# 2016 Post Operative Eating Plan*

The following is a set of guidelines that must be followed immediately after surgery to ensure your success. Surgery along with a healthy and balanced meal plan will help you achieve your desired weight and maintain it forever. *Follow all guidelines unless otherwise specified by your Doctor.

## Stage 1
**Day 0-3: Clear Liquid Diet**

<table>
<thead>
<tr>
<th>Your Goals are:</th>
<th>Foods to eat:</th>
<th>Tips!</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Day 1: Start diet at 60 cc (2 ounces) every 15 minutes and continue until discharged.</td>
<td>• Water &lt;br&gt; • Diluted, unsweetened juice (½ juice and ½ water) &lt;br&gt; • Diluted G2 Gatorade &lt;br&gt; • Broth</td>
<td>• Remember to sip your liquids slowly, no straws!</td>
</tr>
<tr>
<td>• Begin walking day of surgery or as recommended by your doctor.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Vitamins/Minerals:

<table>
<thead>
<tr>
<th>Vitamins, Minerals, Medication</th>
<th>Recommended Form</th>
<th>Dosage/Tips</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Multivitamin/B-Complex combination – specific for bariatric patients</td>
<td>• MVI/B- Complex: Chewable, liquid or soft chew</td>
<td>• MVI/B-complex: As recommended on bottle</td>
</tr>
<tr>
<td>• Proton Pump Inhibitor</td>
<td>• PPI: Capsule opened into apple sauce</td>
<td>• Take as directed by your surgeon</td>
</tr>
</tbody>
</table>

### Foods to AVOID

<table>
<thead>
<tr>
<th>Avoid</th>
<th>DON’T DO IT!</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Any solid food/Fiber</td>
<td>• Starting solid foods too fast can slow healing and cause food to get stuck.</td>
</tr>
<tr>
<td>• Fizzy carbonated drinks</td>
<td>• No anti-inflammatory</td>
</tr>
<tr>
<td>• Alcohol</td>
<td>• No smoking</td>
</tr>
<tr>
<td>• Gum</td>
<td>• No hormones</td>
</tr>
<tr>
<td>• Do not drink anything “hot” or “ice” cold</td>
<td>• No straws</td>
</tr>
</tbody>
</table>
Stage 2
Day 4 through Day 14*: Full Liquid Diet
Foods that are thin like milk
Blend, stain and add liquid to your food for milk like consistency

Your Goals are:

• 4-6 ounces of liquid each hour (minimum fluid goal).
• Work your way up to 80-100 grams of protein per day.

When cleared by your doctor, start your regular activities again.

Foods to eat:

• Water
• Protein shakes
• Low-fat milk
• Low sodium broth or miso soup broth.
• Vegetable juice
• Low/Non fat strained soup thinned out
• Diluted fruit juice (1/4 juice and 3/4 water)
• Runny, hot cereal (cream of wheat)
• Plain, low fat yogurt thinned out with milk

Tips!

• Remember to sip your liquids slowly, no straws!
• If you drink enough water, your mouth won’t be dry and your pee will be clear.
• Regular exercise and protein will help keep you healthy when losing weight.
• Blend, strain and add liquid to your food for milk-like consistency.

Vitamins/Minerals:

<table>
<thead>
<tr>
<th>Vitamins, Minerals, Medication</th>
<th>Recommended Form</th>
<th>Dosage/Tips</th>
</tr>
</thead>
<tbody>
<tr>
<td>Multivitamin/B-Complex combination</td>
<td>Chewable, soft chew or liquid</td>
<td>MVI/B-complex: As recommended</td>
</tr>
<tr>
<td>Proton Pump inhibitor</td>
<td>PPI: Capsule opened into apple sauce</td>
<td>Take as directed by your surgeon</td>
</tr>
</tbody>
</table>

Foods to AVOID

Avoid

• Any solid food
• Fizzy carbonated drinks
• Alcohol
• Fiber
• Gum
• Do not drink anything “hot” or “ice” cold

DON’T DO IT!

