol, or carbonated drinks.

Possible Problems After Surgery

Nausea and Vomiting

This is more likely to occur in the first few months after surgery due to the following reasons:

- Eating too fast
- Drinking liquids while eating
- Not chewing enough
- Eating more than the new small stomach can hold

Dehydration

Prevent this by drinking water or sugar-free drinks throughout the day between meals, But remember to sip *very* slowly (4 ounces over 30 minutes).

Dumping Syndrome (May occur in Roux-en Y bypass surgery)

This happens when food passes quickly from the stomach and is “dumped” into the small intestine. Symptoms may include any or all of the following:

- Nausea
- Headache
- Becoming light-headed or dizzy
- Stomach cramps
- Diarrhea
- Weakness
- Cold sweats
- Rapid heart beat
- Bloating

This problem usually happens because of:

- Eating foods high in fat or sugar
- Eating too fast
- Eating too much food
- Drinking liquid with meal

Food Intolerances

Some foods such as red meat, milk, and high fiber foods may cause stomach discomfort, nausea, or diarrhea. Red meat and high-fiber foods should be added one at a time when progressing to a regular diet.

Many bread products are not tolerated after surgery. Examples: untoasted sandwich bread, yeast rolls, bagels. These breads tend to “gum up” and may cause blockage of the small opening. Other foods to avoid are rice and pasta.



Nutrition

Protein

Eat protein first in your meals. You will need at least 60 grams of protein every day to help heal from surgery and to preserve muscle. You will need to drink two protein supplements each day between meals to help get adequate protein. Other sources of protein are meat, poultry, fish, eggs or egg substitutes, tofu, cheese (including soy cheese), cottage cheese, and veggie burgers.

Fat

Fat may be difficult to digest after bariatric surgery. You should stay on a low fat diet after your operation. Too much fat delays emptying of the stomach and may cause reflux (a back up of stomach acid and food into the esophagus). Too much fat may also cause diarrhea, nausea, or stomach discomfort. *Avoid fried foods and fatty meats* such as sausage, hotdogs, pork barbeque, chips, nuts, cream sauces, and gravies.

Use your Food List to choose Very Lean or Lean protein foods.

Carbohydrates

Carbohydrates are energy foods. They allow our muscles and brain to work. Good sources of carbohydrates are fruits, vegetables, and some bread. Eat a small amount of carbohydrate at each meal with protein food. As much as possible, avoid foods that contain sugar or sugar alcohol, which may cause dumping syndrome or diarrhea. Check ingredients to identify sugars or sugar alcohols in foods. The ingredients below (sugars and sugar alcohols) should be avoided:

Sugars

Dextrose Lactose Maltose Corn Syrup Xylose
Fructose Levulose Sucrose Glucose Mannose

Sugar Alcohols

Sorbitol Lactitol Maltitol Mannitol Isomalt Xylitol

Fiber

Fiber is found in foods such as bran, raw vegetables, dried beans or peas, and the skins of fruits. Our bodies normally use fiber to keep bowels moving properly. Due to the low amount of fiber and very small amounts of food tolerated in the first few weeks after surgery, you may need a supplement to prevent constipation. One example is *Benefiber*, which is a powder that can be mixed in liquids or soft foods and will help with regular bowel movements. Drinking fluids and exercising will also help with constipation.

Vitamins:

Two chewable vitamin/mineral supplements with iron, as well as a B-12 vitamin daily are recommended to provide nutrients you would ordinarily get in meals. You should begin taking these before surgery, to prevent deficiencies. Your doctor will tell you if you need more of a specific nutrient than these supplements provide.

Calcium:

Adequate calcium in your diet is necessary for healthy bones and teeth. You will need 1200 mg of chewable calcium taken in 2 to 3 doses each day. There are two main types of calcium- calcium citrate and calcium carbonate. Your doctor recommends that you take calcium citrate.

Note: vitamin and calcium supplements must be liquid or chewable.

Water and Sugar-Free Liquids:

Liquids are very important to prevent dehydration that can lead to constipation, fatigue, nausea, and cramps. You will need a minimum of 6 to 8 cups daily.

1. Drink only between meals. Sip 4 ounces over 30 minutes
2. Do not drink anything 30-45 minutes before or after meals.
3. Drink only calorie-free beverages
4. Do not drink through a straw. Straws make you swallow air, can cause bloating, and can stretch the pouch.

Do not chew gum. It may block the stomach opening if swallowed.



Reading Labels

When reading a Nutrition Facts label on a food package:

Look for the **Serving Size**. That amount listed is equal to one serving.

Look for Total Grams of fat per serving. Foods with 3 grams of fat or less per serving are low fat.

One serving of fat on your meal plan is 5 grams of fat.

Saturated Fat should be 0-2 grams.

Trans Fat should be 0 grams.

Look for the words **Total Carbohydrate**. This will tell you how many grams are in one serving. One serving of starch or fruit on your meal plan is 15 grams of carb.

Total Carbohydrates include:

- Dietary Fiber
- Sugar
- Starch
- Other carbohydrates

Avoid foods with sugar alcohol such as:

- Sorbitol
- Maltitol
- Xylitol
- Lactitol

Nutrition Facts	
Serving Size - 1/4 cup (29g)	
Servings Per Container - about 4	
Amount Per Serving	
Calories 130	Calories from Fat 70
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 13g	4%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 4g	
Vitamin A 0%	• Vitamin C 0%
Calcium 2%	• Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet.	

Look for the word Protein. This will tell you how many grams of protein are in one serving.

You need at least 60 grams of protein per day.



