

## Congratulations on your Bariatric Journey! Here are a Few Reminders

### Stage One Diet: Clear Liquids

- Clear liquids will start the day after surgery
  - Some surgeons will do an upper GI “swallow test” prior to starting clear liquids
- You will stay on clear liquids for 4-5 days
- There is no sipping fluids out of a straw or chewing gum as both can cause gas, bloating and abdominal discomfort

### Once You Return Home

- Gradually progress to 3 ounces per 30 minutes as able
  - Normal drinking will take 10-14 days due to swelling, be patient. Continue to drink fluids as this will prevent dehydration.
- Advance to **Stage 2** only if tolerating stage 1 and reaching a minimum of 48 ounces of fluids per day.
  - After surgery it may be a challenge to consume a full 64 ounces
  - Do your best each day, but do not be surprised if it feels like work to get the fluids in

### In the Hospital You Will Have a Choice Of:

Diluted apple juice	Sugar free lemon water ice
Lemon-Lime flavored Gatorade G2™	Vegetable, beef or chicken broth
Sugar free citrus gelatin	Pedialyte Popsicles

### Tips for Success during this Phase:

- Avoid gulping or chugging of liquids
- All items are sugar free or low in sugar (less than 5-10 grams of sugar per serving)
- You will be provided a medicine cup, which is about 1 ounce, sip this every 15-30 minutes
  - After discharge gradually progress to 3 ounces of liquids every 30 minutes as tolerated
  - It could take up to 4-5 days to reach 3 ounces per 30 minutes

### Examples of Clear liquids:

- Low in sugar/sugar free beverages, sugar-free popsicles, sugar free water ice or sugar free gelatin
- Diluted fruit juice (2 oz. juice to 2 oz. water)
- Bone broth, diet gelatin
- Dilute Ready Made Protein Shakes: ½ the shake and ½ water (see list of recommended protein shakes)
- Zero vitamin water, PowerAde Zero, crystal light, sugar free drink mixes, diluted Gatorade. (G-2 Gatorade does not need to be diluted)

## Stage 2: Full Liquids

### Advance to this Stage When Tolerating 48 Ounces of Clear Liquids

#### Stage 2 Full Liquids:

- Full liquids will begin after 4-5 days of clears
- Advance to this stage when you are able to tolerate about 48 ounces of liquids. This stage will last for 7-10 days
- Foods in this stage are very “liquidy to mushy”. You must continue to have clear liquids in this stage.
- Please remember that everyone is different. Do not try to advance too quickly.
- Baby food can be used in small amounts to help flavor some foods. Try to read the ingredients and make sure there is no added sugar.

#### Examples of Foods on Full Liquids:

<p>Greek Yogurt Oikos Tripple Zero, Siggis, Fage (plain) Non dairy yogurt options: soy, coconut or almond plain yogurt</p>	<p>Lentils, black beans, fat free refined beans, butter nut squash, split pea soup, cream of mushroom, cream of potato etc.. (pureed or blended up in consistency) <b>Avoid soups that can cause gas such as: cream of broccoli soup or broccoli and cheddar soup</b></p>
<p>Oatmeal, cream of wheat, Farina (thinned)</p>	<p>Mashed Banana</p>
<p>Unsweetened applesauce</p>	<p>Whipped Cottage cheese (can use a little bit of baby food for flavor)</p>

**\*20-30g stage 1, 40 to 50g stage 2, 50 to 60g stage 3, 60-80g stage 4 until seen. With kidney disease, these numbers will change.**

#### Tips for Success during this Phase:

- Eat every 3-4 hours. No skipping meals.
- Sip fluids in between your meals. Remember to not drink fluids at least 30 minutes before and 30 minutes after each meal.
- Each meal is about ¼ cup (2 oz.)
- Drink a minimum of 48 to 64 oz. of fluid per day to prevent dehydration.
- Continue a daily protein drink with the goal of \*80-100 grams of protein a day between food and protein supplement. You can mix your protein powder in unsweetened almond milk, skim Fair life, or unsweetened soy milk. Cow’s milk sometimes can cause stomach discomfort after surgery.
- Foods should be similar to yogurt consistency
- Start your vitamins and minerals on day 5 adding one new vitamin per day to determine tolerance

**Stage 3: Soft and Moist Foods**  
**Advance to this stage after seeing your surgeon**

**Stage 3: Soft and Moist Foods**

- Starting 2 weeks after surgery and after you have been seen by your surgeon, start soft foods
- This stage lasts 2 full weeks
- The foods should be “fork tender”, meaning they should flake apart with a fork
- **DO NOT** advance to stage 4 without being seen by a member of your bariatric team

**Examples of Soft and Moist Foods**

<b>Lean Proteins</b> <i>Should be moist &amp; finely shredded meats</i>	<b>Seafood</b>	<b>Vegetarian Proteins</b>	<b>Soft Dairy Foods</b>	<b>Soft Fruits and Vegetables</b>
slow cooked chicken, or pork, canned chicken, tuna, crab, eggs whites, egg beaters, ground meat, chili, stew Turkey, chicken, low sodium ham, Roast beef lunch meats	Salmon, trout or other white flaky fish	Low-fat refried beans, Mashed lentils, white/red/black beans and chickpeas, tofu	fat-free ricotta cheese, soft low-fat cheeses	<b>over-cooked</b> vegetables: zucchini, yellow-squash, cauliflower, mushrooms, etc., canned tomatoes <b>very soft fruit:</b> melons, peaches, pears-not in syrup, avocado, fruit cups mixed in it’s own juices

**Tips for Success during this Phase:**

- Continue to sip fluids in between your meals, honoring the 30/30 rule.
  - Do not drink 30 minutes before your meal and wait 30 minutes after your meal to start drinking fluids
  - Goal is to reach 64 ounces of fluid per day
- Each meal is about ½ cup (4 oz.)
- Stop when full even if less than the allowed amount.
- Continue a daily protein drink with the goal of 80-100 grams of protein.
- Continue your vitamins and minerals. This will be needed for the rest of your life.