• Starting solid foods too fast can slow healing and cause food to get stuck.
• No anti-inflammatory
• No smoking
• No hormones
• No Straws
### Sample Meal Plan
#### Day 4 thru Day 14

<table>
<thead>
<tr>
<th>Mealtime</th>
<th>Foods/Liquids</th>
<th>Amount</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Protein Shake* Sip water</td>
<td>4-6 ounces</td>
<td>15</td>
</tr>
<tr>
<td>Snack</td>
<td>Protein Shake</td>
<td>4-6 ounces</td>
<td>15</td>
</tr>
<tr>
<td>Lunch</td>
<td>Protein Shake Blended/Strained Soup Sip water</td>
<td>4-6 ounces</td>
<td>20</td>
</tr>
<tr>
<td>Snack</td>
<td>Protein Shake Sip water</td>
<td>4-6 ounces</td>
<td>15</td>
</tr>
<tr>
<td>Dinner</td>
<td>Protein Shake Sip water</td>
<td>4-6 ounces</td>
<td>15</td>
</tr>
<tr>
<td>Snack</td>
<td>Protein Shake Sip water</td>
<td>4-6 ounces</td>
<td>15</td>
</tr>
<tr>
<td></td>
<td>Total: 64 oz</td>
<td></td>
<td>95g total</td>
</tr>
</tbody>
</table>

*8 ounces of water with 2 scoops of Protein Powder containing 15 grams protein/scoop.

*High protein chicken soup recipe*: mix 1/3 cup dry nonfat milk powder, 1 teaspoon low sodium chicken bouillon, unflavored protein powder (use 2 scoops beneperotein: 12 grams protein or 1 scoop unflavored unjury protein powder: 23 grams protein). Add enough hot water to equal ~4-6 oz. Serve lukewarm.

*High protein fruit smoothie recipe*: In a blender mix ½ cup of frozen berries with 1 scoop unflavored protein powder (at least 20 grams per scoop) and ½ cup unsweetened almond milk

* High protein milk recipe*: (Not on sample menu, but may be used)

In a blender mix 4 oz low-fat milk, 1 scoop unflavored protein powder and ¼ teaspoon vanilla for flavor. Use 2 scoops beneperotein: 12 grams protein or 1 scoop unflavored unjury protein powder: 22 grams protein.

Unflavored Protein Powder: Unjury: [www.unjury.com](http://www.unjury.com)
Beneperotein: [www.nestlenutrition.com](http://www.nestlenutrition.com)
BiPro: [www.bipro.com](http://www.bipro.com)
### Stage 3

**Week 3 thru 5: Puree Diet (Day 15-35):** Food that is soft, mashed, pureed or chewed easily.

<table>
<thead>
<tr>
<th>Your Goals are:</th>
<th>Foods to eat:</th>
<th>Tips!</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Start using pureed foods</td>
<td><strong>Protein/Dairy</strong></td>
<td>- Continue to eat slowly and chew food well to prevent blockage.</td>
</tr>
<tr>
<td>- Slowly eat 1-2 ounces of soft/puree protein foods with 1 oz soft/puree vegetables and add carbohydrate foods last.</td>
<td>- Soft scrambled egg, egg whites or egg substitutes</td>
<td>- Continue get 40-60g protein from protein beverages.</td>
</tr>
<tr>
<td>- Eat 5-6 small meals daily until you can stand ½ cup of food at one time -- then eat 3 small meals and 2 snacks.</td>
<td>- Low-free cottage cheese</td>
<td>- Listen to your body. Stop when you are satisfied, NOT when you feel full.</td>
</tr>
<tr>
<td>- No liquids 15 minutes before meals and 30 minutes afterwards.</td>
<td>- Plain low fat yogurt</td>
<td>- Buy small knives, forks, spoons and plates to help eat the correct amount.</td>
</tr>
</tbody>
</table>