Grocery Shopping Guide

Foods and Drinks

Protein supplements
Plain grits or oatmeal
Eggs or egg substitutes
Cottage Cheese
Potatoes, fresh or instant
Broth or Bouillon – canned, cubes, or powder
Low-fat cheese
Crystal Light or other sugar-free drinks
Decaffeinated tea or coffee
Splenda, Equal, Truvia, or Sweet'n Low

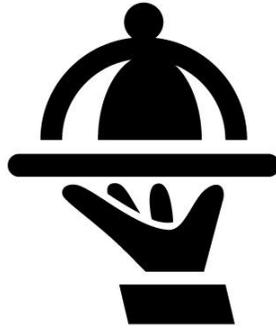
Suggested Supplies

Blender or food processor
Measuring cups and spoons
Baby fork and spoon
Small plates (example: salad or dessert plate)
Small glasses (4 ounce size)
Food scale



Cooking Tips

- For pureed stage of diet, blend meats and vegetables with a small amount of broth or water to moisten
- For pureed diet, be sure to remove the lumps from hot cereals, vegetables, and meats
- Flavor foods with calorie-free spray margarine, Molly McButter, Butter Buds, herbs, and spices
- 1/8 cup is 1 ounce
- Add a dash of Equal, Splenda, Truvia, or Sweet' n Low to fruits and cottage cheese for dessert
- Sip on warm broth or bouillon between meals for part of calorie-free liquids
- Foods that are *very hot* or *very cold* may cause stomach cramps for the first 2 weeks
- Sugar-free gelatin may be eaten in small amounts between meals



Eating Out

Avoid eating in restaurants until you are on a regular diet. When eating out, continue to eat slowly and chew food well.

- Remember that restaurant portions are always larger than you need
- Ask for a carry out container to be brought when they bring your meal
- Remove food from your plate, leaving only the portion you need so that you will not be tempted to overeat
- Avoid “all you can eat” restaurants. The temptation to overeat there may be greater
- Stop eating as soon as you feel full.

Tips when ordering

- Ask that these condiments be served on the side
- Gravy, salad dressing, sour cream, butter or margarine, mayonnaise, sauces
- Dip your fork into the dressing, gravy, or sauce and then into the food to minimize the amount used
- Ask for diet or light salad dressing and mayonnaise
- Order small size hamburger
- Avoid fried foods
- Ask for cheese to be left off hamburgers, salads, broccoli etc.
- Do not eat the skin of chicken
- Limit fat to 10 grams or less per meal
- Omit dessert or have fresh fruit



Pureed

(Days 2-14)

<p><u>Proteins</u> 1 serving is:</p> <p>1 soft scrambled egg, egg white, or egg substitute</p> <p>1 ounce low fat cheese <u>melted</u> with soft scrambled egg or cooked cereal</p> <p>1/8 cup low fat cottage cheese</p> <p>1 ounce of pureed chicken, turkey, fish, lean beef or pork</p>	<p><u>Starches</u> 1 serving is:</p> <p>1/8 cup cooked grits, oatmeal or cream of wheat</p> <p>1/8 cup mashed potato</p>	<p><u>Vegetables/Fruits</u> 1 serving is:</p> <p>1/8 cup pureed vegetable or fruit</p>
<p><u>Breakfast</u> 1 or 2 protein servings 1 starch serving</p>	<p><u>Lunch</u> 1-2 protein servings 1 starch serving 1 vegetable/fruit serving</p>	<p><u>Evening meal</u> 1-2 protein servings 1 starch serving 1 vegetable/fruit serving</p>

If desired, add one fat choice to each meal. (Fat choices are listed in the **Food List**).
Foods should be the consistency of mashed potatoes with no lumps.

- Eat protein foods first
- Eat very slowly
- Stop eating when you feel full

Soft

(2-4 weeks post surgery)

<p><u>Proteins</u> 1 Serving is:</p> <p>1 soft scrambled egg, egg white, or egg substitute</p> <p>1 ounce low-fat cheese <u>melted</u> with egg or cereal</p> <p>1/4 cup low-fat cottage cheese</p> <p>1 ounce fork-tender chicken, beef or pork</p> <p>1 ounce canned tuna, chicken or salmon</p>	<p><u>Starches</u> 1 Serving is:</p> <p>1/4 cup cooked grits, cream of wheat or oatmeal</p> <p>4 to 6 saltine crackers</p> <p>1/4 cup mashed potato</p>	<p><u>Vegetables/Fruits</u> 1 Serving is:</p> <p>1/4 cup fork-tender vegetable or fruit</p>
<p><u>Breakfast</u> 1 - 2 protein servings 1 starch serving</p>	<p><u>Lunch</u> 1-2 protein servings 1 starch serving 1 vegetable/fruit serving</p>	<p><u>Evening meal</u> 1-2 protein servings 1 starch serving 1 vegetable/fruit serving</p>

If desired, add one fat choice to each meal. (Fat choices are listed in the Food List)
Foods should be the consistency of firm mashed potatoes.

- Eat protein foods first
- Eat very slowly
- Stop eating when you feel full

Maintenance Diet

(4 weeks post surgery)

Breakfast	Lunch	Supper
1 to 2 meat/protein servings 2 to 3 carb servings 1 to 2 fat servings	2 to 3 meat/protein servings 2 to 3 carb servings Non-starchy vegetables 1 to 2 fat servings	2 to 3 meat/protein servings 2 to 3 carb servings Non starchy vegetables 1 to 2 fat servings

- Eat protein foods first
- Eat very slowly
- Stop eating when you feel full
- Add one new food at a time to be sure you can tolerate it.