**Stage 4: Regular Consistency**  
**This diet usually starts 4-6 weeks after surgery.**

**Stage 4: Regular Consistency**

- Slowly introduce regular texture foods
  - Adding 1-2 new foods items per day
- Certain foods can cause intolerances such as: thick skins of fruits and vegetables, bread, pasta, rice, popcorn and some tough meats.
- Avoid foods that cause gas: such as broccoli, pepper, onions, and spicy foods.
- Remember to eat slowly and chew your foods very well.
- Add activity (movement) into your every day.

**Regular Foods to Avoid**

Rice, pasta, breads	Dry meats, such as dry poultry, fish	Fruits with thick skins
Alcohol	Carbonated beverages	Fried foods
Breaded foods	Oils	Rich/creamy sauces or dressings (example: alfredo sauce)
Hi fat Deli meats	Added sugars	Baked goods

**Tips for Success during this Phase:**

- Remember to eat a high protein food first. Focus on 2 oz. of protein per meal.
  - Your diet is **low fat, high protein, and nutritionally balanced.**
- Continue to sip fluids in between your meals
  - Honoring the 30/30 rule: Do not drink 30 minutes prior to a meal and wait 30 minutes after the meal to start drinking.
  - Drink a minimum of 64 ounces of fluid per day to prevent dehydration.
- Each meal is about ¾ cup (6 oz.) of food
  - Do not exceed 1 cup (8 oz.)
  - Stop when full even if less than the allowed amount.
- If you are reaching your protein goals through diet choices, you may stop your protein drinks. The dietitian will provide you with your individual daily protein requirements.
- Avoid foods with added sugar, this could cause dumping syndrome
  - **Dumping Syndrome:** Foods with a high sugar content are dumped into the small bowel causing rapid heart beat, sweating, dizziness, nausea, stomach cramps and diarrhea
  - Try to avoid foods with more than 5-10 grams of added sugar per serving

## Protein Shakes and Bars After Surgery

SUPPLEMENT NAME	WHERE TO BUY
<b>Ready-to-Drink</b>	
Premier Protein	Shop-Rite, Sam's, Pharmacy (coupons given at pre op class and support groups)
Ensure MAX	Shop-rite, Pharmacy (coupons are at pre-op class and support groups)
Premier Protein Clear Protein Drink	Sam's, pharmacy
Isopure Zero Carb*	GNC
EAS Myoplex Carb Control	Walmart, Target, pharmacy, GNC
GNC Total Lean Shake	GNC
Muscle Milk Lite RTD	Walmart, pharmacy, GNC
Oh Yeah! Shakes	Shoprite, GNC, Dick's Sporting Goods
Pro-Stat 64 Sugar Free*	<a href="http://www.bariatricchoice.com">www.bariatricchoice.com</a> <a href="http://www.cvs.com">www.cvs.com</a>
Pure Protein Shakes (23 grams or 35 gram protein)	Walmart, Target, Shop Rite, GNC, pharmacy
<b>Protein Powders</b>	
Carnation Instant Breakfast No Sugar Added	Grocery stores
EAS 100% Whey Protein Powder	Walmart, Target, pharmacy, GNC
Designer Whey Protein 2GO*	Shop Rite, Vitamin Shoppe, Amazon
Designer Whey Powder	Target, Walmart, pharmacy, GNC
GNC Pro Performance 100% Whey Protein or Soy Protein 95	GNC
Jay Robb Whey or Egg White Protein	GNC, Vitamin Shoppe
Muscle Milk Light Powder	Walmart, pharmacy, GNC
Pure Protein 100% Whey Protein	Walmart, Target, Shop Rite, GNC, pharmacy
Sun warrior Protein (vegan)	GNC, Vitamin Shoppe, <a href="http://www.sunwarrior.com">www.sunwarrior.com</a>
Syntrax Nectar Protein*	Vitamin Shoppe, Amazon, <a href="http://www.bariatricadvantage.com">www.bariatricadvantage.com</a>
Unjury	<a href="http://www.unjury.com">www.unjury.com</a>
<b>Protein Bars</b>	
Oh Yeah! Good Grab Bars	Shop Rite, Grocery stores
Quest Bars	GNC, Wawa, Grocery stores

**\*indicates that the protein supplement is considered clear liquids\***

### Online Resources for Protein Supplements and Vitamins/Minerals:

[www.bariatricadvantage.com](http://www.bariatricadvantage.com)

[www.celebratevitamins.com](http://www.celebratevitamins.com)

[www.opurity.com](http://www.opurity.com)

[www.bariatricchoice.com](http://www.bariatricchoice.com)

[www.vitalady.com](http://www.vitalady.com)