**Take 20-30 minutes to eat each meal**

**Fruit/Vegetables**
- Unsweetened applesauce
- Canned fruit in water
- Soft banana
- Pureed fruit/veggies (non-fibrous)
- Well-cooked non-fibrous vegetables
- Pureed low/non fat soups

**Protein/Dairy**
- Soft scrambled egg, egg whites or egg substitutes
- Low-free cottage cheese
- Plain low fat yogurt
- Pureed meats
- Soft fish, Soft tofu
- Egg/chicken/tuna salad
- Low/nonfat refried beans

**Vitamins/Minerals:**

<table>
<thead>
<tr>
<th>Vitamins, Minerals, Medication</th>
<th>Recommended Form</th>
<th>Dosage/Tips</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Multivitamin/B-Complex combination</td>
<td>Chewable, soft chew or liquid</td>
<td>MVI/B-complex: As recommended</td>
</tr>
<tr>
<td>- Proton Pump inhibitor</td>
<td>PPI: Capsule opened into apple sauce</td>
<td>Take as directed by your surgeon</td>
</tr>
<tr>
<td>- Calcium citrate with vitamin D (Begin 4 weeks after surgery)</td>
<td>Calcium Citrate: Chewable</td>
<td>Calcium: 1000-1200 mg/day with 400IU vitamin D. Take 500-600 mg of calcium per dose. Space apart by 2-3 hours.</td>
</tr>
</tbody>
</table>

**Foods to AVOID**

<table>
<thead>
<tr>
<th>Avoid</th>
<th>DON’T DO IT!</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Raw fruits &amp; vegetables</td>
<td>- Starting solid foods too fast can slow healing and cause food to get stuck.</td>
</tr>
<tr>
<td>- Dry, high fiber and doughy foods</td>
<td>- No anti-inflammatory medications, smoking &amp; no hormones.</td>
</tr>
<tr>
<td>- Tough meats (no steaks for 3 months after surgery)</td>
<td>- No Straws</td>
</tr>
</tbody>
</table>
## Sample Meal Plan
### Weeks 3 thru 5

<table>
<thead>
<tr>
<th>Mealtime</th>
<th>Food/Liquids</th>
<th>Amount</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>1 soft Scrambled egg&lt;br&gt;Low fat cottage cheese&lt;br&gt;30 minutes later sip on water and non caloric beverages</td>
<td>1&lt;br&gt;2 Tbsp</td>
<td>7</td>
</tr>
<tr>
<td><strong>Mid-morning</strong></td>
<td>Protein Shake*&lt;br&gt;Sip on water and non caloric beverages</td>
<td>6 oz</td>
<td>23</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>Chicken salad w/low fat mayo&lt;br&gt;Puree vegetable&lt;br&gt;30 minutes later sip on water and non caloric beverages</td>
<td>2 oz&lt;br&gt;2 Tbsp</td>
<td>14</td>
</tr>
<tr>
<td><strong>Afternoon</strong></td>
<td>Protein Shake&lt;br&gt;Sip on water and non caloric beverages</td>
<td>6 oz</td>
<td>23</td>
</tr>
<tr>
<td><strong>Dinner</strong></td>
<td>Soft fish&lt;br&gt;Well cooked carrots&lt;br&gt;Well cooked spinach&lt;br&gt;30 minutes later sip on water and non caloric beverages</td>
<td>2 oz&lt;br&gt;1 Tbsp&lt;br&gt;1 Tbsp</td>
<td>14</td>
</tr>
<tr>
<td><strong>Night</strong></td>
<td>Canned fruit in water (rinsed)</td>
<td>¼ cup</td>
<td></td>
</tr>
</tbody>
</table>

* 8 ounces of water with 2 scoops of Protein Powder containing 15 grams protein/scoop.

**Be sure to chew to liquid consistency before swallowing**
**Stage 4**

**Week 6 & Beyond: Regular Food**

Protein-rich regular diet: Now is the time to start introducing regular food as part of a healthy lifestyle, which includes portion-controlled eating.

<table>
<thead>
<tr>
<th>Your Goals are:</th>
<th>Foods to eat:</th>
<th>Tips!</th>
</tr>
</thead>
</table>
| • Introduce new foods one at a time to identify any foods you do not tolerate. | **Protein/Dairy**  
  • Lean meats including poultry and fish.  
  • Low fat dairy foods including low-fat milk, low-fat plain yogurt, and low fat cheese. | • Continue to eat *slowly* and *thoroughly* chew food to prevent blockage. |
| • Continue to consume 80-100 grams of protein daily. | **Fruit/Vegetables**  
  • Raw fruits and vegetables that can be chewed to a mushy consistency. | • Listen to your body. Stop when you are satisfied, NOT when you feel full. |
| • Include at least 2 servings of fruits and vegetables. | **Starch – limit these**  
  • Whole grain crackers, toasted whole grain bread and whole-grain cereal  
  • Beans, starchy vegetables | • Buy small utensils and plates to help with portion control. |
| • Include healthy fats such as avocado. | **Healthy Fats**  
  • Unsalted nuts, oils | • Each meal should be ¾ c (6oz) total, snacks should be ¼ - ½ cup (2 – 4oz). |
| • Avoid liquids 15 minutes before a meal and 30 minutes after. | **Vitamins/Minerals:**  
  • Multivitamin/B-Complex combination | |
| Spend 20-30 minutes to eat each meal! | **Recommended Form**  
  • Chewable, soft chew or liquid | • MVI/B-complex: As recommended |
| | **Dosage/Tips**  
  • PPI: Capsule opened into apple sauce  
  • Calcium Citrate: Chewable | • Take as directed by your surgeon  
  • Calcium: 1000-1200 mg/day with 400IU vitamin D. Take 500-600 mg of calcium per dose. Space apart by 2-3 hours. |

**Foods to AVOID**

<table>
<thead>
<tr>
<th>Avoid</th>
<th>DON’T DO IT!</th>
</tr>
</thead>
</table>
| • Fibrous, sticky and doughy foods  
  • Tough meats (avoid steaks for 3 months after surgery)  
  • Carbonated beverages, gum and alcohol | • Soft, high-calorie food and drinks may go down easily and can halt weight loss (ice cream). Stick to regular meals.  
  • No Straws |
## Week 6 & Beyond Sample Meal Plan #1

<table>
<thead>
<tr>
<th>Mealtime</th>
<th>Food/Liquids</th>
<th>Rate/Amount</th>
<th>Protein (g)</th>
</tr>
</thead>
</table>
| **Breakfast** | • Scrambled egg whites  
• Whole wheat toast  
30 minutes later sip on water and non caloric beverages | 2  
1 slice | 7 |
| **Mid-morning** | • Protein Shake*  
Sip on water and non caloric beverages | 8 oz | 30 |
| **Lunch** | • Grilled chicken  
• Pinto beans mixed with unflavored protein powder.  
• Mixed green salad  
30 minutes later sip on water and non caloric beverages | 2 oz  
¼ cup  
½ cup | 14  
6 |
| **Afternoon** | • Cottage cheese  
• Apple | 1/4 cup  
1 small | 7 |
| **Dinner** | • Soft fish  
• Black beans  
• Mixed vegetables  
30 minutes later sip on water and non caloric beverages | 2 oz  
¼ cup  
½ cup | 14 |
| **Night** | • Low fat Greek yogurt plain  
• Strawberries | ½ cup  
¼ cup | 10 |

* 8 ounces of water with 2 scoops of Protein Powder containing 15 grams protein/scoop.

**Be sure to chew to liquid consistency before swallowing**
# Week 6 & Beyond Sample Meal Plan #2

<table>
<thead>
<tr>
<th>Mealtime</th>
<th>Food/Liquids</th>
<th>Rate/Amount</th>
<th>Protein (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>• Protein shake&lt;br&gt;• Banana</td>
<td>12 ounces</td>
<td>30</td>
</tr>
<tr>
<td></td>
<td>30 minutes later sip on water and non caloric beverages</td>
<td>½ a small banana</td>
<td></td>
</tr>
<tr>
<td>Mid-morning</td>
<td>• Turkey slices&lt;br&gt;• Low-fat string cheese&lt;br&gt;30 minutes later sip on water and non caloric beverages</td>
<td>1 ounce 1 ounce</td>
<td>7 7</td>
</tr>
<tr>
<td>Lunch</td>
<td>• Tuna&lt;br&gt;• Whole wheat crackers&lt;br&gt;• Vegetables</td>
<td>½ cup 4 small ¼ cup</td>
<td>14</td>
</tr>
<tr>
<td></td>
<td>30 minutes later sip on water and non caloric beverages</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Afternoon</td>
<td>• Cottage cheese&lt;br&gt;• Cinnamon&lt;br&gt;½ cup Sprinkle</td>
<td>1/2 cup 14</td>
<td></td>
</tr>
<tr>
<td>Dinner</td>
<td>• Chicken&lt;br&gt;• Black beans&lt;br&gt;• Raw or steamed broccoli</td>
<td>3 oz ¼ cup ¼ cup</td>
<td>21</td>
</tr>
<tr>
<td></td>
<td>30 minutes later sip on water and non caloric beverages</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Night</td>
<td>• Protein shake</td>
<td>6 ounces</td>
<td>15</td>
</tr>
</tbody>
</table>

108 g protein
~1100 calories

**Be sure to chew to liquid consistency before swallowing**
## Week 6 & Beyond Sample Meal Plan #3

<table>
<thead>
<tr>
<th>Mealtime</th>
<th>Food/Liquids</th>
<th>Rate/Amount</th>
<th>Protein (g)</th>
</tr>
</thead>
</table>
| Breakfast  | • Cottage Cheese  
             • Whole grain Toast  
             • Berries            | 1/2 cup  
             1  
             ¼ cup           | 14          |
|            | 30 minutes later sip on water and non caloric beverages |
| Mid-morning| • Almond Butter  
             • Whole wheat crackers | 1 Tablespoon  
             4 small        | 7           |
|            | 30 minutes later sip on water and non caloric beverages |
| Lunch      | • Chicken (avoid dry chicken)  
             • Vegetables  
             • Quinoa     | 2 oz  
             1/2 cup  
             ¼ cup      | 14          |
|            | 30 minutes later sip on water and non caloric beverages |
| Afternoon  | • Low fat plain Greek yogurt                        | 6 ounces    | 20          |
| Dinner     | • Ground Turkey  
             • Green salad  
             • Yams           | 3 oz  
             1/2 cup  
             ¼ cup      | 21          |
|            | 30 minutes later sip on water and non caloric beverages |
| Night      | • 1 small apple  
             • Low-fat string cheese | 1 ounce  | 7           |
|            | 83 gm protein  
             ~1200 calories |

**Be sure to chew to liquid consistency before swallowing**
**Guideline Review**

**Be careful with “how much” and “how fast” you eat.** Remember, your stomach can become weakened or over-distended.

- Each meal should be ¾ c (6oz) total; snacks should be ¼ - ½ cup (2 – 4oz).
- No liquids 15 minutes before meals and 30 minutes afterwards.
- Eat very slowly. Foods need to be thoroughly chewed to prevent blockage.
- Listen to your body. Stop when you are satisfied, NOT when you feel full and uncomfortable. Indications of fullness may be: pressure in the center just below your rib cage, nausea or pain in your shoulder area or upper chest.

**Introduce one new food at a time:** Introduce new foods one at a time to identify problem foods. After surgery there are certain foods that you may no longer tolerate.

- **Protein:** Go for lean protein that is not dry.
- **Dairy:** Stick with low fat versions (3g or less fat per serving)
- **Fruit:** Start with small amounts of soft fruits (1/3 cup at a time).
- **Veggies:** For the first 6 weeks choose vegetables that are low in fiber and cook them well. You may slowly add raw vegetables 6 weeks after surgery.

**Make every bite count:** You can’t eat much so make sure the foods you eat are offering you the nutrients you need!

- Eat foods that are high in protein/nutrient rich and low in sugar and fat.
- Build your meals around protein such as fish, poultry, lean meats and low fat dairy. Next you’ll want to add vegetables and lastly, if there’s room, add whole grains.
Guideline Review Cont…

Watch out! FOODS TO AVOID

- Tough and dry meats: Avoid steak meats for 3 months.
- Dried Fruits: Are high in sugar.
- Fruit Skin: Peel all fruit skin. May block the opening between pouch and small intestine.
- Doughy/sticky foods such as soft bread, sticky rice, pasta, melted cheese and macaroni and cheese can make a dough ball that could plug up the pouch. These items are tolerated better 6 months after surgery.
- Tough, stringy or fibrous vegetables such as raw celery, corn, cabbage, peas and dried beans may block the opening between pouch and small intestine.
- Avoid alcohol the first 3 months after surgery. After 3 months, consumption is not recommended, but if you chose to drink, do so sparingly as alcohol has no nutrients and is dehydrating. Also, please note that after surgery you will be MORE sensitive to the effects of alcohol.
- Avoid carbonation: The bubbles can give you gas, cause bloating and pain.
- Avoid Gum: If you swallow it, gum can block the stomach opening.
- Avoid Straws: Straws make you swallow air, which can cause bloating and pain.
- Avoid caffeine: It is a diuretic and can dehydrate you.
- Spicy foods: May irritate your pouch and lead to an ulcer. Should be avoided or consumed in moderation.

Supplements: Unless otherwise specified by your Doctor or Dietitian

- Take your adult chewable or liquid multivitamin daily. Begin 3 days after surgery.
- Take your chewable or liquid B-complex daily. Begin 3 days after surgery.
- Start your chewable calcium citrate with Vitamin D, 4 weeks after surgery.
  - All men and pre-menopause women: 1000 mg calcium + 400IU Vitamin D/day.
  - Postmenopausal women: 1200 mg calcium + 400IU Vitamin D/day.

NOTE: After surgery you will no longer be able to swallow pills larger than 8mm. If you purchase a capsule you will need to open it and pour contents in 1 tablespoon of unsweetened applesauce or mix with protein shake. If you purchase tablets you will need to break them into smaller portions or crush them into powder form
Tips to Remember

- Have some pre-packaged protein shakes to take with you when you’re on the go!
- Try unflavored protein powders, to add to your pureed foods.
- If you’re getting nauseous it could mean you’re eating or drinking TOO FAST!
- Calm down! When you’re stressed, not only do your neck and muscles tighten up, but your stomach tightens up! RELAX!
- Stay hydrated if water feels heavy try changing the temperature of your water.
- Some seasonings may add variety, but be careful – some that are too spicy may irritate you.
- NEVER push yourself. When you are satisfied, STOP EATING. Don’t eat until you’re overly full.
- Chewing food provides more satisfaction when eating. Also, adequate chewing is important to avoid discomfort after surgery. Take time to chew, even your pureed foods. Always chew to a liquid consistency.
- When you are transitioning from liquids, to pureed foods, to soft foods, to solids – take each transition slowly.
- Stay away from vegetables that already give you gas.
- Always try foods in small amounts first.
- Don’t base YOUR nutrition on what others are doing. Other people do what works for them and their bodies. You need to do what works for you as surgical weight loss patient. Your needs are very different.
- VITAMINS! They are critical. You are not absorbing from your food what you absorbed before surgery. YOU NEED VITAMINS!
- Make sure you tell ALL of your doctors you had surgery. The need to know what kind of weight loss surgery and when!
- Keep a food journal to document your protein and calorie intake.
- Attend regular support group meetings.
- Keep all of your post op visits with your surgeon. Studies show that those who follow up with their surgeon, tend to be more successful after surgery.
- *Follow all guidelines unless otherwise specified by your Surgeon.

Updated January 2016